Dean Blackledge of Hanover-Horton High School is the 2016 recipient of the Kermit Ambrose Award. The Ambrose Award is given out annually at the MITCA Cross Country Clinic is named after the founding father of MITCA in 1957. He held all the offices at one time, except that of the treasurer. Recipients of this award, and the Sweeney (track) Award, become members of the MITCA Hall of Fame. This award is in recognition of one’s outstanding service to the sport, school, association and community. It is given to someone who epitomizes all that a coach should be.

Dean spent over 45 years in the classroom teaching advanced levels of math and chemistry, 39 at Hanover-Horton. He has established Hanover-Horton as one of the top running programs in the state. His girls cross country team set a state record winning 94 consecutive dual meets. They won 14 straight conference titles, 5 Regional Championships, 2 State Runner-up, and two State Championships. His track team has an equally impressive record including Academic State Championship in both 2008 and 2013.

Dean was MITCA Coach of the Year in 2009 and 2010, Michigan High School Coaches Association COY in 2010, and National Coach of the Year finalist for both the NFHA and NHSACA. He was inducted into the State Coaches Hall of Fame in 2014. Dean has served MITCA at many levels, including Academic All State committee, Executive Board, and President in 2014.

Dean is a man of character, class, and integrity. He is a leader that makes everyone feel important. He is humble and, despite his many personal achievements, you will never here him boast.

Congratulations, Coach Dean Blackledge on receiving MITCA’s highest honor.
Doug Jager has coached at Grand Rapids Christian since 1991 (26 yrs). His list of accomplishments for his boys and girls cross country teams include: 38 combined Conference championships (girls 23 and 15 boys), 25 Regional titles (12 girls and 13 boys), 26 top 10 finishes at the State Meet, (girls 14 and 12 boys), and five State Championships, girls 2005, 2006, 2010, 2013, 2014, and boys in 2014. His track coaching accomplishments are equally impressive.

MITCA Cross Country Coach of the Year Nominees 2016 **COY winners in bold**

### Boys

**Division 4**
- **Scott Werner, Pewamo-Westphalia**
- Anthony Shrum, Bear Lake
- David Jordon, Concord
- Mike Kloss, Harbor Springs

**Division 3**
- **Rick Bauer, Saugatuck**
- Dean Blackledge, Hanover-Horton
- Tim Simpson, Lansing Catholic
- Steven Allison, Stockbridge

**Division 2**
- **Bryan Heid, Corunna**
- Jim Bilsborrow, Coldwater
- Douglas Jager, Grand Rapids Christian
- Clifton Somers, Fremont

**Division 1**
- **Joey Verellen, White Lake**
- Robert Smith, Novi
- Carl Spina, Saline
- Robert Stark, Brother Rice

### Girls

**Division 4**
- **Mark Zitzelsberger, Mt. Pleasant Sacred Heart**
- Jeff Harding, Manton
- Emily Kloss, Harbor Springs
- Scott Werner, Pewamo-Westphalia

**Division 3**
- **Julie Duffing, Traverse City St Francis**
- Carey Hammel, Shepherd
- Angelina Bauer, Saugatuck
- Tim Simpson, Lansing Catholic

**Division 2**
- **Steven Long, Otsego**
- Jack Benitez, Dearborn Divine Child
- Kathy Hector, Whitehall
- Douglas Jager, Grand Rapids Christian

**Division 1**
- **Brian Salyers, Highland-Milford**
- James Wicker, Pinckney
- Jeff Devantier, Birmingham Seaholm
- Nancy Smith, Northville

---

**2015 Men's Cross Country Coach of the Year (left to right)**
Joe Verellen, White Lake-Lakeland; Bryan Heid, Corunna; Rick Bauer, Saugatuck; Scott Werner, Pewamo-Westphalia

**2015 Women's Cross Country Coach of the Year (left to right)**
Steve Long, Otsego; Brian Salyers, Highland-Milford
Michigan High School Coaches Association 2016 Coach of the Year:
Congratulations to :
Men’s Track and Field: Mitch Lutzke / Williamston High School
Women’s Track and Field: Jill Feldpausch / Fowler High School
Men’s Cross Country: Cliff Somers / Fremont High School
Women’s Cross Country: Emily Kloss / Harbor Springs High School

U.S. Track & Field and Cross Country Coaches Association
2016 Michigan Coach of the Year:  (new award)
Congratulations to :
Bryan Heid / Corunna Boys Cross Country Coach of the Year
Steven Long/ Otsego Girls Cross Country Coach of the Year

2016 Special Cross Country Clinic Awards
Leslie Hamilton / Fremont... Assistant COY nominated by coach Cliff Somers
Jennifer Antel/ Wayland... Middle School  COY nominated by coach Ray Antel
Kara Barone/ B C Lakeview... Middle School  COY nominated by coach Becky Pryor
Michael Vanderveld/ McBain.. Middle School  COY nominated by coach John Ensing

2017 Scholarship Winners :   Patsy Arpino Scholarship (2 x@ $500.00)
  Brad Anderson / Kalamazoo Valley CC son of  Erik Anderson of Grand Ledge
  Joshua Keeler / Central Michigan son of Jason Keeler of Marian
  Kermit Ambrose Scholarship (1 x@$500.00)
  Will Wilson / Johnson University, TN son of Jeff Wilson of Kent City

Forms for Special Awards and Scholarships are available at www.mitca.org
January 1, 2017 is the deadline for the Track & Field Clinic Awards
2016 Ms. Cross Country ..

Maggie Farrell . . Battle Creek Lakeview

**Maggie’s Accomplishments:**
- Cross Country All State (12th grade, State Champion D-1)
- 3 x Cross Country Academic All-State (2014, 2015, 2016)
- Regional Champion (2016)
- 4.19 GPA, AP Scholar with Honors
- National Honor Society President
- Student Council Vice President
- Ski Club member
- College plans: Running for Michigan State University

2016 MITCA Cross Country Dream Team

**Girls Dream Team (All Class top 7)**

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
<th>Time</th>
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<tbody>
<tr>
<td>Maggie Farrell (12)</td>
<td>Battle Creek Lakeview</td>
<td>17:25.6</td>
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<tr>
<td>Anne Forsyth (11)</td>
<td>Ann Arbor Pioneer</td>
<td>17:35.0</td>
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<tr>
<td>Adelyn Ackley (10)</td>
<td>Hart</td>
<td>17:40.6</td>
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<tr>
<td>Olivia Theis (11)</td>
<td>Lansing Catholic</td>
<td>17:41.3</td>
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<td>Karella Duffey (11)</td>
<td>Macomb L’Anse Creuse North</td>
<td>18:00.1</td>
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<tr>
<td>Kyla Christopher-Moody (10)</td>
<td>West Bloomfield</td>
<td>18:00.7</td>
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<tr>
<td>Madison Malon (10)</td>
<td>Grandville</td>
<td>18:04.7</td>
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**Ms. Cross Country**  Maggie Farrell . . Battle Creek Lakeview

2015 Mr. Cross Country ..

Riad Rababeh . . Dearborn

**Riad’s Accomplishments:**
- 2 x Cross Country All State (8th 2015, 1st 2016, D-1 State Champion)
- Regional and Conference Champion (2016)
- School Record 3200 (9:09)
- Conference Champion 800/1600/3200
- Member of: Student Council and Key Club
- College plans: Running for Central Michigan University

**MITCA Academic All-State Teams**

**Lower Peninsula**
- Division 1 Boys: Novi 4.00
- Division 1 Girls: Salem 3.968
- Division 2 Boys: Grand Rapids Christian 3.95
- Division 2 Girls: Grand Rapids Christian 3.997
- Division 3 Boys: Bath 3.993
- Division 3 Girls: Benzie Central 3.995
- Division 4 Boys: Sand Creek 3.819
- Division 4 Girls: Southfield Christian 3.992

**Upper Peninsula**
- Division 1 Boys: Marquette 3.
- Division 1 Girls: Marquette 3.872
- Division 2 Boys: Rudyard 3.674
- Division 2 Girls: Munising 3.892
- Division 3 Boys: No Entry
- Division 3 Girls: No Entry

*more academic awards at www.mitca.org*
168 Michigan High School runners came to the Mt. Pleasant Comfort Inn to participate in the Team Michigan Trials. 71 senior boys and 34 senior girls were competing for a spot in the Michigan All Star Team, Team Michigan. The top 12 seniors will make up Team Michigan and represent our great state in the Mid-East Cross Country Championships November 19, 2015, at Indian Riffle Park, Kettering, Ohio. Mid-East meet results on page 7.

### Girls Team Michigan Qualifiers

1. Erika Freyhof       Hamilton
2. Olivia Schroder     Caledonia
3. Jessi Lindstrom     Tecumseh
4. Christina Sawyer    Flushing
5. Jenna Magness       Lansing
6. Julia Vanitvelt     Kettering
7. Maggie Pawelczyk    Grand Blanc
8. Claire Kendell      Rockford
9. Alexis Mcconnell    Mt Pleasant
10. Jasmine Harper     Grand Rapids
11. Reanna Raymond     Cadillac
12. Faith Kiprotich    Kalamazoo
13. Megan Nichols      Kentwood
14. Aliza Hengesbach   Grand Rapids (2nd alt)
15. Eliza Lowe         Grand Haven (3rd alt)

### Boys Team Michigan Qualifiers

1. Noah Jacobs        Unattached
2. Riad Rababeh       Dearborn
3. Matt Schram        Rochester Hills
4. Brian Njuguna      Bridgman
5. Lewis Tate         Paw Paw
7. Christian Hubaker  Ionia
8. Evan Goodell       St. Louis
9. Zachary Pettinga   Saugatuck
10. Brayden Huddleston Beulah
11. Steven Stine      Sterling Heights
12. Jacob Ferguson    Davison
13. Chase Fedolak     Macomb (1st alt)
14. Tyler Mccartney   Grand Ledge (2nd alt)
15. Brendan Nesbitt   Bay City (3rd alt)

Awards Sponsored by Recognition, Inc.
Boys Champions, Girls Champions, Combined Champions

Boys Results

1. Michigan (15:53 1:19:21 0:12)
   1. Noah Jacobs Curwana High 15:41
   2. Max Meekhands Oakland High 15:41
   3. Matt Schram Oakland High 15:55
   5. Christian Hubner Grand Ledge 16:03
   6. Logan Tame Pew 16:09
   7. Steven Finn Fraser 16:09
   8. Brian Goodell St. Louis 16:20
   9. Brian Kargus Bridges 16:27
   10. Brayden Huston Benzie Central 16:40

Girls Results

1. Michigan (18:49 1:34:01 0:23)
   1. Erika Freyhof Hamilton 18:34
   2. Olivia Schorder Caledonia 18:46
   3. Christine Sawyer Tecumseh 18:51
   5. Maggie Pawelsky Wyandotte Roosevelt 18:57
   6. Jenna Rappaport Grand Ledge 19:03
   7. Kaelin Westerling Flushing 19:11
   9. Alex McComiskey Mt. Pleasant Sacred Heart 19:22
   10. Claire Kendall Berkley 19:32

2. Illinois (18:52 1:34:16 0:29)
   1. Emma Shihanot Genova Community 18:33
   2. Madeline Singalo Maine South 18:46
   3. Alexia Grandy Yorkville 18:54
   4. Mikki Cast Metea Valley 19:01
   5. Caitlin Hough Neuqua Valley 19:02
   6. Maddie Dearborn Yorkville 19:02
   7. Allison McCarthy Wheaton Warrenville S. 19:02
   8. Sarah Norden John Hersey 19:10
   9. Abby Pirozzi Aurora Central Catholic 19:19

3. Ohio (18:51 1:34:11 0:20)
   1. Taryn Collins Medina 18:34
   2. Ellie Bush Mason 18:46
   3. Mini Reimer Shaker Heights 18:49
   4. Hannah Rasmussen Kings 18:58
   6. Maddie Dunlop Carrollton 19:13
   7. Riley Freeland Cloverleaf 19:15
   8. Maley Price Chardon 19:18
   9. Elizabeth Ormond Oakwood 19:20
   10. Sawyer Harris Lebanon 19:20

4. Illinois (18:52 1:35:52 0:50)
   1. Sarah Hurley Lake Central 18:40
   2. Kacee Koike Manchester 19:02
   4. Hannah Martini Portage 19:17
   5. Sabrina Lippus Hamilton Southeastern 19:30
   6. Lindsey Merritt Leo 19:35
   7. Rachel Dorgan Columbus North 19:43
   8. Madison Dierichs Homestead 19:43
   10. Allison Lampert Pile 19:54
2016 MITCA Cross Country Clinic

by the numbers

289 . . number of members in attendance at the clinic.
228 . . members that pre-registered for this year's clinic.
168 . . number of Michigan High School runners participation in
the Michigan Team Trials competition.
135 . . student athletes enjoyed pre-race remarks from Helene Neville
100 . . percent of the coaches that enjoyed the clinic.
64 . . members that registered at the door.
63 . . number of Future Michigan All-Stars running in the Futures
Race at the Team Michigan Trials race.
71 . . senior boys running in the Team Michigan Trials race.
46 . . new MITCA members at the clinic.
34 . . senior girls running in the Team Michigan Trials race.
8 . . new Coach of the Year award winners.
8 . . vendors in attendance.
4 . . members receiving MHSCA Coaches of the Year honors.
3 . . $500 scholarships given to MITCA members college students.
1 . . new Hall of Fame Inductee. Doug Jager of Grand Rapids
Christian
1 . . new Ambrose Award winner. Dean Blackledge of Hanover-
Horton
# 2016 MITCA Cross Country Clinic Prediction Run 11/12/16

**Sponsored by Kevin Behmer and A2 Race Management**

**Comfort Inn Mt. Pleasant 5,000 m.**

<table>
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<th>Finish Pl</th>
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<td>30 22</td>
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</tbody>
</table>

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**2016 Track & Field Clinic: February 2, 3, 4**

**Causeway Bay 6820 S Cedar Street**

**Lansing, MI 48911-6907**

**Stay informed at mitca.org**
Dear MITCA Member,

As a MITCA member, I’m not sure you are aware of the legacy that Kermit Ambrose left on our organization and the running community. Kermit was the founding father of MITCA, President, Secretary, News Letter Editor and President Emeritus. Kermit passed away five year ago after a glorious 101 years. MITCA would not be the fine organization it is today if not for the service of Kermit Ambrose. The MITCA Executive Board would like to help honor and continue Kermit’s memory by establishing the Kermit Ambrose 101 Club and Kermit Ambrose Foundation. Kermit lived a 101 years, so we are seeking contributions of $101.00 to match his dedication to the MITCA origination. Your contributions will be used to help fund Team Michigan competing at the Midwest Meet of Champions (track & field), the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Both championship meets and teams are underfunded and the Executive Board has made this a priority for the future. Kermit was instrumental in establishing these meets as a MITCA responsibility and it is only fitting that the support of this organization comes in his name. Your contributions are tax deductible and our identification numbers are listed below. Last year the Ambrose 101 Club raised $7,000.00.

If you return the form below with a $101.00 donation (by January 27, 2017) and are attending the Track and Field Clinic in Lansing you will receive a Ambrose Chocolate Sundae at the Coach of the Year Banquet. This treat will only be available for members of the Kermit Ambrose 101 Club. When checking in at the clinic please stop at the Ambrose 101 Club ribbon for your clinic lanyard.

Thank for your support,

Steven R. Porter

State Non-Profit Identification Number : 705219

MITCA Public Relations Federal Identification Number : 38 2493122

---------------------------------------------------------

Kermit Ambrose 101 Club and Foundation Donation Form (please detach and return with your donation)

Please make your check out to: MITCA, Ambrose 101 Club

Return to: Steven Porter MITCA PR

1250 Mooreville Rd.

Milan, MI 48160

name ____________________________ home phone ____________________

address ____________________________ e-mail _______________________

city___________________, state______ zip code__________________

amount of donation $101.00 or __________