



## Great Northwest Athletic Conference

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### 2012 Cross Country – Week 3 (Sept. 19, 2012)

**UPCOMING: Saturday** – Saint Martin's Invitational, 10 a.m. (Alaska Fairbanks, Central Washington, Saint Martin's, Seattle Pacific, Western Washington); SCC Erik Anderson Invitational, 10 a.m. (Central Washington, MSU Billings); Sonoma State Invitational, 9 a.m. (Simon Fraser, Western Oregon).

**USTFCCCA POLLS: National (Sept. 19): Men** – 8. Alaska Anchorage; 10. Western Washington; 18. Western Oregon; 29. Seattle Pacific. **Women** – 5. Alaska Anchorage, 9. Simon Fraser, 15. Western Washington, 18. Seattle Pacific. **West Region (Sept. 18): Men** – 2. Alaska Anchorage; 3. Western Washington; 5. Western Oregon; 7. Seattle Pacific; 10. Northwest Nazarene. **Women** – 1. Alaska Anchorage; 3. Simon Fraser; 4. Seattle Pacific; 5. Western Washington; 9. Alaska Fairbanks.

**GNAC ON TFRRS:** For direct links to all meets in which GNAC athletes have participated visit the GNAC page on TFRRS at: <http://www.tfrs.org/leagues/1386.html>

#### GNAC RED LION ATHLETES OF THE WEEK

**Men** – Chip Jackson, Western Washington (Jr., Shoreline, WA – Shorewood) won the UW Sundodger Open division in a time of 24:54.55 Saturday at Lincoln Park in Seattle to claim *Red Lion Male Athlete of the Week honors*. Jackson joined Paul Keyes of Western Washington (2002), David Kiplagat of Alaska Anchorage (2006), John Riak of Saint Martin's (2007) and Kyle Van Santen of Saint Martin's (2010) as the only GNAC athletes to win the event. "Chip ran a great race, a very smart race," WWU coach Pee Wee Halsell said. "He was 15<sup>th</sup> or 20<sup>th</sup> around the mile mark, far enough back that nobody was worried about him, but he gradually picked them all off."

**Women** - Lindsey Butterworth, Simon Fraser (Jr., North Vancouver, BC) finished 12<sup>th</sup> in the women's invitational division at UW in a time of 21:45.18 to post the best time by a GNAC athlete and grab the *Red Lion Female Athlete of the Week* award. The only non-Division I (or unattached) runner to beat the Clan athlete was Maria Bernard of UBC who placed fifth in a time of 21:00.24.

**KASLER TOP FINISHER IN INVITATIONAL DIVISION:** Connor Kasler of Western Oregon was the top finisher among non-Division I or unattached athletes in the University of Washington Invitational division finishing 18<sup>th</sup> in a time of 24:54.39. . .He led the Wolves to a fourth place team finish in back of Washington, Fresno State and Idaho and ahead of Simon Fraser, Eastern Washington and Portland State. Kasler's time was two-tenths of a second faster than Chip Jackson of Western Washington who won the UW Open Division in a time of 24:54.55. . .Western Oregon's average time (for its top five finishers) of 25:34.61 was about 10 seconds quicker than

Seattle Pacific's average time of 25:44.67. . .The Falcons finished second in the open division with a team score of 108, well back British Columbia which had a winning team score of 48.

**STEEN POSTS BEST TIME IN OPEN DIVISION:** Katelyn Steen of Western Washington had the best GNAC time in the women's open division at Lincoln Park, finishing third in a time of 22:08.67. . .Simon Fraser's first five finishers in the invitational division had an average time of 22:28.64 lead the Clan to a fifth-place team finish with a team score of 109. In the open division, Seattle Pacific finished third with a team score of 88 and an average time of 22:53.76.

**CHOQUETTE, MICKELSEN LEAD MSUB:** While seven GNAC teams competed at Seattle and the two Alaska schools took the week off, Montana State Billings headed west on I-90 to compete in the Montana State Open. Clint Choquette and Whitney Mickelsen paced the 'Jackets at Bozeman finishing 21<sup>st</sup> and 23<sup>rd</sup>, respectively in times of 26:13 (5 miles) and 18:19 (3 miles).

**UW Sundodger (Sept. 15, 2012): Men's Invitational Team Scores** – Washington 22, Fresno State 61, Idaho 73, Western Oregon 93, Simon Fraser 148, Eastern Washington 173, Portland State 182. **Individuals (8,000 Meters)** – 1. Joey Bywater, UW, 23:48.27; 18. Connor Kasler, WOU, 24:54.39; 27. David Smith, WOU, 25:26.96; 32. Brady Beagley, WOU, 25:39.97; 37. Zach Holloway, WOU, 25:51.17; 40. Drew Larson, WOU, 26:00.55. **Men's Open Team Scores** – British Columbia 48, Seattle Pacific 108, Everett CC 128, Seattle 155, Western Washington 166 (9. Northwest Nazarene 264, 13. Central Washington 375, 16. Saint Martin's 410, 19. Western Oregon 463). **Individuals (8,000 Meters)** – 1. Chip Jackson, WWU, 24:54.55; 2. Jesse Baggenstos, NNU, 24:57.20; 10. A.J. Baker, SPU, 25:22.25; 19. Jordan Wolfe, SPU, 25:33.33; 23. Tavish Taylor, SPU, 25:37.38.

**UW Sundodger (Sept. 15, 2012): Women's Invitational Team Scores** – Washington 45, Fresno State 56, Idaho 76, British Columbia 81, Simon Fraser 109, Portland State 139, Eastern Washington 204. **Individuals (6,000 Meters)** – 1. Christine Babcock, unat., 20:27.25; 12. Lindsay Butterworth, SFU, 21:45.18; 25. Kirsten Allen, SFU, 22:33.14; 26. Sarah Sawatzky, SFU, 22:34.50; 30. Kansas MacKenzie, SFU, 22:44.81; 31. Peggy Noel, SFU, 22:45.57. **Women's Open Team Scores** – Lewis & Clark 62, Everett 67, Seattle Pacific 88, Linfield 133, Whitman 176 (6. Western Washington 203, 7. Western Oregon 214, 8. Central Washington 219, 10. Northwest Nazarene 253, 18. Saint Martin's 506). **Individuals (6,000 Meters)** – 1. Emily Thomas, L&C, 21:49.61; 3. Katelyn Steen, WWU, 22:08.67; 6. Katie Morris, SPU, 22:26.32; 7. Katie Thralls, SPU, 22:29.70; 10. Robyn Zeidler, SPU, 22:40.54; 14. Kelsey Kraft, CWU, 22:46.61.

**Montana State Invitational (Sept. 15 at Bozeman): Men's Team Score** – Weber State 48, Wyoming 49, Montana State 50, Utah State 74, Montana 124, MSU Billings 184, Carroll 188, South Dakota Mines 250,

Northern Colorado 251. **Individuals (5 Miles)** – 1. John Coyle, Weber State, 24:43; 21. Clint Choquette, MSUB, 26:13; 38. Daniel Lombardi, MSUB, 26:51; 46. Robert Peterson, MSUB, 27:09; 49. Chase Robinson, MSUB, 27:10; 53. Taylor Canfield, MSUB, 27:19. **Women's Team Scores** – Montana State 61, Utah 62, Utah State 75, Wyoming 75, Carroll 126, Northern Colorado 162, Rocky Mountain 191, Montana 212, MSU Billings 215, South Dakota Mines 292. **Individuals (3 Miles)** – 1. Holly Page, Wyoming, 17:17; 23. Whitney Mickelsen, MSUB, 18:19; 48. Renae Hepfner, MSUB, 19:09; 53. Mary Owen, MSUB, 19:17; 61. Melanie Bock, MSUB, 19:30; 62. Jinise Osborne, MSUB, 19:31.

## WHAT'S LEFT THIS SEASON

**September:** 29 – Willamette Charles Bowles at Bush's Pasture Park, 9:30 p.m. (Alaska Fairbanks, Central Washington, Northwest Nazarene, Seattle Pacific); Colorado Rocky Mountain Shootout, 9 a.m. (MSU Billings); Pacific Lutheran Invitational (Central Washington); Stanford Invitational (Simon Fraser).

**October:** 6 – Western Washington Invitational at East Lake Padden, 10:30 a.m. (Alaska Anchorage, Alaska Fairbanks, Central Washington, Saint Martin's, Simon Fraser, Western Washington); College of Idaho Invitational, 5 p.m. (Northwest Nazarene); WOU Ash Creek Open, TBA (Western Oregon). 12 – Oregon City Mike Hodges Invitational, 3:30 p.m. (Western Oregon). 13 – Emerald City Invitational at Woodland Park (Alaska Fairbanks, Seattle Pacific, Simon Fraser); MSU Billings Yellowjacket Shootout, 10 a.m. (MSU Billings). 20 – GNAC at WOU Campus Course, 10 a.m.

**November:** 3 – NCAA Division II West Regional at Kualoa Ranch, Honolulu, HI). 17 – NCAA Divisional II Nationals at Joplin, Mo.

## 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.

**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.

**NUU 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 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.

**Week of Sept. 3-9: 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.