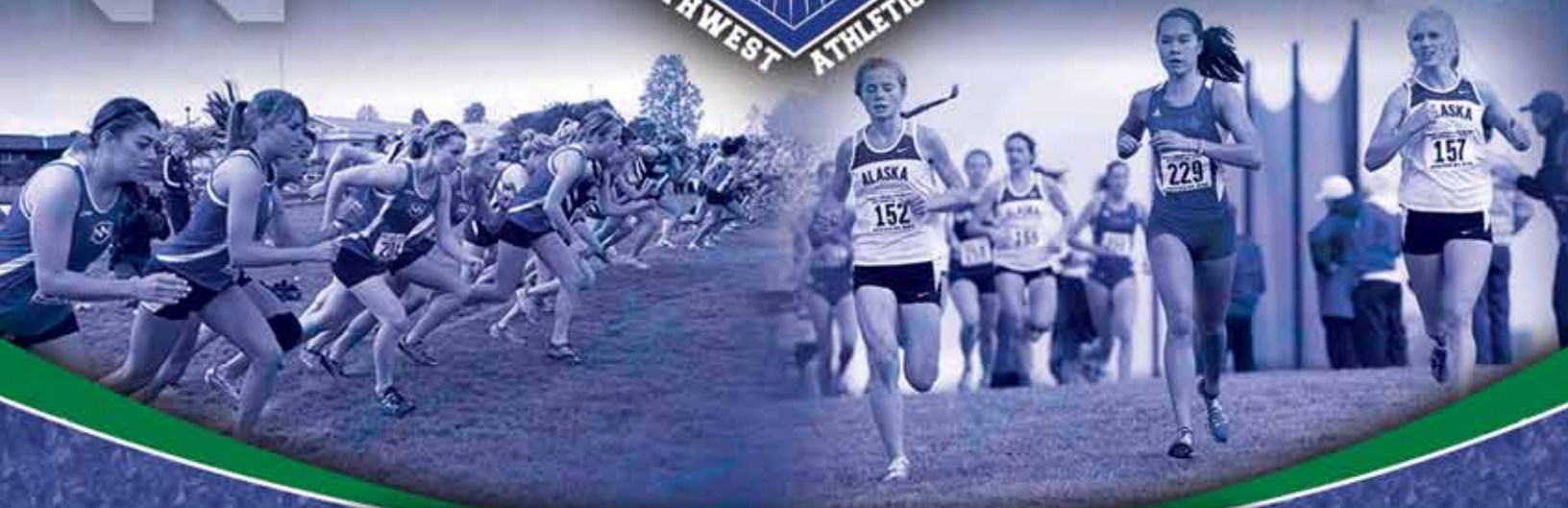




GNAC
CROSS COUNTRY
CHAMPIONSHIPS
2013
GREAT NORTHWEST ATHLETIC CONFERENCE



Great Northwest Athletic Conference



About The GNAC

With members in five states and the 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 12-year history.

Founded in July, 2001, GNAC teams have had a remarkable 71 NCAA Division II Top 10 national team finishes in 14 of the 16 sports that it sponsors.

Last year Alaska Anchorage placed third in the men's cross country national championships and sixth in the women's championships at Joplin, Mo. The Top 10 finishes were the third straight for the Seawolf men and the fifth straight for the UAA women.

Overall, the GNAC has had 16 Top 10 cross country national finishes, including 10 in the women's division. Seattle Pacific finished second in the 2007 women's national championship. UAA's third place finish last year was the best by a GNAC team in meet history.

The national championships return to the Plantess Ferry Sports Stadium in Spokane Nov. 23. The West Regional will also be held at Plantess Ferry on Nov. 9. The GNAC will host both events.

Other GNAC sports have also made a mark on the national scene.

Western Washington won the men's national basketball title in 2011-12. Also winning national titles have been Seattle Pacific in women's soccer (2008) and former GNAC member Seattle University in men's soccer (2004).

Last year, 10 GNAC teams earned national Top 10 finishes.

In addition to its two cross country teams, Alaska Anchorage also finished seventh in women's outdoor track and field.

Simon Fraser reached the Final Four in men's soccer, losing in the national semifinals, and to the regional championships in women's basketball to earn a ninth place finish.

Western Washington advanced to the national semifinals in men's basketball, women's basketball and men's golf and to the regional finals in women's soccer, earning a ninth place national finish.

Seattle Pacific advanced to the regional title game in men's basketball before losing to WWU to earn a ninth place national finish.

The conference has exhibited great depth over the years, particularly in women's basketball (12 Top 10 finishes), men's basketball (11 Top 10 finishes) and women's cross country (10 Top 10 finishes).



I chose
Division II

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.

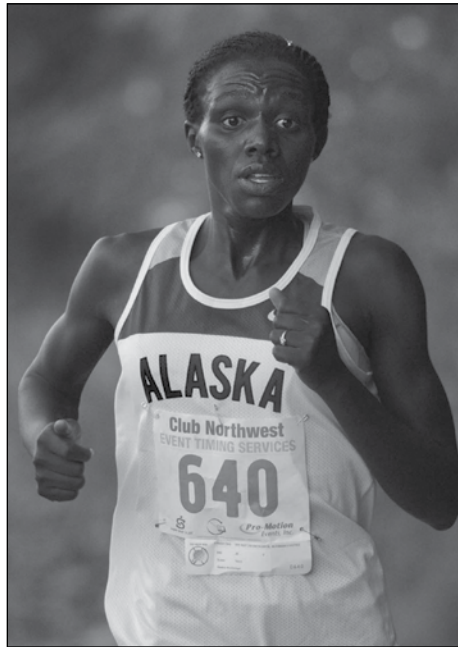
Today's Meet At Ash Creek Preserve

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: Robert Peterson has helped lead Montana State Billings to a fifth place regional ranking this fall, the best in school history.

RIGHT: Susan Tanui of Alaska Anchorage is the defending GNAC and West Region champion and placed second at last year's national meet.

MEN: Seawolves Seek Fourth Straight GNAC Title

Alaska Anchorage's Dylan Anthony and Isaac Kangogo will each be seeking their third consecutive GNAC Top 10 finishes and the nationally eighth-ranked Seawolves will be gunning for their fourth straight men's team title today at the Ash Creek Preserve cross country course on the campus of Western Oregon University.

UAA has won six team titles in the 12-year history of the meet. They've also won five consecutive individual titles (three by Marko Cheseto and two by Micah Chelimo) and Anthony will be trying to extend that streak on the 8,000-meter layout.

Anthony, who finished fifth last season, has made three starts this fall, finishing first in a dual with BYU-Hawaii and in invitationals at Chaminade and most recently at Willamette. He ran a time of 24:20.34 at Willamette, which is the quickest 8,000-meter time by a GNAC athlete this fall.

Isaac Kangogo placed ninth a year ago earning him his second all-conference award and the sixth for his family. Brother Alfred (2008-09, 11-12) is one of six GNAC male athletes to win four.

In addition to the two Alaska Anchorage athletes, Chip Jackson of Western Washington is the only other returning all-conference performer (Top 10 finish) from a year ago. He placed fourth for the highest finish by a returning male athlete.

Jackson is coming off a fifth place finish two weeks ago at the 40th annual Western Washington Viking Classic when he was the first collegian to cross the finish line in a 10,000-meter time of 32:03.

Anthony is one of four GNAC men to win a race this season.

Robert Peterson of Montana State Billings finished first in two races at Fairbanks and has helped the Yellowjackets earn a fifth-place West Regional ranking, its best in school history.

Brian Beagley of Western Oregon finished first in the WOU Ash Creek Invitational and placed second last week in leading the Wolves to a team title at Pacific Lutheran.

Saint Martin's Joe Berger finished first at the SMU Invitational and Northwest Nazarene's Chase Cunningham finished first in the Roger Curran Invitational at Nampa.

NCAA West Region Rankings: 1. Chico State, 2. Alaska Anchorage, 3. Cal Poly Pomona, 4. Western Washington, 5. Montana State Billings, 6. UC San Diego, 7. Cal Baptist, 8. Humboldt State, 9. San Francisco State, 10. Western Oregon. (Note: Five teams from the West regional championships at Spokane on Nov. 9 will advance to the national meet at Spokane on Nov. 23).

WOMEN: Tanui, Seawolves Look To Repeat

Susan Tanui who won GNAC and NCAA Division II West Regional titles a year ago and finished second in the NCAA Division II national meet will lead Alaska Anchorage as it tries to win its fifth consecutive GNAC cross country championship today at the Ash Creek Preserve cross country course on the campus of Western Oregon University.

The Seawolves are ranked fifth nationally and return four athletes who placed in the top six in last year's conference meet – Tanui (1st), Ivy O'Guinn (3rd), Sarah Freistone (4th) and Susan Bick (6th). Tanui ran the fastest time in meet history (20:37.29) and led the Seawolves to a near-perfect team score of 16.

UAA might be even stronger this year. The only athlete to beat Tanui in three races this fall is teammate Joyce Kipchumba, who outraced Tanui in a 5,000-meter race at Willamette, posting a second-place time of 17:42.67. Kipchumba is a transfer from American International University.

Tanui finished first in her only other two starts, both in Hawaii. She was clocked in a 5K time of 18:14 in a dual with BYU-Hawaii and in a 3.1-mile time of 18:13 at the Chaminade Invitational. She was clocked in 17:44.51 at Willamette.

UAA's top challenger should be Simon Fraser, which is ranked sixth nationally and has had a trio of second place finishes this fall at the University of Washington Sundodger, the Erik Anderson Invitational in Spokane and at the Stanford Invitational. SFU is currently ranked second in the West in back of UAA.

The Clan's Lindsey Butterworth will be seeking her third consecutive GNAC Top 10 finish as will UAA's O'Guinn. Butterworth finished fifth last season. Her best finishes this fall have been third at the University of Washington Sundodger and fifth at the Eric Anderson.

Also back for SFU is Kansas Mackenzie, who placed ninth a year ago to earn all-conference honors.

The Clan's Kirsten Allen finished 19th last season, but has been challenging Butterworth all year and finished 11 seconds ahead of her two weeks ago at the Western Washington University Viking Invitational. WWU's Katelyn Steen was the GNAC's top finisher in that race placing fifth in a time of 22:04.

NCAA West Region Rankings: 1. Alaska Anchorage, 2. Simon Fraser, 3. Chico State, 4. Cal State Stanislaus, 5. UC San Diego, 6. Western Washington, 7. Humboldt State, 8. San Francisco State, 9. Cal State San Bernardino, 10. Cal Baptist (Note: Five teams from the West regional championships at Spokane on Nov. 9 will advance to the national meet at Spokane on Nov. 23).



Alaska Anchorage
SEAWOLVES



Anthony Tanui Friess

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

The Seawolves return six all-conference performers, including Dylan Anthony and Isaac Kangogo in the men's division and Susan Tanui, Ivy O'Guinn, Sarah Freistone and Susan Bick in the women's division.

Both Anthony and Kangogo will be seeking their third straight Top 10 finish. Tanui is the defending women's conference and regional champion and placed second last year in the national meet.

Men	Yr.	Hometown
1 Dylan Anthony	Jr.	Kodiak, Alaska
2 Cosmas Cheseret	Fr.	Kapsabet, Kenya
3 Scott Commandeur	Fr.	Comox, B.C.
4 Andrey Ionashku	So.	Delta Junction, Alaska
5 Isaac Kangogo	Jr.	Eldoret, Kenya
6 Michael Mendenhall	Fr.	Kenmore, Wash.
7 Philip Messina	Fr.	Toronto, Ont.
8 Jesse Miller	So.	Juneau, Alaska
9 Dominik Notz	So.	Dettingen, Germany
10 Kevin Rooke	Jr.	Toronto, Ont.
11 Victor Samoie	Fr.	Eldoret, Kenya

Women	Yr.	Hometown
151 Susan Bick	Sr.	Anchorage, Alaska
152 Sarah Freistone	So.	Anchorage, Alaska
153 Bryn Haebe	Jr.	Evergreen, Colo.
154 Joyce Kipchumba	So.	Kapsowar, Kenya
155 Ivy O'Guinn	Sr.	Soldotna, Alaska
156 Jessica Pahkala	So.	Wasilla, Alaska
157 Christi Schmitz	Sr.	Northpole, Alaska
158 Susan Tanui	Sr.	Eldoret, Kenya

Head Coach – Michael Friess
Assistants – T.J. Garlatz, Ryan McWilliams, Anthony Tomisch



Alaska Fairbanks
NANOOKS



MacDougall McPhetres Jerome

The Nanook men and women are both coming off eighth-place finishes in last year's GNAC championship meet. The men won the Saint Martin's Invitational earlier this month as Ross MacDougall led the way with a second-place finish. The UAF women finished a strong second at SMU.

Among the returning athletes for the Nanook women is Alyson McPhetres, who placed 43rd last year. Freshman Kali Striker has been UAF's top female finisher in each of its last two meets.

Men	Yr.	Hometown
12 Kenneth Brewer	Jr.	Chugiak, Alaska
13 Mitch Burgess	Fr.	Temecula, Calif.
14 Michael Fehrenbach	So.	Saint Maergen, Germany
15 Isaac Lammers	So.	Eagle River, Alaska
16 Ross MacDougall	So.	Astoria, Ore.
17 Tal Norvell	Fr.	Douglas, Alaska
18 Max Olex	Sr.	Aalen, Germany
19 Keegan Rankin	Fr.	El Paso, Texas
20 Tux Seims	Sr.	Homer, Alaska

Women	Yr.	Hometown
159 Mia Anderson	Fr.	Salt Lake City, Utah
160 Nichole Bathe	Fr.	Madison, Wis.
161 Laura Dyer	Fr.	Seward, Alaska
162 Sarah Lilly	Fr.	Fairbanks, Alaska
163 Alyson McPhetres	Sr.	Chugiak, Alaska
164 Dorothy O'Donnell	Fr.	Fairbanks, Alaska
165 Madalyn Pfeifer	Fr.	Andover, N.H.
166 Hannah Stevens	Fr.	Eagle River, Alaska
167 Kali Striker	Fr.	Midlothian, Va.

Head Coach – Scott Jerome
Assistant – Joey Nunes



Central Washington
WILDCATS



Spencer Morgan Adkisson

Kevin Adkisson is in his 20th season as Central Washington University's head coach. Adkisson led the CWU women to conference titles in 2000 (PacWest) and 2004 (GNAC). Last year the women placed fifth in the conference meet and 10th in the West Regional.

The top performer this fall for the Wildcat men has been junior transfer Rudy Spencer, while Connie Morgan, who placed a team-best 24th in the conference meet last year, has led the CWU women.

Men	Yr.	Hometown
21 Jackson Halford	So.	Volcano, Hawaii
22 Kaleb Javier	So.	Tacoma, Wash.
23 Alex Martinez	Fr.	Covington, Wash.
24 Nathan Minor	Sr.	Mount Vernon, Wash.
25 Daniel Nortz	Fr.	Bellevue, Wash.
26 Tomislav Smith	Fr.	Mukilteo, Wash.
27 Nick Spencer	So.	Tacoma, Wash.
28 Rudy Spencer	Jr.	Liberty Lake, Wash.
29 John Wojtech	Sr.	Bremerton, Wash.
30 Paul Young	Jr.	Normandy Park, Wash.

Women	Yr.	Hometown
168 Bri Barton	Jr.	Denver, Colo.
169 Erin Chinchar	Jr.	Kent, Wash.
170 Hannah Dowdell	Fr.	Everett, Wash.
171 Dani Eggleston	So.	Longview, Wash.
172 Brenna Eldredge	Jr.	Duvall, Wash.
173 Jayna Inderbitzen	Fr.	Graham, Wash.
174 Danielle Maldonado	So.	Spokane, Wash.
175 Kaitlyn McKinney	Fr.	Vancouver, Wash.
176 Connie Morgan	Sr.	Hoquiam, Wash.
177 Mandi Ringgenberg	Fr.	Wasilla, Alaska
178 Megan Rogers	So.	Covington, Wash.
179 Lacey Wagner	Jr.	Lake Stevens, Wash.
180 Anna deCarteret	Fr.	Auburn, Wash.

Head Coach – Kevin Adkisson
Assistant – Bryan Contreras



**Montana State Billings
YELLOWJACKETS**



Luhr Hepfner Coppock

The Yellowjackets placed third in last year's men's conference meet, their best finish since joining the conference in 2007. They've followed that up with a strong season this fall earning a best ever No. 5 West Regional national ranking.

Robert Peterson, who placed 15th in last year's conference meet, and Michael Luhr have led the 'Jackets this fall. Peterson won two races earlier this fall in Fairbanks, while Luhr led MSUB to the Division II team title in the Erik Anderson Invitational in Spokane. Most recently, Peterson and Luhr led MSUB to the team title in the MSUB Yellowjacket Invitational.

Men	Yr.	Hometown
31	Travis Buttelmann	Sr. Three Forks, Mont.
32	Drew Galahan	Jr. Harlowton, Mont.
33	Garrett Love	Fr. Billings, Mont.
34	Michael Luhr	Jr. Gillette, Wyo.
35	Jacob Marshall	So. Seward, Alaska
36	Thomas Neale	So. Billings, Mont.
37	Josh Panasuk	So. Butte, Mont.
38	Robert Peterson	So. Billings, Mont.
39	Chase Robinson	Sr. Colstrip, Mont.
40	Jamon Rodriguez	Fr. Gillette, Mont.

Women	Yr.	Hometown
181	Elizabeth Brown	Jr. Colstrip, Mont.
182	Keri Clump	Jr. Wasilla, Alaska
183	Amanda Collins	Sr. Zillah, Wash.
184	Taylor Condon	Jr. Laurel, Mont.
185	Rio Frame	Fr. Glendive, Mont.
186	Renae Hepfner	Jr. Belt, Mont.
187	Theresa Lombardi	Jr. Deer Lodge, Mont.
188	Alex McBroom	Jr. Helena, Mont.
189	Jinise Osborne	So. Columbia Falls, Mont.
190	Ashlynn VanVoast	So. Havre, Mont.

Head Coach - Dave Coppock
Assistant - Trent Hooper



**Northwest Nazarene
CRUSADERS**



Gordon Evans Spatz

The Crusaders earned a pair of seventh-place finishes in last year's conference meet and return eight athletes off of those teams.

The top returnee for the Crusader men is Michael Gordon, who placed 38th last year, while Natalie Evans is the top returnee for the women. She finished 29th a year ago and is coming off a seventh place finish three weeks ago at the Willamette Invitational.

Men	Yr.	Hometown
41	Andrew Bienaphl	Fr. Meridian, Idaho
42	Chase Cunningham	Fr. Kuna, Idaho
43	Kaleb Fleenor	Jr. Nampa, Idaho
44	Michael Gordon	Jr. Kuna, Idaho
45	Nick Martin	Fr. Beaverton, Ore.
Women	Yr.	Hometown
191	Hailey Bradshaw	Jr. Meridian, Idaho
192	Natalie Evans	Sr. New Plymouth, Idaho
193	Susanna Fleming	Jr. Boise, Idaho
194	Jadyn Gourley	So. Brush Prairie, Wash.
195	Rebecca Holland	So. Meridian, Idaho
196	Kaydee Kulm	Fr. Meridian, Idaho
197	Emily Merioles	Fr. Valdez, Alaska
198	Marie Miller	Sr. The Dalles, Ore.
199	Bailey Voss	Fr. Middleton, Idaho

Head Coach - John Spatz
Assistants - Jake Pery, Jenny Perry, Justin Webb



**Saint Martin's
SAINTS**



Berger Crock McConnell

The Saints are looking to improve on a pair of 10th place finishes in last year's conference meet under first-year head coach Jason McConnell.

Joe Berger and Erika Crock are the top returnees for the Saints after placing 53rd and 68th, respectively, a year ago. Berger had an impressive performance in the Saint Martin's Invitational on Sept. 28 finishing first in a time of 26:30.46.

Men	Yr.	Hometown
46	Joe Berger	Sr. Enumclaw, Wash.
47	Matt Dunford	Fr. Bellingham, Wash.
48	Jasper Heckman	Jr. Orting, Wash.
49	Mitchell Hughey	Fr. Renton, Wash.
50	Frank Krause	Jr. Onalaska, Wash.
51	Skyler Larson	Fr. Pasco, Wash.
52	Aaron Michael	So. Olympia, Wash.
53	Nathan Morgan	Fr. Hoodspport, Wash.
54	Alex Nelson	Jr. Renton, Wash.
55	Josiah Shelman	So. Olympia, Wash.

Women	Yr.	Hometown
200	Erika Crock	Sr. Port Orchard, Wash.
201	Kenna Fosnacht	Fr. Rochester, Wash.
202	Justine Malek	So. Kula, Hawaii
203	Claire McCloskey	Fr. Kenmore, Wash.
204	Irene Moore	Jr. Bremerton, Wash.
205	Betty Ramirez	Jr. Olympia, Wash.
206	Megan Teigen	Fr. Olympia, Wash.

Head Coach - Jason McConnell



**Seattle Pacific
FALCONS**



Wiley Fricker Lerum

The Falcon women qualified for the national meet last year finishing fifth in the regional. This year they are ranked ninth in the West region.

The top returnee for SPU's women is McKayla Fricker, who placed 23rd a year ago and posted two wins at Fairbanks in September. She also finished 12th at the UW Sundodger. Most recently Sarah Macdonald led SPU placing 12th at the Willamette Invitational. Among the returnees for the SPU men is Turner Wiley, who placed a team best 16th at Willamette.

Men	Yr.	Hometown
56 Ryan Alcantara	Jr.	Medford, Ore.
57 Adam Avischious	So.	Colorado Springs, Colo.
58 Brian Comer	So.	Sammamish, Wash.
59 Alex Horton	Jr.	Kent, Wash.
60 Trevor Taylor	Jr.	Port Angeles, Wash.
61 Turner Wiley	Jr.	Issaquah, Wash.
62 Colin Wilkins	So.	Shoreline, Wash.

Women	Yr.	Hometown
207 Hannah Calvert	Fr.	Enumclaw, Wash.
208 Lynelle Decker	So.	Vancouver, Wash.
209 McKayla Fricker	Sr.	Canby, Ore.
210 Jasmine Johnson	Jr.	Federal Way, Wash.
211 Sarah Macdonald	Fr.	Tucson, Ariz.
212 Anna Patti	So.	Renton, Wash.
213 Claire Rachwitz	Fr.	Colorado Springs, Colo.
214 Ellen Ruby	Fr.	Missoula, Mont.

Head Coach - Karl Lerum
Assistant - Audra Smith



**Simon Fraser
CLAN**



Young Butterworth Townsend

The Clan women after barely missing the NCAA national meet a year ago finishing sixth in the regional, have established themselves as one of the top teams in the country this fall, earning a No. 2 regional ranking and a No. 7 national ranking.

They've been led by Lindsay Butterworth and Kirsten Allen. A year ago Butterworth placed fifth in the conference meet, while Allen was 19th. Allen, however, was SPU's top runner two weeks ago at Western Washington placing sixth.

Also back from last year is Kansas MacKenzie who placed ninth to earn all-conference honors in her freshman season. On the men's side, the Clan, which is led by James Young, is ranked ninth in the region.

Men	Yr.	Hometown
63 Braeden Charlton	Fr.	Vancouver, B.C.
64 BJ Cunliffe	Jr.	Courtice, Ont.
65 Chris Dinsdale	Sr.	Quesnel, B.C.
66 Dustin Johnson	Fr.	Surrey, B.C.
67 Oliver Jorgensen	Fr.	Abbotsford, B.C.
68 Stuart Macdonald	Fr.	Surrey, B.C.
69 Cameron Proceviat	So.	Burnaby, B.C.
70 Rowdy Reeves	So.	Coquitlam, B.C.
71 Lorenzo Smith	So.	Chilliwack, B.C.
72 Ephraim Tadesse	Fr.	Surrey, B.C.
73 Austin Trapp	Jr.	Elmira, Ont.
74 Brendan Wong	So.	Coquitlam, B.C.
75 James Young	Sr.	Surrey, B.C.

Women	Yr.	Hometown
215 Kirsten Allen	Sr.	London, Ont.
216 Rebecca Bassett	Fr.	Nanimo, B.C.
217 Lindsey Butterworth	Sr.	North Vancouver, B.C.
218 Heather Carviel	Sr.	Port Coquitlam, B.C.
219 Emma Chadsey	So.	Pemberton, B.C.
220 Reta Dobie	Fr.	Surrey, B.C.
221 Brittany Evans	Fr.	Revelstoke, B.C.
222 Tanya Humeniuk	So.	Vancouver, B.C.
223 Michaela Kane	Sr.	Roberts Creek, B.C.
224 Kansas MacKenzie	So.	Vancouver, B.C.
225 Sarah Sawatzky	Sr.	Chilliwack, B.C.

Head Coach - Brit Townsend



**Western Oregon
WOLVES**



Beagley Wade Johnson

Western Oregon finish fourth in the men's race and ninth in the women's race in last year's conference meet. Both teams, however, are coming off victories in the Pacific Lutheran University Invitational two weeks ago.

Brady Beagley led the men to its victory, placing second in a time of 26:11.89. Beagley also won the WOU Ash Creek Invitational in a 5,900-meter time of 18:35 and finished third at Willamette in a time of 24:36.30.

Annie Wade led the WOU women to its team title at PLU, finishing first in a time of 22:28.32. She also won at Ash Creek (15:22) and placed 10th at Willamette (18:15.27).

Men	Yr.	Hometown
76 Riley Anelhuk	So.	Bend, Ore.
77 Brady Beagley	Sr.	Grants Pass, Ore.
78 James Currell	Sr.	Selah, Wwash.
79 Josh Hanna	So.	Quincy, Calif.
80 Andy Heeszel	Fr.	Eugene, Ore.
81 Zach Holloway	So.	Brownsville, Ore.
82 Houston Horner	Jr.	Castleford, Idaho
83 Leonel Jones	So.	Mt. Angel, Ore.
84 Scott Larson	Sr.	Lake Stevens, Wash.
85 Cody Lind	Fr.	Challis, Idaho
86 David McLeod	Fr.	Tukwila, Wash.
87 Sam Naffziger	So.	Bend, Ore.
88 Alan Roy	Jr.	Reedsport, Ore.
89 Joe Soik	So.	Camino, Calif.
90 Zeke Wilson	Sr.	Challis, Idaho

Women	Yr.	Hometown
226 Nicole Anderson	Jr.	Packwood, Wash.
227 Bethany Balady	Fr.	Murrieta, Calif.
228 Bailey Beeson	So.	Soldotna, Alaska
229 Samantha Cowan	Fr.	Pasco, Wash.
230 Rachel Crawford	Fr.	Oregon City, Ore.
231 Amanda Ditzhazy	Fr.	Auburn, Wash.
232 Jenny Leaf	Jr.	Boulder, Colo.
233 Lara Lucero	So.	Vancouver, Wash.
234 Holly Meler	Jr.	Vancouver, Wash.
235 Natalie Schafer	So.	Riverside, Calif.
236 Rachel Shelley	So.	Portland, Ore.
237 Stephanie Stuckey	Fr.	Tacoma, Wash.
238 Ashley Taylor	Jr.	Yelm, Wash.
239 Annie Wade	Jr.	Condon, Ore.

Head Coach - Mike Johnson
Assistants - Chris Reed, Dan Sprinkle, Monica Barnhart



**Western Washington
VIKINGS**



Jackson Steen Halsell

The Viking men, who are ranked seventh in the West Region, posted a perfect team score of 15 in winning the Western Washington Classic Oct. 12 at Bellingham. Chip Jackson was the top collegiate finisher and placed fifth overall in a 10,000-meter time of 32:03.

Jackson is WWU's top returning finisher from last year's conference meet, placing fourth. The top returnee for the Viking women, who are also ranked seventh in the West, is Katelyn Steen who placed 15th a year ago in a time of 21:52.41.

Men	Yr.	Hometown
91	Tanner Boyd	Sr. Camas, Wash.
92	Juan Castillo	Jr. Lake Stevens, Wash.
93	Isaac Griffith	So. Spokane, Wash.
94	Chip Jackson	Sr. Shoreline, Wash.
95	Cory Johnson	Fr. Enumclaw, Wash.
96	Will Jones	So. Vancouver, Wash.
97	Matt Lutz	Fr. Bremerton, Wash.
98	Dylan Peterson	Sr. Seattle, Wash.
99	Ryan Peterson	Fr. Seattle, Wash.
100	Brian Piette	So. Vancouver, Wash.
101	Jonathan Quimby	Jr. Ferndale, Wash.
102	Tabor Reedy	Jr. Poulsbo, Wash.
103	Nathan Richards	Jr. Longview, Wash.
104	Dustin Sjoerdsma	So. Redwood City, Calif.

Women	Yr.	Hometown
247	Brenna Condon	Fr. Snohomish, Wash.
240	Brittany Grant	Fr. Port Townsend, Wash.
241	Taylor Guenther	So. Vancouver, Wash.
242	Haida Ikeda	Sr. Issaquah, Wash.
243	Maddy Jalbert	So. Niwot, Colo.
244	Kali Klotz-Brooks	So. Cheney, Wash.
245	Sofia Markis	Fr. Nine Mile Falls, Wash.
246	Haley O'Connor	Jr. Sammamish, Wash.
247	Austin Reiter	So. Camas, Wash.
248	Katelyn Steen	Jr. Sammamish, Wash.
249	Lillianna Stelling	Fr. Langley, Wash.
250	Sara Taferre	Fr. Vancouver, Wash.
251	Mikhaila Thornton	Jr. Bend, Ore.
252	Arielle Walton	Sr. Issaquah, Wash.

Head Coach - Pee Wee Halsell
Assistants - Bill Roe, Keever Henry, Christina Ashby, Erik DeRoche

GNAC Championships History



Micah Chelimo
2011 & 2012
Men's Champion



Susan Tanui
2012 Women's
Champion



Michael Friess
2011 & 2012 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.
2012	Monmouth	Alaska Anchorage, 23 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
2012	Micah Chelimo, UAA	24:49.53

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
2012	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.
2012	Monmouth	Alaska Anchorage, 16 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
2012	Susan Tanui, UAA	20:37.29

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
2012	Michael Friess, UAA

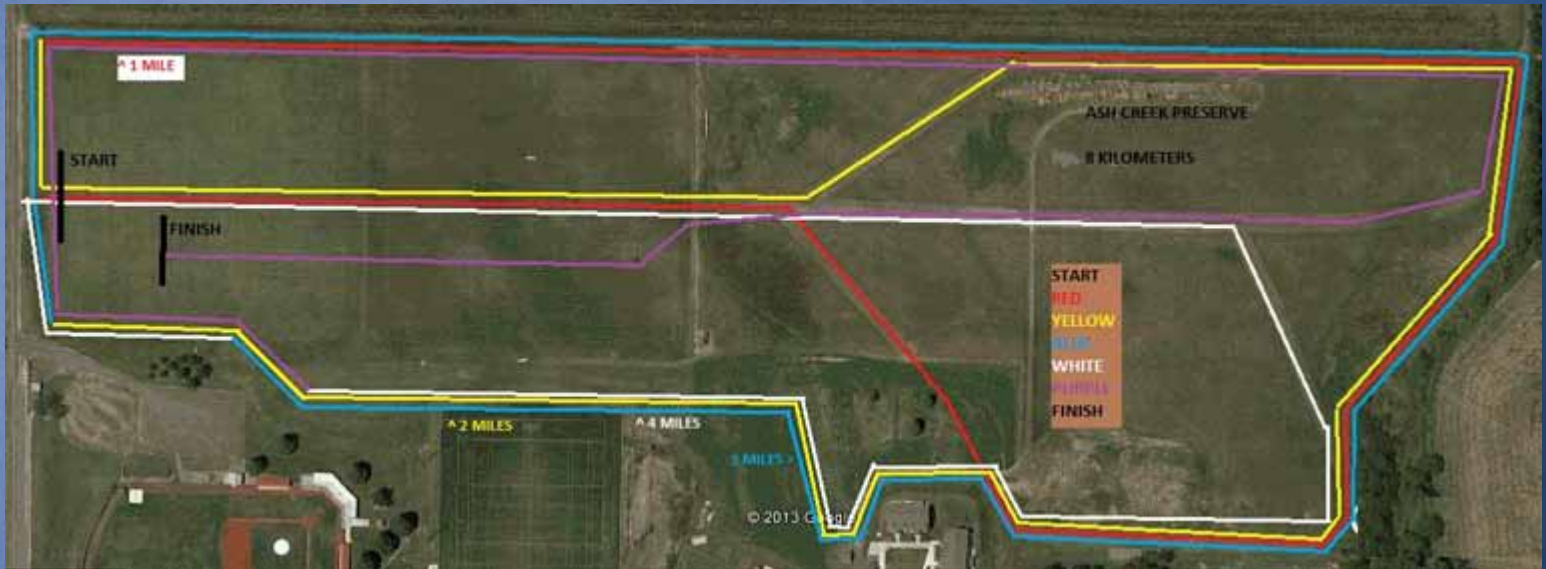


**CROSS
COUNTRY**

Ash Creek Preserve

HOME OF THE 2013 GNAC CROSS COUNTRY CHAMPIONSHIPS

MEN'S 8,000 METERS



WOMEN'S 6,000 METERS



LEGEND FOR COURSE MAPS

1st Loop - Red

2nd Loop - Yellow

3rd Loop - Blue

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

5th Loop - Purple
(Men Only)



CROSS COUNTRY