



**Beth Gilmore**

**Class of 1983**

Beth Gilmore was an outstanding runner, a great student with an infectious personality and a heart of gold. She was also a fighter. In her short life of 22 years, she captured the hearts and admiration of all who knew her.

Beth was a four year letter winner in both cross country and track. She was an 'All State' athlete and a two time league champion in the mile. In 1981, she captured the individual Oakland County Cross Country title. In both 1980 and 1981, Beth won the G.O.A.L. league championship in the mile.

As great as her individual accomplishments may have been, it was her team leadership that stood out. As a freshman in the Oakland County Cross Country meet, Beth placed a respectable 63rd in her first big race. Little did we know that she was the tie-breaking sixth runner as Milford dethroned defending state champion, Rochester for the championship. To this day, the victory proved to be the turning point as Milford's girls were propelled into the elite among women's running programs in Michigan.

Beth's teams went on to win another Oakland County title in 1981, GOAL championships in cross country -1980, track in 1980 and 1981, and the Regional Cross Country Championship in 1980.

She held school records in the 5,000M, 880, Mile and 2 Mile. Her 19:05 in cross country still remains the fastest non MIS time ever recorded at Milford High School.

After two years at Michigan Tech, Beth passed away following a courageous battle against cancer. She will always be remembered as the girl who put Milford on the map.