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Women Seek To Defend GNAC X-C Title Pixler, Moriarty Among Contenders; Men Aim for Top 3

Trolling for gold. Not far from the capitol dome in Olympia, the Seattle Pacific University cross country teams will conduct their campaigns for supremacy of the Great Northwest Athletic Conference. Saturday morning (Oct. 21), the 10th-ranked Falcons find themselves as one of the favorites for the women's team title and, along with the men's squad, aim to build momentum for next month's NCAA Division II West Regional. Races begin at 10:30 on the campus of Saint Martin's University in Lacey, with the women running 6000 meters and the men 8k.

A busy day ahead. Now you see her, you you don't. In her only two races this autumn, **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) has been sensational, winning each meet. Of course, that was back in September and now the stakes are raised. Pixler rejoins the team this week but will leave immediately after the race Saturday to join the soccer team for its final home game, which starts at 3 o'clock. Pixler has played in six games for the Falcons, but this will mark the first time she will participate in competitions for both sports on the same day. She won the Emerald City Invitational Sept. 16 and the Sundodger Open Sept. 23.

Wait, there's Moriarty. It's possible that Pixler will find her toughest competition coming from a teammate. **Mary Moriarty** (So., Seattle, Wa./Ballard), last year's GNAC freshman of the year, is also among the elite conference harriers. Moriarty has finished in the top 10 of all five of her races, including second place (first among collegians) on the Saint Martin's course Sept. 30. Coach **Doris Heritage** has seen one of her runners claim the conference crown seven of the last 11 years.

Done that. While the women are seeking to defend their team title and grab their ninth in 14 years, the men are focusing on finishing in the top three. They won the GNAC in 2004 but Western Washington and Alaska Anchorage—ranked 13th and 15th, respectively, in the nation—appear to be out of reach. The SPU men finished second to the Vikings in their last outing. Last season they were fourth.

Honors candidates. Heritage's teams feature all-conference candidates in addition to Pixler and Moriarty. For the women, both **Karin Rhode** (Jr., Bellingham, Wa./Mt. Baker) and **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) should vie for places in the top 10. Rhode was 12th a year ago and seventh as a freshman, when she was freshman of the year. The men are led by **Bjorn Bostrom** (Sr., La Conner, Wa./Bellingham), who looked strong at the Western Washington Invitational, a 10k two weeks ago. He ran 14th and **Brian Cronrath** (Jr., Battle Ground, Wa.) was 24th. Last season at the GNAC they took 17th and 14th, respectively. Bostrom was seventh as a sophomore. The only Falcon to win a conference race was Tim LeCount in 2004.

Last time out. At the WWU meet, the women's team was seven points shy of Simon Fraser, the No. 1 team in NAIA, 36-43. Western Washington won the men's title by a decisive margin of 32-72 over SPU. Moriarty was the Falcons' pacesetter for the third time, in 22:36 seconds. Rhode led a cluster in the next pack, finishing 10th (23:03) and Larson was 11th (23:06). Also scoring were **Suzie Strickler** (So., Richland, Wa.) and **Kate Harline** (Fr., Orem, Ut.) in 16th (23:11) and 20th (23:26), respectively. Club Northwest's Rose Wetzel,

2006 CROSS COUNTRY

SPU Quick Facts

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

This Week's Meet

Sat., Oct. 21, 10:30 a.m.

GNAC Championships
Saint Martin's Campus, Lacey, Wa.

Last Week's Highlights

- Both the men's and women's teams were second at the Western Washington Invitational
- Mary Moriarty was the fourth collegian and seventh overall in Bellingham

Remaining Schedule

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

also

9. Seattle Pacific
10. Chico State
14. UC San Diego
17. Cal State L.A.
21. Alaska Anchorage

Women's West Region Rankings

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

Men's West Region Rankings

1. Chico State
2. Western Washington
3. Alaska Anchorage

also

10. Seattle Pacific

who competed at Georgetown, won in 22:07. It was a particularly pleasing performance for the Seattle Pacific men, who edged Central Washington. Bostrom, in the first 10k course of the season, finished in 33:20. Cronrath took 24th (34:11) and **James Rosser** (Sr., Seattle, Wa./Highline) was 26th in 34:13. Rounding out the scorers were **Chad Meis** (Fr., Renton, Wa./Seattle Christian) in 31st (34:22) and **Doug Gibson** (Sr., Yakima, Wa./Riverside Christian) in 37th (34:36).

Trail mix. Seattle Pacific remains unbeaten against Div. II women's competition. In the latest West Region coaches poll, SPU is first, followed by Chico State, UC San Diego and Alaska Anchorage. The men are 10th...**Eddie Strickler** (Sr., Richland, Wa.), a regular among the team's top five scorers, has missed the last two meets and is out for the season with a collarbone fracture...Last year's top scorer, **Carlo Lozano** (Jr., Seattle, Wa./Blanchet) might be cleared to run this week. He has missed each meet while recovering from an Achilles injury...Mandy Kaempf of Alaska Anchorage is another top contender for the women's GNAC championship. Kaempf was third at Western, 14 seconds ahead of Moriarty...David Kiplagat of UAA finished second a year ago and will likely challenge John Riak of Saint Martin's for the title...Several runners will race at the Bellevue Community College Invitational next week.

Missing links. For the latest and best information on Seattle Pacific University athletics, click on the Falcons Online (www.spu.edu/falconsonline). For updated standings and statistics, see the Great Northwest Athletic Conference web site at 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	9/106				
Bjorn Bostrom	Sr	La Conner, Wa. (Bellingham)	1/9	1/48	dnc	1/14				
Brian Cronrath	Jr	Battle Ground, Wa. (Battle Grnd)	dnc	4/87	1/10	2/24				
Scott Felch	Fr	Snohomish, Wa. (Marysville-Pil.)	9/31	7/184	6/41	7/82				
Michael Gavareski	Sr	Bellingham, Wa. (Bellingham)	dnc	dnc	dnc	dnc				
Doug Gibson	Sr	Yakima, Wa. (Riverside Christian)	2/11	DNF	3/22	5/37				
Andrew Henning	Fr	Mountlake Terrace, Wa. (M. Terr.)	dnc	10/239	dnc	dnc				
Dan Larimer	Sr	Libby, Mt. (Libby)	dnc	dnc	dnc	dnc				
Carlo Lozano	Jr	Seattle, Wa. (Blanchet)	dnc	dnc	dnc	dnc				
Chad Meis	Fr	Renton, Wa. (Seattle Christian)	3/13	5/102	4/24	4/31				
Ryan Phillips	Sr	West Linn, Or. (West Linn)	6/22	6/152	5/30	6/50				
James Rosser	Sr	Seattle, Wa. (Highline)	4/15	3/79	2/13	3/26				
Scott Seamster	Jr	Seattle, Wa. (Blanchet/BCC)	8/30	8/185	dnc	8/88				
Eddie Strickler	Sr	Richland, Wa. (Richland)	5/16	2/63	dnc	dnc				
Mike Zetterberg	So	Tacoma, Wa. (Curtis)	7/29	dnc	7/43	dnc				

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			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	10/52				
Kim Beaman	So	Emily, Mn. (Crosby Ironton)	4/11	10/80	7/14	6/33				
Hanane Benanaya	Jr	Casablanca, Mor. (Mohammedia)	dnc	dnc	dnc	dnc				
Kysa Cronrath	Fr	Odessa, Wa. (Odessa)	dnc	13/134	13/32	11/54				
Kate Harline	Fr	Orem, Ut. (Orem)	dnc	7/59	5/9	5/20				
Katie Hart	So	Pasadena, Ca. (L.A. Baptist)	4/38*	16/164	14/42	13/78				
Corina James	So	Madera, Ca. (Madera)	dnc	dnc	dnc	dnc				
Nikki Jensen	Sr	Portland, Or. (St. Mary's Acad.)	7/19	8/69	8/19	9/43				
Katelyn Krepel	Fr	Talkeetna, Ak. (Susitna Valley)	dnc	dnc	dnc	dnc				
Jane Larson	Fr	Fall City, Wa. (Cedar P. Christian)	2/7*	4/16	3/4	3/11				
Jennifer Marsh	Sr	Kirkland, Wa. (Juanita)	dnc	14/149	12/30	dnc				
Samantha McGhee	Fr	Kelso, Wa. (Kelso)	dnc	dnc	dnc	dnc				
Mary Moriarty	So	Seattle, Wa. (Ballard)	1/5*	2/10	1/2	1/7				
Teona Perkins	Sr	Kennewick, Wa. (Kennewick)	dnc	dnc	dnc	dnc				
Victoria Perkins	Sr	Kent, Wa. (Kentwood)	dnc	dnc	dnc	dnc				
Heidi Peterson	So	Edmonds, Wa. (King's)	9/32	15/161	15/45	12/61				
Jessica Pixler	Fr	Sammamish, Wa. (Eastlake)	1/1	1/1	dnc	dnc				
Karin Rohde	Jr	Bellingham, Wa. (Mount Baker)	3/8*	3/13	2/3	2/10				
Kaitlin Rohde	Jr	Bellingham, Wa. (Mount Baker)	6/18	11/101	10/25	8/41				
Janelle Stevens	Sr	Soquel, Ca. (Soquel)	8/26	12/125	11/27	dnc				
Suzie Strickler	So	Richland, Wa. (Richland)	2/5	5/36	4/8	4/16				
Megan Wrightman	Jr	Bend, Or. (Bend)	3/7	6/42	6/11	7/34				

Western Washington Invitational Lake Padden/Bellingham, Wa.

Men's team results: 1-Western Washington 32, 2-Seattle Pacific 72, 3-Central Washington 83, 4-British Columbia 90, 5-Simon Fraser 125, 6-Seattle University 151, 7-Evergreen 175.

Individual winner (10k): David Wambui, SFU, 32:10

SPU finishers: 14-Bostrom 33:20; 24-Cronrath, 34:11; 26-Rosser, 34:13; 31-Meis, 34:22; 37-Gibson, 34:36; 50-Phillips, 35:20; 82-Felch, 37:03; 88-Seamster, 37:12; 106-Ayers, 38:49

Women's team results: 1-Simon Fraser 36, 2-Seattle Pacific 43, 3-Alaska Anchorage 57, 4-British Columbia 118, 5-Western Washington 131, 6-Central Washington 143, 7-Seattle University 199

Individual winner (6k): Rose Wetzel, CNW, 22:07

SPU finishers: 7-Moriarty, 22:36; 10-Kar. Rohde, 23:03; 11-Larson, 23:06; 16-Strickler, 23:11; 20-Harline, 23:26; 33-Beaman, 23:58; 34-Wrightman, 24:04; 41-Kai. Rohde, 24:24; 43-Jensen, 24:29; 52-Anderberg, 5:21; 54-Cronrath, 25:24; 61-Peterson, 25:38; 78-Hart, 26:36