

# PRESS RELEASE

December 22, 2011

## **ESSEX COUNTY FREEHOLDERS HONOR CROSS COUNTRY RUNNER BLAKE UDLAND THE GROUP III INDIVIDUAL STATE CHAMPION**

**Millburn High School Standout Earns National Prominence and Continues  
Udland Family Tradition of Cross Country Excellence**



Millburn H. S. Senior Blake Udland (center) was honored by the Essex County Board of Chosen Freeholders for having won the 2011 Group III Individual Cross Country State Championship. The commendation was presented by Freeholder Leonard Luciano of West Caldwell (left) and Freeholder Patricia Sebold of Livingston (right) during the Board's Wednesday, December 21<sup>st</sup>, meeting at the Hall of Records in Newark. (Photo by Glen Frieson)

(Newark, NJ) – The Essex County Board of Chosen Freeholders honored Millburn High School Senior Blake Udland for having won the 2011 Group III Individual Cross Country State Championship during its Wednesday, December 21<sup>st</sup>, meeting held at the Hall of Records. The Board's commendation was presented to Blake by Freeholder Leonard Luciano of West Caldwell and Freeholder Patricia Sebold of Livingston.

Blake Udland won his State Championship on Saturday, November 12<sup>th</sup>, at Holmdel Park when he ran away from the competition with the winning time of 15:48, which also earned him the honor of competing in 2011 Tournament of Champions, where he captured seventh place. His outstanding season also included the North Jersey, Section 2, Group III Sectional Championship, the

championships of the Stewart Memorial and Shore Coaches invitational meets, and the Super Essex Conference Championship. As co-captain of his Cross Country Team, Blake also helped lead his team to the 2011 Essex County Championship, the team's fourth title in the last five years, for which he also earned All-County 1<sup>st</sup> Team honors.

In addition to competing for Millburn High School, Blake also competes individually on a regional and national level. This year he finished 8<sup>th</sup> in the Foot Locker Northeast Regional Championship held at Sunken Meadow State Park in Kings Park, NY, which earned him an invitation to be one of only 40 runners from across the nation, and one of only three from New Jersey, to compete in the Foot Locker Boys Cross Country National Championship Race held in Balboa Park on December 10<sup>th</sup> in San Diego, California.

Blake Udland is the youngest of three brothers to have run cross country for Millburn High School, and this year he continued the family tradition of success established by his older brothers Myles (Class of 2007) and Tyler (Class of 2009). Following his graduation from Millburn High School, Blake will continue his education at Duke University in the fall of 2012.

Blake was accompanied by his parents, Rose and Ken, his oldest brother, Myles, and Millburn High School Athletic Director Dr. Ted D'Alessio.

\*\*\*\*\*  
**For Additional Information:**  
**Gary Kroessig, Public Information**  
**Essex County Board of Chosen Freeholders**  
**973-621-4452**  
[Gkroessig@freeholders.essexcountynj.org](mailto:Gkroessig@freeholders.essexcountynj.org)