Former MITCA President (2009) Raymond Antel III from Wayland High was inducted into the MITCA Hall of Fame as the 2018 Kermit Ambrose Award recipient. Raymond has a long list of service to MITCA and an outstanding coaching resume. He has served as cross country chairperson, was a division Academic All State Award Rep., served on the States Rules and Regs. Council and Regional Site Selection Committee. His cross country teams have won 12 conference championships, 7 regional titles, and were state champions in 2000.

Congratulations Ray to you, your family and cross country programs on this the highest honor the MITCA presents to a cross country coach.
Other Michigan Interscholastic Track Coaches Association Awards and Recognition.

2019 Scholarship Winners (3 @$500 each)

Laurel Shaw attending University of Michigan daughter of Rick and Lisa Shaw

$500 from the Patsy Arpino Memorial Scholarship Fund.

Cara Atwood attending Baker College daughter of Andrea Atwood.

$500 from the Patsy Arpino Memorial Scholarship Fund.

Bree Ann Romanowski daughter of Trina Romanski.

$500 from the Kermit Ambrose Memorial Scholarship Fund.

Special Assistant Coach of the Year awards

Middle School Coach of the Year presented to: (2)

Jeff Delezenne of Clinton Middle School by head coach Kurt Hillegonds.

Calvin Ackley of Hart Middle School by head coach Terry Tatro.

2018 Hall of Fame - Cross Country Coach Inductees

Jon Davidson - St. Clair

Greg Russick - Grand Haven

Coach Jon Davidson was a varsity boys cross country coach for 22 years, spending most of that time at St. Clair HS. Jon’s stellar record includes back to back State Championships in 2012 and 2013. He has finished in the top ten at State ten times. His teams have won 12 regional titles and 12 conference championships. His track program has an equally impressive resume.

Coach Greg Russick was a varsity cross country coach for over 30 years. Coach Russick’s coaching career started at Whitehall (2 years) and ended in 2011 at Grand Haven where he spent 28 years. His record includes a Division 1 State Championship in 2010, and State Runner Up in 1981, 2007 and 2008. His girls cross country teams have combined for six regional championships and eight conference titles.
MITCA 2018 Track & Field Clinic Awards
We are pleased to announce the following Award Winners

Michigan High School Coaches Association 2018 Coach of the Year:

Congratulations to:

Men’s Track and Field: **Dave Emeott / East Kentwood High School**

Women’s Track and Field: **Josh Powers / Adrian Madison High School**

Men’s Cross Country: **Bryan Heid / Corunna High School**

Women’s Cross Country: **Tim Simpson / Lansing Catholic High School**

These coaches were honored on Sunday, November 12, 2017 at the MHSCA Coach of the Year Banquet at the Lansing Ramada and are eligible for regional and national honors.

“Overcoming Obstacles” awards were presented to:

D J Burgoyne - Ann Arbor Pioneer High School coaches by Don Sleeman

Dustin Finkhouse - Benzie Central High School coached by Asa and Traci Kelly

December 1, 2018 is the deadline for the Track & Field Clinic Awards

Forms for future Special Awards and Scholarships are available at www.mitca.org
2018 MITCA Cross Country COACH OF THE YEAR

Men’s – 2018 MITCA Cross Country
Winners in **Bold**
Division 1 Boys
**Jonathan Mikosz - Plymouth**
Larry Adams - Clarkson
Don Sleeman - Ann Arbor Pioneer
Brian Salyers - Milford Highland

Division 2 Boys
**Clifton Somers - Fremont**
Todd Mitchell – Spring Lake
Phil Hoover – Zeeland West
Steve Long - Otsego

Division 3 Boys
**Jeff Schember-Caro**
Scott Werner - Pewamo-Westphalia
Rick Cahoon - Shepherd
Dean Blackledge Hanover-Horton

Division 4 Boys
**Rick Bauer Saugatuck**
Mark Zitzelberger MP Sacred Heart
Kurt Gulick - Breckenridge
Mike Peter – Unionville-Sebewaing

Women’s – 2018 MITCA Cross Country
Winners in **Bold**
Division 1 Girls
**Kevin Breen - Clarkston**
Nancy Boudreau - Ann Arbor Pioneer
James Wicker – Pinckney
Lisa Taylor – Traverse City Central

Division 2 Girls
**Dan Rietberg - East Grand Rapids**
Ronald Womboldt - Dewitt
David Farley - Petoskey
Jack Benitez - Dearborn Divine Child

Division 3 Girls
**Terry Tatro - Hart**
Laurens TenKate – Grandville Calvin Christian
Scott Werner - Pewamo-Westphalia
Kyle McKown - Clare

Division 4 Girls
**Mark Zitzelberger MP Sacred Heart**
Angelina Bauer Saugatuck
Michael Nikkila – Hillsdale Academy
Brian Smith - Pittsford
# Regional Coach of the Year

## MITCA Regional Coaches of the Year Division 1

<table>
<thead>
<tr>
<th>Region</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>1</td>
<td>John Tarr, Grand Haven</td>
<td>Ben Watson, Rockford</td>
</tr>
<tr>
<td>2</td>
<td>Gary Loubert, Saginaw Heritage</td>
<td>Lisa Taylor, Traverse City Central</td>
</tr>
<tr>
<td>3</td>
<td>Ben Thompson, Caledonia</td>
<td>Ben Howell, Caledonia</td>
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<tr>
<td>4</td>
<td>Chris Elsey, Brighton</td>
<td>James Wicker, Pinckney</td>
</tr>
<tr>
<td>5</td>
<td>Don Sleeman, Ann Arbor Pioneer</td>
<td>Nancy Boudreau, Ann Arbor Pioneer</td>
</tr>
<tr>
<td>6</td>
<td>Jonathan Mikosz, Plymouth</td>
<td>Nancy Smith, Northville</td>
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<tr>
<td>7</td>
<td>Brian Salyers, Highland-Milford</td>
<td>Jesse Anderson, Fenton</td>
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<td>8</td>
<td>Diane Montgomery, Grosse Pointe North</td>
<td>Matt Richardson, Troy</td>
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<tr>
<td>9</td>
<td>Larry Adams, Clarkston</td>
<td>Kevin Breen, Clarkston</td>
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## MITCA Regional Coaches of the Year Division 2

<table>
<thead>
<tr>
<th>Region</th>
<th>Boys</th>
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<tbody>
<tr>
<td>10</td>
<td>Cliff Somers, Fremont</td>
<td>David Farley, Petoskey</td>
</tr>
<tr>
<td>11</td>
<td>Todd Mitchell, Spring Lake</td>
<td>Daniel Rietberg, East Grand Rapids</td>
</tr>
<tr>
<td>12</td>
<td>Phil Hoover, Zeeland West</td>
<td>David DeKruyter, Holland Christian</td>
</tr>
<tr>
<td>13</td>
<td>Steven Long, Otsego</td>
<td>Steven Long, Otsego</td>
</tr>
<tr>
<td>14</td>
<td>Tim Simpson, Lansing Catholic</td>
<td>Ronald Womboldt, Dewitt</td>
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<tr>
<td>15</td>
<td>Bryan Held, Corunna</td>
<td>George Drown, Freeland</td>
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<td>16</td>
<td>Allan Warden, Goodrich</td>
<td>Allan Warden, Goodrich</td>
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<td>17</td>
<td>Greg Whitman, Yale</td>
<td>Gregg Golden, Warren Regina</td>
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<tr>
<td>18</td>
<td>Randy Williams, Dearborn Divine Child</td>
<td>Larry Swick, Grosse Ile</td>
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## MITCA Regional Coaches of the Year Division 3

<table>
<thead>
<tr>
<th>Region</th>
<th>Boys</th>
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<tbody>
<tr>
<td>19</td>
<td>Doug Drenth, Charlevox</td>
<td>Julie Duffing, Traverse City St. Francis</td>
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<tr>
<td>20</td>
<td>Terry Tatro, Hart</td>
<td>Terry Tatro, Hart</td>
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<tr>
<td>21</td>
<td>Laurens Tenkate, Grandville Calvin Christian</td>
<td>Laurens Tenkate, Grandville Calvin Christian</td>
</tr>
<tr>
<td>22</td>
<td>Alan Bobalk, Bloomingdale</td>
<td>Alan Bobalk, Bloomingdale</td>
</tr>
<tr>
<td>23</td>
<td>Dean Blackledge, Hanover Horton</td>
<td>Mike Woolsey, Jackson Lumen Christi</td>
</tr>
<tr>
<td>24</td>
<td>Scott Werner, Pewamo Westphalia</td>
<td>Scott Werner, Pewamo Westphalia</td>
</tr>
<tr>
<td>25</td>
<td>Jeff Schember, Caro</td>
<td>Kyle McKown, Clare</td>
</tr>
<tr>
<td>26</td>
<td>Anthony Donald, Madison Heights Bishop Foley</td>
<td>Olivia Lake-Lotiego, Byron</td>
</tr>
<tr>
<td>27</td>
<td>Craig Ringbloom, Dundee</td>
<td>Craig Ringbloom, Dundee</td>
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## MITCA Regional Coaches of the Year Division 4

<table>
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<th>Region</th>
<th>Boys</th>
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<tbody>
<tr>
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<td>Craig DeHoog, Johannesburg-Lewiston</td>
<td>Craig DeHoog, Johannesburg-Lewiston</td>
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<tr>
<td>29</td>
<td>Nick Papes, Lake Leelanau St Mary</td>
<td>Dal Townsend, Frankfort</td>
</tr>
<tr>
<td>30</td>
<td>Mark Zitzelsberger, Mt Pleasant Sacred Heart</td>
<td>Mark Zitzelsberger, Mt Pleasant Sacred Heart</td>
</tr>
<tr>
<td>31</td>
<td>Rick Bauer, Saugatuk</td>
<td>Angelina Bauer, Saugatuk</td>
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<tr>
<td>32</td>
<td>Mark Kline, Gobles</td>
<td>David DeCou, Marcellus</td>
</tr>
<tr>
<td>33</td>
<td>Dan Brunk, Potterville</td>
<td>Jonathan Watson, Lansing Christian</td>
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<tr>
<td>34</td>
<td>Michael Nikkila, Hillsdale Academy</td>
<td>Brian Smith, Pittsford</td>
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<tr>
<td>35</td>
<td>Mike Peter, Unionville-Sebewaing</td>
<td>Garrett Jurges, Uby</td>
</tr>
<tr>
<td>36</td>
<td>Bryan Crump, Oakland Christian</td>
<td>Todd Crouch, Southfield Christian</td>
</tr>
</tbody>
</table>
2018 MITCA Cross Country

Dream Team

Girls Dream Team (All Class top 7)

Ericka VanderLende (12) Rockford 17:08.4
Adelyn Ackley (12) Hart 17:42.8
Amber Gall (12) Shepherd 17:53.6
Kyla Christopher-Moody (12) West Bloomfield 17:58.6
Zofia Dudek (11) Ann Arbor Pioneer 17:59.8
Madeline Rehm (12) White Lake Lakeland 18:00.0

Boys Dream Team (All Class top 7)

Nick Foster (12) Ann Arbor Pioneer 15:13.0
Carter Solomon (11) Plymouth 15:18.1
Alex Comerford (12) Otsego 15:23.6
Harrison Grzymkowski (12) White Lake Lakeland 15:32.3
Corey Gorgas (12) Saugatuck 15:33.8
Evan Bishop (11) East Grand Rapids 15:35.2
Zachary Stewart (11) Brighton 15:36.5

Mr. Cross Country Ericka VanderLende Rockford

Ms. Cross Country Nick Foster Ann Arbor Pioneer

2018 MITCA Academic All Team Champions

Lower Peninsula
Division 1
Boys - Alpena High School 3.996
Girls - Holland West Ottawa 3.971

Division 2
Boys - Armada High School 3.966
Girls - Grand Rapids Christian 3.988

Division 3
Boys - Clare High School 3.926
Girls - Bloomingdale High School 4.000

Division 4
Boys - East Jordan High School 3.886
Girls - Dryden High School 3.962

Upper Peninsula
Division 1
Boys - Marquette High School 3.843
Girls - Marquette High School 4.000

Division 2
Boys - Wakefield-Marenisco/Bessemer High School 3.874
Girls - Newberry High School 3.798

Division 3
Boys - Stephenson High School 3.888
Girls - No submissions

more academic awards at www.mitca.org
Michigan Boys
Mid-East Cross Country Team Champions

Michigan Girls
Mid-East Cross Country Team Champions

Team Michigan uniforms
donated by ADDIX
go to www.addixgear.com
2018 MITCA Cross Country Clinic
by the numbers

301 . number of members in attendance at the clinic.
266 . number of Michigan High School runners participation
in the Michigan Team Trials competition.
259 . members that pre-registered for this year’s clinic.
177 . student athletes enjoyed pre-race remarks from Emma Coburn.
135 . number of Future Michigan All-Stars running in the Futures Race at the
Team Michigan Trials race (92 boys/43 girls).
100 . percent of the coaches that enjoyed the clinic.
92 . senior boys running in the Team Michigan Trials race.
42 . members that registered at the door.
41 . new MITCA members at the clinic
39 . senior girls running in the Team Michigan Trials race.
10 . vendors in attendance.
8 . new Coach of the Year award winners.
4 . members receiving MHSCA Coaches of the Year honors.
3 . $500 scholarships given to MITCA members college students.
2 . New MITCA Hall of Fame inductee. Jon Davidson of
    St. Clare and Greg Russick of Grand Haven
1 . New Ambrose Award winner. Ray Antel III of Wayland
## 2018 MITCA Cross Country Clinic Prediction Run 11/10/18

Sponsored by Kevin Behmer at A2 Race Management

Comfort Inn Mt. Pleasant 5,000 m.

<table>
<thead>
<tr>
<th>Race Pl</th>
<th>Finish Pl</th>
<th>name</th>
<th>Predicted Time</th>
<th>Finish Time</th>
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<td>Glen Maylath</td>
<td>22 23</td>
<td>22 25</td>
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<td>1 tie</td>
<td>14</td>
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<td>24 15</td>
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<td>Asa Kelly</td>
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<td>Calvin Ackley</td>
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<td>Amy MvNabb</td>
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<td>Traci Kelly</td>
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<td>Gerald Blinik</td>
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<td>Rick Shaw</td>
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</table>
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 years 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 a record $7,682.00.

If you return the form below with a $101.00 donation (by January 18, 2019) 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 Table 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 ____________