

The Milford Boys Cross Country Team is set for another great season. The team hopes to fill the large gap left by a strong senior class of 2008 and earn the FAVC Buckeye title again in 2009. Summer conditioning begins in June, as the Eagles begin their training for the 2009 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 19th, 2009, although the meet has been moved to Miami Meadows due to school campus construction. 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 2009 boys cross country team opened their season at Fairfield on Saturday. The Eagles were led by sophomore Jake Prem in a time of 19:47, placing 80th. Several team members competed in the first cross country race of their career, on a very challenging course. The summer hill workouts have paid off, as the Eagles ran steady races to finish in a tight varsity pack. Junior Kyle Reis showed the most improvement over the last year by cutting over 2 minutes off his time from last season at this meet, finishing in a time of 22:03. The Eagles placed 16th out of 24 teams and look forward to racing at Loveland next week.

The boys cross country team participated at the Loveland Invitational this week. The boys placed 4th out of 9 teams, narrowly losing to FAVC rival Glen Este. After losing by nearly 100 points last week, the Eagles closed the gap to only 3 points behind Glen Este. Jake Prem led the Eagles with a career best time of 18:57 and a 25th place finish. Every member of the boys team ran his best time for the season! The Eagles will spend the next 2 weeks training hard with no meet scheduled for next Saturday. The Eagles will next run on September 19th at the Milford Invitational being held at Miami Meadows Park this year!

The boys cross team placed 8th out of 17 teams at the Milford Invitational, held at Miami Meadows Park this weekend. Due to construction at the high school, the meet was moved to the park, thanks to Miami Township's willingness to help. Although it was a busy place, with football, soccer, a fishing tournament, and baseball being played, the meet went smoothly. Parking was at a premium, but the course was spectator friendly, so it was a good day for all.

The Eagles were led by sophomore Jake Prem for the 3rd consecutive meet. Jake ran 18:03, which is his career personal best. It was a great day for personal records, as almost every Eagle ran a season's best time. Only a few injuries kept every runner from achieving this team goal. In addition, 10 out of 15 runners on the roster ran their fastest times of their career! All of the hard work is paying off, as times are starting to fall. If the team can get healthy over the next few weeks, the FAVC meet in October should prove to be an interesting battle.

The team would like to thank all of the volunteers who made this meet possible. Parents and friends worked hard to make the best of our relocation. From concessions workers to course monitors to chute workers, everyone stepped up and did a great job hosting nearly 1000 runners and numerous spectators. Special thanks goes to Officer Bill Adams for his work on 131 getting everyone safely into and out of the parking areas!

The boys cross country team competed at Harrison today under gloomy skies and wet conditions, but certainly not at full strength! 2 varsity runners were out of action and that cost the Eagles a few places. Jacob Prem continued to lead the Eagles with his 34th place finish. The freshmen, Tanner Hutchison and Adam Laffleur, were the only runners to set career PR's today, although several other runners were within 30 seconds or so of their career bests!

The Eagles will now spend the next 2 weeks preparing for the competition at Centerville on the 10th of October. The team hopes to get several runners back from injuries this week, in hopes of improving upon recent team results. The Eagles continue to strive for that top 3 finish at the FAVC meet in October!

The 2009 Milford Eagles headed to Harrison in hopes of placing in the top 3 to meet a pre-season goal and help the Eagles in the FAVC All-sports standings. Unfortunately, the Eagles fell far short of that goal! The team found itself in a battle for 4th place, and barely defeated Harrison to hold onto 4th place. It was a disappointing result, but many Eagles ran their best race of the season. It was, in fact, a career best day for four Milford boys: Adam Laffleur, Trevor Chase, Kyle Reis, and Kent Thalman. The Eagles were led again by sophomore Jacob Prem who raced to a 13th place finish, to be named second team All-FAVC. Jake was the only Eagle to earn all-league recognition.

Next week, the Eagles will race at districts in Lakota. Trevor Chase and Kent Thalman earned varsity spots for this race, after coming back from disappointing, season-long injuries and illnesses. They team races at 11 am, in hopes of setting PR's and ending the season on a high note. Although it will be challenging, the hope of a top 16 individual finish by one of the Eagles is still an attainable goal for the boys.

The 2009 Eagles cross country team wrapped up their season at Voice of America on Saturday. It was a cold, windy, muddy day, but the Eagles ran hard. Sophomore Trevor Chase was the first Eagle finisher in

26th place, but all times were slow due to the conditions. The team finished in 8th place. Although the results were disappointing, several Eagles were able to defeat individuals from other schools that they had lost to earlier in the season. It was a day for toughness, not speed!

For pictures of the entire season, please check out our photo link. Thanks to Mr. Talbert for his willingness to take the pictures all season and post them for the team to enjoy.

Uniforms should be turned in at 2:30 pm on Thursday, October 29th in Coach Ackerman's office. Any runner who would like to run the 8 mile Ack loop challenge is welcome to stay after uniform turn in! Information on the end of the year awards will be distributed once plans have been made.