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Alaska Anchorage, Simon Fraser Tabbed To Repeat As Cross Country Champions

PORTLAND, Ore. – After winning their respective conference championships and leading a prominent league presence at the NCAA Division II Championships, Alaska Anchorage and Simon Fraser have been picked to defend their titles in the 2015 Great Northwest Athletic Conference Cross Country Coaches Preseason Polls.

The Seawolves’ men received all 10 possible first place votes (coaches could not vote for their own teams), finishing with 100 points. Alaska Anchorage returns five runners that all finished in the top-eight at the 2014 GNAC Championships, led by GNAC and West Region champion **Henry Cheseto**, who earned Division II All-American honors as a freshman.

The 18 points that Alaska Anchorage scored at last year’s conference meet is the lowest score by a men’s team in the history of the GNAC and was just three points off a perfect score. Only **Dylan Anthony**, who finished third, does not return to the Seawolves’ top-seven.

Much like its finish at the 2014 GNAC Championship, Simon Fraser was chosen as a close favorite over Alaska Anchorage in the women’s poll, picking up six first place votes and 96 points. The Seawolves picked up the remaining five first place votes and finished with 94 points in the poll.

After three second place finishes in its first three years in the GNAC, the Clan picked up their first conference title with a one-point victory over Alaska Anchorage behind the second place finish of **Rebecca Bassett**. Simon Fraser went on to win the NCAA West Regional meet and placed seventh at the Division II Championships, tying their placing from the 2013 meet. The Clan return all seven of scoring runners from last year, all of whom competed at the national meet.

The 2015 GNAC season commences on Thurs., Sept. 3, with Alaska hosting Montana State Billings and Seattle Pacific for the first of two races in the Moda Health Alaska Invitational. Concordia will open at the Linfield Harrier Classic on Fri., Sept. 4, and Alaska Anchorage will race on Sat., Sept. 6, at the Hawaii Big Wave Invitational.

2015 GNAC Preseason Cross Country Polls

MEN

Team (1st Place Votes)	2014 GNAC Finish	Pts.
1. Alaska Anchorage (10)	1st (18 pts.)	100
2. Western Washington (1)	2nd (61 pts.)	88
3. Simon Fraser	3rd (87 pts.)	85
4. Concordia	First Year	64
5. Montana St. Billings	4th (156 pts.)	63
6. Central Washington	5th (159 pts.)	55
7. Western Oregon	8th (199 pts.)	48
8. Northwest Nazarene	6th (173 pts.)	35
9. Alaska	7th (188 pts.)	31
T10. Saint Martin’s	9th (229 pts.)	18
T10. Seattle Pacific	10th (235 pts.)	18

WOMEN

Team (1st Place Votes)	2014 GNAC Finish	Pts.
1. Simon Fraser (6)	1st (62 pts.)	96
2. Alaska Anchorage (5)	2nd (63 pts.)	94
3. Western Washington	3rd (64 pts.)	78
4. Central Washington	4th (85 pts.)	76
5. Seattle Pacific	5th (130 pts.)	66
6. Western Oregon	7th (185 pts.)	46
T7. Montana St. Billings	6th (140 pts.)	42
T7. Concordia	First Year In GNAC	42
9. Alaska	8th (235 pts.)	26
10. Northwest Nazarene	9th (241 pts.)	22
11. Saint Martin’s	10th (298 pts.)	17

Votes awarded on a 10-9-8-7-6-5-4-3-2-1 basis. Coaches could not vote for their own teams.

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MEN

With the breadth of its returning talent, Alaska Anchorage will be hard to beat. Cheseto won five of his first six meets of the season, placing second at October's Western Washington Classic to the graduated Anthony. The GNAC Freshman and Athlete of the Year won both the GNAC and west region crown before placing 17th at the Division II Championships, earning All-American honors. Backing Cheseto will be GNAC and west region meet runner-up **Dominic Notz**, **Michel Ramirez** (fifth at GNAC meet), **Victor Samoei** (seventh) and **Edwin Kangogo** (eighth).

Western Washington finished a solid second at the GNAC Championships and went on a fourth place regional finish and 13th place nationals finish. **Sean Eustis** steps in as the Vikings' top returner, placing 12th at the conference meet before running to 46th place at nationals as the team's No. 2 runner. **Matthew Lutz** returns after placing 14th at the conference meet as does **Isaac Derline**, who placed 104th at nationals after not competing in the GNAC meet.

Simon Fraser gave the GNAC a solid three-team presence at nationals, placing 20th after finishing third in the conference meet and sixth in the regional championship. **Oliver Jorgensen** will be looking for his third straight GNAC top-10 finish after placing sixth last year and seventh as a freshman. **Marc-Antoine Rouleau** and **Cameron Proceviat** provide solid depth after finishing 13th and 16th, respectively, at the conference meet.

Conference newcomer Concordia is picked fourth. The Cavaliers placed third in the final Cascade Collegiate Conference Championship and went on to place 20th at the NAIA National Championships. Concordia returns a pair of top-30 conference meet performers in **Roman Kirkov**, who finished 15th at the CCC Championships and 95th at the NAIA meet, and **Ethan Livermore**.

Montana State Billings was picked one point behind Concordia after placing fourth at last year's conference meet. **Robert Peterson** will be aiming for a conference title after moving up from 23rd as a sophomore to fourth place as a junior. He finished no worse than third in all but one meet leading up to the GNAC Championships. A 13th place regionals finish earned Peterson an individual berth to the national meet. **Liam McKay** and **Garrett Love** lead a list of four returning conference meet placers backing Peterson for the Yellowjackets.

Central Washington returns five returners from last year's GNAC meet, but will have to fill the hole left by Rudy Spencer, who led the Wildcats with an 18th place finish. Senior Ryan Thompson is the Wildcats' top returning runner after a 50th place finish at the GNAC meet. He is joined by senior **Ryan Thompson** and sophomore **Harry Engel**.

Western Oregon is picked to move up to seventh after placing eighth at last year's conference meet. **David Ribich** was the sixth fastest at conference in a talented bunch of freshmen, placing 26th to lead the Wolves. **Zach Holloway** was one place behind in 27th. Senior **Josh Hanna** will provide some additional depth after his 47th place finish as a junior.

Northwest Nazarene faces depth challenges entering the season with just five athletes on the roster, down from six last year. But they return some talent in their top-two runners. **Isaac Mitchell** placed 17th at the conference meet as a freshman and had top-10 finishes in three of the Crusaders' four regular season meets. **Chase Cunningham** placed 29th at the GNAC meet.

Alaska is picked ninth in its first year under head coach **Nick Crawford**. The Nanooks placed seventh at last year's conference meet, but return just three placers from that squad. **Mitch Burgess** will lead the way after placing 54th in the GNAC meet as a sophomore.

Saint Martin's and Seattle Pacific tied for 10th place in the poll. The Saints placed ninth in the GNAC last year in **Jim Brewer's** first year at the helm. Senior **Nathan Morgan** leads five returning GNAC meet placers. Morgan placed 44th as a junior. Seattle Pacific also returns five placers from last year's meet. Senior **Adam Avischious** leads the way after placing 42nd in last year's conference meet.

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WOMEN

Simon Fraser came out on top of the closest team race in GNAC history, picking up its first conference title by one point over Alaska Anchorage and by two points over Western Washington. The Clan went on win the west regional title before leading an unprecedented four GNAC teams at the Division II Championships with a seventh place finish.

Simon Fraser is loaded again with all five returning top-20 placers from last year's GNAC meet. Bassett leads the way having placed second at the GNAC Championships and third at the west regional as a sophomore. In four regular season meets, she placed in the top-10 in three. **Jennifer Johnson** was fifth at the conference meet and a top-30 NCAA Championships finish. The tandem is joined by **Miryam Bassett** (17th), **Kansas Mackenzie** (18th) and **Peggy Noel** (20th).

Alaska Anchorage was edged out of its potential sixth straight GNAC title despite top-10 finishes by **Amy Johnson** (fourth) and **Beatrice Decker** (sixth). The Seawolves showed well at regional and national level, placing second behind Simon Fraser at the West Region Championships and eighth at the Division II Championships. With Johnson having graduated, Decker is the team's top returning runner. She went on to place 29th at the regional and 68th at nationals. Alaska Anchorage returns a total of six runners who placed from last year's conference meet, including **Caroline Kurgat** (11th) and **Jessica Pahkala** (30th). The Seawolves will be furthered helped by return of **Joyce Chelimo**, who placed 13th at the 2013 NCAA Championships.

Western Washington placed third in the tight three-team race behind a victory by departed senior **Katelyn Steen** and went on to place 12th at the NCAA Division II meet. **Taylor Guenther** steps in as the team's top returning athlete after placing 10th at the conference meet and 40th at the NCAA meet. **Sofia Marikis** finished 24th at the GNAC. Those two join **Brittany Grant** as the only three returning Vikings' runners to run at the national meet. **Lilliann Sterling** returns for WWU after missing most of the 2014 season with injury. She placed 144th at the 2013 NCAA Championships.

Central Washington was a distant fourth at the GNAC Championships, but became the fourth league team to make the NCAA meet thanks to a solid fifth place finish at regionals. While losing the services of **Connie Morgan** (ninth at GNAC's, 22nd at nationals), the Wildcats return the other six of their scoring seven and a total of nine conference meet placers. **Dani Eggleston** placed third in the GNAC Championships and 10th at the west regional before climbing to a 34th place nationals finish. The Wildcats also return top-25 conference placers in **Megan Rogers** (14th) and **Erin Chinchar** (23rd).

Seattle Pacific is picked fifth, but could make a run at the top-four teams in the poll with nine returning conference meet placers. **Anna Patti** finished seventh as a junior and went on to place seventh at the NCAA West Regional, the fourth GNAC runner to cross the line. **Sarah Macdonald** returns after finishing 19th at conference and **Lynelle Decker** is back for her senior season after a 29th place finish.

Western Oregon is tabbed for sixth after placing seventh at last year's GNAC meet. The Wolves will welcome back six placing runners from last year, but will have to fill the void left by top runner **Stephanie Stuckey** (21st). **Rachel Crawford** was not too far behind Stuckey as a sophomore, placing 26th. **Bailey Beeson** hopes to finish her career well and improve on a 45th place finish last year.

Montana State Billings and Concordia are tied for seventh in the poll. The Yellowjackets placed sixth in last year's meet in a year that saw all 10 athletes on the roster run in all five regular season meets. Four conference placers are back, led by **Rio Frame**, who finished 22nd and had three top-four regular season finishes. She will be backed by seniors **Jinise Trueblood** and **Brielle Davis**.

Concordia joins the GNAC after a season that saw the Cavaliers finish fifth in their final Cascade Collegiate Conference championship. It will be a growing year for Concordia with the loss of **Mikel Elliott**, their lone representative at the NAIA National Championships. **Kelsea Campbell** leads the list of six returning CCC meet finishers. The sophomore finished 49th in her first collegiate season while **Zoe Worobel** finished in 55th place.

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Alaska will aim to improve on a predicted ninth place with the return six finishers from last year's conference meet. **Kali Striker** leads the way for the Nanooks after placing 34th at last year's meet. Northwest Nazarene is picked 10th and will be led by **Rebecca Hook** and **Anysja Manser**, who finished 41st and 42nd, respectively, at last year's conference meet. Saint Martin's is picked 11th and will be led by **Megan Teigen**, who placed 43rd last year.

Team Capsules Follow On Next Page



GNAC Cross Country Teams At A Glance

ALASKA

Head Coach: Nick Crawford (Bowdoin, 2009, 1st Year)

Assistant Coach: Shane Curtsinger

GNAC Championship Finish: Men – 7th, 188 pts. Women – 8th, 235 pts.

NCAA West Regionals Finish: Men – 18th, 455 pts. Women – 21st, 573 pts.

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

Top Returning Men's Runners: Mitch Burgess (Jr., 54th at GNAC Championships, 27:02.55), Lyon Kopsack (So., 70th, 27:43.27).

Other Men's Returning Conference Meet Finishers: Keegan Rankin (Jr., 77th, 28:48.18).

Key Men's Newcomers: Dylan Nixon-Helms (Sr., Fairbanks, Alaska – Lathrop).

Top Returning Women's Runners: Kali Striker (Jr., 34th at GNAC Championships, 22:16.79), Dorothy O'Donnell (Jr., 35th at GNAC Championships, 22:17.70).

Other Returning Women's Conference Meet Finishers: Grace Weller (So., 51st at GNAC Championships, 22:48.11), Nichole Bathe (Jr., 66th, 23:25.77), Cheyenne Greenside (So., 69th, 23:29.22), Hannah Stevens (Jr., 78th, 24:44.94).

ALASKA ANCHORAGE

Head Coach: Michael Freiss (Linfield, 1985, 26th Year)

Assistant Coaches: T.J. Garlatz, Ryan McWilliams, Anthony Tomsich

GNAC Championship Finish: Men – 1st, 18 pts. Women – 2nd, 63 pts.

NCAA West Regionals Finish: Men – 2nd, 53 pts. Women – 3rd, 144 pts.

NCAA Championships Finish: Men – 6th, 196 pts. Women – 8th, 280 pts.

Top Returning Men's Runners: Henry Cheseto (So., GNAC Champion, 24:35.81; NCAA West Region Champion, 30:33.99; 19th at NCAA Championships, 31:15.30), Dominic Notz (Sr., 2nd at GNAC Championships, 24:41.87; 2nd at NCAA West Regional, 30:48.60; 24th at NCAA Championships, 31:26.50), Victor Samoei (Jr., 7th at GNAC Championships, 25:12.07; 25th at NCAA West Regional, 31:48.31; 92nd at NCAA Championships, 32:31.20).

Other Men's Returning Conference Meet Finishers: Michel Ramirez (Sr., 5th at GNAC Championships, 25:06.68; 21st at NCAA West Regional, 31:39.44; 26th at NCAA Championships, 31:24.50), Edwin Kangogo (So., 8th at GNAC Championships, 25:12.36; 77th at NCAA Championships, 32:20.00), Nathan Kipchumba (So., 28th, 26:01.65), Philip Messina (Jr., 34th, 26:10.51), Michael Mendenhall (Jr., 40th, 26:22.81).

Key Men's Newcomers: None.

Top Returning Women's Runners: Joyce Chelimo (Jr., 13th at 2013 NCAA Championships), Beatrice Decker (Sr., 6th at GNAC Championships, 20:52.48; 29th at NCAA West Regional, 22:25.29; 68th at NCAA Championships, 22:42.10), Caroline Kurgat (So., 11th at GNAC Championships, 21:04.52; 37th at NCAA Championships, 22:12.00).

Other Returning Women's Conference Meet Finishers: Jessica Pahkala (Sr., 30th at GNAC Championships, 22:06.25; 101st at NCAA Championships, 23:05.60), Mariah Burroughs (So., 32nd at GNAC Championships, 22:13.83; 123rd at NCAA Championships, 23:20.70), Tamara Perez (So., 33rd at GNAC Championships, 22:14.95; 165th at NCAA Championships, 23:52.40).

Key Women's Newcomers: Kim Coscia (Fr., Torrance, Calif. – South Torrance), Dani McCormick (Fr., Soldotna, Alaska – Soldotna).

CENTRAL WASHINGTON

Head Coach: Kevin Adkisson (Willamette, 1981, 22nd Year)

Assistant Coach: Bryan Contreras

GNAC Championship Finish: Men – 5th, 159 pts. Women – 4th, 85 pts.

NCAA West Regionals Finish: Men – 14th, 402 pts. Women – 5th, 180 pts.

NCAA Championships Finish: Men – Did Not Compete. Women – 18th, 461 pts.

Top Returning Men's Runners: Ryan Thompson (Sr., 50th at GNAC Championships, 26:49.72), Harry Engel (So., 53rd at GNAC Championships, 27:00.28).

Other Returning Men's Conference Meet Finishers: Nick Spencer (Sr., 55th, 27:04.54), Ron Leaf (So., 57th, 27:11.91), Brent Christianson (So., 63rd, 27:28.80), Kyle Paulson (So., 73rd, 27:58.23).

Top Returning Women's Runners: Dani Eggleston (Sr., 3rd at GNAC Championships, 20:42.10; 10th at NCAA West Regional, 21:39.53; 34th at NCAA Championships, 22:06.90), Megan Rogers (Sr., 14th at GNAC Championships, 21:23.48; 14th at NCAA West Regional, 21:59.95; 75th at NCAA Championships, 22:45.70), Erin Chinchar (Sr., 23rd at GNAC Championships, 21:49.99; 178th at NCAA Championships, 24:11.70), Hannah Dowdell (Jr., 36th at GNAC Championships, 22:20.59; 152nd at NCAA Championships, 23:40.50), Jayna Inderbitzin (Sr., 44th at GNAC Championships, 22:35.31; 179th at NCAA Championships, 24:13.00), Brenna Eldredge (Sr., 55th at GNAC Championships, 22:54.62; 206th at NCAA Championships, 25:08.70).

Other Returning Women's Conference Meet Finishers: Danielle Maldonado (Sr., 71st, 23:41.88), Anna deCarteret (Jr., 73rd, 23:52.01), Natalie Bergstrom (Sr., 74th, 24:10.01).

GNAC Cross Country Teams At A Glance

CONCORDIA

Head Coach: Jerret Mantalas (Western Oregon, 2006, 2nd Season)

GNAC Championship Finish: First Year In GNAC. Men – 3rd at CCC Championships (112 pts.); Women – 5th at CCC Championships (145 pts.)

NCAA West Regionals Finish: First Year In Division II.

NAIA Championships Finish: Men – 20th, 526 pts. Women – Individuals Only.

Top Returning Men's Runners: Roman Kirkov (Sr., 15th at CCC Championships, 25:32; 95th at NAIA Championships, 26:25.40), Ethan Livermore (Jr., 27th at CCC Championships, 26:04), Austin Peila (Sr., 43rd at CCC Championships, 27:12; 235th at NAIA Championships, 27:34.40)

Other Returning Men's Conference Meet Finishers: Alan Johnston (Sr., 51st, 27:33).

Key Men's Newcomers: Jared Seckel (Jr., Verdale, Wash. – Spokane CC), Paris Speidel (Jr., Bellingham, Wash. – Spokane CC).

Top Returning Women's Runners: Kelsea Campbell (So., 49th at CCC Championships, 20:10), Zoe Worobel (Sr., 55th at GNAC Championships, 20:26), Dalen Richardson (So., 58th at CCC Championships, 20:44).

Other Returning Women's Conference Meet Finishers: Jessica Jensen (So., 71st, 21:34), Megan Vonbargen (Sr., 77th, 22:43).

Key Women's Newcomers: Megan Fristoe (Jr., Bend, Ore. – Univ. of Oregon), Sara Fristoe (Jr., Bend, Ore. – Oregon State Univ.), Nicole Pederson (Fr., Redondo Beach, Calif. – Redondo Beach).

MONTANA STATE BILLINGS

Head Coach: Dave Coppock (Montana, 1979, 27th Year)

GNAC Championship Finish: Men – 4th, 156 pts. Women – 6th, 140 pts.

NCAA West Regionals Finish: Men – 17th, 454 pts. Women – 13th, 306 pts.

NCAA Championships Finish: Men – Individual Only. Women – Did Not Compete.

Top Returning Men's Runners: Robert Peterson (Sr., 4th at GNAC Championships, 24:59.61; 100th at NCAA Championships, 32:27.5), Liam McKay (So., 31st at GNAC Championships, 26:07.48), Garrett Love (Jr., 51st at GNAC Championships, 26:52.31).

Other Returning Men's Conference Meet Finishers: Jorey Egeland (So., 56th, 27:06.89), Mark Hovland (So., 60th, 27:18.75).

Key Men's Newcomers: Matt Winter (Sr., Billings, Mont. – Univ. of Montana).

Top Returning Women's Runners: Rio Frame (Jr., 22nd at GNAC Championships, 21:47.98), Jinise Trueblood (Sr., 50th at GNAC Championships as Jinise Osborne, 22:46.80), Brielle Davis (Sr., 68th at GNAC Championships, 23:27.79).

Other Returning Women's Conference Meet Finishers: Bailey Bomar (So., 75th, 24:31.10).

Key Women's Newcomers: Josey Smiedala (Fr., Helena, Mont. – Helena).

NORTHWEST NAZARENE

Head Coach: John Spatz (Eastern Washington, 1988, 14th Year)

Assistant Coaches: Jake Perry, Jenny Perry

GNAC Championship Finish: Men – 6th, 173 pts. Women – 9th, 241 pts.

NCAA West Regionals Finish: Men – 15th, 430 pts. Women – 22nd, 575 pts.

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

Top Returning Men's Runners: Isaac Mitchell (So., 17th at GNAC Championships, 25:30.88), Chase Cunningham (Jr., 29th at GNAC Championships, 26:01.76).

Key Men's Newcomers: Nicholas Hamilton (Fr., Caldwell, Idaho – Vallivue), Timothy Swarat (Fr., Hermiston, Ore. – Hermiston).

Top Returning Women's Runners: Rebecca Hook (Sr., 41st at GNAC Championships, 22:32.21), Anysja Manser (So., 42nd at GNAC Championships, 22:33.62), Amy Wheeler (So., 82nd at GNAC Championships, 25:14.80).

Other Returning Women's Conference Meet Finishers: Emily Merioles (Jr., 83rd, 26:30.15).

Key Women's Newcomers: Emily Hammons (Fr., Caldwell, Idaho – Vallivue), Josephine Lonai (Fr., Milton-Freewater, Ore. – McLoughlin), Sierra Manzer (Fr., Melba, Idaho – Melba).

SAINT MARTIN'S

Head Coach: Jim Brewer (Western Washington, 1998, 2nd Year)

Assistant Coaches: Burke Bockman, Rachel Brewer

GNAC Championship Finish: Men – 9th, 229 pts. Women – 10th, 298 pts.

NCAA West Regionals Finish: Men – 21st, 568 pts. Women – 24th, 725 pts.

NCAA Championships Finish: Men – Did Not Compete. Women – 18th, 461 pts.

Top Returning Men's Runners: Nathan Morgan (Sr., 44th at GNAC Championships, 26:27.45).

Other Returning Men's Conference Meet Finishers: Josiah Shelman (Sr., 58th, 27:12.45), Jasper Heckman (Jr., 71st, 27:52.32), Mitchell Hughey (Jr., 78th, 28:58.31), Josh Hunt (So., 82nd, 30:00.74).

Key Men's Newcomers: Austin Miller (So., Port Orchard, Wash. – Tahoma).

Top Returning Women's Runners: Megan Teigen (Jr., 43rd at GNAC Championships, 22:35.29).

Other Returning Women's Conference Meet Finishers: Alexis Carandang (Jr., 86th, 28:19.51).

Key Women's Newcomers: Karen Horvath (Gr., Placerville, Calif., Saint Francis)

GNAC Cross Country Teams At A Glance

SEATTLE PACIFIC

Head Coach: Karl Lerum (Pacific Lutheran, 1998, 3rd Year)

Assistant Coaches: Audra Smith, Chris Reed

GNAC Championship Finish: Men – 10th, 235 pts. Women – 5th, 130 pts.

NCAA West Regionals Finish: Men – Did Not Compete. Women – 12th, 282 pts.

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

Top Returning Men's Runners: Adam Avischious (Sr., 42nd at GNAC Championships, 26:25.05), Brian Comer (Sr., 66th at GNAC Championships, 27:38.57), Ben Halladay (So., 75th at GNAC Championships, 28:22.68), Clark Sterling (So., 76th at GNAC Championships, 28:30.66), Josiah Zering (83rd at GNAC Championships, 30:11.95).

Key Men's Newcomers: David McLeod (Jr., Des Moines, Wash. – Western Oregon Univ.), Joseph Walker (Jr., Auburn, Wash. – Highline CC).

Top Returning Women's Runners: Anna Patti (Sr., 7th at GNAC Championships, 20:54.60; 7th at NCAA West Regional, 21:31.01), Sarah Macdonald (Jr., 19th at GNAC Championships, 21:35.45), Lynelle Decker (Sr., 29th at GNAC Championships, 22:04.53), Jessica Rawlins (So., 37th at GNAC Championships, 22:21.15), Hannah Calvert (Jr., 39th at GNAC Championships, 22:24.91), Hailey Kettel (So., 48th at GNAC Championships, 22:39.33).

Other Returning Women's Conference Meet Finishers: Chynna Phan (So., 53rd at GNAC Championships, 22:50.18), Kiley Zeitler (Sr., 63rd at GNAC Championships, 23:14.54), Mary Charleson (So., 64th at GNAC Championships, 23:16.74).

Key Women's Newcomers: Melanie Campbell (Fr., Ventura, Calif. – Buena), Jackie Van Schooten (Sr., Redding, Calif. – Simpson Univ., Calif.).

SIMON FRASER

Head Coach: Brit Townsend (Simon Fraser, 1986, 17th Year)

Team Managers: Traci Boss, Jessica Smith

GNAC Championship Finish: Men – 3rd, 87 pts. Women – 1st, 62 pts.

NCAA West Regionals Finish: Men – 6th, 225 pts. Women – 1st, 103 pts.

NCAA Championships Finish: Men – 20th, 592 pts. Women – 7th, 225 pts.

Top Returning Men's Runners: Oliver Jorgensen (Jr., 6th at GNAC Championships, 25:07.60; 75th at NCAA Championships, 32:18.40), Marc-Antoine Rouleau (So., 13th at GNAC Championships, 25:20.50; 26th at NCAA West Regional, 31:49.65; 110th at NCAA Championships, 32:44.40), Cameron Proceviat (Sr., 16th at GNAC Championships, 25:29.25; 111th at NCAA Championships, 32:44.80).

Other Returning Men's Conference Meet Finishers: Braden Charlton (Jr., 37th, 26:16.49), Philippe Gravel (So., 41st, 26:23.88), Ephraim Tadesse (So., 46th, 26:39.85), Lorenzo Smith (Sr., 49th, 26:47.85), Max Trummer (So., 68th, 27:41.00).

Key Men's Newcomers: Carlos Vargas Rocheleau (So., Brossard, Que. – CEGEP Champlain St-Lambert).

Top Returning Women's Runners: Rebecca Bassett (Jr., 2nd at GNAC Championships, 20:32.08; 3rd at NCAA West Regional, 21:15.22; 35th at NCAA Championships, 21:39.90), Miryam Bassett (So., 17th at GNAC Championships, 21:30.89; 72nd at NCAA Championships, 22:42.80), Jennifer Johnson (Gr., 5th at GNAC Championships, 20:48.53; 8th at NCAA West Regional, 21:31.94; 30th at NCAA Championships, 21:57.10), Kansas Mackenzie (Sr., 18th at GNAC Championships, 21:32.23; 45th at NCAA Championships, 22:22.50), Peggy Noel (Jr., 20th at GNAC Championships, 21:35.70; 20th at NCAA West Regional, 22:06.43; 49th at NCAA Championships, 22:29.90), Emma Chadsey (Jr., 25th at GNAC Championships, 21:54.09; 125th at NCAA Championships, 23:21.70), Brittany Evans (Jr., 31st at GNAC Championships, 22:06.42; 133rd at NCAA Championships, 23:29.10).

Other Returning Women's Conference Meet Finishers: Sophie Dodd (So., 41st, 22:31.56), Julia Howley (So., 62nd, 23:12.36), Paige Nock (So., 70th, 23:41.00).

Key Women's Newcomers: Addy Townsend (Fr., Coquitlam, B.C. – Dr. Charles Best Secondary).

WESTERN OREGON

Head Coach: Mike Johnson (Eastern Washington, 1972, 12th Year)

Assistant Coach: Brady Beagley

GNAC Championship Finish: Men – 8th, 199 pts. Women – 7th, 185 pts.

NCAA West Regionals Finish: Men – 19th, 457 pts. Women – 16th, 437 pts.

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

Top Returning Men's Runners: David Ribich (So., 26th at GNAC Championships, 25:56.47), Zach Holloway (Sr., 27th at GNAC Championships, 26:01.35), Josh Hanna (Sr., 47th at GNAC Championships, 26:43.17).

Other Returning Men's Conference Meet Finishers: Riley Anheluk (Sr., 64th, 27:32.23), Parker Marson (So., 65th, 27:33.31), Joe Soik (Jr., 67th, 27:39.58), Sam Naffziger (Sr., 72nd, 27:52.43), Josh Dempsey (So., 74th, 28:21.78).

Key Men's Newcomers: Eric Alcaraz (So., Forest Grove, Ore. – Viterbo Univ.), Corrado Pitari (So., Lake Oswego, Ore. – Whittier Coll.), Badane Sultesse (Jr., Portland, Ore. – Clackamas CC).

Top Returning Women's Runners: Rachel Crawford (Jr., 26th at GNAC Championships, 21:55.36), Bailey Beeson (Sr., 45th at GNAC Championships, 22:36.44).

Other Returning Women's Conference Meet Finishers: Colby DeLeon (So., 58th, 23:07.37), Suzanne Van de Grift (So., 67th, 23:25.88), Amanda Ditzhazy (Jr., 72nd, 23:46.67), Dara Tillery (Jr., 77th, 24:41.39).

Key Women's Newcomers: Nicole Maurmann (Jr., Salem, Ore. – Lane CC).

GNAC Cross Country Teams At A Glance

WESTERN WASHINGTON

Head Coach: Kelven "Pee Wee" Halsell (Wayland Baptist, 1981, 29th Year)

Assistant Coaches: Bill Roe, Tanner Boyd (volunteer), Erik DeRoche (volunteer)

GNAC Championship Finish: Men – 2nd, 61 pts. Women – 3rd, 64 pts.

NCAA West Regionals Finish: Men – 4th, 150 pts. Women – 6th, 185 pts.

NCAA Championships Finish: Men – 13th, 332 pts. Women – 12th, 352 pts.

Top Returning Men's Runners: Sean Eustis (So., 12th at GNAC Championships, 25:17.99; 46th at NCAA Championships, 31:45.50), Isaac Derline (So., Did Not Compete at GNAC Championships; 104th at NCAA Championships, 32:29.60), Matthew Lutz (Jr., 14th at GNAC Championships, 25:27.16; 95th at NCAA Championships, 32:33.30).

Other Returning Men's Conference Meet Finishers: Max Romey (Jr., 24th, 25:49.46), Cory Johnson (Jr., 36th, 26:15.00), Cody McCranie (Jr., 38th, 26:16.35).

Key Men's Newcomers: Dylan Hayes (Fr., Seattle, Wash. – Garfield), Justin Irvine (Fr., Yakima, Wash. – East Valley), Nickolas Mounier (Fr., Kelso, Wash. – Kelso), Jadon Olson (Fr., Mill Creek, Wash. – Jackson).

Top Returning Women's Runners: Taylor Guenther (Sr., 10th at GNAC Championships, 21:02.66; 40th at NCAA Championships, 22:16.40), Lillianna Stelling (Jr., Did Not Compete at 2014 GNAC or NCAA Championships; Placed 144th at 2013 NCAA Championships), Sofia Marikis (Jr., 24th at GNAC Championships, 21:51.48, 196th at NCAA Championships, 24:38.70), Shawna Troupe (Jr., Did Not Compete at GNAC or NCAA Championships).

Other Returning Women's Conference Meet Finishers: Brittany Grant (Jr., 28th, 21:59.13), Madeleine Hutchinson (So., 38th, 22:21.43), Kali Klotz-Brooks (Sr., 56th, 22:58.21).

Key Women's Newcomers: Tracy Melville (Fr., Lamont, Wash. – Lind-Ritzville/Sprague), Kaitlyn Horn (Jr., Kalama, Wash. – Everett CC).

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