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Strong Field To Compete in 41st Viking Cross Country Classic

THIS SATURDAY: Western Washington Classic (Alaska Anchorage, Central Washington, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington), 10 a.m.; George Fox Invitational (Saint Martin's).

PORTLAND, Ore. - With the GNAC Championship meet just three weeks away, all seven of the conference's teams - three men's and four women's - that are ranked in this week's NCAA West Regional rankings head to Bellingham Saturday to compete in the 41st Viking Cross Country Classic at Lake Padden Park.

It's a race that certainly could be looked on as a preview for the GNAC championship meet which will be held Nov. 1 at Monmouth, Ore.

In this week's men's regional rankings, Alaska Anchorage is ranked second for the third week in a row. Western Washington is ranked fifth and Simon Fraser is seventh.

Led by No. 2 Simon Fraser, four GNAC women's teams are ranked including Western Washington (5th), Central Washington (6th) and Alaska Anchorage (7th).

Four of the seven are also ranked in this week's USTFCCCA national poll.

Alaska Anchorage's men are ranked seventh and Simon Fraser's women are ranked eighth. Western Washington's men and women are ranked 25th and 23rd, respectively.

In addition to Alaska Anchorage, Simon Fraser, Central Washington and the host Vikings, the field will also include GNAC members Western Oregon and Seattle Pacific.

Also competing Saturday will be British Columbia, Everett CC, Thompson Rivers, Trinity Western, Skagit Valley CC and Victoria.

The men's 10,000-meter race will begin at 10 a.m. followed by the women's 6K at 11 a.m.

Those are the same distances the athletes will run in late November at the NCAA West Regional at Amend Park in Billings.

One GNAC team - Saint Martin's - will compete in the George Fox Invitational at Newberg, Ore. Saturday

Last week GNAC teams competed at three venues.

USTFCCCA 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
Oct. 7	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
Oct. 7	7 th	6 th	---	2 nd	5 th

National

	Men		Women		
	UAA	WWU	SPU	SFU	WWU
Pre-Season	8 th	18 th	13 th	16 th	19 th
Sept. 24	8 th	20 th	---	9 th	19 th
Oct. 1	7 th	22 nd	---	9 th	20 th
Oct. 8	7 th	25 th	---	8 th	23 rd

Montana State Billings swept the team titles at the MSUB Yellowjacket Invitational at Amend Park as the Yellowjackets' Robert Peterson and Nocona Frame finished first in times of 25:18.83 (8,000 meters) and 22:25.65 (6,000 meters).

At Bush Park in Salem, Central Washington's Dani Eggleston was the top collegiate finisher (and second overall) in the women's 5,000 meter race at the Wilamette Charles Bowles Invitational.

The top GNAC finisher in the men's 8,000 meters was Isaac Mitchell of Northwest Nazarene, who placed 28th in an 8,000-meter time of 25:31.2.

Central Washington finished fifth in the men's team race and third in the women's for the top finishes by GNAC teams.

CWU also competed at the Pacific Lutheran University Invitational, finishing in a tie for second in the women's team competition.

LAST WEEK'S SUMMARIES

Willamette Charles Bowles (Oct. 4 at Bush Park, Salem, OR): Men – Oregon 16, Chico State 40, Willamette 131, Christopher Newport 177, Central Washington 180 (8. Northwest Nazarene 231, 9. Alaska 237, Western Oregon inc.). **Individuals (8,000 Meters)** – 1. John Gregorek, unat., 23:54.0; 28. Isaac Mitchell, NNU, 25:31.2; 32. Rudy Spencer, CWU, 25:43.6; 37. John Wojtech, CWU, 25:55.1; 42. Kaleb Javie, CWU, 26:06.0; 44. Mitch Burgess, UAF, 26:09.9. **Women** – Chico State 45, Willamette 52. Central Washington 87, Whitworth 128, Puget Sound 164 (8. Western Oregon 224, 11. Alaska 315, 12. Northwest Nazarene 320). **Individuals (5,000 Meters)** – 1. Ayla Granados, unat., 17:37.8; 2. Dani Eggleston, CWU, 17:55.1; 8. Connie Morgan, CWU, 18:18.8; 13. Megan Rogers, CWU, 18:24.5; 22. Rachel Crawford, WOU, 18:39.4).

Pacific Lutheran University (Oct. 4 at Tacoma): Men – Green River 25, Pacific Lutheran 36, Olympic 82, Multnomah 94, Central Washington inc. **Individuals (8,000 Meters)** – 1. Destry Johnson, unat., 26:28.81; 28. Harry Engel, CWU, 30:12.78. **Women** – Pacific Lutheran 28, Central Washington 51, Olympic 51. **Individuals (6,000 Meters)** – 1. Sayaka Yoshinaga, unat., 22:12.36; 9. Anna deCarteret, CWU, 24:58.88.

MSU Billings Yellowjacket Invitational (Oct. 3 at Amend Park, Billings): Men – MSU Billings 17, Great Falls 53, Rocky Mountain 95, Central Wyoming 100. **Individuals (8,000 Meters)** – 1. Robert Peterson, MSUB, 25:18.83; 2. Michael Luhr, MSUB, 25:52.27; 3. Jamon Rodriguez, MSUB, 25:59.92; 4. Garrett Love, MSUB, 26:15.19. **Women** – MSU Billings 20, Rocky Mountain 41, Great Falls 75, Dickinson State inc., Westminster inc. **Individuals (6,000 Meters)** – 1. Nocona Frame, MSUB, 22:25.65; 2. Renae Hepfner, MSUB, 22:51.46; 4. Rio Frame, MSUB, 23:32.02.

GNAC ATHLETES OF THE WEEK

Week	Male
Sept. 1-7	Robert Peterson, MSUB
Sept. 8-14	Henry Cheseto, UAA Oliver Jorgensen, SFU
Sept. 15-21	Oliver Jorgensen, SFU
Sept. 22-28	Nathan Richards, WWU Robert Peterson, MSUB
Sept. 29-Oct. 5	Isaac Mitchell, NNU

Week	Female
Sept. 1-7	Beatrice Decker, UAA
Sept. 8-14	Rebecca Bassett, SFU
Sept. 15-21	Katelyn Steen, WWU
Sept. 22-28	Rebecca Bassett, SFU
Sept. 29-Oct. 5	Dani Eggleston, CWU

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.

Week of Sept. 29-Oct. 5: Men – Isaac Mitchell, Northwest Nazarene (Fr., Sandy, OR) had the best finish by a GNAC athlete in the Willamette Charles Bowles Invitational covering the 8,000-meter course in a time 25:32.2, shaving 61 seconds off his previous collegiate-best time at that distance. **Women** – Dani Eggleston, Central Washington (Jr., Longview, WA – R.A. Long) was the top collegiate finisher placing second over in the Willamette Charles Bowles Invitational and leading the Wildcats to a third-place team finish. Eggleston covered the 5,000-meter layout in a time in a time of 17:55.1.

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 Pakkala, 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 Pakkala, 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.

NNU 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. Jadyn 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 Overall (8,000 Meter)** – 1. Amos Bowen, Wyoming, 25:01; 13. Robert Peterson, MSUB, 25:57.93; 19. Jamon Rodrigues, MSUB, 26:24.02. **Women (Non-Division I)** – Carroll 28, MSU Billings 31, Gillette 80, Great Falls 103. **Individuals Overall (6,000 Meters)** – 1. Sarah Feeney, 16:56; 29. Nicon Frame, MSUB, 18:13.32; 42. 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-Antoine 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.

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 I)** – 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, MSUIB, 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, UMDuluth 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.

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

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