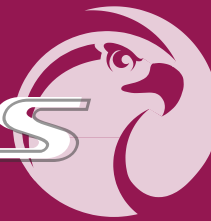


SEATTLE PACIFIC UNIVERSITY

Falcon News

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Falcons Look To Swoop At Sundodger Pixler, SPU women win Emerald titles; Moriarty 5th at Chico

Let's get together. The first key indicator meet of the cross country season comes Saturday (Sept. 16) when Seattle Pacific University sends its teams to the 15th annual Sundodger Invitational at Lincoln Park. The Falcons will be joined by Canadian stalwarts Simon Fraser and British Columbia, along with several Great Northwest Athletic Conference rivals in the open division. The women run 6000 meters at 9 a.m., followed by the men's 8k at 9:40. Next week SPU goes to the Saint Martin's Open.

A barometer. Not only will Coach **Doris Heritage** have her women's squad assembled in one race for the first time, this weekend's meet also offers a look at the future. Weather forecasts call for cooler, damp, fall-like conditions, and Heritage will also get a look at the top GNAC teams, such as Alaska Anchorage, Central Washington, Seattle University and Western Washington. Seattle Pacific defeated Anchorage in the conference meet a year ago, only to have the Seawolves finish in front at the NCAA West Regional.

Good news all around. On paper they looked good, and last week's opening meet results seemed to add credence to the notion that both the SPU men and women will be competitive within the region, if not nationally, this autumn. Heritage sent three of her top harriers to California for a preview of the regional course, and all of them finished among the top eight. Back home, the shorthanded women's team was still able to have its way at the Emerald City Invitational, prevailing by 12 points, while the men were second to Western Washington.

Scouting report. Paced by **Mary Moriarty** (So., Seattle, Wa./Ballard), the Falcons served notice that they will be in the mix for a national berth in November. Moriarty ran fifth in the Chico State meet, finishing in 25 minutes, 10 seconds over a 6-plus kilometer course. Chico State took the top four places, led by Mary Torres in 24:26. **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) and **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker) were seventh (25:15) and eighth (25:16), respectively. Heritage said the course featured a significant amount of sand and gravel.

The debutante. Although she had returned from a women's soccer road trip the previous evening, **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) handily won the Emerald City Invitational at Seattle's Lower Woodland Park. The Falcon women took their second straight team title, 28-40, over Western Washington. Pixler coasted to a 44-second victory over Rachel Brewer of Club Northwest and 60 seconds over the next collegian. Her time was the best 6k by a freshmen since Jamie Witt's 22:30 in 2000 and she shared GNAC runner of the week honors. Seattle Pacific's **Suzie Strickler** (So., Richland, Wa.) was fifth in 23:46. Rounding out the scorers were **Megan Wrightman** (Jr., Bend, Or./Bend), seventh in 23:55; **Kim Beaman** (So., Emily, Mn./Crosley Ironton), 11th in 24:40; and **Lisa Anderberg** (Fr., Edmonds, Wa./Kamiak), 12th in 24:49.

Bjorn to run. Also running without some of their best were the SPU men, who were second to Western, 35-81. **Bjorn Bostrom** (Sr., LaConner, Wa./Bellingham) was the team's top scorer, taking seventh in 27:37—nearly identical to his time a year ago. The Vikings' Anthony Tomsich was first over 8k in 26:52. The other four scorers for the Falcons were **Doug Gibson** (Sr., Yakima, Wa./Riverside Christian), 11th in 27:44; **Chad Meis** (Fr., Renton, Wa./Seattle

2006 CROSS COUNTRY

SPU Quick Facts

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

This Week's Meet

Sat., Sept. 16, 9 a.m.
Sundodger Invitational
Lincoln Park, Seattle, Wa.

Last Week's Highlights

- The women won the Emerald City Invitational and the men were second
- Jessica Pixler won the Emerald City title and was GNAC co-runner of the week
- Mary Moriarty was fifth at the Chico State Invitational

2006 Season Schedule

- Sept. 9 Emerald City Invitational (6/8k)
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.

Christian), 13th in 27:51; **James Rosser** (Sr., Seattle, Wa./Highline), 15th in 28:02; and **Eddie Strickler** (Sr., Richland, Wa.), 16th in 28:07. SPU was without some of its top projected scorers, including **Carlo Lozano** (Jr., Seattle, Wa./Blanchet), **Brian Cronrath** (Jr., Battle Ground, Wa.) and **Michael Gavareski** (Sr., Bellingham, Wa./Bellingham).

Trail mix. Despite the favorable results, Seattle Pacific fell out of the top 25 national rankings this week. The women are fourth in the region, the men sixth...The Women's Emerald City course was lengthened from 5k in the past while the Chico trail was perhaps as long as 6500 meters...Simon Fraser has won the past two Sundodger Opens for women. Willamette is the defending men's champ...The Falcons' top female has raced in the Sundodger Invitational section each of the last two seasons and, consequently, the team has not finished above higher than third. The men took seventh in 2004 and ninth last year...Seattle Pacific last claimed the Sundodger Open division in 2000, when Rachel Ross was first among individuals. Tim LeCount is the only male to finish in the top 10, taking eighth in 2003...Cronrath is expected to run Saturday.

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)	10/32										
Bjorn Bostrom	Sr	La Conner, Wa. (Bellingham)	1/9										
Brian Cronrath	Jr	Battle Ground, Wa. (Battle Grnd)	dnc										
Scott Felch	Fr	Snohomish, Wa. (Marysville-Pil.)	9/31										
Michael Gavareski	Sr	Bellingham, Wa. (Bellingham)	dnc										
Doug Gibson	Sr	Yakima, Wa. (Riverside Christian)	2/11										
Dan Larimer	Sr	Libby, Mt. (Libby)	dnc										
Carlo Lozano	Jr	Seattle, Wa. (Blanchet)	dnc										
Chad Meis	Fr	Renton, Wa. (Seattle Christian)	3/13										
Ryan Phillips	Sr	West Linn, Or. (West Linn)	6/22										
James Rosser	Sr	Seattle, Wa. (Highline)	4/15										
Scott Seamster	Jr	Seattle, Wa. (Blanchet/BCC)	8/30										
Eddie Strickler	Sr	Richland, Wa. (Richland)	5/16										
Mike Zetterberg	So	Tacoma, Wa. (Curtis)	7/29										

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)	5/12										
Kim Beaman	So	Emily, Mn. (Crosley Ironton)	4/11										
Hanane Benanaya	Jr	Casablanca, Mor. (Mohammedia)	dnc										
Kysa Cronrath	Fr	Odessa, Wa. (Odessa))	dnc										
Kate Harline	Fr	Orem, Ut. (Orem)	dnc										
Katie Hart	So	Pasadena, Ca. (L.A. Baptist)	dnc										
Corina James	So	Madera, Ca. (Madera)	dnc										
Nikki Jensen	Sr	Portland, Or. (St. Mary's Acad.)	7/19										
Katelyn Krepel	Fr	Talkeetna, Ak. (Susitna Valley)	dnc										
Jane Larson	Fr	Fall City, Wa. (Cedar P. Christian)	2/7*										
Jennifer Marsh	Sr	Kirkland, Wa. (Juanita)	dnc										
Samantha McGhee	Fr	Kelso, Wa. (Kelso)	dnc										
Mary Moriarty	So	Seattle, Wa. (Ballard)	1/5*										
Teona Perkins	Sr	Kennewick, Wa. (Kennewick)	dnc										
Victoria Perkins	Sr	Kent, Wa. (Kentwood)	dnc										
Heidi Peterson	So	Edmonds, Wa. (King's)	9/32										
Jessica Pixler	Fr	Sammamish, Wa. (Eastlake)	1/1										
Karin Rohde	Jr	Bellingham, Wa. (Mount Baker)	3/8*										
Kaitlin Rohde	Jr	Bellingham, Wa. (Mount Baker)	6/18										
Janelle Stevens	Sr	Soquel, Ca. (Soquel)	8/26										
Suzie Strickler	So	Richland, Wa. (Richland)	2/5										
Megan Wrightman	Jr	Bend, Or. (Bend)	3/7										

Chico State Invitational (6k)

Forebay Aquatic Ctr./Oroville, Ca.

Winner: 1-Mary Torres, Chico St., 24:26
SPU finishers: 5-Moriarty, 25:10; 7-Larson, 25:15; 8-Kar. Rohde, 25:16

Emerald City Invitational

Lwr. Woodland Park/Seattle, Wa.

Men's Team Results: 1-Western Washington 35, 2-Seattle Pacific 81, 3-Seattle U. 106.

Winner (8K): 1-Anthony Tomsich, WWU, 26:52

SPU finishers: 7-Bostrom, 27:38; 9-Gibson, 27:45, 13-Meis, 27:51; 15-Rosser, 28:02; 16-Strickler, 28:02; 22-Phillips, 29:13; 29-Zetterberg, 29:54; 30-Seamster, 30:03; 31-Felch, 30:46; 32-Ayers, 30:56

Women's Team Results: 1-Seattle Pacific 28, 2-Western Washington 40, 3-Seattle U. 61

Winner (6k): 1-Jessica Pixler, SPU, 22:31

Other SPU finishers: 5-Strickler, 23:46; 7-Wrightman, 23:55; 11-Beaman, 24:40; 12-Anderberg, 24:49; 18-Kai. Rohde, 25:39; 19-Jensen, 25:39; 26-Stevens, 26:23; 32-Peterson, 27:00