



Aug. 31, 2022 • Week 1
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 2

Western Oregon at Linfield Harrier Classic,
McMinnville, Ore., 1 p.m.
Northwest Nazarene at CSI Invite,
Twin Falls, Idaho, 4 p.m.

Sat., Sept. 3

Alaska, Alaska Anchorage at Seawolf Throwdown,
Anchorage, Alaska, 10 a.m.
Seattle Pacific at Puget Sound Invitational,
Lakewood, Wash., 11 a.m.

LAST WEEK'S MEETS

Sat., Aug. 27

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (8,000m): Alaska Anchorage 23, Alaska 32.
Top 5 Finishers: 1, Coleman Nash, UAA, 27:17.
2, Jesus Avalos, UAA, 27:52. 3, Koen Ross, UAF,
28:42. 4, Zach Christensen, UAA, 29:24. 5, Josh
Baurick, UAF, 30:02.

Women (5,000m): Alaska 27, Alaska Anchorage
30.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:28.
2, Rosie Fordham, UAF, 18:39. 3, Elle Stevens,
UAA, 20:23. 4, Alfin Nyamasyo, UAA, 20:23. 5,
Delaine Zock, UAF, 20:29.

#GNACXC in 280

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#RepeatWinner Alaska's **Kendall Kramer** was the repeat winner of the women's 5,000-meter race at the season-opening Blue & Gold Invite on Saturday in Fairbanks. She led the Nanooks to the dual meet win over Alaska Anchorage.

#FourFourTime Alaska Anchorage's **Coleman Nash** won his fourth collegiate race and won the men's 8,000-meter race at the Blue & Gold Invite for the second year in a row. He led the Seawolves to the dual meet victory.

#BackOnCourse Northwest Nazarene, Seattle Pacific and Western Oregon all begin their 2022 seasons in races over the Labor Day Weekend.

#PollPositions Simon Fraser is ranked No. 9 in the USTFCCA Division II Women's Preseason Poll. Western Washington is ranked No. 20 while Alaska received votes. The Vikings are No. 30 in the men's preseason poll.

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GNAC Cross Country Athletes of the Week



MEN

Coleman Nash, Alaska Anchorage
Sophomore • Littleton, Colo.

For the second year in a row, Nash opened the cross country season by winning the Blue & Gold Invite in Fairbanks. Nash covered the 8,000-meter course in 27:17 to score a 35-second victory over teammate Jesus Avalos. It was the fourth career cross country victory for Nash, who led Alaska Anchorage to an 11-point victory in the dual meet over Alaska.



WOMEN

Kendall Kramer, Alaska
Sophomore • Fairbanks, Alaska

Kramer opened the season with the victory at the Blue & Gold Invite on Saturday. She covered the 5,000-meter course in 18:28 to win by 11 seconds over teammate Rosie Fordham. She won the meet for the second season in a row and led the Nanooks to the victory over Alaska Anchorage with 27 points.

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 22-28	Coleman Nash, UAA	Kendall Kramer, UAF

Complete Player of the Week releases are available online at GNACSports.com.

GNAC News & Notes

SECOND VERSE, SAME AS THE FIRST: For the second straight year, the 2022 GNAC cross country season began with a dual meet against the conference's programs from the 49th state. And the results were a near carbon copy of 2021.

Alaska and Alaska Anchorage raced in the Blue & Gold Invite on Saturday at the UAF Trails in Fairbanks. For the second straight season, the Nanooks women defended the home course for the victory. Alaska finished with a total of 27 points, three points better than the Seawolves.

Sophomore **Kendall Kramer** was the winner of the women's race for the second straight year as well, covering the 5,000-meter trail course in a time of 18:28. She was 11 seconds ahead of sophomore teammate **Rosie Fordham**, who crossed the line in a time of 18:39.

Freshman **Elle Stevens** was Alaska Anchorage's top finisher, placing third in a time of 20:23.

For the second straight year, Alaska Anchorage collected the men's team title with a score of 23 points, nine better than Alaska. Sophomore **Coleman Nash** repeated as champion, covering the 8,000-meter course in a time of 27:17. Senior **Jesus Avalos** was second in a time of 27:52.

Alaska was led in the men's race by freshman **Josh Baurick**, who was fifth in a time of 30:02.

The two teams will square off again this weekend in the dual meet setting, facing off in the Seawolf Throwdown on Saturday at Anchorage's Kincaid Park.

START ME UP: Three other GNAC teams will begin their 2022 seasons over Labor Day Weekend. Western Oregon opens with the Linfield Harrier Classic on Friday in McMinnville, Oregon, while Northwest Nazarene will travel to Twin Falls, Idaho for the CSI Invite.

Seattle Pacific will open the year on Saturday, competing at the Puget Sound Invitational at Fort Steilacoom Park in Lakewood, Washington.

WINNER'S CIRCLE: The following GNAC athletes have picked up cross country victories during the 2022 season...

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 27, 27:17, 8,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 27, 18:28, 5,000m)

Around The GNAC

ALASKA



- For the second year in a row, Alaska's women opened the season by picking up the team victory over Alaska Anchorage in the season-opening Blue & Gold Invite on Saturday in Fairbanks.
- The Nanooks won by three points with a team score of 27 points, placing three runners in the top five.
- Sophomore **Kendall Kramer** was named the GNAC Women's Cross Country Athlete of the Week for her victory. She covered the 5,000-meter course in a time of 18:28. It marked the second consecutive year that Kramer has won UAF's home meet.
- Sophomore **Rosie Fordham** placed second in a time of 18:39 while sophomore **Delaine Zock** placed fifth in a time of 20:29.
- The Alaska men lost to Alaska Anchorage in the dual, finishing with a total of 23 points. Freshman **Josh Baurick** led the Nanooks in fifth place, covering the 8,000-meter course in 30:02.
- For the first time in program history, the UAF women received votes in the USTFCCCA Division II Women's Preseason Poll. They are also ranked ninth in the preseason regional poll.
- The Nanooks and Seawolves will square off again on Saturday, competing in the Seawolf Throwdown meet in Anchorage.

ALASKA ANCHORAGE



- Behind sophomore **Coleman Nash's** win, the Alaska Anchorage men downed Alaska in the season-opening Blue & Gold Invite on Saturday in Fairbanks.
- Nash earned GNAC Men's Cross Country Athlete of the Week accolades after he won in a time of 27:17 over 8,000 meters. He was 35 seconds faster than his second-place teammate, senior **Jesus Avalos**, who finished in 27:52. It is the second year in a row that Nash has won the Blue & Gold Invite and is already the fourth race victory of his collegiate career.
- Freshman **Zach Christensen** rounded out the UAA runners in the top five, placing fourth in a time of 29:24.
- The Alaska Anchorage women placed second with a score of 30 points, three points greater than Alaska. Freshman **Elle Stevens** led the way, placing third in a time of 20:23 over 5,000 meters. Stevens was just ahead of senior **Alfin Nyamasyo**, who was third and also credited with a time of 20:23.
- The Seawolves and Nanooks will square off again on Saturday, but this time on the shores of Cook Inlet. The Seawolf Throwdown will take place at Kincaid Park in Anchorage.

CENTRAL WASHINGTON



- Central Washington does not open the 2022 season until Saturday, Sept. 10, when it hosts the CWU Apple Ridge Run in Yakima.
- The Wildcats enter the season ranked No. 5 in the GNAC Men's Cross Country Preseason Coaches Poll and eighth in the women's preseason ranking.

MONTANA STATE BILLINGS



- Montana State Billings does not start the 2022 season until Friday, Sept. 9, when it races in the Gage McSpadden Memorial in Spearfish, South Dakota.
- The Yellowjackets are picked sixth in the GNAC Men's Cross Country Preseason Poll while the women are slotted 10th.

NORTHWEST NAZARENE



- Northwest Nazarene will open its season this Friday, competing in the College of Southern Idaho Invite in Twin Falls, Idaho.
- Both the Nighthawks' men and women are picked eighth in the GNAC Cross Country Preseason Coaches Poll.

SAINT MARTIN'S



- Saint Martin's will not start its 2022 season until Friday, Sept. 16, at the Ash Creek Invitational in Monmouth, Oregon.
- The Saints' women are picked to finish sixth in the GNAC Cross Country Preseason Coaches Poll. The men are picked to finish seventh.

SEATTLE PACIFIC



- Seattle Pacific will commence its 2022 season on Saturday, competing at the Puget Sound Invitational in Lakewood, Washington.
- The Falcons are picked fifth in the GNAC Women's Cross Country Preseason Coaches Poll. The SPU men are picked ninth.

SIMON FRASER



- The defending GNAC men's and women's champions, Simon Fraser will not start the season until the Ash Creek Invitational on Friday, Sept. 16 in Monmouth, Oregon.
- The SFU women are ranked ninth in the USTFCCCA Division II Preseason Poll, which was released on Tuesday. The team is also ranked No. 1 in the West Region. The SFU men are ranked eighth in the West Region but missed the Division II rankings.
- Both the Simon Fraser men and women are picked to repeat as champions in the GNAC Cross Country Preseason Coaches Poll.

WESTERN OREGON



- Western Oregon will travel down Highway 99W on Friday to open the 2022 season, competing in the Linfield Harrier Classic in McMinnville, Oregon.
- The Wolves are picked third in the GNAC Men's Cross Country Preseason Coaches Poll. The WOU women are picked fourth.
- The WOU men are ranked ninth in the USTFCCCA West Region Preseason Coaches Poll.

WESTERN WASHINGTON



- Western Washington will begin its 2022 season on Saturday, Sept. 10, competing in the CWU Apple Ridge Run in Yakima, Washington.
- Both the Vikings' men and women enter the season ranked in the USTFCCCA Division II Preseason Poll. The WWU women are ranked 20th while the men are ranked 30th.
- Western Washington men and women are picked second in the GNAC Cross Country Preseason Coaches Poll. The Vikings were runners-up in both conference meet races last year.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WWU
Preseason	30th

NR - Not ranked in top-25/30, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Preseason	—	8th	10th	5th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 30, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (5)	237	2
2.	Colorado Mines (3)	235	3
3.	Grand Valley State	222	1
4.	Augustana (S.D.)	213	4
5.	Chico State	209	8
6.	Wingate	197	6
7.	Colorado Christian	195	10
8.	Western Colorado	183	7
9.	Missouri Southern	175	13
10.	UC-Colorado Springs	174	5
11.	Charleston	163	14
12.	Lee (Tenn.)	153	17
13.	Pittsburg State	148	15
14.	Walsh	133	18
15.	Fresno Pacific	127	21
16.	Michigan Tech	120	24
17.	Wayne State (Mich.)	104	16
18.	Alabama-Huntsville	104	12
19.	Mississippi College	92	23
20.	Nebraska-Kearney	78	25
21.	American International	74	11
22.	Cal Poly Pomona	69	30
23.	Lewis	63	9
	West Texas A&M	63	22
25.	Azusa Pacific	48	NR

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Preseason - Aug. 30, 2022

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Fresno Pacific	PacWest	2
3.	Cal Poly Pomona	CCAA	3
4.	Azusa Pacific	PacWest	4
5.	Western Washington	GNAC	5
6.	Cal St. San Marcos	CCAA	6
7.	Biola	PacWest	7
8.	Simon Fraser	GNAC	8
9.	Stanislaus State	CCAA	9
10.	Western Oregon	GNAC	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAF	SFU	WWU
Preseason	RV	9th	20th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAF	SFU	WWU
Preseason	9th	1st	4th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 30, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (8)	240	1
2.	Grand Valley State	232	2
3.	Augustana (S.D.)	224	3
4.	Colorado Mines	212	4
5.	UC-Colorado Springs	208	7
6.	Wingate	204	5
7.	Western Colorado	183	9
8.	Saginaw Valley St.	172	14
9.	Simon Fraser	168	16
10.	Lee (Tenn.)	159	8
11.	Stanislaus State	156	12
12.	Cedarville	151	11
13.	Mary	145	10
14.	Colorado Christian	126	22
15.	Minnesota Duluth	122	26
16.	Hillsdale	115	23
17.	Chico State	112	25
18.	Lewis	107	18
19.	Dallas Baptist	95	17
20.	Western Washington	90	NR
21.	Biola	64	NR
22.	Walsh	63	21
23.	CSU Pueblo	54	20
24.	Wayne State (Mich.)	49	NR
25.	Minnesota State	48	NR

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Preseason - Aug. 30, 2022

Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	1
2.	Stanislaus State	CCAA	2
3.	Chico State	CCAA	3
4.	Western Washington	GNAC	4
5.	Biola	PacWest	5
6.	Cal State San Marcos	CCAA	6
7.	Azusa Pacific	PacWest	7
8.	Academy of Art	PacWest	8
9.	Alaska	GNAC	9
10.	Cal State East Bay	CCAA	10

[View Complete Regional Polls Online](#)



2022 GNAC Meet Summaries

Sat., Aug. 27

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at UAF Trails, Fairbanks, Alaska

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Top 5 Finishers: 1, Coleman Nash, UAA, 27:17. 2, Jesus Avalos, UAA, 27:52.

3, Koen Ross, UAF, 28:42. 4, Zach Christensen, UAA, 29:24. 5, Josh Baurick, UAF, 30:02.

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3, Elle Stevens, UAA, 20:23. 4, Alfin Nyamasyo, UAA, 20:23. 5, Delainey Zock, UAF, 20:29.

2022 GNAC Meet Summaries

2021 GNAC Meet Summaries

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