

DAVE FOLEY 2015 AMBROSE WINNER



I have known Dave Foley for almost 30 years. I remember the first time I met him, I was waiting for my first all district meeting to begin when David walked up to our group of new female teachers and with a smile asked: “Which one of you is a runner?” Since no one answered, I assumed he was talking to me so I raised my hand. That matter of face statement, a persistent attitude, friendly demeanor and quiet persuasiveness was also his approach to coaching.

Dave never wasted time at practice. The runners knew what was expected of them, not because he chatted for 30 minutes before practice or handed out a set schedule but because he did whatever the team did at practice. If we were going to run 10 North Street hills, Dave ran 10 North St. Hills (not an easy workout by the way). If they were going to do 6 Kenwood Loops, Dave was going to do 6 Kenwood Loops. It was his “Lets get it done” attitude.

Dave has always been easy to approach because he genuinely enjoys people and learning about them. This interest went a long way with his runners, which enabled him to quietly motivate them. They naturally wanted to make Dave

proud and proud he was, no matter how they performed or what silly thing they may have done at practice. Usually he was the instigator of the silliness.

Finally, Dave never had to motivate his runners. He had a way of talking people into things they didn’t think they could do or didn’t want to do. Trust me I am talking from experience.

One of Dave’s biggest contributions to young runners, really all runners, was his knowledge and love of running. Dave was and still is passionate about running. He always said it is a sport you can do by yourself, you don’t have to call friends up to get a game going. He wanted to share this not only with his team but also with all runners of all ages. That love and respect for his sport is what led him to be the Michigan Runner Magazine’s Editor for 14 years, from 1985-1999. Because of his remarkable writing skills runners all over the state of Michigan were informed about workouts, upcoming events and human-interest stories.

Just as I completed my final touches on this introduction I received numerous e-mails from Dave’s former runners and this is what they wanted to add. Dave is resilient because he keeps you running for the long haul and he does this by teaching you to love it. He is intuitive because he always has a reason to do what he does and it usually makes you stronger. A few other words Dave’s runners used to describe him were passionate, dedicated, encouraging, respectful and approachable. Finally one former runner said, “Dave could beat us all, except Mark Smith and he was an all-American.

Dave Foley was the Cross-Country Coach at Cadillac High School for 27 years. He has touched the lives of over 500 young people and continues to do volunteering in the community. I have had the honor and privilege of being Dave’s first assistant coach and I now have the privilege and honor of introducing this year’s Kermit Ambrose Award recipient, Mr. Dave Foley.

Dave was born and raised in Grand Rapids, graduating from South High. He ran cross-country and track, eventually developing into a roadrunner. He went to Grand Rapids Junior College for 2 years, graduated from Albion College with a business degree in 1969. Dave spent 2 years in the Army and the end of the Vietnam era. Getting out of the service he remembered his Boy Scout summer camp counseling that he had done for a couple of years, starting in 1967 and decided he would rather work with kids so he went back to Albion, getting his Masters & Education degrees.

He was hired at Cadillac Junior High in 1974 and spent his career there as an English & Social Science teacher, spending a total of 27 years in the classroom. Dave got back into running when his students asked him to run in a local road run, the day before it was to happen. He was smart enough to beg off, saying there was not enough time

but he would do it next year, which he did. He got into coaching in 1976 as a volunteer with the cross-country team, and coaching the distance runners in track that spring. He took over coaching the cross-country team in 1977.

Dave's cross country teams, boys & girls, each won a half-dozen conference championship, with the boys winning a couple of regional meets. He spent 9 years coaching the distance runners in track before going back to the junior high to coach track. Dave had one of his boy's teams win the Academic All-State award.

He started working with **MICHIGAN RUNNER** 37 year ago and still writes a regular column. Dave wrote for **MICHIGAN-Out-Of-Doors** and still writes for the **Cadillac News** and **Michigan Runner**.

Dave is an outdoorsman, through & through. He bikes; goes snow shoeing, paddles both canoes & kayaks along with running. He paddled the northern shore of Lake Superior recently and will usually make two or three outdoor trips a year. He says he has no power lawn mower, no snow blower, no chain saw and no snowmobile.

He started working as a counselor at a Boy Scout camp in 1967 and still does outdoor units at 3 camps in the summer.

Dave is still active in education and he wrote a book on classroom management, still working with teachers.

Much of this article is from the presentation of Dave Foley at the MITCA Cross-Country Clinic by Reenee Gussert

MITCA'S MR. and MS. CROSS COUNTRY 2015

Maddy Trevisan/Farmington High School



Maddy was selected as the top senior in Cross Country for 2015, earning MITCA's Ms. Cross Country. This was the second year she earned all-state and the third year as academic all-state honors. She was a 2 year regional and OAA White League Champion.

She earned both All-State & Academic All-State in track last spring.

At Farmington High, Maddy was the Student Council Class President for her last 3 years and National Honor Society President her senior year and is involved in tutoring and volunteers at school events.

Maddy came to cross-country from a soccer background. Her mother was a runner and she ran a 4 mile race in 4th grade. Maddy ran cross-country in middles school along with soccer and basketball. She did not run as a freshman, doing travel soccer in the fall along with school soccer in the

spring. She began her running career as a

sophomore doing travel soccer and cross, playing varsity basketball her first 2 years in high school. Her junior year she dropped all other sports to concentrate on cross country & track.

Maddy has committed to run at the University of Michigan and plans to major in mechanical engineering.

She is especially thankful for the help her coaches Chris Bridges head Cross Country/Track coach & Jeremy Auer, distance & off-season coach.

Isaac Harding/Rockford High School



Isaac was his team captain this year and earned the Most Valuable for the past 3 years. He earned D1 All-State honors the past 2 years, winning the D1 race this year and has been Academic All-State for the past 3 years. He is a 2 time Regional and OK Red Champion.

Isaac has earned All-State & Academic All-State in track for the past 2 years in the 3200 and was All-American in the 4x1 Mile relay.

Isaac finished 9th in the Footlocker Regional this year, qualifying for the National Meet where he finished 23rd. He was the only Michigan boy competing in the championship this year.

Isaac has been on the Honor Roll every year at Rockford, with almost a 4 point GPA.

He is a very active member of the Ada Bible Church and the Lifeline Student ^{steve} Ministries, their youth group. Isaac has participated in mission trips to Wisconsin,

Tennessee and New York.

Isaac got involved with running following the lead of his parents, who were runners. He joined the cross-country team in middle school and also played some basketball there.

He is looking to run cross-country & track at the University of Michigan, Michigan State University or Grand Valley State University. He has not decided on a career as yet, but is looking into something in the field of exercise science.