



30th Annual BOYS CROSS COUNTRY MEET



November 1, 1975
Detweiller Park, Peoria
Host: Peoria (H.S.)

Official
50c
Program

'May The Best Win'

On behalf of the Board of Directors, the administrative staff and the member schools of the Illinois High School Association (IHSA), I would like to extend a sincere welcome to the 30th annual Boys Cross Country Championship. This year a record number of young men from throughout our great state began that "long run" to Detweiller Park at the district level. Today, they compete for both themselves and their schools.

Like in the previous 29 years, many outstanding student-athletes have dedicated themselves to compete to the best of their ability during the meets leading to today's State Final run. In less than 30 minutes some dreams will be shattered, while others will be realized, but the educational experience of the competition will linger long after the last runner has cleared the finish shoot.

To the young people carrying their school colors into today's race may I say: Best of Luck and may the best win.



HARRY FITZHUGH
Executive Secretary

Meet the IHSA Administrative Staff



CINDY ADAMS
Asst. Exec. Sec.



L. L. ASTROTH
Asst. Exec. Sec.



OLA BUNDY
Asst. Exec. Sec.



JIM FLYNN
Asst. Exec. Sec.



DAVE FRY
Asst. Exec. Sec.

Join the Pepsi People feelin' free!



Meet the IHSA Board of Directors



HEWEY E. TWEEDY
Anna-Jonesboro
President



ROY SHEPPARD
Mattoon
Vice President



RICHARD MARIANI
Woodhull (Alwood)
Secretary



NICHOLAS MANNOS
Skokie (Niles West)
Director



DON MELLON
Pittsfield
Director



JOSEPH SIRCHIO
Chicago (Steinmetz)
Director



RAYMOND COLLIER
Aurora (East)
Treasurer

Meet the IHSA Cross Country Advisory Committee



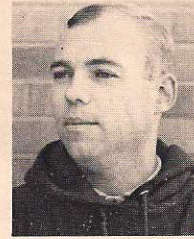
GEORGE GABAUER
Chicago



WILLIAM ROBERTSON
Peoria



BOB ASHLEY
Red Bud

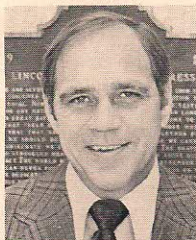


RON MENELY
Palatine



CHUCK VAIL
Dixon

Meet the Games Committee



WILLIAM ROBERTSON
Peoria Principal



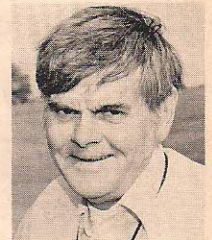
DAVE FRY
IHSA Staff



CHUCK VAIL
Dixon



JIM SMARJESSE
Meet Manager



JOHN McFERNON
Pekin

Personnel Working This Year's Meet



BOB LaCROIX

Starter	Harold Garrett, Bloomington
Clerk of Course	Neil Wicker, Peoria
Scorer	Jack Bensing, Peoria
Scorer	Bill Christian, Peoria
Scorer	Bob LaCroix, Peoria
Meet Physician	Dr. Bernard Wetchler, Peoria
Hostess	Mrs. Ann Tindall, Peoria
Hostess	Ruth Heineger, Peoria



HAROLD GARRETT

Craker vs. Gilchrist

There was a time when Ron Craker of Elmhurst (York) and Dan Gilchrist of Rockford (East) were not so familiar with each other.

"We were going home after the state meet," says Craker, "and I thought I was the highest finishing sophomore. Then I found out about Gilchrist." Gilchrist had finished 14th, Craker 20th and both had their names misspelled in the official results. That was 1973.

"I thought he was (Bob) McCarty. The way the sunlight hit his hair, he looked blond," says Gilchrist. But it was Craker, not teammate McCarty, who broke away from a pack that included Gilchrist to race through the last mile with Tom Marino of Hillside (Proviso West). Craker finished second, Gilchrist third. That was 1974.

Craker and Gilchrist know each other well by now. They are the individual favorites for this year's IHSA State Cross country meet title. Those who saw last year's race remember Marino and Craker battling all-out before Marino pulled away to win. Figure in the kick Craker showed in winning the Class AA two-mile title last spring and he may seem an overwhelming favorite.

But Gilchrist was just two seconds behind Craker last November. ("When they took off I thought 'That's it,' and I just tried to hold onto what I had," says Gilchrist. "I'm sitting on top of the world then.") And he was second in that two-mile last spring.

"I'm sure he (Gilchrist) doesn't consider me an overwhelming favorite," says Craker, who ran 14:10.5 on the Detweiller Park course a month ago -- the fifth fastest time ever for three miles.

"I feel I'm capable," says Gilchrist, adding the state cross country meet isn't his favorite subject -- he'd prefer a hillier course than the one at Detweiller. "That (winning) is my goal . . . I'm not making any predictions. I don't make predictions. If I do, I keep them to myself."

It isn't likely that the race will come down to a battle between only these two. Seven of the top 15 runners return from last year's race. There is the usual number of runners who have blossomed in their senior seasons and an unusual group of outstanding underclassmen . . . but the attention always returns to Craker and Gilchrist.

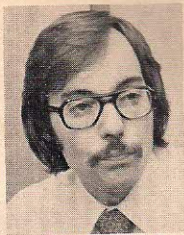
"They are the two finest runners in Illinois at three miles," says Rockford (East) Coach Chuck Wallin.

ABOUT THE AUTHOR

As a political science major, Stan Hieronymus wins many votes as being one of the bright young sports writers in Illinois for the Journal Star, Peoria. No stranger to Champaign-Urbana, Stan graduated from Urbana (Univ.) High School and attended the University of Illinois.

Following graduation from Illinois he was a sports writer, then became City Editor, for the Champaign News-Gazette. He joined the Journal Star staff in October, 1973, and has maintained a high level of respect for his work with high school sports.

During the recent school year, for example, he personally covered the IHSA State Final in cross country, Class A and Class AA Basketball, Golf, Tennis and Baseball.



"I expect they will run 13:55 for three at the state if the weather is nice. Both runners are pretty equal as far as training and ability goes. The race will be won by a slight margin by the runner who uses the best tactics during the race."

To that end, Craker has been working hard on improving the middle part of his race. It is the hardest portion, "When you're psychologically and physiologically beat," he says, "especially on this course, when you've got to think about heading up that hill (a gradual, but long, grade around the two-mile mark.)"

"I think Ron's in the same category as Craig Virgin (1971 and '72 champion from Lebanon) and Dave Merrick ('69 and '70 winner from Lincoln-Way in New Lenox, that he has Olympic potential," says York Coach Joe Newton. York has won six of the last 13 team titles, but never had an individual champion.

"I knew he had the potential . . . he was a frail kid," Newton says, thinking back to Craker's sophomore year. "He's so much stronger now than he was."

Craker looks heavier than when he was that frail sophomore, yet he weights the same 128 pounds. "I think I run a little smoother than last year," he says. "I looked like I was falling flat on my face in that last mile."

If neither he nor Gilchrist do fall flat -- and with the competition they are certain to get from other hopefuls -- this year's race could be the fastest head-to-head confrontation since the state meet moved to Peoria and the course was extended to three miles.

Craker and Gilchrist both won sectional title last Saturday, Craker at Glen Ellyn (Glenbard West) and

A Look at the Sectional Champs



DON BURNS
Lebanon

Picture
Unavailable

MIKE HORMANN
Chicago (Lane Tech)



RON CRAKER
Elmhurst (York)



JOHN ISBELL
Farmington (East)



DAN GILCHRIST
Rockford (East)



TOM GRAVES
Orland Park (Sandburg)



REO ROREM
Gilman



RANDY ADLER
Alton



DAVE ERDAL
Waukegan (East)

Others to Watch



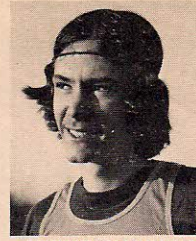
JOHN FILOSA
Palatine (Fremd)



JIM McHUGH
Hillside (Proviso West)



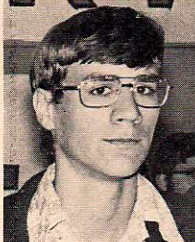
DAVE FINNESTAD
Oswego



STEVE CHAPLIN
Glenview (Glenbrook South)



JIM FLANNERY
Chicago (Gordon Tech)



JIM KEEN
Riverside-Brookfield



BRAD FRYER
Elmwood



BRIAN TOLAN
Des Plaines (Maine West)



GREG HOGG
Lebanon



MIKE BAKER
Granite City (North)

Gilchrist at Princeton. Other sectional winners were John Isbell of Farmington (East), Gilman's Reo Rorem, Don Burns of Lebanon, Dave Erdal of Waukegan (East), Orland Park (Sandburg) sophomore Tom Graves and Alton's Randy Adler, Mike Hormann of Chicago (Lane Tech) won the Public League qualifying meet.

Gilchrist bounced back to beat Belvidere's Ron Wartgow at Princeton after finishing fourth in the Rockford District when he was bothered by a cold and infected tonsils. DeKalb sophomore Tom Wuchte -- 34th in the state meet last fall -- was third.

Craker beat Oswego's Dave Finnestad by 14 seconds at Glenbard West. Wheaton (North) junior Doug Diekema was third and John Herbert of Hinsdale (Central) (17th in last year's state meet) was fourth.

Isbell outran rival Brad Fryer of Elmwood (Farmington and Elmwood are schools of 304 and 588 located just 8 miles apart) on the state meet course in Peoria. Isbell has broken his home course record three times during the season and nine other course records as well.

Rorem (Gilman has 224 students) and Burns (Lebanon has 343) were also small-school winners Saturday. Rorem, who was 23rd in last year's state meet, breezed to his second sectional title by a 24-second margin. Burns beat junior teammate Greg Hogg at Centralia as Lebanon scored the astonishingly low total of 24 points in winning the sectional. The Greyhounds used just 19 points in winning their district.

Graves beat Riverside-Brookfield's Jim Keen in the Oak Park-River Forest Sectional. Keen was sixth in the 1974 State meet. Junior Terry Bauer -- who led defending champion Chicago Hts. (Bloom) to the sectional title over Harvey (Thornton), which had beaten Bloom in the district -- was third and Oak Lawn (Richards) junior Dave Bensema fourth. Bob Hicks, Graves' junior teammate was fifth and Bloom's Dave Carrizales (14th in the 1974 state meet) was eighth.

Erdal, who was 39th as a sophomore in last year's state meet, edged Steve Chaplin of Glenview (Glenbrook South) (15th last year) and Mark Tomasik of Park Ridge (Maine East) at Lake Forest. John Filosa of Palatine (Fremd) (11th last year) was eighth in that race. Adler, also a junior, beat Granite City (North) sophomore Mike Baker and Springfield (Lanphier) junior Keith Boyd at Springfield.

Hormann, 12th in the 1974 state meet, has come on strong of late. He set course records in the Public League and city qualifying meets. Lane had little trouble winning its sixth straight city title or qualifying first for the state meet.

A veteran Elmhurst (York) team will be out to regain the throne of the IHSA kingdom when a field of 235 runners including teams from 26 schools starts the three-mile race at 11 a.m. A crowd of in excess of 6,000 is expected.

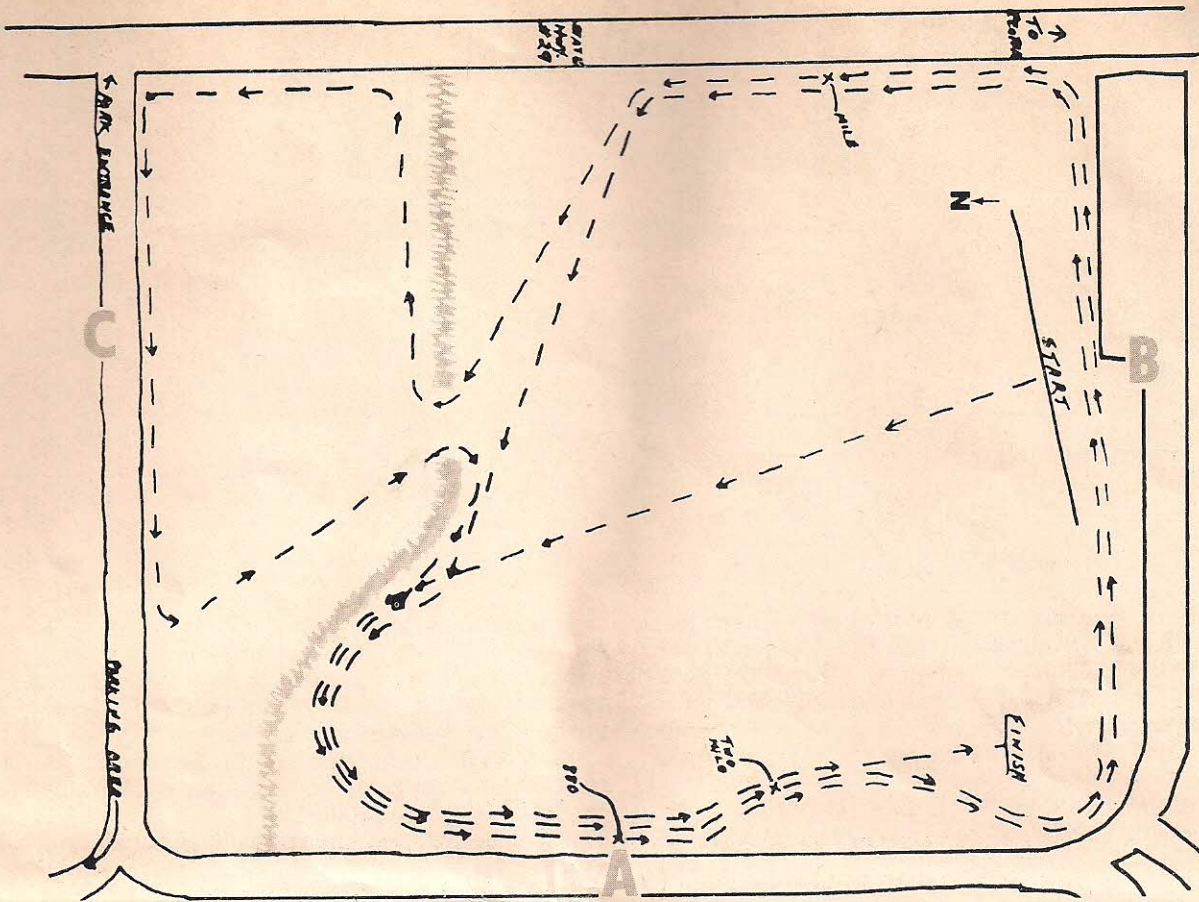
Defending champion Chicago Hts. (Bloom), led by senior Dave Carrizales, and downstate darkhorse Lebanon appear to be the teams blocking York's ascent back to the throne it gave up a year ago by five points. Coach Joe Newton's Dukes, however, appear ready to claim team title No. 7. York waltzed through the Glen Ellyn (Glenbard West) Sectional and was joined by Downers Grove (North) and Hinsdale (Central) -- all three members of the West Suburban Conference -- at Peoria. York scored 66 points, to runnerup Downers Grove North's 95.

The complete list of teams advancing to the State Meet includes: Alton (Sr.), Belleville (West), Belvidere, Centralia, Champaign (Central), Chicago (Harlan), Chicago (Lane Tech), Chicago Hts. (Bloom), Danville (H.S.), Deerfield, Des Plaines (Maine West), Downers Grove (North), Elmhurst (York), Granite City (North), Harvey (Thornton), Hillside (Proviso West), Hinsdale (Central), Lebanon, Mattoon, Park Ridge (Maine East), Peoria (H.S.), Peoria (Academy/Spalding), Peoria (Woodruff), Rockford (East), Springfield (Lanphier), and Woodstock (Comm.).

In addition, 53 individuals, who placed in the top 10 at the Sectionals but who are not members of advancing teams will be on the starting line.

Bloom also was impressive in winning the Sectional title at Oak Park-River Forest with 69 points to runnerup Harvey (Thornton), which scored 91, but the most devastating Sectional effort was produced by Lebanon, which buried the field at Centralia with 24 points. The Greyhounds produced three of the top four finishers in senior Don Burns (1st), junior Greg Hogg (2nd) and junior Harvey Thomas (4th), plus an eighth from sophomore Victor Burns and a 10th from sophomore Jeff Lee. Runnerup Belleville (West) scored 112 points.

Closest Sectional competition was at Lake Forest, where Coach Bill Barringer's Des Plaines (Maine West) team won by three points over co-runners-up Deerfield and Park Ridge (Maine East). Maine West scored 100 points to 103 for the other two.



DETWEILLER PARK—PEORIA
Layout of Course for State Cross Country Meet

How To Watch and Score the State Final Meet

By **STAN HIERONYMOUS**
Sports Writer
Journal Star, Peoria

Cross Country is not, by definition, a spectator sport. A typical high school course may be outlined by a baseball backstop, the school parking lot, the football field . . . "and run right at the pile of trash cans boys." There are picturesque courses, through hills and woods, with narrow paths and tight turns. They often demand more of runners—and spectators who must dash from one place to another to get an occasional glimpse of the runners.

The State Final Meet course here at Detweiller Park is neither an afterthought nor a hidden trail. It's necessary it be open—the scenery, like tree-covered hills to the west, is outside the course—because over 200 runners must sort themselves out in the beginning and, for instance, 42 finished within 12 seconds of each other when things were busiest in 1974.

An open course is a spectators' course. It is possible (with the help of binoculars) to see most of the race from any of several places. It's best to choose one and stay there since 6,000 people showed up for the 1974 race. It's people who usually get in the way of other spectators, and sometimes the runners. The basic rule for spectators is **stay on the road and off the course**. Prime viewing areas include:

A Along the west side of the course, from the point where the runners turn south the first time to the finish line. It's possible to see the start, the runners as they go past the half-mile and two-mile marks and the finish from here. The runners will pass the mile mark directly across the way.

B From the back of the starting line. The perspective on the start is different here. The runners circle the south end of the course two times and are coming at you for the finish, although it may be impossible to see them until they reach the finish chute.

C From the triangle, north of the trees. The runners get here through an opening in the trees, but spectators must stay on the road. Often the race, for both individuals and teams, is determined here. Elmhurst York's runners traditionally "check out", try to pass five runners each, in here. While in the triangle, Lincoln-Way's Dave Walters broke contact with the pack in the 1973 race and went on to a relatively easy victory. It is difficult to get to and from the triangle after watching the start and in time for the finish, but there are less spectators in this area and you can get a better look at, and feeling for, the runners in what is one of the psychologically toughest parts of the race.

You will see people on the infield once the runners have cleared the 440 yards. Don't be tempted to join them. The area is restricted to those with special badges. "Ideally we'd move everybody from outside the course to the infield after

How To Watch The State Final Meet Cont'd

the race starts," says Peoria Central Cross Country Coach Bob LaCroix. However, that would mean people walking across the west side of the course as the runners were turning to run up the same path. "The meet is for the runners," say LaCroix. "We don't want to impede the runners in any way."

For the first finishers, the three-mile race lasts a little over 14 minutes. The team winner may be determined by runners who take another minute to finish. There's an awful lot to keep track of in a relatively short amount of time.

TEAM SCORING—This is not a relay race. The team with the lowest total time for five runners does not necessarily win. The team score is the sum of the first five places earned by team members in competition with other team runners. A simple example: a team that finishes 1-2-3-4-100 will score 110 and lose to a team that places 18-19-20-21-22 for a total of 100. The team champion is the one with the lowest score. If you are trying to keep track of the team race, the first thing to do is disregard runners wearing numbers in the 300s. These are individuals who qualified, even though their teams didn't, by finishing in the top 10 in Sectional competition. Fifty-seven individuals qualified in 1973, 48 in 1974. A team runner who finishes 58th will count just 33 toward the team total if 25 unattached runners place ahead of him. How much lower a runner's team place is than his actual finish depends on the quality of the unattached field (in 1973, 12 of the first 16 and 23 of the first 38 to finish weren't involved in the team race). A very rough rule of thumb by which to figure a runner's team score: take 60 per cent of his actual place if he's in the top 50, two-thirds in the top 150 and subtract 50 from the place of a runner who finishes higher than 150th.

Don't worry about the team score until the race is half completed. A team that sprints the first 440 yards downhill to the tight first turn may find its runners a little less quick the third time they turn south. There are subtle dips, if not hills, in the course, which is 30 feet lower at the north end than at the south. The only important thing at the 880 mark is that individual first place hopefuls maintain contact with the lead and that teams are together and moving up. Every year some individuals, and even some teams, that might have done well are left behind when they get caught at the first turn and literally have to stop and walk.

PACKING—Is a cross country team like a golf team, where each individual goes out to do his best and results are individually achieved total? Not at all. Thornton's Wildcats running in a "pack" conjures up dangerous visions, but it is merely sound application of the theory used, in some part at least, by about every successful cross country team in the state. This is a race of the mind as well as the body. It's nice to have an ally in the

second mile, when the excitement of the start has worn off and thoughts of pushing hard through the final mile can be downright oppressive. Team success becomes a more real goal when a runner can see his teammates passing runners, or they may even go by one simultaneously. It's not unusual to hear one teammate yelling "Let's go get the next one" to another. Pack-racing is not perfect for every team, and don't expect the packs to stay together all the way into the chute. The runners may split up and go on their own a mile and a half or two miles into the race after using the pack to get themselves out at a sensible pace. A team with six or seven good enough runners will have reinforcements near the front on a day one of the top five isn't running very well. The pack helps runners with less ability get the most out of themselves, but sometimes means a more talented runner must hang back. A team with athletes of disparate abilities may do better if those runners go it alone, or in "packs" of two or three.

THE WINNERS—Some of those who camped along the final few yards for the 1973 race may have been disappointed when Lincoln-Way's Dave Walters sewed up the race long before he reached them and York's "Long Green Line" swept by in such strong shape the team winner was just as clearcut. Walters won by over eight seconds and it wasn't that close for most of the last half-mile. York won by 95 points. But last year . . . winner Tom Marino of Hillside (Proviso West) and York junior Ron Craker went lung-to-lung for the last mile. Team champion Chicago Heights (Bloom) was in third place with a quarter of a mile to go before Terry Bauer (running fifth for the Trojans and finishing 56th over-all) sprinted in. Palatine (Fremd) was in first but fading, York was in second and would have been there to pick up a fourth straight title were it not for Bauer. What happens in that last 440 yards is determined in large measure by the 4,840 yards that go before that. And before that, the pre-race preparation. And the regular season before that. And the miles run over the summer before that. And . . . well, you get the idea. How is a spectator to know all these things? You don't. The teams and individuals to watch are listed elsewhere. Just think in terms of uniforms, five of them, or if you have a particular rooting interest, keeping track of those runners will more than occupy the time.

The official scorers weren't official about a team champion last year until the race had been over a full hour. Their results will be announced and awards presented in the Peoria Central gymnasium, 1615 N. North. (Three blocks west of Knoxville, Route 88, and just south of Nebraska.)

But if you pay close attention to the race, you may discover there is more—even for spectators—to cross country than the final score.

Who Runs?

The first, second and third place teams and the first ten individual runners to finish in each Sectional advance to the State Final meet at Detweiller Park. The Chicago Public High Schools Athletic Association also conducts a meet for the purpose of qualifying individual runners and teams for the State Final Meet. First and second place teams and the first ten individual runners in the Chicago meet qualify for the State Final.

1975 District Meet Results

Site	Team Champion	Coach	Points	Individual Champion (School)	Class	Time-Distance
Benton	Centralia	Rod White	44	Stan Oliver, Metropolis	Jr.	15:32 2.97 Miles
Bloomington (H.S.)	Normal (Community)	Eugene Masters	47	Jeff Kirk, Normal (Community)	Sr.	14:53.0 3.0 Miles
Champaign (Centennial)	Danville (H.S.)	John Eakle	27	Guy Wolf, Champaign (Central)	Sr.	15:27 3 Miles
Decatur (Stephen Edwardsville)	Mattoon	Larry Burgess	50	Bill Horn, Mattoon	Jr.	17:32 3.0 Miles
Elk Grove Village (Elk Grove)	Alton (Sr.)	Jim Wigger	41	Mike Baker, Granite City (North)	So.	15:31 3.0 Miles
Glen Ellyn (Glenbard South)	Des Plaines (Maine West)	B. Barringer	78	Mark Tomasik, Park Ridge (Maine East)	Sr.	15:57 2.97 Miles
Highland Park	Elmhurst (York)	Joe Newton	57	Ron Craker, Elmhurst (York)	Sr.	14:50 3.0 Miles
Jacksonville (H.S.)	Deerfield	Leonard Kisellus	46	Dave Erdal, Waukegan (East)	Sr.	14:56.1 3.0 Miles
Kewanee (H.S.)	Quincy (Sr.)	Angelo Rinchiuso	39	Mark Weneker, Quincy (Sr.)	Sr.	15:18 3.0 Miles
Lebanon	Moline	Howard Shipley	64	John Isabelle, Farmington (East)	Sr.	14:59 2.97 Miles
Lemont (St. Vincent)	Lebanon	Ira Price	19	Don Burns, Lebanon	Sr.	15:31.7 3.0 Miles
Maple Park (Kaneland)	Oswego	John Sammons	44	Dave Finnestad, Oswego	Sr.	13:27.8 2.85 Miles
Norridge (Ridgewood)	Wheaton (North)	Rollie Eckman	80	Doug Diekema, Wheaton (North)	Jr.	15:26.7 3.0 Miles
Olney (East Richland)	Hillside (Proviso West)	Larry Wiczorek	59	Jim McHugh, Hillside (Proviso West)	Sr.	15:30 3.0 Miles
Ottawa (Twp)	Olney (East Richland)	Cecil Fletcher	38	David Feldhake, Effingham (St. Anthony)	Sr.	15:52 3.0 Miles
Palatine (H.S.)	Princeton	Gary Coates	50	Pat Hodge, Princeton	Sr.	15:51 2.95 Miles
Palos Hts. (Chicago Christian)	Palatine (H.S.)	Joe Johnson	52	John Filosa, Palatine (Fremd)	Jr.	15:41 3 Miles
Park Forest (Rich East)	Riverside-Brookfield	Marvin Taylor	44	Dave Bensema, Oak Lawn (Richards)	Jr.	15:03.7 3.0 Miles
Peoria (Academy/Spalding)	Harvey (Thornton)	Ed Fredette	55	Bob Hicks, Orland Park (Sandburg)	Jr.	14:19 2.9 Miles
Rockford (Harlem)	Peoria (H.S.)	Bob LaCroix	48	Dave Ayoub, Peoria (H.S.)	Jr.	15:14.1 2.75 Miles
St. Anne	Woodstock (H.S.)	Robert Thompson	42	Ron Wartgow, Belvidere	Sr.	15:19 3 Miles
Springfield (Lanphier)	St. Anne	Mike Rebello	70	Reo Rorem, Gilman	Sr.	15:28 3 Miles
Sterling (H.S.)	Springfield (Lanphier)	Lee Halberg	25	Keith Boyd, Springfield (Lanphier)	Jr.	15:45 3.0 Miles
	Dixon	Jerry Broers	73	Larry Schuldt, Rock Falls	Jr.	15:24.2 3.0 Miles

1975 Sectional Meet Results

Site	Team Champion	Coach	Points	Individual Champion (School)	Class	Time-Distance
Centralia	Lebanon	Ira Price	24	Don Burns, Lebanon	Sr.	16:09.4 3.0 Miles
Chicago	Chicago (Lane Tech)	Bill Lewis	27	Mike Hormann, Chicago (Lane Tech)	Sr.	14:24 3.0 Miles
Glen Ellyn (Glenbard West)	Elmhurst (York)	Joe Newton	66	Ron Craker, Elmhurst (York)	Sr.	14:38 3.0 Miles
Lake Forest	Des Plaines (Maine West)	Bill Barringer	100	Dave Erdal, Waukegan (East)	Sr.	14:44 3.0 Miles
Peoria (Richwoods)	Peoria (Academy/Spalding)	Ed Bradle	80	John Isbell, Farmington (East)	Sr.	14:41 3.0 Miles
Oak Park-River Forest	Chicago Hts. (Bloom)	Don Siota	69	Tom Graves, Orland Park (Sandburg)	So.	14:38.4 3.0 Miles
Princeton	Rockford (East)	Charles Wallin	66	Dan Gilchrist, Rockford (East)	Sr.	14:32.7 3.0 Miles
Rantoul	Danville (H.S.)	John Eakle	57	Reo Rorem, Gilman	Sr.	15:11.3 3.0 Miles
Springfield (Southeast)	Granite City (North)	Pete Robinson	69	Randy Adler, Alton (Sr.)	Jr.	*15:29 3.0 Miles

* Record, Old Mark 15:41 By Robin Lindell, Decatur (Eisenhower), 1974.

Now you don't have to choose between serving your Country and continuing your education.

Over 1300 colleges and universities and the United States Army have developed a bold, new concept in continuing education. Project Ahead. It lets you enlist in the Army and start college at the same time.

Here's what college administrators in Illinois say about Project Ahead:

"Few programs offer the three-fold opportunity to work, learn, and earn at the same time. Project Ahead is one that does. Project Ahead's structure is basically simple, but its benefits to young men and women and their parents are enormous. We at Eastern Illinois University are enthusiastic about this new plan. In fact, many of us believe that Project Ahead will be as important to young people entering the Army as the G.I. Bill has been to veterans."

Dr. Gilbert C. Fite,
President,
Eastern Illinois
University

"Project Ahead has much to offer young men and women who are interested in a college education but who choose not to begin full-time studies immediately. Project Ahead colleges provide important guidance and record-keeping services to make certain that those participating in the program take the right first steps toward their degrees. Rock Valley College is proud to have been one of the first schools in the country to participate in Project Ahead."

Dr. Karl J. Jacobs,
President,
Rock Valley College

"Two or three years in the service can increase an individual's ability to succeed in college. Veterans on most campuses generally perform better academically than other students. Project Ahead is an added plus. Now, the veteran will return to full-time studies having already experienced some of the rigors of college courses."

Dr. Martin G. Abegg,
President,
Bradley University

"Project Ahead is a unique combination of educational experiences — experiences which young people gain by working, traveling and meeting people, as well as through college courses. At the same time, participants can develop a collegiate record to be applied toward their degrees upon return to their home colleges and universities."

Dr. Alban E. Reid,
President,
Black Hawk College

"The G.I. Bill has for years enabled veterans to earn college educations at little cost. Project Ahead has added a valuable new dimension to veterans benefits. An individual can now choose his or her alma mater upon enlistment and start building credits toward a college degree while serving in the Army. Young men and women can benefit themselves by seriously considering Project Ahead in making a career decision."

Dr. Lester Carr,
President,
Lewis University

Project Ahead is by no means a free ride. Because while you're working toward a college degree, you'll be serving your country. You'll be a soldier full time. A student part time. You'll train hard. You'll work hard. And you'll find that although a few years in the Army isn't the easiest way to earn a college education, it may be the most rewarding.

Participating Illinois Colleges

American Conservatory of Music
Barat College
Belleville Area College
Black Hawk College
Quad Cities Campus
Black Hawk College
East Campus
Carl Sandburg College
Chicago State University
City Colleges of Chicago
Kennedy-King College
Loop College
Malcolm X College
Mayfair College
Olive-Harvey College
Southwest College
Wright College
College of Lake County
Columbia College
Danville Junior College
Decatur Community College
DePaul University
Lewis Center Campus
Lincoln Park Campus
School for New Learning,
Chicago
School for New Learning,
Park Ridge
Eastern Illinois University
Elgin Community College
Elmhurst College
George Williams College
Highland Community College
Illinois Central College
Illinois College

Illinois Eastern Community Colleges

Lincoln Trail College
Olney Central College
Wabash Valley College
Illinois Institute of Technology
Illinois Valley Community College
John A. Logan College
Joliet Junior College
Kankakee Community College
Kendall College
Kishwaukee College
Lakeland Community College
Lewis and Clark Community College
Lewis University
Lewis University College of Law
Para-professional Studies
Lincoln College
Lincolndale Community College
Loyola University of Chicago,
Lake Shore Campus
Loyola University of Chicago,
Lewis Towers Campus
McHenry County College
McKendree College
Morton College
Northwestern University,
Evening Division
Olivet Nazarene College
Parkland College
Quincy College

Rock Valley College
Roosevelt University
Sangamon State College
Sauk Valley Community College
Shawnee College
Southern Illinois University,
Carbondale
Edwardsville
Spoon River College
Springfield College in Illinois
Triton College
University of Chicago
Waubensee Community College
Wheaton College

PROJECT
ahead



For more information, contact your local Army recruiter. His number's in the Yellow Pages under "Recruiting." Or write to Project Ahead, U.S. Army DRC, 2000 W. Pioneer Parkway, Peoria, Illinois, 61614.

Presenting the 1975 Team Entries

Note: Large, bold number beside team roster indicates team starting position.

ALTON (SR.) — 3rd

Coach: Jim Wigger

1. Randy Adler, Jr.
2. Alex Lamkie, Jr.
3. Pentti Makenia, Jr.
4. Bob Epple, Sr.
5. Doug White, Jr.
6. Dave Lamkie, Jr.
7. Brad Wigger, Jr.

32

BELLEVILLE (WEST) — 2nd

Coach: Norman Armstrong

8. Bob Weilmuenster, So.
9. Keith Kneipkamp, Jr.
10. Ken Huffman, Jr.
11. Rob Davenport, Sr.
12. Mark Walz, Jr.
13. Kip Pabst, Fr.
14. Joe Abegg, Jr.

26

BELVIDERE — 3rd

Coach: Roger Frederickson

15. Ron Wartgow, Sr.
16. Charles Pax, Sr.
17. Mark Fry, Sr.
18. John Babb, Sr.
19. Greg Anderson, Jr.
20. Art Gonzales, Fr.
21. Kerry Humphrey, Fr.

10

CENTRALIA — 3rd

Coach: Rod White

22. Steve Greene, Sr.
23. Hal Lawrence, Jr.
24. Mike Schaller, Sr.
25. Scott Doetsch, So.
26. Rusty Sherman, So.
27. Jeff Warden, Jr.
28. Doug Laws, So.

41

CHAMPAIGN (CENTRAL) — 2nd

Coach: Dike Stirrett

29. Guy Wolf, Sr.
30. Frank Reilly, Jr.
31. Steve Elam, So.
32. Jeff Hardesty, So.
33. Guy Morrow, So.
34. Dave Rundus
35. Joe Keeny, So.

25

CHICAGO (HARLAN) — 2nd

Coach: Gerald Richard

36. David McGee, Sr.
37. Ray Drye, Sr.
38. Steve Jones, Sr.
39. Robert Berry, Jr.
40. Melvin Cory, So.
41. Tommthly Bell, Jr.
42. Rex Conerly, So.

37

CHICAGO (LANE TECH) — 1st

Coach: Bill Lewis

43. Mike Hormann, Sr.
44. Jim Warmowski, Sr.
45. Brian Rowland, Jr.
46. Eric Cumberland, Sr.
47. Mike Pellican, Jr.
48. Rich Ochoa, Jr.
49. Eric Landahl, Sr.

15

CHICAGO HTS. (BLOOM) — 1st

Coach: Don Slota

50. Dave Carrizales, Sr.
51. Terry Bauer, Jr.
52. Jeff Small, Sr.
53. Steve Luzzi, Sr.
54. Mark Lenke, Sr.
55. Larry Griffen, Sr.
56. Mark Zych, So.

34

DANVILLE (H.S.) — 1st

Coach: John Eakle

57. Jeff Owen, Sr.
58. Lindy Moore, So.
59. Bill Nohmer, Jr.
60. Alan Wilson, Sr.
61. Rick Thompson, Sr.
62. Mark Chase, So.
63. Kevin Burley, Sr.

29

DEERFIELD — 2nd (Tie)

Coach: Lynn Kisellus

64. Mark Novak, Sr.
65. Richard Resseque, Sr.
66. Mark McCallister, So.
67. Thomas Danlberg, Sr.
68. Keith Hampton, So.
69. Todd McCallister, So.
70. Bruce Gilbert, Jr.

16

DES PLAINES (MAINE WEST) — 1st

Coach: Bill Barringer

71. Brian Tolan, Jr.
72. Jeff Brydges, Jr.
73. Terry Walters, So.
74. Bob Pawelko, Sr.
75. Gary Paul, Jr.
76. Don Murray, Jr.
77. Morris Danielson, So.

40

DOWNERS GROVE (NORTH) — 2nd

Coach: Bob Lewis

78. Tom Mountain, Sr.
79. Steve Halsey, Jr.
80. Chris Dremann, Jr.
81. Louis Agnew, Sr.
82. John McDonald, So.
83. Phillip Young, Sr.
84. Scott Respond, So.

18

ELMHURST (YORK) — 1st

Coach: Joe Newton

85. Ron Craker, Sr.
86. Jim Driscoll, Sr.
87. Don Hickman, Sr.
88. Dave Klemann, Sr.
89. Tom Gusloff, Sr.
90. Todd Peterson, Jr.
91. Alvin Strunk, So.

12

GRANITE CITY (NORTH) — 1st

Coach: Pete Robinson

92. Mike Baker, So.
93. Dave Futch, Sr.
94. Dave Ebrecht, Jr.
95. John Bracamontes, So.
96. Don Lucy, Jr.
97. Greg Scout, So.
98. Robin Tegel, Sr.

6

HARVEY (THORNTON) — 2nd

Coach: Ed Fredette

99. Jim Clark, Sr.
100. Mitchell Johnson, Sr.
101. Bill Moran, So.
102. Steve Ibarra, Sr.
103. Dave Piscitello, Sr.
104. Alan Reed, Sr.
105. Carl Nagy, Sr.

13

HILLSIDE (PROVISO WEST) — 3rd

Coach: Larry Wiczorek

106. John Creevy, Sr.
107. Jim McHugh, Sr.
108. Joe Pater, Sr.
109. Ken Picerno, Sr.
110. Mike Backer, So.
111. Burt Becker, Jr.
112. Rob Popp, Jr.

19

HINSDALE (CENTRAL) — 3rd

Coach: Gary Charneia

113. John Herbert, Sr.
114. Dean Regas, Jr.
115. Scott Lorek, Sr.
116. Stewart Parker, Sr.
117. Bob Bustrowsky, So.
118. Steve Prost, Sr.
119. Steve Simms, Jr.

7

LEBANON — 1st

Coach: Ira Price

120. Don Burns, Sr.
121. Greg Hogg, Jr.
122. Harvey Thomas, Jr.
123. Victor Burns, So.
124. Terry Grunden, Fr.
125. Jeff Lee, So.
126. Kermit Edison, Jr.,

3

Team Entries cont.

MATTOON — 3rd

Coach: Larry Burgess
 127. Bill Horn, Jr.
 128. Ed Behm, Sr.
 129. Tim Sparks, Sr.
 130. John Bailey, Jr.
 131. Jeff Thomas, Jr.
 132. Terry Edinger, Fr.
 133. John Gundaker, So.

4

PARK RIDGE (MAINE EAST) — 2nd

Coach: John Coughlin (Tie)
 134. Mark Tomasik, Sr.
 135. David Saethre, Sr.
 136. John Hinterhauser, Sr.
 137. William Fied, Jr.
 138. Ken Struck, Jr.
 139. Pat Donahue, Jr.
 140. John Gagliardi, Jr.

31

PEORIA (H.S.) — 2nd

Coach: Bob LaCroix
 141. Dave Ayoub, Jr.
 142. Rick Parker, Jr.
 143. Brian Scheuble, Sr.
 144. Shawn Stever, Jr.
 145. Pete Halter, Jr.
 146. Jerry Brewer, Sr.
 147. Scott Schlick, Sr.

9

PEORIA (ACADEMY/SPALDING) — 1st

Coach: Ed Bradle
 148. Martin Willi, Sr.
 149. John Roberts, Sr.
 150. Mike Wolfe, Sr.
 151. John Barborinas, Sr.
 152. Joe Kella, Sr.
 153. Ed Ringness, Jr.
 154. Tom Mueller, Sr.

21

PEORIA (WOODRUFF) — 3rd

Coach: Howard Morgan
 155. Bob Schaefer, Jr.
 156. Mark McIntosh, Jr.
 157. Robert Hill, Jr.
 158. Mark Praul, Sr.
 159. Rick McIntosh, Fr.
 160. Ray McGee, So.
 161. Andre Williams, Sr.

35

ROCKFORD (EAST) — 1st

Coach: Charles Wallin
 162. Dan Gilchrist, Sr.
 163. Pat McPheron, Jr.
 164. Mark Trojinar, Sr.
 165. Bill Arendt, So.
 166. Don White, Jr.
 167. Ron Lane, Jr.
 168. Doug Bakke, Jr.

38

SPRINGFIELD (LANPHIER) — 2nd

Coach: Lee Halberg
 169. Keith Boyd, Jr.
 170. Kevin Zarndt, So.
 171. Keith Zarndt, So.
 172. Chris Preus, So.
 173. Chuck Rovey, Sr.
 174. Roy Taraba, Jr.
 175. Mike Bailey, Fr.

28

WOODSTOCK (COMM.) — 2nd

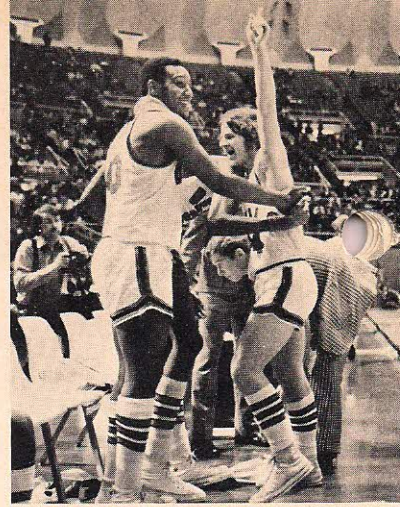
Coach: Robert Thompson
 176. Lloyd Kulisek, Sr.
 177. Bill Tambone, Sr.
 178. Tom Altemus, Sr.
 179. Steve Range, Sr.
 180. Joe Garcia, So.
 181. Don Limbaugh, Jr.
 182. Rob Tambone, So.

23

Presenting the 1975 Individual Entries

330. Joe Michael, Aurora (West), Sr.
 331. Jase Travis, Bradley-Bourbonnais, Jr.
 332. Wayne Scott, Midlothian (Bremen), Sr.
 333. Greg Adams, Champaign (Centennial), Sr.
 334. Tom Wutche, DeKalb, So.
 335. Brad Fryer, Elmwood, Sr.
 336. Ken McCloud, Chicago (Englewood), Jr.
 337. Jeff Olson, Evanston, Sr.
 338. Robert Thomas, Evanston, Sr.
 339. John Isbell, Farmington (East), Sr.
 340. Dave Renner, Freeburg, Sr.
 341. John Filosa, Palatine (Fremd), Fr.
 342. Reo Rorem, Gilman, Sr.
 343. Steve Chaplin, Glenview (Glenbrook South), Sr.
 344. Jim Flannery, Chicago (Gordon Tech), Sr.
 345. John Olszewski, Chicago (Gordon Tech), Jr.
 346. Joe Sheeren, Grayslake, Sr.
 347. Fernando Reyes, Chicago (Harrison), Sr.
 348. Carl Strackeljohn, Highland (H.S.), Sr.
 349. Blain O'Neal, Chicago (King), Jr.
 350. Ricky Carter, Chicago (King), Sr.
 351. Ed Pickell, Chicago, (Lake View), Jr.
 352. Chip Terracina, New Lenox (Lincoln-Way), Sr.
 353. Randy Kane, Marissa, Sr.
 354. Steve Ellington, Mascoutah, Jr.
 355. Stan Oliver, Metropolis, Jr.
 356. Jerry Bellmeyer, Moline, Jr.

357. Jim Ijams, Moline, Sr.
 358. Randy Riggins, Monticello, Sr.
 359. Rich Hodapp, Naperville (Central), Sr.
 360. Robert Savage, Northfield (New Trier West), Jr.
 361. Jeff Kirk, Normal (Community), Sr.
 362. Dave Finnestad, Oswego, Sr.
 363. Pat Hodge, Princeton, Sr.
 364. Mike Carper, Quincy, Jr.
 365. Mark Wenneker, Quincy, Sr.
 366. Art Hess, Rantoul, Jr.
 367. Dave Bensema, Oak Lawn (Richards), Jr.
 368. Jim Keen, Riverside-Brookfield, Sr.
 369. Larry Schuldt, Rock Falls, Jr.
 370. Greg Reynolds, Rockford (Guilford), So.
 371. Jeff Benson, Rockford (West), Sr.
 372. Pete Fitch, Rock Island (Alleman), Jr.
 373. Tom Graves, Orland Park (Sandburg), Jr.
 374. Bob Hicks, Orland Park (Sandburg), Jr.
 375. James Scruton, Springfield (Griffin), Jr.
 376. Dave Feldhake, Effingham (St. Anthony), Sr.
 377. Mark Capelle, Highland (St. Paul), So.
 378. Bill Toland, Urbana, Jr.
 379. Dave Erdal, Waukegan (East), Sr.
 380. Doug Diekema, Wheaton (North), Jr.
 381. Chris Kuntz, Villa Park (Willowbrook), Sr.
 382. Craig Martin, Villa Park (Willowbrook), Jr.



The : Serving Students and Schools

As contemporary as "November Nonsense" at Football Playoff time and as traditional as "March Madness" generated during the State Basketball Tournament, the 72-year-old Illinois High School Association (IHSAA) continues to serve the young people attending the state's secondary schools in a manner that can best be described as an ever-expanding representative democracy.

Since 1898, when the concept of a statewide activities organization was first discussed by high school principals, and as of 1903, when it was established to strengthen and unify the leadership of the state's infant activities program, it has been the desire of the Association that the activities and services it provides will enrich the educational experiences of the high school students in Illinois.

Participation in interscholastic activities is a privilege unique to young people in American education. Schools have long provided opportunity for young people to participate in them because educators have firmly believed that such activities, if properly administered, offer students significant learning experiences, which cannot be duplicated elsewhere in our educational system.

School people, students and parents have long recognized and endorsed the role of the IHSAA—a non-profit, voluntary organization—composed of Illinois high schools and represented by their principals—in providing supervision and control of the interscholastic activities (athletic and non-athletic) in which the state's secondary schools engage.

In a nutshell, here is how the IHSAA serves the youth of the state and the schools they attend:

BOYS ATHLETICS—It offers 11 state championship series of competition in baseball, basketball (Class A and Class AA), cross country, football (five classes), golf (Class A and Class AA), gymnastics, soccer, swimming, tennis, track and field (Class A and Class AA), and wrestling (Class A and Class AA).

GIRLS ATHLETICS—It presently offers state championship series of competition in bowling, field hockey, golf, softball, swimming, tennis, track and field, and volleyball, and will initiate new programs in archery, badminton, basketball, and gymnastics during the 1976-77 school year, thus providing a total of 12. It also offers a year-round program of GAA (or similarly designed) activities for girls.

NON-ATHLETIC—It offers state championship competition in Music (four classes), Speech (Drama, Debate, Readers Theatre, Individual Events), and Chess (Class A and Class AA) for all students. It helps to administer the state Latin Contest, and provides liaison and guidance among the member school Student Councils.

STUDENT/SCHOOL WELFARE—It provides a Catastrophe Accident Insurance Program for students participating in interscholastic activities.

ATHLETIC OFFICIALS—Through its Boys Officials Department and its Girls Officials Department, it provides the member schools with a listing of nearly 8,000 athletic officials, each of whom is registered with the Association and has been trained in the techniques and skills necessary to provide for the proper conduct of interscholastic competition between schools squads. It also provides these athletic officials with an in-service training program to sharpen such skills, and provides methods for advancement in qualification and standing.

ADMINISTRATION—It establishes rules to maintain uniform, statewide eligibility standards, prevent the exploitation of high school students by non-educational agencies and their representatives, protect the health and welfare of participants in interscholastic activities, and provide a system for developing inter-school relationships to their fullest.

COMMUNICATION—It maintains a clear channel of communication between member schools and persons associated with member schools through its monthly periodical, the **ILLINOIS INTERSCHOLASTIC**, numerous direct mailings and other publications and pamphlets, including the publishing of its annual Official Handbook (Book No. 1, which contains the Constitution and By-laws of the Association and other important data, and Book No. 2, which contains a detailed directory of registered athletic officials.)

The IHSAA's Constitution and By-laws were first written in 1903 when officers were elected for the Illinois High School Athletic Association (predecessor of the IHSAA). In 1922, after tremendous growth, the Association hired the nation's first full-time director. Since that time, only three men have served as Executive Secretary of the IHSAA: Mr. Charles W. Whitten from 1922 to 1942, Mr. Albert Willis from 1942 to 1968, and Mr. Harry Fitzhugh from 1968 to the present.

Until 1940, the role of the Association was supervision and control of only athletic programs. Since then, following recodification of the Constitution and By-laws, the jurisdiction of the IHSAA has been extended to non-athletic activities.

Membership in the IHSAA is open to all high schools recognized by the Illinois Office of Education. At present, approximately 820 schools are members.

Personnel at member schools have provided the impetus for making the IHSAA contemporary with the times in which we live. Briefly, here is how the democratic process of the Association works:

Member schools, through an elected Board of Directors and an elected Legislative Commission, sanction, supervise and control interscholastic activities.

The Legislative Commission, a 17-member body consisting of principals elected to three-year terms from geographic districts, functions as the IHSAA's legislation screening committee. Meeting annually, the Commission considers all proposed changes to the Constitution and By-laws. Proposals recommended for approval by the Commission, following debate and discussion at each of the two meeting sessions, are submitted to the member schools in an annual referendum. Each member school has one vote. Proposals become "law" if approved by a simple majority of votes cast.

The Board of Directors, consisting of principals elected to three-year terms from the state's six geographic divisions, determines IHSAA policy, interprets the rules and employs an Executive Secretary and staff to aid in administering the programs of the Association.

In addition, **Advisory Committees** (composed of principals, athletic directors, coaches and officials) in each activity are appointed by the Board of Directors to meet with administrative staff yearly to review and make recommendations for change and improvement in their respective programs.

All-Time Individual Data

YEAR	WINNER	SCHOOL	RUNNER-UP	SCHOOL	DISTANCE	WINNING TIME	SITE
1946	Warren Druetzler	LaGrange (Lyons)	George Twigg	Paris	2 Mile	10:07.8	Urbana
1947	Bob Lollenberger	Paris	Bob Malmstrom	Moline	2 Mile	9:58	Urbana
1948	Stacy Siders	Buffalo (Tri-City)	Glen Curtis	Paris	2 Mile	9:55.3	Urbana
1949	James Henry	Evanston	Irv Reitz	Rock Island (HS)	1.9 Mile	9:35.1	Urbana
1950	Steve Murphy	Chicago (Calumet)	Chuck Metheny	Paris	2 Mile	9:47.6	Urbana
1951	Charles Metheny	Paris	Verlon Sheuring	Urbana	2 Mile	10:22.4	Urbana
1952	Charles Hakes	Peoria (Woodruff)	Dale Nevel	Marengo	1.9 Mile	10:16.6	Peoria (CC)
1953	Louis Kujawinski	Evanston	John Hitt	Evanston	1.9 Mile	9:21.6	Urbana (CC)
1954	Fred Sandoval	East Moline (United)	Dan Inrie	Joliet	2 Mile	9:34	Urbana (CC)
1955	Jim Bowers	DeKalb	Fred Sandoval	East Moline	1.9 Mile	9:15.2	Urbana (CC)
1956	Brian White	Rockford (East)	Bill Gillingham	Peoria (Woodruff)	1.9 Mile	9:31.8	Urbana (CC)
1957	Ray Ott	Moline	Bob Lindrud	Moline	1.9 Mile	9:31.8	Urbana (CC)
1958	Marvin Silliman	Kankakee	Weymouth Kirkland	Winnetka (New Trier)	1.9 Mile	9:21	Urbana (CC)
1959	Weymouth Kirkland	Winnetka (New Trier)	Allen Carius	Cicero (Morton)	1.9 Mile	9:20.5	Urbana (CC)
1960	Weymouth Kirkland	Winnetka (New Trier)	Wiley Wright	Moline	1.9 Mile	9:15	Urbana (CC)
1961	Jim Weinert	Highland Park	Dave Bartel	Wheaton	2 Mile	10:11.3	Urbana (CC)
1962	Charles Schulz	Evanston	Jim Weinert	Skokie (Niles West)	2 Mile	9:57	Urbana (CC)
1963	Charles Schulz	Evanston	Steve Bakieda	Chicago (Lane Tech)	2 Mile	9:30.9	Urbana (CC)
1964	Bruce Bowman	Hillside (Proviso West)	John Greco	DesPlaines (Maine West)	2 Mile	9:36.8	Urbana (CC)
1965	Mike Collins	Winnetka (New Trier)	Doug Williamson	Libertyville	2 Mile	9:53.4	Urbana (CC)
1966	Jim Press	Riverside (R.-Brookfield)	Dave Calvert	Rockford (Guilford)	1.9 Mile	9:45.4	Urbana (CC)
1967	Lee LaBadie	DesPlaines (Maine West)	Rich Elliott	Hillside (Proviso West)	2 Mile	9:54.4	Urbana (CC)
1968	Ken Popejoy	Glen Ellyn (Glenbard West)	Duane Smith	Moline	2.75 Mile	13:26.3	Savoy
1969	Dave Merrick	New Lenox (Lincoln-Way)	Andy Isla-Rubert	Hillside (Proviso West)	2.75 Mile	13:19.4	Savoy
1970	Dave Merrick	New Lenox (Lincoln-Way)	Dan Pettinger	Palatine (Fremd)	2.67 Mile	12:37.6	Peoria Detweiler
1971	Craig Virgin	Lebanon	Lee Erickson	New Lenox (Lincoln-Way)	3 Mile	13:59.3	Peoria Detweiler
1972	Craig Virgin	Lebanon	Stan Vannier	Centralia	3 Mile	13:50.6	Peoria Detweiler
1973	Dave Walters	New Lenox (Lincoln-Way)	Bill Fritz	Glen Ellyn (Glenbard West)	3 Mile	13:57.7	Peoria Detweiler
1974	Tom Marino	Hillside (Proviso West)	Ron Craker	Elmhurst (York)	3 Mile	14:14.3	Peoria Detweiler

1974 Team Champions



Chicago Hts. (Bloom) dethroned Elmhurst (York) to become the 1974 IHSA Boys Cross Country champions. Members of the squad were, front row from left: Terry Bauer, Leo Lenting, Dave Carrizales, Rusty Bauer, Back row: Coach Don Slota, James Patton, Jeff Small, Steve Luzzi, Jim Carter and Mike Lopez. (Photo Courtesy Peoria H.S.)

All-Time Team Data

YEAR	CHAMPION	COACH	PTS.	RUNNER-UP	PTS.
1946	Paris	Ernie Eveland	90	Chicago (Lane Tech)	102
1947	Paris	Ernie Eveland	30	DesPlaines (Maine Twp.)	89
1948	Paris	Ernie Eveland	23	Washburn	73
			(2, 3, 4, 16, 17)		
1949	Paris	H.D. "Deac" Sweeley	36	Evanston	72
1950	Chicago Hts. (Bloom)	E.R. Nelson	49	Paris	70
1951	Urbana	Gene Armer	21	LaGrange (Lyons)	61
			(2, 4, 6, 12, 16)		
1952	Peoria (Woodruff)	Roy Gummerson	37	Urbana	80
1953	Evanston	Emil Schultz	111	Cumberland	119
1954	Maywood (Proviso)	Harold Monilaw	71	Peoria (Woodruff)	121
1955	LaGrange (Lyons)	Max Armer	95	Chicago (Englewood)	122
1956	LaGrange (Lyons)	Max Armer	102	Rock Falls	113
1957	Maywood (Proviso)	Harold Monilaw	63	Edwardsville	133
1958	Alton	Neal Schmelzel	95	Glen Ellyn (Glenbard)	100
1959	Winnetka (New Trier)	Ben Almaguer	67	Glen Ellyn (Glenbard West)	96
1960	Glen Ellyn (Glenbard West)	C.A.R. Johnson	80	Winnetka (New Trier)	85
1961	Highland Park	Dick Ault	96	Glen Ellyn (Glenbard West)	97
				(Evanston 98)	
1962	Elmhurst (York)	Joe Newton	61	Evanston	98
1963	Chicago (Lane Tech)	Leonard Jarczek	69	Glen Ellyn (Glenbard West)	126
1964	Hillside (Proviso West)	Dick McCallister	46	Elmhurst (York)	68
1965	Elmhurst (York)	Joe Newton	61	Rockford (Guilford)	125
1966	Evanston	Jim Nelson	117	Naperville	124
1967	Arlington Hts. (Arlington)	Bruce Samoore	73	Hillside (Proviso West)	74
1968	Elmhurst (York)	Joe Newton	121	Evanston	129
1969	Palatine (Fremd)	Ron Menely	86	Elmhurst (York)	129
1970	Park Ridge (Maine East)	John Coughlan	129	Palatine (Fremd)	139
1971	Elmhurst (York)	Joe Newton	67	Centralia	136
1972	Elmhurst (York)	Joe Newton	84	Arlington Hts. (Hersey)	164
1973	Elmhurst (York)	Joe Newton	64	Riverside (R.-Brookfield)	159
1974	Chicago Hts. (Bloom)	Don Slota	91	Elmhurst (York)	96

Recap of 1974 State Cross Country Meet

TOP 15 INDIVIDUALS

Finish	Runner	Year In	School ('74)	School	Time
1	Tom Marino	Sr.	Hillside (Proviso West)		14:14.3
2	Ron Craker	Jr.	Elmhurst (York)		14:20
3	Dan Gilchrist	Jr.	Rockford (East)		14:22
4	Kip Smith	Sr.	Oak Park-River Forest		14:26
5	Bob McCarty	Sr.	Elmhurst (York)		14:28
6	Jim Keen	Jr.	Riverside-Brookfield		14:29
7	Greg Germin	Sr.	Chicago (Marist)		14:30
8	Ken Caldwell	Sr.	Lake Forest (H.S.)		14:34
9	Leo Lenting	Sr.	Chicago Hts. (Bloom)		14:35
10	Mike Sawyer	Sr.	Alton (Sr.)		14:36
11	John Filosa	So.	Palatine (Fremd)		14:40
12	Mike Hormann	Jr.	Chicago (Lane Tech)		14:40
13	Mark Johnson	Sr.	Mahomet (Mahomet-Seymour)		14:41
14	Dave Carrizales	Jr.	Chicago Hts. (Bloom)		14:42
15	Steve Chaplin	Jr.	Glenview (Glenbrook South)		14:45

TOP 15 TEAM SCORES

Finish	School	Team Place	Finishers	Total
1	Chicago Hts. (Bloom)	4,8,21,24,34,53,102		91
2	Elmhurst (York)	2,3,15,36,40,74,83		96
3	Palatine (Fremd)	6, 12, 14, 26, 48, 106, 165		106
4	Hillside (Proviso West)	1, 25, 29, 30, 56, 76, 95		141
5	DeKalb	13, 19, 35, 42, 46, 69, 150		155
6	Park Ridge (Maine East)	47, 49, 52, 54, 64, 65, 144		266
7	Princeton	18, 32, 50, 66, 108, 126, 143		274
8	Hinsdale (Central)	10, 43, 68, 88, 93, 104, 160		302
9	Chicago (Lane Tech)	7, 55, 60, 84, 98, 116, 162		304
10	Alton (Sr.)	5, 17, 45, 124, 129, 147, 158		320
11	Villa Park (Willowbrook)	11, 51, 82, 96, 99, 122, 146		339
12	Waukegan	23, 39, 59, 109, 111, 112, 118		341
13	Woodstock (H.S.)	33, 79, 85, 87, 89, 120, 134		373
14	Centralia	16, 37, 94, 100, 135, 167, 180		382
15	Edwardsville	38, 62, 73, 101, 113, 117, 123		387

Top 20 Detweiler Times

Time	Runner	School	Year	Individual Place
		(3-Mile Course)		
13:50.6	Craig Virgin	Lebanon	1972	1st.
13:57.7	Dave Walters	New Lenox (Lincoln-Way)	1973	1st.
13:59	Craig Virgin	Lebanon	1971	1st.
14:06	Bill Fritz	Glen Ellyn (Glenbard West)	1973	2nd.
14:13	Craig Young	Stillman Valley	1973	3rd.
14:14.3	Tom Marino	Hillside (Proviso West)	1974	1st.
14:15	Mike Marks	Riverside-Brookfield	1973	4th.
14:18	Arnold Jackson	Schaumburg	1973	5th.
14:19	John Unger	Riverside-Brookfield	1973	6th.
14:20	Stan Vannier	Centralia	1972	2nd.
14:20	Dean Erdal	Waukegan	1973	7th.
14:20	John Capriotti	Chicago Hts. (Bloom)	1973	8th.
14:20	Ron Craker	Elmhurst (York)	1974	2nd.
14:21	Paul Hansen	Lombard (Glenbard East)	1973	9th.
14:22	Paul Sewell	Rockford (Guilford)	1972	3rd.
14:22	Dan Gilchrist	Rockford (East)	1974	4th.
14:23	Dean Erhard	Deerfield	1972	4th.
14:24	Robin Lidell	Decatur (Eisenhower)	1973	10th.
14:26	Kip Smith	Oak Park-River Forest	1974	4th.
14:28	Bob McCarty	Elmhurst (York)	1974	5th.

Highest Placing Teams

(Excludes 1975)

School	1st	2nd	3rd	4th	5th	Tot.
Alton	1		2		1	4
Arlington Heights (Arlington)	1					1
Arlington Heights (Hersey)		1				1
Centralia		1				1
Chicago (Englewood)		1	1			2
Chicago (Harlan)				1		1
Chicago (Harrison)				1		1
Chicago (Lane Tech)	1	1	3	3		8
Chicago (Phillips)			1			1
Chicago (Schurz)				1		1
Chicago (Steinmetz)					2	2
Chicago Heights (Bloom)	2				2	4
DeKalb				1	1	2
Des Plaines (Maine Twp.)		1	1	1		3
Dixon					1	1
Downers Grove			1			1
East St. Louis (Sr.)					1	1
Edwardsville		1		1	2	4
Elmhurst (York)	6	3	3			12
Erie				1	1	2
Evanston	2	3	4		1	10
Franklin Park (Leyden)				1	1	2
Geneseo				1		1
Glen Ellyn (Glenbard)		1				1
Glen Ellyn (Glenbard West)	1	3	1	3		8
Highland Park	1					1

School	1st	2nd	3rd	4th	5th	Tot.
Hillside (Proviso West)	1	1		1	3	6
LaGrange (Lyons)	2	1	3	3		9
Lincoln					1	1
Lombard (Glenbard East)			1	1		2
Maywood (Proviso East)	2			1	1	4
Moline				1	1	2
Mt. Prospect (Prospect)			1			1
Naperville		1		1		2
New Lenox (Lincoln-Way)			1		1	2
Oak Park (O.P.-River Forest)				1		1
Ottawa (Twp.)					2	2
Palatine (Fremd)	1	1	1	1		4
Paris	4	1				5
Park Ridge (Maine East)	1		2			3
Peoria (Central)					1	1
Peoria (Woodruff)	1	1	1	3		6
Peoria (Richwoods)					1	1
Riverside (Riverside-Brookfield)	1		2			3
Rock Falls		1				1
Rockford (East)			1			1
Rockford (Guilford)		1			1	2
Rock Island (H.S.)					1	1
Toledo (Cumberland)		1			1	2
Urbana	1	1	1	2	3	8
Washburn		1				1
Winnetka (New Trier-East)	1	1	1		2	5

You'll Like College Life at Illinois State



54 major fields in business, liberal arts, sciences, fine arts, professional education, technology and pre-professional studies

Cultural center bringing top entertainment to ISU's 20,000 students.

Competitive athletic schedules featuring schools from Missouri Valley, Big Ten, Big Eight and Mid-American conferences, plus leading independents from coast to coast.

Applications for admission are available from your high school counselor.

**ILLINOIS STATE UNIVERSITY
Normal-Bloomington**

Year-By-Year State Final Point Leaders

1946—at URBANA

TEAM	POINTS
1. Paris	90
2. Chicago (Lane Tech)	102
3. LaGrange (Lyons)	115
4. Chicago (Harrison)	147
5. Chicago Hts. (Bloom)	149

1947—at URBANA

TEAM	POINTS
1. Paris	30
2. Des Plaines (Maine Twp.)	89
3. Chicago (Lane Tech)	107
4. Chicago (Schurz)	125
5. Rock Island	142

1948—at URBANA

TEAM	POINTS
1. Paris	23
2. Washburn	73
3. Elmhurst (York)	105
4. Chicago (Lane Tech)	110
5. Erie	TIE 123
East St. Louis	

1949—at URBANA

TEAM	POINTS
1. Paris	36
2. Evanston	72
3. Downers Grove	87
4. Peoria (Woodruff)	103
5. Chicago (Steinmetz)	127

1950—at URBANA

TEAM	POINTS
1. Chicago Hts. (Bloom)	49
2. Paris	70
3. Des Plaines (Maine Twp.)	99
4. Peoria (Woodruff)	104
5. Lincoln	117

1951—at URBANA

TEAM	POINTS
1. Urbana	21
2. LaGrange (Lyons)	61
3. Peoria (Woodruff)	72
4. Franklin Park (Leyden)	85
5. Dixon	139

1952—at PEORIA (CC)

TEAM	POINTS
1. Peoria (Woodruff)	37
2. Urbana	80
3. Evanston	87
4. Geneseo	104
5. Chicago Hts. (Bloom)	109

1953—at URBANA (CC)

TEAM	POINTS
1. Evanston	111
2. Toledo (Cumberland)	119
3. Alton	136
4. Peoria (Woodruff)	144
5. Urbana	149

1954—at URBANA (CC)

TEAM	POINTS
1. Maywood (Proviso)	71
2. Peoria (Woodruff)	121
3. Alton	140
4. Urbana	155
5. Toledo (Cumberland)	158

1955—at URBANA (CC)

TEAM	POINTS
1. LaGrange (Lyons)	95
2. Chicago (Englewood)	122
3. Urbana	139
4. Des Plaines (Maine Twp.)	161
5. Peoria (Central)	163

1956—at URBANA (CC)

TEAM	POINTS
1. LaGrange (Lyons)	102
2. Rock Falls	113
3. Chicago (Englewood)	151
4. Maywood (Proviso)	156
5. Alton	171

1957—at URBANA (CC)

TEAM	POINTS
1. Maywood (Proviso)	63
2. Edwardsville	133
3. LaGrange (Lyons)	146
4. Urbana	158
5. Franklin Park (Leyden)	186

1958—at URBANA (CC)

TEAM	POINTS
1. Alton	95
2. Glen Ellyn (Glenbard)	100
3. Rockford (East)	133
4. Chicago (Lane Tech)	140
5. Edwardsville	145

1959—at URBANA (CC)

TEAM	POINTS
1. Winnetka (New Trier)	67
2. Glen Ellyn (Glenbard West)	96
3. Chicago (Lane Tech)	126
4. Edwardsville	TIE 145
Moline	

1960—at URBANA (CC)

TEAM	POINTS
1. Glen Ellyn (Glenbard West)	80
2. Winnetka (New Trier)	85
3. Chicago (Phillips)	139
4. Moline	143
5. Urbana (H.S.)	197

1961—at URBANA (CC)

TEAM	POINTS
1. Highland Park	96
2. Glen Ellyn (Glenbard West)	97
3. Evanston	98
4. Edwardsville	117
5. Peoria Hts. (Richwoods)	179

1962—at URBANA (CC)

TEAM	POINTS
1. Elmhurst (York)	61
2. Evanston	98
3. Winnetka (New Trier)	100
4. Glen Ellyn (Glenbard West)	135
5. Urbana (H.S.)	171

1963—at URBANA (CC)

TEAM	POINTS
1. Chicago (Lane Tech)	69
2. Glen Ellyn (Glenbard West)	126
3. Evanston (Twp.)	139
4. Oak Park-River Forest	163
5. Winnetka (New Trier)	187

1964—at URBANA (CC)

TEAM	POINTS
1. Hillside (Proviso West)	46
2. Elmhurst (York)	68
3. Chicago (Lane Tech)	109
4. Lombard (Glenbard East)	132
5. Evanston (Twp.)	142

1965—at URBANA (CC)

TEAM	POINTS
1. Elmhurst (York)	61
2. Rockford (Guilford)	125
3. Lombard (Glenbard East)	153
4. Chicago (Harlan)	175
5. Winnetka (New Trier)	194

1966—at URBANA (CC)

TEAM	POINTS
1. Evanston (Twp.)	117
2. Naperville	124
3. Elmhurst (York)	127
4. Chicago (Lane Tech)	133
5. Hillside (Proviso West)	159

1967—at URBANA (CC)

TEAM	POINTS
1. Arlington Hts. (Arlington)	73
2. Hillside (Proviso West)	74
3. Elmhurst (York)	101
4. Glen Ellyn (Glenbard West)	190
5. Ottawa (Twp.)	249

1968—at SAVOY

TEAM	POINTS
1. Elmhurst (York)	121
2. Evanston (Twp.)	129
3. New Lenox (Lincoln-Way)	153
4. Glen Ellyn (Glenbard West)	156
5. Ottawa (Twp.)	182

1969—at SAVOY

TEAM	POINTS
1. Palatine (Fremd)	86
2. Elmhurst (York)	129
3. Mt. Prospect (Prospect) Park Ridge (Maine East)	TIED 146
5. Hillside (Proviso West)	157

1970—at PEORIA

TEAM	POINTS
1. Park Ridge (Maine East)	129
2. Palatine (Fremd)	139
3. Evanston (Twp.)	183
4. Naperville (Central)	193
5. Hillside (Proviso West)	213

1971—at PEORIA

TEAM	POINTS
1. Elmhurst (York)	67
2. Centralia	136
3. Park Ridge (Maine East)	137
4. Riverside-Brookfield	138
5. New Lenox (Lincoln-Way)	171

1972—at PEORIA

TEAM	POINTS
1. Elmhurst (York)	84
2. Arlington Hts. (Hersey)	164
3. LaGrange (Lyons)	175
4. Riverside-Brookfield	191
5. Rockford (Guilford)	196

1973—at PEORIA

TEAM	POINTS
1. Elmhurst (York)	64
2. Riverside-Brookfield	159
3. Glen Ellyn (Glenbard West)	177
4. Palatine (Fremd)	204
5. Maywood (Proviso East)	205

1974—at PEORIA

TEAM	POINTS
1. Chicago Hts. (Bloom)	91
2. Elmhurst (York)	96
3. Palatine (Fremd)	106
4. Hillside (Proviso West)	141
5. DeKalb	155

1975-76



Athletic Honor Roll

SPORT	PLACE	SCHOOL	COACH	SCORE
Girls Golf	1st	Waukegan (East)	Carol Voight	799
	2nd	Rockford (Guilford)	Chuck McGonigal	808

Individual Champion: Ann Atwood, Bloomington (H.S.) 86-90—176

Boys Golf

Class A	1st	Carmi	Jack Johnson	656
	2nd	Normal (Univ.)	Bob Metcalf	676

Individual Champion: Pat Venker, Normal (Univ.) 72-81—153

Class AA	1st	Rockford (Guilford)	Roger Lindeman	638
	2nd	Belleville (West)	Gene Maurer	640

Individual Champion: Dave Ogrin, Waukegan (East) 73-72—145

Girls Tennis	1st	Oak Park-River Forest	Joyce Carlson	17
	2nd	Rock Island (H.S.)	Emma Trackwell	10

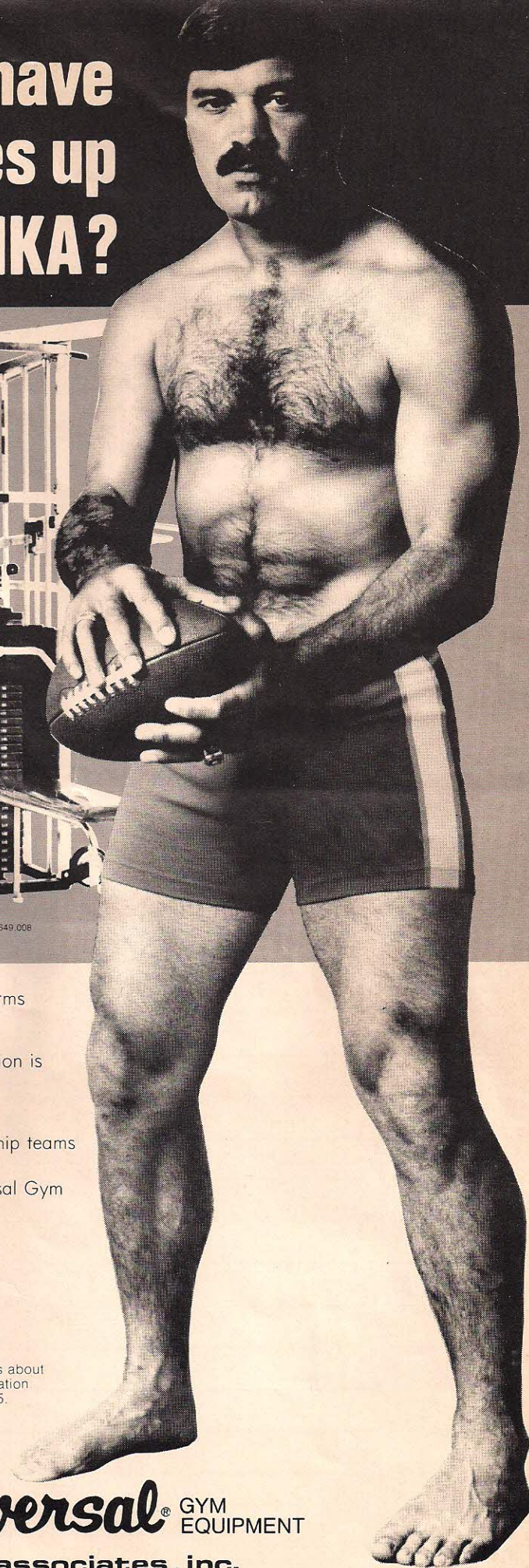
Singles: Suzie Replogle, Oak Park-River Forest beat Kathy Karzen, Northfield (New Trier West), 6-2, 6-2

Doubles: Lynn Elbert-Mary Ann Nelson, Oak Park-River Forest beat Sandy Deane-Julie Dowdall, Evanston, 6-1, 6-1

Tournaments Remaining

Activity	Date	Site
GIRLS SWIMMING	October 31-November 1	Winnetka (New Trier East)
BOYS CROSS COUNTRY	November 1	Peoria (Detweiller Park)
BOYS SOCCER	November 7-8	Normal (I.S.U.)
GIRLS FIELD HOCKEY	November 14-15	Northfield (New Trier West)
FOOTBALL PLAYOFFS (All Classes)	November 21-22	Normal (I.S.U.)
GIRLS VOLLEYBALL	January 30-31	Normal (I.S.U.)
GIRLS BOWLING	February 13-14	Peoria (Crossroads Lanes)
BOYS SWIMMING	February 27-28	Darien (Hinsdale South)
WRESTLING (Class A & AA)	February 27-28	Champaign (Assembly Hall)
BOYS GYMNASTICS	March 5-6	Mt. Prospect
MUSIC (SOLO & ENSEMBLE)	March 6	30 Different Locations
BOYS BASKETBALL (Class A)	March 12-13	Champaign (Assembly Hall)
BOYS BASKETBALL (Class AA)	March 19-20	Champaign (Assembly Hall)
SPEECH	March 26-27	Peoria (Bradley University)
MUSIC (ORGANIZATION)	April 10	30 Different Locations
CHESS	May 7-8	(To Be Announced)
GIRLS TRACK & FIELD	May 21-22	Charleston (E.I.U.)
BOYS TRACK & FIELD	May 28-29	Charleston (E.I.U.)
BOYS TENNIS	May 28-29	Arlington Heights
BOYS BASEBALL	June 3-4	Peoria (Meinen Field)
GIRLS SOFTBALL	June 3-4	Pekin (Mineral Springs Park)

Does your team have the system that shapes up LARRY CSONKA?



U.S. patents 2,932,509 3,116,062, 3,653,659 and 3,649,006

Who isn't aware of the power and performance of one of pro football's all-time, great running backs. Larry Csonka performs like a champion. He trains on the Universal Centurion which is designed to make champions in every sport.

A new, scientifically developed feature of Universal's Centurion is DVR (Dynamic Variable Resistance). It lets all of Larry's muscles work out to their maximum potential while he performs the rapid-explosive movements he needs in football.

In the 1974 Illinois State Football Playoffs all five championship teams used Universal Gym in their training programs.

Over 400 Illinois high schools are currently using the Universal Gym in their physical education and athletic programs. For a free demonstration at your school call collect (815) 469-3403.

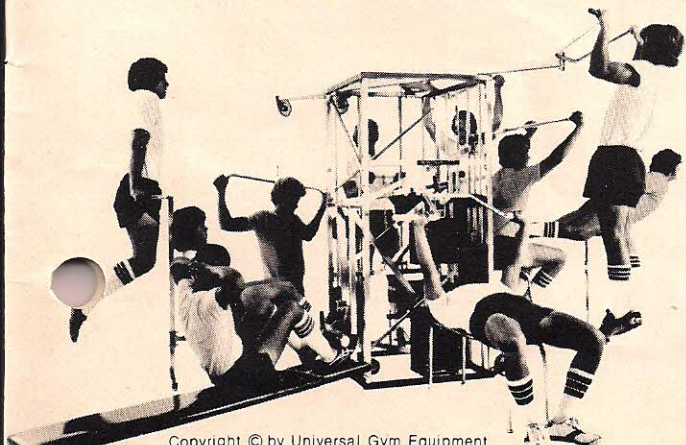
For complete details about Centurion 6 to 16 station systems, from \$1895, please write to Dept. AA.

Universal® GYM EQUIPMENT

swartz associates, inc.

121 ontario street, frankfort, il. 60423 • phone 815/469-3403

Copyright © by Universal Gym Equipment, 1975. All rights reserved



Meet Scorecard

INDIVIDUAL RESULTS

TEAM STANDINGS

FINISH	NO.	NAME (School)	TIME
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____
21.	_____	_____	_____
22.	_____	_____	_____
23.	_____	_____	_____
24.	_____	_____	_____
25.	_____	_____	_____

SCHOOL	PTS.
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____