



MSUB Hosts Yellowjacket Invitational; Four Teams at Willamette

THIS WEEK: **Friday** – MSUB Yellowjacket Invitational (MSU Billings), 10 a.m. **Saturday** – Willamette Charles Bowles Invitational (Alaska, Central Washington, Northwest Nazarene, Western Oregon), 10 a.m.; Pacific Lutheran Invitational (Central Washington), 10 a.m.

PORTLAND, Ore. - Montana State University Billings will host the Yellowjacket Invitational Cross Country meet Friday at Amend Park in Billings at 10 a.m.

Joining MSUB in the race will be Dickinson State, Rocky Mountain, Westminster, Great Falls and Central Wyoming. Amend Park will also be the site of the NCAA West Regional next month (Nov. 22).

The meet is one of three on this weekend’s schedule involving GNAC teams.

Alaska, Central Washington, Northwest Nazarene and Western Oregon will head to Salem Saturday for the Willamette Charles Bowles Invitational. CWU will also send some runners to Tacoma for the Pacific Lutheran University Invitational.

Alaska Anchorage, Seattle Pacific, Simon Fraser, Simon Fraser and Western Washington are all idle.

UAA, SFU and WWU are all ranked in this week’s USTFCCA national cross country poll.

The Seawolf men moved up one spot from last week and are ranked seventh. Western Washington slipped two positions falling to 22nd in the men’s poll.

In the women’s poll, Simon Fraser maintained its No. 9 ranking, while Western Washington fell one spot to 20th.

Seven GNAC teams are ranked in this week’s regional poll.

UAA is second, WWU is fifth and SFU is seventh in the men’s regional rankings. SFU is second and WWU, CWU and UAA are fifth, sixth and seventh in the women’s regional poll.

Vikings Post Two Perfect Scores at Saint Martin’s

Western Washington posted two perfect scores of 15 in winning the Saint Martin’s Invitational last Saturday on the Saint campus.

USTFCCA POLLS

Regional

Men	UAA	MSUB	SFU	WWU
Pre-Season	2 nd	8 th	7 th	3 rd
Sept. 23	2 nd	10 th	7 th	4 th
Sept. 30	2 nd	---	7 th	5 th

Women	UAA	CWU	SPU	SFU	WWU
Pre-Season	7 th	10 th	3 rd	4 th	5 th
Sept. 23	8 th	6 th	7 th	2 nd	5 th
Sept. 30	7 th	6 th	---	2 nd	5 th

National

Men	UAA	WWU
Pre-Season	8 th	18 th
Sept. 24	8 th	20 th
Oct. 1	7 th	22 nd

Women	SPU	SFU	WWU
Pre-Season	13 th	16 th	19 th
Sept. 24	---	9 th	19 th
Oct. 1	---	9 th	20 th

Nathan Richards led the first five Viking runners over the finish line in a time 26:21.78. That effort earned him *GNAC Male Athlete of the Week* honors along with Robert Peterson of Montana State Billings.

Peterson had a third-place finish in the University of Minnesota Roy Griak Invitational. He led the Yellowjackets to an eighth place team finish out of 33 Division II squads, covering the 8,000-meter course in a time of 25:42.2.

WWU’s women had the top 13 finishers at Saint Martin’s led by Katelyn Steen who posted a 6,000-meter time of 18:06.26.

Meanwhile, SFU’s Rebecca Bassett and Marc-Antoine Rouleau had the best finishes by GNAC runners in the Stanford Invitational.

Bassett was fourth among Division II women and 37th overall in a 6,000-meter time of 22:03 and was selected *GNAC Female Athlete of the Week*.

Rouleau finished 73rd overall in a 8,000-meter time of 24:58 and was SFU's top finisher after finishing fourth and second on his team in his previous two races.

LAST WEEK'S SUMMARIES

Stanford Invitational (Sept. 27 at Palo Alto): Men (Non-Division I) – Chico State 30, UC San Diego 100, Claremont-Mudd 130, Pomona Pitzer 139, Victoria 179, Simon Fraser 189, Humboldt State 204, Azusa Pacific 209, Cal State Stanislaus 230, Cal State Monterey Bay 247 (20. Seattle Pacific 555). **Individuals Overall (6,000 Meters)** – 1. Joe Rosa, Stanford, 23:16; 73. Marc-Antoine Rouleau, SFU, 24:58; 108. Travis Vugteveen, SFU, 25:15; 125. Oliver Jorgensen, 25:24; 140. Cameron Proceviat, SFU, 25:29; 150. Turner Wiley, SFU, 25:34. **Women (Non-Division 1)** – Victoria 71, Chico State 104, Simon Fraser 109, UC San Diego 111, Claremont-Mudd 143, Humboldt State 145, Azusa Pacific 156, Academy of Art 203, Seattle Pacific 249, Cal State Stanislaus 279. **Individuals Overall (6,000 Meters)** - 1. Abby Regan, Washington State, 20:31; 37. Rebecca Bassett, SFU, 22:03; 67. Jennifer Johnson, SFU, 22:34; 75. Anna Patti, SPU, 22:38; 92. Miryam Bassett, SFU, 22:49.

Minnesota Roy Griak Invitational (Sept. 27 at Minneapolis): Men (Division II) – Wisconsin Parkside 90, Augustana 99, Indiana Wesleyan 189, Central Missouri 206, Lakehead 224 (8. MSU Billings 273). **Individuals (8,000 Meters)** – 1. Matt Johnson, Regina, 25:33; 3. Robert Peterson, MSUB, 25:43; 16. Jamon Rodriguez, MSUB, 26:34; 71. Garrett Love, MSUB, 27:48. **Women (Division II)** - Minnesota Duluth 74; Augustana 97; Northern Michigan 115; Run N Fun, 244; Mary 186 (10. MSU Billings 318. **Individuals (6,000 Meters)** – 1. Samantha Rivard, UM-Duluth 22:02.8; 15. Nocona Frame, MSUB, 22:59.6; 57. Renae Hepfner, MSUB, 24:11.9; 67. Rio Frame, MSUB, 24:20.2.

Saint Martin's Invitational (Sept. 27 at Lacey): Men – Western Washington 15, Saint Martin's 63, Trinity Lutheran 71, Olympic 122, Skagit Valley 123. **Individuals (8,000 Meters)** – 1. Nathan Richards, WWU, 26:21.78; 2. Andrew Wise, WWU, 26:28.93; 3. Isaac Griffith, WWU, 26:29.04; 4. Jonathan Quimby, WWU, 26:36.01; 5. Logan Giese, WWU, 26:39.59. **Women** - Western Washington 15, Saint Martin's 57, Trinity Lutheran 74, Olympic 106. **Individuals (5,000 Meters)** – 1. Katelyn Steen, WWU, 18:06.26; 2. Taylor Guenther, WWU, 18:57.79; 3. Sofia Marikis, WWU, 19:10.54; 4. Shawna Troupe, WWU, 19:11.13; 5. Kali Klotz-Brooks, WWU, 19:13.42.

GNAC ATHLETES OF THE WEEK

Week	Male
Sept. 1-7	Robert Peterson, MSUB
Sept. 8-14	Henry Cheseto, UAA Oliver Jorgensen, SFU
Sept. 15-20	Oliver Jorgensen, SFU
Sept. 21-27	Nathan Richards, WWU Robert Peterson, MSUB

Week	Female
Sept. 1-7	Beatrice Decker, UAA
Sept. 8-14	Rebecca Bassett, SFU
Sept. 15-20	Katelyn Steen, WWU
Sept. 21-27	Rebecca Bassett, SFU

Week of Sept. 1-7: Men – Robert Peterson, MSU Billings (Jr., Billings, MT – Skyview) was the lone runner to break 19 minutes in winning the Carroll College Early Bird Invitational Friday at Helena in a 6,000-meter time of 18:52.07. MSUB finished first with 26 points, 25 ahead of the host Saints. **Women** – Beatrice Decker, Alaska Anchorage (Jr., Erfurt, Germany) won the University of Hawaii Big Wave Invitational in a 5,000-meter time of 19:18.4. It was her second Top 2 finish of the young season. She finished second in a meet at Hawaii Hilo on Aug. 30 in a 5K time of 19:16, leading the Seawolves to wins in both meets.

Week of Sept. 8-14: Male - Henry Cheseto, Alaska Anchorage (Fr., Kapenguria, Kenya) and Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC – Robert Bantem) ... Cheseto remained unbeaten in three races leading the Seawolves to their third consecutive perfect score in a 15-50 home dual meet win over Willamette. Cheseto was clocked in a 4,200-meter time of 12:39. Jorgensen led the Clan to a win at the WOU Ash Creek Invitational at Monmouth. Led by Jorgensen's 5,900-meter time of 18:03.5, the Clan placed four runners in the Top 7 and five in the Top 10. **Women** - Rebecca Bassett, Simon Fraser (So., Nanaimo, BC) won the WOU Ash Creek Invitational in a 4,200-meter time of 14:27.9 as the Clan cruised to an easy team victory, placing six runners in the Top 11.

Week of Sept. 15-21: Men - Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC) finished third in the open division of the University of Washington Sundodger Invitational at Lincoln Park in an 8,000-meter time of 24:39, finishing just five seconds back of Jack Williams of UBC. **Women** – Katelyn Steen, Western Washington (Sr., Sammamish, WA - Lakewood) finished eighth in the UW Sundodger Invitational division in a 6,000-meter time of 21:12. She finished in back of five athletes from Division I schools and two from Canada's Trinity Western. Her time was also better than all but one athlete competing in the open division.

Week of Sept. 22-28: Men - Nathan Richards, Western Washington (Sr., Longview, WA – R.A. Long) and Robert Peterson, MSU Billings (Jr., Billings, MT) ... Richards led the Vikings to a perfect team score of 15 in winning the Saint Martin's Invitational in an 8,000-meter time of 26:21.78. Peterson finished third in Division II in the University of Minnesota Roy Griak Invitational in a time of 25:42.2 as the Yellowjackets finished eighth out of 33 teams. **Women** – Rebecca Bassett, Simon Fraser (So., Nanaimo, BC) was the GNAC's top finisher in the prestigious Stanford Invitational. She placed 37th overall in a 6,000-meter time of 22:03. That ranked fourth among all non-Division I runners, trailing only one runner each from Azusa Pacific, Chico State and the Academy of the Arts.

PREVIOUS GNAC MEET SUMMARIES

Hawaii Hilo Invitational (Aug. 30 at Hilo): Men – Alaska Anchorage 15, BYU-Hawaii 67, Hawaii Pacific 80, Messiah 86, Chaminade 132. **Individuals (5,000 Meters)** – 1. Henry Cheseto, UAA, 15:36; 2. Dylan Anthony, UAA, 15:41; 3. Victor Samoei, UAA, 15:46; 4. Michel Ramirez, UAA, 15:47; 5. Dominik Notz, UAA, 15:48. **Women** – Alaska Anchorage 29, Hawaii Pacific 48, BYU-Hawaii 58, Messiah 114, Hawaii Hilo 121, Chaminade 179. **Individuals (5,000 Meters)** – 1. Bryn Haebe, UAA, 19:12; 2. Beatrice Decker, UAA, 19:16; 4. Tamara Perez, UAA, 19:23.

Carroll Invitational (Sept. 5 at Helena, MT): Men – MSU Billings 26, Carroll 51, Spokane CC 51, Great Falls 105, Rocky Mountain 146. **Individuals (6,000 Meters)** – 1. Robert Peterson, MSUB, 18:52.07; 2. Michael Luhr, MSUB, 19:04.39; 3. Jamon Rodriguez, MSUB, 19:29.52. **Women** – Carroll 29, MSU Billings 33, Spokane CC 77, Rocky Mountain 104. **Individuals (4,000 Meters)** – 1. Leah Esposito, Carroll, 14:42.05; 2. Nocomo Frame, 14:47.36; 3. Renae Hepfner, MSUB, 14:48.19.

Hawaii Big Wave Invitational (Sept. 6 at Manoa, HI): Men – Alaska Anchorage 15, BYU-Hawaii 50, Chaminade 73. **Individuals (5,000 Meters)** – 1. Henry Cheseto, UAA, 15:48.90; 2. Dylan Anthony, UAA, 15:50.10; 3. Dominik Notz, UAA, 15:50.30; 4. Nathan Kipchumba, UAA, 15:53.20; 5. Victor Samoei, UAA, 16:09.60. **Women** – Alaska Anchorage 21, BYU-Hawaii 46, Hawaii Hilo 88, Hawaii 95, Chaminade 148. **Individuals (5,000 Meters)** – 1. Beatrice Decker, UAA, 19:18.40; 4. Jessica Pahkala, UAA, 19:43.90; 5. Bryn Haebe, UAA, 19:46.10.

UAF Invitational (Sept. 6 at Fairbanks): Men – Cal State Stanislaus 18, Alaska 50, Hawaii Pacific 52. **Individual (8,000 Meters)** – 1. Alex Villaescusa, CSUS, 26:03.1; 7. Isaac Lammers, UAF, 26:52.3; 8. Takagi Seiji, UAF, 27:01.8; 9. Rankin Keegan, UAF, 27:03.4. **Women** – Hawaii Pacific 26, Cal State Stanislaus 31, Alaska 76. **Individuals (6,000 Meters)** – 1. Fiona McKenna, HPU, 22:50; 10. Nichole Bathe, UAF, 24:16.6.

Alaska Anchorage/Willamette Dual (Sept. 11 at Anchorage): Men – Alaska Anchorage 15, Willamette 50. **Individual (4,200 Meters)** – 1. Henry Cheseto, UAA, 12:39; 2. Dominik Notz, UAA, 12:41; 3. Victor Samoei, UAA, 12:44; 4. Dylan Anthony, UAA, 12:56; 5. Nathan Kipchumba, UAA, 13:01. **Women** – Willamette 25, Alaska Anchorage 31. **Individuals (4,200 Meters)** – 1. Taylor Ostrander, WU, 15:28; 3. Beatrice Decker, UAA, 15:48; 4. Jessica Pahkala, UAA, 15:53.

Western Oregon Ash Creek Invitational (Sept. 12 at Monmouth): Men – Simon Fraser 21, Northwest Christian 49, Western Oregon 88, Lane CC 116, Linfield 117, Warner Pacific 158, Olympic 213. **Individuals (5,900 Meters)** – 1. Brady Beagley, unat., 17:55.3; 3. Oliver Jorgensen, SFU, 18:03.5; 5. Travis Vugteveen, SFU, 18:20.6. **Women** – Northwest Christian 27, Simon Fraser 35, Concordia 92, Western Oregon 127, Lane CC 136, Linfield 138, Olympic 222, Warner Pacific 226. **Individuals (4,200 Meters)** – 1. Rebecca Bassett, SFU, 14:27.9.

NUU Roger Curran Invitational (Sept. 13 at Nampa): Men – College of Idaho 22, Northwest Nazarene 41, Westminster (Utah) 74. **Individuals (6,000 Meters)** – 1. Max Hampton, College of Idaho, 19:25.76; 2. Chase Cunningham, NNU, 19:30.98; 4. Isaac Mitchell, NNU, 19:38.07. **Women** – College of Idaho 22, Northwest Nazarene 53, Westminster (Utah) 55. **Individuals (4,000 Meters)** – 1. Lila Klopfenstein, C. of Idaho, 14:40.75; 3. Susanna Fleming, NNU, 15:16.28; 9. Jadyr Gourley, NNU, 15:49.39.

Central Washington Invitational (Sept. 13 at Yakima): Men – Central Washington 34, Western Washington 37, Trinity 102, Treasure Valley 111, Highline CC 137. **Individuals (6,000 Meters)** – 1. Isaac Derline, unat, 19:36; 2. Max Romey, WWU, 19:37; 3. Matt Lutz, WWU, 19:56; 4. Rudy Spencer, CWU, 20:06. **Women** – Central Washington 19, Western Washington 35, Pacific 103, Treasure Valley 116, Trinity 119. **Individuals (4,000 Meters)** – 1. Dani Eggleston, CWU, 14:55; 2. Connie Morgan, CWU, 14:58; 3. Taylor Guenther, WWU, 15:03; 4. Megan Rogers, CWU, 15:08; 5. Erin Chinchar, CWU, 15:14.

Montana State Invitational (Sept. 20 at Bozeman): Men (Non-Division I) – MSU Billings 36, Carroll 39, Gillette 68, Great Falls 88, Rocky Mountain 154. **Individuals (8,000 Meter)** – 1. Robert Peterson, MSUB, 25:57.93; 4. Jamon Rodrigues, MSUB, 26:24.02. **Women** – Carroll 28, MSU Billings 31, Gillette 80, Great Falls 103. **Individuals (6,000 Meters)** – 1. Nicon Frame, MSUB, 18:13.32; 5. Renae Hepfner, MSUB, 18:31.94.

UW Sundodger (Sept. 20 at Lincoln Park): Men's Open – British Columbia 33, Simon Fraser 54, Whitman 158, Western Oregon 163, Puget Sound 186, Seattle RC 233, Lewis & Clark 235, Everett CC 239, Central Washington 240, Alaska 260 (13. Seattle Pacific 288). **Individuals (8,000 Meters)** – 1. Jack Williams, UBC, 24:34; 3. Oliver Jorgensen, SFU, 24:39; 6. Zach Holloway, WOU, 25:01; 9. Turner Wiley, SPU, 25:10; 13. Marc-Anto Rouleau, SFU, 25:23; 14. Travis Vugteveen, SFU, 25:25. **Women's Open** – British Columbia 34, Simon Fraser 45, Central Washington 96, Seattle Pacific 151, Whitman 167, Puget Sound 181, Whitworth 184, Western Oregon 232, MacEwan 254, Lewis & Clark 286 (13. Alaska 350). **Individuals (6,000 Meters)** – 1. Maria Bernard, UBC, 20:37; 3. Rebecca Bassett, SFU, 21:36; 5. Dano Eggleston, CWU, 21:58; 7. Jennifer Johnson, SFU, 22:04; 15. Megan Rogers, CWU, 22:37. **Women's Invitational** – 1. Maddie Meyers, UW, 20:21; 8. Katelyn Steen, WWU, 21:12.

Eric Anderson (Sept. 20 at Spokane): Men – Lewis-Clark State 47, Gonzaga 49, Gonzaga Club (unat). 96, Black Hill State 106, Northwest Nazarene 120, Spokane CC 134, Saint Martin's 149, Whitman 234. **Individuals (8,000 Meters)** – 1. Willie Milam, unat.-GU, 25:00.12; 6. Isaac Mitchell, NNU, 26:33.21; 7. Frank Krause, SMU, 26:33.89; 19. Kaleb Fleenor, NNU, 27:05.73. **Women** – Lewis-Clark State 20, Gonzaga 46, Spokane CC 86, Black Hills State 123, Northwest Nazarene 134, Whitman 162, Whitworth 196, Saint Martin's 207. **Individuals (6,000 Meters)** – 1. Jessica Mildes, unat.-GU, 18:33.98; 15. Susanna Fleming, NNU, 20:12.60.

A QUICK LOOK AT THE POST-SEASON

WESTERN OREGON HOSTS GNAC CHAMPIONSHIPS: The GNAC Cross Country championships will return to the Ash Creek Cross Country course on the campus of Western Oregon University for the third consecutive year Nov. 1. Alaska Anchorage has won the last four men's championships (two at Monmouth and two at Yakima) and the last five women's titles (two at Monmouth and three at Yakima). **Race Times: Men** – 10:30 a.m. (8,000 Meters). **Women** – 11:30 a.m. (6,000 Meters).

MSU BILLINGS TO HOST WEST REGIONALS: Montana State Billings will host the 2014 NCAA West Regionals Saturday, Nov. 22. The top six men's and women's team finishers will qualify for the NCAA National meet Dec. 6 at Louisville, Kent. **Regional Race Times: Men** – 11 a.m. MST (10,000 Meters). **Women** – 12:15 p.m. MST (6,000 Meters).

Twitter Hashtags

GNAC	#GNACXC
Alaska Anchorage	#GoSeawolves
Alaska	#GoNooks
Central Washington	#CWUWildcats
Montana State Billings	#GoMSUBJackets
Northwest Nazarene	#GoNNUCrusaders
Saint Martin's	#SaintsAlive
Seattle Pacific	#GoFalcons
Simon Fraser	#NCAAeh
Western Oregon	#GoWolves
Western Washington	#UnleashTheHorns

GNAC Media Relations

Information Director – Bob Guptill
E-Mail – bguptill@gnacsports.com
Assistant Information Director – Nathan Webber
E-Mail – nwebber@gnacsports.com
Office – 503-305-8756