

### Furrow Euro 2010 Huge Success (Results, Pictures)

(11.20.10) EPGXC's annual fall fundraiser was an overwhelming success as 153 runners registered for the 5th annual Furrow Euro English Style Cross Country Race. The weather was beautiful, low 50s and sunny with a slight breeze from the Southeast as runners from all over Illinois and four different states came to Furrow Farm in El Paso for the short but tough three-mile race. The race started at high noon and Zac Justus of Pontiac sped to an early lead. At about the 3/4-mile mark, Michael Kouri made a move into first before the big hill into the vineyard and proceeded to separate himself from the pack, opening up a ten to fifteen second gap on the field. But moving into second and putting on a solid chase effort was El Paso's own Mike Heffron. Heffron consistently pushed the pace in an attempt to close the gap between himself and Kouri, but the leader would not give up the fight. As they rounded the Horseshoe and crossed the creek for the fourth and final time, Kouri's lead proved insurmountable as he held on for the victory. Heffron settled for second and Justus ascended the finish hill right behind for third.

In the women's race, EPGXC's Julie James ran like a beast as she tore up the women's field (and most of the men's field) in an impressive 19:06 (which would have won our high school invitational in September by over 30 seconds). The next closest female was her Black Ninja Panda teammate Emily Breslford, who crossed the three-mile mark at 20:06. James and Breslford are training for the Kinney Foot Locker Cross Country Regional on November 27th, and we wish them best of luck. In the team competition, the Black Ninja Pandas (Heffron, James, Breslford, Rachel Kaeb, and Tom Smith) secured the team title with a low 45 points (scoring top four members). Kouri led his team, the Medaling Kids (with Grant Klobuchar, Luke Riffle, and Quentin Young) to the runner-up team place with 73 points. After the race, we all enjoyed a delicious soup buffet consisting of vegetable beef barley, ham and potato, vegetarian barley soup, and the famous Italian Sausage Tortellini Soup. We look forward to seeing more people, and setting a new attendance record on November 19, 2011 - mark your calendars! (Results)

### James and Miller Represent EPGXC at State!

(11.6.10) Regional and Sectional winner Julie James made her second appearance at the IHSA Class A meet and this time she brought a friend. It was a tale of two runners as Miller was on top of the world and excited to be there while James was trying to keep her breakfast down after fighting a flu bug most of the night. Miller was full of energy during the warmup and taking in the whole experience of being a state qualifier, while James kept to herself and tried to focus on her race. It seemed as if the two teammates were headed down opposite paths all morning. That is, until the gun went off. At precisely 9:00am the two EPG girls took care of business and ran the races they had been preparing for all season. James was training to run a trio of 5:50 miles, and she crossed the first mile ahead of schedule, 5:41. As she headed into the second mile, she began to fade as the long night began taking its toll on her strength. She faded to fifth as she crossed the two-mile mark, off her goal pace, but hanging tough. With half a mile to go in the race, she began her charge back, passing into fourth and moving towards third place. With 200 meters to go, she showed her speed and worked into second and charged towards the leader. As she crossed the line in 17:39, she was 50 seconds faster than her 2009 effort and the Class A runner-up, only two seconds away from catching the leader. With a little more real estate, she may have done just that. While James was putting on a show up front, Miller was running a brilliant race herself. Going out conservative and feeling good at the mile-mark is Miller's strategy, and she played it to perfection on the 6th. She moved up over twenty places over the second mile, and more importantly, hit her splits to perfection. She ran even splits, en route to a 49th place finish, and a 18:57 overall time, a 20-second PR! James and Miller represent for EPG one of the fastest 1-2 punches in the State, and look forward to putting in the work to get the team to Detweiler in 2011.

### 2010 = Best Year Ever.

(11.13.10) For the first time in school history the boys team advanced the Sectional meet. Also for the first time in school history, the girls qualified two individuals to state. Course records were set at almost every course we ran on and we placed higher as a team at the invitationals than ever before. At the awards banquet on the 13th, the two MVPs, Julie James and Joe Stuckel were crowned for the second consecutive year. The 2010 Newcomer Award went to State-qualifier Karly Miller and the 2010 Most Improved Runner was Luke Barnard. Sixteen different Titans earned varsity letters for the 2010 season, surpassing 2006's ten-member squad for the most harriers in EPG history. Three seniors were recognized at the banquet as well. Two-year member Jordan Hartness, three-year member Chadwick Oertwig, and EPG's first ever four-year letterwinner, and Captain, Joe Stuckel. All three seniors have been excellent contributors to EPGXC, Stuckel set the boys record for being the EPG #1 runner at 32 consecutive meets, Hartness was a member of the team that earned the first trophy in school history, and it was Oertwig's performance for the final four meets of the year that allowed the boys to become the first EPGXC boys team to qualify for a Sectional. We will miss our seniors.

### St. Joe: Hot Times, Fast Pizza

(9.23.9)- St. Joe-Ogden's Spartan Classic is always a great race for two reasons: speed and pizza. The course is perfectly flat and run entirely on the streets of St. Joseph, which equates to fast time for the Titans. The Girls got things started at 10:00am with their 1.96-mile race. Julie James led the entire field at the 200-meter mark and stayed in the lead pack till the end, finishing in 5th place in 11:35 and the fastest Freshman in attendance. Also running great times for the ladies were Jordan Hartness (13:04), Braden Hickey (13:34), Hannah Larson (14:41), and Sarah Ortinau (16:23). Each one hit their splits and ran great races. The girls team finished 17th this year and already has their sights set on the coveted comeback trophy in 2010. On the boys side, Titan runner Joe Stuckel is starting to reap the benefits of his grueling work ethic as he set a Titan record for the St. Joe meet in 16:24. Andy Barnard also set a season-PR in 18:13. Fast times are only part of what makes the Spartan Classic a great meet. The other: Papa Del's. The Titans thoroughly enjoyed their annual feast at the Urbana restaurant as they returned to District 11 to prepare for the homecoming dance. For the second meet in a row, coach lost the split times. He would like to blame his assistant. Final times are available on the 2009 TimeSheet.

### EPGXC Advances Two to IHSA State Meet

(10.30.10) EPGXC made history at the IHSA Class A Sectional at Elmwood last Saturday, as they advanced two individuals to the State meet for the first time ever. Julie James took the lead in the first 100 meters of the race and only looked back once (which she should be scolded for) en route to a Sectional-winning and State-qualifying time of 18:07. Coming in second for the Titans and 8th overall was freshman Karly Miller, who ran a brilliant race, moving up from 25th place at the mile mark to 12th at the two-mile before passing four more girls on her way to a 19:16 and a state-qualifying finish. Jordan Hartness ended her final IHSA XC meet on a good note, running an impressive 21:05 on a hilly course on a windy day. The fourth Titan of the day was Jenn Arbuckle, who ran 22:57 and finished an excellent freshman campaign. Injuries and illness prevented the Titans from fielding a full team at the Sectional meet, but this will provide even more motivation for staying strong and healthy in 2011. On the boys side, the bitternweet race saw great performances, but the final races for two EPG seniors. Joe Stuckel ended his streak as the fastest Titan at a school-record 3:09 in a row! Stuckel's 16:53 was not fast enough to earn a ticket to State, but will be recorded as one of the fastest EPGXC times of all time on the challenging course. Senior Chadwick Oertwig also competed in his final EPGXC race, running second for the Titans with a 17:27. Graduating our top two runners will put our young team in a difficult position next fall. Returnees include EPGXC #3 runner, Jacob Ludy, who ran a 18:00 at the Sectional and #4 Marc Hartness who ran an 18:03. Sophomore Justin Skare was the Titan #5 with a 19:07, and much-improved freshman Luke Barnard ran a 19:29 for team sixth. Freshman Josh Larson ran a gritty race, overcoming a torn Achilles tendon to post a painful 22:15. EPGXC is looking forward to a healthy and recovered Larson to lead the Titans in 2011. (Timesheet, Men's Course Records, Women's Records)

### SECTIONAL BOUND! Both EPGXC Girls and Boys Qualify for IHSA Sectional

(10.23.10)- For the first time in school history a boys cross country team has advanced to the IHSA Sectional meet. This will be the third EPGXC Girls team to advance out of one of the toughest Regionals in the state. Leading the way for the Titans was Joe Stuckel with a 16:45. Freshman Jacob Ludy was the Titan #2 and Chadwick Oertwig was right behind for the #3. Marc Hartness continued his PR-streak for the second meet in a row at 17:42. But it was a late surge by finishers Justin Skare and Luke Barnard that allowed EPG to hold off Henry by three points to take the final team qualifying spot. The race was delayed for over two hours due to lightning and thunder. On the girls side, EPGXC managed to earn its second consecutive fourth-place finish behind three state-ranked teams at the Eureka Regional. This also marks the third time the Titans have advanced as a team. EPGXC has had at least one Sectional qualifier in every year since its renaissance in 2005. The girls team was led by defending Regional champion Julie James, who managed to improve upon her time from last year, despite the poor course conditions. Her time of 17:57 won by almost thirty seconds over the nearest competitor. Karly Miller had the best Titan race of the day, a 15-second PR and an amazing time of 19:15. She is in good shape to break the 19-minute barrier at the Elmwood Sectional. Jordan Hartness had a nice talk with recruiters from ICC and Greenville after her impressive season-PR of 20:53. She is going to make a nice addition to some collegiate XC squad next year. Delaney Killian, Jenn Arbuckle, and Haley Staulcup rounded out the Titan attack with their 22:28, 23:04, and 23:46 times, respectively. Titans are looking to crack the top eight on October 30th at the Elmwood Sectional, if you see an XC runner around town, wish them luck.

### Athens!

(9.29.9)- The Heyworth Hornets gracefully passed the torch to the spirited team from Athens, as the Athens Warriors showed the most spirit at the 2009 EPGXC Invitational. The travelling trophy will be displayed at Athens High School until the 2010 EPGXC Invitational, at which point the Warriors will select the new champions. Congratulations, Athens! Spirit/Gourd Awards.

### Bureau Valley

(9.19.9)- The Titans traveled to Walnut, IL to run the in the large Bureau Valley Storm Invitational last Saturday and came away with several PRs. Braden Hickey was the Titan runner of the meet with almost a two-minute PR for the slightly long 3.02 course. Sarah Ortinau also achieved a PR on the girls side with her 28:10. Joe Stuckel was the lone boy PR as he ran an 18:07 as the fastest Titan runner of the day. Place wise the girls team finished 17 out of 26. Julie James (#15 dvestat-ranked girl in Class A) led the Titans with her 6th place 20:08. Jordan Hartness was next in for the Titans placing 61st with a 22:16. Full results from the meet available [here](#). And team splits available here.

### Course Records at New Home Course

(9.15.9) The new course records were established at Furrow Farm tonight as the EPGXC Titans raced against the Heyworth Hornets in a rare mid-week dual meet. Julie James of EPG set the girls course record at 21:24 as she led the Titans to a heart-breaking 28-30 loss against the conference rivals. Also running well for the Girls team were Jordan Hartness (23:50), Braden Hickey (25:41), Hannah Larson (27:14), and Sarah Ortinau (31:00). The Boys course record was set by our guest from Heyworth, Zach Quinn, establishing the mark in 17 minutes and 58 seconds. Running for EPGXC were Joe Stuckel (18:55), Chadwick Oertwig (19:15), and Andy Barnard (19:40). Full results on the results page, EPGXC Splits on the 2009 Timesheet

### EPGXC Places High at Peoria Heights Invitational

(10.16.10) EPGXC Girls placed seventh among 56 schools in attendance at the Peoria Heights Invitational Saturday, led by Julie James's first place 17:54. Karly Miller also medaled with her 18th place 19:57. Jordan Hartness had an excellent race, finishing in 21:09. Jenn Arbuckle and Haley Staulcup worked together like a wolfpack running good splits towards great times of 23:13 and 23:12, respectively. The ladies were the second team from the Elmwood Sectional to finish, as they look towards PRs in the post-season. In the Boys Race, Senior Joe Stuckel led the way for the Titans with a 17:12. Chadwick Oertwig was second for the Titans with a 17:49. The freshman duo of Jacob Ludy and Marc Hartness were the final two finishers for the Titans as the remainder of the team was marching in Mahomet with the rest of the Titan Marching Band. This marked the end of the regular season for the Titans and their highest finish as a team in a large invitational. Team members celebrated with a team meal and are looking forward to Taper Week which starts October 25th.

### Amboy

(10.11.10)- With only two weeks left before the IHSA State series kicks off in high school cross country, EPGXC is dropping ridiculous amounts of time as a rigorous regimen of training is paying off on the race course. The Titans competed in three separate races at Amboy, starting with the girls varsity race. We had set very aggressive goals going into the race and prepared ourselves to focus on Pacing Every Piece to achieve those goals. As it turns out, our aggressive goals were not aggressive enough as the ladies blazed past coach's goal times en route to even better times than expected. Leading the way was Julie James. Julie was making a move at the 800 mark ahead of her goal pace by five seconds. She felt good and continued to push the pace: coming through the mile mark in first place by sixty yards at 5:38. She did not fade from that impressive first, and actually doubled her lead during the second mile, crossing the two in 11:10 with a 40-second lead over second place. Her last 0.92 was equally impressive as she finished in 16:47, exactly one minute ahead of every other girl at the race, the second fastest time on the course, ever. Karly Miller was the second member of the EPGXC ladies to cross, breaking the 19:00 barrier with her 18:59. She looked aggressive and strong, but after the race claimed, "I think I can go even faster, my last mile felt slow". Jordan Hartness continued to run strong, as her 20:42 put her ahead of 18 other third runners, 12 other second runners, and would have been the fastest time for six other teams. The Wolfpack: Haley Staulcup, Delaney Killian, Caroline Eastman, and Jenn Arbuckle, went out aggressive and stayed aggressive. Staulcup crossed the first mile in 7:18, the two at 14:20, and finished in an awesome 21:29 - a full three and a half minutes ahead of one month ago. She crossed right in front of Killian who ran almost identical splits. Within 15 seconds of Staulcup and Killian was Eastman, whose 21:46 crushed her season-opening 25:47 by almost exactly four minutes. Jenn Arbuckle was the 7th fastest 7th runner for the day, finishing in 22:18. EPGXC placed 13th of 30 teams and 4th among the ten schools from their Regional (behind state-ranked Tremont, state-ranked Elmwood, and state-ranked Eureka). On the boys side, the Titans came to race as five of six boys posted PRs and Senior Captain MVP Joe Stuckel posted a new school record, 15:44 (converted to 16:09 for 3.00). Stuckel finished 31st overall to lead the Titans to a 16th place finish among 36 teams. The race of the day may belong to Chadwick Oertwig, whose 16:19, eclipses all his previous performances by over 40 seconds - a huge breakthrough for our speedy senior. On his heels, freshman Jacob Ludy set a season PR with his sub-17, 16:49. Another freshman came in as EPGXC's fourth, Luke Barnard, and his PR of 17:55. He crossed with sophomore Justin Skare (17:56), the first either had been below 18 minutes. EPGXC's sixth man, Marc Hartness crossed in 18:13, which is within 10 seconds of his season PR. In the open race, Jessica Welch and Hannah Larson went out in good first miles of 8:13 and 8:40, respectively. They finished back-to-back in 17:28 and 17:30. Up next for EPGXC, Peoria Heights Invite on October 16th @ Detweiler. Full results can be found at [ivs.org](#).

### EPGXC Invite- Where the Wild Things Run.

(9.29.9)- "Nineteen is my lucky number, so I knew it was going to be the best year for the invite, yet," said Coach Melick about the 2009 EPGXC Invitational, referencing the number of teams in attendance at this year's meet. 417 registered runners took to the fields and streams as they competed to win not only the individual t-shirt-awards and team trophies, but the Team Spirit Award, the Gourd Award, and the right to be crowned "King of all Wild Things". The 2009 King of all Wild Things went to Cornerstone Christian Academy's Sean Larsen, winning the Men's Varsity Race in 17:00. Top male Titan was Joe Stuckel (10th place), tearing up the diabolical course in 17:40. "The guy is an animal," Melick said of Stuckel, "he's at every morning practice, every afternoon practice, and when I say go run 90 minutes, Joe pushes the whole thing. He's earned every PR he's collected this year, and he's just getting started collecting them. When I get the EPGXC Course Record Page finally finished look for 'Joe Stuckel' as the course record holder for EPG on every course he runs". Men's team champion was Illini Central in one of the closest men's races in the history of the event. Second through fifth, were only separated by seven points, and there was a tie (separated by 6th men) for fourth. The Queen of all Wild Things was again McNamara's Aimee Sims, bettering her 2008 winning time by running a 19:08 in 2009. Julie James led the Titan attack with her 5th-place 19:59. "She looked strong," Melick said of James, "She's probably the most competitive athlete I've ever known. If you're in her sights at the end of a race, she will catch you and probably beat you, just watch the video of her anchor leg on the 4 x 400 at (IESA) State last year". All five Titan women bettered their times from the same course just two weeks ago, and this time it had barriers. "I'm real proud of our women's team," Melick bragged, "This is the first year on the team for all of them but Hannah Larson, the sole returning letterwinner, and I know it's tough on their minds and bodies, but they are toughing out some brutal mileage, I'll be excited to see their faces when they reap the rewards at the end of the year". The women's team champion was the ladies' squad from St. Teresa. In the open races, the women's open was won by Athens's Veda Dixon and the Eureka men absolutely dominated the men's open, taking the first four spots. Andy Barnard and Chadwick Oertwig just missed earning Top-Five shirts in the open, placing 6th and 7th, respectively.

### Julie James Earns first EPGXC All-State Performance in History!

(11.7.9)- It was going to be a historic day regardless of the outcome as EPGXC would have its first competitor in the State meet in school history, the questions was, "how high would she finish?" Would she crack the fastest 50 girls in Illinois? Would she be in the Top 25 and earn All-State honors? We would have to watch the race and find out. The freshman arrived at the course at 7:30am and began preparing herself for round one of IHSA State. She looked sharp in the warmup and when the race started at 9am, Julie was out with the leaders. After the first half-mile a lead pack of five or six girls was up front and Julie was in the middle of the pack behind the front five. She came through the mile mark around 5:47 and in great position to make a move to the lead group. The opportunity to move did not present itself in the second mile and Julie remained around 15th place as she crossed the two-mile mark just over 12 minutes. She began to pick up the pace, but the competition was stiff. Despite running against the best girls in Illinois, Julie managed to pass several in the last mile and moved up to 11th overall, earning All State honors and beating all other freshmen in all of Class A. She posted an excellent time of 18:23, Splits here.

### STATE BOUND!

(10.31.9) Julie James placed second in the IHSA Class A Sectional at Elmwood to become EPGXC's first state qualifier. James led most of the race before Kristen Garwood of Springfield Lutheran made her move and won the race, leaving James in second. Julie will race this Saturday at the IHSA State Meet at Detweiler Park in Peoria at 9am. A caravan of fans will leave South Pointe Park in El Paso at 7:30. Admission to the State meet is \$10 per vehicle regardless of number of occupants so carpooling is encouraged. **Sectional Recap!** (10.31.9)- With the most Sectional qualifiers in school history running Saturday, the meet was destined to be an exciting one. The ladies and gentlemen of EPGXC did not disappoint. In the 10:30am girls race, Braden Hickey was the outstanding Titan of the day, ripping off three consecutive miles at 7:21 pace for a 22:04 overall time and a season 3-mile PR. Julie James ran an impressive 18:39 to lead the Titans to a thirteenth place team finish in the tough Elmwood Sectional. Jordan Hartness's 21:17, Hannah Larson's 24:06, and Sarah Ortinau's 26:30 helped the Titans place the highest in any Sectional meet in school history. On the boys side, top Regional performer Chad Oertwig ran a gritty race before the hills took their toll and he ended up with an 18:15. Top male Titan for the 11th meet in a row was Joe Stuckel. Joe ran the best race of his life and traversed the hills of Maple Lane Country Club in 16:41, only 13 seconds away from qualifying for the State meet. It was not only the top time for a Titan at Elmwood, but in the Sectional Meet as well. and

### Women's Regional Recap, 2009

(10.24.9)- The Titans looked clean and sharp on a messy sloppy course this morning at the Eureka Class A Regional. The Titans were able to take fourth place as a team and qualify for Sectionals thanks to 3-mile PR performances from Jordan Hartness, Braden Hickey, and Hannah Larson. Julie James led the majority of the race, but had to come from behind in the final 200m to outkick Kalla Gold of Eureka to win the Regional. Jordan Hartness ran an amazing negative splits on her way to a PR of 20:45, the third fastest time for a Titan at Eureka, ever. Braden Hickey ran an awesome second and third mile to earn her PR of 22:16. Hannah Larson and Sarah Ortinau were in a van on their way to a band competition a little earlier than expected thanks to their fast times of 23:38 and 26:06. The Titans accumulated 114 points, to place fourth behind Eureka (26), Elmwood-Brimfield (55), and Tremont (73). The ladies will compete this Saturday in the Elmwood Sectional at 10:30am; bus leaves the link at 7:30am.

### Men's Regional Recap, 2009

(10.24.9)- After the Julie's impressive finish, and what we suspected was a Sectional-qualifying performance from the ladies, the men were ready to pounce and devour the competition as well. Without a full team, the three Titan men were forced to compete for the five coveted individual spots. Delavan's Will Cross and IVC's David Webber were hoping to lead their team to sectionals, but with Eureka, Elmwood, Tremont, and Fieldcrest taking the top four team spots, only one more team could make it. IVC beat Delavan by one point for the last spot, meaning Will Cross and his impressive 15:47 would take the first of five individual spots. The second of five spots went to Justin Mikesell of Peoria Christian in 15:59. At the mile mark, Joe Stuckel of EPGXC was squatting on the third spot, but Austin Nau of Illini Bluffs and Noah Scaff of DeeMack were on his heels and taking the last two spots away from EPGXC's Andy Barnard and Chadwick Oertwig. Halfway through the second mile it looked like Chad and Andy had a chance to make a move for the final two spots and the race to qualify was on. After a first mile of 5:59, Chad tore through his second mile in 5:46, making up time on Nau and Scaff. But it was his third mile of 5:20 that allowed him to finally surpass both Scaff and Nau before getting edged by Nau at the finish while claiming the fifth and final individual ticket to Sectionals. Barnard also managed to catch Scaff and was the sixth individual, missing sectionals by a single place. All three Titans destroyed their times from 2008. Timesheet and Record Page.

### Full Plate of Races on October 17th

(10.17.9) The day started at 8am as Coach Melick laced up the sneakers to put his money where his mouth is in his third consecutive [Farmdale Trail Run](#). He fared about as well as to be expected, slipping through the sloppy 8-mile run in just over an hour. He ran straight through the chute and to his truck before he sped from East Peoria to Normal, IL to join the rest of the high school team in watching the IESA State Meet as EPG runner Karly Miller was competing for the Titans. Karly ran excellent to earn her second consecutive 2-mile race under 13:00 to place 35th. There was not much time to celebrate, however, as the team boarded the bus at Normal West to head to their meet in Peoria. Detweiler Park was in excellent condition as the Titans were ready to earn some PRs. Up first was the girls race and Julie James again led the Titans. She followed Kristen Garwood of Springfield Lutheran for two miles, before taking the lead and owning the third mile to win her fourth consecutive meet in a row in 18:10. Jordan Hartness was next through the chute for the Titans in 21:06, followed by Braden Hickey in 22:51. Hannah Larson and Sarah Ortinau came through in 24:04 and 26:28, respectively, and then the ladies had a nice tour of the trails around Detweiler as well as the glorious river view.

The men's race featured Joe Stuckel of EPG setting a new team record for Detweiler in 16:39. Andy Barnard was in next in 17:52, five seconds ahead of teammate Chadwick Oertwig. The Titans looked a little tired after the hard work of workouts, but most are looking forward to a week of taper before the Eureka Regional. The Titans celebrated the end of the regular season with supper at Joe's Crab Shack.

### Fourth (and final?) Course Ready to Run at Furrow Farm

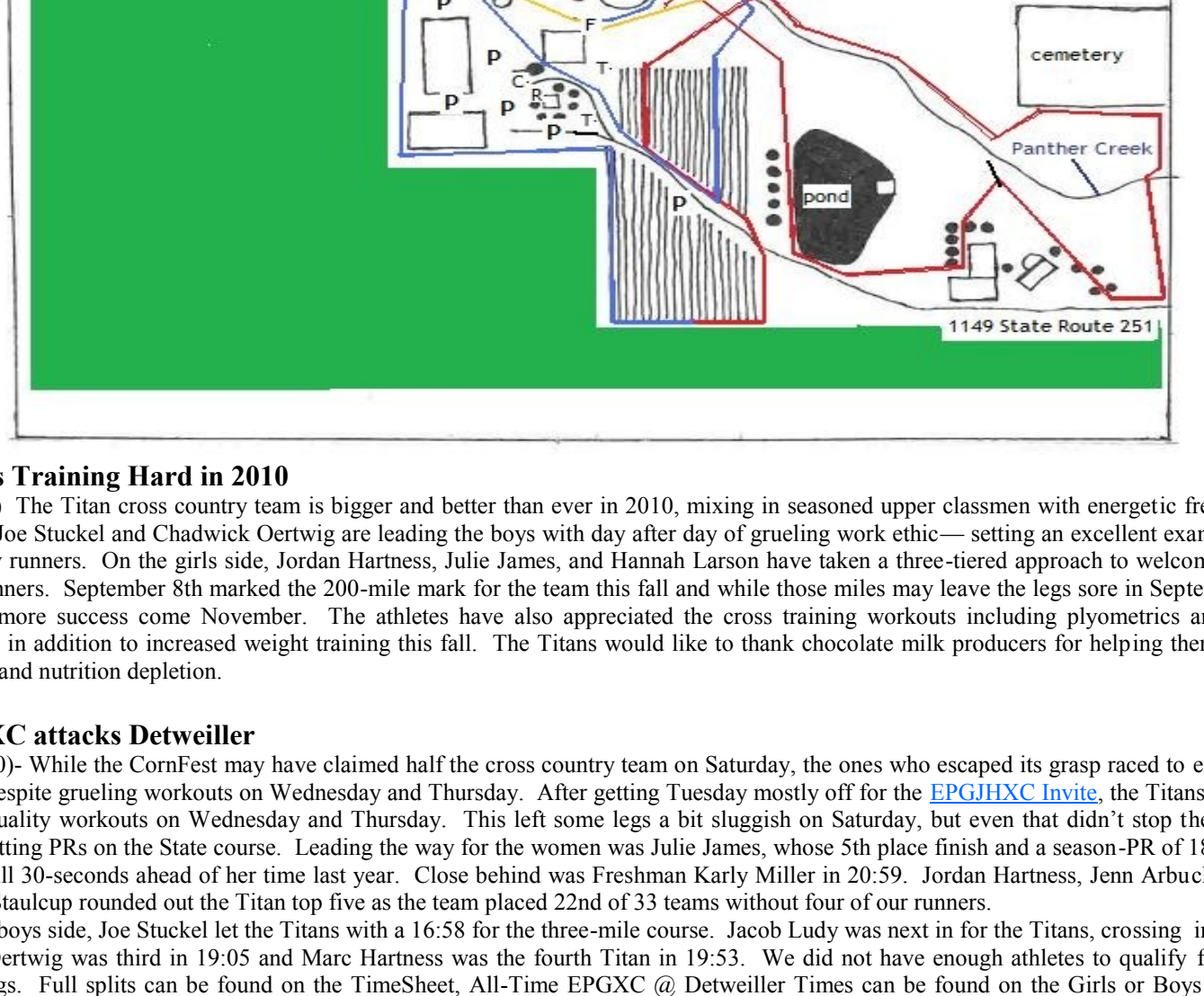
(9.1.9)- For the first three years of EPGXC, the EPG home cross country course has been altered to reflect changes in farming practices at the host Furrow Farm. This year is no different as a new layout with more creek crossings, more uphill, and more fun has been designed, flattened, and prepared for a great season of racing. An illustration of the course can be found below, and beneath that is a verbal turn-by-turn description of the runners path to glory.

### Description of the New Course

MILE ONE. The starting line is at the west end of the flood plain and will head straight East for 200 yards before a 90-degree right turn and a quick ascension up the pond dam before running alongside the West bank of the pond. After passing the tennis trees, the runners traces the South end of the pond and heads up the pond for the pine-tree wind break. After turning left between the pine trees and the tennis court, the course descends the dam and head for the utility pole at the bottom of the hill. After making a lazy right turn around the utility pole the course heads through the front yard and underneath the catalpa trees. The runners then turn left towards 251 and upon reaching 251, another left turn directs them to their first crossing of Panther Creek. "The Doozy", as the first crossing has been dubbed, has a steep bank on the North side of the creek before heading up the hill to the cemetery. At the cemetery the course veers left and heads down the hill before it follows the North bank to the second crossing, "The Old Crossing". After making the left turn and "The Old Crossing", runners cross the starting wedge and head up the steepest of the new hills followed by a trip through the vineyards. After exiting row 7 of the vineyards, runners head East along the North side of the driveway until the end of the vineyard. Then they cross the road and run South to get behind the South vineyard. A right turn and twenty yards later they have reached the first mile mark.

MILE TWO- Runners continue West behind the South vineyard until they reach the row, which they will run through and head left (West) towards 139. When they reach the field they will curve right along the driveway until they reach the path in the middle of the waterway which will follow the waterway North until a right turn will take them up and down the "Old Oak Circle". After circling the oak, they will head up the hill and past the brick piles before a right turn takes them behind the grain bin. After passing the grain bin, they cross the left yard and run through the cattle chute. Then they trace the North side of the driveway all the way down to row 17 of the vineyard. At row 17, the course turn left and runs through the vineyard and down the hill to the starting wedge. Runners will head for the South bank and trace it West as it curves towards the two-mile mark and the junior high finish line. At the top of the hill, the Junior High Course ends and the High School course begins mile three.

MILE THREE- Runners will pass the junior high finish line and head West back to the waterway which took them to the "Old Oak Circle". This time, instead of turning right and going around the Oak tree, runners will head straight and then turn left and follow the South bank of Panther Creek for a quarter-mile until they reach the "Gravel Crossing". Runners will turn right to make their third transit of Panther Creek at the "Gravel Crossing" before making a loop in the "Big Trees" portion of the course. After that small clockwise loop the runners will hug the North bank of Panther Creek as they head back East towards The Old Crossing. Before they get to the old crossing, runners will have to make one more right turn to get in "The Horseshoe". Once runners enter The Horseshoe they only have 400 meters to go and some may choose to start their kick. After they finish the Horseshoe they follow the Creek for another 50 yards before they head South across the Old Crossing and across the starting wedge in a bee-line for the finish. After a quick charge up the hill runners hop the final straw bale and cross the line to finish what many will feel is the toughest course they'll run all year.



### Titans Training Hard in 2010

(9.8.10) The Titan cross country team is bigger and better than ever in 2010, mixing in seasoned upper classmen with energetic freshmen. Senior Joe Stuckel and Chadwick Oertwig are leading the boys with day after day of grueling work ethic - setting an excellent example for the new runners. On the girls side, Jordan Hartness, Julie James, and Hannah Larson have taken a three-tiered approach to welcoming the new runners. September 8th marked the 200-mile mark for the team this fall and while those miles may leave the legs sore in September, it means more success come November. The athletes have also appreciated the cross training workouts including plyometrics and pool running in addition to increased weight training this fall. The Titans would like to thank chocolate milk producers for helping them avoid fatigue and nutrition depletion.

### EPGXC attacks Detweiler

(9.11.10)- While the CornFest may have claimed half the cross country team on Saturday, the ones who escaped its grasp raced to excellent times despite grueling workouts on Wednesday and Thursday. After getting Tuesday mostly off for the [EPGJHXC Invite](#), the Titans needed some quality workouts on Wednesday and Thursday. This left some legs a bit sluggish on Saturday, but even that didn't stop the Titans from setting PRs on the State course. Leading the way for the women was Julie James, whose 5th place finish and a season-PR of 18:39 put her a full 30-seconds ahead of her time last year. Close behind was Freshman Karly Miller in 20:59. Jordan Hartness, Jenn Arbuckle, and Haley Staulcup rounded out the Titan top five as the team placed 22nd of 33 teams without four of our runners. On the boys side, Joe Stuckel let the Titans with a 16:58 for the three-mile course. Jacob Ludy was next in for the Titans, crossing in 18:11. Chad Oertwig was third in 19:05 and Marc Hartness was the fourth Titan in 19:53. We did not have enough athletes to qualify for team standings. Full splits can be found on the TimeSheet, All-Time EPGXC @ Detweiler Times can be found on the Girls or Boys Course Record Page.