



## Great Northwest Athletic Conference

6901 SE Lake Rd.  
Suite 1  
Portland, OR 97267-2194  
503.305.8756

Contact: Bob Guptill

### 2012 Cross Country – Week 2 (Sept. 11, 2012)

#### GNAC RED LION ATHLETES OF THE WEEK

**Male** - Jesse Baggenstos, Northwest Nazarene (Sr., Renton, WA – Kentridge) finished third in a 6,000-meter time of 18:46.60 for the Crusaders' top finish in the Roger Curran Invitational in Nampa Saturday. Baggenstos was the only Crusader male in the Top 30 and along with two runners from the College of Idaho was the only non-Division I athlete to finish in the Top 10. That performance earned him the GNAC *Red Lion Male Athlete of the Week* award.

**Female** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) is the GNAC *Red Lion Female Athlete of the Week*. She won her second race in two weeks leading the Seawolves to the team title in the University of Hawaii Big Wave Invitational in Honolulu. With Tanui leading the way in a 5,000-meter time of 18:09, UAA outpointed Hawaii Pacific 20-58 to win the team title for the second time in two weeks.

#### Honorable Mention

Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya – Tambach) won his seventh career title finishing first in the University of Hawaii Big Wave Invitational in a time of 15:43 as UAA posted a perfect team score of 15 for the second week in a row.

Zachary Bursell, Western Washington (Fr., Juneau, AK – Juneau-Douglas), a transfer from the University of Portland finished second in a 6,000-meter time of 20:28 to lead the Vikings to the team title in the CWU Invitational.

Taylor Guenther, Western Washington (Fr., Vancouver, WA – Prairie) won the CWU Invitational in her collegiate debut in a 4,000-meter time of 15:33

**AROUND THE GNAC:** Both Chelimo and Tanui won individual titles for the second week in a row to lead Alaska Anchorage to team titles in the University of Hawaii Big Wave Invitational in Honolulu. The UAA men have now posted two perfect team scores of 15 to open their season. . Whitney Mickelson finished third in a 4,000-meter time of 14:49.9 to highlight Montana State Billings' effort at the Carroll Invitation. Mickelson led the Yellowjackets to a third-place team finish. She was the only MSUB athlete in the Top 10 in the women's race. In the men's race, Clint Choquette and Michael Luhr placed fourth (19:27.6) and eighth (19:36.9), respectively to led MSUB to a third-place team finish. . . Natalie Evens was the top Northwest Nazarene woman's finisher in the Roger

Curran Invitational. She placed 20th in the women's 4,000-meter event in a time of 15:41.03. . .Michael Fehrenbach and Raphaela Sieber posted the best times for Alaska Fairbanks in their annual intersquad Ester Dome Run. Fehrenbach was clocked in a program-record time of 22:40, while Sieber finished in a time of 28:41 behind former UAF runner Crystal Pitney, who had a time of 28:25.

**UPCOMING: Saturday** – UW Sundodger Invitational at Lincoln Park, 9 a.m. (Alaska Fairbanks, Central Washington, Northwest Nazarene, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington); UC Riverside Invitational at Farm Course, 9 a.m.; Montana State Invitational, 9 a.m. (MSU Billings).

**USTFCCCA POLLS: National (Pre-Season): Men** – 8. Alaska Anchorage; 10. Western Washington; 15. Western Oregon. **Women** – 6. Alaska Anchorage; 9. Simon Fraser; 13. Western Washington; 30. Seattle Pacific. **West Region (Pre-Season): Men** – 2. Alaska Anchorage; 3. Western Washington; 4. Western Oregon; 8. Seattle Pacific; 10. Northwest Nazarene. **Women** – 1. Alaska Anchorage; 3. Simon Fraser; 5. Western Washington; 6. Seattle Pacific; 8. Alaska Fairbanks. **(Next Poll: Sept. 18).**

#### LAST WEEK'S RECAPS

**CWU Invitational (Sept. 7, 2012): Men's Team Scores** – Western Washington 32, Central Washington 48, Pacific Lutheran 73, Green River 76, Highline 134. **Individuals (6,000 Meters)** – 1. Alan DenAdel, PLU, 20:07; 2. Zachary Bursell, WWU, 20:28; 4. Isaac Griffith, WWU, 20:32; 6. Brian Bates, WWU, 20:46; 7. John Wojtech, CWU, 20:49;; 8. Jonathan Quimby, CWU, 20:49. **Women's Team Scores** – Central Washington 32, Western Washington 40, Pacific Lutheran 54, Green River 107. **Individuals (4,000 Meters)** – 1. Taylor Guenther, WWU, 15:33; 2. Maddie Jalbert, WWU, 15:38; 3. Connie Morgan, CWU, 15:40; 4. Dani Eggleston, CWU, 15:48; 6. Kelsey Kreft, CWU, 15:51.

**Carroll College Invitational (Sept. 8, 2012): Men's Team Scores** – Montana 29, Spokane CC 51, Montana State Billings 57, Carroll 89, Great Falls 133. **Individuals (6,000 Meters)** – 1. Jon Smith, Spokane CC, 19:01.8; 4. Clint Choquette, MSUB, 19:27.6; 8. Michael Luhr, MSUB, 19:36.9; 13. Chase Robinson, MSUB, 19:59.5; 15. Tyson Vanderby, MSUB, 20:03.0; 21. Taylor Canfield, MSUB, 20:16.1 **Women's Team Scores** – Carroll 30, Rocky Mountain 72, Montana State Billings 76, Montana 105, Spokane CC 109, Great Falls 159, Helena Vigilante 184. **Individuals (4,000 Meters)** – 1. Rhianna Grossman, Carroll, 14:21.3; 3. Whitney Mickelson, MSUB, 14:49.9; 15. Mary Owen, MSUB, 15:28.9; 16. Renae Hepfner, MSUB, 15:30.1; 23. Jinise Osborne, MSUB, 15:59.0; 26. Melanie Bock, MSUB, 16:09.4.

**NNU Roger Curran (Sept. 8, 2012): Men's Team Scores** – Boise State 25, College of Idaho 57, Eastern Oregon 66, Northwest Nazarene 105, Westminster 139, Treasure Valley 174, Boise State TC 209. **Individuals (6,000 Meters)** – 1. Greg Montgomery, CI, 18:29.90; 3. Jesse Baggenstos, NNU, 18:46.60; 32. Benard Ngeno, NNU, 20:18.56; 35. Matt Rankin, NNU, 20:23.49; 36. Kaleb Fleenor, NNU, 20:29.95; 41. Michael Gordon, NNU, 20:33.68. **Women's Team Scores** – Boise State 23,

College of Idaho 49, Eastern Oregon 89, Northwest Nazarene 101, Treasure Valley 145, Westminster 156. **Individuals (4,000 Meters)** – 1. Emma Bates, unat., 14:16.41; 20. Natalie Evans, NNU, 15:41.03; 30. Jordan Powell, NNU, 16:16.01; 37. Hailey Bradshaw, NNU, 16:27.64; 39. Jaydn Gourley, NNU, 16:31.52; 56. Christina Ciampi, NNU, 17:46.89.

**UH Big Wave Invitational (Sept. 8, 2012): Men's Team Scores** – Alaska Anchorage 15, BYU-Hawaii 62, George Fox, 76, Hawaii Pacific 99, Chaminade 133. **Individuals (5,000 Meters)** – 1. Micah Chelimo, UAA, 15:43; 2. Dylan Anthony, 15:47; 3. Alfred Kangogo, UAA 16:00; 4. Isaac Kangogo, UAA, 16:03; 5. Jacob Parisien, UAA, 16:10. **Women's Team Scores** – Alaska Anchorage 20, Hawaii Pacific 58, BYU-Hawaii 70, George Fox 122, Hawaii 133, Chaminade 171, Hawaii Hilo 180. **Individuals (5,000 Meters)** – 1. Susan Tanui, UAA, 18:09; 3. Ivy O'Guinn, UAA, 18:45. 4. Katie Krehlik, UAA, 18:51; 5. Miriam Kipng'eno, UAA, 18:52; 7. Jaymi Bethea, UAA, 18:52; 8. Sarah Freistone, UAA, 18:58; 10. Christi Schmitz, UAA, 19:14.

## PREVIOUS CROSS COUNTRY RECAPS

**Alaska Nanooks West Ridge Invitational (Aug. 30 at Fairbanks): Men's Team Scores** – Black Hills State 26, Seattle Pacific 42, Alaska Fairbanks 67. **Individuals (8,000 Meters)** – 1. Mitch Kraft, BHSU, 26:11.5; 2. Jordan Wolfe, SPU, 26:34.4; 3. A.J. Baker, SPU, 26:48.0; 5. Seth Pierson, SPU, 27:15.2; 10. Ross MacDougal, UAF, 27:33.5. **Women's Team Scores** – Seattle Pacific 26, Alaska Fairbanks 37, Black Hills State 60. **Individuals (6,000 Meters)** – 1. Robyn Zeidler, SPU, 22:56.9; 2. Katie Thralls, SPU, 23:16.9; 3. Katie Morris, SPU, 23:21.4; 4. Alyson McPhetres, UAF, 23:23.9; 6. Raphaela Sieber, UAF, 24:02.8; 7. Julia Ebner, UAF, 24:09.5; 8. Heather Edic, UAF, 24:53.1; 9. Jasmine Johnson, SPU, 24:58.5.

**Puget Sound Invitational (Sept. 1 at Fort Steilacoom): Men's Team Scores** – Saint Martin's 28, Puget Sound 33, Olympic 69. **Individuals (8,000 Meters)** – 1. Matt Klein, UPS, 26:45; 2. Joseph Patti, SMU, 27:03; 3. Joe Berger, SMU, 27:02.7; 4. Frank Krause, SMU, 27:17; 6. Josiah Shelman, SMU, 27:56. **Women's Team Scores** – Puget Sound 26, Saint Martin's 29. **Individuals (6,000 Meters)** – 1. Erika Copeland, SMU, 25:11; 5. Ashley Llapitan, SMU, 26:08; 6. Jennifer Hickey, SMU, 26:14; 8. Beatriz Ramirez, SMU, 26:58; 9. Justine Malek, SMU, 26:59.

**Alaska Nanooks Short Course (Sept. 1 at West Ridge, Fairbanks): Men's Team Scores** – Black Hills 36, Seattle Pacific 41, Alaska Fairbanks 52. **Individuals (4,000 Meters)** – 1. Mitch Kraft, Black Hills, 12:44.3; 2. A.J. Baker, SPU, 12:50.3; 3. Michael Fehrenbach, UAF, 12:56.5; 4. Tavis Taylor, SPU, 13:00.7; 5. Tyler Kornfield, UAF, 13:03.0; 7. Jordan Wolfe, SPU, 13:07.6; 9. Seth Pierson, SPU, 13:11.3. **Women's Team Scores** – Seattle Pacific 21, Black Hills 46, Alaska Fairbanks 61. **Individuals (4,000 Meters)** – 1. Erin Curran, Black Hills, 15:11.7; 2. Robyn Zeidler, SPU, 15:18.8; 3. Katie Thralls, SPU, 15:29.1; 4. Katie Morris, SPU, 15:32.4; 5. Jasmine Johnson, SPU, 16:09.1; 7. Lynelle Decker, SPU, 16:26.1; 8. Marit Rjabov, UAF, 16:26.9; 9. Heidi O'Connor-Brook, UAF, 16:41.7; 10. Josie Becker, SPU, 16:46.0.

**Pier Park Invitational (Sept. 1 at Portland): Men's Team Scores** – None. **Individuals (6,000 Meters)** – 1. Cole Watson, Oregon 17:52.69; 15. Connor Kasler, WOU, 18:51.28; 20. David Smith, WOU, 19:10.91; 23. Drew Larson, WOU, 19:19.31; 26. Scott Larson, WOU, 19:25.53; 27. Brady Beagley, WOU, 19:25.84.

**Hawaii Pacific Invitational (Sept. 1 at Honolulu): Men's Team Scores** – Alaska Anchorage 15, BYU-Hawaii 56, Hawaii Pacific 81, Chaminade 107. **Individuals (5,000 Meters)** – 1. Micah Chelimo, UAA, 15:33; 2. Dylan Anthony, UAA, 15:42; 3. Alfred Kangogo, UAA, 15:55; 5. Isaac Kangogo, UAA, 16:01; 6. Kevin Rooke, UAA, 16:01; 7. Jake Parisien, UAA, 16:15; 8. Andrey Ionashku, UAA, 16:21; 9. Dominik Notz, UAA, 16:29. **Women's Team Scores** – Alaska Anchorage 19, Hawaii Pacific 62, BYU-Hawaii 67, Hawaii-Manoa 110, Chaminade 130. **Individuals (5,000 Meters)** – 1. Susan Tanui, UAA, 18:06; 3. Ivy O'Guinn, UAA, 18:40; 4. Miriam Kipng'eno, UAA, 18:40; 5. Katie Krehlik, UAA, 18:45; 6. Sarah Freistone, UAA, 18:52; 8. Jaymi Bethea, UAA, 19:06; 9. Bryn Haebe, UAA, 19:25; 10. Christi Schmitz, UAA, 19:28.

## PREVIOUS RED LION ATHLETES OF THE WEEK

**Week of Aug. 27-Sept. 2: Male** - Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) won the Hawaii Pacific Invitational Saturday in Honolulu, posting a time of 15:33 as the Seawolves had the top eight placers among affiliated athletes to post a perfect score of 15. The win was Chelimo's sixth career victory moving him into sixth place on the GNAC all-time career list. **Female** – Robyn Zeidler, Seattle Pacific (So., Plymouth, MN) earned her first collegiate victory Thursday winning the Alaska Fairbanks Long-Course dual and leading the Falcons to the team title. Zeidler's time of 22:56.9 was two minutes faster than her only other run on the course in 2010. In Saturday's short-course race, she finished second in a time of 15:18.8 to lead SPU to the team title, improving her 2010 performance by 82 seconds.