

Team Records Fall at NCHS Open

(9.4.10) EPGXC has the largest team in school history and started the 2010 campaign by setting new course records for the Maxwell Park three-mile course. Joe Stuckel (17:23), Jacob Ludy (18:34), Chadwick Oertwig (18:56), and Josh Larson (18:59) have the new top four times for the three-mile course, dethroning Joe Stuckel's 2009 time (19:02) and Pierce Furrow's 2007 time (19:09) from the top spots. Also cracking the Top Ten Titans was Marc Hartness (19:38). Luke Barnard was the sixth Titan to cross in the boys race with a 20:41. In the girls race, Sophomore Julie James won the girls varsity race in 18:59, which is over a minute faster than her effort on the same course last year (20:16). Also making the Top Ten Titans for the Maxwell Park course were Karly Miller #2, Jordan Hartness #4, Delaney Killian #6, Jenn Arbuckle #7, and Haley Staulcup #8. Also having excellent races for the Titan women were Jessica Welch, Caroline Eastman, and Hannah Larson. Times and Splits. Course Records.

Titans Heating Up (Timesheet, Men's Course Records, Women's Records)

(9.21.10)- Despite a grueling mile-repeat workout in the heat on Monday, and temperatures again reaching the upper 80's on Tuesday, the EPGXC team was able to push forward with PRs at Heyworth on September 21st. Jordan Hartness ran to a season PR of 22:30 and was right on the heels of EPG freshman Karly Miller. Also running a stellar time was Haley Staulcup, who took 50-seconds off her lifetime PR to run a 23:55. The PR-of-the-meet, however, was all Caroline Eastman who took her three-mile PR from 25:47 down to an impressive 24:19 with perfect splits of 8:06-8:06-8:07! On the boys side, senior Joe Stuckel ran his smartest race of the year with even splits of 5:32-5:38-5:43 leading him to a 16:53 season PR. Also PR-ing for the boys was freshman #2 runner Jacob Ludy, who finally broke 18-min plateau with his negative splitting 5:57-5:54-5:51, 17:42. Chadwick Oertwig looked back on track with a season-PR 18:37, and right in front of him was freshman #3 Josh Larson with his lifetime PR of 18:33. At the beginning of the year, Luke Barnard set a season goal of 20:00; his 19:58 last night will force him to rethink his 2010 campaign. Nice job Titans!

EPGXC Earns PRs, Medals, and Trophies at Delavan (Timesheet, Men's Course Records, Women's Records)

(10.2.10)- EPGXC celebrating Homecoming at Delavan by earning several PRs, a few medals, and a third trophy to add to the growing trophy case. Delavan runs a lighted invitational so each runner was on their own on the chilly and windy morning. In the 7-girl race, Caroline Eastman medaled with her 3rd place finish. In the 6-girl, Jenn Arbuckle also earned some hardware with a second third-place finish, and a season PR. Delaney Killian ran well in the 5-girl, running negative splits both miles. Haley Staulcup really stepped it up and her 22:55 season PR helped the Titans earn the third place trophy. Jordan Hartness returned to form with an impressive 20:30, but the race of the day was Karly Miller's 19:06. She looked like a potential state-qualifier as she slugged out three tough miles. Julie James sat back for two easy miles before ripping off a 5:15 last mile en route to a 17:58 overall victory. On the boys side, Justin Skare ran a season PR and senior Joe Stuckel almost pulled out a victory in the one-man race as the EPG boys finished in fourth place behind three quality squads. The teams are looking stronger than ever as they head into the final weeks of the season. Up next is conference action at Tri-Valley on Oct. 7 and then one of the largest Class A events in Illinois: Amboy Invitational.

Coach Bobbitt, XCDs Victorious at Homecoming Challenge

Kyle Bobbitt blazed the 0.8-mile course in 4:23 to become the first ever champion of the EPGXC Homecoming challenge. XCD (cross country dads) Mike Heffron was right behind in 4:25. Rounding out the top five were Junior Collin Buchanan, Unit 11 Employee Justin Kissinger, and Sophomore Dylan Steffen. The XCD's (and the rest of the parents team) pulled out a two-point victory over the Unit 11 Employee Team. The sophomores outscored the other classes with their 89 points. The Freshman were second, the Juniors third and the Senior class came in last with 134 points.

EPGXC Wins Individual Titles, Heyworth Packs Up Team Wins

(9.14.10)- The HOIC Heyworth Hornets brought big performances in a small bus to Furrow Farm on Tuesday, to take on the EPGXC Titans. In the girls race, EPG's Julie James led from the gun to the line over worthy adversaries Hannah Bobbell of Heyworth and Kaley Ummel of Lexington. All three girls looked smooth and strong for a weekday meet on a difficult course. The Titan women came up five points short of the victory, however, and Heyworth's 35 was enough to hold off EPGXC's 40. In the boys' race, Senior Captain Joe Stuckel put the hammer down the third mile to hold off the closing pack of Hornets. Stuckel took the individual title, but the next six places went to Heyworth as the Hornets out scored the Titans 20-42. Results for all teams, Splits for EPGXC, and Men's and Women's Course Records.

Titans Take Five Trophies at SJO (Timesheet, Men's Course Records, Women's Records)

(9.25.10)- EPGXC claims five individual trophies at the SJO Invitational on Saturday. In the girls race, Julie James ran perfect even splits of 5:35 and 5:35 for an 11:11, which is good enough for the 6th fastest time in the 40-year history of the event as well as first place for the day. Karly Miller, also earned a trophy by placing 32nd and running an impressive 12:18. Jordan Hartness was the third Titan to trophy at St. Joe with her 13:22. All seven Titans bested 15 minutes as Delaney Killian ran 14:06, Haley Staulcup ran 14:39, Jenn Arbuckle went 14:40, and Caroline Eastman ran a 14:57. It was a great day for the Titan ladies as they placed 13th out of 34 schools in attendance. On the boys side, Joe Stuckel became the first member of EPGXC to ever break the 16-minute mark with his 15th place 15:56. Jacob Ludy also earned a trophy before heading off to score goals on his hockey team with a season-PR of 17:09. Chad Oertwig had a breakout race and even splits leading him to a 17:33. Marc Hartness was the four-man for the Titans with his 18:05. Justin Skare continues to move up as his 19:50 marks a massive PR. Luke Barnard got his second PR of the week with a 19:28. Freshman Josh Larson showed tremendous heart and courage as he suffered a season-ending injury in the middle of mile two, but still gritted out a 19:51 finish before being carried off the track. The boys placed 19th of 34 schools.

Titans Edge U-High by One Point at Olympia F/S Invite

(9.30.10)- On a blustery Fall day, the Titan women's FS Team packed their three, four, and five girls all in front of U-High's fifth runner during the last mile to overcome the Pioneers for second place at the FS Invite. All five scorers earned medals, and Julie James and Karly Miller even managed to place in the top five. On the boys side, Jacob Ludy led the FS team to several medals, but they did not have enough runners to compete for a team place.

The Beast Devours Athletes

(9.28.10)- Cross country runners from across Illinois travelled to El Paso to compete in the 5th EPGXC Invitational. The theme for this year's race was "Tame the Beast!" and several runners managed to overcome the dozens of hills, barriers, and creek crossings and post impressive times on the brutal three-mile course. The top female BeastTamer for 2010 was Emily Devereux from St. Teresa, who led her team to a 28-point total and the team championship. EPG's Julie James came in second, and the Titan women finished 8th of 21 schools. On the boys side, top BeastTamer for 2010 was Brian Scoggin from Gardner South Wilmington as he wrestled the lead away from Pontiac's Zac Justis in the last half mile to win in 16:55 to Zac's 16:59. Those places weren't enough to hold off the Heyworth's boys team as they packed their entire top five into the top twenty and won the team trophy for 2010 with a 89-point day. Top Titan was Joe Stuckel for the 25th straight race in a row. His 16th place led the Titans to a 12th place finish in the 21-school race. Gourd Award winners for 2010 EPGXC were Haley Staulcup and Justin Skare. It seemed like everyone had a good time at this years event, and local paper [The Pantagraph](#) had a beautiful article about the event the next day. Don't miss your chance to run this course on Nov. 20, 2010 by signing up for the [2010 Furrow Euro](#).

BV Storm Invitational- Coincidence? (Timesheet, Men's Course Records, Women's Records)

(9.18.10)- EPG was at the Storm Invitational last Saturday, so was it merely a coincidence that the varsity races were delayed an hour due to storms? Perhaps. What was not a coincidence was how EPGXC's training has been paying off in PRs and course records at every meet thus far this Fall. The Fresh-Soph Boys got the morning started with a shortened 2.5-mile run. Jacob Ludy led the Titans to a fifth place finish as a team and earned the first trophy of the year for his 13th-place finish in the race. Marc Hartness ran excellent splits in the F/S race as well to earn EPGXC's Runner-of-the-Meet. In the girls Varsity race, Julie James finished fourth place and Haley Staulcup was runner of the meet as the ladies placed 13th in the large upstate invitational. Greenville College stopped EPG's Jordan Hartness after the race to talk about the possibility of becoming EPG's first collegiate XC athlete. In the boys varsity, Joe Stuckel ran a gritty race on a slick course to earn 17th place and EPG's third trophy of the morning. Nice job Titans, next week, St. Joe!

SPARC is Firing Up Running at EPG

(8.4.08)- In its first year under the new name, the South Pointe Area Running Club (SPARC) provided running opportunities and lots of fun to several area youth. The participants in the free club were able to take part in relay races, scavenger hunts, mini-triathlons, and even our own version of the SPARC Summer Olympics. Club founder, organizer, and coach Mike Heffron put in a lot of hours to make sure the club was both fun and educational. The kids learned some technical information about running and more importantly, how much fun running can be. With over 40 kids attending throughout the summer, the inaugural year of SPARC was just the beginning. Look out next summer for the SPARC to catch fire. The club meets on Sunday, Monday, Wednesday, and Friday afternoons at 4pm in South Pointe Park in El Paso. Look for starting date and more SPARC information next Spring.

Runners Prepping for 2008 Season

(8.13.08)- Today marked the first day of practice and the Titan Cross Country squad looks ready to rumble. Returning two of three girls from last years squad and adding two more brings the girls team up to four runners. Hannah Larson and Emma Kirby will be joining returning letterwinners and Captains Emily McCormick and Robin Eastwood as they tear up the courses of Central Illinois in what is sure to be a successful 2008 season. The boys squad graduated three-time MVP Pierce Furrow and founding member Thomas Forman as well as Mike Bean, but added Jeremiah Larson and Chadwick Oertwig to bring their numbers up to six. Returning to the squad are Sam Stuckel, Andy Barnard, Joe Stuckel, and Christopher Sharkey. The six have big plans for fast times and have started the training necessary to make their goals a reality.

WELCOME TO THE NEW PAGE. (8.31.08)

It has been a long time coming, but the EPGXC page is finally updated. We've added stories, results, and pictures about our past, details and schedules for our present, and entry forms for races in the future. Browse around and spend some time with EPGXC, feel free to leave a question for the webmaster/coach if you feel the need and we'll see you on the course. If you look at the navigation bar to the left you'll see all the pages you'll need. This is the home page where you'll get a brief history of EPGXC as well as the current "articles" as written by coach. The next page has the EPGXC 2008 schedule, so you can make travel plans to go watch us run. After that is the picture page, which contains photos of the team, the course, past meets (like the EPGXCR and the Furrow Euro) and photos generally related to running. The next page contains entry forms for races somewhat connected to EPGXC (including the CornFest 5k and the Furrow Euro). The Race Results page has times and places of races held at the home course at Furrow Vineyard. The links page offers links to the EPG district site, the Junior High Cross Country page, as well as some other sites which are of use to our runners and runners in general. Enjoy!

Heffron Dominates CornFest 5k

(9.7.8)- EPG Junior High Cross Country Coach, Mike Heffron took first place in the SPARC CornFest 5k on September 6th during the El Paso Corn Festival. He blazed the grass and trail course in 17:47 to take first by over three minutes before Brian Steffen of Gridley came in second. Junior High cross country runner Julie James was the first female and took care of the course in 22:01. Former EPGXC stud muffin, Pierce Furrow dusted off the sneakers and came out of retirement for a fourth-place 22:15 showing. Danielle Ludwig, Bill James, Amy Copple, Chris Oertwig, Frank Vogel, and Matt Barnard rounded out the top ten. Full results available on the results page.

Titans Tear Up South Pointe Course

(9.16.8)- Eight Titan Harriers descended upon South Pointe Park in El Paso today for the home opener to the 2008 season. Three Titans crossed the finish line in the first meet of their lives. Hannah Larson, Emma Kirby, and Jerry Larson all completed their first cross country meet ever. Chadwick Oertwig completed his first cross country meet in a Titan uniform after spending most of last year with DeKalb. Sam Stuckel completed his first race as a year older as today was his birthday (hooray for brownies!). The fastest Titan of the day, however, was brother Joe Stuckel who blazed the course in 18:37 to lead the Titan attack. On the girls side Emily McCormick ran a strong race to finish in tenth overall and first for the female Titans. Robin Eastwood ran a 26:32 to place second for the Titans. Full Results available on the "results" page. Congratulations to Bloomington Central Catholic runners on winning both the girls and boys team scoring. Up next for the Titans is a long drive up to Walnut, Illinois for the Bureau Valley Invitational. There will be several teams from throughout Central and Northwest Illinois at the meet, the Titans are looking place well and run fast on a hilly course with lots of turns.

Perfect PR Percentage at Bureau Valley

(9.20.8)- All nine Titan cross country runners earned a season PR at the Bureau Valley Invite this morning. Leading the PR Parade was Emma Kirby with her 3:11 PR. The Titan boys placed fifteenth in the varsity boys team competition. Next up for the Titans is the always-entertaining St. Joe-Odgen Invite with pavement and pizza.

Titans Devour Pizza at Papa Del's; (they also ran well at the meet)

(9.28.8)- For the second meet in a row, 100% of Titan participants ran to a personal record. The girls had it easy by running their first two-mile race of the year (an automatic PR). That didn't stop Emily McCormick from leading the Titan attack with a 13:26. Sam Stuckel was the male leader of the pack, running the fastest time ever for a Titan at the St. Joe invite: 16:42. Other three-mile PR men include Joe Stuckel (17:33), Chadwick Oertwig (18:33), and Jeremiah Larson (20:24). "I was particularly impressed with how our boys stepped up this week and broke some thresholds," said Coach Michael Melick who enjoys quoting himself in the third person on webpages few people will read. "Especially the way they attacked that third mile. If you look at Chad's split on mile three, you can tell he really got after it." Splits can be found on the 2008 Time Sheet available on the results page.

Heyworth, Olympia, McNamara all winners at 2008 EPGXCR

(9.30.8)- Fifteen teams made the trip to El Paso this afternoon for the third annual EPGXCR. The course was changed slightly from previous years: a few trees were replaced with dirt, the creek was still swollen from those mid-September rains, and the finish line was guarded by two large straw bales, but the athletes came ready to party. The first race of the day was the girls varsity. It also turned out to be the closest team-scored race of the day as well. McNamara High School edged St. Teresa by three points to take the first place trophy and Olympia tucked in for third. Aimee Sims of McNamara was first while Ellen Devereaux of St. Teresa took second. EPG's top finish was Emily McCormick in 22nd place running a 23:19. The course is exceptionally difficult and a congratulations goes out to all who even finish. Next up was the boys race. A two-man duel developed by the half-way mark between Brian Peterson of Olympia and Garrett Wasson of McNamara. Wasson was trying to win the second #1 shirt for McNamara as he took his lead to the 2.5-mile mark, but less than half a mile to go, Peterson made his move and never looked back. In the end Peterson's 17:13 was enough for the victory. Peterson's teammates were close behind (5th, 9th, 10th, and 13th) and Olympia cruised to the team title; their 32 points manhandling the competition. In the open races Val Belcher of McNamara and Phil Johnson of Prairie Central will get to wear the #1 shirt with pride for the rest of their lives.

Oly Fresh/Soph Invite "awesome"

(10.2.8)-The Titans decided to divide and conquer last Thursday as the three Fresh/Sophs boarded the mini-van for Olympia as the upperclasspeople stayed and completed a grueling workout. Freshwoman Hannah Larson took advantage of the beautiful Fall weather to post a massive 1:37 PR to run a 25:15. Hannah looked strong throughout the race and for the first time this year kept all her splits under nine minutes. "The key to running your best possible race is mastering the art of even splits," theorized Coach Melick, "Hannah is starting to figure that out and that can only mean big things are coming. I wouldn't be surprised if she is under-25 [minutes] on Saturday [at Walt Dare Invitational at Delavan]. Also representin' EPG at the Olympia meet were gentlemen Joe Stuckel and Chadwick Oertwig. Both had their best performance of the year (to date). Joe's coach-appointed goal was to keep all three splits under six minutes and he nearly accomplished that task running 5:37-6:04-5:52 for a 17:33 total time on the 3.0-mile course. This ties Joe's time from the asphalt 2.9-mile drag race at St. Joe (no relation). Chad also nearly bested his St. Joe time (18:33) with his 18:37. Chad was supposed to keep all his splits between six and six-and-a-half and he managed to do just that: 6:00-6:28-6:09. Full time sheet here.

Homecoming Inspires Ladies to PRs!

(10.4.8)-The Titan Football team wasn't the only team continuing their celebration at the dance Saturday night (btw- congratulations on a great game, gentlemen). The Lady Titan cross country team had 100% PRs at the Walt Dare Delavan Invite and dropped a combined four-minutes of time. Robin Eastwood dropped the most time (1:38) for the Titans and also had the fastest third-mile split (7:10). Emily McCormick was the Titans fastest runner of the day (21.50) and had the second biggest time drop (1:23). Hannah Larson took another 1 minute and eight seconds off her one minute and 37 second PR from two days earlier to shatter the 25-minute barrier and run a 24:07. Emma Kirby also snuck under the 25-minute barrier with a solid PR-tying 24:26. On the boys side, Jerry Larson set out to break the 20-minute barrier and came within one second of accomplishing the task. His 20:01 marked a best time by 23 seconds. Chadwick Oertwig's legs looked heavy in his third race of the week and he still managed to log his third consecutive race under 20 minutes (18:57). Sam Stuckel took on every other team's best runners in a uniquely set-up meet and he fought valiantly. Sam was with the leaders at the mile mark posting a team-leading 5:24 at the one. That pace would come back to haunt Sam as he posted 6:22 and 5:52 for the last two miles respectively to end at 17:38. Joe Stuckel was the fastest Titan of the day in 17:14.

Flat Fast Course leads to Massive PRs

(10.9.8)- Tri-Valley is famous for hosting fast races for EPG. It was there that Pierce Furrow set the school record 16:06, and it was there that the Titans looked to set some PRs of their own. The men were competing for the first time all year as a complete team in a non-invitational setting. Competing against three evenly matched teams, the Titans were seeking to maintain their undefeated record for 2008 (0-0). Leading the way were the fabulous Stuckel Brothers (Joe and Sam) with personal PRs of 16:23 and 16:26. Next for the Titans was Andy Barnard who clocked a 17:32, a lifetime PR of almost 30 seconds. Chadwick Oertwig for the Titans followed closely behind (17:54) breaking 18 minutes for the first time ever. Jerry Larson rounded out the Titan PR onslaught with an impressive 19:05, easily breaking 20-minutes for the first time. All these PRs were not enough to win the meet for the Titans as they took third (54 points) to Delavan (43) and TriValley (45) while beating Prairie Central (86). The girls only run two miles at Tri-Valley, and three of them beat their previous two-mile time from St. Joe. Emily McCormick led the way with a 12:55, the second fastest time ever for a Titan on that course. Robin Eastwood came in second for the Titans in 13:29 which is over a minute faster than her time at Tri-Valley in 2007. Emma Kirby also had a great day, going out in a 7:38 and bringing it back in a 7:03 for an impressive 14:41 two-mile time. Hannah Larson finished out the Titan runners with a 16:14. You can check complete splits here.

Big Meet, Nice Day, Good Times.

(10.13.8)- What better way to celebrate the accomplishments of Christopher Columbus than a cross country meet? EPGXC travelled up to Amboy this morning to test their three-mile mettle against some of the best Class A teams in Illinois. They came away with some great times. In the girls race, all four girls had season PRs, and three out of four had lifetime PRs. The girls went out aggressive and stayed tough throughout the hilly 2.9-mile course. Emily McCormick again (7th time in a row) led the Titans with her impressive 20:57, putting her second on the all-time EPGXC female runner list. Robin Eastwood also cut massive time when 22:06. Emma Kirby was next for the Titans with an aggressive third mile which allowed her a 8:00-second PR of 23:32 (her second palindromic time in a row). Hannah Larson also managed to sprint in before the 24-minute mark with her time of 23:48. The boys attempted to mirror the girls PR-frenzy, but came up a bit short. Splits Here. Next up for the Titans, Peoria Heights Invite at Detweiler. 12 days til Regionals.

EPGJHS Runs at State

(10.18.8)- Julie James and Danielle Ludwig represented EPG at the IESA State Cross Country meet this morning and ran extremely well. Julie's 11:49 for two miles earned her the silver medal, and Danielle's 12:28 was good enough for ninth. EPG was the only girls team in Illinois to put two girls in the top ten. This marks the end of the first season which Coach Mike Heffron fielded a full team, and those girls had massive PRs throughout the season. Marc Hartness was the lone boy on the team this year and dropped several minutes as the year progressed. Junior high results available on the [junior high website](#).

Titans Run Well at Patriot Invite

(10.18.8)-After watching the Junior High girls dominate at the IESA State Meet, the High School team loaded up the van and headed to Detweiler Park for a race of their own. Emily McCormick and Emma Kirby led the day of running by posting times of 21:31 and 24:18, respectively. For the boys, Joe Stuckel ran the Boys Varsity 3.0 miles in 17:15 to place 82nd. Chadwick Oertwig opted for the Open and his 18:15 medaled in 19th place. The rest of the Titans were at a marching band competition.

Regional Recap for the Ladies

(10.25.8)- Two days of rain made for a soft slick course today at Eureka Lower Lake Park as the Titans attempted to advance out of a tough Regional and extend their season one more week. On 11:00am the women's race was started and Emily McCormick surged to a short early lead. By the mile-mark things had settled down and our girls cruised through at 7:15 (McCormick), 7:34 (Eastwood), 8:23 (Larson) and 8:24 (Kirby). Gold and Klaus of Eureka and Holmes and Booker of Tremont were providing some excitement in the race for the Regional champion and the Titans were attempting to secure some PRs in what they hoped wouldn't be the last race of the year. At the two-mile mark McCormick was in position to take the last Sectional-qualifying spot, but two Delavan girls were closing fast. When it was all said and done, McCormick had held on to the final spot and kept EPG's streak of always having a Sectional qualifier alive. Her time of 21:40 was not a PR for the season, but she has one more chance, next Saturday at Elmwood. Robin Eastwood crossed the finish line in the final cross country race of her life in 22:42. She has been a leader on this team all three years she ran and we are sad to see her go. Next finisher for the Titans was freshman Hannah Larson (24:32). Senior Emma Kirby, in her first year of cross country finished right behind Larson with a 24:38. These four ladies should be proud of a very successful season.

Regional Recap for the Gentlemen

(10.25.8)-The Titan men had mixed results Saturday at the toughest Regional in the State. Joe Stuckel led the Titans with a 17:13, a PR for the course. Next in line was Junior Andy Barnard, dropping his Regional time from 17:59 last year to 17:40 in 2008. Fellow Junior Sam Stuckel was third in 17:59. New-to-EPGXC-Sophomore Jordan Oertwig was fourth on 18:10. Senior Jerry Larson finished with the Eureka scorers with a 19:37. The regional placed 7th of 13 schools, but were well behind the Sectional-qualifying teams of Tremont, Olympia, Illini Central, Fieldcrest, and Titans. This Regional featured several returning all-stars in the field and a couple of state-ranked teams and individuals. The last individual qualifying days for this Regional was 16:25. The Titans are already looking forward to intense summer mileage in order to secure one of those Sectional spots in 2009. In the coming days look for new pages on the site detailing school records on various courses as well as school records for "if runners". Full splits available on the Time Sheet.

2008 EPGXC Season Comes to and End

(11.9.8)-The Titans runners gathered for a bittersweet banquet tonight as they pulled the curtain on the 2008 season. The team cooked hot dogs by the fire and ate bowls of piping hot chili before they headed inside to hear the winners of various team awards and bid farewell to our four departing seniors. MVPs for the 2008 season were Senior Emily McCormick and Sophomore Joe Stuckel. Most Improved were Seniors Jerry Larson and Emma Kirby. Best Newcomer Awards went to Hannah Larson and Chadwick Oertwig. Senior Robin Eastwood and Junior Sam Stuckel were the 2008 Team Captains. The Titans are looking to increase our numbers for the 2009 season and have already been racing and running in preparation for big improvements in 2009.

Third Annual Furrow Euro

(11.22.08)- For the third year in a row runners have descended upon Furrow Farm to participate in the three-mile Furrow Euro. This year was colder than the previous two and attendance was slightly down. This did not stop the 80 participants from having a blast as they huffed sweat, rolled up and down hills, and braved the frigid Panther Creek. Kevin Dockemeyer was the first male finisher this year and 14-year old Carly Pederson was the first female. The tradition of having a new champion every year continues (2006 King and Queen were Johnny Reel and Nicole Kurtain, 2007 King and Queen were Brandon Moen and Julie James). Bonnie's Catering provided a delicious soup buffet for all comers and the homemade brownies topped off a glorious day. Proceeds from the race go to support the EPG High School cross country team for things like meet entry fees and the snazzy new uniforms they will be sporting next season. For complete results (including scoring the meet by age-group teams) see the result page.

Public Thank You's Necessary for Furrow Euro

(11.23.08)- As many of you know, it takes a lot of work to put on a race. The following people deserve thanks for their contributions. Thyre Melick (my wife)- for allowing me to be gone for ridiculous hours during the season as well as while getting the race ready, and also for letting me drive her minivan to all the away meets during the year. Bonnie & Jeff Melick- for donating their time and kitchen expertise to make the post-race meal not only the possible, but delicious as well as their help setting up, parking cars, and putting things away after the race. Mitchell Hobbs of Ofen Running- not just for the bibs, pins, and shooting video for Chris, but for all the intangibles you do for the sport of running in Central Illinois and for caring. The In-Laws- thanks for driving the pace car, helping time, and allowing me to put all the extra hours on your tractors to get the course ready for the season. Carol Pratt, Chris Dierker, and everyone who made an extra effort to compliment and encourage those who encourage the sport of running in the El Paso area. Thank you to everyone who comes out to race, your support is appreciated and a pre-emptive thanks to everyone who comes out to race next year.

James and Heffron Heading to Nationals

(11.23.08)- Julie James, 14, and Shelby Heffron, 10, have qualified for the United States Track & Field (USATF) Junior Olympics Cross Country National Championship Meet to be held in Mechanicsville, Virginia on December 13, 2008. Kishwaukee College hosted the Region 7 USATF Cross Country Meet on Saturday, November 22. Three local cross country runners had advanced from the November 15 Illinois Association Meet and lined up against some hot competition on a cold day. Race time temperatures were around 30 degrees, and the southwest wind wasn't adding any warmth. Shelby Heffron's race got underway at 10:40 a.m. and at 10:42 a.m. he found himself in 12th place battling a pack of fast young runners into a windy straightaway. The top 20 runners would advance to Nationals, so while Heffron was trying to maintain contact with the pack ahead, he also had to be aware of what was taking place behind him. After a couple turns to the runners passed a pond and Heffron was holding onto 12th, but a few runners were trying to move up as the onlookers shouted encouragement. With about 1000 meters to go, one runner finally caught and surged past him, but Heffron picked up his pace and held on. Now in 13th with 600 meters to go, and 7 more runners coming from behind, Heffron made his own statement and grabbed 12th place again. He held position through the finish, recording a personal best time of 13:07 (7:03 / mile). Next up was Caroline Eastman who had qualified the previous week with a 14:57 clocking at the Illinois Association Meet. She had strong competition, especially from the Indiana contingent. The race spread out quickly, but not much time separated any of the runners. So get a tight race from beginning to end, Eastman had to maintain her focus. She did that to a PR at 17:15 and the girls in front of her were nearly the whole race, never letting the gap together than 3 seconds. With 400 meters remaining, Eastman succumbed, taking one Indiana girl by 15 seconds and closing to within 7.4 seconds the other. Eastman did not advance to the National Meet, but it was nonetheless a tremendous race for her. She bested her time from the week before by 1 minute 21 seconds, covering the 3000-meter course in a personal record time 13:36 (7:19 / mile). Julie James found herself in the middle of the pack shortly after the start of her race, but moved up to 10th place at 600 meters. After a windy stretch, the runners looped around the lake and James' supporters were heartened to see she had moved up to 7th place. But she was nowhere near finished with her race. Over the next 1000 meters, James continued to move up through the field, and as the runners exited from a long stretch of evergreen trees, James was in 3rd place - right on the shoulder of the girl in 2nd, and about 12 seconds behind the leader. As the three front-runners neared the finish, James moved into 2nd briefly, but Anna Voskuil of the Indiana Track Club responded and quickly moved back in front of James. James seemed content there for the next 100 meters, but when she approached the final turn both girls began to accelerate. The outcome looked to be close to call as the pair duelled down the final straightaway, but then James swung wide and blasted past. Final 4000-meter times were Allison Rogers (IN) 14:53; James (IL) 15:01 (6:02 / mile); Heffron (IN) 15:04. James and Heffron (IN) 15:04.

James and Heffron competed on the National stage on December 13, joining athletes from across the country. The race will be held at a 232-acre Hanover County park near Richmond, Virginia. The course consists of rolling terrain and a challenging hill, the competition will be tough, and the experience will last a lifetime.

Heyworth and Maroa-Forsyth Don't Stop EPGXC From PRs.

(9.22.9)- Heyworth may have won both the boys and girls races in their triangular meet on Tuesday, but the Titans didn't let that stop them from earning six PRs. Leading the PR-parade was Sarah Ortinau, dropping almost two minutes with her 7:06-7:06. Also earning PRs were Jordan Hartness, Braden Hickey, and Hannah Larson. Jordan Hartness wins the award for shortest race of the year, with her splits of 7:00-7:00-7:00. Julie James went out very conservatively and ran her most even race of the year and won the race by almost a minute. On the guys side, Andy Barnard and Joe Stuckel earned season-PRs, and Chadwick Oertwig won the award for most even splits on the day. Coach Melick was unable to provide splits for the website because between his typing in the splits on the 2009 Timesheet and saving the Publisher File, the publication decided it didn't want to stay open any more and closed due to an "unexpected error". He had already cleared his watch to make room for this weekends splits at St. Joe. Needless to say he is very upset about this occurrence and pre-emptively apologized to all the Split-Hunters who view the Timesheet regularly. Also, 2009 Pictures have been posted, please send more via email if you want them posted.

EPGXC Dynamite at Woodruff Invitational

(9.12.9)- While the ACT and Corn Festival may have shrunk the size of EPGXC, but they couldn't shrink the explosion. Only Julie James and Chadwick Oertwig competed for the Titans at the large Woodruff Invitational last Saturday, but they had dynamite performances. Julie started things off with a bang in the girls A finish. She finished in 8th place overall with a stellar school record time of 19:03, beating several 2008 All State girls. Chadwick also had a PR, although not a school record as he finished 15th in a season PR of 18:44. Splits available on the 2009 Timesheet.

"New" is the theme for 2009 EPGXC

(8.26.09)- The home course has been redesigned with more hills, more creek, and thus more fun. The uniforms and warm-ups are new as well. Five of our six female athletes are new to the team, and we added some new meets for the 2009 season. Also, we added a new page to the website, "Old News". This allows the front page to remain new as well. We have logged more miles this August than we did last August, and we still have four more practices this month. This is looking pretty strong and we are anxious to test the legs at the NCHS Open on September 5th.

EPGXC JH Invite

(9.8.9)- 14 teams participated in the third annual Junior High Invite at Furrow Farm in El Paso. In the Girls Varsity Race, Dunlap Valley ran away with the team trophy after scoring only 42 points and claiming individual champion, Kaylie Noll. On the boys side, Brett Charlton of Eureka won the race and led his team to a victory with only 35 points. Marc Hartness and Rebekah Ehresman were the fastest Junior High Titans on the day. Full results on Results Page.

EPGXC Runs Awesome at Amboy

(10.12.9)- As one of the oldest and largest Class A Invitationals in Illinois, the Amboy Columbus Day Invitational has served for 38 years as the meet to watch for some of the best competition among the state's small schools. The Titans made their fifth appearance at the meet and their greatest showing to date. What a difference a year makes in cross country-- last year, three-time Sectional qualifier Emily McCormick was the top Titan at Amboy, blazing the 2.9-mile course in 20:57. This year, two Titans topped that time as Jordan Hartness cruised to a 30-second season best of 20:22 and Julie James was the fastest girl of the meet, winning the Girls Varsity in 17:37. Julie was in the lead pack for the first two miles and then took the lead second by last mile and ran impressive negative splits of 6:09-5:52-5:36, she beat several All-State runners from the 2008 State Meet and looked very strong and confident as she sprinted to the victory. Braden Hickey tied Robin Eastwood's 2008 time of 22:06, and Hannah Larson (26:36) ran a full 42-second faster than last year's time on the same course. Sarah Ortinau almost beat her goal time of sub-25 with her huge PR of 25:01. The Titans placed 23th of 39 teams and will be in the hunt to qualify as a team to the Sectional Meet if they continue to improve as they did today. On the boys side, Joe Stuckel continued his streak of amazing performances as he shattered the previous best EPGXC time on the Amboy course (Pierce Furrow's 16:57) and his own time from Joe Stuckel (17:17) by running a school-record 16:05 via the near-perfect splits of 5:21-5:24-5:20. Andy Barnard also turned in a brilliant performance and bettered his 2008 time with his splits of 5:52-5:39-5:46 for a 17:17. Only one regular season meet remains for EPGXC as they will travel to the Peoria Heights Invitational on Saturday, October 17th after cheering on IESA State Qualifier Karly Miller at Maxwell Park at 10:00am. IHSA State Series begins at the Eureka Regional on Saturday, October 24th.

Titans at Normal

(9.5.9)- The EPGXC team participated in the NCHS Open this morning at Maxwell Park in Normal. The ladies led things off with some stellar times. Leading the Titans was freshman Julie James, covering the course in 20 minutes and 16 seconds. Jordan Hartness, Braden Hickey, Hannah Larson, and Sarah Ortinau rounded out the rest of the EPG top five. The girls placed 6th of 7 teams. On the