

2008 FAVC BUCKEYE CHAMPIONS!!

The Milford Boys Cross Country Team is set for another great season. The Eagles return several varsity runners from last season's FAVC CHAMPIONSHIP squad and have their goals set on achieving that title again in 2008. Summer conditioning begins in June, as the Eagles begin their training for the 2008 campaign. Any young man interested in running cross country should contact Coach Ackerman or any team member.

The Eagles will once again be hosting the Milford Invitational on September 13th, 2008. Many of the best junior high and high school teams from the east side of Cincinnati will be competing at this Invitational. For more, information, please contact Coach Ackerman.

The Milford boys placed 3rd out of 19 teams at the Fairfield Invitational on Saturday. The boys ran well, with Austin Bever leading the team with a career personal best time of 16:42. Mason High School showed why many consider them to be the best team in the state by scoring 25 points to win the meet. The Eagles had several runners finish their first cross country race or their first 5K. Congratulations! David Bryant and Josiah Rasmussen earned varsity spots for next week by placing first and fifth respectively in the open race. Huge expectations await these two new varsity team members! Next week the Eagles travel to league rival Loveland to race. Good luck Eagles.

The Milford boys ran to championship at the Loveland Invitational on Saturday, narrowly defeating league rival Anderson on a 6th man tie breaker. Senior Austin Bever was overall champion, completing the course just off course record time. The Milford boys improve their record to 24 and 2 this season. The Eagles continue to shuffle varsity positions, with senior Ryan Belliston earning a varsity spot by winning the open race. The team will focus on training these next 2 weeks, with their next meet being the Milford Invitational on September 13th on the campus of Milford High School. Over 30 high school and junior high teams will be competing at this highly competitive invitational. Races start at 9 am with the varsity girls, then follow with varsity boys, open girls, open boys, junior high girls, and junior high boys starting on the half hour.

The boys cross country team had a very successful day at the 2008 version of the Milford Invitational. Although the rain never arrived, the heat and humidity certainly did. The Eagles fought through the tough conditions, and once again narrowly defeated FAVC foe Anderson on a 6th man tie-breaker. Senior Ryan Belliston finished in 28th place with Anderson's 6th man only a few seconds behind. However it was the great race by junior David Bryant that made Ryan's battle mean something.

Bryant was the only varsity runner to run faster this week than he has all season. It was a great team effort.

The team would like to thank all of the volunteers, staff, and competitors that made the 2008 Milford Invitational a memorable one. Over 800 athletes competed at the meet with 32 different schools represented! It was a fantastic day and the Eagles delivered with a team championship!

The boys cross country team defended their 2007 title by winning the 2008 Harrison Invitational on Saturday. The Eagles ran a strong team race, placing 4 runners in the top 14 finishers of the meet. Senior Austin Bever continued to lead the Eagles with a 2nd place finish, although his speed coming into the parking lot to catch the bus overshadowed his speed finishing the course!!! All varsity runners ran season best times at Harrison, which is the site of the 2008 FAVC Championship meet in October. The open race was also strong for the Eagles with many season and career PR's being set by Milford. Overall, 10 of the 15 Eagles who competed on Saturday set career personal best times! The team now will return to the "grind" of the training grounds of MHS for 2 weeks before racing again at Centerville in October. The team has compiled a 63 and 2 record thus far, as they approach the second half their season.

The Milford boys traveled to Centerville in hopes of defending their 2007 title. Due to the cancellation of the Father Rudy Invitational, the field of teams swelled and the competition was intense. Milford placed 4th out of 21 teams, with the 3 teams ahead of them also being ahead of them in the city poll. Senior Austin Bever continued to lead the Eagles with a career PR of 16:16 and a fifth place finish. Senior Ryan Belliston placed fifth for the Eagles in a career best time of 17:47. With some rough racing and a very talented field, the Eagles discovered that they still have work to do as the championship portion of their schedule begins! Their biggest lesson to be learned might have been distinguishing between I-71 and I-75. Regardless, they will be prepared to take on Anderson, Loveland, and the rest of the FAVC this week at Harrison. The boys race at 10:30 am on Saturday, as they defend their 2007 league title. Good luck Eagles!

The 2008 Milford Eagles are the CHAMPIONS of the FAVC Buckeye division once again! The Eagles placed 5 runners in the top 13 positions to soundly defeat Anderson and Loveland this weekend. After 2 close calls with Anderson this season, the boys came ready to race. Senior Austin Bever continued the Milford tradition of winning the individual title for the entire conference in a career PR of 16:12. With a strong team focus, the Milford boys earned 5 all-conference honors. Several varsity runners ran career bests to bring home the Buckeye title, as well as overall FAVC CHAMPION. The Eagles also had the champion in the open race with Chad Hirschauer narrowly missing the 7th best Eagle time for the day. Freshman Trevor

Chase had the best race of the day in the open race, knocking 67 seconds off his time at Harrison just a few weeks ago. It was an outstanding day for all Milford Eagle runners. The team was certainly well fed on Friday at the pasta party, so nothing short of a victory on Saturday would have been expected!!! A big thank you goes out to all of the parents who donated items, helped set up and clean up, and made the event possible. Now the Eagles face the post season with a district race on Saturday at 10 am at Voice of America where they hope to extend their season another week! Good luck, Eagles.

The boys cross country had an abrupt and disappointing ending to their 2008 season on Saturday at Voice of America. The Eagles placed 5th in race A, but only 4 teams qualify to run at regionals next week. Despite 4 of the top 7 running or equaling career PR times, the Eagles short by 7 points to Moeller. Senior Austin Bever was the brightest spot on Saturday, qualifying for regionals as an individual in a time of 16:12 to finish 4th. Although the goal of an FAVC Championship was met by this 2008 squad, the team was very disappointed to not meet its goal of qualifying for regionals, and hoping to improve on the 8th place finish of last season. The team will support Austin this week at Troy, as he tries to join the ranks of Milford boys cross country team members who have qualified for the state cross country championships! Good luck, Austin.

Milford senior Austin Bever placed 20th at the regional championship meet held in Troy, Ohio. Austin needed to finish in the top 16 to qualify for state, so he fell a few spots short of this goal. He ran well, but did not have his customary kick to finish at the state qualifier level. It was great to see so many teammates and parents make the trip to support Austin in his attempt to qualify to Columbus.

The team held their end-of-season awards program at the Bayman house on November 21st! It was a great celebration of a successful season. Coach Ack "rewarded" the seniors for his FAVC Championship bath by pointing out a few idiosyncrasies of the seniors in a short skit available on DVD soon! It was enjoyed by all. Awards were presented to all athletes with junior Carroll Craycraft winning the JV award for Sportsmanship and Work Ethic. He will be counted upon next year to continue to progress toward a varsity runner. Sophomore Josiah Rasmussen was named Most Improved Runner, since he started the season as a rookie jogger, and ended the season by racing varsity 5 out of 7 times! Junior David Bryant was given the Eagle Work Ethic Award for fighting through injury to help the Eagles win the FAVC title and finish a close 5th in the district meet. Senior Matt Bayman once again won the Varsity Sportsmanship Award, a most deserved award for this great young man! All-conference Academic Awards were earned by Matt Bayman, Mark Bayman, and David Bryant by keeping a minimum 3.5 GPA and winning a varsity letter. 3 JV runners also had a GPA over 3.5! Milford Cross Country team members strive to be

scholar-athletes at all times. Coach Ackerman also presented 1st Team All-conference plaques to Matt and Mark Bayman and Austin Bever, with Austin also winning the FAVC Runner of the Year plaque. With all of these awards, Coach Ack eventually presented Austin with his Most Valuable Runner Award in a private ceremony after the awards were concluded. It was a great night for all involved.