

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 19:08.3 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.



Kate Adams

aid. "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 more 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-a-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 had earned plenty of medals because of her running ability, but now she has thecoveted state title she 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 the 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 Lancy led the Shamrocks with a 70th-place finish in 17:01; followed by Ryan Schriber, 76th (17:03); Craig

Skalski, 79th (17:05); Dan Danic, 88th (17:08); and Anthony Wolfe, 90th (17:09). Joe Hubert (71st) and Griffin (190th) 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 let him run 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 further, stop."

Magni had mixed emotions about Schriber finishing second in the CC lineup. "Danic and Wolfe had beaten him all year," Magni said. "Schriber 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 race.

"I didn't like it from Day 1; it took the team concept out of it," Magni said. "We were pinned 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.

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