



1111 Bayhill Drive, Suite 405
San Bruno, CA 94066

Tel 650 | 873 | 8622
Fax 650 | 873 | 7846
Url www.wccsports.com

Commissioner
Jamie Zaninovich

For Immediate Release:
August 26, 2010

Contact: James Vega, Comm. & New Media Coordinator
Email: jvega@westcoast.org

PORTLAND, SAN FRANCISCO CHOSEN TO FINISH FIRST IN 2010 WCC MEN'S AND WOMEN'S WCC PRESEASON CROSS COUNTRY POLLS

San Bruno, Calif. - The 2009 WCC Cross Country Champions, the University of Portland men and University of San Francisco women, were chosen to take home the conference title again this year according to the 2010 WCC Cross Country Preseason Coaches Poll. The Portland men earned the maximum 49 points, securing the first place vote from all other seven coaches in the conference, while the San Francisco women's team garnered 48 points and six first place votes.

The Portland Pilots have won the last 31 WCC Men's Cross Country Championships, the longest active streak for any cross country program in the country. Last season, Portland junior Alfred Kipchumba, a unanimous 2010 preseason all-conference selection, took first at the WCC Championships by running the 8K course in 24:20, breaking the previous record by 33 seconds. Four more Pilot runners join Kipchumba on the preseason all-conference list, three of whom finished in the Top 10 at the 2009 WCC Championships: redshirt sophomore Jared Bassett, sophomore Lars Erik Malde, and redshirt junior Matthew Frerker. Remaining preseason all-conference selection Pilot sophomore Trevor Dunbar did not compete at the 2009 WCC Championships but won the USA Junior Cross Country Championships and represented the USA at the IAAF World Cross Country Junior Championships.

Loyola Marymount and San Francisco tied for second in the preseason coaches poll with 40 points for the second year in a row. Lion sophomore Sterling Lockert was named to the preseason all-conference team, while San Francisco junior Ganbileg Bor secured a spot on the all-conference team as well. Santa Clara took fourth and had two runners named to the all-conference team in senior Robbie Reid and senior Chris Sampson, while Gonzaga was fifth and had sophomore Chris Boyle earn a spot on the preseason All-WCC team. San Diego, Pepperdine and Saint Mary's rounded out the poll.

On the women's side, San Francisco made history at last year's meet, winning its first-ever conference championship as four runners finished in the Top 10. All four of those runners were named to the 2009 All-WCC First Team and this year's preseason all-conference team in sophomore Eva Krchova, sophomore Heather Zytkevicz, junior Hillary Kigar and senior Nicole Bowler.

Portland received a total of 41 points to take second in the poll with junior Lyndy Davis being named to the preseason all-conference team, while Loyola Marymount was third with 40 points. The Lions had both 2008 WCC Champion and redshirt junior Tara Erdmann and sophomore Sheree Shea named to the preseason all-conference team. Like their male counterparts, the Santa Clara women were selected fourth and had two runners, 2009 WCC individual champion and senior Stephanie Wilson and sophomore Mary Reynolds, named to the preseason all-conference team. Gonzaga, Pepperdine, San Diego and Saint Mary's rounded out the poll and Pepperdine senior Chelsea Wishard was named to the preseason all-conference team.

The 2010 season will get underway on Wednesday, September 1 with the Pepperdine men's and women's teams competing at the Malibu Oceanside Invitational. The 2010 WCC Cross Country Championships take place at the Crystal Springs Cross Country Course in Belmont, California, on Saturday, October 30.

2010 Men's Cross Country Preseason Poll			
WCC Preseason Coaches Poll	WCC Preseason All-Conference Team		
	Name	School	YR
1. Portland - 49 (7)	Alfred Kipchumba	POR	JR
2. Loyola Marymount - 40	Chris Boyle	GON	SO
2. San Francisco - 40 (1)	Chris Sampson	SCU	SR
4. Santa Clara - 31	Ganbileg Bor	USF	JR
5. Gonzaga - 25	Jared Bassett	POR	RSO
6. San Diego - 16	Lars Erik Malde	POR	SO
7. Pepperdine - 15	Matthew Frerker	POR	RJR
8. Saint Mary's - 8	Robbie Reid	SCU	SR
(First place votes)	Sterling Lockert	LMU	SO
	Trevor Dunbar	POR	SO

2010 Women's Cross Country Preseason Poll			
WCC Preseason Coaches Poll	WCC Preseason All-Conference Team		
	Name	School	YR
1. San Francisco - 48 (6)	Chelsea Wishard	PEP	SR
2. Portland - 41 (1)	Eva Krchova	USF	SO
3. Loyola Marymount - 40 (1)	Heather Zytkevicz	USF	SO
4. Santa Clara - 30	Hillary Kigar	USF	JR
5. Gonzaga - 21	Lyndy Davis	POR	JR
6. Pepperdine - 20	Mary Reynolds	SCU	SO
7. San Diego - 17	Nicole Bowler	USF	SR
8. Saint Mary's - 7	Sheree Shea	LMU	SO
(First place votes)	Stephanie Wilson	SCU	SR
	Tara Erdmann	LMU	RJR