



## Great Northwest Athletic Conference

6901 SE Lake Rd.  
Suite 1  
Portland, OR 97267-2194  
503.305.8756  
Contact: Bob Guptill

### 2013 Cross Country Report No. 1 (Aug. 27, 2013)

#### Alaska Anchorage Favorite To Win 2013 GNAC Cross Country Titles

##### Great Northwest Coaches Poll

MEN	Avg. Rank
1. Alaska Anchorage (10)	1.00
2. Western Washington	2.00
3. Western Oregon	3.80
Montana State Billings	3.80
5. Simon Fraser	5.30
6. Seattle Pacific	6.00
7. Northwest Nazarene	7.60
8. Alaska Fairbanks	7.90
9. Central Washington	8.10
10. Saint Martin's	9.50

WOMEN	Avg. Rank
1. Alaska Anchorage (9)	1.20
2. Simon Fraser (1)	2.00
3. Seattle Pacific	3.40
4. Western Washington	3.50
5. Central Washington	5.60
6. Northwest Nazarene	6.90
Western Oregon	7.10
8. Montana State Billings	7.40
9. Alaska Fairbanks	8.60
10. Saint Martin's	9.30

(Note: Average rank is determined by totaling the ranks and dividing by the number of coaches who participated in poll. First-place votes in parentheses).

PORTLAND, Ore. – Alaska Anchorage will be seeking its fourth straight men’s team championship and its fifth consecutive women’s title Oct. 26 when the GNAC hosts its 13<sup>th</sup> annual championship at the Ash Creek Preserve Cross Country course in Monmouth. Western Oregon is the host.

Both Seawolf teams won titles with record-low team scores last October at WOU. The Anchorage men won with a score of 23, while the Seawolf women nearly missed a perfect score of 15, tallying 16 points.

The UAA men received every first-place vote in the GNAC Coaches pre-season poll and all but one in the women’s poll.

Western Washington earned a No. 2 ranking in the men’s poll and Simon Fraser, which earned one first-place vote, finished second in the women’s poll.

Seven of last year’s Top 10 finishers are expected to return for the women’s conference championship race.

Back to defend her women’s individual title will be UAA’s Susan Tanui.

Tanui (Sr., Eldoret, Kenya), who posted a winning time of 20:37.29 last year, went on to win the regional title in a time of 21:19 and then finished second in the national meet in a time of 20:12.6.

Also returning from last year’s all-conference (Top 10) team are UAA’s Ivy O’Guinn (Sr., Soldotna, AK), Sarah Freistone (So., Anchorage, AK – Dimond) and Susan Bick (Sr., Anchorage, AK – Bartlett) and Simon Fraser’s Lindsay Butterworth (Sr., North Vancouver, BC – Handsworth), Kansas MacKenzie (So., Vancouver, BC) and Peggy Noel (So., Tsawwassen, BC).

O’Guinn finished third a year ago, while Freistone, who earned *GNAC Freshman of the Year* honors, and Bick finished fourth and sixth, respectively.

Butterworth, MacKenzie and Noel earned fifth, ninth and 10<sup>th</sup> place finishes. O’Guinn and Butterworth earned all-conference honors for the second time.

Four all-conference athletes are back on the men’s side – Dylan Anthony (Jr., Kodiak, AK) and Isaac Kangogo (Jr., Eldoret, Kenya) of Alaska Anchorage and Dak Riek (Sr., Everett, WA) and Chip Jackson (Sr., Shoreline, WA – Shorewood) of Western Washington.

Riek and Jackson are the top two returning finishers after placing third and fourth last season, while Anthony and Kangogo finished fifth and ninth.

Riek, Anthony and Kangogo will all be seeking their third consecutive all-conference Top 10 finishes.

Riek and Anthony will also be seeking to repeat as All-Americans. Anthony won All-American honors by placing 23<sup>rd</sup> at last year’s national meet; Riek finished 37<sup>th</sup> at the 2012 national meet at Joplin.

Tanui is the lone GNAC returning All-American in the women’s division.

Five men's teams and five women's teams from the West Regional at Spokane will advance to the national meet in Spokane.

The national meet, which is hosted by the GNAC, will be held at the Planters Ferry Sports Complex Nov. 23

The GNAC will also host the NCAA West Regional at Planters Ferry on Nov. 9.

**STREAKS:** Alaska Anchorage's men have qualified for five consecutive national meets, while the Seawolf women are working on a string of four consecutive national appearances. The longest streak, however, belongs to Western Washington which has competed in six consecutive men's national meets ... UAA athletes have won five consecutive individual GNAC men's titles including three by Marko Cheseto (2008-10) and two by Micah Chelimo (2011-12).

**WEST REGION RANKINGS (as of Aug. 27): Men** - 1. Chico State; 2. Alaska Anchorage; 3. Western Washington; 4. Humboldt State; 5. Cal Baptist; 6. San Francisco State; 7. Cal Poly Pomona; 8. UC San Diego; 9. Western Oregon; 10. Montana State Billings. **Women** - 1. Chico State; 2. Alaska Anchorage; 3. Simon Fraser; 4. Humboldt State; 5. Cal State Stanislaus; 6. Western Washington; 7. Seattle Pacific; 8. San Francisco State; 9. Central Washington; 10. Cal Poly Pomona.

## 2013 GNAC CROSS COUNTRY SCHEDULE

### August

31 - Alaska Anchorage at BYU-Hawaii.

### September

5 - Alaska Fairbanks Invitational (UAF, MSUB, SPU); 6 - Portland State Viking Classic (SMU); 7 - Alaska Fairbanks 4K Invitational (UAF, SPU, MSUB); CWU Apple Ridge Invitational (CWU, NNU, WWU); BYU Hawaii Invitational (UAA); 13 - WOU Ash Creek Preserve Invitational (WOU); 14 - UW Sundodger Invitational at Lincoln Park (CWU, SMU, SPU, SFU, WWU); NNU Roger Curran Invitational (NNU); Yellowjacket Invitational (MSUB); Hawaii Big Wave Invitational (UAF); 21 - Spokane Eric Anderson Invitational (CWU, SFU, WOU, WWU); Montana State Invitational (MSUB); College of Idaho Coyote Invitational (NNU); 28 - Colorado Rocky Mountain Shootout (MSUB); Saint Martin's Invitational (UAF, SMU, WWU); Stanford Invitational (SFU).

### October

4 - Montana Invitational (CWU); 5 - Willamette Charles Bowles Invitational (UAA, NNU, SMU, SPU, WOU); 12 - MSUB Yellowjacket Invitational (MSUB); Pacific Lutheran Invitational (WOU); Western Washington Invitational (CWU, UAF, SPU, SFU, WWU); 19 - OSU Beaver Classic (WOU); LCSC Inland Empire Classic (NNU); Emerald City Open (SMU, SFU); 26 - GNAC (at Monmouth).

**NCAA Regional (Nov. 9 at Spokane)** - Women 10:30 a.m., Men 11:30 a.m. **NCAA Nationals (Nov. 23 at Spokane)** - Women 10:30 a.m., Men 11:30 a.m. (at Spokane).

## 2013 TEAM CAPSULES

### ALASKA ANCHORAGE Seawolves

**Head Coach:** Michael Friess, Linfield '85 (24<sup>th</sup> year)

**Assistants:** T.J. Garlatz, Ryan McWilliams, Anthony Tomsich

**2012 Conference Finish: Men** - 1<sup>st</sup>, 23. **Women** - 1<sup>st</sup>, 16.

**2012 National Finish: Men** - 3<sup>rd</sup>, 148 (West Region - 2<sup>nd</sup>, 46).

**Women** - 6<sup>th</sup>, 202 (West Region - 2<sup>nd</sup>, 56).

**Returning Conference Finishers: Men (6)** - 5. Dylan Anthony 25:12.49, 9. Isaac Kangogo 25:27.84, 12. Kevin Rooke 25:37.44, 17. Dominik Notz 25:50.25, 23. Andrey Ionashku 26:01.92, 71. Jesse Miller 27:56.25. **Women (8)** - 1. Susan Tanui 20:37.29, 3. Ivy O'Guinn 21:04.20, 4. Sarah Freistone 21:13.06, 6. Susan Bick 21:20.09, 13. Bryn Haebe 21:38.53, 17. Jaymi Bethea 21:55.20, 22. Christi Schmitz 22:01.118, 34. Jessica Pankala 22:29.21.

### ALASKA FAIRBANKS Nanooks

**Head Coach:** Scott Jerome, Bates '93 (10<sup>th</sup> year)

**Cross Country Intern:** Joey Nunes

**2012 Conference Finish: Men** - 8<sup>th</sup>, 206. **Women** - 8<sup>th</sup>, 198.

**2012 Regional Finish: Men** - 16<sup>th</sup>, 434. **Women** - 20<sup>th</sup>, 463.

**Returning Conference Finishers: Men (4)** - 33. Ross MacDougall 26:28.24, 47. Tux Seims 26:50.99, 54. Michael Fehrenbach 27:01.97, 75. Max Olex 28:11.37. **Women (2)** - 43. Alyson McPhetres 22:53.47, 55. Kryston McPhetres 23:31.56.

**Key Newcomers: Men** - Mitch Burgess (Fr., Temecula, CA - Great Oak), Tal Norvell (Fr., Douglas, AK - Juneau-Douglas), Keegan Rankin (Fr., El Paso, TX - Austin). **Women** - Kali Striker (Fr., Midlothian, VA), Dorothy O'Donnell (Fr., Fairbanks, AK - West Valley), Mia Anderson (Fr., Salt Lake City, UT - Skyline)

### CENTRAL WASHINGTON Wildcats

**Head Coach:** Kevin Adkisson, Willamette '91 (20<sup>th</sup> year).

**Assistants:** Bryan Contreras

**2012 Conference Finish: Men** - 9<sup>th</sup>, 255. **Women** - 5<sup>th</sup>, 151.

**2012 Regional Finish: Men** - 18<sup>th</sup>, 491. **Women** - 10<sup>th</sup>, 335.

**Returning Conference Finishers: Men (5)** - 42. Nathan Minor 26:43.46, 58. John Wojtech 27:12.39, 61. Ryan Thompson 27:20.35, 74. Nick Spencer 28:04.60, 76. Kalen Javier 28:13.90. **Women (8)** - 24. Connie Morgan 22:05.20, 25. Dani Eggleston 22:06.25, 50. Megan Rogers 23:06.77, 59. Bri Barton 23:42.13, 67. Chelsea Dowdell 24:00.23, 69. Jayna Inderbitzen 24:05.78, 70. Danielle Maldonado 24:06.44, 72. Erin Chinchar 24:10.13.

**Key Newcomers: Men** - Tomislav Smith (Fr., Kamiak); Alexander Martinez (Fr., Kent, WA - Kentlake); Rudy Spencer (Jr., Spokane Falls). **Women** - Hannah Dowdell (Fr., Everett, WA - Cascade); Anna De Carteret (Fr., Auburn, WA); Kaitlyn McKinney (Fr., Union).

### MONTANA STATE BILLINGS Yellowjackets

**Head Coach:** Dave Coppock, Montana '79 (23<sup>rd</sup> year)

**2012 Conference Finish: Men** - 3<sup>rd</sup>, 103. **Women** - 6<sup>th</sup>, 168.

**2012 Regional Finish: Men** - 9<sup>th</sup>, 260. **Women** - 18<sup>th</sup>, 435.

**Returning Conference Finishers: Men (6)** - 15. Robert Peterson 25:48.71, 18. Michael Luhr 25:51.21, 32. Chase Robinson 26:27.62, 48. Josh Panasuk 26:51.01, 60. Thomas Beale 27:16.42, 69. Travis Butteltmann 27:53.28. **Women (8)** - 36. Renae Hepfner 22:33.09, 45. Jinise Osborne 22:57.14, 54.

Melanie Bock 23:30.58, 71. Elizabeth Brown 24:07.82, 73. Alex McBroom 24:14.07, 82. Katelynn Meyer 24:48.01, 83. Blanca Perez 24:48.65, 86. Ashlynn VanVoast 25:11.04.

**Key Newcomers: Men** – Lane Lantis (Fr., Terry, MT - Dawson County); Travis Price (Sr., Seward, AK – Univ. of Great Falls); Jamon Rodrigues (Fr., Gillette, MT). **Women** – Nacona Frame (Jr., Glendive – U. of Mary); Melissa Ibarra (So., Long Beach, CA – LA Technical College).

#### **NORTHWEST NAZARENE Crusaders**

**Head Coach:** John Spatz, Eastern Washington '88 (12<sup>th</sup> year)

**Assistants:** Jake Perry

**2012 Conference Finish: Men** – 7<sup>th</sup>, 191. **Women** – 7<sup>th</sup>, 181.

**2012 Regional Finish: Men** – 12<sup>th</sup>, 324. **Women** – 14<sup>th</sup>, 390.

**Returning Conference Finishers: Men (2)** – 38. Michael Gordon 26:39.52, 56. Kaleb Fleenor 27:04.19. **Women (6)** – 29. Natalie Evans 22:14.36, 31. Hailey Bradshaw 22:21.21, 44. Jadyn Gourley 22:56.73, 78. Rebecca Holland 24:38.17, 81. Marie Miller 24:42.97, 87. Christina Ciampi 25:29.88.

#### **SAINT MARTIN'S Saints**

**Head Coach:** Jason McConnell, Evergreen State '07 (First Year)

**Assistants:** None

**2012 Conference Finish: Men** – 10<sup>th</sup>, 256. **Women** – 10<sup>th</sup>, 317.

**2012 Regional Finish: Men** – Did not compete. **Women** – Did not compete.

**Returning Conference Finishers: Men (4)** – 53. Joe Berger 26:59.19, 57. Josiah Shelman 27:09.31, 83. Alex Nelson 28:41.78, 86. Aaron Michael 29:43.43. **Women (3)** – 68. Erika Crock 24:05.63, 76. Justine Malek 24:28.65, 88. Betty Ramirez 25:44.86.

#### **SEATTLE PACIFIC Falcons**

**Head Coach:** Karl Lerum, Pacific Lutheran '98 (First Year)

**Assistants:** Audra Smith, Doris Heritage

**2012 Conference Finish: Men** – 5<sup>th</sup>, 140. **Women** – 3<sup>rd</sup>, 104

**2012 National Finish: Men** – None (West Region – 11<sup>th</sup>, 323). **Women** – 17<sup>th</sup>, 393 (West Region – 5<sup>th</sup>, 157).

**Returning Conference Finishers: Men (4)** – 44. Alex Horton 26:46.59, 64. Turner Wiley 27:25.60, 65. Ryan Alcantara 27:27.13, 88. Brian Comer 30:09.14. **Women (4)** – 23. McKayla Fricker 22:03.00, 30. Jasmine Johnson 22:15.11, 33. Lynelle Decker 22:23.02, 49. Anna Patti 23:00.31.

**Key Newcomers: Men** – None. **Women** – Hannah Calvert (Fr., Enumclaw, WA); Jayna Edmonds (Fr., Bellingham, WA – Meridian); Sarah MacDonald (Fr., Tucson, AZ – Pusch Ridge Christian); Claire Rachwitz (Fr., Colorado Springs, CO – Rampart).

#### **SIMON FRASER Clan**

**Head Coach:** Brit Townsend, Simon Fraser (15<sup>th</sup> year)

**2012 Conference Finish: Men** – 6<sup>th</sup>, 165. **Women** – 2<sup>nd</sup>, 61.

**2012 Regional Finish: Men** – 13<sup>th</sup>, 359. **Women** – 6<sup>th</sup>, 179.

**Returning Conference Finishers: Men (8)** – 41. Lawrence Viola 26:3.24, 49. Cameron Proceviat 26:55.01, 52. Brendan Wong 26:58.19, 63. Austin Trapp 27:22.49, 66. Travis Vugteveen 27:32.85, 80. Alex Pare 28:25.16, 89. Martin Palibroda 30:20.11, 90. Rowdy Reeves 30:33.82. **Women (8)** – 5. Lindsay Butterworth 21:19.46, 9. Kansas MacKenzie 21:25.57, 10. Peggy Noel 21:28.06, 19. Kirsten Allen 21:58.13, 20. Michaela Kane 21:59.06, 21. Sarah Sawatzky 22:00.19, 41. Emma Chadsey 22:52.21, 65. Tanya Humeniuk 23:54.92.

**Key Newcomers: Men** – Ephraim Tadesse (Fr., Surrey, BC – North Surrey), Oliver Jorgensen (Fr., Abbotsford, BC – Robert Bantem), Braden Charlton (Fr., Vancouver, BC – Lord Byng), Dustin Johnson (Fr., Surrey, BC – Kwantlen Park). **Women** – Rebecca Bassett (Fr., Nanaimo, BC), Brittany Evans (Fr., Revelstoke, BC).

#### **WESTERN OREGON Wolves**

**Head Coach:** Mike Johnson, Eastern Washington '72 (10<sup>th</sup> year)

**Assistants:** Chris Reed

**2012 Conference Finish: Men** – 4<sup>th</sup>, 112. **Women** – 9<sup>th</sup>, 201.

**2012 Regional Finish: Men** – 8<sup>th</sup>, 232. **Women** – 22<sup>nd</sup>, 533.

**Returning Conference Finishers: Men (5)** – 13. Brian Beagley 25:44.67, 25. Scott Larson 26:04.49, 35. Zach Holloway 26:29.36, 51. Zeke Wilson 26:57.52, 73. Joe Soik 28:01.69. **Women (6)** – 35. Rachel Shelley 22:32.33, 39. Holly Meier 22:43.01, 40. Stephanie Stuckey 22:51.95, 60. Jenny Leaf 23:44.01, 80. Lara Lucero 24:40.95, 85. Ashley Taylor 25:07.12.

#### **WESTERN WASHINGTON Vikings**

**Head Coach:** Kelven "Pee Wee" Halsell, Wayland Baptist '81 (27<sup>th</sup> year)

**Assistants** – Kever Henry, Bill Roe

**2012 Conference Finish: Men** – 2<sup>nd</sup>, 50. **Women** – 4<sup>th</sup>, 115.

**2012 National Finish: Men** – 21<sup>st</sup>, 542 (West Region – 3<sup>rd</sup>, 82.

**Women** – None (West Region – 7<sup>th</sup>, 274).

**Returning Conference Finishers: Men (7)** – 3. Dak Riek 25:05.38, 4. Chip Jackson 25:10.97, 22. Tanner Boyd 26:01.48, 26. Tabor Reedy 26:09.75, 34. Dylan Peterson 26:29.19, 39. Jonathan Quimby 26:40.25, 59. Zachary Bursell 27:13.79. **Women (9)** – 15. Katelyn Steen 21:52.41, 16. Austin Reiter 21:55.14, 26. Arielle Walton 22:07.67, 27. Taylor Guenther 22:08.94, 38. Haida Ikeda 22:39.30, 47. Mikhaila Thornton 22:59.43, 51. Haley O'Connor 23:13.15, 52. Kali Klotz-Brooks 23:17.04, 64. Maddy Jalbert 23:53.23.

**Key Newcomers: Men** – Juan Castillo (Jr., Lake Stevens, WA – Everett CC); Nathan Richards (Jr., Longview – Clark CC).