

## RUNNERS

FROM PAGE C1

the whole team better around him. He's a great leader and he always pushes the other guys."

**John Black, Birmingham Brother Rice:** Although just a sophomore, Black came on strong late in the season and clocked a promising 16:51 at the Division 1 state meet, good enough for 16th place and all-state honors.

"I'm kind of surprised on how far he's come because last winter broke his leg playing hockey and he didn't start running again until the start of track season," said veteran Rice coach Bob Stark. "But he worked hard over the summer to get caught up and had a great season."

The first Rice sophomore to break 16 minutes since John Cowan in 1999, Black went on to place third at the Catholic High School League meet, Walled Lake Western Invitational, and Royal Oak Kimball regional. He was also fourth at the Sterling Heights Hanson Invitational, sixth at the Ann Arbor Gabriel Richard Invitational, seventh at the county meet, and 25th at the West Bloomfield Invitational.

**Chris Hammer, Troy Athens:** In a wide-open race, this junior emerged as the OAA Division I league meet champion, signaling many good things to come for this three-year varsity performer. He was also second at the Kimball Regional and Troy Athens Invitational, and 17th at the Division 1 state meet in a career-best 16:54 to earn all-state accolades. Hammer also finished 10th at the Oxford Invitational, 15th at the Holly Invitational, 16th at the county meet, and 26th at the Michigan State Spartans Invitational Division 1 race.

"Chris really picked it up in the second half of the season; he did what he needed to do to get under 16 minutes," said Athens coach Mike Stalinski. "He really is a student of the sport, he like the running game."

**Mark Sitko, Clarkston:** A three-year varsity performer and state qualifier, Sitko definitely saved his best for last, garnering all-state honors with a 20th-place finish in 15:55 at the

## Division 1 state finals.

Consistently one of the Wolves' top two runners in each race of the past three seasons, Sitko also placed seventh at the OAA Division 1 meet, was eighth at the Hanson Invitational, ninth at the Flint Carmen-Ainsworth Cavaliers Classic, 13th at the Holly Regional, 10th at the Oxford Invitational, 18th at the county, 19th at the MSU Spartans Invitational Division 1 race, and 22nd at the Holly Invitational Division 1 race.

"Mark really picked it up at the league meet, regional and state meet, and his best race was the state meet," said Clarkston coach Mike Taylor. "When he was a freshman, he was behind a lot of talented guys, but the past three years he's been one of our best."

**Mike Quick, Bloomfield Hills Lahser:** Quick lived up to his expectations, becoming the state's first freshman to break 16 minutes since Novis Tim Moore and Caledonia's Tim Ross did so in 1998. Quick did that by winning the Metro Beach regional in 15:58.9 — sixth on Lahser's all-time list. The Knights' top runner all-year, Quick lost only one dual meet, was the OAA Division II champion, and placed second at the Spartans Invitational Division II race and Holly Invitational Division II race. He also claimed fifth at the Oxford Invitational, 13th at the county meet, 16th at the West Bloomfield Invitational Division II, and 29th at the Division 2 state meet, good enough for all-state accolades.

"Mike had just a great year as a freshman," said Lahser coach Nick Stratton. "I knew he could be good, but he came in and worked hard every single day. I'm looking forward to coaching him in cross-country and track the next three years."

**Bruce Kaczmarek, Bloomfield Hills Lahser:** Just a sophomore, this two-time state qualifier was the Knights' top finisher at the Division 2 state meet, running in 24th place in a career-best 16:11.9 and picking up all-state accolades. "Bruce is one of those kids that keeps getting better," said Stratton. "He ran 16:44 as a freshman and this year runs 16:11. He's put in the time at practice and I think he'll just

**ALL-AREA**  
2002 OAA ALL-AREA  
BOYS CROSS COUNTRY  
FIRST TEAM

Donna Richmond, Oxford Junior  
John Black, Brother Rice, Soph  
Chris Hammer, Troy Athens, Junior  
Mark Sitko, Clarkston, Senior  
Mike Quick, Bloomfield Hills Lahser, Freshman  
Bruce Kaczmarek, Bloomfield Hills Lahser, Soph  
Jared Elmore, Clarkston, Senior  
Mike Frisch, All Avondale, Senior  
Brooks Cowan, Troy Sophomore  
Steve Czarnecki, Rock Adams, Soph

**COACH OF THE YEAR**  
Nick Stratton, Bloomfield Hills Lahser, 3rd Season

**SECOND TEAM**  
Brian Coats, Farmington Harrison, Senior  
Colin Orr, West Bloomfield, Soph  
Bryan Mullins, Rochester, Senior  
Marc Roubel, Brother Rice, Senior  
Shane Golin, Brother Rice, Senior  
Wall Rose, Brother Rice, Junior  
Geoff McGee, Stoney Creek, Soph  
Bry Peterson, Lake Orion, Soph  
Brandon Golin, St. Mary's, Junior  
Jeff Mataya, Farmington Harrison, Senior  
Andrew Stewart, Troy, Senior  
Mike Bar, Brother Rice, Junior  
Matt Chumbley, Rochester, Junior  
Dan LaFave, Bem Seaborn, Senior

**HONORABLE MENTIONS**  
Averydon: Rob Thomas, Jr., Oakland Christian, Sophomore  
Beverly: Justin Hines, Soph  
Brother Rice: Jason Hocking, Jr., Ryan Gregory, Jr., Sam Merritt, Jr., Courtney Day, Brandon Blackford, Jr., Keith Anderson, Jr., Garrett Scott, Konrad, Jr., Matt Cohen, Jr., Andrew, Josh, Michael, Jr., Lahser: Ben Ruch, Soph, Kent, 2000, Soph, Phil, Jr., Gosh, Jr., Andrew, Kennedy, Jr., Clarkston: Eric Moss, Soph, Jack Knepp, Jr., Evan Schneider, Jr., Andy Fodor, Jr., Sam Brown, Jr., Matt Wages, Jr., Josh, Shirovski, L.R., Colin Murray, Jr., Susan Wister, Jr., North Farmington: Ben Goshorn, Jr., 20, Mary's: Nick Ball, Jr., Soph, Spencer Jacobs, Jr., Oxford: Kaitie White, Jr., Soph, Nolan Water, Jr., Kevin Blom, Jr., Rochester: Jason Day, Jr., Matt, Michael, Jr., Jordan Smith, Jr., Sam Watson, Jr., Josh Knepp, Jr., Knepp, Jr., W. W. Moreland, Jr., Brent McClellan, Jr., South-West Christian: Luke Hutchins, Jr., Mark Ruffalo, Jr., Roy, Matt, Knepp, Jr., Jon Raulman, Jr., Brad Nohara, Jr., Mike Long, Jr., Soph, Jeff Orr, Jr., Athens: Scott Brumby, Jr., All-More: Tom, Tom, 2000, Soph, Phil, Schmitt, Soph

keep getting better."

Kaczmarek was also second at the OAA Division II meet, fourth at the Metro Beach regional, seventh at the West Bloomfield Invitational Division II race, ninth at both the Oxford Invitational and Spartans Invitational, 10th at the Holly Invitational Division II race, and 14th at the county meet.

Jared Elmore, Clarkston:



Czarnecki



Kaczmarek



Quick



Black



Hammer



Sitko

Elmore was a three-year varsity performer and had his best race at the Division 1 state finals this season, running in 37th position with a time of 16:12. Elmore also had several other notable finishes this year, placing third at the OAA Division 1 meet and Holly regional, seventh at both the Oxford Invitational and Cavaliers Classic, ninth at the Hanson Invitational, 18th at the county meet, 22nd at the West Bloomfield Invitational, and 26th at the Holly Invitational. He was named the Wolves' Team MVP.

"Jared and Mark (Sitko) were usually right near each other in every race, but Jared was really our vocal leader, and I needed this from him," said Taylor. "In terms of a leadership role, he was the best on our team."

**Mike Frisch, Auburn Hills Avondale:** After an injury-plagued junior track season, Frisch struggled early in his evocative cross-country campaign, but finished strong. His third-place time of 16:20.1 at the Metro Beach regional lands him third on Avondale's all-time list.

"He had some shin splints earlier in the season, but ran through them and finished strong at the end of the season," said Avondale coach Christine Mathes. "He was a good leader for us and a good all-around kid. We'll miss having him next year." Frisch, who finished 45th at the Division 2 state meet, won all but one dual meet, was champion at the DeLaSalle Invitational, second at the OAA Division III meet, fifth at the Brandon Invitational, 14th at the Oxford Invitational, and 19th at the county meet.

**Brooks Cowan, Troy:** After playing freshmen soccer a year ago, Cowan was coaxed into giving cross-country a try. It turned out to be a wise decision, as his season resume points out. The sophomore was the Kimball regional champion, finished in

the runner-up slot at the OAA Division 1 race in 16:22.1 and was second at the Kimball/Ambrose Invitational. He was also 34th at the county meet, 50th at the Division 1 state meet, and posted top 30 finishes at both the Holly Invitational Division 1 race and West Bloomfield Invitational Division 1 race. "For a first-year runner, he really had a good season once he figured out how to race in the sport of cross-country," explained Troy coach Kevin Spencer. "Once he realized what he was capable of, he became our top runner."

**Steve Czarnecki, Rochester Adams:** This sophomore ran a personal-best time of 16:29.9 at the Division 1 state meet, good enough for 69th place but under his own expectations.

"After the (state meet) race, he came to me and said I'm running track next spring," said Adams coach Budd Cicciarelli. "He wanted to get down under 16:10 this year, but 16:29 is still good; it's still his best. If he continues to train hard and run track, I think we can get him

down under 16 minutes next year. He has a lot of natural ability and he's a strong kid."

Czarnecki, a state qualifier as a freshman, was also fourth at the OAA Division I meet, fifth at the Ambrose Invitational, ninth at the Adams Invitational, 11th at the Romeo regional and 28th at the county meet.

## SECOND TEAM

**Brian Coats, Farmington Harrison:** A senior and two-time state qualifier, Coats ran a personal best of 16:33 at the Division II state meet, where he was 46th. He was also fourth at the OAA Division II meet, 11th at the Redford Catholic Central Division II race and 38th at the county.

**Jeff Mataya, North Farmington:** A senior and three-year varsity runner, Mataya finished 117th at the Division I state finals even with an off day. Mataya was third at the OAA Division II meet, 10th at the Kimball regional, 21st at the Catholic Central Division I race and 45th at the county meet. His best effort this year was 16:48.1. [stuckast@ee.barnes.com](mailto:stuckast@ee.barnes.com) | (419) 631-7575

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