

Harrison Invitational

As the Eagles traveled to Harrison, the weather looked like it could play a major role in the race. Rain most of the week had to dampen the course, but it was the threat of showers for race day that had the team wondering. A slight mist in the air during warm-up never materialized, and the Eagles proved once again that their training was paying off. Milford's varsity team ran a controlled race, going out slowly, but in a tight pack. As the race progressed, the Eagles moved up in the field. Mike Emerson led the Eagles to the finish line in 18:05, placing 31st overall and barely nipping the best time of the year for a Milford runner so far. Many other Eagles had good runs, including a total of 8 more career PRs. Three Eagles are certainly closing in on the 18 minute mark, so with a few more weeks of training, the allusive 17s are certainly possible! The most exciting aspect of the team is the improvement of the last 6 runners, who are putting pressure on the rest of the team, as they get closer to a varsity position: only 3 minutes separates our best runner from our last runner! That bodes well for the future. It has already helped the Eagles build a better record than they have seen in a few years, with the team currently sporting 38 wins and 27 losses as we enter our final hard training phase of the season. With next weekend off, the Eagles return to the hallowed grounds of Rapid Run Park in 2 weeks to race at Elder, then come back home for the FAVC Championship meet on October 15th at Valley View.

Milford Invitational

The Milford cross country program hosted over 20 high school and 14 junior high teams at the Milford Invitational held at Valley View Campus. It may have been the most perfect day for a cross country meet ever: sunny, cool, and a flat course provided some very fast times! 14 Milford runners had career personal best times. After some hilly and some hot weeks, this was perfect running conditions and the Eagles stormed the course! Leading the way for Milford was Trevor Chase, finishing just over 18 minutes in 42nd place. 5 Eagles finished the course in under 19 minutes, a first for Milford since 2008. The young runners took advantage of the home course and raced very well, with many times dropping by nearly a full minute! Thanks to the many volunteers who helped support the meet, it was a successful day for everyone. The Eagles placed 7th out of the 20 high schools who fielded a complete team. Next week, the team will race at equally flat Harrison, so more PRs will be on tap!

Loveland Invitational

The Eagles CC boys competed at Loveland on Saturday in sweltering conditions. On a day in which some meets cancelled due to the excessive heat, the Eagles raced very well, placing 4th out of 9 teams, including victories over FAVC rivals Glen Este and Walnut Hills. Leading the way for the boys' team was junior Mike Emerson, placing 21st in a time of 18:48, his best finish of the season. Seven boys beat or tied their career best times on a very difficult day on a very hilly course. Nice job, guys.

The highlight of the day was the performance by freshman John Brown who had the 5th best time of the day for the Eagles, beating his best time of the season by 77 seconds and earning a varsity spot. Coach Jorden pointed out that John's race plan of "not falling down while he races" was a good one! Way to go, John. That means that 2 freshmen now have raced themselves onto the varsity squad, with Ben Koon placing 4th for the Eagles in a time of 20:17 today after racing well at Fairfield last week.

The Eagles will now spend the next 2 weeks training hard and getting rested after a brutal week of 5 days of classes, hard training, and ridiculous 100 degree temps. If our seniors Trevor Chase and Jake Prem can continue their return to career PR times, and the new runners can continue to improve, the Eagles are looking to achieve their season goal of a top 4 FAVC finish and surprise some teams at the district race in October.

The Eagles will not race next weekend, but will be hosting the Milford Invitational on September 17th with over 20 high school and 14 junior high school teams. Come out and support the CC team at Valley View.

Fairfield Invitational

The boys cross country team raced at Harbin Park in Fairfield on a beautiful Saturday morning for running. The day started with 2 good performances by freshman Paul Keefer and Jon Gerding. They certainly took advantage of the opportunity to race 2 miles by going hard from start to finish. It was the best effort either had put forth this season, and it was a foreshadowing of things to come. In the open race, Ben Koon ran the race of the day for the Eagles. He placed 60th in a time of 20:37, thereby earning a varsity spot at Loveland. Other open runners also pressured the varsity runners with great efforts and results on the rolling course of Harbin Park. In the last race of the day with temps hitting the low 80's, the varsity ran to 9th place division 1 finish out of 15 schools. Senior Trevor Chase ran a strong, smart race leading the Eagles with a 41st place finish in 18:50. The pack of Milford runners was 65 seconds first to fifth, which was good, but needs to focus on moving up as a whole. Overall, 8 Milford runners ran career best times, with almost every runner beating his time from

Monday. If this progress continues, the goal of a top 4 team finish in FAVC is a distant, yet achievable goal.

Sycamore Invitational

The boys cross country team opened the 2011 season at the first annual Sycamore Invite held on Sycamore's campus. The course was flat with some repetition, but a good place for the Eagles to start. The team placed 5th of 9, making their season record 4 wins and 4 losses. Mike Emerson was the team's best finisher in 29th place with a time of 19:19. For Mike's first cross country race of his career, he ran well in the field of over 200 runners. 9 other teammates joined Mike for their first ever 5K cross country race. To survive the distance and the heat in their first race made it a successful day. Outstanding performances were also turned in by Josh Roof and Ryan Simmons, both of whom are running cross country AND playing soccer. Their top 5 team places helped the Eagles hold onto the 5th spot late in the race. On the "true rookie" side of the roster, freshman John Brown had the most consistent race with splits of 6:42, 7:09, and 8.16 for the last 1.1 miles. Good race, John. The Eagles next travel to Harbin Park in Fairfield on Saturday. They hope to use this traditionally tough course to continue to make progress after Sycamore. Good luck, Eagles.