

Letter to the Editors: Walking to School

May 16 2025

Athlete of the Week: Ivan Kennedy

May 16 2025

Man at the Masthead: Missey's humble service at Prep News spans quarter century

May 16 2025

Keyword Search



Search

SPORTS

The last hurrah: members of SLUH XC travel to Terre Haute, Indiana for their last race of the season

Charlie Gray, Tristan Kujawa, Staff, reporter Nov 17 2023

The St. Louis U. High Cross Country program competed in its last race of the season last Sunday: Nike Cross Regionals Midwest in Terre Haute, Indiana. This meet, commonly referred to as NXR, hosts some of the best teams in the Midwest region who hope to qualify for Nike Cross Nationals in December. Due to MSHSAA rules, the program had to compete under the name St. Louis Cross Country Club and wore custom St. Louis jerseys. With temperatures in the high 60s, the race was unusually warm compared to prior years.



English



SLUH runner overtake on a long stretch. Photo. | Courtesy of Charlie Gray

After a very fast and successful day at the MSHSAA Cross Country State Championships, the Jr. Bills were invited to race in the Championship division at NXR. The Championship race features the top 30 teams from across the midwest, and this year in particular they were insanely talented.

Head coach Joe Porter just wanted guys to go out and compete, and not worry about anything else. Fortunately, the team did just that. With the race being taken out extremely fast, running the first kilometer in around 2:45, there were going to be some fast times.

Hanging off the front pack for most of the earlier part of the race was freshman Jackson Miller. He finished in 74th place and ran a time of 15:45, making him No. 2 all time in program history at NXR. Following Miller was senior Noah Evers in 16:05, which earned him No. 7 all time in program history at NXR. Rounding out the top five was senior Charlie Murray (16:12), junior Gus Talleur (16:14), and junior Alex Bendana (16:18).

All around, it was a very solid day considering the hot racing weather and the sheer number of runners in the race. With a team place of tenth and only five points separating places 7 through 10, it was a very successful day. Earning top ten in such a talented field is a great accomplishment, and it is the highest place finish for the team in school history at this meet.



"I was just happy about how they competed," said Porter. "We watched the open race before, and saw how we kind of faded a little bit from being really aggressive in that stretch, and was really happy with how the result turned out. To be in the top 10 in easily the deepest region in the country, that's impressive. Last year, the top three in that region were all top 10 at Nationals. So it's just a very deep field. And so I am excited about the next steps and what's headed next for this group."

In a series of open races, the club was chosen to race in the third heat. With a first kilometer that is notably downhill, the race started extremely fast. Senior Anthony Zangara was leading the charge for the Jr. Bills, running a 2:55 first kilometer which is a sub-15 5K pace. Although the pace slowed, the Jr. Bills ran extremely fast in their last race of the year. Zangara was the first scorer, running a time of 16:34.

"I was really happy with the way that Anthony Zangara raced," said Porter. "He had a season best by 11 seconds and I was really excited about the way that he ended his career."

The other scorers included senior Charlie Gray (16:50), sophomores Jake Fitzpatrick (16:55) and Hendrix Fyvie (16:57), and freshman Michael Luna (16:59).

"Really impressive racing from people like Michael Luna who had a PR and his first ever sub-17," said Porter. "He's now the fourth fastest freshman in program history. Guys like Ben Yoffie and Joe Talleur are now tied for the 10th fastest freshman in program history. So I'm really excited for the future of our program."

This trip also represented the first time some of the team members have traveled for cross country, which provides an experience that will be used for meets like State and Palatine.

"The trip was very fun and I had a lot of fun with the team," said freshman Luke Hartweger. "Although the race was very stressful with the huge number of runners, it was one of the coolest running experiences. Seeing all the teams from all over the Midwest in one place and all the funny uniforms is a highlight."

A historic end to a historic season is the only way any team would want to go out. A third place finish at State, tenth place finish at NXR, the fastest team to ever run at SLUH, and the fastest freshman in State history. It was a rough road to get here, but no one will forget the work the team put in to be in this position.



A special shoutout to all of the seniors on this year's team. We want to thank you for all of your hard work and dedication to the sport, there is no way the program could function without leaders like you.

FEATURES

[Letter to the Editors: Walking to School](#)

May 16 2025

SPORTS

[Athlete of the Week: Ivan Kennedy](#)

May 16 2025

FEATURES

[Man at the Masthead: Missey's humble service at Prep News spans quarter century](#)

May 16 2025

FEATURES

[Palazzolo earns third Pulitzer Prize as Wall Street Journal reporter](#)

May 16 2025

[Load More](#)

Prep News – the weekly student-run newspaper of St. Louis U. High

Copyright ©2020 of St. Louis U. High's Prep News

No material may be reprinted without the permission of the editors and the moderator.



English