

The Eagles headed west to Harrison for a day of fast, flat racing. The forecasted rain for Friday and Saturday didn't happen, so the course was in good shape. The girls team took advantage of the perfect morning to win the overall meet championship, so the boys had to hope for some great times as well. The new, 2 loop course took the runners around the airport, so "flat" was still a major part of the course. With 2 varsity runners recovering from injuries, freshman AJ Erdaty took control and led the Eagles with his 18th place finish, just missing breaking 18 minutes. AJ's first lap around the course was aggressive, but he held onto Milford's top spot to the finish. The rest of the Eagles packed it in and finished in 6th place out of 16 teams. Milford's varsity squad finished within 53 seconds of each other from 1st to 7th! If the team can keep this pack mentality in place and move up over the next few years, ECC championships and Regional meet births are certainly possible. In the open race, several Eagles showed great pacing around the 2 loops of Harrison. Jon Gerding and Graham Craycraft ran the 2 loops within 25 seconds of each other, finishing with solid times. The highlight of the day was Paul Keefer who actually ran a negative split, finishing the second loop faster than the first. Nice job Paul! The team will now spend the next 2 weeks preparing for the stretch run with Elder, the ECC Championship meet, and Districts ahead.

On a nearly perfect morning for cross country, the Eagles hosted over 900 runners for the Milford Invitational at Valley View Campus. Many Eagles turned in career best times on the flat, fast course as the team placed 5th out of 19 teams. Milford also entered a second squad which placed a very respectable 10th place overall. On a morning where the coaches were busy taking care of meet details, the team did a great job preparing to race. It paid off for many, but John Brown was the lead Eagle in a time of 17:48, equaling his career best. Freshman AJ Erdaty followed close behind John in a time of 17:52 to squeak into the top 25 overall. The Eagles placed 7 runners under 18:45, with 5 of them being 9th or 10th graders! Two other outstanding races were turned in by Paul Keefer and Graham Craycraft who both improved by over 75 seconds from their races at Loveland. Great job guys! The team next travels to Harrison to attack the flat, fast course which has been the home to some career best times in the past. Good luck Eagles.

The Eagles travelled to Loveland on Saturday on a very humid day for racing. The meet was moved from Grailville due to the threat of rain, but it never happened. The course was a 2 loop trip around the property at Loveland High School. After delaying the start for almost 30 minutes, the Eagles were ready to race despite the heat. John Brown was the first Eagle to finish in the varsity race with a 33rd place effort in

18:56. The team placed 7th out of 15 teams overall. The highlight of the day was senior Josh Roof's performance in the open race. After missing last week due to his soccer commitment, Josh turned in the best time of the day for Milford at 18:26. His race was nearly perfect, as Josh went out conservatively, then chased down the leaders, finishing 4th in the open. Also earning a varsity spot for the next meet was freshman AJ Erdaty who finished in 19:00. The Eagles will now spend 2 weeks training, as they prepare for the Milford Invitational on September 15th.

The boys cross country team had to search for a meet on the first weekend of the season. The team has traditionally raced at the tough course in Fairfield, but that meet was not held this year. Instead, the team was scheduled to run on the district course at VOA in Lakota, but due to problems with the course, that option was also not available! Finally, Milford alum Chad Hirschauer invited the Eagles to Wilmington College to race. In a meet that typically has 8 to 10 teams, 28 high school boys teams came to race! The varsity field was at almost 400 runners, so it quickly became a very challenging day. Given about a 4 foot wide box, 16 Eagles came to the line ready to race. Coach Ack has preached patient racing so far this season, but not today! It was time to get out strong, and the team did a good job of doing so, then settling into their pace. Ben Koon led the Eagles again with a time of 18:22. Unfortunately, with the very large field, Ben's time earned him a 56th place spot. John Brown and Grant Newton rounded out the top 3 spots for Milford. Freshmen Casey Norman, Jack O'Toole, and Carlos Perez ran well, earning a varsity spot for Loveland next week, with Junior Eli Rizzo earning the last varsity spot with a solid 5th place team finish. Eli will need to bring his great racing effort to practice this week to lessen the gap between him and Ben at Loveland. The Eagles will travel to ECC rival and neighbor Loveland this Saturday. Good luck Eagles.

The 2012 boys cross country team opened their season at Sycamore on Monday. Although several team members did not race, those who did performed very well. Every runner who ran at Sycamore last year improved drastically. Congratulations to Paul Keefer for the biggest jump! The team finished a disappointing 6th out of 8 teams, but did not have all runners competing. The Eagles were led by Ben Koon with a 25th place finish in a time of 18:21. Senior Josh Roof, only hours removed from a soccer practice, finished second for the Eagles in a time of 19:13. Freshmen Jack O'Toole, Casey Norman, and Carlos Perez finished close behind Josh rounding out the scoring for the Eagles. These freshmen easily handled the increase from 2 miles to 5K in their first varsity race. Congratulations. The Eagles travel to Wilmington next, after having potential meets at Fairfield and Lakota

cancelled during the summer. This new course, coupled with some good training will hopefully lead to fast times as other team members join the racing ranks this Saturday.