



Great Northwest Athletic Conference

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2012 Cross Country Report No. 1 (Aug. 29, 2012)

Seawolves Unanimous Pick To Win Cross Country Titles

Great Northwest Coaches Poll

MEN		Avg. Rank
1. Alaska Anchorage		1.00
2. Western Washington		2.00
3. Western Oregon		3.13
4. Seattle Pacific		4.00
5. Northwest Nazarene		4.50
6. Simon Fraser		5.88
7. Alaska Fairbanks		7.00
8. Saint Martin's		7.25
9. Central Washington		7.50
10. Montana State Billings		8.13

WOMEN		Avg. Rank
1. Alaska Anchorage		1.00
2. Western Washington		2.63
Simon Fraser		2.63
4. Seattle Pacific		3.63
5. Alaska Fairbanks		5.00
6. Northwest Nazarene		5.50
7. Western Oregon		6.63
8. Montana State Billings		7.38
9. Saint Martin's		7.88
10. Central Washington		8.25

(Note: Each coach ranked nine other teams. Average rank is determined by totaling the ranks and dividing by the number of coaches who participated in poll).

PORTLAND, Ore. – Alaska Anchorage is the overwhelming favorite to win its third consecutive Great Northwest Athletic Conference men's and its fourth straight GNAC women's cross country titles this fall.

Both the Seawolf men and women received perfect rankings of 1.00 in the GNAC Coaches' pre-season polls.

In the inaugural West Region poll, the two-time champion UAA men are ranked second in back of Chico State and the three-time defending Seawolf women are ranked No. 1.

UAA's men return four athletes who earned all-conference honors last year by finishing in the Top 10 at the championship meet.

The Seawolves' Micah Chelimo is the defending champion in both the conference meet and regional meet and will be attempting to become just the fifth athlete in GNAC history to earn all-conference honors four times.

Chelimo (Sr., Kapkoi, Kenya – Tambach) placed 15th in the national meet last fall to win All-America honors.

Also back off of last year's men's all-conference team are UAA's Alfred Kangogo (Sr., Eldoret, Kenya), Dylan Anthony (So., Kodiak, AK) and Isaac Kangogo (So., Eldoret, Kenya).

They finished fourth, seventh and ninth, respectively a year ago. Alfred Kangogo will also be going for his fourth all-conference award.

Two Western Washington athletes – Tyler Cannon (Sr., Kennewick, WA – Kamiakin) and Dak Riek (Jr., Everett, WA – Mariner) – are also returning all-conference performers. They finished fifth and 10th last season.

The Vikings finished second in the pre-season poll, being ranked No. 2 on every opposing coach's ballot.

Four women who earned all-conference honors return, including UAA's Miriam Kipng'eno (Sr., Eldoret, Kenya), who will be seeking her fourth straight all-conference award, and Ivy O'Guinn (Jr., Soldotna, AK – Skyview). They finished third and fourth, respectively, in the conference meet.

Also back off of last year's all-conference team are Lindsey Butterworth (Jr., North Vancouver, BC – Handsworth) of Simon Fraser and Whitney Mickelsen (Sr., Aurora, UT) of Montana State Billings, who placed fifth and 10th.

UAA also returns Susan Bick (Jr., Anchorage, AK – Bartlett) and Bryn Haebe (So., Evergreen, CO) who placed 11th and 13th, respectively, just missing all-conference accolades.

The Seawolves' toughest challengers this fall will likely be from Western Washington and Simon Fraser, who tied for second in the coaches' poll with an average ranking of 2.63.

Among SFU's returning athletes is Helen Crofts (Sr., West Vancouver, BC) who finished 10th in the 2010 NAIA national meet before sitting out last season to train for the Olympics.

Western Washington's top returnee is Katelyn Steen (So., Sammamish, WA – Eastlake), who finished 17th in last year's conference meet as a freshman.

GNAC teams dominated the first regional poll placing five men's teams and five women's teams in the Top 10.

Joining UAA (2nd) in the men's regional poll were Western Washington (3rd), Western Oregon (4th), Seattle Pacific (8th) and Northwest Nazarene (10th).

The women's Top 10 in addition to the top-ranked Seawolves includes Simon Fraser (3rd), Western Washington (5th), Seattle Pacific (6th) and Alaska Fairbanks (8th).

Five men's teams and five women's teams from the West Regional will advance this year to the national meet in Joplin, Mo.

The national field has been expanded from 24 teams to 32 with each of the eight regions receiving three automatic berths.

The West receives five as it placed two teams among the Top 8 in both the men's and women's races last fall.

2012 GNAC CROSS COUNTRY SCHEDULE

August

30 – Alaska Nanooks Interior Long Course, 5:30 p.m. (Alaska Fairbanks, Seattle Pacific).

September

1 – Alaska Nanooks Interior Short Course, 10 a.m. (Alaska Fairbanks, Seattle Pacific); Puget Sound Invitational, 10 a.m. (Saint Martin's); Hawaii Pacific Invitational, 9 a.m. (Alaska Anchorage); Pier Park Invitational (Western Oregon).

7 - Central Washington Invitational at West Ellensburg Park (Central Washington, Western Washington).

8 – Roger Curran Invitational at West Park, 12:45 p.m. (Northwest Nazarene); Alaska Nanooks Ester Dome, 11 a.m. (Alaska Fairbanks); Carroll College Invitational, 10 a.m. (MSU Billings); Hawaii Big Wave Invitational (Alaska Anchorage).

15 – UW Sundodger Invitational at Lincoln Park, 9 a.m. (Alaska Fairbanks, Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington); UC Riverside Invitational at Farm Course, 9 a.m.; Montana State Invitational, 9 a.m. (MSU Billings).

22 – Saint Martin's Invitational, 10 a.m. (Alaska Fairbanks, Central Washington, Saint Martin's, Seattle Pacific, Western Washington); SCC Erik Anderson Invitational, 10 a.m. (Central Washington, MSU Billings); Sonoma State Invitational, 9 a.m. (Simon Fraser, Western Oregon).

29 – Willamette Charles Bowles at Bush's Pasture Park, 9:30 p.m. (Alaska Fairbanks, Central Washington, Northwest Nazarene, Seattle Pacific); Colorado Rocky Mountain Shootout, 9 a.m. (MSU Billings); Pacific Lutheran Invitational (Central Washington).

October

6 – Western Washington Invitational at East Lake Padden, 10:30 a.m. (Alaska Anchorage, Alaska Fairbanks, Central Washington, Saint Martin's, Simon Fraser, Western Washington); College of Idaho Invitational, 5 p.m. (Northwest Nazarene); WOU Ash Creek Open (Western Oregon).

12 – Oregon City Mike Hodges Invitational, 3:30 p.m. (Western Oregon).

13 – Emerald City Invitational at Woodland Park (Alaska Fairbanks, Seattle Pacific); MSU Billings Yellowjacket Shootout, 10 a.m. (MSU Billings).

20 – GNAC at WOU Campus Course, 10 a.m.

November

3 – NCAA Division II West Regional at Kahuku, Hawaii.

17 – NCAA Divisional II Nationals at Joplin, Mo.

TEAM CAPSULES

ALASKA ANCHORAGE Seawolves

Head Coach: Michael Friess, Linfield '85 (23rd year)

Assistants: T.J. Garlatz, Ryan McWilliams

2011 Conference Finish: Men – 1st, 27. Women – 1st, 31.

2011 National Finish: Men – 8th, 290 (West Region – 1st, 37).

Women – 6th, 152 (West Region – 1st, 27).

Returning Conference Finishers: Men (6) – 1, Micah Chelimo 24:24; 4. Alfred Kangogo 25:13; 7. Dylan Anthony 25:32; 9. Isaac Kangogo 25:41; 18. Jake Parisien 26:09; 25. Kevin Rooke 26:26.

Women (8) – 3. Miriam Kipng'eno 22:12; 4. Ivy O'Guinn 22:24; 11. Susan Bick 22:58; 13. Bryn Haebe 23:01; 28. Katie Krehlik 23:54; 32. Valerie Massie 23:59; 47. Christi Schmitz 24:42; 59. Susan Tanui 25:28.

ALASKA FAIRBANKS Nanooks

Head Coach: Scott Jerome, Bates '93 (9th year)

Associate Head Coach: Matt Dunlap

2011 Conference Finish: Men – 10th, 228. Women – 4th, 97.

2011 National Finish: Men – DNQ (West Region – 16th, 449).

Women – 17th, 436 (West Region – 4th, 164).

Returning Conference Finishers: Men (6) – 37. Tyler Kornfield 26:46; 41. Andrew Arnold 26:51; 43. Tux Seims 27:01; 61. Lars Arneson 27:53; 74. Jonas Loffler 28:32; 75. Kenneth Brewer 28:34. **Women (4)** – 20. Heather Edic 23:24; 24. Raphaela Sieber 23:38; 45. Alyson McPhetres 24:27; 60. Kryston McPhetres 25:29.

CENTRAL WASHINGTON Wildcats

Head Coach: Kevin Adkisson, Willamette '91 (19th year).

Assistants: Bryan Contreras

2011 Conference Finish: Men – 8th, 203. **Women** – 10th, 269.

2011 National Finish: Men – DNQ (West Region – 13th, 321).

Women – DNQ (West Region – 21st, 551).

Returning Conference Finishers: Men (5) – Nathan Minor 26:34, 51. Nathan Power 27:23; 55. Ryan Thompson 27:27; 71. Jon Swanson 28:12; 84. Zach Armstrong 30:00. **Women (9)** – 44. Connie Morgan 24:25; 63. Taylor Kartes 25:36; 65. Ashlee Sincraugh 25:39; 69. Chelsea Dowdell 25:49; 74. Ashley Rice 26:15; 76. Rose Cruze 26:19; 77. Briana Barton 26:25; 83. Shelby Bodily 27:18; 85. Brienna Petersen 27:26.

Other Key Athletes: Men – Ryan Eidsmoe. **Women** – Kelsey Kreft, Krissy McGill, Danielle Eggleston.

MONTANA STATE BILLINGS Yellowjackets

Head Coach: Dave Coppock, Montana '79 (22nd year)

2011 Conference Finish: Men – 9th, 220. **Women** – 8th, 234.

2011 National Finish: Men – DNQ (West Region – 15^h, 342).

Women – DNQ (West Region – 17th, 517).

Returning Conference Finishers: Men (6) – 33. Daniel Lombardi 26:37; 57. Chase Robinson 27:33; 76. Dylan Lammers 28:50; 77. Travis Buttelman 28:55; 65. Ryan Blomback 27:57; 87. Matt Ross 31:26. **Women (9)** – 10. Whitney Mickelsen 22:51; 52. Renae Hepfner 25:05; 67. Keri Clump 25:44; 68. Melanie Bock 25:46; 78. Theresa Lombardi 26:28; 80. Mary Owen 26:38; 82. Elizabeth Brown 27:11; 89. Alex McBroom 28:34; 91. Katelynn Meyer 28:45.

Other Key Athletes: Men – Tyson Vanderby, Taylor Canfield, Clint Coquette, Michael Luhr. **Women** – Blanca Perez, Ashlynn VanVoast, Jinise Osborne.

NORTHWEST NAZARENE Crusaders

Head Coach: John Spatz, Eastern Washington '88 (11th year)

Assistants: Jake Perry

2011 Conference Finish: Men – 4th, 139. **Women** – 6th, 173.

2011 National Finish: Men – DNQ (West Region – 5th, 200).

Women – DNQ (West Region – 13th, 339).

Returning Conference Finishers: Men (6) – 34. Jesse Baggenstos 26:42; 36. Kalen Fleenor 26:43; 44. Michael Gordon 27:08; 56. Benard Ngeno 27:30; 58. Matt Rankin 27:36; 68. Jacob Hollander 28:05. **Women (7)** – 15. Natalie Evans 23:03; 26. Jordan Powell 23:47; 51. Hailey Bradshaw 25:02; 58. Kaesha Brown 25:25; 70. Christine Harwood 25:57; 81. Marie Miller 27:01; 86. Christina Ciampi 27:42.

SAINT MARTIN'S Saints

Head Coach: Julie Sullivan, Seattle Pacific '01 (7th year).

Assistants: Dan Parine

2011 Conference Finish: Men – 5th, 151. **Women** – 9th, 236.

2011 National Finish: Men – DNQ (West Region – 10th, 261).

Women – DNQ (West Region – 24th, 578).

Returning Conference Finishers: Men (5) – 35. Joseph Patti 26:43; 48. Joe Berger 27:16; 70. Frank Krause 28:11; 85. Devon DeMoss 30:19; 86. Alex Nelson 30:34. **Women (6)** – 57. Erika (Copeland) Crock 25:20; 66. Lindsay Anderson 25:41; 73. Ashley Llapitan 26:13; 87. Jennifer Hickey 27:46; 88. Beatriz Ramirez 27:56; 90. Brittany Blake 28:41.

SEATTLE PACIFIC Falcons

Head Coach: Erika Daligcon, SPU '97 (5th year).

Assistants: Doris Heritage

2011 Conference Finish: Men – 6th, 161. **Women** – 5th, 110.

2011 National Finish: Men – DNQ (West Region – 7th, 247).

Women – DNQ (West Region – 6th, 212).

Returning Conference Finishers: Men (7) – 15. A.J. Baker 26:01; 26. Seth Pierson 26:30; 38. Turner Wiley 26:47; 42. Will Harrison 26:51; 47. Tavish Taylor 27:16; 60. Alex Horton 27:48; 64. Jordan Wolfe 27:55. **Women (6)** – 22. Robyn Zeidler 23:30; 39. Allison Cutting 24:14; 40. McKayla Fricker 24:15; 42. Jasmine Johnson 24:19; 49. Josie Becker 24:56; 61. Elizabeth Doe 25:32.

SIMON FRASER Clan

Head Coach: Brit Townsend (14th year)

2011 Conference Finish: Men – 7th, 193. **Women** – 2nd, 76.

Returning Conference Finishers: Men (3) – 28. BJ Cunliffe 26:32; 69. Austin Trapp 28:06; 62. James Young 27:54. **Women (7)** – 5. Lindsay Butterworth; 19. Sarah Sawatzky 23:22; 21. Michaela Kane 23:26; 29. Kirsten Allen 23:54; 37. Leah Regan 24:06; 38. Kim Doerksen 24:10; 46. Caitlin Dell 24:37.

Other Key Athletes: Men – Adam Reid, Travis Vugteveen, Lawrence Viola, Cameron Proceviat **Women** – Helen Crofts, Kansas MacKenzie (National Under 23 Team member), Peggy Noel (Top 10 at National Juniors), Tanya Humeniuk, Emma Chadsey.

WESTERN OREGON Wolves

Head Coach: Mike Johnson, Eastern Washington '72 (9th year)

Assistants: Chris Reed

2011 Conference Finish: Men – 3rd, 80. **Women** – 7th, 196.

2011 National Finish: Men – 14th, 374 (West Region – 3rd, 126).

Women – DNQ (West Region – 14th, 417).

Returning Conference Finishers: Men (5) – 11. Connor Kasler 25:45; 22. Ryan Chapman 26:19; 46. Drew Larson 27:13; 54. Brady Beagley 27:26; 73. Chris Olsen 28:23. **Women (4)** – 56. Rachel Shelley 25:16; 62. Nicole Anderson 25:32; 64. Jenny Leaf, 25:37; 75. MacKenzie Naffziger 26:18.

WESTERN WASHINGTON Vikings

Head Coach: Kelven "Pee Wee" Halsell, Wayland Baptist '81 (26th year)

Assistants – Keever Henry, Bill Roe

2011 Conference Finish: Men – 2nd, 63. **Women** – 3rd, 87.

2011 National Finish: Men – 10th, 324 (West Region – 4th, 128).

Women – 12th, 390 (West Region – 3rd, 148).

Returning Conference Finishers: Men (8) – 5. Tyler Cannon 25:18; 10. Dak Riek 25:44; 12. Tanner Boyd 25:51; 21. Kyle Johnson 26:16; 24. Dylan Peterson 26:23; 49. Chip Jackson 27:19; 50. Tabor Reedy 27:22; 67. Jeremy Anderson 28:02. **Women (4)** – 17. Katelyn Steen 23:17; 27. Mikhalia Thornton 23:53; 30. Mary Rogers 23:54; 35. Haley O'Connor 24:02.