

GREAT NORTHWEST ATHLETIC CONFERENCE

Contact: Bob Gupstill (509-535-5291/Fax 535-5293/e-mail – bgupstill@gnacsports.com)

Report 12E (Nov. 12, 2009)

Cross Country: Seventy-Four Named To GNAC Academic Team

SPOKANE, Wash. - A total of 74 student-athletes – 24 men and 50 women - have been named to the 2009 Great Northwest Athletic Conference cross country all-academic team.

Heading up the women's academic squad are two players with perfect 4.00 GPAs – Arielle Rolle of Alaska Anchorage and Krinda Carlson of Saint Martin's. Justin Karr of Western Oregon has the best GPA (3.99) among the 23 men selected to the squad.

Fifteen of the athletes – 12 women and three men - were all honored for the third time. Twenty others were repeat selections.

To be eligible for the academic team, student-athletes must have a minimum grade point average of 3.20 and be in at least their second year of competition at their university.

2009 GNAC Cross Country Academic All-Conference Team

Men

Paul Rottich, Alaska Anchorage (Economics & Finance, Sr., 3.22, Kapsabet, Kenya)
Alex Morris, Alaska Fairbanks (Electrical Engineering, Jr., 3.95, Anchorage, AK)
Ray Sabo, Alaska Fairbanks (Natural Resource Management, Sr. 3.95, Whitehorse, Yukon)
Joseph DeWilde, Alaska Fairbanks (Mechanical Engineering, So., 3.89, North Pole, AK)
Erik Soderstrom, Alaska Fairbanks (Geology, So., 3.81, As, Sweden)
Ian Wilkinson, Alaska Fairbanks (General Studies, So., 3.64, Fairbanks, AK)
*Einar Often, Alaska Fairbanks (MBA, Gr., 3.62, Tynset, Norway)
**John Parry, Alaska Fairbanks (Anthropology, Jr., 3.52, Whitehorse, Yukon Territory)
*Seth Clark, Northwest Nazarene (English, Jr., 3.84, Grangeville, ID)
Luke Hetrick, Northwest Nazarene (Engineering Physics, So., 3.40, Caldwell, ID)
**Hank Hetrick, Northwest Nazarene (Engineering Physics, Sr., 3.37, Caldwell, ID)
*Caleb Reynolds, Northwest Nazarene (Christian Ministry, Jr., 3.21, Yakima, WA)
Jacob Suazo, Saint Martin's (Biology, So., 3.63, Lakewood, WA)
Nick Harvey, Saint Martin's (Engineering, Sr., 3.25, Olympia, WA)
**Chad Meis, Seattle Pacific (Electrical Engineering, Sr., 3.45, Renton, WA)
Daniel Hamilton, Seattle Pacific (Computer Science, So., 3.36, Missoula, MT)
Nathanael Sleight, Seattle Pacific (Physics, So., 3.29, Bellevue, WA)
*Justin Karr, Western Oregon (Psychology/Social Science, Jr., 3.99, Tigard, OR)
*Brandon Snook, Western Oregon (Earth Science, Sr., 3.88, Oregon City, OR)
Matt McCrary, Western Oregon (Biology, So., 3.71, Gladstone, OR)
Dan Sprinkle, Western Oregon (History, So., 3.37, Aloha, OR)
*Braxton Jackson, Western Oregon (Public Health, Sr., 3.24, Lincoln City, OR)
Eric Brill, Western Washington (Biology/Secondary Education, So., 3.84, Kent, WA/Kentwood)
*Jordan Welling, Western Washington (Manufacturing & Supply Chain Management, Jr., 3.60, Burlington, WA/Burlington-Edison)

Women

Arielle Rolle, Alaska Anchorage (Undeclared, So., 4.00, Anchorage, AK)
Alex West, Alaska Anchorage (Civil Engineering, So., 3.81, Soldotna, AK)
**Laura Carr, Alaska Anchorage (Fine Arts, Education & Languages, Sr., 3.69, South Bend, Ind.)
Ruth Keino, Alaska Anchorage (Nursing, So., 3.32, Kapcheno, Kenya)
Natalie Pfeifer, Alaska Anchorage (Biological Sciences, So., 3.23, Ketchikan, AK)
Shoshana Keegan, Alaska Anchorage (Art, So., 3.20, Anchorage, AK)
Theresa Schnurr, Alaska Fairbanks (Chemistry, So., 3.96, Buhlertal, Germany)

Jana Benedix, Alaska Fairbanks (General Studies, So., 3.93, Fairbanks, AK)
 *Aurelia Korthauer, Alaska Fairbanks (Mechanical Engineering, Sr., 3.51, Bonndorf, Germany)
 Adriana Mendoza, Central Washington (Math Education, So., 3.95, Zillah, WA)
 **Shannon Vreeland, Central Washington (Chemistry, Sr., 3.69, Port Orchard, WA)
 Alex Borunda, Central Washington (Business Administration, Jr., 3.64, Yakima, WA)
 *Jessica Hirschhorn, Central Washington (Art Studio/Public Relations, Jr., 3.59, Enumclaw, WA)
 Amanda Valera, Central Washington (Biology/Chemistry, So., 3.56, Moxee, WA)
 **Stephanie Cooke, Central Washington (Music, Sr., 3.49, Ellensburg, WA)
 Cindy Glenn, Central Washington (Social Services, Jr., 3.47, Battle Ground, WA)
 **Mary Bakeman, Central Washington (Theatre Arts/Costume Design, Sr., 3.42, Langley, WA)
 *Sarah Jackson, MSU Billings (Rehabilitation & Related Services, Jr., 3.83, Bozeman, MT)
 *Katie Thiel, MSU Billings (Nursing, Jr., 3.86, Powell, WY)
 *Malori Woodford, MSU Billings (Biology, Jr., 3.24, Mosby, MT)
 **Ashley Morman, Northwest Nazarene (Business Administration, Sr., 3.97, Bonners Ferry, ID)
 Danielle Beesley, Northwest Nazarene (Nursing, So., 3.45, Caldwell, ID)
 Megan Swenson, Northwest Nazarene (Business Administration, So., 3.43, Salem, OR)
 *Jaclyn Puga, Northwest Nazarene (Biology/Pre-Med, Jr., 3.39, Meridian, ID)
 *Elisa Decker, Northwest Nazarene (Pre-Physical Therapy, Jr., 3.31, Vancouver, WA)
 **Krinda Carlson, Saint Martin's (English, Sr., 4.00, Pateros, WA)
 *Helen Camden Saint Martin's (Sociology, Sr., 3.69, Yakima, WA)
 Kaitlynn Pecha, Saint Martin's (Undecided, So., 3.41, Omak, WA)
 Joscelyn Minton, Saint Martin's (Business, So., 3.31, Shelton, WA)
 *Annie Lawyerson, Saint Martin's (Biology, Jr., 3.27, Puyallup, WA)
 **Suzie Strickler, Seattle Pacific (Exercise Science, Sr., 3.99, Richland, WA)
 **Jessica Pixler, Seattle Pacific (English, Sr., 3.92, Sammamish, WA)
 **Lisa Anderberg, Seattle Pacific (Global Development, Sr., 3.91, Mukilteo, WA)
 Natty Plunkett, Seattle Pacific (Psychology, So., 3.90, Bellevue, WA)
 Margaret Hanscom, Seattle Pacific (Education, So., 3.86, Lake Oswego, OR)
 **Jane Larson, Seattle Pacific (English, Sr., 3.82, Fall City, WA)
 **Kate Harline, Seattle Pacific (Religious Studies, Sr., 3.52, Orem, UT)
 Mary Williams, Seattle Pacific (Biology, So., 3.23, Lake Jackson, TX)
 *Annan Applebee, Western Oregon (Education, Jr., 3.75, Gladstone, OR)
 Erika Snawder, Western Oregon (American Sign Language, Jr., 3.54, Salem, OR)
 *Alee Rowley, Western Oregon (Public Health, Sr., 3.44, Kenai, AK)
 Amanda Wright, Western Oregon (Undecided, So., 3.38, Olympia, WA)
 Zoe Skordahl, Western Oregon (Communications, So., 3.33, Oakridge, OR)
 Kayanna Cecchi, Western Oregon (Psychology, So., 3.21, Gresham, OR)
 Lauren Breihof, Western Washington (Business Administration & Marketing, So., 3.52, Vancouver, WA)
 Sierra Brisky, Western Washington (Art, So., 3.85, Acme, WA)
 Phoebe Hartnett, Western Washington (Special Education/Elementary, So., 3.92, San Diego, CA)
 *Maeve Sayres, Western Washington (Biology, Jr., 3.26, Valleyford, WA)
 **Danielle Slaughter, Western Washington (Biochemistry, Sr., 3.69, Spokane, WA)
 Lauren Thompson, Western Washington (Biology, Jr., 3.34, Sammamish, WA)

*Repeater (Rowley & Clark from 2007) **Two-time repeater (Strickler from 2006 & 2007, Carr from 2006 and 2008)