

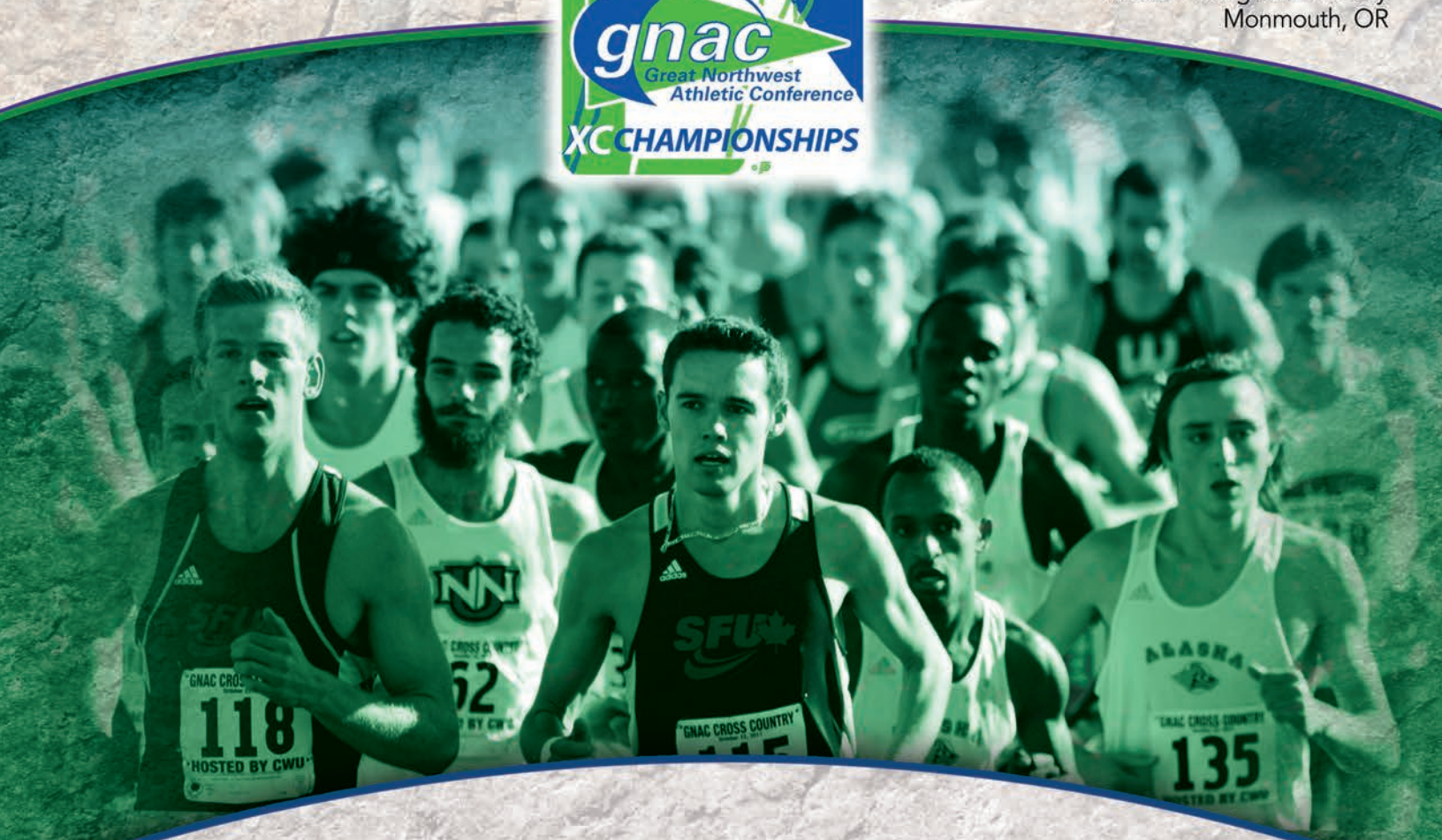
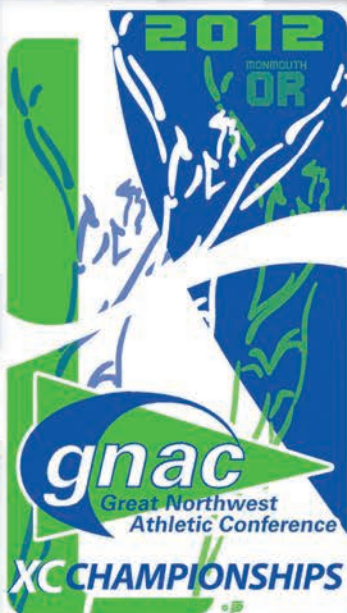
2012 CROSS COUNTRY CHAMPIONSHIPS



GREAT NORTHWEST

ATHLETIC CONFERENCE

October 20, 2012
Western Oregon University
Monmouth, OR



Great Northwest Athletic Conference



About The GNAC

With members in five states and a province of Canada, and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top NCAA Division II athletic conferences in the nation during its 11-year history.

Founded in 2001, GNAC teams have had a remarkable 62 NCAA Division II top 10 national team finishes in 14 of the 16 sports it sponsors.

Last year Alaska Anchorage placed eighth and Western Washington finished 10th in the men's cross country national championships which were hosted by the GNAC at the Plantess Ferry Athletic Complex in Spokane, Wash. The GNAC will host the cross country national meet again in 2013, also in Spokane.

UAA also finished sixth in the women's national meet -- its fourth straight national top 10 finish and the GNAC's 17th overall in cross country, including 10 in the women's division. Seattle Pacific was the 2007 women's national runner-up.

Other GNAC sports have also made a mark on the national scene, especially last year when Western Washington captured the GNAC's first NCAA Division II men's basketball championship and Alaska Anchorage qualified for the women's Elite Eight.

The Vikings defeated University of Montevallo (Ala.) 72-65 as millions of fans watched the game televised nationally on CBS.

In addition to Western Washington and Alaska Anchorage's basketball squads, six other GNAC teams had national top 10 finishes in 2011-12.

Alaska Anchorage finished ninth in the NCAA Division II men's outdoor track and field championships, the best ever finish for a GNAC school. In men's golf, Western Washington finished ninth in the national tournament, just missing the match play portion of the event.

Seattle Pacific earned a national top 10 ranking in men's basketball, advancing to the West Regional championship before losing to conference foe Western Washington. SPU has qualified for the men's national tournament in each of the past eight seasons, one of the longest active streaks in the nation.

The conference has exhibited great depth over the years, particularly in basketball, cross country and track and field. Overall, eight different member schools have had national top 10 finishes, including five in men's basketball and three each in women's basketball and women's cross country.

GNAC teams have won three national team titles. In addition to the 2012 Western Washington men's basketball team, former GNAC member Seattle University won the 2004 NCAA Division II national men's soccer title before moving up to the Division I level.



About NCAA Division II

Division II provides an intersection where athletically gifted students can compete at a high level while maintaining much of a traditional collegiate undergraduate experience. This balance – in which students are recognized for their academic success, athletics contributions and campus/community involvement – is at the heart of the Division II student-athlete experience.

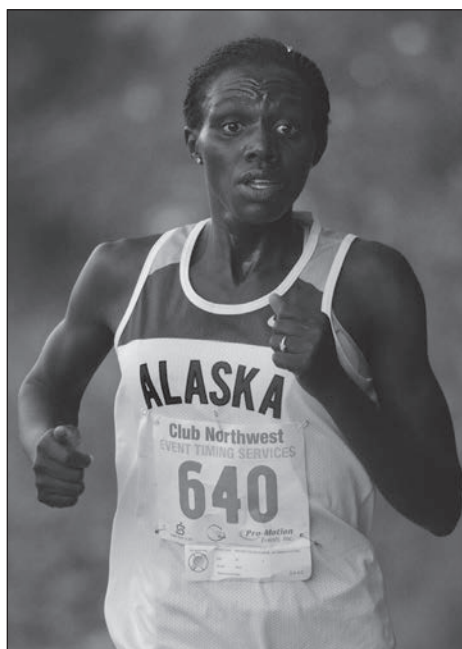
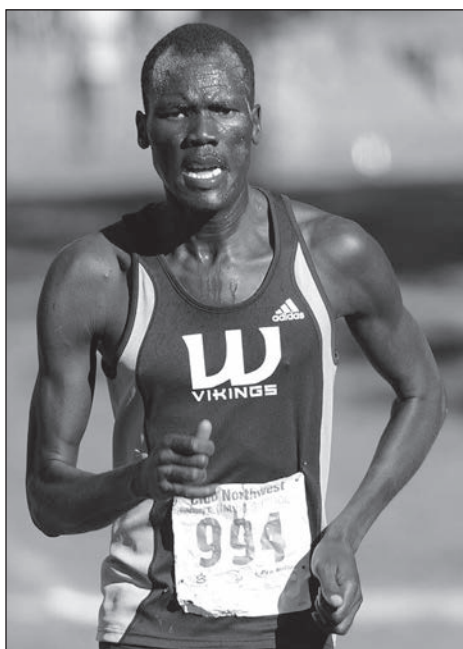
Today's Meet At Ash Creek Preserve

Today's GNAC Cross Country Championship meet will be held on the Ash Creek Preserve cross country course on the campus of Western Oregon University. Several people have lent their talents and sweat in the transformation of the Ash Creek area from a grass seed field to a competitive cross country course and athletic fields.

They include Dave Wolfe, Jason Trowbridge, Randy Bales, David Nixon, Rich Burbank, Luke Barnard, Roger Whiteman, Kevin Hughes, Mason Helberg and David Becker.



Championships Preview



LEFT: Dak Riek is one of two returning all-conference performers for Western Washington (Photo by Dan Levine).

RIGHT: Susan Tanui has won three races this fall in leading the Seawolves to a No. 5 national ranking. (Photo by Dan Levine).

MEN: Seawolves, Chelimo Seek To Repeat

Three-time All-American Micah Chelimo will lead an experienced Alaska Anchorage squad which will seek its third straight GNAC men's cross country team title today at the Ash Creek Preserve cross country course on the campus of Western Oregon University.

Chelimo is the defending individual champion and will be seeking his fourth Top 10 all-conference finish in the 8,000-meter race.

Chelimo is one of five returning all-conference performers for the nationally seventh-ranked Seawolves.

Alfred Kangogo will also be seeking his fourth all-conference award, a feat that has been accomplished just four times but never by a UAA athlete. Kangogo finished fourth in last year's meet.

Also returning for the Seawolves are Dylan Anthony and Isaac Kangogo, who finished seventh and ninth, respectively a year ago and Jake Parisien, who had Top 10 finishes in both 2008 and 2010 to earn all-conference honors. Anthony was last year's GNAC Freshman of the Year award winner.

Only two other athletes from last year's Top 10 return – Western Washington's Tyler Cannon (5th) and Dak Riek (10th). Cannon, Riek and Chip Jackson will anchor a Viking team which has won three team titles and finished second four times in the past seven years. The Vikings are ranked 10th nationally.

Outside of Chelimo, Jackson is the only GNAC athlete to win an individual title this fall. He finished first in the open division of the University of Washington Sundodger, covering the 8,000-meter course in a time of 24:54.55.

That time, along with a 24:54.39 time by Western Oregon's Connor Kasler in the Sundodger Invitational division is the quickest 8K time this fall among GNAC athletes.

Chelimo, who has three wins this season and eight career victories, hasn't run that distance this fall as he won two 5K races in Hawaii in times of 15:33 and 15:43 before finishing first earlier this month in the Western Washington Invitational in a 10,000 meter time of 31:12.

In both Hawaii races, he led UAA to perfect team scores of 15. At the WWU Invitational, the Seawolves finished with a NCAA Division II best team score of 40 points, easily outdistancing the third-place Vikings' 80-point total.

In addition to the Seawolves and Vikings, Western Oregon has been nationally ranked this fall. The Wolves are ranked 20th. Five GNAC teams are ranked in the regional poll – UAA (2nd), WWU (3rd), WOU (4th), Seattle Pacific (8th) and Northwest Nazarene (10th).

WOMEN: Alaska Anchorage Goes For 4th Title

Susan Tanui, who is unbeaten this fall, and Miriam Kipng'eno, who finished third in both the GNAC and NCAA West Regionals last year, will lead Alaska Anchorage as it tries to win its fourth consecutive GNAC cross country championship today at the Ash Creek Preserve cross country course on the campus of Western Oregon University.

Tanui has led the Seawolves to three team titles winning individual titles in the Hawaii Pacific Invitational, the University of Hawaii Big Wave Invitational and the Western Washington Invitational in times of 18:06, 18:09 and 21:31, respectively. The former two times were on 5,000-meter courses, while the latter was on a 6,000-meter layout.

Kipng'eno, who finished fourth at HPU and fifth in both the Big Wave and Western Washington Invitational, will need a Top 10 finish to become the eighth athlete in GNAC history to earn all-conference honors four times. The last to accomplish that feat was Sarah Porter of Western Washington (2007-10).

In addition to Kipng'eno, four other former all-conference performers are back to compete in the 2012 championships.

UAA's Ivy O'Guinn finished fourth a year ago, while Lindsey Butterworth of Simon Fraser placed fifth and Whitney Mickelsen of Montana State Billings finished 10th. Raphaela Sieber of Alaska Fairbanks earned all-conference honors in 2010 when she finished eighth.

Butterworth, along with Tanui, Erika Crock of Saint Martin's, Robyn Zeidler of Seattle Pacific and Taylor Guenther of Western Washington have won races this fall.

Butterworth led Simon Fraser to the team title in the Sonoma State Invitational covering the 6,000-meter course in a time of 22:05. She also finished 12th in the invitational division of the University of Washington Sundodger in a time of 21:45.18. Only Tanui's winning time at WWU has been quicker.

Crock won the Puget Sound Invitational in a time of 25:11. Zeidler won the Alaska Nanooks West Ridge Invitational in a time of 22:56.9 and Guenther won the Central Washington University Invitational in a 4,000-meter time of 15:33.

Alaska Anchorage, which has won three consecutive West Regional titles, is one of four GNAC teams that are nationally ranked. The Seawolves are ranked fifth. Simon Fraser, Seattle Pacific and Western Washington are ranked ninth, 24th and 31st, respectively.

In the West Regional poll, UAA is ranked first. Simon Fraser (3rd), Seattle Pacific (4th) and Western Washington (7th) are also ranked.



Alaska Anchorage SEAWOLVES



Chelimo Tanui Friess

Alaska Anchorage, which is ranked seventh nationally in the men's division and fifth in the women's division, has won the last two men's and last three women's GNAC team titles.

The Seawolves return seven all-conference performers, including Micah Chelimo, Alfred Kangogo, Dylan Anthony, Isaac Kangogo and Jake Parisien in the men's division and Miriam Kipng'eno and Ivy O'Guinn in the women's division. Chelimo, Alfred Kangogo and Kipng'eno will all be seeking their fourth Top 10 finish.

Men	Yr.	Hometown
1 Dylan Anthony	So.	Kodiak, Alaska
2 Micah Chelimo	Sr.	Kapko, Kenya
3 Andrey Ionashku	Fr.	Delta Junction, Alaska
4 Alfred Kangogo	Sr.	Eldoret, Kenya
5 Isaac Kangogo	So.	Eldoret, Kenya
6 Jesse Miller	Fr.	Juneau, Alaska
7 Dominik Notz	Fr.	Dettingen, Germany
8 Jake Parisien	Sr.	Palmer, Alaska
9 Kevin Rooke	So.	Toronto, Ont.

Women	Yr.	Hometown
150 Jaymi Bethea	Fr.	Kodiak, Alaska
151 Susan Bick	Jr.	Anchorage, Alaska
152 Sarah Freistone	Fr.	Anchorage, Alaska
153 Bryn Haebe	So.	Evergreen, Colo.
154 Miriam Kipng'eno	Sr.	Eldoret, Kenya
155 Katie Krehlik	Sr.	Juneau, Alaska
156 Valerie Massie	Sr.	Snohomish, Wash.
157 Ivy O'Guinn	Jr.	Soldotna, Alaska
158 Jessica Pahkala	Fr.	Wasilla, Alaska
159 Christi Schmitz	Jr.	Northpole, Alaska
160 Susan Tanui	Jr.	Eldoret, Kenya

Head Coach – Michael Friess

Assistants – T.J. Garlatz, Ryan McWilliams



Alaska Fairbanks NANOOKS



Kornfield McPhetres Jerome

The Nanook women are coming off back-to-back fourth-place finishes in the GNAC championship meet. UAF also finished a program-best fourth in the 2011 regional meet, advancing to the national meet where they placed 17th.

Among the returning athletes for the Nanook women are Heather Edic who placed 20th and Raphaela Sieber who finished 24th in last year's GNAC meet. Two years ago Sieber finished eighth in the conference meet becoming just the fifth UAF women to earn all-conference honors.

Men	Yr.	Hometown
10 Lars Arneson	Sr.	Soldotna, Alaska
11 Andrew Arnold	Jr.	Anchorage, Alaska
12 Kenneth Brewer	So.	Chugiak, Alaska
13 Nicholas Farrell	Fr.	Burke, Va.
14 Michael Fehrenbach	Fr.	Sankt Margen, Germ.
15 John Klein	Fr.	Anchorage, Alaska
16 Tyler Kornfield	Sr.	Anchorage, Alaska
17 Isaac Lammers	Fr.	Eagle River, Alaska
18 Jonas Loffler	So.	Saint Margen, Germ.
19 Ross MacDougall	Fr.	Astoria, Ore.
20 Max Olex	Jr.	Aalen, Germany
21 Tux Seims	Jr.	Horner, Alaska
22 Lex Treinen	Sr.	Anchorage, Alaska

Women	Yr.	Hometown
161 Julia Ebner	Fr.	Furtwangen, Gem.
162 Heather Edic	Sr.	Fairbanks, Alaska
163 Sara Falconer	Fr.	Anchorage, Alaska
164 Victoria Frehill	Fr.	Clarksville, Tenn.
165 Rebecca Konieczny	Sr.	W. Yellowstone, Mont.
166 Erna Mayo	Fr.	Fairbanks, Alaska
167 Alyson McPhetres	Jr.	Chugiak, Alaska
168 Kryston McPhetres	So.	Chugiak, Alaska
169 Heidi O'Connor-Brook	Jr.	Whitehorse, Yukon
170 Marit Rjabov	Sr.	Voru, Estonia
171 Raphaela Sieber	Jr.	Voehrenbach, Germ.
172 Megan Thompson	Sr.	Fairbanks, Alaska

Head Coach – Scott Jerome

Assistant – Matt Dunlap



Central Washington WILDCATS



Wojtech Kreft Adkisson

Kevin Adkisson is in his 19th season as Central Washington University's head coach. Adkisson led the CWU women to two conference titles in 2000 (PacWest) and 2004 (GNAC).

The CWU women finished in the Top 3 in five consecutive championships between 2002 and 2006. On the men's side, CWU's best finish was third in 2002. This fall CWU's best team finishes came in the CWU Invitational where its women won the team title and its men placed second.

Men	Yr.	Hometown
23 Zach Armstrong	Sr.	Breckenridge, Colo.
24 Ryan Eidsmoe	Sr.	Federal Way, Wash.
25 Jackson Halford	Fr.	Volcano, Hawaii
26 Kalen Javier	Fr.	Tacoma, Wash.
27 Nathan Minor	Jr.	Mount Vernon, Wash.
28 Matt Nodine	Sr.	Ellensburg, Wash.
29 Jeffrey Ott	Fr.	Ellensburg, Wash.
30 Nathan Power	Jr.	Burlington, Wash.
31 Nick Spencer	Fr.	Tacoma, Wash.
32 Jon Swanson	Sr.	Spokane Valley, Wash.
33 Ryan Thompson	So.	Edmonds, Wash.
34 John Wojtech	Jr.	Bremerton, Wash.

Women	Yr.	Hometown
173 Bri Barton	So.	Denver, Colo.
174 Erin Chinchar	So.	Kent, Wash.
175 Rose Cruze	So.	Issaquah, Wash.
176 Chelsea Dowdell	So.	Everett, Wash.
177 Dani Eggleston	Fr.	Longview, Wash.
178 Jayna Inderbitzen	Fr.	Graham, Wash.
179 Taylor Kartes	Jr.	Federal Way, Wash.
180 Kelsey Kreft	Sr.	Lake Stevens, Wash.
181 Danielle Maldonado	Fr.	Spokane, Wash.
182 Connie Morgan	So.	Tieton, Wash.
183 Megan Rogers	Fr.	Kent, Wash.

Head Coach – Kevin Adkisson

Assistant – Bryan Contreras



Montana State Billings YELLOWJACKETS



Choquette Mickelsen Coppock

The Yellowjackets have had one of their best campaigns since joining the GNAC in 2007, winning a men's team title at the Spokane Erik Anderson Invitational and a women's title at the Colorado Rocky Mountain Shootout.

Clint Choquette has paced the Yellowjacket men finishing fourth at the Carroll Invitational, third at Spokane and second at Colorado, while Whitney Mickelsen, who earned all-conference honors last season, placed third at Carroll, sixth at Spokane and second at Colorado.

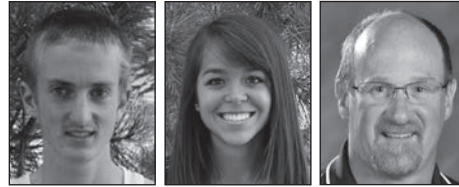
Men	Yr.	Hometown
35	Ryan Blomback	Sr. Belgrade, Mont.
36	Travis Buttelman	Sr. Three Forks, Mont.
37	Taylor Canfield	Sr. Manhattan, Mont.
38	Clint Choquette	Sr. Butte, Mont.
39	Daniel Lombardi	Sr. Deer Lodge, Mont.
40	Michael Luhr	So. Gillette, Wyo.
41	Jacob Marshall	Fr. Seward, Alaska
42	Thomas Neale	Fr. Billings, Mont.
43	Josh Panasuk	Fr. Butte, Mont.
44	Robert Peterson	Fr. Billings, Mont.
45	Chase Robinson	Jr. Colstrip, Mont.
46	Tyson Vanderby	Sr. Manhattan, Mont.

Women	Yr.	Hometown
184	Melanie Bock	Jr. East Helena, Mont.
185	Elizabeth Brown	So. Colstrip, Mont.
186	Renae Hepfner	So. Belt, Mont.
187	Theresa Lombardi	So. Deer Lodge, Mont.
188	Alex McBroom	So. Helena, Mont.
189	Katelynn Meyer	So. Billings, Mont.
190	Whitney Mickelsen	Sr. Aurora, Utah
191	Jinise Osborne	Fr. Columbia Falls, Mont.
192	Mary Owen	Sr. Hammond, Mont.
193	Blanca Perez	Jr. Bakersfield, Calif.
194	Ashlynn VanVoast	Fr. Havre, Mont.

Head Coach – Dave Coppock
Assistant – Trent Hooper



Northwest Nazarene CRUSADERS



Baggenstos Evans Spatz

Both Northwest Nazarene teams have established themselves as contenders for post-season berths this fall earning No. 10 rankings in the USTFCCCA West Regional polls.

The men have been led by Jesse Baggenstos, who twice has earned GNAC Athlete of the Week accolades after placing third in the Curran Invitational and 14th in the Willamette Charles Bowles Invitational. Natalie Evans led NNU in three different meets, including the Curran meet where she placed a season-high 20th.

Men	Yr.	Hometown
47	Jesse Baggenstos	Sr. Renton, Wash.
48	Curtis Capell	Fr. Meridian, Idaho
49	Kaleb Fleenor	So. Nampa, Idaho
50	Michael Gordon	So. Kuna, Idaho
51	Jacob Hollander	So. Lynden, Wash.
52	Josh Merioles	Sr. Valdez, Alaska
53	Benard Ngeno	Sr. Roret, Kenya
54	Matt Rankin	Sr. Ontario, Ore.
55	Justin Webb	Sr. Weiser, Idaho

Women	Yr.	Hometown
195	Hailey Bradshaw	So. Meridian, Idaho
196	Keesha Brown	So. Middleton, Idaho
197	Christina Ciampi	So. Aumsville, Ore.
198	Natalie Evans	Jr. New Plymouth, Idaho
199	Jadyn Gourley	Fr. Brush Prairie, Wash.
200	Christine Harwood	Sr. Pendleton, Ore.
201	Rebecca Holland	Fr. Meridian, Idaho
202	Marie Miller	Jr. The Dalles, Ore.
203	Matti Munger	So. Meridian, Idaho
204	Jordan Powell	Jr. Nampa, Idaho

Head Coach – John Spatz
Assistant – Jake Perry



Saint Martin's SAINTS



Patti Crock Sullivan

The Saints placed fifth in last year's men's conference meet for their second best finish in conference meet history. This fall they started out the season winning the Puget Sound Invitational as Joseph Patti and Joe Berger led the way placing second and third respectively.

The best finish for the Saint Martin's women came from Erika Crock who won the Puget Sound Invitational in a 6,000-meter time of 25:11. SMU's women also placed fourth in the Saint Martin's Invitational.

Men	Yr.	Hometown
56	Joe Berger	Jr. Enumclaw, Wash.
57	Frank Krause	So. Onalaska, Wash.
58	Aaron Michael	Fr. Lacey, Wash.
59	Nathan Morgan	Fr. Shelton, Wash.
60	Alex Nelson	So. Renton, Wash.
61	Joseph Patti	Sr. Renton, Wash.
62	Josiah Shelman	Fr. Lacey, Wash.

Women	Yr.	Hometown
205	Erika Crock	Jr. Port Orchard, Wash.
206	Jennifer Hickey	So. Tacoma, Wash.
207	Ashley Llapitan	Sr. Buckley, Wash.
208	Justine Malek	Fr. Makawao, Hawaii
209	Beatriz Ramirez	So. Olympia, Wash.

Head Coach – Julie Sullivan
Assistant – Dan Parine



Seattle Pacific FALCONS



Baker Morris Daligcon

The Falcons have established themselves as a contender for both men's and women's post-season honors, earning a fourth-place regional and 20th place national ranking in the women's division and an eighth place ranking in the men's division.

SPU got the season off to a quick start as their women won a pair of races and their men finished second twice at Fairbanks. Later led by A.J. Baker and Katie Morris, the Falcons had strong efforts at the Willamette Charles Bowles Invitational, placing fourth (men) and fifth (women) in a strong field in Salem.

Men	Yr.	Hometown
63 Ryan Alcantara	So.	Medford, Ore.
64 AJ Baker	Sr.	Au Gres, Mich.
65 Brett Bertrand	Fr.	Sammamish, Wash.
66 Brian Comer	Fr.	Sammamish, Wash.
67 Nick Derrah	Sr.	Portland, Ore.
68 Will Harrison	Sr.	Tucson, Ariz.
69 Alex Horton	So.	Kent, Wash.
70 Seth Pierson	Sr.	Cashmere, Wash.
71 Tavish Taylor	So.	Port Angeles, Wash.
72 Turner Wiley	So.	Issaquah, Wash.
73 Jordan Wolfe	Sr.	Bend, Ore.

Women	Yr.	Hometown
210 Josie Becker	Sr.	Grapeview, Wash.
211 Alli Cutting	Jr.	Sequim, Wash.
212 Lynelle Decker	Fr.	Vancouver, Wash.
213 Elizabeth Doe	So.	Lakenheath, England
214 McKayla Fricker	Jr.	Canby, Ore.
215 Jasmine Johnson	So.	Federal Way, Wash.
216 Katie Morris	Fr.	Spokane, Wash.
217 Anna Patti	Fr.	Renton, Wash.
218 Katie Thralls	Sr.	Livermore, Calif.
219 Robyn Zeidler	So.	Plymouth, Minn.

Head Coach – Erika Daligcon

Assistants – Doris Heritage, Jane Larson



Simon Fraser CLAN



Reid Butterworth Townsend

The Clan women finished second and SFU's men finished seventh in last year's conference meet and hope to make their mark this fall in their first season of eligibility for the NCAA regional and national meet.

Led by Lindsey Butterworth, SFU's women have had a strong season winning the Sonoma State Invitational, finishing third at Western Washington and fifth in the UW Sundodger. Its men also finished fifth at the Sundodger, second at Sonoma and eighth at WWU.

Men	Yr.	Hometown
74 BJ Cunliffe	So.	Courtice, Ont.
75 Timo Hoberg	Fr.	Germany
76 Martin Palibroda	So.	Fort St. John, B.C.
77 Alexandre Pare	Jr.	Quebec, Ont.
78 Cameron Proceviat	Fr.	Burnaby, B.C.
79 Rowdy Reeves	Fr.	Coquitlam, B.C.
80 Adam Reid	Sr.	Bowen Island, B.C.
81 Austin Trapp	So.	Elmira, Ont.
82 Lawrence Viola	Fr.	Coquitlam, B.C.
83 Travis Vugteveen	Jr.	Chilliwack, B.C.
84 Brendan Wong	Fr.	Coquitlam, B.C.

Women	Yr.	Hometown
220 Kirsten Allen	Jr.	London, Ont.
221 Lindsey Butterworth	Jr.	North Vancouver, B.C.
222 Heather Carviel	Jr.	Port Coquitlam, B.C.
223 Emma Chadsey	Fr.	Pemberton, B.C.
224 Erina Cho	Fr.	Coquitlam, B.C.
225 Helen Crofts	Sr.	West Vancouver, B.C.
226 Kim Doerksen	Sr.	Gibsons, B.C.
227 Tanya Humeniuk	Fr.	Vancouver, B.C.
228 Michaela Kane	Sr.	Roberts Creek, B.C.
229 Kansas MacKenzie	Fr.	Vancouver, B.C.
230 Gabby Napoleone	Fr.	New Westminster, B.C.
231 Peggy Noel	Fr.	Tsawwassen, B.C.
232 Leah Regan	So.	Maple Ridge, B.C.
233 Sarah Sawatzky	Sr.	Chilliwack, B.C.
234 Kristyn Webster	Sr.	Vancouver, B.C.

Head Coach – Brit Townsend



Western Oregon WOLVES



Kasler Copenhagen Johnson

The Wolves, coming off a 14th place national finish a year ago, are ranked 21st nationally in the men's poll. Connor Kasler, who placed 49th at nationals a year ago, has led the way posting the best 8,000-meter time in the GNAC at the UW Sundodger (24:54.39) and leading WOU to a fourth-place finish in the invitational division.

Western Oregon's women finished second at Sonoma State in its most recent effort in back of Simon Fraser as Holly Meler had a Top 10 finish placing eighth in a 6,000-meter time of 22:31.

Men	Yr.	Hometown
85 Bertin Cortes	So.	Woodburn, Ore.
86 Javier Cortes	So.	Woodburn, Ore.
87 Joseph Ewers	Fr.	Shedd, Ore.
88 Zach Holloway	Fr.	Brownsville, Ore.
89 Connor Kasler	Sr.	Grants Pass, Ore.
90 Drew Larson	Sr.	Lake Stevens, Wash.
91 Scott Larson	Jr.	Lake Stevens, Wash.
92 Sam Naffziger	Fr.	Bend, Ore.
93 Chris Olsen	Jr.	Milwaukie, Ore.
94 Alan Roy	So.	Reedsport, Ore.
95 David Smith	Jr.	Houston, Texas
96 Joe Soik	Fr.	Camino, Calif.
97 Zeke Wilson	Jr.	Challis, Idaho

Women	Yr.	Hometown
235 Nicole Anderson	So.	Packwood, Wash.
236 Laura Copenhagen	Sr.	Canby, Ore.
237 Audrey Hellesto	So.	Philomath, Ore.
238 Jenny Leaf	Jr.	Boulder, Colo.
239 Lara Lucero	So.	Vancouver, Wash.
240 Holly Meler	Jr.	Vancouver, Wash.
241 MacKenzie Naffziger	Jr.	Bend, Ore.
242 Rebecca Paradis	Fr.	Gig Harbor, Wash.
243 Natalie Schafer	Fr.	Riverside, Calif.
244 Rachel Shelley	So.	Portland, Ore.
245 Stephanie Stuckey	Fr.	Tacoma, Wash.
246 Ashley Taylor	Jr.	Yelm, Wash.

Head Coach – Mike Johnson

Assistant – Chris Reed



Western Washington VIKINGS



Jackson

Steen

Halsell

The Viking men have won three conference titles and finished second four times over the last seven years and return two all-conference performers – Tyler Cannon (5th) and Dak Riek (10th) – off of last year's squad. Another standout this fall for the Vikings, who are ranked 11th, has been Chip Jackson who won the UW Sundodger Open.

WWU's women are ranked 23rd nationally and hope to improve on last year's third place finish when they ended up just 11 points back of runner-up Simon Fraser.

Men	Yr.	Hometown
98 Brian Bates	Fr.	Anselmo, Calif.
99 Tanner Boyd	Jr.	Camas, Wash.
100 Zachart Bursell	Fr.	Juneau, Alaska
101 Tyler Cannon	Sr.	Kennewick, Wash.
102 Chip Jackson	Jr.	Shoreline, Wash.
103 Kyle Johnson	Sr.	Nine Mile Falls, Wash.
104 Ashkon Nima	So.	Bothell, Wash.
105 Dylan Peterson	Jr.	Seattle, Wash.
106 Brian Piette	Fr.	Vancouver, Wash.
107 Jonathan Quimby	So.	Ferndale, Wash.
108 Tabor Reedy	So.	Poulsbo, Wash.
109 Joshua Reiter	So.	Camas, Wash.
110 Dak Riek	Jr.	Everett, Wash.
111 Dustin Sjoerdsma	Fr.	Redwood City, Calif.
112 Derek Slaughtner	Sr.	Spokane, Wash.

Women	Yr.	Hometown
247 Brenna Condon	Fr.	Snohomish, Wash.
248 Taylor Graham	Fr.	Burlington, Wash.
249 Taylor Guenther	Fr.	Vancouver, Wash.
250 Meghan Hoffman	So.	Covington, Wash.
251 Haida Ikeda	Jr.	Issaquah, Wash.
252 Maddy Jalbert	Fr.	Niwot, Colo.
253 Kali Klotz-Brooks	Fr.	Cheney, Wash.
254 Maddie McGee	So.	Spokane, Wash.
255 Haley O'Connor	So.	Sammamish, Wash.
256 Austin Reiter	Fr.	Camas, Wash.
257 Mary Rogers	Sr.	Spokane, Wash.
258 Katelyn Steen	So.	Sammamish, Wash.
259 Mikhaila Thornton	So.	Bend, Ore.
260 Arielle Walton	Jr.	Issaquah, Wash.

Head Coach – Pee Wee Halsell

Assistants – Bill Roe, Keever Henry, Christina Ashby, Erik DeRoche

GNAC Championships History



Micah Chelimo
2011 Men's Champion



Ruth Keino
2011 Women's Champion



Michael Friess
2011 Men's & Women's
Coach of the Year

MEN

Team Champion

Year	Site	Champion
2001	Anchorage	Northwest Nazarene, 32 pts.
2002	Seattle	Alaska Anchorage, 70 pts.
2003	Monmouth	Western Washington, 61 pts.
2004	McKinleyville	Seattle Pacific, 71 pts.
2005	Bellingham	Alaska Anchorage, 39 pts.
2006	Lacey	Western Washington, 35 pts.
2007	Nampa	Western Washington, 35 pts.
2008	Yakima	Alaska Anchorage, 34 pts.
2009	Yakima	Western Washington, 33 pts.
2010	Yakima	Alaska Anchorage, 41 pts.
2011	Yakima	Alaska Anchorage, 27 pts.

Individual Champion

2001	Francis Kimeli, NNU	26:12.2
2002	Paul Kezes, WWU	24:20.85
2003	Doug Hamilton, HSU	24:59.53
2004	Tim LeCount, SPU	25:58
2005	Casey Moriarty, SU	25:16
2006	David Kiplagat, UAA	24:28.27
2007	John Riak, SMU	24:56.77
2008	Marko Cheseto, UAA	24:30.27
2009	Marko Cheseto, UAA	24:50
2010	Marko Cheseto, UAA	23:56
2011	Micah Chelimo, UAA	24:24

Coach Of The Year

2001	Randy Dalzell, NNU
2002	Michael Friess, UAA
2003	PeeWee Halsell, WWU
2004	Doris Heritage, SPU
2005	Michael Friess, UAA
2006	PeeWee Halsell, WWU
2007	PeeWee Halsell, WWU
2008	Michael Friess, UAA
2009	PeeWee Halsell, WWU
2010	Michael Friess, UAA
2011	Michael Friess, UAA

WOMEN

Team Champion

Year	Site	Champion
2001	Anchorage	Humboldt State, 58 pts.
2002	Seattle	Humboldt State, 49 pts.
2003	Monmouth	Seattle Pacific, 62 pts.
2004	McKinleyville	Central Washington, 67 pts.
2005	Bellingham	Seattle Pacific, 54 pts.
2006	Lacey	Seattle Pacific, 34 pts.
2007	Nampa	Seattle Pacific, 24 pts.
2008	Yakima	Seattle Pacific, 48 pts.
2009	Yakima	Alaska Anchorage, 25 pts.
2010	Yakima	Alaska Anchorage, 27 pts.
2011	Yakima	Alaska Anchorage, 31 pts.

Individual Champion

2001	Ashlee Vincent, WWU	23:46.0
2002	Ashlee Vincent, WWU	21:44.89
2003	Josie Lavin, SPU	21:42.84
2004	Karen Dickson, SPU	22:28.02
2005	Pavla Havlova, UAF	22:15
2006	Jessica Pixler, SPU	21:11
2007	Jessica Pixler, SPU	20:53.48
2008	Jessica Pixler, SPU	21:12.00
2009	Jessica Pixler, SPU	21:03
2010	Sarah Porter, WWU	21:04
2011	Ruth Keino, UAA	21:26

Coach Of The Year

2001	Chris Parmar, HSU
2002	David Wells, HSU
2003	Michael Friess, UAA
2004	Michael Friess, UAA
2005	Michael Friess, UAA
2006	Doris Heritage, SPU
2007	Doris Heritage, SPU
2008	Erika Daligcon, SPU
2009	Michael Friess, UAA
2010	Michael Friess, UAA
2011	Michael Friess, UAA



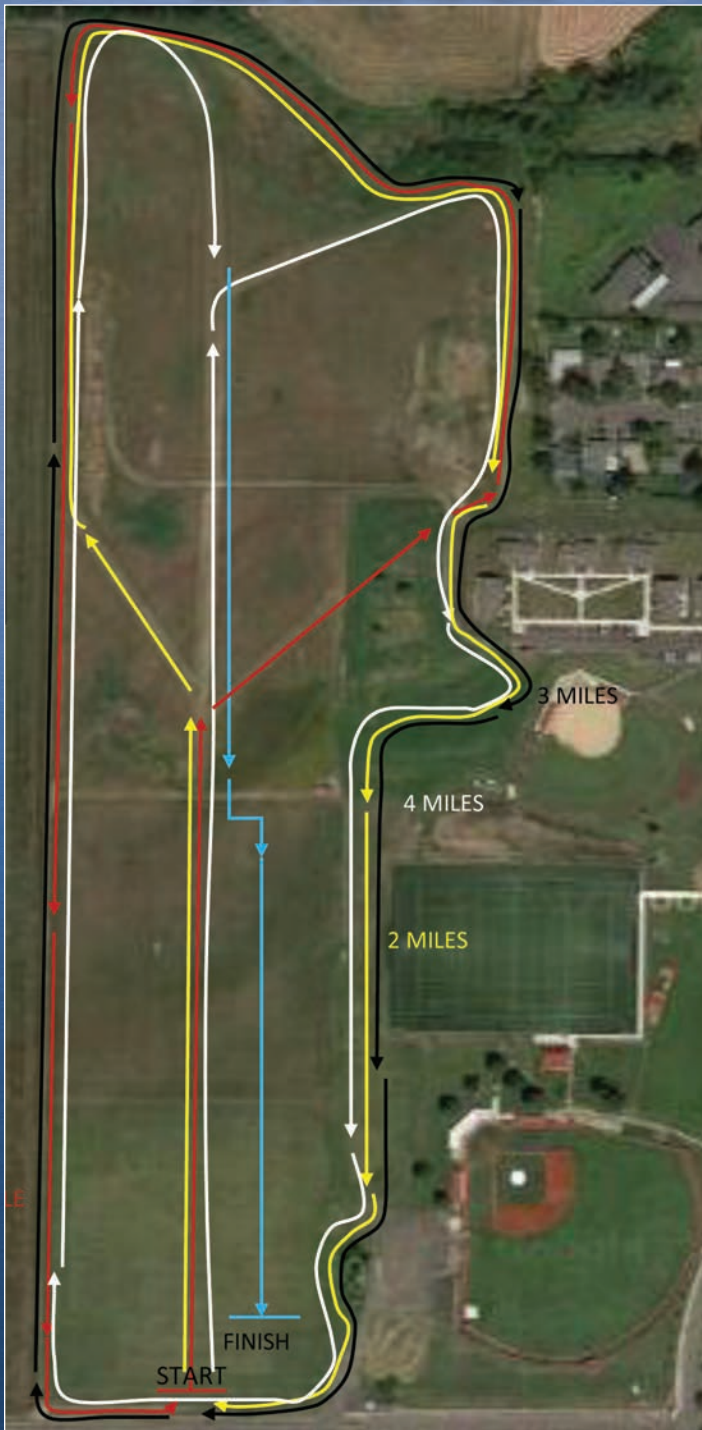
CROSS COUNTRY

Ash Creek Preserve

HOME OF THE 2012 GNAC CROSS COUNTRY CHAMPIONSHIPS

MEN'S 8,000 METERS

WOMEN'S 6,000 METERS



1st Loop - Red

2nd Loop - Yellow

3rd Loop - Black

4th Loop - White
(Women's Final Loop)

Final Loop - Blue
(Men Only)



CROSS COUNTRY