



**8TH ANNUAL GREAT NORTHWEST ATHLETIC
CONFERENCE CROSS COUNTRY CHAMPIONSHIPS**

Saturday, Oct. 25, 2008

Hosted by Central Washington University

Apple Ridge Run Cross Country Facility (Yakima, WA)

Men: 10 a.m. Women: 11 a.m.

GREAT NORTHWEST ATHLETIC CONFERENCE

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

The nine schools are located in five different states, including four in the state of Washington: Central Washington University, Saint Martin's 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.) and Seattle University were charter members of the conference but left following the 2005-06 and 2007-08 seasons, respectively. MSU Billings joined the GNAC last fall.

Prior to the formation of the GNAC, all the current and past members 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.

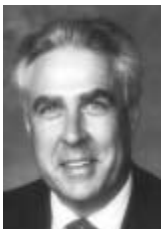
Northwest Nazarene was a member of the Cascade Conference prior to joining the PacWest for the 1999-2000 season.

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 eight men's and seven women's sports, including football, 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. Humboldt State and Dixie State are currently affiliate members of the GNAC for football only.



GNAC Commissioner Richard R. Hannan (Eighth 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 taught and coached at North Central High School in Spokane between 1963 and 1967.

Hannan and his wife, Nancy, have been married for 47 years. They have three adult children, Gregory, Molly (Akey) and Douglas, and four grandchildren.

Vikings, Falcons Seek To Repeat In GNAC Cross Country

Western Washington will be seeking its third straight men's team title and Seattle Pacific will go after its fourth consecutive women's title in today's eighth annual GNAC cross country championships at the Apple Ridge Run Cross Country Facility in Yakima. Central Washington is the host.



The Vikings won the men's title each of the past two seasons with identical team scores of 35, just three points off the GNAC record of 32 set by Northwest Nazarene in the inaugural meet in 2001.

WWU, which also won the 2003 championship, returns three athletes that placed in the Top 10 a year ago to earn all-conference honors, but they won't go into the meet as the favorites. That honor will go to Alaska Anchorage, which is currently ranked second in the region and seventh nationally. Six-time defending regional champion Chico State is the No. 1 ranked team in the West.

Back for the Vikings, who are ranked third in the region and 13th nationally, are 2007 NCAA All-American Bennett Grimes, Blake Medhaug and Jordan Welling. They placed third, eighth and 10th last season and are among six returning Top 10 finishers from the 2007 meet at Nampa.

Also back are defending conference and West Region champion John Riak of Saint Martin's and Mike Schmidt and Braxton Jackson of Western Oregon. Riak will be seeking his 16th career victory and his fourth this season. Schmidt and Jackson are back after placing sixth and ninth a year ago.

Another returning all-conference performer is David Kiplagat of Alaska Anchorage, who finished second in 2005 and won the 2006 race, but slipped to 17th last season. He, however, did rebound to place fourth in the regional meet and then earned All-American honors with a 26th place finish at the national meet. Grimes placed 43rd, but was among the Top 30 U.S. born runners to also earn All-American honors.

UAA has had an outstanding fall led by newcomer Marko Cheseto (**pictured**). Cheseto won the UAA Invitational earlier this fall with the second best 8,000 meter time in GNAC history. He also led a 2-3-4-5 Seawolf finish at the UCSD Triton Classic.

UAA easily won the team title in that meet which was billed as the NCAA Region preview, though Chico State and Western Washington were absent. Kiplagat finished third in the race behind Cheseto and UAA freshmen Alfred Kangogo and Jacob Parisien placed fourth and fifth.

Riak's wins this year have been at Western Washington, Saint Martin's and in the Apple Ridge Run. Two Western Oregon runners also have posted wins this fall. Chris Reed won the Willamette Grass Course Invitational in September and Zeke Van Patten won the PLU Invitational earlier this month. The Wolves are currently ranked fifth in the region and also hope to challenge UAA and WWU for conference and regional honors.

In the women's race, Seattle Pacific, which is ranked third in the region and 17th nationally, will be seeking its fourth straight team title and its fifth in six years. Back to lead the Falcons, who won last year's meet with a GNAC-record low 24 points, are three Top 10 finishers including defending national champion and two-time defending GNAC champion Jessica Pixler.

Pixler will try to become the first GNAC athlete to win three conference titles and only the sixth to place in the Top 10 three times. Four other women will also be attempting the latter feat.

Pixler, a two-time cross country All-American, has only one win this fall, but she finished third against predominately Division I competition in the University of Washington Sundodger and placed sixth in the prestigious Stanford Invitational in her other two outings. Her lone win came in the UC San Diego Triton Classic.

Also back for the Falcons is All-American Jane Larson, who finished second in last year's conference meet and ninth at nationals, and Kate Harline, who was 10th in the conference meet.

SPU is one of three GNAC teams that have been nationally ranked this fall. Alaska Anchorage is currently 19th and Western Washington was ranked earlier this season before dropping out of the Top 25. Currently, the Seawolves and Vikings are fifth and sixth in the West Region.

The top returnee for UAA is Elizabeth Chepkosgei, who placed eighth last year. Earlier this month she placed third at UC San Diego in leading the Seawolves to the team title in the Triton Classic. Also back is Laura Carr who was 10th in 2005 and eighth in 2006 before skipping last season.

Western Washington is led by Sarah Porter, who has a GNAC-best four wins this season (Orca Invitational, Appleridge, UW Sundodger Open Division, WWU Invitational). Porter placed ninth a year ago in the GNAC championship meet to earn Freshman of the Year honors.

Three other GNAC women have won race titles this fall, including UAF's Anna Coulter and Theresia Schnurr and freshman Joscelyn Minton of Saint Martin's. Coulter and Schnurr's wins came in races early in the year in Fairbanks. Minton won the PLU Invitational, earning the first victory by a Saint women in an event with at least three teams during the eight-year history of the conference.

Also competing in the conference meet will be Ashley Puga of Northwest Nazarene and Marcie Mullen of Central Washington. Puga placed third last year in the conference meet, fourth at regionals and 19th at nationals to earn All-American honors. Mullen was sixth in the 2007 GNAC meet.

Most of the GNAC teams will advance to San Diego in two weeks to compete in the NCAA West Regional championships. The top three men's teams and the top five women's teams in the regional will qualify for the national meet, Nov. 22 at Slippery Rock, Penn.

NCAA Division II West Regional Rankings

Men

1. Cal State Chico (4)
2. **Alaska Anchorage (7)**
3. **Western Washington (13)**
4. UC San Diego (18)
5. **Western Oregon**
6. Cal Poly Pomona
7. Humboldt State
8. **Saint Martin's**
9. Hawaii Pacific
10. **Seattle Pacific**

Women

1. Chico State (4)
2. Cal State L.A. (15)
3. **Seattle Pacific (17)**
4. **Alaska Anchorage (19)**
5. UC San Diego (21)
6. **Western Washington**
7. **Western Oregon**
8. **Northwest Nazarene**
9. Cal Poly Pomona
10. San Francisco State

(National rank in parenthesis.
Rankings through Oct. 15)

NCAA West Regional Cross Country Championships

Nov. 8, 2008
At San Diego, CA

Men's 10,000 – 8:45 a.m.
Women's 6,000 – 10:15 a.m.

Hosted by UC San Diego

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

www.gnacsports.com



ALASKA ANCHORAGE SEAWOLVES

| Men | Yr. | Hometown |
|--------------------|-----|----------------------|
| 13 Mick Boyle | Sr. | Kenai, AK |
| 14 Marko Cheseto | So. | Kapenguria, Kenya |
| 15 Auston Ellis | Sr. | Valdez, AK |
| 16 Alfred Kangogo | Fr. | Eldoret, Kenya |
| 17 David Kiplagat | Sr. | Kapsabet, Kenya |
| 18 Jacob Parisien | Fr. | Palmer, AK |
| 19 Cory Pena | So. | Kodiak, AK |
| 20 James Pettigrew | Sr. | Melbourne, Australia |
| 21 Paul Rottich | So. | Kapsabet, Kenya |
| 22 Orin Ryan | Fr. | Fairbanks, AK |
| 23 Nils Sandstrom | Fr. | Tynset, Norway |
| 24 Cornelius Sigei | Sr. | Nairobi, Kenya |

| Women | Yr. | Hometown |
|------------------------|-----|--------------------|
| 1 Mychaela Bailey | Fr. | Anchorage, AK |
| 2 Emma Bohman | So. | Palmer, AK |
| 3 Laura Carr | Jr. | South Bend, IN |
| 4 Elizabeth Chepkosgei | Sr. | Kapsabet, Kenya |
| 5 Rebekah Edwards | Fr. | Eagle River, AK |
| 6 Ruth Jeptoo Keino | Fr. | Kapcheno, Kenya |
| 7 Shoshana Keegan | Fr. | Anchorage, AK |
| 8 Samantha Rink | Fr. | Eagle River, AK |
| 9 Ariel Rolle | Fr. | Anchorage, AK |
| 10 Laura Rombach | Fr. | Neukirch, Germany |
| 11 Stephanie Trenholm | Fr. | Campbell River, BC |
| 12 Hallidie Wilt | So. | Unalaska, AK |

Head Coach – Michael Friess

Assistants – T.J. Garlatz

ALASKA FAIRBANKS NANOOKS

| Men | Yr. | Hometown |
|--------------------|-----|-------------------|
| 32 David Apperson | Jr. | Seward, AK |
| 33 Mitch Chandler | Fr. | Chattaroy, WA |
| 34 Chris Eversman | Sr. | Salcha, AK |
| 35 Einar Often | So. | Tynset, Norway |
| 36 Ray Sabo | Jr. | Whitehorse, Yukon |
| 37 Matt Scerbak | Fr. | Ypsilanti, MI |
| 38 Erik Soderstrom | Fr. | As, Sweden |

| Women | Yr. | Hometown |
|------------------------|-----|--------------------|
| 25 Jana Benedix | Fr. | Fairbanks, AK |
| 26 Anna Coulter | Sr. | Traverse City, MI |
| 27 Amber Drumm | Jr. | Salcha, AK |
| 28 Elisabeth Habermann | Sr. | Soldotna, AK |
| 29 Aurelia Korthauer | Sr. | Bonndorf, Germany |
| 30 Julia Pierson | Sr. | Traverse City, MI |
| 31 Theresia Schnurr | Fr. | Buhlertal, Germany |

Head Coach – Scott Jerome

Assistant – Ingrid Olson

CENTRAL WASHINGTON WILDCATS

| Men | Yr. | Hometown |
|-------------------|-----|----------------|
| 50 Andrew Alhajri | So. | Graham, WA |
| 51 Chris Croteau | Fr. | Mill Creek, WA |
| 52 Wes Hargrove | So. | Burlington, WA |
| 53 Jeff Knutson | So. | Yakima, WA |
| 54 Josh Kratzer | Sr. | Renton, WA |
| 55 Scott Power | So. | Burlington, WA |

| Women | Yr. | Hometown |
|-----------------------|-----|--------------------|
| 39 Mary Bakeman | Jr. | Langley, WA |
| 40 Alejandra Borunda | So. | Yakima, WA |
| 41 Stephanie Cooke | Jr. | Ellensburg, WA |
| 42 Jessica Hirschhorn | Jr. | Enumclaw, WA |
| 43 Kelsey Kreft | Fr. | Lake Stevens, WA |
| 44 Elizabeth Mann | Fr. | Auburn, WA |
| 45 Adriana Mendoza | Jr. | Zillah, WA |
| 46 Marcie Mullen | Sr. | Lyman, WA |
| 47 Tanja Owen | Sr. | East Wenatchee, WA |
| 48 Amanda Valera | Fr. | Moxee, WA |
| 49 Shannon Vreeland | Jr. | Port Orchard, WA |

Head Coach – Kevin Adkisson

Assistant – Bryan Rockenbach

MSU BILLINGS YELLOWJACKETS

| Men | Yr. | Hometown |
|-----------------------|-----|---------------|
| 66 Taylor Canfield | Fr. | Manhattan, MT |
| 67 Scott Flatlip | Fr. | Pryor, MT |
| 68 Michael Hildebrand | Fr. | Powell, WY |
| 69 James Hopkins | So. | Helena, MT |
| 70 Travis Hutchinson | Fr. | Billings, MT |
| 71 Kelley Miller | So. | Glendive, MT |
| 72 Tyson Vanderby | Fr. | Manhattan, MT |

| Women | Yr. | Hometown |
|--------------------|-----|----------------|
| 56 Cierra Dornfeld | Sr. | Woodbury, MN |
| 57 Erin Gannon | Sr. | Yankton, SD |
| 58 Cassie Holm | Fr. | Billings, MT |
| 59 Sarah Jackson | So. | Bozeman, MT |
| 60 Mykel Ler | So. | Sidney, MT |
| 61 Lisa Minnehan | Jr. | Anaconda, MT |
| 62 Dianna Stanley | So. | Miles City, MT |
| 63 Morgan Streeter | So. | Ryegate, MT |
| 64 Katie Thiel | So. | Powell, WY |
| 65 Malori Woodford | So. | Mosby, MT |

Head Coach – Dave Coppock

Assistant – None

NORTHWEST NAZARENE CRUSADERS

| Men | Yr. | Hometown |
|-------------------|-----|---------------|
| 84 Alex Crystal | Fr. | Kimberly, ID |
| 85 Greg DeSimone | Jr. | Las Vegas, NV |
| 86 Neil Easter | Fr. | Nampa, ID |
| 87 Hank Hetrick | Jr. | Caldwell, ID |
| 88 Luke Hetrick | Fr. | Caldwell, ID |
| 89 Mike Lewis | Fr. | Meridian, ID |
| 90 Josh Merioles | Fr. | Valdez, AK |
| 91 Caleb Reynolds | So. | Yakima, WA |
| 92 Jason Towery | Fr. | Nampa, ID |
| 93 Josh Wageman | Sr. | Meridian, ID |

| Women | Yr. | Hometown |
|---------------------|-----|-------------------|
| 73 Jamie Beaty | Sr. | Jefferson, OR |
| 74 Danielle Beesley | Fr. | Caldwell, ID |
| 75 Shannon DeBoer | Sr. | Othello, WA |
| 76 Elisa Decker | So. | Vancouver, WA |
| 77 Ashley Morman | Jr. | Bonnors Ferry, ID |
| 78 Megan Oberst | Fr. | Meridian, ID |
| 79 Ashley Puga | Sr. | Meridian, ID |
| 80 Jaclyn Puga | So. | Meridian, ID |
| 81 Miriam Reardon | Jr. | Grangeville, ID |
| 82 Ashley Rendahl | So. | Hailey, ID |
| 83 Jennifer Young | Sr. | Florence, OR |

Head Coach – John Spatz**Assistants**– Ben Gall, Jake Perry**SAINT MARTIN'S SAINTS**

| Men | Yr. | Hometown |
|---------------------|-----|------------------|
| 101 Clinton Barr | Fr. | Olympia, WA |
| 102 Noah Caffrey | Fr. | Seabeck, WA |
| 103 Nick Harvey | So. | Olympia, WA |
| 104 Spencer Hunt | Fr. | Onalaska, WA |
| 105 Josiah Price | Sr. | Tucson, AZ |
| 106 John Riak | Sr. | Lacey, WA |
| 107 Jacon Suazo | Fr. | Lakewood, WA |
| 108 Kyle Van Santen | Fr. | Lake Stevens, WA |

| Women | Yr. | Hometown |
|---------------------|-----|-----------------|
| 94 Ninalynn Benitez | So. | Federal Way, WA |
| 95 Helen Camden | So. | Yakima, WA |
| 96 Krinda Carlson | Jr. | Pateros, WA |
| 97 Annie Lawreyson | So. | Puyallup, WA |
| 98 Joscelyn Minton | Fr. | Shelton, WA |
| 99 Kaitlynn Pecha | Fr. | Omak, WA |
| 100 Brianna Schmid | Fr. | Lacey, WA |

Head Coach – Julie Sullivan**Assistant** - Richard LaLonde**SEATTLE PACIFIC FALCONS**

| Men | Yr. | Hometown |
|-----------------------|-----|-------------------|
| 120 Brian Cronrath | Sr. | Battle Ground, WA |
| 121 Eric Davies | Jr. | Oroondo, WA |
| 122 Jeff Dull | So. | Shoreline, WA |
| 123 Dan Friesen | Fr. | Lake Oswego, OR |
| 124 Andrew Hamilton | Fr. | Ballard, WA |
| 125 Daniel Hamilton | Fr. | Missoula, MT |
| 126 Jordan Lance | So. | Mill Creek, WA |
| 127 Tom McKay | Fr. | Oakland, OR |
| 128 Chad Meis | Jr. | Renton, WA |
| 129 Clint Miracle | Fr. | Marysville, WA |
| 130 Nathanael Sleight | Fr. | Bellevue, WA |

| Women | Yr. | Hometown |
|----------------------|-----|--------------------|
| 109 Lisa Anderberg | Jr. | Edmonds, WA |
| 110 Kim Beaman | Sr. | Emily, MN |
| 111 Jenn Bluhm | Fr. | Everett, WA |
| 112 Kate Harline | Jr. | Orem, UT |
| 113 Katie Hart | Sr. | Pasadena, CA |
| 114 Marie Kiekhaefer | Fr. | Jefferson City, MO |
| 115 Kayti Krepel | So. | Talkeetna, AK |
| 116 Jane Larson | Jr. | Fall City, WA |
| 117 Jessica Pixler | Jr. | Sammamish, WA |
| 118 Natty Plunkett | Fr. | Bellevue, WA |
| 119 Mary Williams | Fr. | Lake Jackson, TX |

Head Coach – Erika Daligcon**Assistant** – Doris Heritage. Lane Seeley**WESTERN OREGON WOLVES**

| Men | Yr. | Hometown |
|----------------------|-----|-------------------|
| 145 Beau Backman | Jr. | Gig Harbor, WA |
| 146 Travis Banker | Jr. | Banks, OR |
| 147 Michael Herrmann | Fr. | Salem, OR |
| 148 Braxton Jackson | Jr. | Lincoln City, OR |
| 149 Justin Karr | So. | Tigard, OR |
| 150 Nik Karr | Sr. | Tigard, OR |
| 151 Kyle Larson | So. | Lake Stevens, WA |
| 152 Jeff Long | Jr. | Vancouver, WA |
| 153 Derek Lopez | Fr. | Hillsboro, OR |
| 154 Zach Massari | Fr. | Scio, OR |
| 155 Matt McCrary | Fr. | Gladstone, OR |
| 156 Chris Reed | So. | Klamath Falls, OR |
| 157 Nate Reese | Jr. | Monmouth, OR |
| 158 Mike Schmidt | Jr. | Tacoma, WA |
| 159 Kyle Seick | Jr. | Monmouth, OR |
| 160 Brandon Snook | Jr. | Oregon City, OR |
| 161 Dan Sprinkle | Fr. | Hillsboro, OR |
| 162 Darrell Terry | So. | Medford, OR |
| 163 Zeke VanPatten | So. | Corvallis, OR |

| Women | Yr. | Hometown |
|----------------------|-----|-----------------|
| 131 Annan Applebee | So. | Gladstone, OR |
| 132 Ashley Berry | So. | Medford, OR |
| 133 Meryl Butcher | Fr. | Clackamas, OR |
| 134 KayAnna Cecchi | Fr. | Gresham, OR |
| 135 Jackie Dent | So. | Salem, OR |
| 136 Jessica Harper | Sr. | Oregon City, OR |
| 137 Sarah Howell | Sr. | Puyallup, WA |
| 138 Lyndsey McKillip | Sr. | Puyallup, WA |
| 139 Tricia Morrison | So. | Hillsboro, OR |
| 140 Alea Rowley | So. | Kenai, AK |
| 141 Zoe Skordahl | Fr. | Oakridge, OR |
| 142 Erika Snawder | So. | Salem, OR |
| 143 Amanda Wright | Fr. | Olympia, WA |
| 144 Erica Zambon | Jr. | Carlsbad, CA |

Head Coach – Mike Johnson**Assistants** – Jerret Mantalas, Isaac Frederick**WESTERN WASHINGTON VIKINGS**

| Men | Yr. | Hometown |
|--------------------|-----|------------------|
| 176 Nick Abraham | So. | Sammamish, WA |
| 177 Sam Bedell | Jr. | Reno, NV |
| 178 Yonas Berhe | Fr. | Seattle, WA |
| 179 Eric Brill | Fr. | Kent, WA |
| 180 Bennett Grimes | So. | Pocatello, ID |
| 181 Tahoma Khalsa | Jr. | Shoreline, WA |
| 182 Greg Kubitz | Jr. | Kelso, WA |
| 183 Kyle Lampi | Jr. | Everett, WA |
| 184 Blake Medhaug | So. | Bothell, WA |
| 185 Jon Skelton | Sr. | Mount Vernon, WA |
| 186 Jordan Welling | So. | Burlington, WA |

| Women | Yr. | Hometown |
|------------------------|-----|--------------------|
| 164 Jessica Boyer | So. | Columbia Falls, MT |
| 165 Lauren Briehof | Fr. | Vancouver, WA |
| 166 Sierra Brisky | Fr. | Acme, WA |
| 167 Ally Ganyo | Fr. | Medical Lake, WA |
| 168 Phoebe Hartnett | Fr. | San Diego, CA |
| 169 Kendra Hedges | Fr. | Lake Stevens, WA |
| 170 Rachael Johnson | So. | Yakima, WA |
| 171 Courtney Olsen | Jr. | Bellingham, WA |
| 172 Sarah Porter | So. | Hockinson, WA |
| 173 Maeve Sayres | So. | Valleyford, WA |
| 174 Danielle Slaughter | Jr. | Spokane, WA |
| 175 McKinley Williams | So. | Federal Way, WA |

Head Coach: Pee Wee Halsell**Assistants:** Bill Roe, Al Reimer, Erik Bies, Keever Henry, Chris Ashby

Great Northwest Athletic Conference



ON THE COVER: Among the contenders in today's GNAC championship meet will be (from left) Marko Cheseto of Alaska Anchorage, Jessica Pixler of Seattle Pacific and Ashley Puga of Northwest Nazarene. Pixler is the defending national champion and Puga is a returning All-American.

GNAC Championship Meet History (2001-07)



John Riak of Saint Martin's and Jessica Pixler of Seattle Pacific are back to defend the individual titles they won last year. Pixler will be going for her third title in a row.

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 |
| 2007 | Nampa | 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 |
| 2007 | John Riak, SMU | 24:56.77 |

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 |

All-Conference (Top 10 Finish)

Four Years

| | |
|------------------|---------|
| Louie White, HSU | 1999-02 |
|------------------|---------|

Three Years

| | |
|--------------------|-------------|
| Sean Rivers, UAA | 1999-00, 02 |
| Sam Scotchmer, CWU | 2004, 06-07 |
| 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 |
| Kevin Lambert, NNU | 2005, 07 |
| Tim LeCount, SPU | 2002, 04 |
| Aaron Matthias, NNU | 2000-01 |
| Jasper Peach, HSU | 2004-05 |
| Andy Prentice, SMU | 2003-04 |
| John Riak, SMU | 2006-07 |
| Tobias Schwoerer, UAA | 2000, 02 |
| Chase Wells, WOU | 2003-04 |

One Year (Returnees Only)

| | |
|----------------------|------|
| Bennett Grimes, WWU | 2007 |
| Braxton Jackson, WOU | 2007 |
| Blake Medhaug, WWU | 2007 |
| Mike Schmidt, WOU | 2007 |
| Jordan Welling, WWU | 2007 |

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 |
| 2007 | Nampa | Seattle Pacific | 24 |

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 |

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 |
| 2007 | Doris Heritage, SPU |

All-Conference (Top 10 Finish)

Four Years

| | |
|---------------------|-------------|
| Stacy Edwards, UAA | 2001-03, 05 |
| Mandy Kaempfer, UAA | 2003-06 |

Three Years

| | |
|----------------------|-------------|
| Alicen Maier, CWU | 2000, 02-03 |
| Karin Rohde, SPU | 2004, 06-07 |
| 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 |
| Elizabeth Chepkosgei, UAA | 2006-07 |
| Kelly Fullerton, SU | 2001,04 |
| Alana Garcia, SU | 2004-05 |
| Kati Gosnell, HSU | 2001-02 |
| Jane Larson, SPU | 2006-07 |
| Mary Moriarty, SPU | 2005-06 |
| Jessica Pixler, SPU | 2006-07 |
| Ashley Puga, SPU | 2006-07 |
| Stephanie Stine, CWU | 2001,04 |
| Ashlee Vincent, WWU | 2001-02 |
| Jamie Witt, SPU | 2001,03 |

One Year (Returnees Only)

| | |
|--------------------|------|
| Kate Harline, SPU | 2007 |
| Marcie Mullen, CWU | 2007 |
| Sarah Porter, WWU | 2007 |

APPLE RIDGE CROSS COUNTRY COURSE

WOMEN'S 6K & MEN'S 8K LAYOUT

- A-B-C-D-E-F
- C-B-A (1m)-H-B-C
- D-E-F-C-G (2m)-H
- A-B-C-F-E-D (3m)
- C-G-H-A-B (Women to Finish)
- C-F (4m)-E-D
- C-G-H-A-B (Men to Finish)

