

# One Hundred Years Running: A History of Michigan State Cross Country

**In the beginning . . . on April 13, 1907 . . .** twenty-seven Michigan Agricultural College students, split into two teams drawn by lot by varsity track aces Roy Waite and Ralph Carr, toed a line in front of the Armory (near the present Music Building on what is now West Circle Drive of Michigan State University). They embarked on an estimated three mile course to the Farm House on Farm Lane, south across the Farm Lane bridge, and east along the Red Cedar River to Beal Pinetum. Turning north on Hagadorn Road , they crossed the Red Cedar a second time and returned west along Grand River Avenue to College Street (now Bogue Street), thence south-west through the orchard and campus to the starting point. Waite finished in an excellent time of 15:30, followed by Carr and then 23 others. Waite's team won 123-177. Three years later, the Aggies participated in their first intercollegiate cross country competition, racing against Olivet College, Hope College, the Grand Rapids YMCA, and Muskegon High School at the Hope College Invitational in Holland. MAC's Fred Tillotson copped the individual title on the approximately four mile course in 21:15, followed by teammates Charles Perkins (4th), Arthur Warner (9th), Robert Rosen (11th) and Horace Geib (14th). MAC's 39 point total was 18 better than second place Olivet. Source: Frimodig & Stabley, 1971, p. 27


**A lot of water has flowed under the Farm Lane bridge since those days, but our story has never been formally or completely told.** I have decided that it is time to do so and have solicited permission from the MSU Athletic Department and the Track and Field/Cross Country Alumni Association to proceed.

## **There are eight project goals:**

- 1) To produce a complete and accurate history of Michigan State Cross Country
- 2) To raise awareness of our shared history
- 3) To strengthen bonds between generations of Michigan State Cross Country runners
- 4) To understand social contexts of running before, during and after college
- 5) To understand the role that running plays/played in athletes' post-college lives
- 6) To understand the benefits and drawbacks associated with running
- 7) To produce a series of documents that may assist with recruiting Cross Country runners to Michigan State
- 8) To repeat that process, or most of it, for Michigan State Track and Field

**Should you have questions regarding specific questions or completion of the survey, please don't hesitate to contact Mark Havitz at: [mhavitz@healthy.uwaterloo.ca](mailto:mhavitz@healthy.uwaterloo.ca) or 1-519-888-4567, extension 33013.**

**Thanks for your help! We hope you enjoy completing the survey.**



## What's the point of filling out this long questionnaire?

**Our goal is to compile a historic record worthy of the proud Michigan State cross country tradition.** A good history involves much more than simple reporting of won-loss records, championships, and important people and dates. We will do all of those things of course, but the purpose of this questionnaire is to gather information from individual runners regarding their running careers at Michigan State, what they really thought (and think) about running, and how it affects or affected (for better and worse) their lives.

Your response is equally valued if you were a national champion, a reasonably big star, a mid-packer, or one of the slowest runners on your team. Each of these perspectives is important to telling our collective story. This information will be used to supplement archival data, photos, course maps, and interview data. This is your chance to make your voice and your experience heard.

We are trying to understand the role running has played throughout your life, not just while you were competing at Michigan State. Equally important, we want to understand how and when people withdraw from participating in running and perhaps even lose interest in the activity. As such, **we are very interested in your responses even if you have totally stopped running.**

**Take your time! It is not imperative that you complete the questionnaire in one sitting. In fact,** that might drive you crazy! Instead, we suggest doing it in small chunks. There are three sections: one focusing on your college years, one examining how you got into running prior to college, and one for the years following your graduation. You may wish to start with questions that most interest you and go from there. That said, we believe that all questions are important, so we ask that you answer them all to the best of your ability and recollection. If a particular question or set of questions does not apply to you, simply write "not applicable" or N/A at the appropriate place.

This survey, which will be sent to all living alumni for whom we have contact information, represents the first stage of our data collection. Over the next few years individual interviews, some team interviews, geographically convenient focus group interviews (as appropriate) may also be used to add depth to the answers we receive. Photo elicitation techniques will be integral to the survey and interviews. In other words, we will try to jog your memories using pictures! Some of the interviews and focus groups will be held on campus in an effort to further jog our memories.

**Other information sources:** There are some great stories out there. But you might ask, how will we capture the stories of deceased teammates or those whom we can't locate? A key source will be files from previous coaches and athletic directors in the MSU Archives and Historical Collections. Other important sources will include the *State News* (and predecessor the *Holcad*), *coaches' records*, and *yearbooks* (as you may know, from 1901 until 1976 when it was re-named *The Red Cedar Log*, the MSC/MSU yearbook was named the *Wolverine*)! To the extent possible, we will also seek to locate, survey, and interview descendants of key individual runners who have now passed. Finally, we hope to collect scans from personal photo collections, race numbers, and other relevant memorabilia which may enhance the telling of our collective story. Please refer to the last page of this questionnaire to see how you can help provide additional information.

**Section One: Your College Years**

**Why are we asking the questions on this page?**

We would like to know some background information from your time at college.

**While at Michigan State which years did you run cross country? (check all that apply):**

- Freshman     Sophomore     Junior     Senior     Graduate student

**Which situation best describes yours? (check the response that most applies):**

- Scholarship athlete     Walk-on athlete     Walk-on who earned a scholarship

If you received a scholarship, check the response that most applies:  Full-ride     Partial-ride

**Briefly, why did you choose to attend Michigan State over other colleges? \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_

**Where did you live while a student at Michigan State? (check all that apply):**

- Dorm     Fraternity/Sorority     Co-op     Off campus     At home

Comments: \_\_\_\_\_

\_\_\_\_\_

**What was your primary social group at Michigan State? (if you check more than one, briefly explain)**

- Team members     Roommates     Brothers/Sisters     Other people

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**What did your [friends, roommates, girlfriends/boyfriends, family] think of your running?**

Use as many adjectives as apply from the following list or of your own choosing: Encouraging, informed, skeptical, oblivious, helpful, tolerant, envious, distant, loving, ambivalent, wonderful, disdainful, etc. Were some people more supportive than others?

Friends: \_\_\_\_\_

Roommates: \_\_\_\_\_

Girlfriends/boyfriends: \_\_\_\_\_

Family: \_\_\_\_\_

Other comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





**What is this page for?** This page provides a few examples to explain how to answer the next two pages. We are interested in understanding the role that running played/plays in your life. **Please complete these questions to the best of your ability even if you no longer run.**

**On the next two pages** we ask you to respond to a series of statements by writing a number (from 1 to 5) that indicates your level of agreement with the statements at different points in your life, from before you started college to the present. **It is important to complete all of the boxes on the next few pages as they will provide a profile of your attitudes toward running over your entire lifetime, even if you no longer run.**

**To illustrate, we have created three fictional examples** to clarify responses to the statement “Running is very important to me” (1 = strongly disagree, 2 = disagree, 3 = neither agree nor disagree, 4 = agree, 5 = strongly agree). The short descriptions which follow show how the numbers may relate to the lives of the respondents.

**Respondent #1** (Jerry, age 82) - Running was a very important part of Jerry’s life before MSC up to his late 20s. After college he stopped running and drifted away from the sport for about 30 years. Running became important to him again when a granddaughter got involved in cross-country running. Jerry began watching his granddaughter’s races on a regular basis, reading running magazines again, and currently jogs three or four times a week.

**Respondent #2** (John, age 74) - John was heavily involved in running before and during his MSC days. After leaving college, his health did not allow him to run regularly and he stopped running entirely around age 35. He also stopped watching running on TV and reading about it some 20 years ago. He currently has no interest in running.

**Respondent #3** (Jackie, age 41) – After graduating from MSU in the 1980s, Jackie kept competing as often as she could. Although she and her family moved a number of times across the country, she has remained committed to running and each time she sought out new friends with whom to run. Jackie takes every opportunity to watch popular running competitions on TV and is always glued to the set during the summer Olympics.

**Respondent #4** (Jeff, age 58). – Jeff ran for MSU around 1970. He was very influenced by the turbulent times related to Vietnam and other issues of the day. Compared to teammates, running was not a huge passion but a good escape from school and world events. He enjoyed the emerging road race scene but stopped running after grad school. After re-connecting with a former teammate 25 years later, he started jogging again and now enjoys the occasional race. He follows MSU cross country on the Internet.

	Before MSU	While at MSU	Right after college	In my 30s	In my 40s	In my 50s	In my 60s	In my 70s	In my 80s
<b>Running is very important to me</b>									
Respondent #1 (Jerry)	5	5	4	3	2	2	4	4	5
Respondent #2 (John)	5	5	4	3	2	1	1	1	n/a
Respondent #3 (Jackie)	5	5	5	4	5	n/a	n/a	n/a	n/a
Respondent #4 (Jeff)	5	4	3	2	1	4	n/a	n/a	n/a



Source: MSU Archives and Historical Collections

**Interesting fact:** Several people, including Lauren Brown, Jim Gibbard, Eric Zemper, and Karen Campbell-Lutzke have both ran cross country and served as cross country coaches at Michigan State. Lauren Brown’s career was particularly influential. Brown (551) is pictured above running with the 1929 team’s other stars Ted Willmarth (550) and Clark Chamberlain (552). The numbers and finish line string indicate this was a competition though none of the men are wearing varsity uniforms. Perhaps the occasion was the annual “All-College” race which was open to all men at Michigan State.







**Why are we asking the questions on this page?** We would like to understand your participation in various running activities. These questions differ from those on the last two pages because these speak to behaviors, whereas the others focused on attitudes. You may use N/A if a specific box is not applicable or use a zero in the appropriate boxes if you no longer run. **Regardless of whether you still run, don't forget to complete the box at the bottom of the page!**

**We have created an example to clarify the questions (Steve – 55 yrs old):** Immediately after leaving college, Steve continued to run as hard and as often as he did in college. In his 30s, he and his wife started a family and he ran less often, and not so hard. After his children grew older and he had more free time, he started to race again, primarily in 5K and triathlon events.

<b>EXAMPLE (Steve):</b>	Before MSU	While at MSU	Right after college	In my 30s	In my 40s	In my 50s	In my 60s	In my 70s	In my 80s
Length of average run (in miles)	4	8	8	5	4	6	n/a	n/a	n/a
How would you describe your pace in an average run? [3=fast/hard, 2=average, 1=slow/easy]	3	3	3	2	2	3	n/a	n/a	n/a
Average number of days run per week	5	7	6	3	4	5	n/a	n/a	n/a

<b>PLEASE COMPLETE:</b>	Before MSU	While at MSU	Right after college	In my 30s	In my 40s	In my 50s	In my 60s	In my 70s	In my 80s
Length of average run (in miles)									
How would you describe your pace in an average run? [3=hard/fast, 2=average, 1=slow/easy]									
Average number of days run per week									
Average number of races per year									
Do/did you run with some of your close friends? (Yes or No?)									
Do/did some members of your family also run? (Yes or No?)									
Do/did you engage in cross-training or other regular physical activity? Yes or No?									

**If you regularly participate in physical activities other than running, please list them here:** \_\_\_\_\_

\_\_\_\_\_

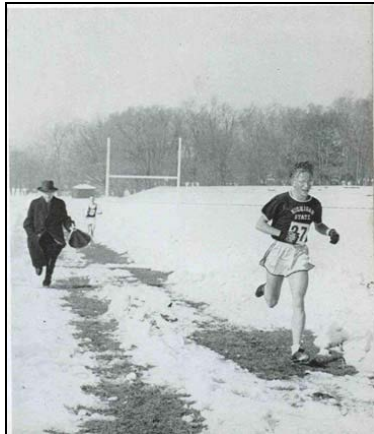
## Take a break and enjoy these interesting facts about Michigan State cross country! (Unless noted, all photos are from the MSU Archives and Historical Collections)



**Interesting facts:** Coach Karl Schlademan (left) came to Michigan State from Washington State University and soon led the Spartans to the 1948 NCAA crown. His MSC and MSU teams won five of our eight official NCAA men's cross country titles, finished second twice and copped six Big Ten titles. His successor Fran Dittrich (right) was a star long jumper on late 1930s MSC track teams where he competed against Ohio State's Jessie Owens. Dittrich's ten cross country teams won two NCAA championships, five Big Ten cross country titles and finished second three times. Photo from Fran Dittrich Collection.

### Interesting facts:

Former coach Lauren Brown (right in Fedora) later served as starter. He is pictured using a megaphone to provide instructions in the Old College Field snow during the 1951 Notre Dame meet.

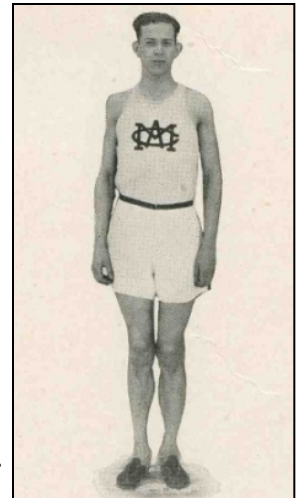


### Interesting facts:

Michigan State fielded its first women's cross country team in 1974.

This is the 1975 unit. Freshman Lil Warnes (back row, 2nd from left) was the top runner. Mark Pittman (back row, center) was coach.

**Interesting Facts:** As a senior in 1923-24, Paul Hartsuch pulled "triple duty" as a top five runner on the MAC (Michigan Agricultural College) cross country team, the best half-miler on the track team, and editor-in-chief of the *Holcad*, a weekly campus newspaper which was the immediate forerunner to the *State News*.



**Interesting facts:** Ralph Young (back row, far right) coached both the cross country and football teams in the fall of 1924. Can you imagine either coach Drenth or Dantonio attempting that double-duty in 2011? Young also coached track and field for 1924 to 1940 and served as Michigan State's athletic director from 1923 to 1954.

Clarence Banks (front row, 2<sup>nd</sup> left) was, from 1923 to 1925, the first African American to run cross country for MAC. An Agriculture major, Clarence also ran track and participated in MAC's well-respected Bee Keeping Seminar.

Jack Heppinstall (back row, far left) is best known for his service as trainer for MAC/MSU sports also spanning the 1920s to the 1950s, but he also coached the 1923 cross country team.

**Interesting facts:** The Big Ten Conference initiated the "Academic All-Big Ten" awards during the 1984/1985 school year. Spartan athletes, both men and women, have reaped their fair share of these awards.

Academic All Big Ten performer Michelle Carson (right) won the individual crown as a sophomore while leading the Spartans to the 2002 Big Ten Championship



**Why are we asking the questions on this page?** We would like to understand how some of the life events that you have experienced have impacted your running and/or how running has impacted your ability to deal with life events (positively, negatively, or not at all).

**Note:** Remember, you are free to skip any questions that you do not feel comfortable answering.

**Example:**

Life Events	When it occurred (e.g., in your 40s, or 60s)	Effect on running habits or running on life?	More or less? Positive or negative?
Marriage	<i>In my late 20s</i>	<i>None</i>	<i>My wife and I both ran at that time</i>
Addition of first child to household	<i>I was 33 years old</i>	<i>Minor</i>	<i>Ran less for a few years</i>
Employment change <i>I was downsized</i>	<i>I was 49 at the time</i>	<i>Major, it was stressful</i>	<i>Running helped me cope</i>
Illness or injury (specify) <i>Diabetes</i>	<i>In my early 60s</i>	<i>Major, I feel tired a lot</i>	<i>I run less often</i>

**Please complete all which apply to you:**

Life Events	When it occurred (e.g., in your 40s, or 60s)	Effect on running habits? [none, minor, major]	More or less? Positive or negative?
Graduation			
Marriage			
Addition of first child to household			
Addition of other children to household			
Illness or injury (specify)			
Employment change			
Move to a new neighborhood/city/town/state/country			
Divorce/Separation			
Death of a spouse			
Sandwich generation (parents in long term care or adult children at home)			
Other (specify)			
Other (specify)			
Other (specify)			

**What are the next few pages for?** On pages 14 and 15, we would like to understand your level of commitment, loyalty, and attachment (or lack thereof) to various aspects of running. To help jog your memory, we first offer a short story about one person's running experience. The story was written by Mark Havitz in 2006 about a specific run in 1979 when he was a fifth-year senior at MSU and was struggling to maintain a running regimen after his competitive career had ended.

**"When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation." – Declaration of Independence, 4 July 1776, Thomas Jefferson principal author**

### *Running with Mr. Jefferson*

I didn't have our 3<sup>rd</sup> President in mind at the time, but a few intentionally jumbled lines from his July 1776 literary and political masterpiece provided an appropriate context for my mood. I was thinking, "When in the course of human events, circumstances change; it may become necessary to alter a fitness routine in the pursuit of happiness!" It was still pitch black on an early September morning in 1979 when I rolled out of "bed" sometime between 5 and 6 a.m., put on some shorts and a T-shirt and laced up my shoes. I'm sure they were Nike's. I'd been a loyal Adidas man throughout high school, but the newer brand had been the rage of my college days and though I had recently maintained a spot on the fringe of East Lansing's elite running community, I was far from an opinion leader. Our best runners preferred Nikes, so Nike it was; it would be 25 years before I bought another pair of Adidas. My views on early morning exercise ranged from benign tolerance to outright derision but, being on the road, knew that this would be my only chance that day to squeeze in a run.

I tiptoed about as quietly as possible, taking care not to wake the other 30 or so people lying in sleeping bags spread on mats on the floor of the community center. Like me, they were senior undergraduates and graduate students enrolled in the Park and Recreation Resources management program at Michigan State University. We were in the midst of a two-week long field course for which we had traversed much of the eastern United States, visiting facilities run by people in our profession; places both modest and grand. The task at hand that pre-dawn morning was to go for a run; an hour minimum to make it worth my time I reasoned. This continuation of my then 10-year running career was entirely consistent with the just-described broader context; physical exercise being, for the most part, a good thing. Yet I felt strangely self-conscious as I gingerly stepped through the prone bodies, trying my best to avoid waking anyone, lest I receive one of those incredulous bleary-eyed stares. I had seen the look before: "Poor fool," the sleepy eyes would imply, "This crazy fanatic is getting up an hour and a half earlier than he has to, just to go for a jog! I always suspected that guy was rather strange." I negotiated the gauntlet without stepping on anyone and slipped out the exit.

Stepping out into the crisp pre-dawn darkness, I surveyed my surroundings. From what I could see, it looked typically suburban; with the usual mix of upper middle-class housing and its still maturing shrubbery, maze-like mixes of crescents and cul-de-sacs interspersed with commercial districts featuring expansive parking lots, and a smattering of neon. "The towns all look the same," Jackson Browne had noted in a song popular at the time. At this particular moment it seemed he was right. "Where am I?" I asked, in part to remind myself, but I knew we were on the outskirts of Charlottesville, Virginia as I stretched briefly in the dewy grass before stepping off to the east, a direction betrayed by the thin glow of the soon to appear sun. I made a mental note to keep the route simple and remember street names lest I risk the humiliation of getting lost and delaying the morning departure of my colleagues, not to mention potentially incurring the wrath of our usually good-humored and always enthusiastic professor, Ted Haskell. The former Director of Parks and Recreation for the City of Lansing was the type of professor who made me proud to be from Michigan State and I wanted to remain on his good side.

The darkness and solitude reminded me that running alone and, especially, running in the early morning was not my cup of tea. I preferred to run late afternoon, in broad daylight and in the company of like-minded teammates. Indeed, that had been my ritual ever since first going out for track in 8th grade. Bonds with my high school cross country teammates had become especially deep and I missed them terribly when I went off to college. I continued to run on my own, but two years later I could take the solitude and lack of camaraderie no more. Despite the distinct possibility of failure, I “walked on” to Michigan State's cross country team as a junior. At 5'10" and 130 pounds I was one of the bigger guys; well at least one of the taller guys, a veritable plow horse among thoroughbreds. Like many college teams however, the top-end talent dropped off rather quickly and I was able to hold my own with the plodders in the bottom echelon. The competitive highlight of this rewarding but wholly undistinguished two year odyssey had been an improbable 7<sup>th</sup> man finish against our talented arch-rivals from the University of Michigan the previous fall. That I finished behind all nine men on the Wolverines’ traveling squad was tempered by the fact that I'd lowered my 10K PR by nearly a full minute, earned some personal praise from our most distinguished recent alumnus Herb Lindsay, and actually got mentioned by name in the school daily, *The State News*. Unbelievably, they even spelled my name right, but that’s another story. Still not enjoying the present run I somberly contemplated, as I ran deeper into Charlottesville, those now former team mates, most of whom were probably at this very moment doing a gentle pre-dawn tempo run together over some of East Lansing’s rustic streetscapes. “So this is life after college,” I mused. “Lonely, feet-soaking early-morning runs on poorly lit, uneven, weedy, dew-covered paths before heading off to a day at work.”

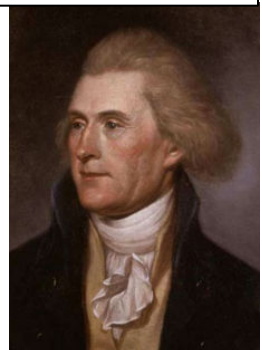
After a time it occurred to me that I was now in an older, more established part of town. The trees mature, real sidewalks and mostly two story houses packed closely together. I was thinking that it was time to turn back when I passed a fraternity house. The large Greek letters brought me further out of my funk. "If there's a fraternity here, I must be near a college or university," I reasoned, but which one? Then, by wonderful coincidence, I rounded a corner and, just seconds after realizing the obvious -- that I was approaching the University of Virginia, came face to face with the magnificent Thomas Jefferson designed Rotunda! The building was a stunning sight to behold; before and behind the statue honoring our 3<sup>rd</sup> and arguably most multi-talented President climbed rows of steps which culminated at the base of its stately neo-classical facade. Gaining speed as I made my approach, I sprinted to the top of the steps for it was, after all, the immediate post-Rocky era. But rather than pump my fists in the air in Sly Stallone fashion I simply stopped at the top, put my hands on my hips and turned slowly in every direction, taking it all in. The place appeared deserted but for me, Mr. Jefferson and perhaps God. The majesty of the scene was simultaneously humbling and exhilarating. The sun, having broken the eastern horizon some 15 minutes before, added to the glory. A few people appeared here and there, walking purposefully, intent on getting an early start on the academic day. After some time, I reluctantly jogged down the steps and started back toward the community center. Now fully engaged in the experience, the return trip seemed a whole lot shorter. My run finished, I walked, glistening with achievement, into the gymnasium now full of life as people packed their belongings and returned from the washrooms. A couple hours before, I had looked at them with some envy, sleeping cozily in their cocoons. Some now glanced looks of pity and bemusement in my direction. “Poor jogging fool,” they perhaps thought, “there’s probably no hot water left in the showers!” I grinned smugly in return. "Poor sedentary colleagues," I thought to myself, "you just missed meeting Thomas Jefferson!"



**“This institution of my native State, the hobby of my old age, will be based on the illimitable freedom of the human mind, to explore and expose every subject susceptible of its contemplation.”**

**Thomas Jefferson, 1820**

Source: <http://www.virginia.edu/uvatours/rotunda/>



**Why are we asking the questions on this page?**

We would like to understand your level of commitment, loyalty, and attachment to various aspects of running. This page focuses primarily on your time in college.

**What was your running highlight at Michigan State?** A specific race? A specific run or workout? A specific course or place? A friendship? Describe why it was a highlight (more than one is ok):

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**What was your running low-point at Michigan State?** A specific race? A specific run or workout? A specific course or place? A falling out with a friend? Describe why it was a low-point:

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**What was your favorite (or least favorite) part of Michigan State’s campus? Was this place meaningful because of running or for another reason?** \_\_\_\_\_

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**Where did cross country fit on the Michigan State sport hierarchy when you were a student?** To be blunt, did anyone outside the team and our close friends know that we existed? Did you have much social contact with varsity athletes outside of cross country and track and field?

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**In your opinion, which other Michigan State sports teams shared the most in common with cross country? Why?** \_\_\_\_\_

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**Many cross country athletes also compete in track and field.** If this applied to you, describe the joys and challenges of competing throughout the school year as opposed to for just one term per year.

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**If you had to select just a few words to describe competitive running and cross country, what would you choose?** For example, endurance, speed, power, fitness, exertion, pain, joy, accomplishment, frustration, agony, ecstasy, and so forth. Any other words? If possible, list them in order of importance (best descriptor first, next best descriptor second, etc.). \_\_\_\_\_

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**For men: Do you share identity and/or empathize more with members of the women’s cross country team or with members of other varsity men’s teams at MSU?**

**For women: Do you share identity and/or empathize more with members of the men’s cross country team or with members of other varsity women’s teams at MSU?**

**For both men and women: What is your take on the relationship between the women’s and men’s teams?**

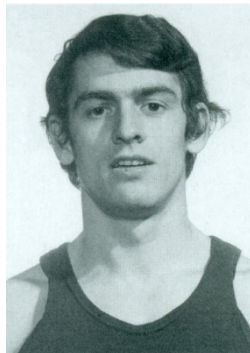
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Warren Druetzler led MSC to the 1948 NCAA title



Ken Popejoy All-American early 1970s



Misty Allison Big Ten champ in 1991



Jamie Krzyminski three-time All Big Ten early 2000s



Anne Pewe led MSU to 1981 Big Ten Title



Herb Lindsay All-American mid 1970s



**Beaumont Tower, Fall 1947**

Photo Sources: MSU Archives and Historical Collections, *Michigan State Track and Field and Cross Country Media Guide*



**Interesting facts:** Crawford (his #31 is partially obscured) and Henry (#30) Kennedy led the pack out of Old College Field during the 1957 Penn State meet (above). The Kennedys were one of the top brother teams in NCAA history. Henry won two Big Ten individual titles, in 1955 and 1956, the 1955 IC4A, and finished 2<sup>nd</sup> overall in the 1955 NCAA meet. “Forddy” won the 1958 NCAA crown leading his team (see page 17) to Big Ten, IC4A and NCAA titles. He also copped the 1959 Big Ten title and the team repeated its Big Ten, IC4A and NCAA trifecta.



**Another interesting fact involving Spartan family ties:** Tom “Bubba” Irmen, MSU team captain in the early 1980s (pictured above navigating some Forest Akers snow during an NCAA Regional), followed in the footsteps of his father Tom “Sam” Irmen who was a standout on MSC teams in the late 1940s. Irmen Jr.’s nickname honored his favorite 1960s football star, Charles “Bubba” Smith.

**Why are we asking the questions on this page?** We would like to understand your level of commitment, loyalty, and attachment to various aspects of running. This page focuses primarily on your post-college life from the time you left Michigan State to present. We are especially interested in capturing the “ebb and flow” of running and physical activity during your adult life. Again, we are interested in your responses even if you no longer run.

**Over the course of an average week during your adult life, do/did you normally run most every day?**  No  Yes Please describe why this is important to you and if not, why not:

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**Do/did you have regular or favorite training courses or routes?**  No  Yes  
If yes, please describe the characteristics or attributes of your favorite running routes:

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**Do/did you have a regular or favorite race or races in which you compete?**  No  Yes  
If yes, please describe the characteristics or attributes of your favorite race(s):

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**Do/did you have regular or favorite shoes or running gear?**  No  Yes If yes, please describe the characteristics, attributes or name brands of your favorite shoes and gear: \_\_\_\_\_

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**Do/did you have regular or favorite running partners?**  No  Yes If yes, please describe the characteristics or attributes of your favorite running partners: \_\_\_\_\_

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**Have other people (such as running partners, friends, family) influenced your decisions to continue running, to stop running, or to run more or less over the years? If so, how?**

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**Which of the following statements apply to you? Check all that apply:**

- I have a scrapbook containing photos, newspaper clippings, race numbers, etc. from my running career.
- I display one or more running related photos (me, my teammates, a favorite race, etc.) in my home.
- I display one or more running related photos (me, my teammates, a favorite race, etc.) in my office.
- I display one or more running related photos (me, my teammates, a favorite race, etc.) on the Internet.
- My wardrobe includes running-related t-shirts, shorts, socks, or other apparel.
- I regularly wear some of the above running apparel.
- My wardrobe includes MSU t-shirts, golf shirts, jackets or other Spartan apparel.
- I regularly wear some of the above MSU apparel.
- My car displays MSU identification of some kind (track and field/cross country window sticker, personalized license plates, a Sparty bobblehead, etc.).

**If you currently own running-related wardrobe or identification, who purchased those things for you? Check all that apply:**

- Me
- A family member
- A friend
- A colleague (e.g., from work)
- Other (please specify) \_\_\_\_\_

**If you currently own MSU-related wardrobe or identification, who purchased those things for you? Check all that apply:**

- Me
- A family member
- A friend
- A colleague (e.g., from work)
- Other (please specify) \_\_\_\_\_

	Strongly Disagree				Strongly Agree
<b>I like it when other people give me running-related wardrobe or identification.</b>	1	2	3	4	5
<b>I often purchase running-related wardrobe or identification for other people.</b>	1	2	3	4	5
<b>I like it when other people give me MSU-related wardrobe or identification.</b>	1	2	3	4	5
<b>I often purchase MSU-related wardrobe or identification for other people.</b>	1	2	3	4	5

# Take a break and enjoy these interesting facts from some team photos in the Michigan State cross country archives!

(All photos are from the MSU Archives and Historical Collections)



← **Interesting fact:** Coach Fran Dittrich's (back row left) cross country teams won five Big Ten titles and, like our 1966 outfit (pictured at left), finished second four more times over a ten year span. Dick Sharkey (kneeling, 2nd from right) was top man.

→ **More interesting facts:** Misty Allison, pictured back row fourth from left with coach Karen Campbell-Lutzke's 1990 team, captured the Big Ten individual crown and was Academic All Big Ten for Michigan State in 1991.



↓ **Interesting facts:** Coach Eric Zemper's 1978 team featured veterans like Lisa Berry, Sue Richardson and Lil Warnes, outstanding sophomores including Mary Ann Opalewski and Kelly Spatz, and middle-distance ace Sue Latter. They dominated several early season meets, took 2<sup>nd</sup> in the Big Ten, and 10<sup>th</sup> in the AIAW which, at that time represented the women's national championship.



↑ **More interesting facts:** Coach Jim Stintzi and academic All-American Kyle Baker (#1028) led the 1997 Spartan men to 7th place in the NCAA Finals.



↓ **Interesting Facts:** Our star-laden 1958 NCAA champions featured individual champion Fordy Kennedy (back row far right with trophy) as well as Billy Reynolds, Bob Lake, and David Lean. This team also won the IC4A and Big Ten crowns.



↑ **Interesting fact:** Captain Dick Frey, front row center, and coach Lauren Brown, back row left, led MSC to the 1939 NCAA Championship on our home course which, at that time, started on the track adjacent to the football stadium and followed the Red Cedar River. Roy Fehr, Ed Mills and Bill Mansfield were other top runners.





**Why are we asking the questions on this page?** We want to understand the impact of Michigan State's athletes on the sport. In addition, we are interested in career information regardless of your field or profession, and what activities currently are most important in your life.

**Have you been involved with coaching, at any level, distance runners since leaving Michigan State?**

No  Yes If yes, list the years and places:

**Example:** From 1960 to 1965 at Rice Lake High School, Buffalo, NY (assistant coach)

From 1966 to 1983 at Junction City High School, Rochester, NY (head coach)

From 1991 to 2000 at Hannibal High School, Burlington, VT (retired, volunteer)

From \_\_\_\_\_ to \_\_\_\_\_ at \_\_\_\_\_

From \_\_\_\_\_ to \_\_\_\_\_ at \_\_\_\_\_

From \_\_\_\_\_ to \_\_\_\_\_ at \_\_\_\_\_

If yes to the previous question, list any notable team or individual accomplishments from your coaching career:

\_\_\_\_\_

\_\_\_\_\_

**Have any of your parents, siblings, children, or other relatives run for fun, fitness or competitively at any level?**

How would you describe your influence on their decision to start or continue running? Have any run for Michigan State? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**We are interested in tracking career paths of our teammates.** Summarize your career and personal accomplishments (regardless of profession): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Overall, how has your Michigan State athletic career affected your life to date?** For example, running, academic performance, your social life, your overall college experience, your lifestyle, your career?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The five most important activities/hobbies/interests at this time in my life are:**

For example: *1. church, 2. walking, 3. reading, 4. volunteer work, 5. running*

1. The most important: \_\_\_\_\_

2. Next most important: \_\_\_\_\_

3. Next most important: \_\_\_\_\_

4. Next most important: \_\_\_\_\_

5. Next most important: \_\_\_\_\_



Spartan Dan Simeck gave everything he had at Forest Akers in 1968.



**Check all which may be of interest to you.**

- Telephone interview, group interviews on or near campus, or follow-ups in which we can elaborate on some of your most important contributions to the Michigan State cross country program. In order to confirm our records, please write your preferred phone or e-mail number here:

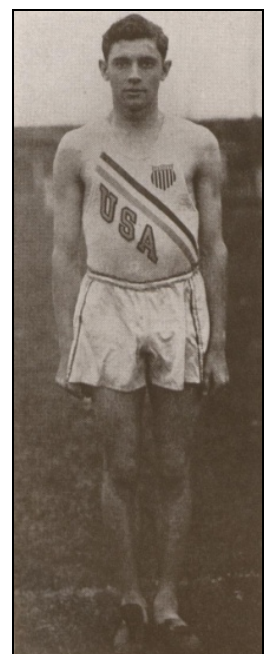
Phone \_\_\_\_\_ E-mail \_\_\_\_\_

- Course maps that you may have saved from Forest Akers West, Forest Akers East, or other important races such as Big Ten, NCAA, or IC4A meets. Digital scans are preferred. We do not need your originals.
- Short stories, training logs, diary excerpts, poetry, etc. that relate to your time at Michigan State and/or to the role that running and physical activity have played in your life. Again, digital scans are preferred. We do not need your originals.
- Newspaper or magazine clippings related to your teams' (as a runner or coach) or individual performances. This will greatly reduce time necessary for us to search for archival material. Again, digital scans are preferred. We do not need your originals.
- Photos and videos. Action and candid shots of Michigan State teammates and coaches are especially welcomed (running and non-running). Also, running-related photos from your high school and post-graduate life may be of interest. Contact us if you have questions about which ones may be relevant. Again, digital scans or copies are preferred. We do not need your originals.



← Team captain and Olympian Tom Ottey fronts this artsy photo, as they pose in long spikes on a hardwood floor, of MSC's top six finishers at the 1933 IC4A meet in New York City. This undefeated team constituted the unofficial national champions as the NCAA did not host a championship until 1938.

→ Clark Chamberlain was an All-American performer in cross country and track, and IC4A champion as well as a campus leader with service as President of the Varsity Club and the Class of 1932. His tragic death in 1944, four years after a debilitating industrial accident remains one of the saddest stories in MSU cross country lore.



**Where do we go from here?** We appreciate your assistance with the survey phase of this project. The remaining data collection, analysis, and write-up will take time.

**The final products from this project will be published in academic journals and book form.** Numeric data gathered from this survey questionnaire will usually be reported in aggregate form as group totals, not on an individual basis. If you are interested, opportunity will be provided to respond to drafts and interpretations prior to publication. When it is deemed important to report individual quotes, permission will be sought from the person in question. Quotes and responses to open-ended responses will not be attributed to specific individuals without advance permission obtained in writing.

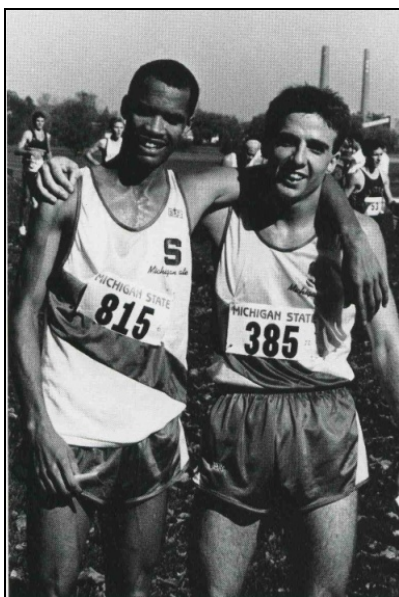
**It is likely that this project will take several years to complete.** We appreciate your patience!

**The next two years will focus on the collection of information.** As historic information, survey, and interview-based data are collected, compiled, and analyzed we will keep you informed via our project Web site <http://www.ahs.uwaterloo.ca/~mhavitz/MSUCrossCountryStudy.htm> and through periodic updates in the Finish Line Club newsletter. At this point our plan is for the majority of the book to be written in 2011 and 2012 with publication to follow immediately thereafter.

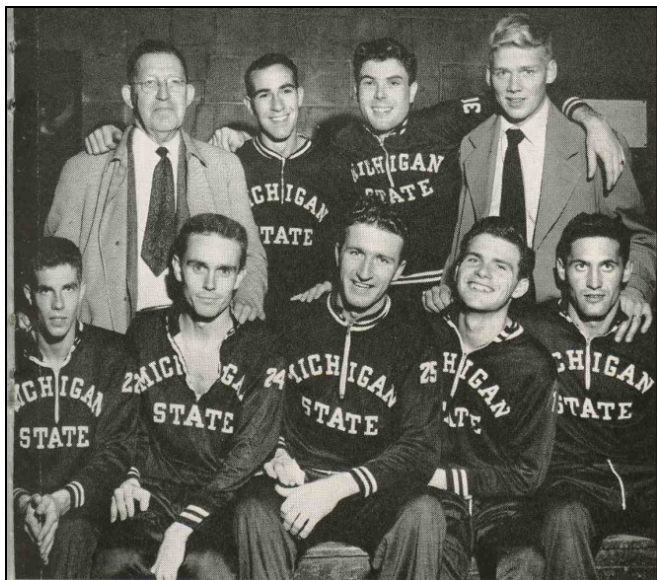
**You may also wish to follow the current Spartans' performances** at the MSU Athletic Website <http://www.msuspartans.com/sports/c-xc/msu-c-xc-body.html> or at the Big Ten Conference Websites <http://www.bigten.org/sports/w-xc/big10-w-xc-body.html> (women) and <http://www.bigten.org/sports/m-xc/big10-m-xc-body.html> (men).

**Other contact information:**

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**Three time All-American Anthony Hamm and Dave Smith (left)** were among coach Jim Stinzi's top runners in the late 1980s and early 1990s. Smith is currently coach of the 2009 and 2010 NCAA Champion Oklahoma State Cowboys.



**2008 Big Ten Cross Country athlete of the year (right), Nicole Bush's** outstanding performances led MSU to 3<sup>rd</sup> place in the Big Ten and 11<sup>th</sup> in the NCAA.

**Our 1952 NCAA Champions (left),** lead by Captain Jim Kepford, top row, 2<sup>nd</sup> from left, celebrated their title run with this group photo.

