



Aug. 26, 2016  
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## Seawolves Sweep: Alaska Anchorage Picked For Back-To-Back XC Championships

PORTLAND, Ore. – Great Northwest Athletic Conference cross country coaches are predicting another year of dominance for Alaska Anchorage as the Seawolves are picked to repeat as champions in the 2016 Men’s & Women’s Preseason Polls.

Just three months removed from sweeping men’s cross country, indoor track and field and outdoor track and field titles, the Seawolves received all 11 first place votes to lead the poll with 121 points. Simon Fraser was picked second with 106 points and Western Washington was picked third with 101 points.

Alaska Anchorage comes back loaded with eight runners from the squad that went on to win the NCAA West Region championship and placed fourth at the NCAA Division II Championships. The Seawolves will be led by a trio of All-Americans in juniors **Henry Cheseto** and **Edwin Kangogo** and senior **Michel Ramirez**, who earned All-American honors in 2014.

The Seawolves will be looking to claim its unprecedented seventh consecutive GNAC men’s cross country title and the 10th in program history.

The Alaska Anchorage women earned nine of 11 first place votes to lead the poll with 117 points. The Seawolves placed all five scoring runners in the top-15 of the conference meet, finishing with 39 points en route to their sixth GNAC title over the last seven years. The team is led by senior **Joyce Chelimo** and junior **Caroline Kurgat**, who finished one-two at both the conference and regional meets. Both athletes earned All-American honors with top-10 finishes at the NCAA Championships, with Kurgat leading the way with her sixth place finish.

Western Washington was a close second in the poll, earning 107 points and the two remaining first place votes. Simon Fraser, the 2014 GNAC champion, was a distant third with 90 points closely followed by Seattle Pacific (88).

The 2016 GNAC cross country season kicks off the first weekend of September with five of the conference’s 11 teams in action. Montana State Billings will compete in the South Dakota Mines Invitational in Rapid City, S.D. to open the season on Fri., Sept. 2. Teams opening

### 2016 GNAC Preseason Cross Country Polls

#### MEN

Team (1st Place Votes)	2015 GNAC Finish	Pts.
1. Alaska Anchorage (11)	1st (21 pts.)	121
2. Simon Fraser	2nd (54 pts.)	106
3. Western Washington	3rd (83 pts.)	101
4. Western Oregon	4th (118 pts.)	88
5. Northwest Nazarene	7th (215 pts.)	64
6. Montana State Billings	5th (130 pts.)	61
7. Central Washington	6th (177 pts.)	60
8. Concordia	11th (298 pts.)	38
9. Alaska	8th (224 pts.)	35
10. Seattle Pacific	9th (252 pts.)	28
11. Saint Martin’s	10th (298 pts.)	24

#### WOMEN

Team (1st Place Votes)	2015 GNAC Finish	Pts.
1. Alaska Anchorage (9)	1st (39 pts.)	117
2. Western Washington (2)	2nd (71 pts.)	107
3. Simon Fraser	4th (112 pts.)	90
4. Seattle Pacific	5th (114 pts.)	88
5. Central Washington	3rd (95 pts.)	79
6. Western Oregon	6th (183 pts.)	63
7. Concordia	8th (216 pts.)	46
8. Northwest Nazarene	7th (205 pts.)	45
9. Saint Martin’s	9th (217 pts.)	36
10. Alaska	10th (267 pts.)	25
11. Montana State Billings	11th (298 pts.)	21

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.

on Sat., Sept. 3, include Concordia at the Oregon State Invitational in Corvallis, Northwest Nazarene at the Idaho State Invitational in Pocatello, Alaska Anchorage at the Notre Dame de Namur Argo Invite in Belmont, Calif., and Saint Martin's at the Puget Sound Invitational in Lakewood, Wash. The 2016 GNAC Cross Country Championships take place on Sat., Oct. 22 at Lake Padden Park in Bellingham, Wash.

## MEN

It will be hard to beat the stable to talent that returns for Alaska Anchorage, which went undefeated as a team until the NCAA Championships. Cheseto was named the GNAC and USTFCCCA West Region Male Runner of the Year after winning both the conference and regional individual titles (24:22.70 at GNAC Championships, 29:29.82 at NCAA West Regional). He went on to place fourth individually at the NCAA Championships. Kangogo placed third at the GNAC Championships and 30th at the NCAA meet. Ramirez redshirted the 2015 cross country season, but returns a year stronger after earning All-American honors in 2014.

Of the eight returning Seawolves from last year's GNAC Championships, four placed in the top-10. Joining Cheseto and Kangogo as returning All-GNAC performers include senior **Victor Samoei** (sixth) and junior **Nathan Kipchumba** (ninth).

Likewise, Simon Fraser returns a pair of All-GNAC selections after placing second in last year's conference meet. Senior **Oliver Jorgensen** placed fifth at both the GNAC Championships and NCAA West Regional and just missed All-American honors with his 38th place nationals finish. He led the Clan to a fourth place regionals finish and 12th place nationals finish. Senior **Marc-Antoine Rouleau** placed seventh at the GNAC meet and was 44th at the NCAA Championships. The Clan also returns GNAC Freshman of the Year **Sean Miller**, who placed 12th in the GNACs and 33rd at the NCAA West Regional.

Western Washington placed a solid third in a GNAC Championships meet on its home course before finishing sixth at the West Regional meet. Junior **Andrew Wise** leads seven conference meet returners. The All-GNAC selection placed 10th at the GNAC Championships and 14th at the NCAA West Regional. Senior **Matthew Lutz** placed 14th at the GNAC meet while sophomore **Nick Mounier** placed 16th. Junior **Issac Derline**, who did not compete at the GNAC Championships, was the Vikings' No. 3 runner at the West Regional.

Western Oregon is picked fourth and is led by dynamic junior **David Ribich**. As a sophomore, Ribich earned All-GNAC and All-West Region honors and went on to place 67th at the NCAA Championships. He placed fourth at the GNAC Championships and stayed part of the lead pack most of the race. A two-time track All-American, Ribich placed fourth at nationals in the indoor mile and fifth in the outdoor 1,500 meters. The Wolves are further bolstered by sophomore **Tyler Jones**, who placed 24th at the GNAC Championships as a freshman, and senior **Josh Dempsey**, who placed 57th.

Northwest Nazarene is projected fifth after placing seventh at last year's meet. Junior **Isaac Mitchell** arrived as a top-shelf performer in 2015, placing eighth at the GNAC Championships and earning All-West Region honors with a 23rd place finish in the regional race. In all, the Crusaders welcome back five placers from last year's conference meet, including senior **Chase Cunningham** (30th) and sophomore **Nick Hamilton** (42nd).

Montana State Billings is picked sixth and will look to fill the hole left by the graduation of all-region performer Robert Peterson. Senior **Garrett Love** is the Yellowjackets' top returning runner, placing 18th at the GNAC Championships and 40th at the NCAA West Regional. Junior **Jorey Egeland** placed 38th in the conference meet and junior **Mark Hovland** finished 45th. Senior **Josh Panasuk** redshirted in 2015 and returns after placing 35th at the 2014 GNAC Championships. Like last year, the Yellowjackets will be an under-the-radar program, not racing any other GNAC programs prior to the conference meet.

After placing sixth at last year's conference meet, Central Washington is projected seventh. The Wildcats return their top runner in junior **Alex Martinez**, who placed 27th at the GNAC Championships and earned All-West Region honors with a 26th place regional meet finish. Martinez leads eight Wildcats' returners from last year's GNAC meet, including junior **Ron Leaf** (32nd), and sophomores **Jonathan Lafferty** (34th) and **Tyler Humphries** (50th).

Concordia finished 11th in its first GNAC meet and is projected to move up to eighth. The Cavaliers return three placers from last year's championship, led by senior **Jared Seckel**, who placed 37th. Seckel is joined by fellow seniors **Paris Speidel** and **Ethan Livermore**. The Cavaliers will also welcome back experienced seniors **Roman Kirkov** and **Demetrius Rhodes**, who redshirted the 2015 campaign.

Alaska is picked ninth after running to an eighth place finish last year. The Nanooks return seven placers from the 2015 meet, led by junior **Alexander Eckert** and senior **Keegan Rankin**, who placed 39th and 40th, respectively, at last year's GNAC Championships. The team also returns juniors **Daniel Serventi** and **Lyon Kopsack**.

Seattle Pacific, picked to finish 10th, is looking to bolster the roster with the graduation of Adam Avischious. The Falcons placed ninth last year and are led into the season by junior **Ben Halladay**, who placed 31st at the GNAC Championships. Saint Martin's is picked to finish 11th after placing 10th last year. The Saints are led by senior **Jasper Heckman**, who placed 46th in the 2015 meet.

## WOMEN

Alaska Anchorage returned to the top of the GNAC podium last year after Simon Fraser snapped its string of five consecutive championships in 2014. The Seawolves' sixth GNAC title coincided with the return of Chelimo from a redshirt season. After placing 13th at the NCAA Championships in 2014, Chelimo went on to win the GNAC and West Region titles and was named both the conference and region Female Runner of the Year before placing seventh at the national meet. She then proceeded to win GNAC indoor track titles in the mile, 3,000 meters and 5,000 meters, and an outdoor track title in the 10,000 meters. Chelimo led the Seawolves to an eighth place national meet team finish.

Kurgat was the runner-up to Chelimo at both the GNAC and West Region meets before placing one spot ahead of the senior at the NCAA Championships, giving the Seawolves a pair of All-Americans. Alaska Anchorage returns a total of eight runners from last year's conference meet, including GNAC Freshman of the Year **Kimberly Cosica**, who placed ninth and went on to place 31st at the West Region Championships.

Alaska Anchorage may have beat Western Washington in the conference meet, but the Vikings were top dogs on the regional and national stages. Western Washington placed second at the West Regional Championships, just ahead of the Seawolves, and sixth at the NCAA Championships. The Vikings are led by a pair of All-GNAC and All-West Region performers in junior **Brittany Grant** and sophomore **Tracy Melville**. Grant is Western Washington's top returning runner, placing eighth at the GNAC Championships and 28th at the West Region Championships. Melville placed 10th at the GNAC Championships and went on finish 27th at regionals. In all, Western Washington returns six placers from last year's conference meet, all of whom placed in the top-30.

After winning the 2014 GNAC title, Simon Fraser slipped to fourth place as the Clan looked for younger runners to step up. Simon Fraser returns the top placer not from Alaska Anchorage in All-American **Rebecca Bassett**. The senior placed third at the GNAC Championships and ninth at the West Region Championships before placing 24th at the Division II Championships. Bassett leads six Simon Fraser returners from last year's meet, which includes sophomore track 800-meter standout **Addy Townsend** (19th at GNAC meet) and top-30 placers in juniors **Paige Nock** (22nd) and **Reta Dobie** (30th).

Seattle Pacific placed fourth last year and is picked to place fourth again. The Falcons will look to junior **Mary Charleson** and seniors **Hannah Calvert** and **Sarah Macdonald** to replace the scoring of the graduated Anna Patti (fourth at 2015 GNAC Championships). The duo placed 20th and 21st at the GNAC Championships and Charleson earned All-West Region honors with a 20th place finish at the regional meet. Macdonald was the Falcons' No. 2 or 3 runner for much of the season. Seattle Pacific also returns the remainder of its scoring team from 2015 in juniors **Chynna Phan** and **Hailey Kettel**.

Central Washington placed third in the 2015 GNAC meet, but is picked fifth as the Wildcats look to replace top placers in Dani Eggleston and Megan Rogers. Sophomore **Alexa Shindruk** emerged as the Wildcats' next great runner as a freshman, just missing All-GNAC and All-West Region honors by placing 11th in the conference meet and 33rd at regionals. Central Washington is further bolstered by senior **Stephanie Rexus**, who placed 34th at the GNAC meet.

Western Oregon is picked to repeat its sixth place finish. The Wolves welcome back their top placer in senior **Nicole Maurmann**, who finished 28th at the GNAC Championships. **Grace Knapp** also returns after placing 45th for Western Oregon as a freshman. In all, the Wolves return five finishers from last year's conference meet.

Concordia, picked seventh, placed eighth in their first GNAC Championships. The Cavaliers return six runners who competed in the meet last year, led by 18th place senior **Megan Fristoe**. Other top returners for Concordia include sophomore **Nicole Pederson**, senior **Sara Fristoe**, Megan's sister, and junior **Dalen Richardson**.

Northwest Nazarene is projected eighth as it returns a young roster. Sophomore **Sierra Manzer** placed 17th at the GNAC Championships last year and just missed regional honors with a 36th place West Region Championships finish. Sierra's sister, junior **Anysia Manzer**, placed 41st at the GNAC meet and was a top-100 placer in the regional championships.

Saint Martin's is picked to repeat its ninth place finish. The Saints will be led by one of the top young runners in the conference in sophomore **Larissa Kolasinski**, who finished 14th in her first GNAC meet. Saint Martin's also returns a quartet of experienced athletes in seniors **Megan Teigen** and **Claire McCloskey** and sophomores **Lindsey Dorney** and **Alexis Carandang**.

Alaska looks to repeat its 10th place finish. The Nanooks will be led by senior **Dorothy O'Donnell**, who placed 44th at the GNAC Championships before just missing All-West Region honors with her 35th place regionals finish. Montana State Billings is picked to finish 11th. The young Yellowjackets are led by senior **Rio Frame**, who placed 52nd at last year's GNAC meet.

**Team Capsules Follow On Next Page**



## GNAC 2016 Cross Country Teams At A Glance

### ALASKA

**Head Coach:** Nick Crawford (Bowdoin, 2009, 2nd Year)

**Assistant Coach:** TBA

**GNAC Championship Finish:** Men – 8th, 224 pts. Women – 10th, 267 pts.

**NCAA West Regionals Finish:** Men – 18th, 503 pts. Women – 21st, 585 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Alexander Eckert (Jr., 39th at GNAC Championships, 26:49.80; 101st at NCAA West Regional, 32:37.79), Lyon Kopsack (Jr., 62nd at GNAC Championships, 27:19.10; 111st at NCAA West Regional, 32:50.75), Keegan Rankin (Sr., 40th at GNAC Championships, 26:51.20; 110th at NCAA West Regional, 32:49.17), Daniel Serventi (Jr., 60th at GNAC Championships, 27:16.90; 127th at NCAA West Regional, 33:27.89).

**Other Men's Returning Conference Meet Finishers:** Max Donaldson (So., 43rd, 26:55.70), Jan Cech (Jr., 55th, 26:55.70), Seiji Takagi (Jr., 68th, 27:39.50).

**Key Men's Newcomers:** Lukash Platil (Fr., Thornton, Colo. – Horizon).

**Top Returning Women's Runners:** Dorothy O'Donnell (Sr., 44th at GNAC Championships, 22:05.95; 35th at NCAA West Regional, 22:05.95), Kali Striker (Sr., 63rd at GNAC Championships, 24:11.40; 100th at NCAA West Regional, 23:05.64), Grace Weller (Jr., 73rd at GNAC Championships, 24:47.70; 161st at NCAA West Regional, 24:44.19), Nichole Bathe (Sr., 61st at GNAC Championships, 24:04.80).

**Other Returning Women's Conference Meet Finishers:** Kim Fitzgerald (Sr., 64th, 24:11.70), Sarah Lilly (Sr., 71st, 24:31.70), Hannah Rowland (Sr., 75th, 24:51.80).

**Key Women's Newcomers:** Hannah Booker (Fr., Chugiak, Alaska – Chugiak), Brooke Gottmeier (Fr., Fairbanks, Alaska – West Valley), Amy Frary (Jr., Morristown, Tenn. – Tusculum Univ.).

### ALASKA ANCHORAGE

**Head Coach:** Michael Freiss (Linfield, 1985, 27th Year)

**Assistant Coaches:** T.J. Garlatz, Ryan McWilliams, Erin Alewine

**GNAC Championship Finish:** Men – 1st, 21 pts. Women – 1st, 39 pts.

**NCAA West Regionals Finish:** Men – 1st, 55 pts. Women – 3rd, 201 pts.

**NCAA Championships Finish:** Men – 3rd, 138 pts. Women – 8th, 317 pts.

**Top Returning Men's Runners:** Henry Cheseto (Jr., GNAC Men's Cross Country Athlete of the Year, First Team All-GNAC, All-West Region, All-American, USTFCCCA West Region Male Runner of the Year; 1st at GNAC Championships, 24:22.70; 1st at NCAA West Regional, 29:29.82; 3rd at NCAA Championships, 29:35.60), Edwin Kangogo (Jr., First Team All-GNAC, All-West Region, All-American, 3rd at GNAC Championships, 24:44.10; 8th at NCAA West Regional, 30:06.78; 30th at NCAA Championships, 30:24.50); Michel Ramirez (Sr., Redshirted In 2015; 2014: GNAC Newcomer of the Year, First Team All-GNAC, All-West Region, All-American; 5th at GNAC Championships, 25:06.7).

**Other Men's Returning Conference Meet Finishers:** Victor Samoei (Sr., 6th, 25:19.60, First Team All-GNAC), Nathan Kipchumba (Jr., 9th, 25:29.30, First Team All-GNAC), Michael Mendenhall (Sr., 17th, 25:53.30), Jesse Miller (Sr., 36th, 26:43.40), Philip Messina (Sr., 74th, 28:05.40).

**Key Men's Newcomers:** Kaleb Korta (Fr., Galena, Alaska – Galena), Justin Carrancho (Jr., Salinas, Calif. – Hartnell Coll.), Amos Kipchumba (So., Kapsowar, Kenya – Ranger Coll, Texas).

**Top Returning Women's Runners:** Joyce Chelimo (Sr., GNAC Women's Cross Country Athlete of the Year, First Team All-GNAC, All-West Region, All-American, USTFCCCA West Region Female Runner of the Year; 1st at GNAC Championships, 21:00.90; 1st at NCAA West Regional, 20:42.34; 7th at NCAA Championships, 20:17.10), Caroline Kurgat (Jr., First Team All-GNAC, All-West Region, All-American; 2nd at GNAC Championships, 21:08.80; 2nd at NCAA West Regional, 20:59.57; 6th at NCAA Championships, 20:14.40), Kimberly Cosica (So., First Team All-GNAC, GNAC Freshman of the Year; 9th at GNAC Championships, 22:16.30; 31st at NCAA West Regional, 22:02.34; 75th at NCAA Championships, 22:00.40).

**Other Returning Women's Conference Meet Finishers:** Zannah Jepchumba (So., 12th, 22:39.10), Kaitlyn Maker (So., 27th, 23:00.10), Tamara Perez (Jr., 33rd, 23:08.30), Danielle McCormick (So., 38th, 23:13.30), Mariah Burroughs (Jr., 46th, 23:29.80).

**Key Women's Newcomers:** None.

### CENTRAL WASHINGTON

**Head Coach:** Kevin Adkisson (Willamette, 1981, 23rd Year)

**Assistant Coach:** Bryan Contreras

**GNAC Championship Finish:** Men – 6th, 177 pts. Women – 3rd, 95 pts.

**NCAA West Regionals Finish:** Men – 14th, 400 pts. Women – 6th, 212 pts.

**NCAA Championships Finish:** Men – Did Not Compete Women – Individuals

**Top Returning Men's Runners:** Alex Martinez (Jr., 27th at GNAC Championships, 26:32.30; 26th at NCAA West Regional, 32:31.63).

**Other Returning Men's Conference Meet Finishers:** Ron Leaf (Jr., 32nd, 26:37.00), Jonathan Lafferty (So., 34th, 26:37.20), Tyler Humphries (So., 50th, 27:00.80), Hanson Lee (So., 52nd, 27:05.00), Josh Boston (Jr., 54th, 27:05.80), Harry Engel (Jr., 61st, 27:18.50), Kyle Paulson (So., 70th, 27:45.40), Taryk Boyd (So., 81st, 28:33.80).

**Top Returning Women's Runners:** Alexa Shindruk (So., 11th at GNAC Championships, 22:37.00; 33rd at NCAA West Regional, 22:05.42).

**Other Returning Women's Conference Meet Finishers:** Stephanie Rexus (Sr., 34th, 23:04.40), Ashley Mason (So., 92nd, 27:18.10), Elena Gomez (Sr., 96th, 28:27.90).

**2016 GNAC CROSS COUNTRY TEAMS AT A GLANCE****CONCORDIA****Head Coach:** Jerret Mantalas (Western Oregon, 2006, 3rd Season)**Assistant Coaches:** Mikel Elliott, Brad Pettyman**GNAC Championship Finish:** Men – 11th, 298 pts. Women – 8th, 216 pts.**NCAA West Regionals Finish:** Did Not Compete**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Jared Seckel (Sr., 37th at GNAC Championships, 26:47.50), Paris Speidel (Sr., 64th at GNAC Championships, 27:29.2), Ethan Livemore (Sr., 90th at GNAC Championships, 30:43.70), Roman Kirkov (Sr., Redshirt in 2015), Demetrius Rhodes (Sr., Redshirt in 2015).**Key Men's Newcomers:** Kameron Jones (Fr., Renton, Wash. – Renton), Noah Murry (Fr., Olympia, Wash. – Olympia), Judd Lewis (Jr., Wenatchee, Wash. – Spokane CC).**Top Returning Women's Runners:** Megan Fristoe (Sr., 18th at GNAC Championships, 22:46.40), Nicole Pederson (So., 26th at GNAC Championships, 22:59.20), Sara Fristoe (Sr., 62nd at GNAC Championships, 24:09.40), Dalen Richardson (Jr., 78th at GNAC Championships, 25:07.90).**Other Returning Women's Conference Meet Finishers:** Bianca Moreno (Sr., 87th, 26:46.30), Erin McChurch (So., 93rd, 27:30.40).**Key Women's Newcomers:** Kaitlyn Bailly (Fr., Anchorage, Alaska – South), Bailey Fjelstul (Fr., Kenmore, Wash. – Inglemoor), Gabriella Hobson (Fr., Coos Bay, Ore. – North Bend), Hali Young (Fr., Eagle River, Alaska – Chugiak), Madison Schell (Jr., Durham, Calif. – Lane CC).**MONTANA STATE BILLINGS****Head Coach:** Dave Coppock (Montana, 1979, 28th Year)**Assistant Coaches:** Jonathan Woehl, Mark Bolt, Matt Winter**GNAC Championship Finish:** Men – 5th, 130 pts. Women – 11th, 298 pts.**NCAA West Regionals Finish:** Men – 10th, 287 pts. Women – 25th, 669 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Garrett Love (Sr., 18th at GNAC Championships, 25:53.80; 40th at NCAA West Regional, 31:12.72), Josh Panasuk (Sr., Redshirt in 2015, 35th at 2014 GNAC Championships, 26:11.90).**Other Returning Men's Conference Meet Finishers:** Jorey Egeland (Jr., 38th, 26:49.80), Mark Hovland (Jr., 45th, 26:57.70), Liam McKay (Jr., 53rd, 27:07.90), Tyus Mendoza (35th, 26:39.90).**Key Men's Newcomers:** Isaiah Girard (Fr., Dillon, Mont. – Beaverhead County), Kyle McLaughlin (Fr., Belgrade, Mont. – Belgrade), Ronald Venema (Fr., Pinesdale, Mont. – Corvallis).**Top Returning Women's Runners:** Rio Frame (Sr., 52nd at GNAC Championships, 23:46.80; 117th at NCAA West Regional, 23:19.08).**Other Returning Women's Conference Meet Finishers:** Sarah Beatty (So., 95th, 27:58.70), Bailey Bomar (Jr., 86th, 26:12.50), Devin McDonald (So., 94th 27:54.00).**Key Women's Newcomers:** Nikki Aiken (Fr., Belgrade, Mont. – Manhattan Christian), Lydia Foster (Fr., Gillette, Wyo. – Campbell County), Ella McKenzie (Fr., Livingston, Mont. – Park County), Catrina Schuchard (Fr., Harlowton, Mont. – Harlowton), Ali Walker (Sr., Park City, Utah – Univ. of Wyoming), Kelby Wegner (Jr., Medical Lake, Wash. – Spokane CC).**NORTHWEST NAZARENE****Head Coach:** John Spatz (Eastern Washington, 1988, 15th Year)**Associate Head Coach:** Jake Perry**Assistant Coach:** Jenny Perry**GNAC Championship Finish:** Men – 7th, 215 pts. Women – 7th, 205 pts.**NCAA West Regionals Finish:** Men – 17th, 477 pts. Women – 17th, 472 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Isaac Mitchell (Jr., First Team All-GNAC, All-West Region; 8th at GNAC Championships, 25:25.20; 23rd at NCAA West Regional, 30:39.28), Chase Cunningham (Sr., 30th at GNAC Championships, 97th at NCAA West Regional, 32:32.32), Nick Hamilton (So., 42nd at GNAC Championships, 26:54.80; 79th at NCAA West Regional, 32:13.63), Gabe Fisher (Jr., 77th at GNAC Championships, 28:15.50; 137th at NCAA West Regional, 33:45.39), Tim Swarat (So., 83rd at GNAC Championships, 28:43.60).**Key Men's Newcomers:** Peyton Brothers (Fr., Nampa, Idaho – Nampa Christian), Godfrey Kemboi (Fr., Iten, Kenya – Anin Secondary), Rylan Manzer (Fr., Melba, Idaho – Melba).**Top Returning Women's Runners:** Sierra Manzer (So., 17th at GNAC Championships, 22:44.60; 36th at NCAA West Regional, 22:07.65), Anysia Manzer (Jr., 41st at GNAC Championships, 23:15.90; 99th at NCAA West Regional, 23:05.20), Emily Hammons (So., 74th at GNAC Championships, 24:51.70).**Key Women's Newcomers:** Bethany Danner (Fr., McCall, Idaho – McCall-Donnelly), MaKenna Conley (So., Redmond, Ore. – Warner Pacific Coll.).

**2016 GNAC CROSS COUNTRY TEAMS AT A GLANCE****SAINT MARTIN'S**

**Head Coach:** Jim Brewer (Western Washington, 1998, 3rd Year)

**Assistant Coaches:** Kyle Stevenson, Rachel Brewer

**GNAC Championship Finish:** Men – 10th, 298 pts. Women – 9th, 217 pts.

**NCAA West Regionals Finish:** Men – 22nd, 656 pts. Women – 19th, 542 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Jasper Heckman (Sr., 46th at GNAC Championships, 26:58.20; 125th at NCAA West Region Championships, 33:23.26).

**Other Returning Men's Conference Meet Finishers:** Josh Hunt (Jr., 72nd, 24:52.10), Joe Edgecomb (So., 75th, 28:09.40), Skyler Larson (Jr., 78th, 28:21.10), Levi Schilter (So., 82nd, 28:37.80), Austin Miller (Jr., 85th, 28:58.80), Luis Lara Espinoza (So., 91st, 32:29.70).

**Key Men's Newcomers:** None.

**Top Returning Women's Runners:** Larissa Kolasinski (So., 14th at GNAC Championships, 22:41.50; 55th at NCAA West Regional, 22:25.27).

**Other Returning Women's Conference Meet Finishers:** Megan Teigen (Sr., 50th, 23:41.70), Lindsey Dorney (So., 85th, 26:00.00), Claire McCloskey (Sr., 91st, 27:25.30), Alexis Carandang (So., 97th, 30:45.10).

**Key Women's Newcomers:** None.

**SEATTLE PACIFIC**

**Head Coach:** Karl Lerum (Pacific Lutheran, 1998, 4th Year)

**Assistant Coaches:** Chris Reed, Audra Smith

**GNAC Championship Finish:** Men – 9th, 252 pts. Women – 5th, 114 pts.

**NCAA West Regionals Finish:** Men – 20th, 557 pts. Women – 5th, 207 pts.

**NCAA Championships Finish:** Men – Did Not Compete. Women – 15th, 398 pts.

**Top Returning Men's Runners:** Ben Halladay (Jr., 31st at GNAC Championships, 26:36.70; 99th at NCAA West Regional, 32:34.11).

**Other Returning Men's Conference Meet Finishers:** Joseph Walker (Sr., 67th, 27:39.30), Brysten James (Jr., 69th, 27:44.30), David McLeod (Sr., 71st, 27:50.10), Clark Sterling (Jr., 79th, 28:29.80).

**Key Men's Newcomers:** Jesse Phan (Fr., Deming, Wash. – Mt. Baker), Danny Provo (Fr., Missoula, Mont. – Hellgate).

**Top Returning Women's Runners:** Mary Charleson (All-West Region; Jr., 20th at GNAC Championships, 22:53.00; 20th at NCAA West Regional, 21:48.40), Hannah Calvert (Sr., 21st at GNAC Championships, 22:52.10; 72nd at NCAA West Regional, 22:41.43).

**Other Returning Women's Conference Meet Finishers:** Sarah Macdonald (Sr., 37th, 23:11.70), Chynna Phan (Jr., 39th, 23:13.60), Hailey Kettel (Jr., 70th, 24:28.20).

**Key Women's Newcomers:** Alyssa Foote (Fr., Beaverton, Ore. – Aloha), Kate Lilly (Fr., Renton, Wash. – Hazen), Sedona McNerny (Fr., Fair Oaks, Calif. – Bella Vista), Katherine Walter (Fr., Brier, Wash. – Mountlake Terrace).

**SIMON FRASER**

**Head Coach:** Brit Townsend (Simon Fraser, 1986, 18th Year)

**Team Managers:** Traci Boss, Samir Dhanani

**GNAC Championship Finish:** Men – 2nd, 54 pts. Women – 4th, 112 pts.

**NCAA West Regionals Finish:** Men – 4th, 107 pts. Women – 10th, 273 pts.

**NCAA Championships Finish:** Men – 12th, 372 pts. Women – Individuals.

**Top Returning Men's Runners:** Oliver Jorgensen (Sr., First Team All-GNAC, All-West Region; 5th at GNAC Championships, 25:03.60; 5th at NCAA West Regional, 29:59.40; 38th at NCAA Championships, 30:41.20), Marc Antoine Rouleau (Sr., First Team All-GNAC, All-West Region, 7th at GNAC Championships, 25:22.10; 16th at NCAA West Regional, 30:28.17; 44th at NCAA Championships, 30:48.30), Sean Miller (So., GNAC Freshman of the Year, 12th at GNAC Championships, 25:39.00; 33rd at NCAA West Regional, 30:57.95; 84th at NCAA Championships, 31:26.80), Rowan Doherty (So., 23rd at GNAC Championships, 26:21.80; 39th at NCAA West Regional, 31:10.94; 101st at NCAA Championships, 31:37.10).

**Other Returning Men's Conference Meet Finishers:** Mateo de Dalmases (Jr., 26th, 26:30.30), Phillippe Gravel (Sr., 51st, 27:01.30), Ephraim Tadesse (Jr., 56th, 27:12.60).

**Key Men's Newcomers:** Thomas Gallagher (Fr., Keswick, Ont. – Keswick), Tyrell Barley (Fr., Campbell River, B.C. – Carihi Secondary).

**Top Returning Women's Runners:** Rebecca Bassett (Sr., First Team All-GNAC, All-West Region, All-American; 3rd at GNAC Championships, 21:29.10; 9th at NCAA West Regional, 21:28.20; 24th at NCAA Championships, 21:05.90), Addy Townsend (So., 19th at GNAC Championships, 22:49.20; 80th at NCAA West Regional, 22:45.39), Paige Nock (Jr., 22nd at GNAC Championships, 22:56.90; 70th at NCAA West Regional, 22:41.03).

**Other Returning Women's Conference Meet Finishers:** Reta Dobie (Jr., 30th, 23:03.90), Miryam Bassett (Jr., 40th, 23:15.40), Julia Howley (Jr., 47th, 23:31.50), Dana Townsend (Jr., 81st, 25:37.90).

**Key Women's Newcomers:** Calli Charlton (Fr., Vancouver, B.C. – Lord Byng Secondary), Adrianna Klassen (Fr., Langley, B.C. – Langley Fundamental Secondary), Amy Morris (Fr., Nanaimo, B.C. – Wellington Secondary), Chelsea Ribeiro (So., Surrey, B.C. – Eastern Washington Univ.).

**2016 GNAC CROSS COUNTRY TEAMS AT A GLANCE****WESTERN OREGON**

**Head Coach:** Mike Johnson (Eastern Washington, 1972, 13th Year)

**Assistant Coach:** Ben Stensland, Brady Beagley

**GNAC Championship Finish:** Men – 4th, 118 pts. Women – 6th, 183 pts.

**NCAA West Regionals Finish:** Men – 12th, 310 pts. Women – 15th, 416 pts.

**NCAA Championships Finish:** Men – Individuals. Women – Did Not Compete.

**Top Returning Men's Runners:** David Ribich (Jr., First Team All-GNAC, All-West Region; 4th at GNAC Championships, 24:59.60; 11th at NCAA West Regional, 30:11.95; 67th at NCAA Championships, 30:58.60), Tyler Jones (So., 24th at GNAC Championships, 26:25.80; 91st at NCAA West Regional, 32:26.10).

**Other Returning Men's Conference Meet Finishers:** Josh Dempsey (Sr., 57th, 27:13.50).

**Key Men's Newcomers:** Brennan Buckley-Noonan (Fr., Redmond, Ore. – Ridgeview), Justin Crosswhite (Fr., Hood River, Ore. – Hood River), Sawyer Heckard (Fr., Coos Bay, Ore. – Marshfield), Hunter Mosman (Fr., Salem, Ore. – West Salem), Michael Chin (Jr., Honolulu, Hawaii – Northern Arizona Univ.), Alan Ekanger (Jr., Henderson, Nev. – Clackamas CC).

**Top Returning Women's Runners:** Nicole Maurmann (Sr., 28th at GNAC Championships, 23:02.30; 37th at NCAA West Regional, 22:07.96), Grace Knapp (So., 45th at GNAC Championships, 23:26.90; 112th at NCAA West Regional, 23:16.31).

**Other Returning Women's Conference Meet Finishers:** Suzanne Van De Grift (Jr., 55th, 23:53.90), Amanda Ditzhazy (Sr., 79th, 25:08.40), Kendra Zimmerdahl (So., 82nd, 25:39.30).

**Key Women's Newcomers:** Grayson Burke (Fr., Vancouver, Wash. – Columbia River), Hanna Cochran (Fr., Bend, Ore. – Summit), Virginia Link (Fr., Canby, Ore. – Canby), Nicole Niskanen (Fr., Albany, Ore. – South Albany), Bailey Burch (Fr., Spokane, Wash. – Spokane CC), Hannah Rehm (Fr., Beaverton, Ore. – Univ. of the Pacific).

**WESTERN WASHINGTON**

**Head Coach:** Kelven "Pee Wee" Halsell (Wayland Baptist, 1981, 30th Year)

**Assistant Coaches:** Bill Roe, David Burnett, Tanner Boyd (volunteer)

**GNAC Championship Finish:** Men – 3rd, 83 pts. Women – 2nd, 71 pts.

**NCAA West Regionals Finish:** Men – 6th, 194 pts. Women – 2nd, 165 pts.

**NCAA Championships Finish:** Men – Did Not Compete Women – 6th, 307 pts.

**Top Returning Men's Runners:** Sean Eustis (Jr., 21st at GNAC Championships, 26:05.20; 28th at NCAA West Regional, 30:46.85), Isaac Derline (Jr., Did Not Compete at GNAC Championships; 46th at NCAA West Regional, 31:26.03), Matthew Lutz (Sr., 14th at GNAC Championships, 25:43.40; 47th at NCAA West Regional, 31:26.56), Nick Mounier (So., 16th at GNAC Championships, 25:47.80; 60th at NCAA West Regional, 31:39.58), Max Romey (Jr., 25th at GNAC Championships, 26:25.90; 59th at NCAA West Regional, 31:38.58), Andrew Wise (Jr., First Team All-GNAC, All-West Region; 10th at GNAC Championships, 25:30.80; 14th at NCAA West Regional, 30:22.33).

**Other Returning Men's Conference Meet Finishers:** Cody McCranie (28th, 26:32.20), Dylan Hayes (48th, 27:00.70), Justin Irvine (76th, 28:15.40).

**Key Men's Newcomers:** Peter Butler (Fr., Port Angeles, Wash. – Port Angeles), Kyler Sager (Jr., Snohomish, Wash. – Everett CC).

**Top Returning Women's Runners:** Brittany Grant (Jr., First Team All-GNAC, All-West Region; 8th at GNAC Championships, 22:10.90; 28th at NCAA West Regional, 21:59.95; 63rd at NCAA Championships, 22:01.40), Alexandra Laiblin (Jr., 25th at GNAC Championships, 22:57.70; 81st at NCAA West Regional, 22:45.79; 148th at NCAA Championships, 22:52.50), Tracy Melville (So., First Team All-GNAC, All-West Region; 10th at GNAC Championships, 22:24.90; 27th at NCAA West Regional, 21:58.44; 43rd at NCAA Championships, 21:40.50), Lilianna Sterling (Sr., 24th at GNAC Championships, 22:57.30; 59th at NCAA West Regional, 22:30.00; 93rd at NCAA Championships, 22:19.90), Sara Taferre (Jr., 23rd at GNAC Championships, 22:57.20; 75th at NCAA West Regional, 22:43.51; 84th at NCAA Championships, 22:14.20), Shawna Troupe (Jr., 29th at GNAC Championships, 23:03.40; 49th at NCAA West Regional, 22:20.03; 94th at NCAA Championships, 22:20.70).

**Other Returning Women's Conference Meet Finishers:** Sofia Marikis (Sr., 54th, 23:49.10), Mikhaela Woodward (So., 57th, 23:57.60).

**Key Women's Newcomers:** Talia Dreicer (Fr., Loa Alamos, N.M. – Los Alamos), Sophia Galvez (Fr., Los Alamos, N.M. – Los Alamos), Waverly Shreffler (Fr., Sequim, Wash. – Sequim).