



## Great Northwest Athletic Conference

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### 2012 Cross Country – Week 6 (Oct. 10, 2012)

**UPCOMING: Friday** - Oregon City Mike Hodges Invitational, 3:30 p.m. (Western Oregon). **Saturday** – Emerald City Invitational at Woodland Park (Alaska Fairbanks, Seattle Pacific, Simon Fraser); MSU Billings Yellowjacket Shootout, 10 a.m. (MSU Billings).

**USTFCCCA POLLS: National (Oct. 10): Men** – 7. Alaska Anchorage; 10. Western Washington; 20. Western Oregon. **Women** – 5. Alaska Anchorage, 9. Simon Fraser, 24. Seattle Pacific, 31. Western Washington. **West Region (Oct. 9): Men** – 2. Alaska Anchorage; 3. Western Washington; 4. Western Oregon; 8. Seattle Pacific; 10. Northwest Nazarene. **Women** – 1. Alaska Anchorage; 3. Simon Fraser; 4. Seattle Pacific; 7. Western Washington.

**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** – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) posted a five-second victory over Paul Limpf of Club Northwest in winning the Western Washington Invitational in a 10,000-meter time of 31:12. It was his third win of the season in three starts and his eighth career victory earning him his second *GNAC Red Lion Athlete of the Week* award this fall. **Women** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) won the women's 6,000-meter race at Bellingham in a time of 21:31 as she stayed unbeaten and also kept the Seawolves unbeaten in three competitions this fall. She also earned her second *GNAC Red Lion Athlete of the Week* award of the season. **Honorable Mention** – Dak Riak, Western Washington; Lindsey Butterworth, Simon Fraser.

**NATIONAL RANKINGS:** Alaska Anchorage maintained its No. 5 and No. 7 rankings in this week's USTFCCCA women's and men's national cross country polls this week ... The two Seawolf teams are among seven GNAC teams ranked nationally. Joining UAA in the men's national poll are Western Washington (10<sup>th</sup>) and Western Oregon (20<sup>th</sup>). The women's poll also features Simon Fraser (9<sup>th</sup>), Seattle Pacific (24<sup>th</sup>) and Western Washington (31<sup>st</sup>).

**TEN EARN REGIONAL RANKINGS:** Alaska Anchorage maintained its No. 1 ranking in this week's women's USTFCCCA West Regional poll. Simon Fraser (3<sup>rd</sup>), Seattle Pacific (4<sup>th</sup>) and Western Washington (7<sup>th</sup>) are also in the Top 10. Chico State is the No. 1 ranked men's team. Chico is followed by Alaska Anchorage (2<sup>nd</sup>), Western Washington (3<sup>rd</sup>) and Western Oregon (4<sup>th</sup>). Seattle Pacific (8<sup>th</sup>) and Northwest Nazarene (10<sup>th</sup>) are also in the Top 10. The top five finishers in both the men's and

women's divisions at the regional meet Nov. 3 at Honolulu will advance to the national meet Nov. 17 at Joplin, Mo.

**WWU Invitational (Oct. 6 at Bellingham): Men's Team Scores** - Victoria 37, Alaska Anchorage 40, Western Washington 80, Club Northwest 89, British Columbia 115, Lane CC 152, Trinity Western 178, Simon Fraser 198, Dark Horse International 214, Alaska Fairbanks 239, Central Washington 267, Pacific Lutheran 299, Saint Martin's 303, Club Northwest-B 313, Club Northwest-C 356, Trinity Lutheran 360, Bowerman AC inc., Skagit Valley inc. **Individuals (10,000 Meters)** – 1. Micah Chelimo, UAA, 31:12; 5. Dylan Anthony, UAA, 31:33; 7. Alfred Kangogo, UAA, 31:36; 10. Dak Riek, WWU, 31:41; 13. Chip Jackson, WWU, 31:42; 14. Isaac Kangogo, UAA, 31:44; 16. Dominik Notz, UAA, 32:03. **Women's Team Scores** – Alaska Anchorage 41, British Columbia 57, Simon Fraser 85, Victoria 90, Western Washington 152, Club Northwest-A 157, Central Washington 183, Trinity Western 196, Pacific Lutheran 265, Saint Martin's 293, Alaska Fairbanks 308, Club Northwest-B inc., Lane CC inc., Skagit Valley inc. **Individuals (6,000 Meters)** – 1. Susan Tanui, UAA, 21:31; 5. Miriam Kipng'eno, UAA, 21:59; 8. Ivy O'Guinn, UAA, 22:19; 10. Lindsey Butterworth, UAA, 22:26; 11. Kansas MacKenzie, SFU, 22:28; 13. Sarah Freistone, UAA, 22:33; 14. Austen Reiter, WWU, 22:48; 18. Susan Bick, UAA, 22:50; 19. Peggy Noel, SFU, 22:50.

**Boise State Open (Oct. 6, 2012 at Boise): Men's Team Scores** – Boise State 21, Northwest Nazarene 77, Boise State TC 112, Treasure Valley 113. **Individuals (5,000 Meters)** – 1. Zach Wiles, BSU, 15:40; 11. Curtis Capell, NNU, 16:33; 13. Benard Ngeno, NNU, 16:34; 14. Michael Gordon, NNU, 16:39; 17. Kaleb Fleenor, NNU, 16:46; 22. Matt Rankin, NNU, 16:59. **Women's Team Scores** – Boise State 20, Northwest Nazarene 85, Treasure Valley 101, Boise State TC 113. **Individuals (5,000 Meters)** – 1. Kate Jette, BSU, 18:27; 6. Jordan Powell, NNU, 19:32; 13. Hailey Bradshaw, NNU, 19:59; 14. Jadyne Gourley, NNU, 20:01; 25. Rebecca Holland, NNU, 21:13; 27. Christine Harwood, NNU, 21:23.

**WHAT'S LEFT THIS SEASON: Oct. 20** – GNAC at WOU Campus Course, 10 a.m. **Nov. 3** – NCAA Division II West Regional at Kualoa Ranch, Honolulu, HI). **Nov. 17** – NCAA Division 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.

**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.

**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 Mickelson, 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.

**Sonoma State Invitational (Sept. 22, 2012 at Santa Rosa, CA): Men's Team Scores** – Western Oregon 26, Simon Fraser 56, Humboldt State 70, Holy Names 117, Dominican 124. **Individuals (8,000 Meters)** – 1. Chris Reed, unat., 26:33; 2. Brady Beagley, WOU, 26:40; 6. Zach Holloway, WOU, 27:10; 7. David Smith, WOU, 27:19; 8. Timo Hoberg, SFU, 27:21; 9. Zeke Wilson, WOU, 27:21; 10. Adam Reid, SFU, 27:21. **Women's Team Scores** – Simon Fraser 18, Western Oregon 76, Pacific

81, Sonoma State 97, Humboldt State 106, Holy Names 174, Dominican 201, Mills 235. **Individuals (6,000 Meters)** – 1. Lindsey Butterworth, SFU, 22:05; 2. Sarah Sawatzky, SFU, 22:10; 4. Kirsten Allen, SFU, 22:15; 5. Michaela Kane, SFU, 22:16; 6. Kansas Mackenzie, SFU, 22:21; 7. Peggy Noel, SFU, 22:27; 8. Holly Meler, WOU, 22:31.

**Saint Martin's Invitational (Sept. 22 at Lacey): Men's Team Scores** - Victoria 18, Western Washington 42, Alaska Fairbanks 95, Saint Martin's 125, Green River 142, Olympic 179, Evergreen 181, Club Northwest 217. **Individuals (8,000 Meters)** – 1. Ryan Cassidy, Victoria, 25:40.75; 3. Dak Riek, WWU, 25:47.65; 8. Tyler Cannon, WWU, 26:29.78; 9. Tanner Boyd, WWU, 26:34.29; 10. Dylan Peterson, WWU, 26:41.44; 12. Tabor Reedy, WWU, 26:46.93. **Women** - Western Washington 27, Seattle Pacific 48, Alaska Fairbanks 65, Saint Martin's 95, Olympic 134. **Individuals (6,000 Meters)** – 1. Ruth Perkins, CNW, 22:07.39; 3. Katelyn Steen, WWU, 22:28.24; 8. Katie Thralls, SPU, 23:17.44; 11. Alyson McPhetres, UAF, 23:27.77; 12. Austen Reiter, WWU, 23:42.18; 14. Arielle Walton, WWU, 23:54.80.

**SCC Erik Anderson Invitational (Sept. 22 at Spokane): Men's Team Scores** - Montana State Billings 27, Gonzaga 29, Whitworth 85. **Individuals 8,000 Meters** – 1. Andrew Walker, GU, 25:50.19; 2. Michael Luhr, MSUB, 25:57.87; 3. Clint Choquette, MSUB, 26:04.44; 5. Robert Peterson, MSUB, 26:20.63; 8. Chase Robinson, MSUB, 26:26.69; 9. Tyson Vanderby, MSUB, 26:26.69; 10. Taylor Canfield, MSUB, 26:54.73. **Women's Team Scores** – Gonzaga 27, Washington State 39, Whitworth 79, MSU Billings 111, Central Washington 117. **Individuals (6,000 Meters)** – 1. Emily Dwyer, WSU, 18:43.10; 6. Whitney Mickelsen, MSUB, 18:35.22; 23. Mary Owen, MSUB, 19:22.30; 24. Chelsea Dowdell, CWU, 20:21.31; 25. Edith Zaragoza, CWU, 20:26.76; 30. Jayna Inderbitzin, CWU, 20:36.48.

**Colorado Rocky Mountain Shootout (Sept. 29 at Boulder, Colo.): Men's Team Scores (Non-Division 1)** – Colorado Mines 45, Fort Lewis 55, Montana State Billings 57, Western State 95, South Dakota Mines 153. **Individuals (8,000 Meters)** – 1. Kiprono Mutai, Fort Lewis, 26:32; 2. Clint Choquette, MSUB, 26:49; 8. Michael Luhr, MSUB, 27:34; 10. Chase Robinson, MSSUB, 27:34; 17. Taylor Canfield, MSUB, 27:55; 20. Daniel Lombardi, MSUB, 27:58. **Women's Team Scores (Non-Division 1)** – Montana State Billings 50, Colorado Mesa 74, Fort Lewis 85, Gillette 125, Elmhurst 144. **Individuals (5,800 Meters)** – 1. Regan Mullen, Colorado Christian, 21:47; 2. Whitney Mickelsen, MSUB, 22:25; 6. Mary Owen, MSUB, 23:38; 8. Renae Hepfner, MSUB, 23:53; 15. Jinise Osborne, MSUB, 24:08; 19. Melanie Bock, MSUB, 24:34.

**Willamette Charles Bowles (Sept. 29 at Salem): Men's Cardinal Team Scores** – Portland 16, Boise State 111, San Francisco State 129, Seattle Pacific 203, Willamette 210 (7. Northwest Nazarene 214, 13. Central Washington 302). **Individuals (8,000 Meters)** – 1. Lars Erik Malde, Portland, 24:29.08; 14. Jesse Baggenstos, NNU, 25:29.02; 18. William Harrison, SPU, 25:40.58; 27. A.J. Baker, SPU, 26:03.45; 31. Michael Gordon, NNU, 26:08.65; 37. John Wojtech, CWU, 26:11.07. **Women's Cardinal Team Scores** - Oregon State 28, Boise State 96, Portland 176, Portland State 189, Seattle Pacific 192 (8. Northwest Nazarene 263, 13. Central Washington 293). **Individuals (5,000 Meters)** – 1. Amber Rozcicha, Portland State, 17:46.70; 15. Katie Morris, SPU, 18:31.97; 19. Kelsey Kreft, CWU, 18:44.85; 23. Natalie Evans, NNU, 18:51.40; 27. Robyn Zeidler, SPU, 18:55.48; 28. Connie Morgan, CWU, 18:56.54.

## 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.

**Week of Sept. 10-16: 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.

**Week of Sept. 17-23: Men** – Michael Luhr, Montana State Billings (So., Gillette, WY) finished second in the collegiate division in the Erik Anderson Invitational in Spokane covering the 8,000 meters in a time of 25:57.87. Luhr honoree finished second, seven seconds in back of Gonzaga's Andrew Walker. **Women** – Katelyn Steen, Western Washington (So., Sammamish, WA – Eastlake) led the Vikings to the team title in the Saint Martin's Invitational finishing third on the 6,000-meter layout in a time of 22:28.24.

**Week of Sept. 24-30: Men** – Jesse Baggenstos, Northwest Nazarene (Sr., Renton, WA – Kentridge) was the GNAC's top finisher in the Willamette Charles Bowles Invitational at Salem placing 14<sup>th</sup> in a 8,000-meter time of 25:29.02 to earn *Red Lion Athlete of the Week* honors. Baggenstos finished exactly one minute after race winner Lars Erik

Malde of the University of Portland. **Women** – Whitney Mickelsen, Montana State Billings (Sr., Aurora, Utah) finished second in the non-Division I division and 18<sup>th</sup> overall in the University of Colorado Rocky Mountain Shootout at Boulder, Colo. The *Red Lion Athlete of the Week* award winner covered the 6,000-meter course in a time of 22:24 to lead the Yellowjackets to the team title in the non-Division I division. **Honorable Mention** – Clint Choquette, MSU Billings; Will Harrison, Seattle Pacific; Katie Morris, Seattle Pacific.