



Sept. 7, 2017 • Week 2  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

#### Fri., Sept. 8

Montana St. Billings at Gage McSpadden Memorial Invitational, Spearfish, S.D.  
Alaska Anchorage, Concordia, Simon Fraser, Western Oregon at Ash Creek Invitational, Monmouth, Ore.

#### Sat., Sept. 9

Central Washington, Saint Martin's, Western Washington at SMU Meet, Lacey, Wash.

### LAST WEEK'S MEETS

#### Fri., Sept. 1

**Seattle Pacific Dual vs. Northwest (Wash.) at Maganson Park, Seattle, Wash.**

**Men (7,200 Meters):** Seattle Pacific 23, Northwest (Wash.) 37.

**Top 5 Finishers:** 1, Riley Sine, NWU, 22:47.68. 2, Ben Halladay, SPU, 23:01.10. 3, Brysten James, SPU, 23:51.32. 4, Kyle Cole, NWU, 24:03.51. 5, Shad Galloway, SPU, 24:12.10.

**Women (4,000 Meters):** Seattle Pacific 18, Northwest (Wash.) 45.

**Top 5 Finishers:** 1, Alyssa Foote, SPU, 17:20.95. 2, Dania Holmberg, SPU, 17:25.04. 3, Sarah Estabrook, NWU, 17:45.22. 4, Chynna Phan, SPU, 17:51.06. 5, Hailey Kettel, SPU, 17:54.11.

#### Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

**Men (6,000 Meters):** Western Oregon 40, George Fox 44, Concordia 46, Linfield 97.

**Top 5 Finishers:** 1, Judd Lewis, CU, 19:58.36. 2, Christian Parr, GFU, 20:05.12. 3, Jose Macias, CU, 20:06.60. 4, Parker Marson, WOU, 20:13.86. 5, Alan Ekanger, WOU, 20:24.88.

**Other Top GNAC Runners:** 6, Josh Moats, CU, 20:27.72.

**Women (4,000 Meters):** Linfield 34, George Fox 47, Concordia 60, Western Oregon 77, Multnomah 153.

**Top 5 Finishers:** 1, Kennedy Rufener, WOU, 15:21.41. 2, Emma Knudson, LIN, 15:30.71. 3, Kaelia Neal, LIN, 15:32.03. 4, Kayla Moore, GFU, 15:37.41. 5, Nicole Maurmann, Unattached, 15:44.14.

**Other Top GNAC Finishers:** 7, Bailey Fjelstul, CU, 16:04.84. 8, Sara Harrington, CU, 16:05.29. 13, Isabelle Tinglestad, WOU, 16:24.59. 14, Nicole Pederson, CU, 16:25.18.

#### Sat., Sept. 2

**San Francisco Invitational at Golden Gate Park, San Francisco**

**Men (8,000 Meters):** San Francisco 29, Santa Clara 42, California 84, Alaska Anchorage 103, San Jose St. 116, US Davis 159, Saint Mary's (Calif.) 192.

**Top 5 Finishers:** 1, Mohamed Aziz, USF, 25:21.0. 2, Jack Rowe, Unattached, 25:27.4. 3, Jose Pina, Unattached, 25:32.5. 4, Ben Alcock, USF, 25:45.5. 5, Felix Kemboi, UAA, 25:46.5.

**Other Top GNAC Runners:** 26, Jorge Sanchez, UAA, 27:03.6. 30, Edwin Kangogo, UAA, 27:12.3. 32, Kaleb Korta, UAA, 27:14.3. 34, Nathan Kipchumba, UAA, 27:21.8.

**Women (6,000 Meters):** San Francisco 18, San Jose St. 56, Alaska Anchorage 82, California 92, Santa Clara 115.

**Top 5 Finishers:** 1, Weronika Pyzik, USF, 21:31.7. 2, Isabelle Brauer, USF, 21:33.6. 3, Elizabeth Bird, USF, 21:34.8. 4, Lea Meyer, USF, 21:35.2. 5, Caroline Kurgat, UAA, 21:39.3.

**Other Top GNAC Finishers:** 20, Kimberly Cosica, UAA, 23:20.2. 26, Zannah Jepchumba, UAA, 23:44.4. 27, Mariah Burroughs, UAA, 23:47.7. 29, Michelle Keller-Miller, UAA, 24:06.5.

#### Puget Sound XC Invitational

at Fort Steilacoom Park, Lakewood, Wash.

**Men (8,000 Meters):** Portland 15, Pacific Lutheran 65, Saint Martin's 79, Puget Sound 95.

**Top 5 Finishers:** 1, Devin Wulff, UP, 26:51.00. 2, Erik Holm, UP, 27:09.00. 3, Conor Johnston, UP, 27:29.00. 4, Said Guermali, UP, 27:38.00. 5, Ryan Clarke, UP, 27:39.00.

**Top GNAC Runners:** 7, Josh Hunt, SMU, 28:07.00. 9, Levi Schilter, SMU, 28:31.00. 20, Austin Miller, SMU, 29:37.00. 21, Miguel De LaMalena, SMU, 30:09.00. 24, Derrick Howlett, SMU, 30:44.00.

**Women (6,000 Meters):** Puget Sound 20, Saint Martin's 60, Pacific Lutheran 61, Green River CC 110.

**Top 5 Finishers:** 1, Larissa Kolasinski, SMU, 23:51.00. 2, Rachel Metzler, UPS, 24:18.00. 3, Sam Schaffer, UPS, 24:20.00. 4, Kayla Wildon, UPS, 24:48.00. 5, Terra Wildon, UPS, 25:03.00.

**Other Top GNAC Finishers:** 11, Yeshi Vaughan, SMU, 26:40.00. 13, Sadie Dagleish, SMU, 26:49.00. 24, Olivia Abbott, SMU, 30:43.00. 25, Cassie La Brake, SMU, 30:50.00.

## #GNACXC in 140 @GNACSports

**#CavalierEffort** Concordia's **Judd Lewis** opened the season by winning the Linfield Harrier Classic on Sept. 1. The effort earned Lewis selection as the GNAC Men's Cross Country Athlete of the Week.

**#SweetCaroline** Alaska Anchorage's **Caroline Kurgat** placed fifth against Division I competition at the San Francisco Invitational to be named the GNAC Women's Cross Country Athlete of the Week.

**#SaintsAlive** Saint Martin's senior **Larissa Kolasinski** won the Puget Sound Invitational for the second straight year, covering the 6,000-meter course in 23:51.

**#ChariotsOfFire** Smoke from the Northwest's wildfires have forced the cancellation of the CWU Apple Ridge Invitational in Yakima, Wash., on Saturday. In lieu of the event, Central Washington, Saint Martin's and Western Washington will race in a meet on the SMU campus in Lacey, Wash..

## Get Social

### Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#ProtectTheShield
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUCrusaders	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUCfan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUathletics	#GoViks

# GNAC Cross Country Runners of the Week



## MEN

**Judd Lewis, Concordia**  
**Senior • Wenatchee, Wash.**

Lewis opened the season by winning the Linfield Harrier Classic on Friday, covering the 6,000-meter course in a time of 19:58.36. He finished seven seconds ahead of second place Christian Parr of George Fox. Lewis led Concordia to a third place team finish, just six points behind champion Western Oregon.

**Also Nominated:** Felix Kemboi (Alaska Anchorage), Parker Marson (Western Oregon).



## WOMEN

**Caroline Kurgat, Alaska Anchorage**  
**Senior • Eldoret, Kenya**

The defending GNAC and West Region champion opened the season by placing fifth at the University of San Francisco Invitational in a time of 21:39.3 for 6,000 meters. She trailed only four Division I runners in the race, all from USF, which finished sixth at last year's Division I Championships.

**Also Nominated:** Bailey Fjelstul (Concordia), Kennedy Rufener (Western Oregon).

## Past GNAC Runners of the Week

Date	Men	Women
Aug. 28 - Sept. 4	Judd Lewis, CU	Caroline Kurgat, UAA

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## GNAC News & Notes

**CONFERENCE HARRIERS EXCEL AT LINFIELD:** The first meet of the 2017 season was a good one for Concordia and Western Oregon, whose young teams showed well at the Sept. 1 Linfield Harrier Classic in McMinnville, Ore.

Despite running without many of its top runners, Western Oregon claimed the men's team victory with a total of 40 points. The Wolves were four points ahead of George Fox and six points ahead of Concordia. Senior **Parker Marson** led the way for the Wolves with his fourth place finish in the 6,000-meter course in a time of 20:13.86.

Concordia senior **Judd Lewis**, meanwhile, became the first Cavaliers' male athlete to win a race in the school's GNAC era, capturing first place in a time of 19:58.36.

In the women's 4,000-meter race, WOU senior **Kennedy Rufener** won her first race in a Wolves' singlet with her time of 15:21.41. Concordia placed third in the women's team competition with 60 points while Western Oregon was fourth with 77 points.

**IN THE RANKINGS:** Alaska Anchorage opens at the top GNAC in both the USTFCCCA Division II Preseason Coaches Poll. The Seawolves are No. 5 in the men's poll, the second ranked West Region team behind Chico State (No. 4). Western Washington was listed among teams receiving votes.

In the women's poll, Alaska Anchorage opens at No. 7 after finishing at No. 8 in 2016. Simon Fraser is ranked No. 14 while Seattle Pacific was among teams receiving votes.

In the preseason West Region men's rankings, Alaska Anchorage opens at No. 2, followed by Western Washington at No. 7 and Simon Fraser at No. 9. The Seawolves are also No. 2 in the women's West Region rankings, followed by Simon Fraser at No. 5, Seattle Pacific at No. 8 and Western Washington at No. 9.

**BREAKING THE TAPE:** A total of four GNAC athletes, including three women, picked up victories in races over the Labor Day Weekend. Here is the complete list...

### MEN

- Judd Lewis (CU): Linfield Harrier Classic, Sept. 1 (19:58.36, 6,000 meters)

### WOMEN

- Alyssa Foote (SPU): Dual vs. Northwest (Wash.), Sept. 1 (17:20.95, 4,800 meters)
- Larissa Kolasinski (SMU): Puget Sound Invitational, Sept. 2 (23:51.00, 6,000 meters)
- Kennedy Rufener (WOU): Linfield Harrier Classic, Sept. 1 (15:21.41, 4,000 meters)

# Around The GNAC

## ALASKA



**LAST WEEK:** No Meet  
**THIS WEEK:** No Meet

- Alaska will open its 2017 season by competing in the Sundodger Invitational, Sat., Sept. 16 in Seattle.
- The Nanooks will have an unofficial opening to the season on Friday, holding their annual Moda Health Blue & Gold

Intrasquad Race on the West Ridge Trails in Fairbanks.

## ALASKA ANCHORAGE



**LAST WEEK:** Sept. 2 at San Francisco Invitational Men - 4th of 7, 103 pts. Women - 3rd of 5, 82 pts.  
**THIS WEEK:** Sept. 8: at Ash Creek Invitational, Monmouth, Ore.

- Alaska Anchorage opened the season as the only Division II team competing amidst a Division I field at the San Francisco Invitational.

• Senior **Caroline Kurgat** was named both the GNAC Women's Cross Country Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week after placing fifth in the 6,000-meter race in a time of 21:39.3. She was beat by four USF runners from a team that placed sixth at last year's Division I Championships.

• Freshman **Felix Kemboi** was the top UAA runner in the men's race, placing fifth in a time of 25:46.5 for 8,000 meters.

• Both the Seawolves' men's and women's programs are ranked in the USTFCCA Division II Preseason Coaches Poll. The UAA men are ranked fifth while the UAA women are ranked seventh. Both squads are ranked second in the USTFCCA West Region polls.

• The Seawolves will compete in rare back-to-back weeks, traveling south to the Ash Creek Invitational on Friday. The course is the location for November's NCAA Division II West Regional Championships.

## CENTRAL WASHINGTON



**LAST WEEK:** No Meet  
**THIS WEEK:** Sept. 9: at SMU Meet, Lacey, Wash.

- Central Washington's scheduled opener to the 2017 season was scrubbed due to air quality. The CWU Apple Ridge Invitational, scheduled for Saturday, was cancelled due to smoke generated by the forest fires in the Northwest.

• With the cancellation, Central Washington will join Saint Martin's and Western Washington for a meet on Saturday on the Saint Martin's campus in Lacey, Wash.

## CONCORDIA



**LAST WEEK:** Sept. 1 at Linfield Harrier Classic Men - 3rd of 4, 46 pts. Women - 3rd of 5, 60 pts.  
**THIS WEEK:** Sept. 9: at Ash Creek Invitational, Monmouth, Ore.

- Concordia posted a pair of third place team finishes as the Cavaliers opened the year at the Linfield Harrier Classic in McMinnville, Ore.

• Senior **Judd Lewis** was named the GNAC Men's Cross Country Athlete of the Week after he won the 6,000-meter race in a time of 19:58.36. He finished seven seconds ahead of second place Christian Parr of George Fox (20:05.12). It was Lewis' first collegiate race victory and the first for a Concordia men's athlete since joining the GNAC in 2015.

• Junior transfer **Jose Macias** placed third for the Cavaliers in a time of 20:06.60 while junior transfer **Josh Moats** was sixth in 20:27.72. Both are transfers from Clackamas CC.

• Sophomore **Bailey Fjelstul** was Concordia's top women's runner, placing seventh in the 4,000-meter race in 15:37.41. Senior Sara Harrington was eighth in a time of 16:05.29.



## MONTANA STATE BILLINGS

**LAST WEEK:** No Meet  
**THIS WEEK:** Sept. 8: at Gage McSpadden Memorial Invitational, Spearfish, S.D.

• Montana State Billings opens the season at the Gage McSpadden Memorial Invitational, the first of three meets the Yellowjackets will compete in during September.

• The Yellowjackets begin life under first year head coach **Jonathan Woehl**, who was promoted after two seasons as the program's assistant coach. He succeeds Dave Coppock, who retired in May after 28 years leading the MSUB program.

## NORTHWEST NAZARENE



**LAST WEEK:** No Meet  
**THIS WEEK:** No Meet

- Northwest Nazarene opens its 2017 season on Sat., Sept. 16, competing in the Sundodger Invitational in Seattle.

## SAINT MARTIN'S



**LAST WEEK:** Sept. 2 at Puget Sound Invitational Men - 3rd of 4, 79 pts. Women - 2nd of 4, 60 pts.  
**THIS WEEK:** Sept. 9: Hosting SMU Meet, Lacey, Wash.

- Saint Martin's showed well against a small field at the Puget Sound Invitational in Lakewood, Wash.

• Junior **Larissa Kolasinski** repeated as the women's race champion, covering the 6,000 meters in 23:51. She finished 27 seconds ahead of second place Rachel Metzler of Puget Sound.

• Senior **Josh Hunt** was the Saints' top men's finisher, placing seventh in a time of 28:07 for 8,000 meters. He was the top Division II finisher, trailing six runners from Division I Portland. Junior **Levi Schilter** placed ninth in a time of 28:31.

• Thanks to the Northwest forest fires, the Saints scheduled trip to the CWU Apple Ridge Invitational has been cancelled. With the cancellation, Saint Martin's will host Central Washington and Western Washington on the SMU campus for a meet on Saturday.

# Around The GNAC

## SEATTLE PACIFIC



**LAST WEEK:** Sept. 1: Dual vs. Northwest (Wash.)

Men - 1st of 2, 23 pts. Women - 1st of 2, 18 pts.

**THIS WEEK:** No Meet

- Seattle Pacific opened its 2017 season with a last-minute scheduled dual meet with NAIA crosstown rival Northwest (Wash.) at Seattle's Magnuson Park.
- Sophomore **Alyssa Foote** won the women's 4,800-meter race in a time of 17:20.95. She led a finish that saw the Falcons take seven of the top eight places. Freshman **Dania Holmberg** was five seconds behind, placing second in her collegiate debut in 17:25.04.
- Senior **Ben Halladay** was the top Seattle Pacific men's finisher, placing second in the 7,200-meter race in a time of 23:01.10. Senior **Brysten James** was third in 23:51.32.
- The Seattle Pacific women were listed among teams receiving votes in the USTFCCA Division II Coaches Preseason Poll, picking up two points.
- Seattle Pacific will not compete this week. The Falcons return to racing in the Emerald City on Sat., Sept. 16, at the Sundodger Invitational.

## SIMON FRASER



**LAST WEEK:** No Meet

**THIS WEEK:** Sept. 8: at Ash Creek Invitational, Monmouth, Ore.

- Simon Fraser opens its 2017 season on Fri., Sept. 8, when it competes at the Ash Creek Invitational on the Western Oregon University campus.
- The Simon Fraser women opened the season ranked No. 14 in the USTFCCA Division II Preseason Coaches Poll. The Clan is one of two GNAC women's teams ranked (Alaska Anchorage) and is the fifth ranked team from the West Region.

## WESTERN OREGON



**LAST WEEK:** Sept. 1: Linfield Harrier Classic

Men - 1st of 4, 40 pts. Women - 4th of 5, 77 pts.

**THIS WEEK:** Hosts Ash Creek Invitational, Fri., Sept. 8, Monmouth.

- Western Oregon provided some of its runners an early start to the competitive season with action at the Linfield Harrier Classic.
- Senior **Kennedy Rufener** won her first race at WOU and just the sixth all time for a Wolves' women's athlete in the GNAC era. She covered the 4,000-meter course in a time of 15:21.41, nine seconds ahead of second place Emma Knudson of Linfield (15:30.71).
- Senior **Parker Marson** won the winning WOU men's effort, placing fourth in the 6,000-meter race in a time of 20:13.86. Senior **Alan Ekanger** was fifth in 20:24.88.
- Western Oregon will run its first race at home this season on Friday, hosting the Ash Creek Invitational. The course will be the site of November's NCAA Division II West Region Championships.

## WESTERN WASHINGTON



**LAST WEEK:** No Meet

**THIS WEEK:** Sept. 9: at SMU Meet, Lacey, Wash.

- Thanks to the Northwest forest fires, the Saints scheduled trip to the CWU Apple Ridge Invitational has been cancelled. With the cancellation, Central Washington will join Saint Martin's and Western Washington for a meet on Saturday on the Saint Martin's campus in Lacey, Wash.
- The Western Washington men were listed among teams receiving votes in the USTFCCA Division II Coaches Preseason Poll, picking up two points.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	WWU
Preseason	5th	RV (2)

RV - Not ranked in top-25, but is among others receiving votes.

## West Region

UAA	SFU	WWU	
Preseason	2nd	9th	7th

## USTFCCCA DIVISION II COACHES POLL

Preseason (Aug. 30)		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	190
3.	Colorado Mines	183
4.	Chico State	178
5.	<b>Alaska Anchorage</b>	<b>165</b>
6.	Southern Indiana	152
7.	CSU-Pueblo	149
8.	Cal Poly Pomona	130
9.	Saginaw Valley St.	128
10.	Missouri Southern	109
11.	Lewis	104
12.	Cal Baptist	103
13.	Lee	98
14.	Shippensburg	90
15.	Augustana (S.D.)	87
16.	Mount Olive	80
17.	American International	75
18.	West Texas A&M	67
19.	Queens (N.C.)	56
20.	Hillsdale	52
T21.	Academy of Art	40
	Northwest Missouri St.	40
23.	Western State	39
24.	Stonehill	26
25.	UC San Diego	26

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Preseason (Aug. 29)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>2</b>
3.	Cal Poly Pomona	CCAA	3
4.	Cal Baptist	PacWest	5
5.	Academy of Art	PacWest	4
6.	UC San Diego	CCAA	6
7.	<b>Western Washington</b>	<b>GNAC</b>	<b>7</b>
8.	Cal State San Marcos	CCAA	NR
9.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>9</b>
10.	San Francisco St.	CCAA	8

[View Complete Regional Polls Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Preseason	7th	RV (2)	14th

RV - Not ranked in top-25, but is among others receiving votes.

## West Region

UAA	SFU	SPU	WWU	
Preseason	2nd	5th	8th	9th

## USTFCCCA DIVISION II COACHES POLL

Preseason (Aug. 30)		
Rk	School (1st)	Pts.
1.	Grand Valley St. (7)	199
2.	Adams State (1)	193
3.	Western State	183
4.	Chico State	177
5.	Southern Indiana	166
6.	Mary	156
7.	<b>Alaska Anchorage</b>	<b>152</b>
8.	Cal Baptist	145
T9.	Minnesota Duluth	129
	Point Loma	129
11.	Colorado Mines	115
12.	Cedarville	113
13.	Northern Michigan	101
14.	<b>Simon Fraser</b>	<b>85</b>
15.	Hillsdale	83
16.	Queens (N.C.)	80
17.	UC-Colorado Springs	69
18.	Southwest Baptist	60
19.	Saint Leo	43
20.	CSU-Pueblo	39
21.	Stonehill	34
T22.	Shippensburg	30
	Cal State San Marcos	30
24.	Augustana (S.D.)	28
25.	Lee	14

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Preseason (Aug. 29)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>3</b>
3.	Cal Baptist	PacWest	6
4.	Point Loma	PacWest	4
5.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>2</b>
6.	Cal State San Marcos	CCAA	NR
7.	Cal Poly Pomona	CCAA	5
8.	<b>Seattle Pacific</b>	<b>GNAC</b>	<b>16</b>
9.	<b>Western Washington</b>	<b>GNAC</b>	<b>8</b>
10.	UC San Diego	CCAA	9

[View Complete Regional Polls Online](#)



# 2017 GNAC Meet Summaries

**Fri., Sept. 1**

**Seattle Pacific Dual vs. Northwest (Wash.)  
at Maganson Park, Seattle, Wash.**

**Men (7,200 Meters):** Seattle Pacific 23, Northwest (Wash.) 37.

**Top 5 Finishers:** 1, Riley Sine, NWU, 22:47.68. 2, Ben Halladay, SPU, 23:01.10. 3, Brysten James, SPU, 23:51.32. 4, Kyle Cole, NWU, 24:03.51. 5, Shad Galloway, SPU, 24:12.10.

**Women (4,000 Meters):** Seattle Pacific 18, Northwest (Wash.) 45.

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**Sat., Sept. 2**

**San Francisco Invitational**

**at Golden Gate Park, San Francisco**

**Men (8,000 Meters):** San Francisco 29, Santa Clara 42, California 84, Alaska Anchorage 103, San Jose St. 116, US Davis 159, Saint Mary's (Calif.) 192.

**Top 5 Finishers:** 1, Mohamed Aziz, USF, 25:21.0. 2, Jack Rowe, Unattached, 25:27.4. 3, Jose Pina, Unattached, 25:32.5. 4, Ben Alcock, USF, 25:45.5. 5, Felix Kemboi, UAA, 25:46.5.

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