



Ted Nelson

Class of 1962

Ted Nelson is regarded as one of the greatest distance runners ever to graduate from Milford's illustrious Cross Country and Track programs. He was a fierce competitor throughout his career, and by the time he had graduated, he held nearly every distance record at Milford.

Recognized as one of the top runners in the state, Nelson set records, won titles, and led his teams to 3rd and 5th place finishes in the State Finals. Individually, as a junior, he finished 3rd in the finals. As a senior, he was the runner up. Ted also broke the school record in the mile with a time of 4:23.9, a record that stood for 20 years.

Ted was also a member of Student Council, Varsity Club, and National Honor Society. Few have been as successful at the high school level, but Ted went on to do even bigger and better things in college.

After graduation, Ted accepted a scholarship to Western Michigan University. He earned "All American" honors as a runner on cross country teams that won NCAA national championships in 1964 and 1965. He was voted the Most Valuable by his 1964 teammates.

Ted Nelson majored in science at Western Michigan and became a Biology teacher at West Bloomfield HS. Now retired, he continues to pursue his hobby - nature photography. His work has been featured in several publications including, Audubon Magazine, National Wildlife, Natural History, and Michigan Natural Resources Magazine. Ted has also published a book featuring his photography, entitled; The Nature of Kensington. Ted and his wife, Nancy, currently reside in Canton, Michigan.