

The boys cross country team opened their season on Saturday at the Fairfield Invitational. It was a wonderful morning for cross country, especially with the heat that typically comes with this meet holding off. The Eagles had 7 runners competing in their first ever high school race, so nerves were expected. Although Coach Ackerman and Coach Jordan did not know what to expect, both were very pleased with the day's results.

Leading our 4 freshmen in the 2 mile race was Austin Ernst in a time of 13:36. His nearly perfect race showed that a summer of training truly helps a first year runner prepare for his debut. Austin almost ran exact splits for mile one and mile two. Mark Ross was our second finisher amongst freshmen, using his junior high career to help prepare him for a strong race. Michael Moore and Tristan Cook, who have only been running for 3 weeks and 2 weeks respectively, ran hard and learned some valuable lessons in their first taste of high school racing.

In the varsity race, the Eagles placed 14 out of 15 teams, a seemingly disappointing finish. However, if you consider that only 2 of the young men who represented Milford were even considered to be prospects for the team last April, these results could be seen as a success. With 5 of the top 7 runners expected to race for Milford deciding to not be part of the program for a variety of reasons, the rebuilt varsity squad will struggle early in the 2010 schedule. Junior Jake Prem led the Eagles with a 53rd place finish, while senior Matt Eveland was second for the Eagles. Besides running a solid race, Eveland and Prem did even a better job in helping the new runners prepare for and execute their first day of high school racing. Congratulations to Matt DuPont and Carl Quint for their first race finish and to Josh Roof for not only surviving his first varsity cross country race, but also his first 3 varsity soccer games, where he is splitting his time to help the Eagles on two fronts!

The Eagles now turn their sights on bitter rival and FAVC neighbor, Loveland. The team will race on Loveland's home course this Saturday, in hopes of setting new career PR's and drawing closer to the teams ahead of them in the standings.

The Milford boys cross country team placed 5th of 7 schools at the Loveland Invitational this weekend. Jake Prem continued to lead the Eagles with his 20th place finish in 19:00. Outstanding races by Carl Quint in the varsity race and Mark Ross in the open race highlighted the day. Carl finished just 19 seconds behind the Eagles third man and Mark led the open runners in a time of 21:26. With soccer conflicts the next few weeks for Josh Roof, both Mark Ross and Austin Ernst will be racing varsity to try and help the Eagles improve on their season record.

Congratulations also go out to freshmen Michael Moore and Tristan Cook, who both finished their first 5K race of their career. The coaches are looking for great things out of both of these young men, as they get into shape and learn how to push themselves in practice and the meets.

The Eagles are off next week, but will spend the time hoping to get into better shape as they prepare for the Milford Invitational on September 18th at Valley View, behind Pattison Elementary.

The boys cross country team placed 9th out of 10 teams at the Milford Invitational held on Saturday at the Valley View Campus behind Pattison Elementary. A huge thank you goes out to Valley View and Principal Gregg Curless for their cooperation in making this meet a great success. The course was beautiful and many runners achieved career best times. Thanks to all of the parent volunteers who made the meet run very smoothly. It was a great day.

The Eagles were led by Jake Prem with a time 18:09. Many Eagles took advantage of the fast course by setting career PR's, but none more so than freshman Tristan Cook who cut 7 minutes off his Loveland time to finish in 22:29. Great job Tristan. All runners are showing great improvement, and will now try to narrow the gap in the FAVC against their competition. The Eagles travel to Harrison next week to scout the course for the FAVC in October.

The boys cross country team headed to Harrison this week to preview the FAVC course and to continue their improvement. It was a perfect day for cross country and the Eagles ran well. Five team members ran career best times as the Eagles finished 15th of 21 teams. The highlight of the day was seeing former coach Dave Niemeyer and catching up on old times with him.

Jake Prem turned in the best race of the day with his time of 18:19 being the top finish for the Eagles. Mark Ross and Austin Ernst battled the field in their respective races to close the gap between them and the Eagles' third and fourth men. These two runners joined Carl Quint and Matt DuPont in the 20 minute range for the first time all season. Soon the Eagles hope to have 6 runners under the time trial standard established this season.

The Eagles now enter the mid season break week with hopes of improving fitness and beginning their speed sessions. With only 3 meets left before districts, the team hopes to continue their improvement and lessen the gap between them and the rest of the city!

The boys cross country returned to the historic Elder Father Rudy Invitational this weekend contested at Rapid Run Park after competing at Centerville the last few years. The course had not changed much in the last 30 years and the boys enjoyed the challenge. It was a beautiful day to hit the hills of Rapid Run Park and the team was up for the challenge. Four Eagles set career PR's, including Tristan Cook (21:24), Matt DuPont (20:03), Carl Quint (19:49), and senior Matt Eveland (18:51). After an aggressive start by Jake Prem, he once again led the Eagles in a time of 18:25 finishing in the top 10 of the open race.

After focusing on hill training the last 2 weeks to prepare for Elder, the Eagles now set their sights on the flat course at Harrison for the FAVC Championship next weekend. The Eagles plan to record 9 career PRs, as their training cycle comes full circle, and the team focuses on the newly formed FAVC EAST. With their constant reminders of the need to focus on their GUTS this week, the Eagles look forward to the challenge of surprising the remaining teams in the league and placing in the top 4 on Saturday. Career PRs and a top 4 finish would cap a season of hard work for the boys, as they conclude their regular season. Good luck, Eagles!

The boys cross country team placed 8th in the FAVC EAST on Saturday. The team was led by junior Jake Prem in a career best time of 17:52. Six of the nine Eagle runners recorded career best runs on a flat course under perfect weather conditions. It was a great day to run fast at Harrison. Freshman Austin Ernst had the best race of the day for the Eagles, cracking the top 5 for Milford and finishing under 20 minutes for the first time all season. He and his freshmen teammates have made great progress this season, leaving the coaching staff with some guarded optimism for next season.

The team will race at 10:30 am next Saturday at Voice of America in the district meet. Good luck Eagles.

The boys cross country team finished their season at Voice of America on Saturday. The Eagles placed 11th at the district meet, rallying to beat FAVC rival Little Miami by 2 points! The Eagles were led by junior Jake Prem with a 52nd place finish in a time of 17:52. The top 5 Eagle finishers all set career personal bests! Congratulations on finishing the season in the best way possible: running faster than you ever have in your life! Senior Matt Eveland concluded his cross country career with a PR of 18:40. The team wishes Matt the best of luck as he pursues his college career. Although Matt has been accepted at several universities, he has not made his final decision yet.

This was a challenging season for the boys team. Due to circumstances beyond the control of the team members, the results of the season were disappointing and unacceptable. However, the effort and progress made by each runner could not be questioned. This team got everything out of their ability all season long.

The awards ceremony will be held in room A-10 of the high school on Thursday, November 11th. Individuals will receive their awards, the season will be recapped, and future plans for the cross country program will be addressed.