

Titans Run to Eight PR's at Sectional Meet

Allen, Atkins miss qualifying for State by 5 seconds, 13 seconds

[OCTOBER 12, 2013] – Thirteen teams were assigned to the Class 2A Sectional at Germantown Hills. Race morning was cool and cloudy. The 2.0-mile course was a mixture of open grassy areas and paths that wound through walnut trees and along a pond.

Sophi Allen led the EPG girls through the mile with a 6.08. Cate Atkins followed closely with a 6.15. Megan Endress clocked 7.04 at the mile and a pack of four Titan girls gave chase at 7.11.

Allen (12.53, 18th) pushed herself to a 21-second PR, but it was not quite enough to qualify for the State Championship Meet next week. The final individual qualifier was Chillicothe's Megan Kelley who finished just 5 seconds ahead of Allen. Allen's 12.53 ties her with Karly Miller (2009) as EPG's #4 runner all-time.

Atkins (13.01, 21st) ran to a 14-second PR and finished in front eight other teams' #2 runners. Atkins' 13.01 moved her up to EPG's #5 runner all-time.

The only EPG runner ever to have run faster than Allen and Atkins at Germantown Hills was 2011 All-State runner Shannan Supan.

Tia Reilly (14.34, 72nd) maintained her #3 position on the team with a 52-second PR. She had the biggest PR and best splits of all Titan girls, running just 12 seconds positive for her second mile.

Megan Endress (14.49, 76th), #4 for EPG, ran to a 9-second PR, while #5 Hannah Ludy (14.54, 78th) earned a 51-second PR. Eighth-grade runners Olivia Eastman (15.02, 79th) and Sarah Schug (15.06, 81st) concluded their EPGJH cross country running at the 2013 Sectional Meet.

The Titan Girls' top 5 average time of 14.02 was just 12 seconds off the 2012 EPG team that placed 7th at Sectionals. All 5 runners will be returning next season.

Chris Kindig and Jeb Uphoff paced the Titan boys through the mile mark with a 6.12. Jordan Shelton clocked a 6.18 at mile 1, followed by Aidan Killian at 6.31 and Parker Mallory at 6.37.

Kindig (12.48, 48th) was first through the finish line for the Titans with a 32-second PR.

Jordan Shelton (12.50, 52nd) duplicated Reilly's effort with a 52-second PR, earning the biggest PR and best splits of all Titan boys by running just 14 seconds positive for his second mile.

Jeb Uphoff (12.55, 57th) missed a PR by 1 second. Aidan Killian (13.21, 71st) grabbed a 22-second PR. Parker Mallory (13.52, 84th) was just 7 seconds shy of his PR.

EPG Cross Country ran to 6 PR's at the 2011 Sectional Meet and 7 PR's at the 2012 Sectional Meet; the goal for the 2013 Sectional Meet was to take home 8 PR's. And that's exactly what they did.

Sophi Allen Medals at 677-runner Meet

Titans earn 5 PR's at Delavan Dare Classic

[OCTOBER 5, 2013] – Twenty-eight teams were on hand at the 37th Annual Delavan Dare Classic. The skies were overcast and rain was in the area. It was a somewhat breezy morning, and a few raindrops fell at the start of the Boys Varsity race, but the meet went forward as planned.

Powerhouse teams Dunlap Middle School and Dunlap Valley ran away from all other teams in the Girls Varsity race, scoring just 36 and 51 points, respectively. The EPG girls placed a respectable 12th, thirteen points ahead of Olympia. In the Boys Varsity Race, it was Germantown Hills besting runner-up Elmwood by 52 points for the win. The EPG Boys placed 18th, thirty points ahead of Heyworth.

The Girls Varsity team was led by 21st-place medalist Sophi Allen (13.43) who edged Delavan's Mady Harper by less than one one-hundredth of one second. Cate Atkins (14.00) placed 28th.

EPG's #3 through #7 runners finished within 21 seconds of each other. It was 6th-grader Tia Reilly (15.26) leading the pack with a 63-second personal best time, followed by #4 Olivia Eastman (15.37), #5 Sarah Schug (15.42), #6 Hannah Ludy (15.45), and #7 Megan Endress (15.47). Sixth-grader Ludy earned a 46-second PR and in exactly one month has cut her best time by 4 minutes 40 seconds.

Sophia Lowery (17.20) placed in the top half of the 175-runner Girls open race by running to a 67-second PR and placing 81st. Emmalee DeMarb (20.14) and Olivia Tipler (20.35) were followed closely by Saylor Welsch (20.56), who crushed her all-time PR by 88 seconds. Welsch had the biggest Titan PR of the day.

Seventh-grader Sean Supan (12.59) led the EPG boys with a 3-second PR and 51st place finish. Jeb Uphoff (13.15), Chris Kindig (13.47), Jordan Shelton (14.14), and Aidan Killian (14.15) were the other Titan scorers, followed by #6 Parker Mallory (14.26) and #7 Garrett Forrest (16.13).

In the Boys Open race, Jesse Uphoff (19.17) narrowly missed setting a PR, coming within 8 seconds of his time at the Normal Parkside Invitational.

EPGJH Cross Country heads to the Class 2A IESA Sectional Meet at Great Oaks Community Church in Germantown Hills on Saturday, October 12th. Girls will race at 10:00am followed by the boys at 10:40am. Thirteen strong central Illinois teams will be competing for a chance to run at the State Championship Meet on October 19th.

Girls Win 4-team Meet for 4th Year in Row Sophi Allen wins by 3 seconds

[SEPTEMBER 30, 2013] – Cross country teams from Heyworth, Pontiac, and Tremont came to compete against EPG on the Titans' home turf Monday. The EPG girls' team turned in an inspirational performance at Furrow Farms, while the boys' team ran to a strong 2nd-place finish.

With no clear favorite, the Girls race was wide open at the start. But by the finish, the young and improving Titan girls claimed a decisive victory. It was an impressive accomplishment for a team consisting of just 3 returning athletes and 8 new runners.

Seventh-grader Sophi Allen (14.29) ran a patient race, following Heyworth's Stephanie Brown through both creek crossings. In the second mile, Allen pulled ahead, maintained the lead, and charged up the final hill to the barn to earn a 3-second victory. She notched a 14-second improvement on the course compared with her time from the EPGJH Invitational 14 days ago.

Cate Atkins (14.50) ran another amazing second mile, surging past several athletes between the creek at 0.7 miles and the grain bin at 1.6 miles. She placed 3rd, while Sarah Schug (16.20) placed 7th just ahead of 3 runners who followed within the next 5 seconds. Both Atkins and Schug also improved on their Invitational times.

Megan Endress (16.38) and Olivia Eastman (16.44) came through for the Titans with a 12th and 13th place showing in the 45-runner race. They both dropped a lot of time from 2 weeks ago, with #5 Eastman edging Tremont's #2 runner by less than a second.

Tia Reilly (17.01) placed 15th and had the biggest Titan time drop on the day, knocking off an incredible 2 minutes 12 seconds from her previous Furrow race. As EPG's #6, she placed ahead of runner-up Heyworth's #5, Pontiac's #4, and Tremont's #3.

Hannah Ludy (18.46), Sophia Lowery (20.20), Emmalee DeMarb (20.20), Olivia Tipler (20.39), and Saylor Welsch (22.44) soon joined their victorious teammates.

The Titan girls won their home quadrangular meet for the 4th year in a row. Final score was EPG (36), Heyworth (53), Pontiac (56), Tremont (72).

The EPG boys placed second in their race, just 12 points behind a strong Heyworth team who placed 1st (Liam Vaughn, 11.38), 2nd, and 4th. The Titans were led by 6th place finisher Sean Supan (13.54) and Chris Kindig (13.57). Both ran strong and disciplined races.

Jordan Shelton (14.35) had the race of the day for the boys with his 8th place showing. It was his first time at the #3 spot for the Titans. Shelton had a great kick to outsprint a Tremont runner by a fraction of a second much to the delight of the spectators lining the final hill to the barn.

EPG's #4 and #5 runners were Jeb Uphoff (14.39) and Aidan Killian (14.57), who placed 10th and 13th in the 40-runner field. Uphoff finished one place ahead of Heyworth's #4 and Killian finished one place ahead of Heyworth's #5.

Other Titan finishers were Parker Mallory (15.36), Garrett Forrest (17.50), Jesse Uphoff (21.39), and Jackson Hinthorn (22.07).

Final team score for the boys was Heyworth (32), EPG (44), Tremont (68), Pontiac (71). The boys repeated their 2nd place performance from last year.

The next two races for EPGJH Cross Country are the October 5th Walt Dare Classic Invitational (Delavan, 11:30am start) and the October 12th IESA Sectional Meet (Germantown Hills, 10:00am start).

Sixth Grade XC Posts 4 PR's at Dunlap Invite Atkins, Allen place 2nd and 3rd in Open Race

[SEPTEMBER 27, 2013] – Forty-two teams and 1,448 runners competed at the Dunlap Invitational on a bright and sunny Friday afternoon. The 2.1-mile course at Detweiller Park in Peoria was lined with thousands of cheering spectators and the athletes served up some exciting races.

The first race for El Paso-Gridley was the Boys Varsity race in which 3 runners were competing. Eighth-grader Chris Kindig (14.18) was EPG's top finisher, followed closely by sixth-grader Jordan Shelton (14.23). Shelton ran mile splits of 6.45 and 6.52 and then hung on down the final stretch for a 1-second PR. Sean Supan (15.23) was the final Varsity boy to finish.

In the Girls Open race, seventh-graders Cate Atkins (14.01) and Sophi Allen (14.01) battled until the very end with Chatham Glenwood's Calli Carnes (13.59). Atkins and Allen placed 2nd and 3rd in the 490-runner race. It was the fourth time this season that Atkins and Allen have finished within one second of each other. Atkins ran negative splits, cruising through mile 1 at 6.44 and then opening things up with a 6.37

to catch Allen and Carnes. Atkins and Allen equaled Rachel Kaeb's 2010 mark on the Detweiller course, and are now tied with her at #4 all-time at Detweiller.

Sarah Schug (16.03), Megan Endress (16.17), and Olivia Eastman (16.17) placed in the top 100. Endress edged Eastman by just one-tenth of one second.

Sixth-graders Tia Reilly (17.18) and Hannah Ludy (17.20) ran together for the entire race until Reilly sprinted away in the final 100 meters. Both ran their fastest race ever – Reilly by 85 seconds and Ludy by 46 seconds.

Sixth-grader Olivia Tipler (19.17) also had a big PR, improving on her best by 65 seconds. She opened with a 9.05 and came back with a 9.18.

The next three EPG girls to cross the finish line were Sophia Lowery (19.59), Emmalee DeMarb (20.11), and Saylor Welsch (24.26).

In the Boys Open race, Jeb Uphoff (13.56) placed 54th, followed by Aidan Killian (14.49), Parker Mallory (15.17), Garrett Forrest (17.02), Jesse Uphoff (21.23), and Jackson Hinthorn (23.50).

Team titles went to Normal Parkside for the boys and Chatham Glenwood for the girls.

Eighteen of the 20 Titan runners had either their best race or second-best race of the season. It was the 8th meet of the year.

Just two regular-season meets remain – a quadrangular meet at Furrow Farms on Monday, and next weekend's Delavan Invitational.

Girls, Boys Win at Spring Bay

Girls dominate field placing 1-2-3

[SEPTEMBER 18, 2013] – The Titans were competing for the third time in five days Wednesday at a meet hosted by Riverview Grade School. The course at Spring Bay Park includes a grassy park, open meadows, shaded forest, and a sandy trail along the Illinois River. Five schools were in attendance.

The Titan girls defeated the only other full team in the meet, St. Mark's by a score of 17-42. It was the Titans' best score ever. Their previous best was 18 points at a home win in September 2010.

Varsity runners Sophi Allen (14.48), Cate Atkins (15.27), and Sarah Schug (15.40) took the top 3 spots in the race. Olivia Eastman (16.35) and Megan Endress (16.53) placed 6th and 7th overall.

Hannah Ludy (17.17) sped to a 1 minute 14 second PR and placed 8th. She was the only EPG runner to PR on the course Wednesday, and only the second EPG runner ever to PR at Spring Bay Park.

Tia Reilly (19.39) and Sophia Lowery (19.41) placed 15th and 16th. Emmalee DeMarb (20.08), Olivia Tipler (20.24), and Saylor Welsch (26.51) followed for the Titans.

Allen is now the fastest Titan girl to run the Spring Bay course as she broke Hannah Kiefer's record by 29 seconds.

The Boys also scored a decisive victory. Team scores were EPG (21), Peoria Quest (53), St. Mark's (70), and South Pekin (81). It was the lowest point total ever for the boys, lowering their previous best of 29 points scored in a home victory two years ago.

Sean Supan (13.25) led EPG with his 2nd place finish. Only 2012 All-State runners Jake Mueller and Andy Layden have faster EPG times at Spring Bay.

Chris Kindig (14.01) and Jeb Uphoff (14.08) placed 4th and 5th for the Titans, while 6th graders Jordan Shelton (14.44) and Aidan Killian (14.46) turned in sparkling performances to place 7th and 8th.

The Titan Boys' pack time was just 81 seconds (from #1 to #5), the lowest it has been all year.

Four other Titans completed the 2.0-mile course – Parker Mallory (16.10), Garrett Forrest (18.47), Jesse Uphoff (21.14), and Jackson Hinthorn (24.04).

Titan XC travels to Peoria's Detweiller Park on September 27th to take on 1,000 of central Illinois' top runners at the Dunlap Invitational.

Titans Strong at 14-team Meet Girls 6th, Boys 5th on home XC course

[SEPTEMBER 16, 2013] – Last week's home invitational was postponed as temperatures pushed towards 100F. Monday's cooler temperatures made for a great day to run through the fields and creeks at Furrow Farm. Nearly 300 runners came to play...and compete.

The Titan girls ran their strongest race of the season, placing 6th as a team. EPGJH finished 31 points ahead of Heyworth, who had dominated the Titan girls at the season opener in Heyworth. And the Titans finished just 4 points behind Delavan, a team that had been 60 points ahead of the Titans at the Redbird Classic just 3 weeks earlier.

Varsity runners were Sophi Allen (14.43), Cate Atkins (14.51), Sarah Schug (16.22), Olivia Eastman (17.32), Megan Endress (17.33), Tia Reilly (19.13), and Sophia Lowery (19.57).

Allen became the 3rd fastest EPG girl on the Furrow "W" course, while Atkins is in the record books at 5th fastest ever. Both girls earned a Top 25 medal, placing 5th and 8th respectively in the 79-runner Varsity field. Natalie Bardwell of Eureka won the race in 14 minutes 11 seconds.

The Titan boys also competed well, placing 5th despite running without their #1 runner Brendan Loftus. EPGJH placed 35 points ahead of Delavan, who had edged the Titans by 10 points 3 weeks ago. EPGJH also bested Heyworth by 9 points, another turnaround from when Heyworth easily defeated the Titans at the season opener.

Varsity runners were Sean Supan (13.44), Chris Kindig (13.52), Jeb Uphoff (14.13), Jordan Shelton (15.10), Aidan Killian (15.29), and Parker Mallory (16.30).

Supan and Kindig both earned a Top 25 medal, placing 19th and 25th respectively in the 77-runner Varsity race. Liam Vaughn of Heyworth won in a spectacular time of 11 minutes 27 seconds.

The combined open race consisted of 131 boys and girls tackling the hills and getting muddy in the creeks. EPG runners crossing the finish line in front of the red barn were Hannah Ludy (19.40), Emmalee DeMarb (19.57), Olivia Tipler (20.08), Jesse Uphoff (21.35), Jackson Hinthorn (22.24), and Saylor Welsch (23.24).

The Eureka boys and girls teams both took home the 1st place trophies. Mossville was awarded the travelling sportsmanship plaque, presented to them by last year's recipient, Pontiac.

Record Day for Records at Parkside XC Invite

Titans earn 20 season best times

[SEPTEMBER 14, 2013] – A cool bright Saturday morning set the stage for a lot of fast times at the 56-team Parkside Cross Country Invitational Saturday. The Titans blazed through the State Championship course at Maxwell Park, taking home 19 all-time personal records – the most ever earned by EPGJH Cross Country in a single meet. The previous best was 16, set in 2011.

In the 287-runner Boys Varsity race, Brendan Loftus (11.56) placed 72nd with his 53-second PR. Sean Supan (13.02) dropped 57 seconds from his season best while running to an all-time PR, and Chris Kindig (13.20) cut 48 seconds off his previous best.

Brendan Loftus jumped from #11 on the all-time EPGJH list to #4. Only State qualifiers Jake Mueller (2012), Andy Layden (2012), and Brandon Stine (2011) remain in front of Loftus in the record books.

In the Girls Open, seventh grader Sophi Allen (13.14) dropped 1 minute 25 seconds from her season best while slicing a full minute off her all-time best set at the 2012 Sectional Meet. And seventh grader Cate Atkins (13.15) followed one second later with a 100-second PR.

Allen and Atkins earned a Top 25 medal by placing 7th and 8th out of 552 runners.

The next EPG girls to finish were Sarah Schug (14.49-90th) with a 51-second PR and Olivia Eastman (14.53) with a 2 minute 15 second season best, just missing her all-time PR of 14.50 from the 2012 Sectional. Megan Endress (14.58) earned an all-time PR by 48 seconds, running 1 min 12 seconds faster than her previous season best time. Tia Reilly (18.03) was just 9 seconds off her best.

Sophia Lowery (18.27) lowered her PR by 2 minutes 10 seconds. She was followed by Hannah Ludy (18.31) clocking a 1 minute 44 second PR and Emmalee DeMarb (18.34) with a 99-second PR.

Olivia Tipler (19.27) dropped 2 minutes 19 seconds, the most of any Titan girl, and Saylor Welsch (22.24) ran to a 55-second PR.

Sophi Allen moved from #14 on the all-time EPGJH list to #6, while Cate Atkins is #7 all-time. Four of the five girls ahead of Allen and Atkins in the record books were State qualifiers.

The biggest PR's of the day for EPG came in the Boys Open.

Jeb Uphoff (12.54) dropped 90 seconds from his season best and over a minute from his all-time PR. He placed 44th of 608 runners and is now the 12th fastest EPGJH runner all-time.

Sixth graders Aidan Killian (13.43) and Jordan Shelton (13.43) flashed past the finish line together with Parker Mallory (13.45) just a couple seconds back. Killian ran to an 85-second PR, Shelton dropped 1 minute 59 seconds, and Mallory cut over 3 minutes off his season best time while running to a 28-second all-time PR.

Fellow sixth grader Garrett Forrest (14.55) had the biggest improvement of all Titan runners Saturday, crushing his PR by 4 minutes 9 seconds.

Jesse Uphoff (19.09) ran 2 minutes 58 seconds faster than his previous best, while Jackson Hinthorn (19.40) cut 3 minutes 27 seconds from his PR.

The Titans will host the 7th Annual EPGJH Invitational at Furrow Farms on Monday, September 16th. Races begin at 4:30pm.

Big PR's for Lowery and Hinthorne at Metamora Supan slashes 1 minute from Redbird Classic time

[SEPTEMBER 5, 2013] – On Thursday, the Titans returned to Black Partridge Park for the second time in two weeks. Sunny skies and warm temperatures did not deter several EPGJH runners from earning all-time personal records on the 2.18-mile course.

In the Girls Race, Sophi Allen (16.06) sliced 11 seconds off her time from 2 weeks ago, enough to grab the 7th fastest EPG time ever on the Black Partridge course back from Cate Atkins (16.30), who held that position in the record books for just 12 days. Number 3, 4, and 5 runners Thursday were Sarah Schug (17.35), Megan Endress (17.39), and Olivia Eastman (18.44).

Tia Reilly (19.31) was EPG's #6 runner and set a PR for the 3rd meet in a row, knocking 31 seconds off her previous best. Next across for the Titans were Emmalee DeMarb (22.04) and Hannah Ludy (22.15).

Sophia Lowery (22.28) turned in the race of the day for the Titan girls, clocking a 49-second PR and running to her 3rd PR in 3 races. Saylor Welsch (25.52) was the tenth Titan girl to cross the line.

The EPG boys turned in 5 PR's and a season best.

Brendan Loftus (13.58) knocked another 3 seconds off his all-time best, while Sean Supan (15.15) crushed his time from 2 weeks ago and moved to within 20 seconds of his fastest 2-mile time ever, recorded last season.

Chris Kindig (15.24) made it 3 PR's in a row, and was followed by Jeb Uphoff (16.06). Jordan Shelton (17.07) also joined the 3-in-a-row club, just one second ahead of Aidan Killian (17.08). Parker Mallory (18.54) was #7 for EPG.

Garrett Forrest (20.47), in his first race following an injury that sidelined him 2 weeks ago, promptly ran to a personal record. Jesse Uphoff (24.26) was the ninth Titan to cross the line.

Jackson Hinthorn (25.12) dropped the most time of any Titan runner at Thursday's race, knocking 57 seconds off his all-time 2-mile best time.

On Tuesday, September 10th, the EPGJH Titans will host a 20-team invitational on the challenging 2-mile Furrow Farms course. Races begin at 4:30pm.

Holy Trinity XC Race Shortened to 1 mile EPGJH earns 3 varsity medals

[AUGUST 30, 2013] – Ten schools attended the Holy Trinity Invitational Friday afternoon. With temperatures exceeding 90 degrees Fahrenheit at the 4:00pm start time, race officials elected to shorten the length of the race to one mile. The first 400 meters and last 200 meters of the course were in the sun. The middle 1000 meters were run on shady trails. There was one uphill grade shortly before the half mile mark.

300 meters into the Girls Varsity Race, Sophi Allen (6.22) and Cate Atkins (6.23) were running 11th and 16th. Shortly after the half mile they were in 11th and 12th. With a strong last 600 meters, the EPG pair moved up to place 5th and 7th, each earning a Top 10 medal. Other varsity runners were Sarah Schug (7.07-26th), Megan Endress (7.24-35th), Olivia Eastman (7.26-36th), and Emmalee DeMarb (8.26-43rd).

Brendan Loftus (5.36) led the Boys Varsity team, moving up from 9th at 300 meters to place 5th as he crossed the finish line. Other varsity runners were Sean Supan (6.04-16th), Chris Kindig (6.17-27th), Jeb Uphoff (6.19-28th), Jordan Shelton (6.33-32nd), Aidan Killian (6.35-35th), and Parker Mallory (7.22-44th).

The Varsity Boys team placed 4th and the Varsity Girls team placed 5th. The top 3 teams earned trophies.

In the Girls Open, EPG finishers were Hannah Ludy (8.04-14th), Sophia Lowery (8.16-16th), and Saylor Welsch (10.37-30th). In the Boys Open, EPG finishers were Jesse Uphoff (9.37-38th) and Jackson Hinthorn (9.40-39th).

On September 5th, Titan Cross Country returns to Black Partridge Park to see if they can better their August 24th times on Metamora's 2.18-mile course. Races begin at 4:00pm.

18 XC Athletes Run to Season-Best at Redbird Classic Brendan Loftus Medals and moves to #11 all-time

[AUGUST 24, 2013] – Fifteen schools were competing at Saturday morning's Redbird Classic at Black Partridge Park in Metamora. The 2.18-mile course is the longest race the Titans will run this season, and 20 EPG runners met the challenge. The grass portion of the course was wet with dew for the first race, but as the morning progressed the warm sunshine dominated the day. The hilly trails through the woods were in good condition.

Seventh-graders Cate Atkins (16.16) and Sophi Allen (16.17) were the top two runners in the Girls Varsity race, with Atkins chasing after Allen the entire race and just edging her at the finish line. Varsity runners Sarah Schug (17.02), Megan Endress (17.37), and Olivia Eastman (18.41) all ran to season-best times. The girls placed 25-26-39-49-63 out of 76 runners.

Brendan Loftus (14.02) had the race of the day to lead EPG in the Boys Varsity race. The eighth-grader ran to an all-time PR with his adjusted 2-mile time of 12.52, moving him into the #11 spot all-time for EPGJH boys. He placed 9th to earn a Top 20 medal.

Jeb Uphoff (15.42) and Chris Kindig (15.43) both ran to season-best times. Sean Supan (16.21) was the Titan's #4 runner. EPG's #5 and #6 runners were sixth-graders Aidan Killian (16.30) and Jordan Shelton (17.32). Killian crushed his PR, running 2 minutes 8 seconds faster than at Heyworth. The top 5 boys placed 9-35-36-49-51 out of 94 runners.

In the Boys Open race, Parker Mallory (18.24), Jesse Uphoff (24.08), and Jackson Hinthorn (26.16) all ran to season-best times. Mallory and Hinthorn both ran over 2 minutes faster than last week.

In the Girls Open race, Tia Reilly (20.02) moved up about 30 spots in the second mile of the race to place 29th. She improved on her Heyworth 2-mile time by 3 minutes 25 seconds. Emmalee DeMarb (22.01), Hannah Ludy (22.04), Sophia Lowery (23.22), Olivia Tipler (23.44), and Saylor Welsch (25.25) all ran to season-best times. Tipler sliced over 5 minutes off her Heyworth time.

Eighteen of EPG's 20 runners ran season-best times.

The EPG Varsity Girls placed 8th. Top 10 teams for the girls were Washington Middle (48), Morton (74), Brimfield (106), Washington Central (132), Delavan (137), Germantown Hills (143), Metamora (163), EPG (197), Peoria Academy (221), St. Joseph (240).

The EPG Varsity Boys placed 7th. Top 10 teams for the boys were Germantown Hills (40), Metamora (88), Washington Central (99), Washington Middle (139), Morton (164), Delavan (166), EPG (176), Peoria Academy (190), Knoxville (217), Riverview (218).

Titan Cross Country travels to Ewing Park in Bloomington next Friday for the Holy Trinity Invitational. Races begin at 4:00pm.

EPGJH Cross Country Runs Heyworth Triangular 14 new EPG runners complete their first XC race

[AUGUST 20, 2013] – Titan Cross Country made their 2013 debut at Heyworth Tuesday afternoon under sunny skies. Temperatures were in the mid-80's for runners as they made their way through a 2-loop 1.9-mile course of mostly grass and trails.

Sophi Allen ran a great race, moving up in the middle part of the race to place 3rd. Cate Atkins (15.25-8th) and Sarah Schug (15.44-12th) ran well in their first-ever cross country race, while Megan Endress (15.46-13th) improved on her 2012 time by 5 minutes 18 seconds. Olivia Eastman (17.31-18th) was the final scorer for the Titan girls.

Also making their cross country debut were Tia Reilly (20.43), Sophia Lowery (20.55), Emmalee DeMarb (21.14), Hannah Ludy (21.15), Saylor Welsch (25.25), and Olivia Tipler (25.28).

Brendan Loftus paced the Titan boys with his 4th-place finish, matching his 13.38 time from last year. A strong EPG pack of Sean Supan (14.03-7th), Jeb Uphoff (14.08-8th), and Chris Kindig (14.15-9th) followed. Uphoff improved on his 2012 mark by 1 minute 36 seconds. Sixth-grader Jordan Shelton (15.41-12th) was the fifth runner for EPG.

Sixth-grader Aidan Killian (16.24) ran well and was followed by Parker Mallory (18.11), Garrett Forrest (18.17), Jesse Uphoff (21.28), and Jackson Hinthorn (24.58).

Fourteen of the 21 Titan runners were running their first-ever cross country race. Normal Epiphany won for the girls and Heyworth won for the boys.

The Titans travel to Metamora's Black Partridge Park on Saturday for their first Invitational of the season. Races begin at 9:00am.

Season Opens Tuesday Girls, Boys Travel to Heyworth

[AUGUST 18, 2013] – The Titan Cross Country teams travel to Heyworth's Centennial Park for a Tuesday afternoon meet vs. Heyworth and Normal Epiphany. The Girls' Race begins at 4:15pm with the Boys' Race to follow. The EPG girls have a young team with just two 8th grade runners, so it will be the first race for many of them. The EPG boys will be looking to win their 4th opening meet in a row dating back to 2010. The top returning Class 1A runner in the state, Liam Vaughn of Heyworth, will likely be out front in the Boys' Race.

First Day of Practice for 2013

Practice begins Monday, August 5th

[JULY 27, 2013] – EPGJH Cross Country kicks off the 2013 season on Monday, August 5th. All interested runners should meet near the South Pointe Park pond in El Paso at 5:30pm.

A Gridley to El Paso shuttle will be available to transport cross country athletes from the Gridley Grade School baseball diamond to South Pointe Park. It will leave Gridley at approximately 5:00pm.

Parents should plan to pick up athletes after practice.

Bring water or a sports drink and comfortable training shoes. You may also bring any paperwork that needs turned in.

Please remember that physicals are required before practicing. They must be turned in to the Junior High office or to Coach Heffron prior to participating.

We will have a lot of new runners this fall, which will be exciting for the future of our program. We are coming off a very successful 2012, and 2013 should be another great season of running for all our athletes!