



**11TH ANNUAL GREAT NORTHWEST ATHLETIC
CONFERENCE CROSS COUNTRY CHAMPIONSHIPS**



Saturday, Oct. 22, 2011

Hosted by Central Washington University

Apple Ridge Run Cross Country Facility (Yakima, WA)

Women (6,000 Meters): 10 a.m. Men (8,000 Meters): 11 a.m.

GREAT NORTHWEST ATHLETIC CONFERENCE



The Great Northwest Athletic Conference, which is in its 11th season of athletic competition, is comprised of 10 NCAA Division II schools located in five U.S. states and one Canadian province.

Four of the schools are 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), Western Oregon University and Simon Fraser University (British Columbia).

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 on July 1, 2007. Simon Fraser is the newest member of the GNAC and is also the first Canadian institution to be granted NCAA and GNAC membership. The Clan will be competing in their first GNAC cross country championship today.

All of the current GNAC institutions previously competed in 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.

Central Washington, Saint Martin's, Western Oregon and Western Washington joined the PacWest prior to the 1998-99 season after previously competing in the Pacific Northwest Athletic Conference. Western Oregon and Northwest Nazarene were members of the Cascade Conference before joining the PacWest in 1999-00.

Simon Fraser was also a member of the Pacific Northwest Athletic Conference and PacWest Conference before joining the Canadian West Conference and splitting its athletic programs between the Canadian national association and the NAIA.

The GNAC sponsors championships in eight men's and eight 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 and women'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.

GNAC Commissioner Richard R. Hannan (11th 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.

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, Texas, before returning to the Northwest.

Hannan, who earned a master's degree in Guidance and 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 50 years. They have three adult children, Gregory, Molly (Akey) and Douglas, and four grandchildren.

Hannan recently announced his resignation as the GNAC commissioner. However, he will remain in the post until a national search is completed for his replacement.



ON THE COVER: UAA's Ruth Keino (left) and Micah Chelimo will be among the favorites in today's championships.

Seawolves, Keino Hope To Keep Alive Win Streaks



Alaska Anchorage, which is the defending men's and women's conference and regional champion, will try to keep its season-long win streak alive today at the 11th annual Great Northwest Athletic Conference cross country championships.

The championships are being held for the fourth consecutive year at the Apple Ridge Cross Country Facility. The women's 6,000 meter race begins at 10 a.m. followed by the men's 8,000 meters at 11 a.m.

The Seawolves already have won four meets this fall, earning both the men's and women's titles in the Alaska Anchorage Invitational (Sept. 1), the Hawaii Pacific Invitational (Sept. 3), the Hawaii Big Wave Invitational (Sept. 10) and the WWU Western Classic (Oct. 8).

UAA's men posted perfect scores of 15 in the two Hawaii meets and the women had a perfect score in the UAA Invitational.

Both UAA teams are regionally and nationally ranked. The men are currently second in the West Region and 11th nationally, while the women are also second in the region and are sixth in the latest national poll.

The Seawolf women's lineup features three returning all-conference selections including Ruth Keino (**pictured**) who will attempt to join an elite group of six women who have finished in the Top 10 at the conference meet four different times.

Keino is unbeaten this fall, finishing first in all four of the Seawolves' meets. Last year she finished third in the conference meet in back of winner Sarah Porter of Western Washington and runner-up Miriam Kipng'eno of UAA.

Kipng'eno will be seeking her third all-conference finish, as will UAA's Shoshana Keegan, Lauren Breihof of Western Washington and Natty Plunkett of Seattle Pacific. Keegan finished fifth a year ago, while Breihof and Plunkett placed seventh and ninth, respectively.

Also back from last year's Top 10 are Raphaela Sieber of Alaska Fairbanks, who finished eighth, and Joscelyn Minton of Saint Martin's, who placed 10th.

In addition to Keino, Plunkett and Minton and Western Washington freshman Katelyn Steen have won races this fall. Plunkett, an all-conference Top 10 finisher in 2008 and 2010, swept titles in the UAF Long and Short-Course races in Fairbanks (Sept. 1 and Sept. 3). Minton claimed the title in the Puget Sound Invitational (Sept. 3) and Steen won the CWU Apple Ridge run (Sept. 10) leading the Vikings to the team title.

Western Washington, which is ranked third in the region and 16th nationally, likely has the best chance to challenge UAA's two-year conference reign. Two other GNAC women's teams are also regionally ranked—Alaska Fairbanks at No. 6 and five-time GNAC champion Seattle Pacific (2003, 05-08). The Nanooks have three wins this season – two in Fairbanks and one at the Hawaii Hilo Invitational (Oct. 8).

Micah Chelimo, last year's conference second-place finisher, Jake Parisien, Alfred Kangogo and Yonatan Yilma will lead the Anchorage men, who will be seeking their fifth conference title in 11 seasons. In addition to last year, the Seawolves also won titles in 2002, 2005 and 2008.

Chelimo, Parisien and Kangogo are all two-time all-conference performers - Chelimo in 2009 and 2010, Parisien in 2008 and 2010 and Kangogo, who redshirted last year, in 2008 and 2009. Yilma finished 14th last season, but has two wins (Hawaii Pacific, Hawaii Big Wave) this fall. Chelimo also has two wins at the UAA Invitational and Western Classic.

Western Washington doesn't have any individual or team victories this fall, but had a solid third-place team finish in the Western Classic and is ranked third in the region and 19th nationally. Tyler Cannon led WWU at their home meet placing sixth on the 10K layout.

Western Oregon (4th in the region, 22nd nationally) is also ranked in both polls, while Northwest Nazarene and Seattle Pacific are ranked seventh and 10th in the regional poll.

WOU has been led this fall by Connor Kasler who finished first in the Clackamas Invitational (Sept. 2) leading the Wolves to the team title.

Barak Watson, who earned all-conference honors in 2009 and 2010 when he finished 10th and fourth, respectively, has had a fantastic fall for Northwest Nazarene, winning the Willamette Invitational (Oct. 1), placing second in the Erik Anderson Invitational Sept. 24 in Spokane on the regional and national course and third at the NNU Roger Curran Memorial (Sept. 10).

Seattle Pacific has won three team titles including two at Fairbanks. The third came in the CWU Apple Ridge Run where the Falcons' Jordan Wolfe finished first.

Spencer Hunt of Saint Martin's and Brian Potter of Montana State Billings have also won races. Hunt, who along with teammate Kyle Van Santen had all-conference performances last year placing ninth and 10th in the GNAC championships, won the UPS Invitational.

Van Santen, who also was also an all-conference selection in 2009, placed second at UPS, third in the UW Sundodger Open Division (Sept. 17) and fifth in the pre-national meet in Spokane and in the Western Classic in Bellingham.

Potter swept both the long-course and short-course races to begin the season in Fairbanks.

Today's race will feature the GNAC cross country debut of Simon Fraser, which is in its second season in the conference.

The Clan women placed fifth in the NAIA national meet a year ago. Last weekend Jessica Smith finished second to lead the SFU women to the team title in the Concordia Invitational in Portland.

**NCAA Division II West
Regional Rankings**

Men

1. Chico State (5)
2. **Alaska Anchorage (11)**
3. **Western Washington (19)**
4. **Western Oregon (22)**
5. San Francisco State
6. UC San Diego
7. **Northwest Nazarene**
8. Cal Poly Pomona
9. BYU Hawaii
10. **Seattle Pacific**

Women

1. Chico State (4)
2. **Alaska Anchorage (6)**
3. **Western Washington (16)**
4. UC San Diego
5. Cal Poly Pomona
6. **Alaska Fairbanks**
7. BYU-Hawaii
8. **Seattle Pacific**
9. Cal State Stanislaus
10. San Francisco State

**NCAA West Regional
Cross Country
Championships**

Nov. 5, 2011
At Plantes Ferry
Spokane, WA

Women's 6,000 – 10:30 a.m.
Men's 10,000 – 11:30 a.m.

**NCAA National
Cross Country
Championships**

Nov. 19, 2011
At Plantes Ferry
Spokane, WA

Women's 6,000 – 11 a.m.
Men's 10,000 – Noon

The Regional and National
meets are co-hosted by the
GNAC and the Spokane
Regional Sports Commission.



RACE DAY

Saturday, Oct. 22, 2011



MEN

Alaska Anchorage

- 134 Michael Adams
- 135 Dylan Anthony
- 136 Brandon Brewster
- 137 Micah Chelimo
- 138 Thomas Hill
- 139 Alfred Kangogo
- 140 Issac Kangogo
- 141 Jacob Parisien
- 142 Kevin Rooke
- 143 Yonatan Yilma

Alaska Fairbanks

- 152 Lars Arneson
- 153 Andrew Arnold
- 154 Kenneth Brewer
- 155 Joseph Dillon
- 156 Stefan Hajdukovich
- 157 Tyler Kornfield
- 158 Jonas Loffler
- 159 Ludwig Schott
- 160 Tux Seims
- 161 Erik Soederstroem

Central Washington

- 13 Zach Armstrong
- 14 Ryan Loutsis
- 15 Nathan Minor
- 16 Matt Nodine
- 17 Jacob Phipps
- 18 Nathan Power
- 19 Scott Power
- 20 Manuel Santos
- 21 Jon Swanson
- 22 Ryan Thompson
- 23 Peter Trojanello

MSU Billings

- 33 Ryan Blomback
- 34 Travis Buttelman
- 35 Travis Hutchinson
- 36 Dylan Lammers
- 37 Daniel Lombardi
- 38 Brian Potter
- 39 Chase Robinson
- 40 Matt Ross
- 41 Justice Virtue
- 42 Ethan Wilhelm

Northwest Nazarene

- 53 Jesse Baggenstos
- 54 Alex Crystal
- 55 Kaleb Fleenor
- 56 Michael Gordon
- 57 Luke Hetrick
- 58 Jacob Hollander
- 59 Bernard Ngeno
- 60 Matt Rankin
- 61 Matt Stark
- 62 Barak Watson

Saint Martin's

- 73 Joe Berger
- 74 Devon DeMoss
- 75 Spencer Hunt
- 76 Frank Krause
- 77 Alex Nelson
- 78 Joseph Patti
- 79 Kyle Van Santen

Seattle Pacific

- 89 AJ Baker
- 90 Gavin Brand
- 91 Daniel Hamilton
- 92 Will Harrison
- 93 Alex Horton
- 94 Seth Pierson
- 95 Nathanael Sleight
- 96 Tavish Taylor
- 97 Trevor Taylor
- 98 Jacob Wahlenmaier
- 99 Turner Wiley
- 100 Jordan Wolfe

Simon Fraser

- 114 Anton Humeniuk
- 115 BJ Cunliffe
- 116 Samir Dhanani
- 117 Christopher Dinsdale
- 118 Keir Forster
- 119 Alex Pare
- 120 Stuart Ellenwood
- 121 Austin Trapp
- 122 Travis Vugteveen
- 123 James Young

Western Oregon

- 177 Brady Beagley
- 178 Ryan Chapman
- 179 James Croft
- 180 Lukas Fenley
- 181 Ryan Hansen
- 182 Connor Kasler
- 183 Drew Larson
- 184 Kyle Larson
- 185 Zach Massari
- 186 Chris Olsen
- 187 Michael Shogren
- 188 Dan Sprinkle

Western Washington

- 203 Nick Abraham
- 204 Jeremy Anderson
- 205 Graham Armstrong
- 206 Tanner Boyd
- 207 Eric Brill
- 208 Tyler Cannon
- 209 Marc Fuhrmeister
- 210 Chip Jackson
- 211 Kyle Johnson
- 212 Dylan Peterson
- 213 Tabor Reedy
- 214 Dak Riek
- 215 Otto Schmidt
- 216 Dylan Sweeney

WOMEN

Alaska Anchorage

- 124 Susan Bick
- 125 Bryn Haebe
- 126 Shoshana Keegan
- 127 Ruth Keino
- 128 Miriam Kipng'eno
- 129 Katie Krehlik
- 130 Valerie Massie
- 131 Ivy O'Guinn
- 132 Christi Schmitz
- 133 Susan Tanui

Alaska Fairbanks

- 144 Jana Bennedix
- 145 Heather Edic
- 146 Alyson McPhetres
- 147 Kryston McPhetres
- 148 Crystal Pitney
- 149 Marit Rjabov
- 150 Theresia Schnurr
- 151 Raphaela Sieber

Central Washington

- 1 Briana Barton
- 2 Shelby Bodily
- 3 Rose Cruze
- 4 Chelsea Dowdell
- 5 Sarah Flatebo
- 6 Sophie Hummer
- 7 Taylor Kartes
- 8 Connie Morgan
- 9 Bri Petersen
- 10 Ashley Rice
- 11 Ashlee Sincraugh
- 12 Adriana Zazula

MSU Billings

- 24 Melanie Bock
- 25 Elizabeth Brown
- 26 Keri Clump
- 27 Renae Hepfner
- 28 Theresa Lombardi
- 29 Alex McBroom
- 30 Katelynn Meyer
- 31 Whitney Mickelsen
- 32 Mary Owen

Northwest Nazarene

- 43 Danielle Beesley
- 44 Hailey Bradshaw
- 45 Keesha Brown
- 46 Christina Ciampi
- 47 Missy Colby
- 48 Natalie Evans
- 49 Christine Harwood
- 50 Marie Miller
- 51 Jordan Powell
- 52 Meagan Swenson

Saint Martin's

- 64 Lindsay Anderson
- 65 Brittany Blake

- 66 Erika Copeland
- 67 Caitlin Fewins
- 68 Jennifer Hickey
- 69 Ashley Llapitan
- 70 Joscelyn Minton
- 71 Kaitlynn Pecha
- 72 Beatriz Ramirez

Seattle Pacific

- 80 Josie Becker
- 81 Alli Cutting
- 82 Elizabeth Doe
- 83 McKayla Fricker
- 84 Alexis Fynboe
- 85 Jasmine Johnson
- 86 Heidi Laabs-Johnson
- 87 Natty Plunkett
- 88 Robyn Zeidler

Simon Fraser

- 101 Kirsten Allen
- 102 Madeleine Barker
- 103 Lindsey Butterworth
- 104 Heather Carviel
- 105 Caitlin Dell
- 106 Kimberley Doerksen
- 107 Bianca Gonzales
- 108 Brianna Kane
- 109 Michaela Kane
- 110 Leah Regan
- 111 Sarah Sawatzky
- 112 Jessica Smith
- 113 Kristyn Webster

Western Oregon

- 162 Nicole Anderson
- 163 Meryl Butcher
- 164 Kayanna Cecchi
- 165 Lauren Copenhagen
- 166 Janelle Everetts
- 167 Megan Everetts
- 168 Audrey Hellesto
- 170 Jenny Leaf
- 171 MacKenzie Naffziger
- 172 Rachel Shelley
- 173 Zoe Skordahl
- 174 Larissa Stillinger
- 175 Ashley Taylor
- 176 Amanda Wright

Western Washington

- 189 Lauren Breihof
- 190 Sierra Brisky
- 191 Sigourney Gundy
- 192 Phoebe Hartnett
- 193 Kendra Hedges
- 194 Rachael Johnson
- 195 Miranda Lahman
- 196 Lacey Nation
- 197 Haley O'Connor
- 198 Mary Rogers
- 199 Katelyn Steen
- 200 Mikhaila Thornton
- 201 Maria Ujifusa
- 202 Arielle Walton

LOOKING BACK

Porter To Compete In New York City Marathon In November

By T.J. Cotterill
Sports Editor
The Western Front

Former Western distance runner Sarah Porter is used to going fast.

She set a meet record in the 10,000 during her 2011 NCAA Division II national championship performance last spring.

She holds school records in the 1,500, the 3,000, the 5,000 and the 10,000.

Over a span of four years, she made 12 national appearances — a school record.

This past summer, Porter signed a professional contract with Reebok and ZAP Fitness and is scheduled to compete in the New York City Marathon in November.

Porter will rake in a \$5,000 appearance fee just for competing in the marathon.

She is likely to earn more on top of that, however, as the marathon awards more than \$600,000 in prize money.

The most goes to the top finishers with the winner getting \$100,000.

It is an opportunity rarely given to runners at such an early age.

At 21 years old, Porter is already well on her way toward a career in running.

“A lot of athletes come out of college and think, ‘Oh, yeah, I’d like to run a marathon someday,’” Porter said.

“But for me, someday is approaching very quickly. I’ve had a lot of anxiety and I’ve been wondering if it’s too early for me to move on to the next level and run a marathon. It means my future is starting now.”

David Monti, a consultant for the New York Road Runners, approached Porter about running in the New York City Marathon after she ran with them in the New York Mini 10K on June 11. She placed 24th in that race in a time of 34:55.

“They said they normally wouldn’t invite someone this young to run in a marathon,” Porter said. “But they said they knew about my background as a high-mileage runner and thought this would be a good place for me to make my debut.”

It was one of many opportunities thrown at Porter during the summer, along with the one-year contract with Reebok and ZAP Fitness.



When that starts in November, she will train at the ZAP Fitness Center in North Carolina.

“Sarah is one of the most driven young athletes I have seen in years,” said ZAP coach Ryan Warrenburg, on the group’s website.

“She has a clear view of where she wants to be in the coming years, and she will be a great addition to the resident team.”

In exchange for Porter’s training with the group, ZAP pays all her living and travel expenses, plus \$500 a month.

Reebok sent her a shipment of seven pairs of shoes two weeks after she agreed to the contract.

“It’s pretty nice not having to buy shoes,” Porter said. “I go through them pretty quick.”

That is, until she has to buy her wedding shoes.

Another part of Porter’s jam-packed summer was her engagement to fellow distance runner Michael Crouch, who graduated from Queens University in Charlotte, N.C., and has won Division II titles in both track and cross-country.

Porter and Crouch both signed one-year contracts with ZAP Fitness and will train together in North Carolina while Porter takes online classes through Western to finish her degree.

She said she would also try to make a world championship cross-country team and prepare for the Olympic trials within the next year.

This summer surely went by quickly for Porter — but fortunately, she just might be fast enough to keep up with it all.

“If, a year or two years ago, someone would have told me all this would be happening in my life, I don’t think I would have believed it,” Porter said.

“I know there are going to be times in life when everything is going right and times when everything seems to be going wrong, but if I can hold on to my love of running through both times, I think I’m going to be fine.”



SEAWOLVES

Alaska Anchorage

TEAM INFORMATION

Head Coach: Michael Friess, Linfield '85 (22nd year); **GNAC**

Coach-of-the-Year: Men – 2002, 05, 08, 10; **Women** – 2003, 04, 05, 09)

Assistant: T.J. Garlatz

USTFCCCA National

Rankings: Men – 11th. **Women** – 6th.

USTFCCCA Regional Rankings: Men – 2nd. **Women** – 2nd.

2010 Conference Finish: Men – 1st, 41. **Women** – 1st, 27

2010 National Finish: Men – 8th, 262 (**West Region** – 1st, 49). **Women** – 6th, 185 (**West Region** – 1st, 40).

2010 Conference Returnees: Men (5) – Micah Chelimo (Jr., 2nd, 24:27); Jake Parisien (Jr., 7th, 25:10); Yonatan Yilma (Sr., 14th, 25:40); Thomas Hill (Jr., 31st, 26:44); Michael Adams (Sr., 33rd, 26:49). **Women (5)** – Miriam Kipng'eno (Jr., 2nd, 21:09); Ruth Keino (Sr., 3rd, 21:26); Shoshana Keegan (Sr., 5th, 22:24); Susan Bick (So., 11th, 22:56); Ivy O'Guinn (So., 17th, 23:16); Katie Krehlik (Jr., 18th, 23:20).

MEET ROSTER

Men	Yr.	Hometown
Michael Adams	Sr.	Anchorage, AK
Dylan Anthony	Fr.	Kodiak, AK
Brandon Brewster	Fr.	Anchorage, AK
Micah Chelimo	Jr.	Kapkoji, Kenya
Thomas Hill	Jr.	Thunder Bay, Ontario
Alfred Kangogo	Sr.	Eldoret, Kenya
Issac Kangogo	Fr.	Eldoret, Kenya
Jake Parisien	Jr.	Palmer, Alaska
Kevin Rooke	Fr.	Toronto, Ontario
Yonatan Yilma	Sr.	Edmonds, WA

Women	Yr.	Hometown
Susan Bick	So.	Anchorage, AK
Bryn Haebe	Fr.	Evergreen, CO
Shoshana Keegan	Sr.	Anchorage, AK
Ruth Keino	Sr.	Kapcheno, Kenya
Miriam Kipng'eno	Jr.	Eldoret, Kenya
Katie Krehlik	Jr.	Juneau, AK
Valerie Massie	Jr.	Snohomish, WA
Ivy O'Guinn	So.	Soldotna, AK
Christi Schmitz	So.	Northpole, AK
Susan Tanui	So.	Eldoret, Kenya



NANOOKS

Alaska Fairbanks

TEAM INFORMATION

Head Coach: Scott Jerome, Bates '93 (8th year)

Assistants: Matt Dunlap
USTFCCCA Regional

Rankings: Women – 6th.

2010 Conference Finish:

Men – 7th, 184. **Women** –

4th, 129

2010 National Finish: Men – 17th, 486 (**West Region**). **Women** – 19th, 487 (**West Region**).

2010 Conference Returnees: Men (5) – Tyler Kornfield (Jr., 28th, 26:27); Andrew Arnold (So., 46th, 27:26); Tux Seims (So., 51st, 27:39); Lars Arneson (Jr., 62nd, 28:21); Erik Soederstroem (Sr., 74th, 30:23). **Women (5)** – Raphaela Sieber (Jr., 8th, 22:43); Theresia Schnurr (Sr., 12th, 22:57); Crystal Pitney (Sr., 32nd, 24:01); Jana Benedix (Sr., 41st, 24:24); Heather Edic (Jr., 51st, 24:57).

MEET ROSTER

Men	Yr.	Hometown
Lars Arneson	Jr.	Soldotna, AK
Andrew Arnold	So.	Anchorage, AK
Kenneth Brewer	Fr.	Chugiak, AK
Joseph Dillon	Fr.	Anchorage, AK
Stefan Hajdukovich	Fr.	Fairbanks, AK
Tyler Kornfield	Jr.	Anchorage, AK
Jonas Loffler	Fr.	Saint Margen, Germ.
Ludwig Schott	Fr.	Furtwangen, Germ.
Tux Seims	So.	Horner, AK
Erik Soederstroem	Sr.	As, Sweden

Women	Yr.	Hometown
Jana Benedix	Sr.	Fairbanks, AK
Heather Edic	Jr.	Fairbanks, AK
Kryston McPhetres	Fr.	Chugiak, AK
Alyson McPhetres	So.	Chugiak, AK
Crystal Pitney	Sr.	Fairbanks, AK
Marit Rjabov	Jr.	Voru, Estonia
Theresia Schnurr	Sr.	Buhlertal, Germany
Raphaela Sieber	Jr.	Voehrenbach, Germ.



WILDCATS

Central Washington

TEAM INFORMATION

Head Coach: Kevin Adkisson, Willamette '91 (18th year); **PacWest Coach-of-the-Year: Women** – 2000.

Assistants: Bryan Contreras

2010 Conference Finish:

Men – 9th, 230. **Women** – 9th, 233

2010 National Finish: Men – 16th, 438 (**West Region**). **Women** – 18th, 483 (**West Region**).

2010 Conference Returnees: Men (3) – Manuel Santos (Sr., 27th, 26:15); Nathan Minor (So., 53rd, 27:47); Jon Swanson (Jr., 61st, 28:16);

Women (5) – Taylor Kartes (So., 54th, 25:07); Ashlee Sincraugh (So., 66th, 25:49); Sophie Hummer (So., 73rd, 26:48); Ashley Rice (76th, 27:36); Sarah Flatebo (Jr., 79th, 28:56).

MEET ROSTER

Men	Yr.	Hometown
Zach Armstrong	Jr.	Breckenridge, CO
Ryan Loutsis	Fr.	Bothell, WA
Nathan Minor	So.	Mount Vernon, WA
Matt Nodine	Sr.	Ellensburg, WA
Jacon Phipps	So.	Mount Vernon, WA
Nathan Power	So.	Burlington, WA
Scott Power	Sr.	Burlington, WA
Manuel Santos	Sr.	Yakima, WA
Jon Swanson	Jr.	Spokane, WA
Ryan Thompson	Fr.	Edmonds, WA
Peter Trojanello	Fr.	Yakima, WA

Women	Yr.	Hometown
Briana Barton	Fr.	Evergreen, CO
Shelby Bodily	Fr.	Camas, WA
Rose Cruze	So.	Issaquah, WA
Chelsea Dowdell	Fr.	Everett, WA
Sarah Flatebo	Jr.	Graham, WA
Sophie Hummer	So.	Bellevue, WA
Taylor Kartes	So.	Federal Way, WA
Connie Morgan	Fr.	Hoquiam, WA
Bri Petersen	Fr.	Oak Harbor, WA
Ashley Rice	Jr.	Tieton, WA
Ashlee Sincraugh	So.	Sumner, WA
Adriana Zazula	Jr.	Puyallup, WA



YELLOWJACKETS CRUSADERS

Montana State Billings

Northwest Nazarene

SAINTS

Saint Martin's

TEAM INFORMATION

Head Coach: Dave Coppock, Montana '79 (23rd year)

Assistants: Trent Hooper

2010 Conference Finish:

Men – 8th, 212. **Women** – 5th, 137

2010 National Finish: **Men** – 13th, 399 (West Region). **Women** – 9th, 284 (West Region).

2010 Conference Returnees: Men (5) – Daniel Lombardi (Sr., 29th, 26:28); Brian Potter (Jr., 41st, 27:05); Chase Robinson (So., 58th, 28:07); Ryan Blomback (Jr., 68th, 28:44); Travis Hutchinson (Sr., 70th, 29:07). **Women (4)** – Whitney Mickelsen (Jr., 16th, 23:14); Mary Owen (Jr., 43rd, 24:29); Keri Clump (So., 70th, 26:27); Melanie Bock (So., 71st, 26:31).



TEAM INFORMATION

Head Coach: John Spatz, Eastern Washington '88 (10th year)

Associate Head Coach: Ben Gall

Assistant: Jake Perry

USTFCCCA Regional Rankings: **Men** - 7th.

2010 Conference Finish: **Men** – 4th, 90. **Women** – 6th, 146

2010 National Finish: **Men** – 7th, 206 (West Region). **Women** – 7th, 276 (West Region).

2010 Conference Returnees: Men (7) – Barak Watson (Jr., 4th, 24:30); Matt Stark (Sr., 11th, 25:34); Jesse Baggenstos (Jr., 26th, 26:13); Luke Hetrick (Sr., 38th, 26:58); Benard Ngeno (Sr., 48th, 27:29); Matt Rankin (Sr., 52nd, 27:43); Alex Crystal (Sr., 57th, 28:06). **Women (5)** – Natalie Evans (So., 25th, 23:52); Meagan Swenson (Sr., 36th, 24:18); Jordan Powell (Jr., 52nd, 24:59); Christine Harwood (Jr., 57th, 25:25); Danielle Beesley (Sr., 77th, 27:50).



TEAM INFORMATION

Head Coach: Julie Sullivan, Seattle Pacific '01

Assistants: Dan Parine, Karen Steen.

2010 Conference Finish:

Men – 5th, 175. **Women** – 8th, 189

2010 National Finish: **Men** – 11th, 302 (West Region). **Women** – 17th, 455 (West Region – 1st, 35).

2010 Conference Returnees: Men (4) – Spencer Hunt (Sr., 9th, 25:24); Kyle Van Santen (Sr., 10th, 25:30); Joseph Patti (Jr., 55th, 27:54); Devon DeMoss (So., 72nd, 30:05). **Women (4)** – Joscelyn Minton (Sr., 10th, 22:49); Kaitlynn Pecha (Sr., 33rd, 24:02); Erika Copeland (So., 55th, 25:18); Ashley Llapitan (Jr., 56th, 25:24).



MEET ROSTER

Men	Yr.	Hometown
Ryan Blomback	Jr.	Belgrade, MT
Travis Buttelman	So.	Three Forks, MT
Travis Hutchinson	Sr.	Billings, MT
Dylan Lammers	Fr.	Pocatello, ID
Daniel Lombardi	Sr.	Deer Lodge, MT
Brian Potter	Jr.	Manhattan, MT
Chase Robinson	So.	Colstrip, MT
Matt Ross	So.	Billings, MT
Justice Virtue	Fr.	Ballantine, MT
Ethan Wilhelm	Fr.	Bozeman, MT

Women	Yr.	Hometown
Melanie Bock	So.	East Helena, MT
Elizabeth Brown	Fr.	Colstrip, MT
Keri Clump	So.	Wasilla, AK
Rena Hepfner	Fr.	Belt, MT
Theresa Lombardi	Fr.	Deer Lodge, MT
Alex McBroom	Fr.	Helena, MT
Katelynn Meyer	Fr.	Billings, MT
Whitney Mickelsen	Jr.	Aurora, UT
Mary Owen	Jr.	Hammond, MT

MEET ROSTER

Men	Yr.	Hometown
Jesse Baggenstos	Jr.	Renton, WA
Alex Crystal	Sr.	Kimberly, ID
Kaleb Fleenor	Fr.	Kuna, ID
Michael Gordon	Fr.	Kuna, ID
Luke Hetrick	Sr.	Caldwell, ID
Jacob Hollander	Fr.	Lynden, WA
Benard Ngeno	Sr.	Roret, Kenya
Matt Rankin	Sr.	Ontario, Or
Matt Stark	Sr.	Meridian, ID
Barak Watson	Jr.	Nampa, ID

Women	Yr.	Hometown
Danielle Beesley	Sr.	Caldwell, ID
Hailey Bradshaw	Fr.	Meridian, ID
Keesha Brown	Fr.	Boise, ID
Christina Ciampi	Fr.	Turner, OR
Missy Colby	So.	Lake Oswego, OR
Natalie Evans	So.	New Plymouth, ID
Christine Harwood	Jr.	Pendleton, OR
Marie Miller	So.	The Dalles, OR
Jordan Powell	Jr.	Nampa, ID
Meagan Swenson	Sr.	Salem, OR

MEET ROSTER

Men	Yr.	Hometown
Joe Berger	So.	Enumclaw, WA
Devon DeMoss	So.	Olalla, WA
Spencer Hunt	Sr.	Onalaska, WA
Frank Krause	Fr.	Onalaska, WA
Alexander Nelson	Fr.	Renton, WA
Joseph Patti	Jr.	Renton, WA
Kyle Van Santen	Sr.	Lake Stevens, WA

Women	Yr.	Hometown
Lindsay Anderson	Fr.	Tumwater, WA
Brittany Blake	Fr.	Shoreline, WA
Erika Copeland	So.	Port Orchard, WA
Caitlin Fewins	So.	Puyallup, WA
Jennifer Hickey	Fr.	Tacoma, WA
Ashley Llapitan	Jr.	Buckley, WA
Joscelyn Minton	Sr.	Shelton, WA
Kaitlynn Pecha	Sr.	Omak, WA
Beatriz Ramirez	Fr.	Olympia, WA



FALCONS Seattle Pacific

TEAM INFORMATION

Head Coach: Erika Daligcon, Seattle Pacific '97 (4th year);
GNAC Coach-of-the-Year: Women - 2008)
Assistants: Letiwe Patton, Doris Heritage



USTFCCCA Regional Rankings: Men - 10th, Women - 8th.
2010 Conference Finish: Men - 6th, 180. Women - 7th, 160
2010 National Finish: Men - 12th, 372 (West Region). Women - 12th, 314 (West Region).
2010 Conference Returnees: Men (6) - Jacob Wahlenmaier (Sr., 32nd, 26:46); Nathanael Sleight (Sr., 39th, 26:59); AJ Baker (Jr., 40th, 27:03); Daniel Hamilton (Sr., 50th, 27:36); Gavin Brand (Jr., 56th, 28:03); Will Harrison (Jr., 64th, 28:31).
Women (4) - Natty Plunkett (Sr., 9th, 22:44); McKayla Fricker (So., 29th, 23:57); Allison Cutting (So., 35th, 24:15); Josie Becker (Sr., 60th, 25:38).

MEET ROSTER

Men	Yr.	Hometown
AJ Baker	Jr.	AuGres, MI
Gavin Brand	Jr.	Suwanee, GA
Daniel Hamilton	Sr.	Missoula, MT
Will Harrison	Jr.	Tucson, AZ
Alex Horton	Fr.	Kent, WA
Seth Pierson	Fr.	Cashmere, WA
Nathanael Sleight	Sr.	Bellevue, WA
Tavish Taylor	Fr.	Port Angeles, WA
Trevor Taylor	Fr.	Port Angeles, WA
Jacob Wahlenmaier	Sr.	Everett, WA
Turner Wiley	Fr.	Issaquah, WA
Jordan Wolfe	Fr.	Bend, OR

Women	Yr.	Hometown
Josie Becker	Sr.	Grapeview, WA
Allison Cutting	So.	Sequim, WA
Elizabeth Doe	Fr.	Lakenheath, England
McKayla Fricker	So.	Canby, OR
Alexis Frynboe	Sr.	Tacoma, WA
Jasmine Johnson	Fr.	Federal Way, WA
Heidi Laabs-Johnson	Jr.	Salt Lake City, UT
Natty Plunkett	Sr.	Bellevue, WA
Robyn Zeidler	Fr.	Plymouth, MN



CLAN Simon Fraser

TEAM INFORMATION

Head Coach: Brit Townsend, Simon Fraser
Manager: Traci Boss
2010 Conference Finish (A.I.I.): Men - 3rd, 68. Women - 2nd, 42.



2010 National Finish (NAIA): Women - 5th, 177
2010 A.I.I. Conference Returnees: Men (6) - Kyle Forster (Sr., 7th, 25:44); Travis Vugteveen (So., 24th, 27:06); Samir Dhanani (Sr., 29th, 27:41); James Young (32nd, Jr., 28:25).
Women (7) - Brianna Kane (10th, 18:06); Lindsey Butterworth (So., 12th, 18:15); Michaela Kane (Jr., 13th, 18:18); Sarah Sawatzky (So., 18th, 18:45); Caitlin Dell (So., 20th, 18:47); Kirsten Allen (So., 25th, 19:23); Madeleine Barker (So., 28th, 19:38).

MEET ROSTER

Men	Yr.	Hometown
BJ Cunliffe	Fr.	Courtice, ON
Samir Dhanani	Sr.	Surrey, BC
Christopher Dinsdale	Jr.	Quesnel, BC
Keir Forster	Sr.	San Roman, CA
Anton Humeniuk	Fr.	Vancouver, BC
Stuart Ellenwood	Fr.	Langley, BC
Austin Trapp	Fr.	Elmira, ON
Travis Vugteveen	So.	Chilliwack, BC
James Young	Jr.	Quebec City, PQ

Women	Yr.	Hometown
Kirsten Allen	So.	London, ON
Madeleine Barker	So.	Sherbrooke, QE
Lindsey Butterworth	So.	North Vancouver, BC
Heather Carviel	So.	Port Coquitlam, BC
Caitlin Dell	So.	Salmon Arm, BC
Kimberley Doerksen	Jr.	Gibsons, BC
Bianca Gonzales	Sr.	Surrey, BC
Brianna Kane	Sr.	Roberts Creek, BC
Michaela Kane	Jr.	Roberts Creek, BC
Leah Regan	Fr.	Maple Ridge, BC
Sarah Sawatzky	Jr.	Chilliwack, BC
Jessica Smith	Sr.	North Vancouver, BC
Kristyn Webster	Jr.	Vancouver, BC



WOLVES Western Oregon

TEAM INFORMATION

Head Coach: Mike Johnson, Eastern Washington '72
Assistants: Isaac Frederick, Chris Reed, Lacey Meusec
USTFCCCA National Rankings: Men - 22nd.
USTFCCCA Regional Rankings: Men - 4th.



2010 Conference Finish: Men - 3rd, 67. Women - 3rd, 108. **2010 National Finish:** Men - 20th, 493 (West Region - 4th, 125). Women - 21st, 563 (West Region - 5th, 211).
2010 Conference Returnees: Men (6) - Connor Kasler (Jr., 12th, 25:36); Kyle Larson (Sr., 20th, 25:52); Ryan Chapman (Jr., 21st, 25:52); Dan Sprinkle (Sr., 30th, 26:33); Lukas Fenley (Sr., 35th, 26:54); Brady Beagley (So., 45th, 27:25).
Women (6) - Amanda Wright (Sr., 14th, 23:08); KayAnna Cecchi (Sr., 19th, 23:25); Janelle Everetts (Sr., 37th, 24:20); Jenny Leaf (So., 47th, 24:37); Megan Everetts (Sr., 48th, 24:45); Meryl Butcher (Sr., 50th, 24:55).

MEET ROSTER

Men	Yr.	Hometown
Brady Beagley	So.	Grants Pass, OR
Ryan Chapman	Jr.	Yakima, WA
James Croft	So.	Central Point, OR
Lukas Fenley	Sr.	Leaburg, OR
Ryan Hansen	Fr.	Dallas, OR
Connor Kasler	Jr.	Grants Pass, OR
Drew Larson	Fr.	Lake Stevens, WA
Kyle Larson	Sr.	Lake Stevens, WA
Zach Massari	Sr.	Scio, OR
Chris Olsen	Jr.	Gresham, OR
Michael Shogren	So.	Albany, OR
Dan Sprinkle	Sr.	Hillsboro, OR

Women	Yr.	Hometown
Nicole Anderson	Fr.	Packwood, WA
Meryl Butcher	Sr.	Clackamas, OR
Kayanna Cecchi	Sr.	Gresham, OR
Lauren Copenhagen	Jr.	Canby, OR
Janelle Everetts	Sr.	Salem, OR
Megan Everetts	Sr.	Salem, OR
Audrey Hellesto	Fr.	Philomath, OR
Jenny Leaf	So.	Boulder, CO
MacKenzie Naffziger	So.	Bend, OR
Rachel Shelley	Fr.	Portland, OR
Zoe Skordahl	Sr.	Oakridge, OR
Larissa Stillinger	Fr.	Merrill, OR
Ashley Taylor	So.	Yelm, WA
Amanda Wright	Sr.	Olympia, WA



VIKINGS

Western Washington

TEAM INFORMATION

Head Coach: Kelven "Pee Wee" Halsell, Wayland Baptist '81 (GNAC Coach-of-the-Year: Men – 2003, 06, 07, 09)

Assistants: Bill Roe, Keever Henry, Christina Ashby

USTFCCCA National Rankings: Men - 19th. Women - 16th.

USTFCCCA Regional Rankings: Men - 3rd. Women - 3rd.

2010 Conference Finish: Men – 2nd, 56. Women – 2nd, 69

2010 National Finish: Men – 9th, 269 (West Region – 3rd, 93). Women – 10th, 300 (West Region – 3rd, 111).

2010 Conference Returnees: Men (7) – Eric Brill (Sr., 15th, 25:42); Chip Jackson (So., 22nd, 25:53); Kyle Johnson (Sr., 23rd, 25:59); Nick Abraham (Sr., 24th, 26:11); Tanner Boyd (Jr., 34th, 26:50); Otto Schmidt (So., 47th, 27:28); Graham Armstrong (So., 49th, 27:32). Women (6) – Lauren Breihof (Sr., 7th, 22:37); Sierra Brisky (Sr., 20th, 23:27); Lacey Nation (Jr., 23rd, 23:35); Phoebe Hartnett (Jr., 27th, 23:55); Rachael Johnson (Sr., 28th, 23:56); Mary Rogers (Jr., 31st, 24:01);

MEET ROSTER

Men	Yr.	Hometown
Nick Abraham	Sr.	Sammamish, WA
Jeremy Anderson	Jr.	Chimacum, WA
Graham Armstrong	So.	Manhattan, KS
Tanner Boyd	Jr.	Camas, WA
Eric Brill	Sr.	Kent, WA
Tyler Cannon	Jr.	Kennewick, WA
Marc Fuhrmeister	So.	Bellingham, WA
Chip Jackson	So.	Shoreline, WA
Kyle Johnson	Sr.	Nine Mile Falls, WA
Dylan Peterson	So.	Seattle, WA
Tabor Reedy	Fr.	Poulsbo, WA
Dak Riek	So.	Everett, WA
Otto Schmidt	So.	Shaw Island, WA
Dylan Sweeney	Fr.	Bonnars Ferry, ID

Women	Yr.	Hometown
Lauren Breihof	Sr.	Vancouver, WA
Sierra Brisky	Sr.	Acme, WA
Sigourney Gundy	Fr.	Clarkston, WA
Phoebe Hartnett	Jr.	San Diego, CA
Kendra Hedges	Sr.	Lake Stevens, WA
Rachael Johnson	Sr.	Yakima, WA
Miranda Lahman	So.	Boulder, CO
Lacey Nation	Jr.	Marysville, WA
Haley O'Connor	Fr.	Sammamish, WA
Mary Rogers	Jr.	Spokane, WA
Katelyn Steen	Fr.	Sammamish, WA
Mikhaila Thornton	Fr.	Bend, OR
Maria Ujifusa	Jr.	Snohomish, WA
Arielle Walton	So.	Issaquah, WA

From The GNAC Cross Country Record Book

MEN

Team Champions

	Site	Champion	Pts
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
2008	Yakima	Alaska Anchorage	34
2009	Yakima	Western Washington	33
2010	Yakima	Alaska Anchorage	41

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
2008	Marko Cheseto, UAA	24:30.27
2009	Marko Cheseto, UAA	24:50
2010	Marko Cheseto, UAA	23:56

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
2008	Michael Friess, UAA
2009	PeeWee Halsell, WWU
2010	Michael Friess, UAA



CHESETO
Three-Time
Champ

All-Conference (Multi-Time Honorees)

Four Years

Bennett Grimes, WWU	2007-10
Blake Medhaug, WWU	2007-10
Louie White, HSU	1999-02
Jordan Welling, WWU	2007-10

Three Years

Marko Cheseto, UAA	2008-10
David Kiplagat, UAA	2005-06,08
John Riak, SMU	2006-08
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
Micah Chelimo, UAA	2009-10
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
Alfred Kangogo, UAA	2008-09
Brian Kostock, HSU	2004-05
Kevin Lambert, NNU	2005,07
Tim LeCount, SPU	2002,04
Aaron Matthias, NNU	2000-01
Jacob Parisien, UAA	2008,10
Jasper Peach, HSU	2004-05
Andy Prentice, SMU	2003-04
Chris Reed, WOU	2009-10
Tobias Schwoerer, UAA	2000,02
Anthony Tomsich, WWU	2006,09
Kyle Van Santen, SMU	2009-10
Barak Watson, NNU	2009-10
Chase Wells, WOU	2003-04

Did You Know: Former Saint Martin's athlete John Riak, who won the 2007 GNAC and West Region championships, is the GNAC all-time leader in wins among male athletes with 15. Riak won three titles in his freshman season, four in his sophomore campaign, five in his junior year and three in his final season. Marko Cheseto of Alaska Anchorage who won three consecutive conference titles (2008-10) and the 2010 NAIA West Regional title ranks second in wins with 11.

WOMEN

Team Champion

	Site	Champion	Pts
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
2008	Yakima	Seattle Pacific	48
2009	Yakima	Alaska Anchorage	25
2010	Yakima	Alaska Anchorage	27

Individual Champions

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
2008	Jessica Pixler, SPU	21:12.00
2009	Jessica Pixler, SPU	21:03
2010	Sarah Porter, WWU	21:04

Coaches-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
2008	Erika Daligcon, SPU
2009	Michael Friess, UAA
2010	Michael Friess, UAA

All-Conference (Multi-Time Honorees)

Four Years

Laura Carr, UAA	2005-06, 08-09
Stacy Edwards, UAA	2001-03, 05
Mandy Kaempf, UAA	2003-06
Jane Larson, SPU	2006-09
Jessica Pixler, SPU	2006-09
Sarah Porter, WWU	2007-10

Three Years

Elizabeth Chepkosgei, UAA	2006-08
Ruth Jeptoo Keino, UAA	2008-10
Ashley Puga, NNU	2006-08
Jaclyn Puga, NNU	2008-10
Karin Rohde, SPU	2004,06-07
Alicen Maier, CWU	2000,02-03
Laura Trevellyan, WWU	2003-05
Hallidie Wilt, UAA	2008-10

Two Years

Sigrid Aas, UAF	2002-03
Rachel Bailey, CWU	2005-06
Dolores Bergmann, HSU	2001-02
Lauren Breihof, WWU	2009-10
Nicole Campbell, HSU	2003-04
Kelly Fullerton, SU	2001,04
Alana Garcia, SU	2004-05
Kati Gosnell, HSU	2001-02
Soshana Keegan, UAA	2009-10
Miriam Kipn'geno, UAA	2009-10
Mary Moriarty, SPU	2005-06
Natty Plunkett, SPU	2008,10
Stephanie Stine, CWU	2001,04
Ashlee Vincent, WWU	2001-02
Jamie Witt, SPU	2001,03



FOUR-TIME CHAMPION: Jessica Pixler (pictured) may be the greatest cross country runner in NCAA Division II history. In addition to winning four straight GNAC titles between 2006 and 2009, she also won three consecutive NCAA Division II national titles in her sophomore, junior and senior campaigns.



Clarion Official Hotel For Cross Country

The Clarion Hotel & Conference Center in Yakima, Wash., is serving as the exclusive lodging partner for the 11th annual Great Northwest Athletic Conference Cross Country Championships.

This is also the fourth year the Clarion as served as the official hotel for the meet, which is held at the Apple Ridge Cross Country facility.

“We are very pleased to once again partner with the Clarion Hotel & Conference Center,” GNAC Commissioner Richard Hannan said. “The Clarion is a first-class facility and they’ve become an integral part in making our championships a first-class event.”

The Clarion is conveniently located off I-82 at 1507 N. First Street. It has 208 spacious guest rooms and suites. For more information about the facility or to make reservations call **509-248-7570** or visit their web site at: www.yakimaclarion.com.

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2011 GNAC CROSS COUNTRY CHAMPIONSHIPS

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

A-B-C-D-E-F

C-B-A (1m)-H-B-C

F-E-D-C-G (2m)-H

A-B-C-F-E-D (3m)

C-G-H-A (Women to Finish)

B-C-F (4m)-E-D

C-G-H-A (Men to Finish)

