

In the 20 years since Mike DeMay took over an average Rush-Henrietta track program they have become a Section Five and New York State power. Rush-Henrietta's individuals and teams have accumulated scores of awards under Mike's guidance and his coaching staff, some who were Mike's former athletes.

Through 2019 his boys' team has recorded a 75-45 dual meet record while winning 41 invitationals. The girls' team has recorded an impressive dual meet record of 55-21 and have won a remarkable 56 invitational titles. Add to that total 3 more titles for the boys and 2 more for the girls invitational in 2021. In addition they won another His and Her Invitational which has combined gender scoring.

The track teams have accounted for 38 sectional championship blocks. The girls' team also has won 3 New York State team titles.

Individually, Mike's athletes have won 245 sectional titles, 62 New York State and Federation Championships and 10 National Championships. Mike has coached 140 All Greater Rochester athletes, 14 who were named Athlete of the Year, and 22 All-Americans. Dozens of Rush-Henrietta track and field athletes have gone on to successful college careers at all 3 divisions. Among them are Miranda Melville, a 2016 Rio Olympian in the race walk, Lanae-Tava Thomas, a sprinter for the University of Southern California, a part of the second fastest 400m relay in the world, and Sammy Watson, the 2018 NCAA Division 1 champion in the 800m while running for Texas A & M. All three are expected to participate in the Olympic Trials this month.

The Rush-Henrietta girls hold the national record in the 1600m sprint relay both outdoors and indoors.

Mike also coaches cross country and indoor track at Rush-Henrietta. Through 2020 his girls' cross country team has won 292 dual meets and his boys 251. Both teams have won 29 invitationals. He has received the Section V Cross Country Excellence in Coaching award 4 times. He is currently the Section Five Boys Cross County coordinator.

327 individuals, relays, or teams have qualified for New York state championships in the three running sports.

Mike's success has been recognized as the Section Five Coach of the Year 3 times, was named the Greater Rochester Coach of the Year 14 times and New York State Coach of the Year 3 times.

Mike has also been named Section Five Cross Country Coach of the Year 8 times and twice received Rush-Henrietta's Werner Kleeman Coach of the Year.

We are pleased to add one more honor to Mike's resume' with induction into the Section Five Track and Field Hall of Fame. Congratulations Mike.