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**Arlington (February 6 2015)** – Arlington High School’s head cross country coach, Mike Shierk, was awarded the honor of Washington State Cross Country Coach of the Year for 3A boys by the Washington State Cross Country Coaches Association. Awards are given based on the size of the school (1A, 2A, 3A, 4A) and boys/girls teams.

Approximately 1,400 coaches gathered for a coach’s clinic January 16-17 at the Everett Civic Auditorium. The Coaches of the Year were announced during the Friday night dinner. On Saturday, the Hall of Fame Track and Field coaches were honored.

Mike Shierk noted he was honored to receive the acknowledgement, but feels the success of the AHS cross country team is built on the efforts made by all of the coaches, parents and, of course, the cross country team members. Mike Shierk, Jon Murray, Allison Piccolo and Becca Harkavy worked hard to create the foundation of success for all of their team. Mike stated, “It really is a team effort on the part of all of our coaches, parents and the students. I feel like I was receiving the award on behalf of all of our cross country coaches.”

The team won regionals going on to placing fourth in State this year.

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