



FOR IMMEDIATE RELEASE October 4, 2006

## X-Country Teams Prep For GNAC Meet Falcon Women Rise to No. 9; Moriarty Grabs GNAC Award

**Back in the race.** It's back to business for the Seattle Pacific University cross country teams as they ramp-up their season in preparation for the Great Northwest Athletic Conference Championships and beyond. The Falcons run the 33rd annual Western Washington Invitational Saturday (Oct. 7) at Bellingham's Lake Padden Park. The ladies will cover 6000 meters and the gentlemen a 10k for the first time. They will train through next week and resume competition Oct. 21 with the GNAC meet in Lacey.

**Climb another notch.** Although the last couple meets were inconsequential compared to the first couple races of the season, Seattle Pacific still managed to climb a rung on the women's national ladder, and they are now No. 9 in the coaches poll. With regard to the West Region, SPU is in the lead, followed by Chico State, UC San Diego and Alaska Anchorage. The men are 10th.

**Last time out.** Led by **Mary Moriarty's** (So., Seattle, Wa./Ballard) runner-up finish, the women won for the second time in three outings Sept. 23 at the Saint Martin's Invitational. Running on the same course to be used for the GNAC Championships, the Falcons easily beat Club Northwest, 26-65, and five college teams—four from the GNAC. The SPU men finished fourth behind Alaska Anchorage, Western Oregon and Western Washington. Club Northwest's Linda Huyck won the women's 6000 event in 21 minutes, 34 seconds. Moriarty took second place in 22:12 and was followed across the line by teammates **Karin Rhode** (Jr., Bellingham, Wa./Mt. Baker) and **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) in 22:31 and 22:39, respectively. **Suzie Strickler** (So., Richland, Wa.) ran eighth (23:10) and **Kate Harline** (Fr., Orem, Ut.) ninth (23:10).

**Less than loaded.** Both the men's and women's teams have been shy of a full load the past couple weeks. **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake), who won her first two meets, is off until the GNAC meet. She's now back with the soccer team. The men were without **Bjorn Bostrom** (Sr., La Conner, Wa./Bellingham) and **Eddie Strickler** (Sr., Richland, Wa.) at Saint Martin's. Bostrom had been the top scorer in the first two meets and Strickler is a regular member of the top five. **Carlo Lozano** (Jr., Seattle, Wa./Blanchet), last year's team MVP, is doubtful for action this fall due to an Achilles injury. In Lacey, **Brian Cronrath** (Jr., Battle Ground, Wa.) was the top SPU scorer, taking 10th in 26:36—24 seconds ahead of the previous year. **James Rosser** (Sr., Seattle, Wa./Highline) was next at 13th (26:47). John Riak of SMU won the men's 8k for the second year in a row in 25:09.

**Trail mix.** Moriarty was selected as the GNAC runner of the week after Saint Martin's. Pixler had won the award the previous two weeks...Runners from 10 schools are competing in Bellingham, which is the hometown of a handful of SPU harriers. Canada's Simon Fraser will prove a tough test for the Seattle Pacific women, who have won two of the last three team titles, including last season. Alaska Anchorage, British Columbia, Central Washington, Evergreen, Saint Martin's and Seattle University are also entered. Moriarty and Rhode were sixth and ninth, respectively, last year. The men were second to the host Vikings after winning in '04. This week will be the only 10k for the men prior to the West Regional...**Doug Gibson** (Sr., Yakima, Wa.) who had rolled an ankle at the Sundodger meet, was back at Saint Martin's, taking third on the team and 22nd overall. His time of 27:27 was a 5-second improvement over

### 2006 CROSS COUNTRY

#### SPU Quick Facts

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

#### This Week's Meet

Sat., Oct. 7, 10:30 a.m.  
Western Washington Invitational  
Lake Padden Park, Bellingham, Wa.

#### Last Week's Highlights

- The women won at Saint Martin's
- Mary Moriarty was the race's top collegian and GNAC runner of the week

#### Remaining Schedule

- 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.

#### Women's National Rankings

1. Adams State (Co.)
2. Grand Valley State (Mi.)

also

9. Seattle Pacific
10. Chico State
12. UC San Diego
15. Alaska Anchorage

#### Women's West Region Rankings

1. Seattle Pacific
2. Chico State
3. UC San Diego
4. Alaska Anchorage
5. Cal State L.A.
6. Central Washington

#### Men's West Region Rankings

1. Chico State
2. Cal Poly Pomona
3. Alaska Anchorage

also

10. Seattle Pacific

'05...The women's win at Saint Martin's was the first since 2002. They had finished second a year ago, when the course was 5k. In all, eight women finished among the top 20...The story of the Falcons' coach, **Doris Heritage**, and her unlikely rise to world prominence is detailed by her longtime coach and colleague, Dr. Ken Foreman in his book, *The Fragile Champion*. The book is now available for purchase, with a portion of the proceeds going toward the Heritage and/or Foreman Athletic Endowments. For details, click on The Falcons Online ([www.spu.edu/falconsonline](http://www.spu.edu/falconsonline)).

**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.

**Missing links.** For the latest and best information on Seattle Pacific University athletics, click on The Falcons Online ([www.spu.edu/falconsonline](http://www.spu.edu/falconsonline)). For updated standings and statistics, see the Great Northwest Athletic Conference web site at [www.gnacsports.com](http://www.gnacsports.com).

## 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	
Jeff Ayers	So	Edmonds, Wa. (King's)	10/32	9/234	8/53					
Bjorn Bostrom	Sr	La Conner, Wa. (Bellingham)	1/9	1/48	dnc					
Brian Cronrath	Jr	Battle Ground, Wa. (Battle Grnd)	dnc	4/87	1/10					
Scott Felch	Fr	Snohomish, Wa. (Marysville-Pil.)	9/31	7/184	6/41					
Michael Gavareski	Sr	Bellingham, Wa. (Bellingham)	dnc	dnc	dnc					
Doug Gibson	Sr	Yakima, Wa. (Riverside Christian)	2/11	DNF	3/22					
Andrew Henning	Fr	Mountlake Terrace, Wa. (M. Terr.)	dnc	10/239	dnc					
Dan Larimer	Sr	Libby, Mt. (Libby)	dnc	dnc	dnc					
Carlo Lozano	Jr	Seattle, Wa. (Blanchet)	dnc	dnc	dnc					
Chad Meis	Fr	Renton, Wa. (Seattle Christian)	3/13	5/102	4/24					
Ryan Phillips	Sr	West Linn, Or. (West Linn)	6/22	6/152	5/30					
James Rosser	Sr	Seattle, Wa. (Highline)	4/15	3/79	2/13					
Scott Seamster	Jr	Seattle, Wa. (Blanchet/BCC)	8/30	8/185	dnc					
Eddie Strickler	Sr	Richland, Wa. (Richland)	5/16	2/63	dnc					
Mike Zetterberg	So	Tacoma, Wa. (Curtis)	7/29	dnc	7/43					

## 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	
Lisa Anderberg	Fr	Edmonds, Wa. (Kamiak)	5/12	9/74	9/21					
Kim Beaman	So	Emily, Mn. (Crosley Ironton)	4/11	10/80	7/14					
Hanane Benanaya	Jr	Casablanca, Mor. (Mohammedia)	dnc	dnc	dnc					
Kysa Cronrath	Fr	Odessa, Wa. (Odessa)	dnc	13/134	13/32					
Kate Harline	Fr	Orem, Ut. (Orem)	dnc	7/59	5/9					
Katie Hart	So	Pasadena, Ca. (L.A. Baptist)	4/38*	16/164	14/42					
Corina James	So	Madera, Ca. (Madera)	dnc	dnc	dnc					
Nikki Jensen	Sr	Portland, Or. (St. Mary's Acad.)	7/19	8/69	8/19					
Katelyn Krepel	Fr	Talkeetna, Ak. (Susitna Valley)	dnc	dnc	dnc					
Jane Larson	Fr	Fall City, Wa. (Cedar P. Christian)	2/7*	4/16	3/4					
Jennifer Marsh	Sr	Kirkland, Wa. (Juanita)	dnc	14/149	12/30					
Samantha McGhee	Fr	Kelso, Wa. (Kelso)	dnc	dnc	dnc					
Mary Moriarty	So	Seattle, Wa. (Ballard)	1/5*	2/10	1/2					
Teona Perkins	Sr	Kennewick, Wa. (Kennewick)	dnc	dnc	dnc					
Victoria Perkins	Sr	Kent, Wa. (Kentwood)	dnc	dnc	dnc					
Heidi Peterson	So	Edmonds, Wa. (King's)	9/32	15/161	15/45					
Jessica Pixler	Fr	Sammamish, Wa. (Eastlake)	1/1	1/1	dnc					
Karin Rohde	Jr	Bellingham, Wa. (Mount Baker)	3/8*	3/13	2/3					
Kaitlin Rohde	Jr	Bellingham, Wa. (Mount Baker)	6/18	11/101	10/25					
Janelle Stevens	Sr	Soquel, Ca. (Soquel)	8/26	12/125	11/27					
Suzie Strickler	So	Richland, Wa. (Richland)	2/5	5/36	4/8					
Megan Wrightman	Jr	Bend, Or. (Bend)	3/7	6/42	6/11					

## Saint Martin's Open

### Saint Martin's Campus/Lacey, Wa.

*Men's Team Results:* 1-Alaska Anchorage 34, 2-Western Oregon 55, 3-Western Washington 76, 4-Seattle Pacific 91, 5-Saint Martin's 116, 6-Evergreen State 160, 7-Bellevue CC 193.

*Winner (8k):* John Riak, SMU, 25:09

*SPU finishers:* 10-Cronrath, 26:36.; 13-Rosser, 26:47; 22-Gibson, 27:27; 24-Meis, 27:33; 30-Phillips, 27:48; 41-Felch, 28:39; 43-Zetterberg, 28:47; 53-Ayers, 30:22.

*Women's Team Results:* 1-Seattle Pacific 26, 2-Club Northwest 65, 3-Alaska Anchorage 80, 4-Western Oregon 102, 5-Western Washington 110, 6-Saint Martin's 123, 7-Bellevue CC 195.

*Winner (6k):* Linda Huyck, CNW, 21:34

*SPU finishers:* 2-Moriarty, SPU, 22:12; 3-Kar. Rohde, 22:31; 4-Larson, 22:39; 8-Strickler, 23:10; 9-Harline, 23:10; 11-Wrightman, 23:19; 14-Beaman, 23:44; 19-Jensen, 24:09; 21-Anderberg, 24:23; 25-Kai. Rohde, 24:36; 27-Stevens, 24:47; 30-Marsh, 24:48; 32-Cronrath, 24:50; 42-Hart, 25:34; 45-Peterson, 25:49