

2009 GNAC Cross Country Rosters

ALASKA ANCHORAGE SEAWOLVES

Men	Yr.	Hometown
Michael Adams	So.	Anchorage, AK (Service HS)
Nick Canfield	Fr.	Anchorage, AK (Bartlett HS)
Micah Chelimo	Fr.	Eldoret, Kenya
Marko Cheseto	Jr.	Kapenguria, Kenya (Chewoyet)
Will Estes	Fr.	Anchorage, AK (West Anchorage)
Christian Harpel	Fr.	Anchorage, AK (South HS)
Thomas Hill	Fr.	Thunder Bay, Ont. (St. Ignatius)
Alfred Kangogo	So.	Eldoret, Kenya (Kitale Boys)
Paul Rottich	Jr.	Kapsabet, Kenya (Kaptumo Boys)

Women	Yr.	Hometown
Mychaela Bailey	So.	Anchorage, AK (Service)
Emma Bohman	Jr.	Palmer, AK
Laura Carr	Sr.	South Bend, IN (Penn)
Mary Chepkoech	Fr.	Kapsabet, Kenya (Chebisas Girls)
Anna Filippova	Fr.	Anchorage, AK (Dimond HS)
Ruth Jeptoo	So.	Kapcheno, Kenya (Eisero Girls)
Shoshana Keegan	So.	Anchorage, AK (Steller)
Miriam Kipngeno	Fr.	Eldoret, Kenya (Girls Secondary School)
Katie Krehlik	Fr.	Juneau, AK (Juneau Douglas HS)
JJ Lende	So.	Haines, AK (Adams State)
Natalie Pfeifer	So.	Ketchikan, AK
Ariel Rolle	So.	Anchorage, AK (West Anchorage)
Kayla Teslow	Fr.	Fairbanks, AK (West Valley HS)
Alex West	So.	Soldotna, AK
Hallidie Wilt	Jr.	Unalaska, AK

Head Coach – Michael Friess **Assistants** – T.J. Garlatz, David Kiplagat

ALASKA FAIRBANKS NANOOKS

Men	Yr.	Hometown
Lars Arneson	Fr.	Soldotna, AK (Cook Inlet Academy)
Mitchell Chandler	So.	Chattaroy, WA (Riverside HS)
Joseph DeWilde	So.	North Pole, AK (North Pole HS)
Tyler Kornfield	Fr.	Anchorage, AK (Service HS)
Alex Morris	Jr.	Anchorage, AK (Dimond HS)
Einar Often	Jr.	Tynset, Norway (U. of Life Science)
John Parry	Sr.	Whitehorse, Yukon (Porter Creek)
Cody Priest	Jr.	Palmer, AK (Palmer HS)
Ray Sabo	Sr.	Whitehorse, Yukon (Vanier Catholic)
Erik Soderstrom	So.	As, Sweden (Palmcrantzskolan)
Henri Soom	Sr.	Tartu, Estonia (Mart Reinik Gymnasium)
Samuel Tilly	Sr.	Rainbow Valley, AK (Dimond HS)
Ian Wilkinson	So.	Fairbanks, AK (Lathrop HS)

Women	Yr.	Hometown
Morgan Bender	Fr.	Eagle River, AK (Chugiak HS)
Jana Benedix	So.	Fairbanks, AK (Lathrop HS)
Kate Bennett	Jr.	Fairbanks, AK (West Valley HS)
Amber Drumm	Jr.	Salcha, AK (Ben Eielson HS)
Heather Edic	Fr.	Fairbanks, AK (Lathrop HS)
Rebecca Konieczny	So.	West Yellowstone, MT (West Yellowstone)
Aurelia Korthauer	Sr.	Bonnendorf, Germany
Marit Rjabov	Fr.	Voru, Estonia (Audentes Sports)
Theresia Schnurr	So.	Buhlertal, Germany (Heinmschule Lendes)
Raphaella Sieber	Fr.	Voehrenbach, Germany
Maria Stensland	GS.	Vasteras, Sweden
Megan Thompson	Fr.	Fairbanks, AK (West Valley HS)

Head Coach – Scott Jerome **Assistant** – Matt Dunlap

CENTRAL WASHINGTON WILDCATS

Men	Yr.	Hometown
Zach Armstrong	Fr.	Breckenridge, CO (Summit)
Justin Doud	Fr.	Indianola, WA (Kingston)
Tyler Eidsmoe	Jr.	Federal Way, WA (Beamer/Highline CC)
Wes Hargrove	Jr.	Burlington, WA (Burlington-Edison)
Jake Hastings	Fr.	Colville, WA (Colville)
Nick Holt	So.	Bothell, WA (Inglemoor/Bellevue CC)
Tom Johnson	Jr.	Seattle, WA (O'Dea)
Matt Nodine	So.	Ellensburg, WA (Ellensburg/Whatcom CC)
Scott Power	Jr.	Burlington, WA (Burlington-Edison)
Tyler Roland	Fr.	Camas, WA (Camas)
Scott Romain	Fr.	Seattle, WA (Roosevelt)
Manuel Santos	So.	Yakima, WA (AC Davis – Clark)
Jon Swanson	Fr.	Spokane, WA (Central Valley)

Women	Yr.	Hometown
Mary Bakeman	Sr.	Langley, WA (South Whidbey)
Berlyn Bales	Jr.	Issaquah, WA (Liberty)
Jami Beed	Fr.	La Center, WA (La Center)
Alex Borunda	Jr.	Yakima, WA (West Valley /Great Falls)
Stephanie Cooke	Sr.	Topeka, KS (Ellensburg)
Cindy Glenn	Sr.	Battle Ground, WA (Battle Ground/Clark)
Jessica Hirschhorn	Sr.	Enumclaw, WA (Enumclaw)
Hailey Huffman	Fr.	Tacoma, WA (Stadium)
Kelsey Kreft	So.	Lake Stevens, WA
Elizabeth Mann	So.	Auburn, WA (Auburn Riverside)
Adriana Mendoza	Sr.	Zillah, WA (Zillah/Yakima Valley CC)
Hilery Nunn	Fr.	Leavenworth, WA (Cascade)
Ashley Rice	Fr.	Tieton, WA (Highland)
Robyn Swanson	Jr.	Spokane, WA (Central Valley/CCS)
Amanda Valera	So.	Moxee, WA (Zillah)
Shannon Vreeland	Sr.	Port Orchard, WA (South Kitsap)

Head Coach – Kevin Adkisson **Assistant** – Bryan Conteras.

MONTANA STATE BILLINGS Yellowjackets

Men	Yr.	Hometown
Ryan Blomback	Fr.	Belgrade, MT (Manhattan HS)
Mark Bolt	So.	Billings, MT (University of Montana)
John Buttelman	Fr.	Three Forks, MT (Three Forks HS)
Taylor Canfield	So.	Manhattan, MT (Manhattan HS)
Drew Galahan	Fr.	Harlowton, MT (Harlowton HS)
Philip Holliday	Fr.	Billings, MT (Senior HS)
Travis Hutchinson	So.	Billings, MT (Billings Senior HS)
Daniel Lombardi	Fr.	Deer Lodge, MT (Powell County HS)
Kelley Miller	Jr.	Glendive, MT (Glendive HS)
Tucker Shuler	So.	Powell, WY (Northwest CC)
Tyson Vanderby	So.	Manhattan, MT (Manhattan HS)

Women	Yr.	Hometown
Natalya Fredrickson	Fr.	Terry, MT (Terry HS)
Sarah Jackson	Jr.	Bozeman, MT (Manhattan Christian HS)
Mykel Ler	Jr.	Sidney, MT (Sidney HS)
Lisa Minnehan	Sr.	Billings, MT (Anaconda HS)
Mary Owen	Fr.	Hammond, MT (Broadus HS)
Katie Thiel	So.	Powell, WY (Powell HS)
Leah Thompson	Sr.	Manhattan, MT (MSU Manhattan)
Malori Woodford	So.	Mosby, MT (Winnett – Grass Range)
Kristen Yeley	Sr.	Lewiston, MT (Minn. State-Moorhouse)

Head Coach – Dave Coppock **Assistant** – Sarah Lord

NORTHWEST NAZARENE CRUSADERS

Men	Yr.	Hometown
Jesse Baggenstos	Fr.	Renton, WA (Kentridge HS)
Seth Clark	Jr.	Grangeville, ID (Grangeville HS)
Alex Crystal	So.	Kimberly, ID (Kimberly HS)
Neil Easter	So.	Nampa, ID (Columbia HS)
Kyle Grey	Sr.	San Diego, CA (Point Loma HS)
Hank Hetrick	Sr.	Caldwell, ID (Greenleaf Friends)
Luke Hetrick	So.	Caldwell, ID (Greenleaf Friends)
Steve Huff	Sr.	Leicester, NY (York HS)
Zach Layne	Jr.	Redmond, OR
Joseph Lovell	Fr.	Boise, ID (Bishop Kelly HS)
Josh Merioles	So.	Valdez, AK (Valdez HS)
Bernard Ngoen	Fr.	Roret, Kenya (Litein HS)
Matt Rankin	Fr.	Ontario, OR (Ontario HS)
Caleb Reynolds	So.	Yakima, WA (Riverside)
Matt Stark	So.	Meridian, ID (Mountain View)
Barak Watson	Fr.	Nampa, ID (Columbia HS)
Justin Webb	Fr.	Wesier, ID (Wesier HS)
Women	Yr.	Hometown
Danielle Beesley	Fr.	Caldwell, ID (Nampa Christian)
Elisa Decker	So.	Vancouver, WA (Mountain View)
Christine Harwood	Fr.	Pendleton, OR (Pendleton HS)
Samantha Hill	Fr.	Woodinville, WA (Bothell HS)
Chelsea Lane	Fr.	Jerome, ID (Jerome HS)
Ashley Morman	Jr.	Bonnors Ferry, ID (Boones Ferry HS)
Jordan Powell	Fr.	Nampa, ID (Columbia HS)
Michele Phillips	Sr.	Meridian, ID (Mid America Nazarene HS)
Jaclyn Puga	Jr.	Meridian, ID (Nampa Christian HS)
Ashley Rendahl	So.	Hailey, ID (Wood River HS)
Megan Swenson	So.	Salem, OR (Salem Academy HS)

Head Coach – John Spatz **Assistants**– Ben Gall, Jake Perry

SAINT MARTIN’S SAINTS

Men	Yr.	Hometown
Scott Bauer	Fr.	Lancaster, CA (Paraclete HS)
Noah Caffrey	So.	Seabeck, WA (Klahowya HS)
Cameron Grossaint	Fr.	Mill Creek, WA (Henry Jackson HS)
Nick Harvey	Jr.	Olympia, WA (River ridge HS)
Spencer Hunt	So.	Onalaska, WA (Onalaska HS)
Joseph Patti	Fr.	Renton, WA (Lindburgh HS)
Jacon Suazo	So.	Lakewood, WA (Lakes HS)
Kyle Van Santen	So.	Lake Stevens, WA (Lake Stevens HS)
Women	Yr.	Hometown
Carelia Agis	Fr.	Tacoma, WA (Washington HS)
Helen Camden	Jr.	Yakima, WA (LaSalle)
Krinda Carlson	Sr.	Pateros, WA
Annie Lawreyson	Jr.	Puyallup, WA (Rogers)
Ashley Llapitan	Fr.	Buckley, WA (White River HS)
Joscelyn Minton	So.	Shelton, WA (Northwest Christian)
Karissa Owen	So.	Rainier, WA
Kaitlynn Pecha	So.	Omak, WA

Head Coach – Julie Sullivan
Assistants - Josiah Price, Patrick Talmadge

SEATTLE PACIFIC FALCONS

Men	Yr.	Hometown
AJ Baker	Fr.	AuGres, MI (AuGres-Sims HS)
Gavin Brand	Fr.	Suwanee, GA (Peach Tree Ridge HS)
Lyle Emery	Fr.	Vancouver, WA (Heritage HS)
Dan Friesen	So.	Lake Oswego, OR (Westside Christian HS)
Andrew Hamilton	So.	Ballard, WA (Ballard HS)
Daniel Hamilton	So.	Missoula, MT (Sentinel HS)
Will Harrison	Fr.	Tucson, AZ (Cataline Foothills HS)
Jordan Lance	Jr.	Mill Creek, WA (Jackson HS)
Chad Meis	Sr.	Renton, WA (Seattle Christian HS)
Caleb Parker	Fr.	Richland, WA (Richland HS)
Nathanael Sleight	So.	Bellevue, WA (Bellevue Christian HS)
Andrew VanNess	Fr.	Bellevue, WA (Bellevue Christian HS)
Jacob Wahlenmaier	Jr.	Everett, WA (Cascade HS)

Women	Yr.	Hometown
Lisa Anderberg	Sr.	Edmonds, WA (Kamiak HS)
Kassandra Bouton	So.	Hillsboro, OR (Glencoe HS)
Kelsey Brown	Fr.	Colorado Springs, CO
Krysta Carrick	Fr.	Tokyo, Japan (Christian Academy HS)
Margaret Hanscom	So.	Lake Oswego, OR (Western Christian)
Kate Harline	Sr.	Orem, UT (Orem HS)
Kylie Johnson	Fr.	Richland, WA (Richland HS)
Jane Larson	Sr.	Fall City, WA (Cedar Park Christian HS)
Laura Moser	Fr.	Sequim, WA (Sequim HS)
Jessica Pixler	Sr.	Sammamish, WA (Eastlake HS)
Natty Plunkett	So.	Bellevue, WA (Newport HS)
Suzie Strickler	Sr.	Richland, WA (Richland HS)
Madel Torres	GS.	
Kayla Wilkins	Fr.	Vancouver, WA (Evergreen HS)
Lauren Wood	Fr.	Parker, CO (Ponderosa HS)
Mary Williams	Fr.	Lake Jackson, TX (Brazoswood HS)

Head Coach – Erika Daligcon **Assistant** – Doris Heritage

WESTERN OREGON WOLVES

Men	Yr.	Hometown
Abel Araya	Fr.	Portland, OR (Portland Lutheran HS)
Travis Banker	Sr.	Banks, OR (Valley Catholic HS)
Ryan Beaver	Sr.	Gresham, OR (Gresham HS)
Michael Brown	Fr.	Beaverton, OR (Southridge HS)
Ryan Chapman	Fr.	Yakima, WA (Eisenhower HS)
James Croft	Fr.	Central Point, OR (Crater HS)
Bryce Davis	Fr.	Kelso, WA (Kelso HS)
Dominic Ferraris	Fr.	Tigard, OR (Tigard HS)
Luke Holt	Fr.	Clayton, IN (Cascade HS)
Cody Hughes	Fr.	Salem, OR (South Salem HS)
Braxton Jackson	Sr.	Lincoln City, OR (Taft HS)
Justin Karr	Jr.	Tigard, OR (Tigard HS)
Conner Kasler	Fr.	Grants Pass, OR (Hidden Valley)
Kyle Larson	Jr.	Lake Stevens, WA (Lake Stevens HS)
Jeff Long	Sr.	Vancouver, WA (Skyview HS)
Derek Lopez	So.	Hillsboro, OR (Hillsboro HS)
Zach Massari	So.	Scio, OR (Scio HS)
Toby Maunu	Fr.	Sandy, OR (Sandy HS)
Matt McCrary	So.	Gladstone, OR (Gladstone HS)
Jordan Mirk	Fr.	South Hill, WA (Emerald Ridge HS)
Dallas Moses	So.	Warrenton, OR (Warrenton HS)
Carson O'Brien	Sr.	Salem, OR (South Salem HS)
Chris Reed	Jr.	Klamath Falls, OR (Klamath Union HS)
Nate Reese	Sr.	Monmouth, OR (Central HS)
Mike Schmidt	Sr.	Tacoma, WA (Bellarmine Prep HS)
Brandon Snook	Sr.	Oregon City, OR (Oregon City HS)
Dan Sprinkle	So.	Hillsboro, OR (Century HS)
Darrell Terry	Jr.	Medford, OR (North Medford HS)

Abe Webb So. Milwaukie, OR (LaSalle HS)

Women

Annan Applebee
Meryl Butcher
KayAnna Cecchi
Janelle Everetts
Megan Everetts
Becki Lee
Kylie Moore
Tricia Morrison
Erica Nelson
Alee Rowley
Zoe Skordahl
Erika Snawder
Amanda Wright
Erica Zambon

Yr. Hometown
Jr. Gladstone, OR (Gladstone HS)
So. Clackamas, OR (Clackamas HS)
So. Gresham, OR (Gresham HS)
So. Salem, OR (McKay HS)
So. Salem, OR (McKay HS)
Fr. Roseburg, OR (Roseburg HS)
So. Salem, OR (South Salem HS)
Jr. Hillsboro, OR (Hillsboro HS)
Fr. Salem, OR (South Salem HS)
Jr. Kenai, AK (Kenai Central HS)
So. Oakridge, OR (Oakridge HS)
Jr. Salem, OR (South Salem HS)
So. Olympia, WA (Capital HS)
Sr. Carlsbad, CA (Sonoma State)

Head Coach – Mike Johnson

Assistants – Jerret Mantalas, Isaac Frederick, Jessica Harper, Lyndsey McKillip

WESTERN WASHINGTON VIKINGS

Men

Nick Abraham
Graham Armstrong
Sam Bedell
Yonas Berhe
Tanner Boyd
Eric Brill
Will Cameron
Bobby Carlson
Andrew Conniff
Logan Darling
Marc Fuhrmeister
Jordan Ginn
Bennett Grimes
Chip Jackson
Carl Johnson
Kyle Johnson
Clifford Kahn
Greg Kubitz
Danny Lindstrom
Anders Mavis
Ian McLeod
Blake Medhaug
Nate Perkins
Dylan Peterson
Andy Randles
Jesse Roberson
Matt Santos
Otto Schmidt
Anthony Tomsich
Jordan Welling
Alex Wipf

Yr. Hometown
So. Sammamish, WA (Skyline HS)
Fr. Manhattan, KS (Manhattan HS)
Sr. Reno, NV (Bishop Manogue HS)
So. Seattle, WA (Roosevelt HS)
Fr. Camas, WA (Camas HS)
So. Kent, WA (Kentwood HS)
Jr. Poulsbo, WA (North Kitsap HS)
Sr. Snohomish, WA (Snohomish HS)
Fr. Corvallis, OR (Santiam Christian HS)
Fr. Bellingham, WA (Bellingham HS/Oregon)
Fr. Bellingham, WA (Squalicum HS)
Fr. Spokane, WA (North Central HS)
Jr. Pocatello, ID (Century HS)
Fr. Seattle, WA (Shorewood HS)
Sr. Renton, WA (Liberty HS)
Fr. Nine Mile Falls, WA (Lakeside HS)
Fr. Seattle, WA (Nathan Hale HS)
Sr. Kelso, WA (Kelso HS)
Fr. Anacortes, WA (Anacortes/WSU)
Sr. Boulder, CO (Boulder HS)
Fr. Mill Creek, WA (Jackson HS)
Jr. Bothell, WA (Bothell HS)
Sr. Bellevue, WA (Bellevue Christian HS)
Fr. Seattle, WA (Garfield HS)
Fr. Spokane, WA (Gonzaga Prep HS)
So. Tacoma, WA (Wilson HS)
So. Tacoma, WA (Wilson HS)
Fr. Friday Harbor, WA (Friday Harbor HS)
Jr. Fairbanks, AK (West Valley HS)
Jr. Burlington, WA (Burlington-Edison HS)
So. Edmonds, WA (Meadowdale HS)

Women

Jillian Altizer
Jessica Boyer
Lauren Briehof
Sierra Brisky
Chandler Dennison
Kristi Fairbanks
Melissa Foss
Ally Ganyo
Phoebe Hartnett
Kendra Hedges
Stephanie Houck
Shellane Jensen
Caroline Kratz
Gaby Krevat
Kendra Miller
Kirsten Moore
Robin Mueller
Courtney Olsen
Sarah Porter
Mary Rogers
Ellie Siler
Danielle Slaughter
Lauren Thompson
Maria Ujifusa
Emily Wallen
Kendra Welling
McKinley Williams

Yr. Hometown

Fr. Bellevue, WA (Newport HS)
So. Columbia Falls, MT (Columbia Falls HS)
So. Vancouver, WA (Mountain View HS)
So. Acme, WA (Mount Baker HS)
Fr. Seattle, WA (West Seattle HS)
Fr. Snohomish, WA (Snohomish HS)
So. Gig Harbor, WA (Peninsula HS)
So. Medical Lake, WA (Medical Lake HS)
So. San Diego, CA (Patrick Henry HS)
So. Lake Stevens, WA (Lake Stevens HS)
Fr. Everett, WA (Jackson HS)
Sr. Sedro-Woolley, WA (Sedro-Woolley HS)
So. Lynnwood, WA (Meadowdale HS)
Fr. Bozeman, MT (Bozeman HS)
So. Lake Stevens, WA (Lake Stevens HS)
Fr. Carlsbad, CA (Carlsbad HS)
Fr. Marysville, WA (Marysville-Pilchuck HS)
Sr. Bellingham, WA (Squalicum/Concordia)
Jr. Hockinson, WA (Hockinson HS)
Fr. Spokane, WA (Shadle Park HS)
So. Spokane, WA (Lewis & Clark HS)
Sr. Spokane, WA (Shadle Park HS)
Jr. Sammamish, WA (Eastlake HS)
Fr. Snohomish, WA (Snohomish HS)
Fr. Olympia, WA (Capital HS)
Fr. Burlington, WA (Burlington-Edison/Oregon)
Jr. Federal Way, WA (Todd Beamer HS)

Head Coach - Pee Wee Halsell

Assistants - Bill Roe, Al Reimer, Erik Bies, Keever Henry, Christina Ashby