



**7TH ANNUAL GREAT NORTHWEST ATHLETIC  
CONFERENCE CROSS COUNTRY CHAMPIONSHIPS**

**Saturday, Oct. 20, 2007**

*Hosted by Northwest Nazarene University*

**Women: 10:30 a.m. Men: 11:15 a.m.**

# GREAT NORTHWEST ATHLETIC CONFERENCE

The Great Northwest Athletic Conference, which is in its seventh season of athletic competition, is comprised of 10 NCAA Division II schools.

The 10 schools are located in five different states, including five in the state of Washington: Central Washington University, Saint Martin's University, Seattle University, Seattle Pacific University and Western Washington University.

The GNAC, which was officially founded on July 1, 2001, also includes the University of Alaska Anchorage, the University of Alaska Fairbanks, Montana State University Billings, Northwest Nazarene University (Idaho) and Western Oregon University. Humboldt State University (Calif.) was a charter member of the conference but left following the 2005-06 season. MSU Billings joined the GNAC this fall.



Prior to the formation of the GNAC, all the schools were members of the PacWest Conference.

Four of the schools in the conference - Alaska Anchorage, Alaska Fairbanks, Montana State Billings and Seattle Pacific – were charter members of the PacWest, which was created in May, 1992 with the merger of the Great Northwest Conference and the Continental Divide Conference.

Four current GNAC members - Central Washington, Saint Martin's, Western Oregon and Western Washington – joined the PacWest prior to the 1998-99 season.

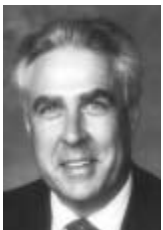
Central Washington, Saint Martin's and Western Washington were previously members of the Pacific Northwest Athletic Conference, while Western Oregon was a member of the Cascade Conference.

Seattle University and Northwest Nazarene, from the Northwest and Cascade conferences, joined the PacWest prior to the 1999-2000 season.

Richard Hannan, who served terms as the athletic director at Southwest Texas State University, Weber State University and at Lewis-Clark State College, serves as the Commissioner for the GNAC. He also previously coached basketball at Lewis-Clark State College.

The GNAC sponsors championships in seven men's and seven women's sports, including volleyball, men's and women's soccer, men's and women's cross country, men's and women's basketball, baseball, men's golf, softball, men's and women's indoor track-and-field and men's and women's outdoor track-and-field.

## GNAC Commissioner Richard R. Hannan (Seventh Year)



Richard R. Hannan, who has been involved in intercollegiate athletics for more than three decades, was appointed the first commissioner of the Great Northwest Athletic Conference (GNAC) on May, 2001.

Prior to taking over as commissioner, Hannan, a native of Spokane, Wash., served as interim athletic director at Lewis-Clark State College. Hannan, who also was the athletic director and head basketball coach at LCSC between 1974 and 1989, has also been an athletic director at two NCAA Division I schools.

Hannan, who earned a BA degree in social science in 1963 at Eastern Washington University, coached basketball at Columbia Basin College for seven years (1967-74) before beginning his first term at LCSC.

While at LCSC, he served as the host athletic director for the NAIA national baseball tournament for six years. He developed an honorary coaches program for the tournament. He also helped organize the Lewis-Clark State Warrior Booster Club, which became a substantial funding source for the college.

The LCSC program made substantial growth during his tenure, correcting inequities in the women's sports programs and adding the sports of men's and women's tennis. The Warrior baseball team also won four NAIA national titles during his term.

Hannan was appointed the athletic director at Weber State University in Ogden, Utah, in 1989. Three years later he was appointed to the same position at Southwest Texas State University in San Marcos, Tex before returning to the Northwest.

During his tenure at Weber State, he implemented a student advisory board and created an academic support system for student-athletes. He also balanced the athletic department budget in spite of an \$183,000 revenue shortfall and developed coaches television shows. He also created a radio broadcasting program, bring the game broadcasts, promotions and marking "in-house."

At Southwest Texas State, Hannan was responsible for creating and developing the schools' first athletics endowment fund, doubling revenue production for the athletic department. He initiated a television program for football, a format that was adopted by the Southland Conference. He also developed and implemented a program to eliminate Title IX department deficiencies.

Hannan, who earned a master's degree in guidance counseling from Eastern Washington in 1967, is a member of the NAIA Hall-of-Fame and the NWAACC Hall-of-Fame.

Prior to coaching at the collegiate level, he was the head basketball coach at North Central High School in Spokane between 1964 and 1967.

Hannan and his wife, Nancy, have been married for 46 years. They have three adult children, Gregory, Molly (Akey) and Douglas, and four grandchildren.

# Vikings, Falcons Seek To Defend Team Titles

Western Washington and Seattle Pacific will try to defend their men's and women's team titles in the seventh annual Great Northwest Athletic Conference cross country championships today at West Park in Nampa.

The Vikings, who are ranked 11th nationally, will be gunning for their third GNAC men's title (they also won in 2003), while Seattle Pacific, which is ranked seventh, will be seeking its third women's title in the past four years.

Going back to their previous membership in the PacWest, the Falcon women have won six of the past 10 conference titles. Seattle Pacific and returning All-American Jessica Pixler, will be prohibitive favorites to repeat.

Pixler won the women's individual title and finished 10th in the national meet as a freshman, while Alaska Anchorage junior David Kiplagat (**pictured**) is the defending men's conference champion.

Western Washington has shown excellent depth this fall in earning its No. 11 men's national ranking.

The Vikings, who had seven of the Top 11 finishers in winning their own invitational earlier this month, have had three different athletes lead them in various events, including Anthony Tomsich, who won the Viking Invitational and placed ninth in the invitational division at the UW Sundodger in September.

WWU's Bennett Grimes was the only GNAC finisher in the Top 10, placing seventh, at the Firman Invitational in Boise, while Blake Medhaug was the top collegiate finisher at the Emerald City Invitational. Both Grimes and Medhaug are redshirt freshman.

Tomsich is one of five returning Top 10 finishers from last year's men's race, including the top four finishers. Kiplagat finished first in an 8,000-meter time of 24:27.27, 21 seconds ahead of Central Washington's Sam Scotchmer. Tomsich was third and John Riak of Saint Martin's placed fourth.

Riak has three individual wins this fall (in the Northwest and SMU Invitationals and in the open division of the UW Sundodger) and has a GNAC-record 10 career victories.

Western Washington's Keever Henry was also a Top 10 finisher a year ago, placing seventh. The Vikings' Keith Lemay was 11th.

Alaska Anchorage, which is ranked 19th nationally, probably has the best opportunity to dethrone WWU though Mick Boyle (16th)



and Austin Ellis (29th) are the only other returning runners off last year's runnerup finishers in addition to Kiplagat.

Western Oregon, which has won two team titles this fall (at Saint Martin's and at Pacific Lutheran), is the only other GNAC team ranked in the Top 10 in the latest NCAA West Regional poll. The Wolves are ranked seventh.

Seattle Pacific returns five runners who placed among the Top 12 finishers, off last year's women's conference championship team.

In addition to Pixler, who is also the defending West Regional champion, back are Karin Rohde, Jane Larson, Suzie Strickler and Kate Harline, who placed seventh, ninth, 11th and 12th, respectively.

The Falcons are currently ranked third in the West Region, one of six GNAC teams ranked in the Top 10.

Seattle University, Western Washington, Central Washington, Northwest Nazarene and Alaska Anchorage are ranked sixth through 10th, respectively.

Those teams figure to battle for runnerup honors in back of SPU.

Seattle, which finished second at the WWU Invitational behind SPU, has never finished higher than fourth in the conference meet and only twice has been higher than seventh. Katie Hansen, who was fourth at Bellingham, has been SU's leader this fall.

Central Washington, Alaska Anchorage and Northwest Nazarene each return one all-conference performer off of last year's squads.

CWU senior Katie Hummel finished third in both the 2006 conference and regional meets, and then placed 12th in the national meet to win All-American honors.

UAA junior Elizabeth Chepkosgei placed fifth in last year's conference meet and has had a strong fall season, winning the UAA Invitational and finishing second at Willamette and Western Washington.

NNU junior Ashley Puga placed 10th a year ago and finished second in the NNU Invitational, fourth in the Firman Regional preview and fifth at Willamette.

Sarah Porter has led the Vikings this fall, placing fifth to lead Western Washington to a third-place team finish in their own invitational and joining Pixler and Puga with Top 10 finishes (ninth) at the regional preview.

Following today's conference meet, most of the GNAC teams will advance to the NCAA West Regional meet Saturday, Nov. 3 at Eagle Island in Boise.

The top three men's teams and the top four women's teams at the regional meet will advance to the national meet Nov. 17 at Joplin, Mo. along with the top two individuals not on a qualifying team or anyone else among the Top 5.

## NCAA Division II West Regional Rankings

### Men

1. Cal State Chico (8)
2. **Western Washington (11)**
3. **Alaska Anchorage (19)**
4. Humboldt State
5. UC San Diego
6. Hawaii Pacific
7. **Western Oregon**
8. Cal State Stanislaus
9. BYU-Hawaii
10. Cal Poly Pomona

### Women

1. Cal State L.A. (4)
2. Chico State (6)
3. **Seattle Pacific (7)**
4. UC San Diego (10)
5. Cal Poly Pomona
6. **Seattle University**
7. **Western Washington**
8. **Central Washington**
9. **Northwest Nazarene**
10. **Alaska Anchorage**

(National rank in parenthesis.  
Rankings through Oct. 10)

## NCAA West Regional Cross Country Championships

Nov. 3, 2007  
At Eagle Island  
Boise, ID

**Women's 6,000** – 11 a.m.  
**Men's 10,000** – 12:15 p.m.

Hosted by Northwest Nazarene

For complete information on today's  
conference meet and the regional meet,  
visit our web site at:

[www.gnacsports.com](http://www.gnacsports.com)



## ALASKA ANCHORAGE SEAWOLVES

### Men

	Yr.	Hometown
215 Mick Boyle	Jr.	Kenai, AK
216 Peter Doner	So.	Palmer, AK
217 Auston Ellis	Jr.	Valdez, AK
218 David Kiplagat	Jr.	Kapsabet, Kenya
219 Cory Pena	Fr.	Kodiak, AK
220 Erick Romig	Fr.	Cooper Landing, AK
221 Paul Rottich	Fr.	Kapsabet, Kenya
222 Cornelious Sigei	Jr.	Nairobi, Kenya

### Women

	Yr.	Hometown
12 Emma Bohman	Fr.	Palmer, AK
13 Suzanna Caldwell	Fr.	Wasilla, AK
14 Elizabeth Chepkosgei	Jr.	Kapsabet, Kenya
15 Johanna Doner	Fr.	Palmer, AK
16 Anjuli Haydu	Sr.	Craig, AK
17 Mary Krusen	Sr.	Kenai, AK
18 Kaley Strachan	Sr.	Port Alberni, BC
19 Autumn Streuli	Sr.	Petersburg, AK
20 Ciri Vail	Fr.	Girdwood, AK
21 Hallidie Wilt	Fr.	Unalaska, AK

**Head Coach** – Michael Friess

**Assistants** – T.J. Garlatz

## ALASKA FAIRBANKS NANOOKS

### Men

	Yr.	Hometown
201 David Apperson	So.	Seward, AK
202 Michael Dunahoe	Fr.	Anchorage, AK
203 Chris Eversman	Sr.	Salcha, AK
204 Marius Korthauer	Sr.	Bonnendorf, Germany
205 Zach McGill	Fr.	Minnnetonka, MN
206 Alex Morris	Fr.	Anchorage, AK
207 Einar Often	So.	Tynset, Norway
208 Robert Pakk	Fr.	Tartu, Estonia
209 John Parry	So.	Whitehorse, Yukon
210 Ray Sabo	So.	Whitehorse, Yukon
211 Andreas Schnitzer	Jr.	Stainach, Austria
212 Henri Soom	So.	Tartu, Estonia
213 Vahur Teppan	Sr.	Tartu, Estonia
214 Jani Tulppo	Sr.	Oulu, Finland

### Women

	Yr.	Hometown
1 Anna Coulter	So.	Traverse City, MI
2 Julia Coulter	Jr.	Traverse City, MI
3 Amber Drumm	So.	Salcha, AK
4 Krynn Finstad	Sr.	Fairbanks, AK
5 Rachel Fridye	Fr.	Spokane, WA
6 Elisabeth Habermann	So.	Soldotna, AK
7 Rikka Kempainen	Sr.	Suomussalmi, Finland
8 Tamra Kornfield	Sr.	Anchorage, AK
9 Nikkol Sipes	Fr.	Hunters, WA
11 Beth Zirbes	Sr.	Silver Lake, MN

**Head Coach** – Scott Jerome

**Assistant** – Ingrid Olson

## CENTRAL WASHINGTON WILDCATS

### Men

	Yr.	Hometown
223 Andrew Alhajri	Fr.	Graham, WA
224 Eric Ardissono	So.	Shoreline, WA
225 Corey Cronkhite	Jr.	Puyallup, WA
226 John Durkee	Fr.	Omak, WA
227 Wes Hargrove	Fr.	Mount Vernon, WA
228 Nick Holt	Fr.	Bothell, WA
229 Tom Johnson	So.	Seattle, WA
230 Jeff Knutson	Fr.	Yakima, WA
231 Trevor Kulvi	Sr.	Bonney Lake, WA
232 Kevin Oberholser	So.	Redmond, WA
233 Scott Palmer	So.	Edgewood, WA
234 Scott Power	Fr.	Burlington, WA
235 Sam Scotchmer	Sr.	Snohomish, WA

### Women

	Yr.	Hometown
22 Mary Bakeman	So.	Freeland, WA
23 Berlyn Bales	Fr.	Issaquah, WA
24 Sarah Benson	Sr.	Kent, WA
25 Kirsten Clarke	Jr.	Wenatchee, WA
26 Stephanie Cooke	So.	Ellensburg, WA
27 Stephanie Druktenis	Jr.	Bellevue, WA
28 Anya Friday	So.	Bellingham, WA
29 Katie Hummel	Sr.	Yakima, WA
30 Marcie Mullen	Jr.	Sedro-Woolley, WA
31 Tanja Owen	Jr.	East Wenatchee, WA
32 Shannon Vreeland	So.	Olalla, WA

**Head Coach** – Kevin Adkisson

**Assistant** – Bryan Contreras. Amber Green, Adam Grambo

## MONTANA ST. BILLINGS Yellowjackets

### Men

	Yr.	Hometown
236 Ryan Ceynar	Fr.	Glendive, MT
237 James Hopkins	So.	Helena, MT
238 Joe Houghton	Fr.	Billings, MT
239 Kelley Miller	Fr.	Glendive, MT
240 Ryan Morrissey	Fr.	Newton, CT
241 Jarred Rensvold	Sr.	Wolf Point, MT

### Women

	Yr.	Hometown
33 Colleen Dalimata	Sr.	Columbia Falls, MT
34 Cierra Dornfeld	Jr.	Woodbury, MN
35 Erin Gannon	Jr.	Yankton, SD
36 Kym Island	Jr.	Columbia Falls, MT
37 Sarah Jackson	Fr.	Bozeman, MT
38 Mykel Ler	Fr.	Sidney, MT
39 Erin Mueller	Sr.	Billings, MT
40 Dianna Stanley	Fr.	Miles City, MT
41 Morgan Streeter	Fr.	Ryegate, MT
42 Katie Thiel	Fr.	Powell, WY
43 Malori Woodford	Fr.	Mosby, MT

**Head Coach** – Dave Coppock

**Assistant** – Sarah Lord

## NORTHWEST NAZARENE CRUSADERS

### Men

242 Seth Clark	So. Grangeville, ID
243 Greg DeSimone	So. Las Vegas, NV
244 Kyle Gray	Jr. San Diego, CA
245 Hank Hetrick	So. Caldwell, ID
246 Jess Keys	Fr. Sweet Home, OR
247 Kevin Lambert	Sr. Nampa, ID
248 Zach Layne	So. Redmond, OR
259 Caleb Reynolds	Fr. Yakima, WA
250 Matt Stark	Fr. Meridian, ID
251 Josh Wageman	Jr. Meridian, ID

### Women

44 Shannon DeBoer	Jr. Othello, WA
45 Elisa Decker	Fr. Vancouver, WA
46 Kendra Loeber	Fr. Grangeville, ID
47 Ashley Morman	So. Bonners Ferry, ID
49 Ashley Puga	Jr. Meridian, ID
48 Jaclyn Puga	Fr. Meridian, ID
50 Miriam Reardon	So. Grangeville, ID
51 Ashley Rendahl	Fr. Hailey, ID
52 Jamie Sundvall	So. Jefferson, OR
53 Jennifer Young	Jr. Florence, OR

**Head Coach** – John Spatz

**Assistants**– Ben Gall, Jake Perry, Andy Peters

## SAINT MARTIN'S SAINTS

### Men

270 Josh Gatbunton	So. Tacoma, WA
271 Bryan Gerry	Sr. Lacey, WA
272 Nick Harvey	Fr. Olympia, WA
273 Steven La Londe	Sr. Centralia, WA
274 Tris O'Bluck	Sr. Mukwonago, WI
275 John Riak	Jr. Lacey, WA
276 Kevin Tober	Jr. Redmond, WA

### Women

78 Ninalynn Benitez	Fr. Auburn, WA
79 Kaleigh Bishop	Sr. Stanwood, WA
81 Krinda Carlson	So. Pateros, WA
80 Helen Camden	Fr. Yakima, WA
82 Jessie Dunnam	Sr. Kelso, WA
83 Annie Laweryson	Fr. Puyallup, WA
84 Karissa Owen	Fr. Rainier, WA
85 Jessica Pendon	Jr. Spanaway, WA

**Head Coach** – Julie Sullivan

**Assistant** - Richard LaLonde

## SEATTLE PACIFIC FALCONS

### Men

263 Brian Carper	Fr. Vancouver, WA
265 Evan Dull	Fr. Shoreline, WA
264 Jeff Dull	Fr. Shoreline, WA
266 Jordan Lance	Fr. Bothell, WA
267 Chad Meis	So. Renton, WA

### Yr. Hometown

268 John Phillips	Fr. Kenmore, WA
269 Scott Seamster	Sr. Seattle, WA

### Women

67 Lisa Anderberg	So. Edmonds, WA
68 Kim Beaman	Jr. Emily, MT
69 Kysa Cronrath	So. Odessa, WA
70 Emily Felton	Fr. Fort Collins, CO
71 Kate Harline	So. Orem, UT
72 Jane Larson	So. Fall City, WA
73 Jessica Pixler	So. Sammamish, WA
74 Kaitlin Rohde	Sr. Bellingham, WA
75 Karin Rohde	Sr. Bellingham, WA
76 Suzie Strickler	Jr. Richland, WA
77 Megan Wrightman	Sr. Bend, OR

**Head Coach** – Doris Heritage

**Assistant** – Lane Seeley, Erika Daligcon

## SEATTLE UNIVERSITY REDHAWKS

### Men

252 Nicholas Alvarado	So. San Francisco, CA
253 Nick Cannata-Bowman	Fr. San Francisco, CA
254 Max Cole	Fr. Fort Collins, CO
255 Hans Heitzinger	Fr. Scottsdale, AZ
256 Nathan Heitzinger	Sr. Scottsdale, AZ
257 Chris Henry	So. Seattle, WA
258 Adam Kollgaard	Fr. Kent, WA
259 Graham Miller	Fr. Spokane, WA
260 Doug Rudeen	Fr. Boise, ID
261 Michael Van Nuland	Fr. Newcastle, WA
262 Andrew Wilburn	So. Boise, ID

### Women

54 Rhiannon Cadelinia	Jr. San Francisco, CA
55 Jaime Clark	Jr. St. Louis, MO
56 Katie Hansen	Jr. Portland, OR
57 Tiffany Hunter	Fr. Longview, WA
58 Jennifer Innes	Jr. San Bruno, CA
59 Rachael Johnson	Fr. Yakima, WA
61 Haley McGoldrick	Fr. Scottsdale, AZ
60 Natalie Martinez	Jr. San Francisco, CA
62 Julia Miller	Fr. Normandy Park, WA
63 Kerianne Quiocho	Fr. Tacoma, WA
64 Greta Stickney	So. Poughkeepsie, NY
66 Rachel Yorkston	So. Bellingham, WA

**Head Coach** – Trisha Steidl

**Assistant** - Eric Schueffner, Uli Steidl, Matt Sheeks

## WESTERN OREGON WOLVES

### Men

290 Beau Backman	So. Gig Harbor, WA
291 Travis Banker	So. Banks, OR
292 Kym Hunt	So. Scio, OR
293 Braxton Jackson	So. Lincoln City, OR

### Yr. Hometown

295 Justin Karr	Fr. Tigard, OR
294 Nik Karr	Jr. Tigard, OR
296 Kyle Larson	Fr. Lake Stevens, WA
297 Jeff Long	So. Vancouver, WA
298 Chris Reed	Fr. Klamath Falls, OR
299 Nate Reese	Fr. Monmouth, OR
300 Mike Schmidt	So. Tacoma, WA
301 Kyle Seick	So. Monmouth, OR
302 Zeke VanPatten	Fr. Corvallis, OR

### Women

99 Annan Applebee	Fr. Gladstone, OR
100 Kira Batcheller	Fr. Hillsboro, OR
101 Ashley Berry	Fr. Medford, OR
102 Jackie Dent	So. Salem, OR
103 Jessica Harper	Jr. Oregon City, OR
104 Sarah Howell	Jr. Puyallup, WA
105 Lyndsey McKillip	Jr. Puyallup, WA
106 Shirlon Moncrief	So. Vancouver, WA
107 Tricia Morrison	Fr. Hillsboro, OR
108 Alea Rowley	So. Kenai, AK
109 Erica Zambon	So. Carlsbad, CA

**Head Coach** – Mike Johnson

**Assistants** – Jerret Mantalas, Bridget Johnson

## WESTERN WASHINGTON VIKINGS

### Men

277 Josh Beck	Sr. Kelso, WA
278 Will Cameron	Fr. Belfair, WA
280 Bennett Grimes	Fr. Pocatello, ID
281 Keever Henry	Sr. Kelso, WA
282 Tahoma Khalsa	So. Shoreline, WA
283 Kyle Lampi	So. Everett, WA
284 Keith Lemay	Sr. Lynden, WA
285 Blake Medhaug	Fr. Bothell, WA
286 Daniel Phillips	Fr. Olympia, WA
287 Jon Skelton	Sr. Mount Vernon, WA
288 Anthony Tomsich	Jr. Fairbanks, AK
289 Jordan Welling	Fr. Burlington, WA

### Women

86 Jessica Boyer	Fr. Columbia Falls, MT
87 Nikki D'Amico	Jr. Lynnwood, WA
88 Shellane Jensen	Jr. Sedro-Woolley, WA
89 Keely Kaligis	Sr. Mukilteo, WA
90 Valerie Matthews	So. Sammamish, WA
91 Emily Mosich	So. Tacoma, WA
92 Courtney Olsen	So. Bellingham, WA
93 Amy Olson	Jr. Stanwood, WA
94 Sarah Porter	Fr. Hockinson, WA
95 Maeve Sayres	Fr. Valleyford, WA
96 Danielle Slaughter	So. Spokane, WA
97 Lauren Thompson	Fr. Sammamish, WA
98 Cheryl Watson	Fr. Olympia, WA

**Head Coach** - Pee Wee Halsell

**Assistants** - Bill Roe, Al Reimer, Erik Bies, Steve Grichel, Katrina Schwerdtfeger

# Great Northwest Athletic Conference



**ON THE COVER:** Among the contenders in today's GNAC championship meet will be Anthony Tomsich of Western Washington (running alongside Central Washington's Sam Scotchmer) and Jessica Pixler of Seattle Pacific (running with CWU's Katie Hummel).

# GNAC Championship Meet History



David Kiplagat of Alaska Anchorage and Jessica Pixler of Seattle Pacific are back to defend the individual titles they won in 2006.

## MEN

### Team Champion

	Site	Champion	
2001	Anchorage	Northwest Nazarene	32
2002	Seattle	Alaska Anchorage	70
2003	Monmouth	Western Washington	61
2004	McKinleyville	Seattle Pacific	71
2005	Bellingham	Alaska Anchorage	39
2006	Lacey	Western Washington	35

### Individual Champions

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

### 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

### All-Conference (Top 10 Finish)

#### Four Years

Louie White, HSU	1999-02
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#### Three Years

Sean Rivers, UAA	1999-00, 02
Eric Strabel, UAA	2000-02

#### Two Years

Bjorn Bostrom, SPU	2004, 06
Zach Boteilho, WWU	2000-01
Nathanael Castle, SPU	2001-02
Pete Clusener, HSU	2000, 02
Aaron Dickson, UAA	2005-06

Zach Dwello, NNU	2001-02
Doug Hamilton, HSU	2002-03
Keever Henry, WWU	2004, 06
David Kiplagat, UAA	2005-06
Brian Kostock, HSU	2004-05
Tim LeCount, SPU	2002, 04
Aaron Matthias, NNU	2000-01
Jasper Peach, HSU	2004-05
Andy Prentice, SMU	2003-04
Tobias Schwoerer, UAA	2000, 02
Sam Scotchmer, CWU	2004, 06
Chase Wells, WOU	2003-04

### One Year

Ethan Barrons, WOU	2004
Brian Brancheau, WWU	2003
Sam Brancheau, WWU	2004
Brad Brolin, WOU	2003
Steve DeKoker, WWU	2003
Drew Dickson, UAA	2005
Tom Gaschk, CWU	2001
Kurt Hartmaier, WWU	2003
Jake Hotchkiss, NNU	2003
Paul Kezes, WWU	2002
Francis Kimeli, NNU	2001
Brent Knight, UAA	2006
Kevin Lambert, NNU	2005
Cale McCulloch, WWU	2006
Casey Moriarty, SU	2005
Tris O'Bluck, SMU	2003
Leif Olson, UAA	2005
Chad Portwood, WWU	2006
Martin Ranney, WWU	2001
John Riak, SMU	2006
Logan Senrud, WWU	2005
Brandon Stum, UAA	2003
Eric Tibbetts, HSU	2005
Anthony Tomsich, WWU	2006
Juraj Trubiroha, NNU	2001

## WOMEN

### Team Champion

	Site	Champion	
2001	Anchorage	Humboldt State	58
2002	Seattle	Humboldt State	49
2003	Monmouth	Seattle Pacific	62
2004	McKinleyville	Central Washington	67
2005	Bellingham	Seattle Pacific	54
2006	Lacey	Seattle Pacific	34

### 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

### Coach-of-the-Year

2001	Chris Parmer, HSU
2002	David Wells, HSU
2003	Michael Friess, UAA
2004	Michael Friess, UAA
2005	Michael Friess, UAA
2006	Doris Heritage, SPU

### All-Conference (Top 10 Finish)

#### Four Years

Stacy Edwards, UAA	2001-03, 05
Mandy Kaempf, UAA	2003-06

#### Three Years

Alicen Maier, CWU	2000, 02-03
Laura Trevelyan, WWU	2003-05

#### Two Years

Sigrid Aas, UAF	2002-03
Rachel Bailey, CWU	2005-06
Dolores Bergmann, HSU	2001-02
Nicole Campbell, HSU	2003-04
Laura Carr, UAA	2005-06
Kelly Fullerton, SU	2001, 04
Alana Garcia, SU	2004-05
Kati Gosnell, HSU	2001-02
Mary Moriarty, SPU	2005-06
Karin Rohde, SPU	2004, 06
Stephanie Stine, CWU	2001, 04
Ashlee Vincent, WWU	2001-02
Jamie Witt, SPU	2001, 03

#### One Year

Brandy Anderson, CWU	2004
Elizabeth Chepkisgei, UAA	2006
Meredith Crane, SPU	2005
Kelly Cronin, HSU	2002
Karen Dickson, SPU	2004
Sarah Hansen, UAA	2003
Pavla Havlova, UAF	2005
Katie Hummel, CWU	2006
Becky Knox, SPU	2004
Jane Larson, SPU	2006
Josie Lavin, SPU	2003
Kiersten Lippmann, UAA	2001
Lisa Pearl, WWU	2001
Tiffany Picinich, CWU	2002
Jessica Pixler, SPU	2006
Ashley Puga, NNU	2006
Kristie Rice, SU	2003
Jill Salmon, WOU	2002
Nicole Seana, SPU	2002
Johanna Turunen, UAF	2005
Kylee Wells, WOU	2001

# 2007 GNAC Cross Country Championship Course Map

West Park, Nampa, Idaho



4 Laps for the Men's 8K Race

3 Laps for the Women's 6K Race

Green line indicates starting line. Red line is the course loop. Blue line indicates finish chute.