

DeRoek clicks on all cylinders in YMCA race

By Tom Henderson
staff writer

The way things have been going for Dan DeRoek lately, a win in Saturday's YMCA Invest in Youth 5-Mile Run in Farmington Hills came as a pleasant surprise.

Last year, his running was going well and he ran faster — but he finished second to local star Terry Eisey.

But this year his training and racing just aren't coming together.

"I haven't been myself, lately. I don't know what it is," said DeRoek, 28, of Rochester.

So, when another runner bolted to a big lead in the first mile, DeRoek had reason to think that it wasn't going to be his day. But the runner turned out to be a rabbit, though, and not a factor for long.

DeRoek, an Upper Peninsula native who ran at Ferris State, caught the leader just before the mile. They went through the mile about 5:10, relatively slow, though the humidity from the near-hot that hung in the air may have had something to do with it.

From then on, "I was pretty confident I had it," said DeRoek. And he beat, besting 158 other runners in the time of 28:54.

"That's not real good for me; that's slow," said DeRoek, smiling nonetheless moments after receiving his applause at the awards ceremony in the parking lot of Dennison's Restaurant, at 12 Mile and Orchard Lake roads.

LORI SANBORN, 28, of Mount Clemens was smiling broadly, too. It was her first race of the year, and though she said later of her 24:19 time "It was slow, I felt out of shape," a win is a win is a win. And cause for smiles.

"The air was heavy. I kept feeling it coming down on me," said Sanborn, who said it was her first investment in Youth run. The only reason she ran the race is she was on her way to work at the Vix Tanny's at Maple and Telegraph and figured a race would be a painless way to get her daily run in.

"It was fun jumping over the puddles, though. That was incentive," Sanborn said with a laugh. It rained on and off most of the night but stopped before the race.

Mary Nowak, an ultrasound technologist at Providence Hospital in Southfield, was the runner-up in 37:08.

running

□ Race statistics, OD

"It was neat hearing people yelling 'You're second, woman, you're second, woman!' This makes the training all worthwhile."

Nowak said her time was her best ever.

At last year's YMCA run, Nowak's sister, Charlene Price, won the top prize in the 5-mile, tickets to anywhere in the country Southwest Airlines flies. In April, they flew to San Diego and ran two races.

"It's my turn today," said Nowak.

THIS YEAR, the top prize was still a pair of tickets on Southwest, but they were good only for a flight to St. Louis.

Vince Guilian, 7, one of the 50 children who ran the Mile Fun Run that preceded the 5-miler, was brought out of the audience to draw the winning name from among all the entrants. And the winner was...

... dabbhh-dummmmm

Vince Guilian. He'd pulled his own name.

Race director Mary Fletcher was going to have Vince draw another name, one other than his own, but the crowd started yelling: "Give it to the kid, give it to the kid."

"Should I?" asked Fletcher.

The audience boomed with approval, and Vince got the tickets.

Which summed up the race. More serious racers perhaps were in Grand Rapids for the big Old Kent run the same day. But there is a niche, as the Farmington Hills race showed, for small, community races that pay off in fun, not prize money.

And the Invest in Youth run, its sixth event now history, does that. The course was pretty, rolling through a subdivision just west of Dennison's. Finishers got their choice of iced, iced, coffee, hot dogs or beer.

And then came the raffle, which in addition to airline tickets gave out running logs, T-shirts, duffel bags and haircuts.

Marlins finish atop Central

Mercy routs Ladywood in lopsided meet

Farmington Hills Mercy completed an unbeaten season in Central Division girls track Monday when the Marlins trounced Livonia Ladywood 104-24.

Mercy finished 5-0 in division dual meets and will attempt to defend its regional championship in its next challenge Friday at Southfield.

The Marlins also have their eye on next Tuesday when the Catholic League title will be up for grabs at Madison Heights Bishop Foley. Mercy was third behind Redford Bishop Borgess and Dearborn Divine Child last year.

"After we won the regional last year, we had a little letdown at the league meet because we were kinda young," coach Gary Servais said. "It should be different this year, because we're a little more seasoned."

Winning the division "was a step in the right direction," he added. "The program is on the upswing, and we have a lot of talented athletes in the program."

Mercy, competing on the North Farmington track, swept the relays against the Blazers and had an individual double winner in Mary Beth Strand.

She edged Ladywood's Rebecca Willey for first place in the 100-meter hurdles and later added a first in the 300. Strand ran 17.8 and Willey 17.9 in the 100, and the Mercy athlete won the 300 hurdles in 52.2. Willey was not completely shut out since she did win the high jump at 5 feet.

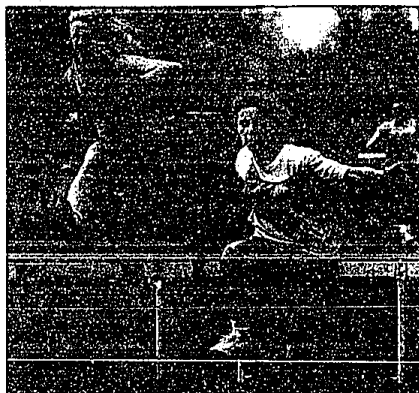
The Marlins won all but one of the running events, the exception being the 200 dash in which Ladywood's Jessica Lonsaghan had a 27.2 time. Mercy's Kim Cook won the 100 in 13.2, and Lauren Hood captured the 400 in 1:03.7. Kathleen Gerig's time of 2:37 was the best over 800 meters. Heidi Noll won the 1,600 with a 5:44 effort and top honors in the 3,200 went to Brigitte Dery, who posted a 12:41 time.

Cook, Hood and Gerig also were on two of the relay teams, and teammates Adama Amante, Gail Murie, Yvonne Bestie and Heather Sullivan shared that distinction.

The foursome of Amante, Murie, Bestie and Cook won the 400 and 800 relays in 5:5.8 and 2:02.2. Gerig, Sullivan and Hood combined with Megan Lombardi to win the 1,600 in 4:27.4 and Noelle Gates to capture the 3,200 in 10:29.1.

In the field events, Mercy's Charlene Sanders threw the shot put 34.9 to win that test, Jeannette Turner hurled the discus 101-6½ and Jamie Robinson leaped 14-1 in the long jump.

FARMINGTON POSTED AN IM-



RANDY BORST/staff photographer

Mary Beth Strand of Mercy maintained her edge over Ladywood's Rebecca Willey for a narrow victory in the 100-meter hurdles. Strand also won the 300 hurdles.

pressive victory in Lakes Division girls track Tuesday, demonstrating its overall team strength with an 82-46 win over host Plymouth Salem.

The Falcons, 4-0 in the division and 5-0 overall, won everything but the 3,200 and 1,600 relays. In individual events, Farmington's Jennifer Reed was a triple winner, and teammates Jennifer Kiel, Kerri Owczarzak and Shell Gaul had double victories.

Reed's long jump of 15 feet, 10½ inches won that event, and her times of 12.9 and 26.3 won the 100 and 200 dashes. Kiel showed her stamina by winning the 1,600 run in 5:33.2 and the 3,200 with a 12:16.1 performance.

Gaul's specialty is the hurdles, and she won both races with times of 18.6 in the 100 and 51.0 in the 300. Owczarzak was best in the shot put at 23-9 and the discus at 91-6.

In other solo events, Farmington's Julie Lawton won the high jump (5-0), Amy Trunk the 400 run (1:05.3) and Maureen O'Dell the 800 run (2:33.2).

Lawton, Kiel pace Falcons

Farmington's Julie Lawton won the high jump, and teammate Jennifer Kiel set a school record in the 1,600-meter run Saturday at the Birmingham Groves Relays.

Lawton won the field event with a jump of 5 feet, and teammate Shell Gaul was second at 4-8. Kiel finished second in the 1,600-meter run with her record time of 5:19.4.

Gaul also was second in the high jump (4-8), and Kiel added a second in the 3,200 run (12:12).

The Falcons were fourth in the 800 relay as well. Carrie Maier, Nicole Tocco, Amy Trunk and Angie Forge had their best time of the season at 1:49.4.

Farmington Hills Harrison had its best showing at the relays, scoring 22 points. The Hawks were paced by Jane Peters, who won the 300 hurdles against tough competition in 47.5. She added fifth place in the 100 hurdles (17.0).

Colleen Heinman tied with Gaul for second place in the high jump, and Harrison also scored in two relays.

Maria Chalagianis, Nivn Hakim, Andra Cockerham and Peters were fourth in the 1,600 relay (4:18), and Cockerham, Carrie Hentnik, Hakim and Peters were sixth in the 800 relay (1:51.8).

North Farmington's Lisa Rives was third in the 1,600 with a 5:24.2 time, and Jenny Web was fourth in the 800 run at 2:30.7. Lisa Handziak and Jennifer Stone contributed a pair of sixth places in the long jump (14-7½) and shot put (30-8½), respectively.

At the Bloomfield Hills Lahser Relays, North Farmington's boys track team won the discus. Zaim Cummulaj, Todd Powlowski and Bill Trenkle had a combined throw of 402 feet, 11 inches.

Cummulaj and Jerry Dolak also gave the Raiders fifth in the shot put, and the four-mile relay team of Jeff Simpson, Jason Biederman, Scott Simpson and Jason Kocembo was sixth.

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