

# SEATTLE PACIFIC UNIVERSITY

# Falcon News

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FOR IMMEDIATE RELEASE September 6, 2006

## X-Country Teams To Begin Long Run Sat.

### A veteran men's squad; relatively young yet talented women

**Up the road.** A couple of cross country teams with relatively bright prospects will begin their season in earnest Saturday (Sept. 9) as Seattle Pacific University makes its annual debut at the Emerald City Invitational in nearby Lower Woodland Park, and some selected individuals go to the Chico State Invitational. The Falcons, who feature the 25th-ranked women's team in the NCAA Division II preseason poll, will be joined at the Emerald City by Central Washington, Western Washington and host Seattle University for events covering 5000 and 8000 meters. Next week, SPU remains in town for the Sundodger Invitational at Lincoln Park.

**Destination: Florida.** This marks the first of eight meets, with the season hopefully culminating with a ninth race—the NCAA Championships. This year's national meet will be part of the inaugural Fall Sports Festival, Nov. 16-18 in Pensacola, Florida. Coach **Doris Heritage** has got some of the necessary ingredients to get there. The men seek to return after qualifying in 2004, while the women are determined to end an eight-year drought. Both squads barely missed making the cut a year ago. Following a Great Northwest Athletic Conference title, the women placed fourth in the West Regional and the men were fifth.

**Looking for an ace.** Typically, a national-caliber cross country team possesses at least one ace, a consistent frontrunner capable of running among the top harriers in the region. It remains to be seen if Heritage has such a commodity. However, she does have the potential to produce one. **Mary Moriarty** (So., Seattle, Wa./Ballard) was the GNAC freshman of the year and a national qualifier in the 3000 during the track season. Gone are four of last year's top seven, most notably GNAC runner-up Meredith Crane, winner of three meets. For the males who return all of their top scorers, there are several candidates, including team MVP **Carlo Lozano** (Jr., Seattle, Wa./Blanchet), if he can shake injuries.

**Up there.** Seattle Pacific has been ranked No. 25 in the coaches women's preseason poll. Perennial championship contender Adams State of Colorado was No. 1 for both the men and women. The Grizzlies are three-time defending women's national champions. Regionally, SPU sits No. 4 among women's teams, behind UC San Diego, Chico State and GNAC challenger Alaska Anchorage. Meanwhile, the Falcon men are No. 5, with Chico State, Cal Poly Pomona, Alaska Anchorage and Western Washington holding the top four spots in the West.

**Experience counts.** Five members of the '04 national-qualifying men's team give SPU some invaluable experience. **Bjorn Bostrom** (Sr., La Conner, Wa./Bellingham), **Doug Gibson** (Sr., Yakima, Wa./Riverside Christian), **Brian Cronrath** (Jr., Battle Ground, Wa.), **James Rosser** (Sr., Seattle, Wa./Highline) and **Eddie Strickler** (Sr., Richland, Wa.) combined with Lozano and **Mike Zetterberg** (So., Tacoma, Wa./Curtis) to form last season's top seven. Gibson grew to be a strong steeplechaser in the spring and Strickler won the GNAC 800. Lozano has been nagged by an Achilles injury, limiting his training. The top recruit is **Chad Meis** (Fr., Renton, Wa./Seattle Christian), fourth in both the state 1A cross country and 1600 championships.

**Top scorers to return.** It remains to be seen whether the women feature someone who can fill the spikes of Crane, but there is certainly quality and depth. Moriarty and **Karin Rohde** (Jr., Bellingham, Wa./Mount Baker) were GNAC champions in the 3000 and steeple last spring and

## 2006 CROSS COUNTRY

### SPU Quick Facts

Coach—Doris Heritage, 29th year  
Assistants—Erika Daligcon, Lane Seeley

### This Week's Meets

Sat., Sept. 9, 9 a.m.  
Chico State Invitational  
*Forebay Aquatic Ctr., Oroville, Ca.*

Sat., Sept. 9, 10:30 a.m.  
Emerald City Invitational  
*Lower Woodland Park, Seattle, Wa.*

### Last Season's Highlights

- The women won the GNAC title and took fourth in the West Regional
- Meredith Crane was the GNAC runner-up and Mary Moriarty the freshman of the year
- The Falcon men were fourth in the GNAC, fifth in the regional

### NCAA Women's Preseason Rankings

1. Adams State (Co.)
  2. Grand Valley State (Mi.)
- also
5. UC San Diego
  7. Chico State
  12. Alaska Anchorage
  25. Seattle Pacific

### 2006 Season Schedule

- Sept. 9 Emerald City Invitational (5/8k)  
Lwr. Woodland Park/Seattle, Wa.
- Sept. 16 Sundodger Invitational (5/6/8k)  
Lincoln Park/Seattle, Wa.
- Sept. 23 Saint Martin's Open (6/8k)  
Saint Martin's Campus/Lacey, Wa.
- Sept. 30 Varsity-Alumni (2.6 mi.)  
Green Lake/Seattle, Wa.
- Oct. 7 Western Washington Inv. (6/10k)  
Lake Padden/Bellingham, Wa.
- Oct. 21 GNAC Championships (6/8k)  
Saint Martin's Campus/Lacey, Wa.
- Oct. 28 Bellevue CC Invitational (5/8k)  
Lake Sammamish/Sammamish, Wa.
- Nov. 4 NCAA West Regional (6/10k)  
Forebay Aquatic Ctr./Oroville, Ca.
- Nov. 18 NCAA Championships (6/10k)  
Pensacola, Fl.

will likely push one another for team top scorer. Also back from last year's first seven are **Suzie Strickler** (So., Richland, Wa.) and **Kim Beaman** (So., Emily, Mn./Crosley Ironton). Heritage also added some impressive recruits. **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) claimed the state 4A 800 and was runner-up in the 1600, while **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) swept the 1A titles in the 800, 1600 and 3200. Pixler will also play soccer in the fall.

**Trail mix.** Moriarty, Rohde and Larson are entered in the Chico meet, which will effectively serve as the regional preview...Seattle Pacific handily won last year's Emerald City women's crown over Central while the men were second to Western. Crane was the individual victor, with Rohde and Moriarty taking eighth and ninth, respectively. The men placed Gibson, Bostrom and Cronrath in slots 7-9... Julie Swann Sullivan, a former Falcon, is the new track and cross country head coach at Saint Martin's. A native of England, she was sixth in the NCAA 1500 in 1998.

**Coaching staff.** Coach Doris Heritage (29th year) has guided the SPU women to 10 top-10 national finishes and conference titles in seven of the last 11 years. The men won the '04 crown. In 1996 the Falcons won the West Region and her teams finished as high as second in the AIAW (1979, '80) and third in the NCAA (1983, '86) championships. Twenty harriers have been All-America, including two national champions. The world's premier distance runner of the Sixties, she won five consecutive world cross country titles from 1967-71, and was a member of the 1968 and '72 U.S. Olympic teams. Former SPU runner Erika Daligcon and physics professor Lane Seeley are the assistant coaches.

## 2006 Men's Cross Country Roster

Name	Yr	Hometown (High School)	2006 Race Finishes (Team/Overall)																
			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8									
Jeff Ayers	So	Edmonds, Wa. (King's)																	
Bjorn Bostrom	Sr	La Conner, Wa. (Bellingham)																	
Brian Cronrath	Jr	Battle Ground, Wa. (Battle Grnd)																	
Scott Felch	Fr	Snohomish, Wa. (Marysville-Pil.)																	
Michael Gavareski	Sr	Bellingham, Wa. (Bellingham)																	
Doug Gibson	Sr	Yakima, Wa. (Riverside Christian)																	
Dan Larimer	Sr	Libby, Mt. (Libby)																	
Carlo Lozano	Jr	Seattle, Wa. (Blanchet)																	
Chad Meis	Fr	Renton, Wa. (Seattle Christian)																	
Ryan Phillips	Sr	West Linn, Or. (West Linn)																	
James Rosser	Sr	Seattle, Wa. (Highline)																	
Scott Seamster	Jr	Seattle, Wa. (Blanchet/BCC)																	
Eddie Strickler	Sr	Richland, Wa. (Richland)																	
Mike Zetterberg	So	Tacoma, Wa. (Curtis)																	

## 2006 Women's Cross Country Roster

Name	Yr	Hometown (High School)	2006 Race Finishes (Team/Overall)																
			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8									
Lisa Anderberg	Fr	Edmonds, Wa. (Kamiak)																	
Kim Beaman	So	Emily, Mn. (Crosley Ironton)																	
Hanane Benanaya	Jr	Casablanca, Mor. (Mohammedia)																	
Kysa Cronrath	Fr	Odessa, Wa. (Odessa))																	
Kate Harline	Fr	Orem, Ut. (Orem)																	
Katie Hart	So	Pasadena, Ca. (L.A. Baptist)																	
Corina James	So	Madera, Ca. (Madera)																	
Nikki Jensen	Sr	Portland, Or. (St. Mary's Acad.)																	
Katelyn Krepel	Fr	Talkeetna, Ak. (Susitna Valley)																	
Jennifer Marsh	Sr	Kirkland, Wa. (Juanita)																	
Samantha McGhee	Fr	Kelso, Wa. (Kelso)																	
Mary Moriarty	So	Seattle, Wa. (Ballard)																	
Teona Perkins	Sr	Kennewick, Wa. (Kennewick)																	
Victoria Perkins	Sr	Kent, Wa. (Kentwood)																	
Heidi Peterson	So	Edmonds, Wa. (King's)																	
Jessica Pixler	Fr	Sammamish, Wa. (Eastlake)																	
Karin Rohde	Jr	Bellingham, Wa. (Mount Baker)																	
Kaitlin Rohde	Jr	Bellingham, Wa. (Mount Baker)																	
Janelle Stevens	Sr	Soquel, Ca. (Soquel)																	
Suzie Strickler	So	Richland, Wa. (Richland)																	
Megan Wrightman	Jr	Bend, Or. (Bend)																	

## 2005 Emerald City Invitational (5k)

### Woodland Park, Seattle

**Women's Team Results:** 1-Seattle Pacific 43, 2-Central Washington 68, 3-Seattle University 82, 4-Western Washington 92, 5-Pacific Lutheran 98, 6-Northwest 117.

**Winner:** Meredith Crane, SPU, 18:16

**SPU Finishers:** 1-Crane, 18:16; 8-Kar. Rhode, 19:19; 9-Moriarty, 19:23; 16-Lavin, 19:39; 20-McCoy, 19:56; 24-Strickler, 20:05; 27-Perkins, 20:20; 28-Kai. Rhode, 20:22; 29-Knox, 20:27; 37-Wrightman, 20:46; 42-Kuhn, 21:17; 45-Jensen, 21:30; 58-Lopez, 22:20; 59-Peterson, 22:21; 62-Darnell, 22:28; 64-Hart, 22:38.

**Men's Team Results:** 1-Western Washington 35, 2-Seattle Pacific 48, 3-Seattle University 81, 4-Northwest 106, 5-Pacific Lutheran 116, 6-Central Washington 139

**Winner:** Casey Moriarty, Seattle University, 25:38;

**SPU Finishers:** 7-Gibson, 27:24; 8-Bostrom, 27:25; 9-Cronrath, 27:33; 12-Lozano, 27:40; 17-Strickler, 27:46; 23-Rosser, 27:59; 30-Zetterberg, 28:54; 35-Larimer, 29:12; 44-Phillips, 30:17; 55-Ayers, 32:47.