

Two All-State XC Runners for EPGJH

Layden, Mueller finish strong at championship race

[OCTOBER 13, 2012] – Andy Layden became the first EPGJH male athlete to earn All-State honors in the sport of cross country. Two seconds later, Jake Mueller became the second.

Saturday's Class 2A State Finals was delayed for two and a half hours due to lightning and thunder. But once the race started, there was no holding back Layden and Mueller.

The Titan boys were in about 25th to 30th place at the half mile. They darted through an extremely muddy section, and coming out of the trees it was Mueller about 5 seconds ahead of Layden.

Crossing the mile in just under 5 minutes 30 seconds, both had moved into the top 20. After another half mile through wet and muddy Maxwell Park, the Titan pair had moved up to 16th and 18th.

Layden pushed down the final hill, catching Mueller just as they turned the final corner onto the 200-meter straightaway leading to the finish line. The tunnel of fans greeted the runners with deafening cheers as they finished the 2-mile race just 2 seconds apart from each other – Layden (11.09) in 14th place and Mueller (11.11) in 18th place. Both earned the All-State designation for placing in the Top 25.

Layden also earned an all-time PR by 5 seconds, despite the less-than-favorable conditions. He finished just 1 second behind Mueller's 11.08 school record. Mueller was bested by only one 7th grader.

The individual winner was Shane Williamson (10.37) of Vernon Hills Hawthorn South who won by just 1 second. 182 runners were competing.

Team champion Geneseo finished the race tied with Eureka, both schools having scored 116 points. The tie-breaking 6th runner gave the edge to Geneseo who claimed the 2A Boys State Championship. Both teams qualified out of the stacked Germantown Hills Sectional where EPG competed last weekend.

Layden and Mueller became only the second EPG pair to earn All-State cross country honors in the same season since the program began back in 2007. Julie James and Danielle Ludwig accomplished the same feat in 2008.

EPGXC Athletes Advance to State!

Mueller, Layden top individual qualifiers

[OCTOBER 6, 2012] – Jake Mueller and Andy Layden worked together during their 2-mile race at the Germantown Hills IESA Class 2A Sectional Saturday and the teamwork paid off with both advancing to next Saturday's State Finals in Normal. Mueller and Layden placed 3rd and 4th at the 83-runner Sectional Meet and were the top 2 individual qualifiers.

The sun was shining but the temperature was a chilly 39F with a northwest breeze as the gun fired at 9:40am to start the Boys race. Jacob Gillum took the lead early and led from start to finish, winning on his home course in a course record time of 11 minutes 3 seconds. The Titans' Mueller (11.11) and Layden (11.16) followed the chase pack for about a mile before surging ahead to break up Geneseo's #1 and #2 runners who clocked 11.10 and 11.21. Geneseo took the team title over Eureka by 2 points, 50-52.

Germantown Hills was the final advancing team with 96 points.

Individual qualifiers were EPG's Mueller and Layden, followed by Carson Potts (11.24) of Dunlap Valley, Michael Church (11.38) of East Peoria, and Eric Payne (11.51) of Metamora.

Adam Ludy missed qualifying for State by just 16 seconds with his time of 12 minutes 7 seconds.

Other EPG runners were Brendan Loftus (13.03), Jeb Uphoff (13.56), Parker Mallory (14.13), and Monte Gregory (14.24). Loftus, Uphoff, and Mallory all beat out an opposing runner by less than half a second in their sprint to the finish on the way to lifetime personal record times.

The EPG boys placed 6th as a team. Final scores were Geneseo (50), Eureka (52), Germantown Hills (96), Stanford Olympia (135), Dunlap Valley (136), El Paso-Gridley (159), East Peoria (192), Dunlap Middle School (220), Morton (226), Metamora (235), Washington Middle (263), Limestone Walters (387).

In the Girls race, top EPG runner Hannah Kiefer (13.17) placed 20th and missed qualifying for State by 21 seconds. Maddie Morrison (13.38) and Kate Ludwig (13.44) followed with Ludwig running to a 24-second PR. Her time earns her the 10th spot on the all-time list of EPGJH Cross Country girls.

Sophie Allen (14.14) and Courtney Cobbley (14.14) finished side by side, both recording all-time PR's. Allen's 35-second PR was the race of the day – she not only had the biggest PR at the Sectional Meet,

but also the biggest 2-week drop in time, as she was coming off a 14-second PR last weekend at Delavan.

Kathy Mudd (14.30) and Olivia Eastman (14.50) also ran for the Titans. Eastman was coming off a 27-second PR at Delavan but still managed to cut 3 seconds off her time for a new PR.

The EPG girls placed 7th as a team. Final scores were Dunlap Valley (46), Dunlap Middle School (55), Geneseo (86), Washington Middle (125), Eureka (137), Morton (144), El Paso-Gridley (169), Stanford Olympia (191), Germantown Hills (221), Metamora (279), East Peoria (292), Limestone Walters (389). Girls teams advancing to State were Dunlap Valley, Dunlap Middle School, and Geneseo. Individual qualifiers were Josie Hermann of Washington Middle School, Shelby Siltman of Stanford Olympia, Kari Lalumandier of Germantown Hills, Josi Becker of Morton, and Meghan Waller of Eureka.

The IESA State Finals will be held at Maxwell Park on Saturday, October 13th. Races begin at 9:30am. Mueller and Layden will compete in the Class 2A Boys Finals at noon.

EPGXC Races at 30-team Dare Classic Boys team 6th, Girls Team 11th

[SEPTEMBER 29, 2012] – The Walt Dare Classic in Delavan has grown to 30 teams and over 700 runners. The Titans raced well through the rolling fields behind the school on a sunny, breezy September day.

The Girls Varsity team was missing #2 runner Maddie Morrison, but had a great effort from all seven Varsity Girls to place 11th of 25 full teams, 4 points ahead of 12th-place Olympia.

The Titans came through with an excellent pack time (EPG runners #1 through #5) of just 1 minute 10 seconds. Top 5 runners at Delavan were Hannah Kiefer (13.41), Kate Ludwig (14.23), Courtney Cobbley (14.43), Sophi Allen (14.49), and Kathy Mudd (14.50). Other Varsity girls running in the team race were Olivia Eastman (14.53) and Gracie Feeney (15.04).

Kiefer placed 25th to earn a medal. Allen and Eastman both broke into the 14's for the first time, Allen running to a 14-second personal record and Eastman clocking a 27-second PR.

The Boys Varsity team is missing a couple top 7 runners for the remainder of the season, but nevertheless managed an impressive 6th place showing out of 24 full teams.

EPG's top runners Jake Mueller (11.21) and Andy Layden (11.22) ran a strong disciplined race with the lead pack, and placed 4th and 5th in the 169-runner field. The top 7 runners in the Boys Varsity race finished within 9 seconds of each other. Mueller and Layden continue to close the gap on Sectional favorite Jacob Gillum, who finished just 5 seconds ahead of Mueller.

The Titans' #3 runner Adam Ludy (12.24) placed 32nd, less than one second behind Olympia's #3 runner. Rounding out the EPG Varsity runners were Brendan Loftus (13.39), Monte Gregory (14.29), and Jeb Uphoff (14.33).

In the Girls Open race, Krista Roth (15.41) and Megan Endress (15.46) both ran their fastest 2-mile race ever, Roth running the EPG race of the day with a 41-second PR, while Endress improved on her best time by 13 seconds.

Parker Mallory (14.27) and Sawyer Van Hovel (15.10) competed in the Boys Open Race, with Mallory cruising to a 32-second PR.

Next up for EPGJH Cross Country is the Class 2A Sectional on Saturday, October 6th at Great Oaks Community Church in Germantown Hills. Teams assigned to this Sectional are Dunlap, Dunlap Valley, East Peoria, El Paso-Gridley, Eureka, Geneseo, Germantown Hills, Metamora, Morton, Peoria Limestone Walters, Olympia, Washington Central, and Washington Middle School.

The girls race is schedule for 9:00am and the boys race is scheduled for 9:40am. Qualifying teams and individuals will advance to the State Meet on October 13th.

XC Girls Win Home Meet at Furrow Farm Top 3 boys teams separated by 1 point

[SEPTEMBER 24, 2012] – The EPG Junior High Cross Country girls would agree that there's no place like home. In Monday's meet at Furrow Farm, the Titan Girls put 5 runners in the Top 10 to earn their first team victory of the season.

Hannah Kiefer bounced back from a couple sore ankles which kept her out of Friday's race with a strong second-place showing, just 12 seconds shy of the winner from Heyworth. The only EPG girl to have run a faster time for this course is 2011 All-State runner Shannan Supan.

Maddie Morrison (14.46) placed 3rd and was followed by four Pontiac girls. But EPG took the next 3 spots as Kate Ludwig (15.36), Kathy Mudd (15.39), and Sophi Allen (15.43) ensured the Titan victory. EPG's #1 through #5 runners combined for a pack time of just 1 minute 17 seconds. Sixth-grader Allen moved from EPG's #8 runner Friday to #5 Monday.

With Pontiac's #5 runner placing 13th, the Titan girls came away with a narrow victory. Team scores were EPG (32), Pontiac (35), Heyworth (58), Tremont (109).

Other EPG girls in the 37-runner field were Grace Feeney (17th, 16.45), Courtney Cobbley (18th, 16.53), Megan Endress (19th, 17.06), Olivia Eastman (21st, 17.21), and Krista Roth (23rd, 17.57).

The Titan Boys were missing top runner Jake Mueller, but almost came away with the win nevertheless. Andy Layden (13.04) and Adam Ludy (13.23) placed 5th and 6th. EPG's #3, #4, and #5 runners – Sean Supan (9th, 14.29), Brendan Loftus (11th, 14.31), and Monte Gregory (13th, 14.40) all finished in front of Pontiac's 4th runner, but Pontiac was tough up front, claiming 1st and 4th overall.

That resulted in a tied team score, with Tremont just one point behind EPG and Pontiac. Pontiac's #6 runner was just ahead of EPG's #6 runner Parker Mallory (23rd, 15.41), giving the Warriors the victory. Final team scores were Pontiac (44), EPG (44), Tremont (45), Heyworth (86).

Jeb Uphoff (16.02) and Sawyer Van Hoveln (16.25) placed 26th and 27th in the 38-runner field.

All 18 Titans ran faster Monday than they did 3 weeks ago at the EPGJH Invitational. Running over a minute faster than their previous Furrow best were Allen, Eastman, Endress, Mallory, Mudd, Roth, Uphoff, and Van Hoveln.

The EPGJH runners travel to Delavan Saturday for a 30-team meet. Races begin at 10:30am.

EPGJH Competes in 1,200-runner Meet at Detweiller Park Mueller, Layden Top Ten in Boys Varsity Race

[SEPTEMBER 21, 2012] – A strange combination of lightning, rain, and sunshine greeted the Titans upon arriving at Peoria's Detweiller Park Friday afternoon. The site of IHSA State Cross Country Finals saw plenty of drama on the ground as well as overhead, and today's action would include some runners from El Paso-Gridley Junior High.

Kate Ludwig placed 88th of 220 girls in the opening Girls Varsity race. She covered the 2.1-mile course in 14 minutes 50 seconds, matching her all-time personal best 14.08 at the 2-mile mark.

EPG's top 3 runners were entered in the Boys Varsity race. School record-holder Jake Mueller went out strong and was in the mix of the leaders as he cruised through the mile in a fast 5 minutes 20 seconds. Andy Layden was just 6 seconds behind in his predicted 5.26, while Adam Ludy was on the move in the 210-runner field with an opening 5.57.

Germantown Hills' Jacob Gillum and Normal Parkside's Tanner Gillam came out of the triangle at 1.6 miles with a slight lead on Mueller, who was holding off a string of runners right on his heels. Layden had moved up a few spots and was now in the top ten. Ludy was in the top third of the field and still on the attack.

Mueller (11.44) gave up one more spot on the final straightaway, but held off another hard-charging harrier and placed 4th. He was just 9 seconds behind the overall winner Gillum, who he had trailed by 20 seconds at the recent Parkside Invitational. Layden (11.55) finished with a strong 9th place showing. EPG was the only school with two runners in the top ten other than Normal Parkside who was the overall Boys Team champion. Ludy (12.41) ran steady splits and placed 50th in the 2.1-mile race.

This is the second meet in a row that Mueller, Layden, and Ludy have claimed the top 3 spots in the EPG course record books – all three runners were well under Shelby Heffron's 2011 mark of 13.07.

The Open races were combined with 784 boys and girls running together. Slippery corners and the sheer number of runners made the course somewhat challenging to navigate.

Maddie Morrison (14.13) nevertheless came home with a strong run and a 9th place medal. Other EPG girls in the open race were Courtney Cobbley (15.36), Gracie Feeney (15.45), Kathy Mudd (16.00), Olivia

Eastman (16.06), Sophi Allen (16.14), Krrista Roth (17.10), and Megan Endress (17.10). All EPG girls placed in the top half of the 403-runner field. Roth set an all-time personal record, while Eastman tied her PR.

Brendan Loftus (13.45) was the top EPG boy in the open race, running to a 2-mile PR of 13.06. He placed 36th of 381 boys. Jeb Uphoff (14.54) also set a PR with his 14.12 clocking at 2 miles. Following Uphoff were Titan runners Sean Supan (15.34), Sawyer Van Hovel (15.40), and Parker Mallory (15.50).

Van Hovel celebrated his 14th birthday by breaking into the 14's for the first time, bettering his previous best of 15.00 by crossing the 2-mile mark at 14.56.

EPGJH hosts a triangular meet at Furrow Farm on Monday, September 24th. Girls will run at 4:30pm and boys at 5:00pm. This weekend the Titans will travel to the Delavan Invitational for a final tune-up before the upcoming IESA Sectional Meet.

Boys Team 2nd at Holy Trinity Invitational Krista Roth sets 3-minute personal best

[SEPTEMBER 14, 2012] – The EPGJH cross country runners backed up their 15 personal records at Parkside on September 8th with an encore performance of 17 PR's at Ewing Park on Friday.

Ten teams were running the Holy Trinity Invitational's 2.0-mile course through open grassy areas and wooded trails. There were two bridge crossings and one major hill. Teams competing were EPG, Epiphany, Heyworth, Holy Trinity, Morton-Bethel, Philo-St. Thomas, St. Matthews, Tri-Valley, Trinity Lutheran, and Springfield Christ the King.

Girls Varsity runners Hannah Kiefer (13.13) and Maddie Morrison (13.25) earned Top 10 medals, placing 6th and 10th overall. Kate Ludwig (14.08) ran #3 for the Titans, while Courtney Cobbley (14.32) and Sophi Allen (15.02) rounded out the five scorers for EPG. The Titans' #6 and #7 runners Gracie Feeney (15.20) and Olivia Eastman (15.20) sprinted down the final 100-meter straightaway with Feeney just edging Eastman at the line.

The biggest PR for the Titan girls in the team race went to Eastman (33 seconds), who was running Varsity for the first time this season. Kiefer's 13.13 moved her into the #5 all-time spot for EPGJH Girls, 3 seconds ahead of Rachel Kaeb's 2010 Sectional performance.

The Boys Varsity runners were led by Jake Mueller (11.08) and Andy Layden (11.14). They battled Heyworth's Liam Vaughn for the entire race, with Vaughn just edging Mueller by one second for the win.

Adam Ludy (12.03) ran 6.03, 6.00 splits and placed 6th. EPG's #4 runner Brendan Loftus (13.15) and #5 runner Monte Gregory (13.49) were next across the line for the Titans, followed by first-time Varsity runners Jeb Uphoff (14.16) and Sawyer Van Hovel (15.00).

The biggest PR for the boys went to Jeb Uphoff, who crushed his previous best time by 1 minute 24 seconds. Mueller, Layden, and Ludy all earned Top 10 medals. Mueller bettered his school record time for the second meet in a row, while Ludy moved up from #9 to #4 on the EPGJH all-time list, passing Josh Larson (2009), Ryan Filkins (2011), Shelby Heffron (2011), and Marc Hartness (2009) with his 33-second PR.

The Boys team brought home the second-place trophy despite missing two Varsity runners. Top 3 teams were Holy Trinity (63), EPG (75), and Tri-Valley (83).

Open runners Kathy Mudd (14.25), Megan Endress (15.59), Krista Roth (16.36), and Parker Mallory (14.59) all set personal records. Roth had the race of the day, recording a 3 minute 3 second PR, with mile splits of 8.55, 7.41. Mudd earned a 1 minute 33 second PR along with a 3rd place ribbon.

EPGJH cross country athletes will travel to Peoria's Detweiller Park on Friday, September 21st to run the first 2.1 miles of the IHSA State Finals Course. Races begin at 4:30pm.

Fast Times at Parkside Junior High 15 personal records for EPGJH XC

[SEPTEMBER 8, 2012] – There were some impressive numbers at the Parkside Cross Country Invitational Saturday morning. To begin with, 50 teams and more than 1,600 runners were competing. The EPG

Titans brought 17 runners to the meet and 15 went home with personal records (PR's), clocking their fastest times of the season. And 2 runners smashed a school record.

The cool morning weather, intense competition, and relatively flat course created the opportunity for runners to have a great day, and our hometown harriers cashed in.

Hannah Kiefer and Kate Ludwig entered the Girls Varsity Race along with 244 other girls from across the state. Kiefer (13.36) finished 81st and recorded a 39-second drop from her previous best time, running perfect splits of 6.47, 6.49. Ludwig (14.24) chopped an amazing 1 minute 31 seconds off her season best time while lowering her all-time PR set last season by 59 seconds.

The Girls Open Race was the largest event of the day with 563 runners completing the 3200-meter course. Maddie Morrison (13.28) led the Titan charge with a 40-second PR. She was followed by Gracie Feeney (14.24) who matched Ludwig's Varsity Race effort. Feeney lowered her season best by 1 minute 17 seconds, and bettered her all-time PR from 2011 by 19 seconds.

Courtney Cobbley (14.58) missed a PR by just 2 seconds, while Sophi Allen (15.30) clocked a 29-second PR. The next two girls to cross the line set huge PR's – Olivia Eastman (15.52) by 1 minute 41 seconds and Megan Endress by 1 minute 56 seconds. Kathy Mudd (17.07) was the final EPG finisher.

Morrison and Kiefer are now the #6 and #8 all-time runners for EPGJH. Morrison earned an 8th place medal for her Open Race placing. She was in 50th place at the half mile mark, 33rd place at the mile, 12th place at the 1.5 miles, and continued moving up through the end of the race.

Jake Mueller and Andy Layden had spectacular races for the boys. Mueller (11.09) and Layden (11.18) both crushed Mueller's school record of 11.41 set August 28th at Spring Bay. They placed 12th and 15th, the first two boys in EPGJH history to earn a Top 25 Varsity award at this prestigious meet.

Other Varsity runners were Adam Ludy (12.36), running 9 seconds faster than his previous best, Brendan Loftus (13.34) slicing 38 seconds off his best, Sean Supan (13.39) dropping 3 seconds, and Keaton Stoller (13.56) running to a 28-second improvement.

The Open Race Titan boys found the course at Maxwell Park, site of the IESA State Meet, to be to their liking as well, and completed a perfect 8-for-8 day with all EPGJH boys setting PR's. Parker Mallory (15.06) cruised to a 1 minute 45 second improvement and Sawyer Van Hoveln (15.36) ran his fastest race by 1 minute 27 seconds, giving Mallory and Van Hoveln the top 2 time improvements for the boys.

The Boys Varsity team placed 20th, 7 places higher than in 2011. Top 5 Boys teams were Parkside (82), New Lenox Martino (118), Chatham Glenwood (132), Edwardsville Liberty (191), and Channahon (202). EPG scored 510.

The EPGJH boys and girls teams will be competing at the Holy Trinity Invitational this Friday, September 14th at Bloomington's Ewing Park. Races are scheduled for 4:00pm (Varsity Girls), 4:30pm (Varsity Boys), 4:55pm (Open Girls), and 5:20pm (Open Boys).

Titans Strong at Furrow Farm Girls 6th, Boys 4th

[SEPTEMBER 4, 2012] – Eighteen teams participated at the EPGJH Cross Country Invitational Tuesday on a warm, humid afternoon. Runners jumped hay bales, climbed hills, navigated through tire obstacles, and sprinted through the legendary cattle chute. But the distinctive creek crossings provided runners with their first challenge.

Crossing number 1 came just before the half mile. Runners descended into knee-deep water, then had to climb up a muddy embankment, many using the ropes staked into the ground. After reaching the top of the bank, an uphill climb to the half mile mark at the cemetery seemed fitting. Survivors continued down a hill and alongside the creek before splashing several steps through crossing number 2.

Then the real race began, with 1.3 miles of difficult terrain still in front of the harriers.

Varsity girls were led by Hannah Kiefer (15.10) who placed 14th, followed closely by Maddie Morrison (15.17) in 17th place. Both were awarded a Top 25 medal.

Kate Ludwig (16.26) was the #3 runner for EPG, placing 33rd, followed by Gracie Feeney (17.00) in 46th place. Kathy Mudd (17.26) and Sophi Allen (17.26) finished together in 60th and 61st place, while Courtney Cobbley (17.48) placed 62nd.

93 girls completed the Varsity race. Fran Verville (13.09) of Dunlap Valley won the Girls Varsity by a huge 51-second margin over runner-up Kath Schneider of Chillicothe St. Edward.

Varsity boys were led by Jake Mueller (12.23) who placed 5th overall. Also earning Top 25 medals were Andy Layden (13.05) and Adam Ludy (13.29) who placed 10th and 15th, respectively.

EPG's #4 and #5 boys were Sean Supan (15.13) crossing in 43rd place and Brendan Loftus (15.14) who finished in 45th. Rounding out the Varsity squad were Titan runners Monte Gregory (15.39) and Keaton Stoller (15.45) who placed 55th and 57th.

104 boys made it across the line in the Varsity race, with Pontiac's Nate Durham (12.02) besting Eureka's Wyatt Myers (12.10) for the win.

Six Titan athletes were among the 248 runners battling through the fields in the Combined Open. Jeb Uphoff (17.37, 40th boy); Sawyer Van Hovel (18.41, 54th boy); Megan Endress (19.06, 31st girl); Parker Mallory (20.35, 79th boy); Olivia Eastman (22.43, 94th girl); and Krista Roth (23.29, 103rd girl).

The Titan Girls Varsity runners competed well on their home course, placing 6th – just 7 points behind 5th-place Washington Middle School who 2 weeks earlier at Metamora bested the Titan girls by 39 points. Top 10 teams in the Girls Varsity Race were Dunlap Valley (52), Dunlap Middle School (69), Eureka (81), Holy Trinity (129), Washington (156), EPG (163), Tri-Valley (194), Morton Bethel Lutheran (222), Athens (236), and Olympia (238).

The Titan Boys Varsity team missed a trophy by a scant 11 points, placing 4th.

Top 10 teams in the Boys Varsity Race were Eureka (37), Dunlap Valley (83), Olympia (98), EPG (109), Dunlap Middle School (163), Washington (179), Tri-Valley (190), Mossville (199), Holy Trinity (220), and Ottawa Marquette (277).

EPGJH heads to the Parkside Invitational on Saturday morning to run with 1600 runners from across the state of Illinois. The races take place at Normal's Maxwell Park on the 2-mile IESA State Meet course.

Races are at 9:30, 10:00, 10:30, and 11:00.

EPGJH Invitational September 4th 500 runners set to take on challenging Furrow course

[SEPTEMBER 3, 2012] – Eighteen teams have registered to compete in the 6th Annual EPGJH Cross Country Invitational at Furrow Farms on Tuesday. Over 500 runners will take to the hills in 3 separate races – a Girls Varsity Race (4:30pm), Boys Varsity Race (5:00pm), and Combined Open Race (5:30pm). The course is one of the most challenging central Illinois has to offer, with not only hills but also hay bales, log jumps, and creek crossings. For both boys and girls, the top 3 teams, top 25 Varsity runners, and top 20 Open runners will take home awards. All runners are sure to take home great memories of a unique event. Good luck to all athletes.

Jake Mueller Sets School Record for XC Boys Win at Riverview; Girls 3rd

[AUGUST 28, 2012] – The EPGJH Cross Country teams attended a 5-team meet at Spring Bay Riverview on Tuesday. The 2.0-mile course began in a grassy park, narrowed into some open trails, returned to the park and then headed into the woods. After passing the 1-mile mark, runners merged onto a sandy beach path along the Illinois River before returning by trail to the park.

Competing with EPG were teams from Farmington, Knoxville, Mossville, and Riverview.

Hannah Kiefer (15.17) led the Titan girls with a 9th place finish. The rest of the Varsity Girls finished in a pack separated by just one Farmington girl – Courtney Cobbley (16.17 / 15th), Kathy Mudd (16.26 / 16th), Maddie Morrison (16.30 / 18th), Kate Ludwig (16.38 / 19th), Gracie Feeney (17.11 / 20th), and Sophi Allen (17.17 / 21st). There were 45 girls in the race. Other Titan finishers were Olivia Eastman (18.38), Megan Endress (19.03), and Krista Roth (20.22).

The EPG Girls team placed 3rd behind Farmington and Knoxville.

Jake Mueller (11.41) and Andy Layden (11.54) paced the EPG boys, placing 2nd and 3rd overall, with Mueller just 8 seconds behind Mossville's top runner. Adam Ludy (13.30) placed 8th. The rest of the Varsity Boys were Sean Supan (14.54 / 13th), Keaton Stoller (15.09 / 18th), Brendan Loftus (15.25 /

20th), and Monte Gregory (16.11 / 24th). There were 49 boys in the race. Other Titan finishers were Jeb Uphoff (16.15), Parker Mallory (17.29), and Sawyer Van Hoveln (18.00).

The EPG Boys team placed 1st, just four points ahead of Farmington. Team scores were EPG (44), Farmington (48), Mossville (65), Riverview (95), Knoxville (103).

Seventh-grader Jake Mueller's time of 11.41 is a school record for EPGJH Cross Country, besting Brandon Stine's time of 11.51 set at the 2011 State Cross Country Meet as well as Julie James' 11.49 mark recorded at the 2008 State Cross Country Meet.

Next on the schedule for the Titans is the 6th Annual EPGJH Cross Country Invitational at Furrow Farm on Tuesday, September 4th. Races begin at 4:30pm with a Girls Varsity Race, Boys Varsity Race, and Combined Open. Last year 20 teams attended with over 500 runners competing. The hilly course is one of the most challenging in the state, with hay bale barriers, log jumps, and two creek crossings.

Boys Cross Country Wins 10-team Clinton Invite Girls team takes 3rd

[AUGUST 25, 2012] – The sun was shining on the Titan runners all day long. Both the girls and the boys teams found the hilly course at Little Galilee Camp to their liking, as records continued to fall all morning. In the Girls Varsity Race, Maddie Morrison placed 7th with an all-time personal record (PR) 14.07. That earned Morrison the 10th spot on the EPGJH all-time list, just behind Alexis Yoder's 2008 time of 14.05. Hannah Kiefer also set a PR with her blazing 14.14 as she crossed the line 9th in the Varsity race. Referring to the biggest hill on the course just after the 1-mile mark, Kiefer noted, "I wanted to stop and walk" but she found another gear, refocused at the top, and passed several more runners as she flew across the bridge to the finish line.

Courtney Cobbley had a breakthrough race with a huge 1-minute PR, crossing the line at 14.55 for 18th overall. Her higher-than-expected placing was a big contributor to the Girls' success in the team standings.

Sixth-grader Sophi Allen was the #4 runner for the Titans, turning in another sparkling performance with an unofficial clocking of 15.59 for 35th place. Varsity runners Kate Ludwig (16.12), Kathy Mudd (16.29), and Gracie Feeny (16.45) also conquered the challenging course.

The Girls Team placed 3rd of 10 teams, the highest placing at any Invitational Cross Country Meet in school history. They placed well ahead of Heyworth (7th) who had beaten them in their August 18th opener, and finished in front of all teams except two 2011 State Qualifiers – B.S.S.A. and Springfield Christ the King.

In the 65-runner Boys Varsity Race, Andy Layden and Jake Mueller worked their way up to the lead pack by the half mile mark. Nearing the mile, one runner dropped back, and the trio of Layden, Mueller, and Heyworth's Liam Vaughn continued to battle. Vaughn had bested Layden by 13 seconds at Heyworth just 11 days earlier. Layden made a move up a hill in the final mile and Vaughn tried to answer. As the crowd watched the lead vehicle come out of the woods on the bluff, it was EPG's Layden (11.54) in front. Vaughn placed 2nd about 10 seconds back, followed by EPG's Mueller (12.12) in 3rd.

Layden and Mueller are now the #2 and #3 fastest EPGJH runners on record.

Like Cobbley in the Girls Varsity Race, Adam Ludy was EPG's #3 runner in the Boys Varsity Race and came through in a big way. Ludy's time of 12.44 was a 42-second PR and he was the third EPG runner to cross the line in the Top 10. His 9th place showing was significant, as he moved around a pack of Olympia runners during the last half of the race. Those runners placed 10-11-12-13 and Olympia placed just behind EPG in the team standings.

Sixth-grader Sean Supan (13.43) dropped over a minute and also had significant impact on the team score. He placed 19th. Keaton Stoller (14.22) ran to a 12-second PR, 43 seconds faster than his previous best time this season. EPG's #6 and #7 runners were Brendan Loftus (14.25) and Monte Gregory (14.48). Gregory sliced 22 seconds off his season best.

The EPG Boys Team won the meet – the first ever Invitational Cross Country victory in school history. It is their 2nd team award in two Invites. The Titans narrowly defeated perennial powerhouse Olympia, who

they will face several more times this season, the next challenge coming at the EPGJH Invitational on September 4th.

Open runners Olivia Eastman (17.34), Megan Endress (18.41), and Krista Roth (19.45) all improved on their best times by more than 1 minute. Open runners Jeb Uphoff (15.39) and Parker Mallory (16.50) set all-time bests as well, while Sawyer Van Hovel (17.09) was within 10 seconds of a PR. Uphoff earned a medal for his 14th-place finish.

The Titans next meet is at Spring Bay Park in Spring Bay where they will take on Farmington, Knoxville, Mossville, Chillicothe, and host Riverview. The Girls Race is scheduled at 4:15pm, with the Boys Race to follow.

Boys 3rd at Redbird Classic 3 girls, 3 boys earn medals

[AUGUST 18, 2012] – It was a beautiful morning to run at the 15th Annual Redbird Classic in Metamora, and the EPGJH Cross Country teams seized the opportunity. Nearly all of the 20 Titan runners surged to season-best times on the 2.18-mile course at Black Partridge Park.

The Girls Varsity runners started things off with Maddie Morrison and Hannah Kiefer leading the charge. Both girls earned Top 10 honors with Morrison (15.48) grabbing 7th place and Kiefer (15.58) taking 10th. It was Morrison's all-time personal record.

Gracie Feeney (17.06) dropped over 2 minutes from her Tuesday performance at Heyworth, while Courtney Cobbley (17.23) and Kathy Mudd (17.24) dropped nearly a minute. Sophi Allen (17.31) had the biggest improvement of all EPG runners as she sliced 2 minutes 27 seconds off her Tuesday time.

With Morrison and Kiefer up front, Feeney marking a strong improvement, and the #4, #5, #6 Varsity girls finishing in a pack, the Titan girls earned a 5th place showing, just 9 points shy of bringing home a plaque. Top 5 teams were Morton (38), Washington (61), Germantown Hills (91), Bloomington Holy Trinity (94), and EPG (100).

The Boys Varsity team stepped up to the challenge when #5 runner Sean Supan was sidelined at the last minute due to a sore foot. Andy Layden (13.22) placed 3rd overall, averaging just over 6 minutes per mile. Just 12 seconds back was seventh-grader Jake Mueller (13.34) in 6th place. Layden and Mueller were both well under the previous best EPG time on the course.

Mueller dropped nearly a minute from his Heyworth time, while Layden is now the #2 all-time runner for EPGJH Boys Cross Country.

Adam Ludy (14.39) ran negative splits, clocking 6.45 followed by a 6.41, good for 19th place. Brendan Loftus (15.29), Keaton Stoller (16.26), and Monte Gregory (16.32) rounded out the Boys Varsity finishers. Eleven schools were represented, and the top 3 teams earned a plaque. EPG placed 3rd, just one point out of 2nd. Top 5 teams were Germantown Hills (40), Metamora (88), EPG (89), Washington (99), and Bloomington Holy Trinity (111).

All Varsity girls and boys ran to season-best times.

In the Girls Open race, Kate Ludwig (17.26) led the way with a 9th place finish, followed by Olivia Eastman (21.05), Megan Endress (21.53), Faughn Pierson (23.08), and Krista Roth (24.08). Endress improved her 2-mile time by more than 2 minutes.

In the Boys Open race, Jeb Uphoff (17.12) ran a superb race. In about 30th place at the half mile, he remained determined, steadily moving up in the field, and climbed into medal position (top 15) at about 1.75 miles. Nearly spent and struggling a bit with 500 meters remaining, he held strong, fighting all the way to the finish, and placed 13th – earning the 6th medal of the day for EPG.

Sawyer Van Hovel (18.36) and Parker Mallory (19.26) also competed in the Boys Open race. Van Hovel improved on his Heyworth time by 50 seconds.

The Titans next meet is at Little Galilee Camp in Clinton on Saturday, August 25th. The Girls Varsity Race begins at 9:00am and will be followed by the Boys Varsity Race, Girls Open Race, and Boys Open Race.

Boys Win 23-50-60 Girls Place 4 in the Top 10

[AUGUST 14, 2012] – For the 3rd year in a row, the EPG Boys Cross Country team won their opening meet. After narrow 1-point victories to open the '10 and '11 seasons, the Titans scored a decisive win in their 2012 opener, placing 4 runners in the top 5 at Heyworth on Tuesday.

Andy Layden chased Liam Vaughn (27th at 2011 State Finals) from start to finish, clocking a time of 12.05 for the 1.9-mile course, 13-seconds behind the Heyworth standout.

Seventh-grader Jake Mueller debuted with a 3rd-place 12.44, while 8th-grader Adam Ludy passed a pack of runners during mile 1 and held strong for a 4th-place showing of 13.02. Seventh-grader Brendan Loftus came up big for the Titans with a 5th-place 13.38 finish, while EPG's #5 runner was 6th-grader Sean Supan who finished in 14.16, good for 9th place.

Rounding out the top 7 for EPG were Keaton Stoller (14.22-10th) and Monte Gregory (15.01-12th).

Also running for the Titans were Jeb Uphoff (15.44), Parker Mallory (16.34), and Sawyer Van Hoveln (17.00). 28 boys were competing in the race.

The Titans 2-3-4-5-9 placing earned them a victory in the triangular meet with the final score EPG (23), Heyworth (50), Normal Epiphany (60).

Hannah Kiefer led the Titan Girls team with a 4th place finish in 14.41. A quarter mile into the race she was in 11th place and ran a perfectly paced race, finishing 36 seconds behind the winning Heyworth girl. Maddie Morrison (15.15), Kathy Mudd (15.51), and Courtney Cobbley (16.02) placed 7th, 8th, and 10th in the 32-runner Girls field. Gracie Feeney (17.00) was the final scorer for the Titan Girls.

Sophi Allen (17.35) and Olivia Eastman (17.51) were the Titans 6-7 runners Tuesday, while Faughn Pierson (20.30) and Megan Endress (21.04) competed well for EPG.

Six of the nine El Paso-Gridley girls were running in their first cross country race, but all of the girls ran smart races and kept the team scores close. In the end it was Heyworth (35) earning the victory over Normal Epiphany (41) and EPG (46).

The Titans travel to Metamora's Black Partridge Park on Saturday for their first Invitational of the season. Four races are scheduled – Girls Varsity at 9:00am, Boys Varsity at 9:45am, Girls Open at 10:30am, and Boys Open at 11:15am.

Week 2 Wrap-Up

Runners Slide into More Miles

[AUGUST 12, 2012] – Your cross country athletes will be close to 500 miles once weekend miles have been tallied. In addition to the volumes of running entered in the log books, we challenged ourselves with a triathlon workout and enjoyed a slip-n-slide event. We ended our week on Friday by singing *Happy Birthday* to Courtney.

Congratulations to triathletes Jake, Gracie, Adam, Sophi, Hannah, Courtney, Keaton, Kathy, Megan, Brendan, Krista, and Parker. And to all Titan cross country athletes for running up (and down) a team total of 594 hills Thursday at the Furrow Farm home course. And to the runners who competed at the Brimfield 5K on Saturday - Jake (20.51), Adam (21.55), Sean (24.18), Hannah (24.20), and Jeb (25.19).

http://www.raceresultsplus.com/sites/default/files/results/RESULTS_5.HTM

Boys Swim Party Sunday, August 12th at Noon

Girls Swim Party August 19th

[AUGUST 10, 2012] – There will be a swim party for the Boys team this Sunday at the Matzke's in El Paso. Drop off any time after noon and pick up at 2:00pm. Matzke's address is 487 Elmwood Court. From Rt. 24 and Pine Street go two blocks north to 1st Street, turn right, and then two blocks east. Driveway is on the left.

Brimfield 5K Saturday

Carpool leaves South Pointe Park at 6:00am

[AUGUST 9, 2012] – Join your teammates for a fun run in Brimfield, IL Saturday morning. There will be music, food, t-shirts, and a 3.1-mile race with about 250 runners. A carpool will leave South Pointe Park

at 6:00am Saturday morning and should return to South Pointe around 11:00am. This is a great opportunity to get in your Saturday miles with some friends, and still have plenty of time to enjoy the rest of the weekend.

Race info can be found at <http://www.ivs.org/pdf/2012/Brimfield.pdf>

Deadline for Turning in Forms

Turn in paperwork by Friday

[AUGUST 9, 2012] – All paperwork for cross country is due August 10th. Turn in to Coach Heffron or the Junior High office. Thanks!

Yearbook Pictures Rescheduled to August 22

Turn in Picture Order Forms this Week

[AUGUST 6, 2012] – Yearbook photos have been rescheduled to Wednesday, August 22nd immediately after school. Please turn in your order forms to Coach Heffron by Friday, August 10th.

Week 1 Wrap-Up

Runners Dive Into Training

[AUGUST 5, 2012] – The EPGJH boys and girls cross country teams are off to a great start. We covered many running-related topics (F-A-S-T expectations, hydration, pacing, running form, and more) while also beginning to work on our strength, core, and flexibility. Not to mention the nearly 400 miles of running that our athletes completed!

We wrapped up the week with a delicious lunch hosted by the Uphoff's followed by a refreshing swim in their pond. It was a great way to wrap up the first week of EPGJH Cross Country.

First Day of Practice for 2012 Season

Practice begins Monday, July 30th

[JULY 29, 2012] – The sixth season for EPGJH Cross Country will begin Monday, July 30th. Runners should meet near the South Pointe Park pond in El Paso at 6:00pm. A shuttle will be available for Gridley runners, departing GGS at 5:45pm.

Bring water or a sports drink as well as your sports physical. Physicals must be turned in before practicing.

The 2012 season is sure to be another fun and exciting one. Go Titans!