

Adams sets record in state meet

Farmington High junior Kate Adams set a school record Saturday in the Class A cross country championships at Michigan International Speedway in Brooklyn.

Adams had the best finish of four city runners, placing fifth in the girls individual race with a 19:08.5 time.

That breaks the school record of 19:14 set by former Farmington star Jennifer Kiel in 1989.

"Kate ran a very smart race," Farmington coach Liz Zynda

said. "I expected that because of the way she ran at the regional. If she ran similar to that, but a little faster at the start because it was the state race, I thought she would do well."

Zynda wanted Adams to go out a little faster, because there were 300 girls in the combined team and individual race running at the same time.

The course narrows at the mile mark where the runners face a bottleneck going into the woods.

"I didn't want her to get caught in back," Zynda said. "She was 27th at the mile-and-half mark and I was thrilled."

"At that point, she just started passing people. She was 21st

X-COUNTRY

with a thousand meters to go. Once she got on the track, I knew she would pass more people, because she loves the track."

Adams has earned plenty of medals because of her running ability, but now she has the coveted prize she has wanted.

"Kate said she would never put a medal on her (varsity) jacket unless it was an all-state medal," Zynda said. "So there it was on her jacket Saturday."

Adams placed 16th overall among Class A girls (team and individual runners combined). The top 25 are recognized as all-state runners.

Adams also is hoping to receive academic all-state honors again. She did last year and this year is 11th in her class with a 3.998 grade point on a 4.0 scale.

Zynda, who is moving Friday to North Carolina where she will join her husband, added she was emotionally touched by Adams' motivation to run well at the state meet.

"She said, 'I did it for you coach, because this was our last race together,'" Zynda said.

"Farmington Harrison senior Jared Roth was 23rd (16:32.9) in the Class A boys race. Farmington Hills Mercy senior Betsy Gignac placed 44th (20:24.3) and Mercy junior Jackie Segue 50th (20:30.1) in the girls event.

Shamrocks finish out of the running this year

When John Griffin's teammates at Detroit Catholic Central pass him in a race, it should

be a good sign for the Shamrocks.

Not when Griffin is the 190th fastest runner, as he was in Saturday's Class A state cross country meet at Michigan International Speedway in Brooklyn.

Griffin, battling the 24-hour flu, finished in 19:40, about three minutes off his usual pace.

Had Griffin been his usual self, which got him a third-place finish at the regional, the Shamrocks might have finished in the top 10.

CC, a three-time Class A champion and two-time runner-up, finished with 403 points.

Chris Laney led the Shamrocks with a 70th-place finish in 17:01, followed by Ryan Schrieber, 76th (17:03); Craig

Skalski, 79th (17:05); Dan Danic, 86th (17:08); and Anthony Wolfe, 90th (17:09). Joe Hubert (17:18) and Griffin (19:04) did not figure in the team scoring.

"John told me he had been up all night, throwing up," CC coach Tony Magni said. "I saw him at the next day (Sunday) at the CC football game and he said he felt a lot better, so it must have been a 24-hour flu. The only reason I let him in is because he's a senior, a top runner, deserves a chance to see if he can run hard."

At the mile mark he was way back and I said 'If you can't go any farther, stop.'"

Magni had mixed emotions about Schrieber finishing second in the CC lineup.

"Danic and Wolfe had beaten

him all year," Magni said. "Schrieber should have been our seventh man. If he's 76th and Danic and Wolfe are ahead of him, we're top five, in the thick of things. We didn't run well, lost confidence maybe because of Griffin not running."

Magni said he didn't like the new format, which allows for individual qualifiers to run in the team race. Magni said that adds about 90 runners to the course.

"I didn't like it from Day 1. It took the team concept out of it," Magni said. "We got pinched at the first half mile, people were going around the first turn walking, there were so many kids. I hope they go to the old format. It's for the kids, not to make money."

The site lines for fans in the grandstands also weren't good, according to Magni.

"They suggested using binoculars," he said. "You needed a telescope to see anything. Some fans were a good half mile from the top of the stands to where the kids were running."

The computer chips that were placed in the runners' shoes as an experiment to help improve the timing process, ended up delaying things several hours.

"It's the first time we left the state finals without knowing where we finished," Magni said.

SWIMMING

Following are the Observerland girls best swim times and diving scores. Coaches should report updates to coach Ken Steak from 4 p.m. Monday through Friday at the Churchill High School pool (313.523.9231).

Erin Downs (Mercy) 1:02.51
Lisa Richardson (Harrison) 1:03.29
Kristen Burke (St. Farmington) 1:03.31
Julie Kern (Stevens) 1:03.50
Maria McKenzie (Stevens) 1:03.65

200-YARD MEDLEY RELAY

Livonia Stevenson 1:52.70
Plymouth Salem 1:54.18
Farmington Mercy 1:54.21
North Farmington 1:57.12

200 FREESTYLE

Anne Aristo (Stevens) 1:49.80
Julie Kern (Stevens) 1:58.53
Meghan Maceri (Stevens) 1:58.74
Katie Clark (Stevens) 1:59.76
Lisa Richardson (Harrison) 1:59.93
Teri Hanson (Salem) 2:02.18
Audrey Hale (Salem) 2:02.73
Betsy Lambert (Mercy) 2:04.57
Lindsay Fettes (Harrison) 2:05.07
Becky Noehel (Stevens) 2:05.09

200 INDIVIDUAL MEDLEY

Anne Aristo (Stevens) 2:05.98
Elizabeth Posvar (Mercy) 2:14.40
Lisa Richardson (Harrison) 2:16.68
Lindsay Fettes (Harrison) 2:17.55
Meghan Maceri (Stevens) 2:17.99
Teri Hanson (Salem) 2:19.18
Julie Kern (Stevens) 2:19.60
Becky Noehel (Stevens) 2:19.92
Karen Coulter (Churchill) 2:20.42
Maria McKenzie (Stevens) 2:21.13

50 FREESTYLE

Anne Aristo (Stevens) 24.81
Elizabeth Posvar (Mercy) 25.23
Katie Clark (Stevens) 25.37
Donna Schwalm (Harrison) 25.51
Cheryl Farber (N. Farmington) 25.64
Carrie Dazio (Salem) 25.73
Adrienne Turri (Stevens) 25.88
Kristen Stone (John Glenn) 26.03
Caroline Kenna (Mercy) 26.21

DIVING

Kassy Hall (Warner) 254.90
Becca Gould (Mercy) 218.20
Lisa Sabina (Canton) 217.75
Laurel Dolin (Stevens) 203.13
Bridget Christensen (Churchill) 200.25
Jennifer Marchand (Glenn) 185.80
Sullivan Wint (Franklin) 179.25
Kelly Mitch (Farmington) 165.20
Kelly Dodd (Churchill) 164.70
Nikki Hagmann (Churchill) 163.70

100 BUTTERFLY

Anne Aristo (Stevens) 57.98
Katie Clark (Stevens) 59.55
Teri Hanson (Canton) 1:00.83
Jennifer MacDonald (Mercy) 1:01.50
Adrienne Turri (Stevens) 1:01.92

100 FREESTYLE

Anne Aristo (Stevens) 52.77
Lisa Richardson (Harrison) 55.05
Donna Schwalm (Harrison) 55.07
Elizabeth Posvar (Mercy) 55.24
Katie Clark (Stevens) 56.09
Julie Kern (Stevens) 56.94
Kristen Stone (John Glenn) 57.34
Katelynn Williams (Salem) 57.59
Angie Frost (Canton) 57.80
Audrey Hale (Salem) 57.90
Danielle Clayton (Mercy) 57.96

500 FREESTYLE

Anne Aristo (Stevens) 4:53.47
Julie Kern (Stevens) 5:12.40
Kelly Cavin (Mercy) 5:20.44
Katie Clark (Stevens) 5:20.94
Julie Kluka (Harrison) 5:22.55
Meghan Maceri (Stevens) 5:23.59
Jennifer MacDonald (Mercy) 5:27.25
Audrey Hale (Salem) 5:27.63
Becky Noehel (Stevens) 5:31.84
Betsy Lambert (Mercy) 5:31.92

200 FREESTYLE RELAY

Livonia Stevenson 1:43.85
Farmington Harrison 1:44.54
Farmington Mercy 1:44.56
Plymouth Salem 1:44.65
North Farmington 1:45.08

100 BACKSTROKE

Anne Aristo (Stevens) 56.82
Adrienne Turri (Stevens) 1:01.19
Elizabeth Posvar (Mercy) 1:01.95
Caroline Kenna (Mercy) 1:02.04
Yvonne Lynn (Salem) 1:03.29
Jessica Mahowald (Stevens) 1:03.30
Cheryl Farber (N. Farmington) 1:03.94
Maria McKenzie (Stevens) 1:05.08
Katie Cavin (Mercy) 1:05.53
Janelle Fisher (Franklin) 1:06.12

100 BREASTSTROKE

Lindsay Fettes (Harrison) 1:09.64
Neira Alver (N. Farmington) 1:10.72
Mercedith Spiegel (Mercy) 1:12.02
Katie Clark (Stevens) 1:12.39
Becky Noehel (Stevens) 1:13.22
Jordan Goodroad (Stevens) 1:13.93
Katherine Docherty (Mercy) 1:14.97
Katie Bonner (Mercy) 1:15.80
Audrey Koenner (Mercy) 1:16.88

400 FREESTYLE RELAY

Farmington Mercy 3:44.48
Livonia Stevenson 3:45.21
Plymouth Salem 3:48.78
Farmington Harrison 3:50.95

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FLUSH WITH POSSIBILITIES

As part of an automobile's regular maintenance, its cooling system should be drained and flushed at least every three years. Symptoms that indicate the need for a flush include a water/antifreeze mixture in the radiator that contains suspended particles, and a heater that does not provide as much heat as it should. If the fluid in the radiator looks and feels lumpy or contains rust, the cooling system should be flushed without delay. This is not the same as simply draining the radiator. Backflushing requires that the thermostat be removed and replaced. And, while there are many possible causes of reduction in heater efficiency, one of them is the accumulation of rust and sediment in the heater core. If the car's cooling system has not been backflushed within the previous three years, it's a good idea to perform this service before wintering replacement of the heater core.

Following the advice in the manual about maintenance is not just a good idea, it's a way to help protect your investment in your car. At HOLIDAY CHEVROLET INC., we are experts at anti-rust diagnosis and accurate repair. We welcome your questions—we're here to answer them. Call us at 474-0500. We are conveniently located at 30250 Grand River. Come to us for a job well done. Stop in and see us soon.

HINT: Backflushing involves pumping fresh water through the engine cooling system until rust and sediment have been removed.

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