



FOR IMMEDIATE RELEASE November 1, 2006

SPU Women Try To Take West, Earn Berth Falcons Aim to Extend String at NCAA Regional Saturday

West, then east? Although winning will be important for the Seattle Pacific University cross country teams this week, the ultimate objective is to keep going. The Falcon women are among the top contenders for the NCAA Division II West Regional Saturday (Nov. 4) in Oroville, Ca., but simply finishing among the top four would assure them of moving on to the NCAA Championships, Nov. 18 in Pensacola, Florida. Races begin at 9 a.m. and will cover 6000 meters for women and 10k for men at the Forebay Aquatics Center. In addition to the teams, the top two individuals from non-qualifying teams will be ticketed for nationals.

It's about time. Seattle Pacific has been on a roll, going unbeaten against Div. II women's teams this fall and winning the Great Northwest Athletic Conference championship Oct. 21. The Falcons, ranked 8th nationally, edged No. 10 Chico State by nine points in their only meeting Sept. 16 in Seattle. SPU has not qualified for nationals since 1999 and last won a regional in 1996. The men were third in the '04 regional. They were third in the GNAC and are ranked No. 7 in the West Region.

Getting lucky. Without question, coach **Doris Heritage** and her women's squad is due for some good fortune at regionals. The Falcons missed making the national cut by four points in 2004 and by five last year. Both times the culprit was Alaska Anchorage, which had finished behind the Birds earlier at conference. SPU was 10 points in front of 16th-ranked UAA two weeks ago. Altogether, there are five nationally-ranked teams in the West, including No. 14 Cal State L.A. and No. 19 UC San Diego. For the men, host Chico State is favored to claim its fifth straight regional title. The Wildcats are No. 3 in the nation, Western Washington No. 12 and Cal Poly Pomona No. 13.

Quality & depth. Heritage has a very young, talented and sufficiently deep women's team, headed by a unique individual. **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) is unbeaten in her three outings and a member of two postseason teams. She is a reserve defender for the soccer team, which plays a first-round NCAA game Thursday afternoon in La Jolla, Ca. On Friday morning, Pixler will fly north and join her fellow runners for a preview of the regional course. Pixler won the GNAC by 3 seconds and was 7 seconds ahead of the nearest Chico harrier at the Sundodger meet.

Running as a pack. Behind Pixler is a solid pack, featuring **Mary Moriarty** (So., Seattle, Wa./Ballard), **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker), and **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian). Each made the all-conference team. Moriarty has been among the top 10 of each race, including a fifth-place finish on the regional course Sept. 9. Rohde and Larson also ran at the Chico State Invitational. Rohde took seventh in the conference and Larson ninth. Completing the regional entries are **Suzie Strickler** (So., Richland, Wa.), **Kate Harline** (Fr., Orem, Ut) and **Megan Wrightman** (Jr., Bend, Or.).

Goal-oriented. Barring a calamity on the part of the men's favorites, Seattle Pacific will need a miraculous effort to finish among the top three and qualify for nationals. Realistically, the goal would be to remain among the top five, which is where the Falcons finished last season. **Bjorn Bostrom** (Sr., La Conner, Wa./Bellingham), ninth in the GNAC meet, ran

2006 CROSS COUNTRY

SPU Quick Facts

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

This Week's Meet

Sat., Nov. 4, 9 a.m.
NCAA West Regional
Forebay Aquatics Center, Oroville, Ca.

Season Highlights To Date

- Seattle Pacific successfully defended its GNAC women's championship while the men took third place
- Jessica Pixler won the GNAC individual title and also her two other starts
- The Falcon women are unbeaten versus Div. II teams
- In addition to Pixler, Mary Moriarty, Karin Rohde, Jane Larson and Bjorn Bostrom made the all-conference teams

Looking Ahead

Nov. 18 NCAA Championships (6/10k)
Pensacola,Fl.

Women's National Rankings

1. Grand Valley State (Mi.)
 2. Adams State (Co.)
- also
8. Seattle Pacific
 10. Chico State
 14. Cal State L.A.
 16. Alaska Anchorage
 19. UC San Diego

Women's West Region Rankings

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

Men's West Region Rankings

1. Chico State
 2. Western Washington
 3. Cal Poly Pomona
- also
7. Seattle Pacific

a strong 10k last month in Bellingham and has been the top scorer in each meet he's competed. Bostrom, **Brian Cronrath** (Jr., Battle Ground, Wa.), **James Rosser** (Sr., Seattle, Wa./Highline) and **Doug Gibson** (Sr., Yakima, Wa./Riverside Christian) are veterans of the national-qualifying team of '04, and Gibson was the SPU lead runner at regionals a year ago, taking 18th. The rest of the the travel team is **Carlo Lozano** (Jr., Seattle, Wa./Blanchet), **Ryan Phillips** (Sr., West Linn, Or.) and fast-improving **Chad Meis** (Fr., Renton, Wa./Seattle Christian), who was third on the team and 18th in the conference.

Trail mix. The last SPU female to win a regional individual crown was Bente Moe in 1985. Moe proceeded to win the NCAA title that year. Since 1989, none has finished higher than fourth. Meredith Crane was fifth in '05...The men will run Saturday at 9, followed by the women at 10:15. The top 15 finishers earn all-region honors. Results will be available online at <http://www.csuchico.edu/athletics/>...Chico State is also the defending women's regional champion...The Falcon women were second at the Bellevue Community College Invitational last week. Heritage's regional runners were rested. **Kim Beaman** (So., Emily, Mn./Crosby Ironton), **Lisa Anderberg** (Fr., Edmonds, Wa./Kamiak) and **Kaitlin Rohde** (Jr., Bellingham, Wa./Mt. Baker) finished 11-13.

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	10/67			
Bjorn Bostrom	Sr	La Conner, Wa. (Bellingham)	1/9	1/48	dnc	1/14	1/9			
Brian Cronrath	Jr	Battle Ground, Wa. (Battle Grnd)	dnc	4/87	1/10	2/24	2/14			
Scott Felch	Fr	Snohomish, Wa. (Marysville-Pil.)	9/31	7/184	6/41	7/82	9/61			
Michael Gavareski	Sr	Bellingham, Wa. (Bellingham)	dnc	dnc	dnc	dnc	dnc			
Doug Gibson	Sr	Yakima, Wa. (Riverside Christian)	2/11	DNF	3/22	5/37	5/27			
Andrew Henning	Fr	Mountlake Terrace, Wa. (M. Terr.)	dnc	10/239	dnc	dnc	dnc			
Dan Larimer	Sr	Libby, Mt. (Libby)	dnc	dnc	dnc	dnc	dnc			
Carlo Lozano	Jr	Seattle, Wa. (Blanchet)	dnc	dnc	dnc	dnc	7/45			
Chad Meis	Fr	Renton, Wa. (Seattle Christian)	3/13	5/102	4/24	4/31	3/18			
Ryan Phillips	Sr	West Linn, Or. (West Linn)	6/22	6/152	5/30	6/50	6/42			
James Rosser	Sr	Seattle, Wa. (Highline)	4/15	3/79	2/13	3/26	4/22			
Scott Seamster	Jr	Seattle, Wa. (Blanchet/BCC)	8/30	8/185	dnc	8/88	8/58			
Eddie Strickler	Sr	Richland, Wa. (Richland)	5/16	2/63	dnc	dnc	dnc			
Mike Zetterberg	So	Tacoma, Wa. (Curtis)	7/29	dnc	7/43	dnc	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	9/25			
Kim Beaman	So	Emily, Mn. (Crosby Ironton)	4/11	10/80	7/14	6/33	8/19			
Hanane Benanaya	Jr	Casablanca, Mor. (Mohammedia)	dnc	dnc	dnc	dnc	dnc			
Kysa Cronrath	Fr	Odessa, Wa. (Odessa))	dnc	13/134	13/32	11/54	dnc			
Kate Harline	Fr	Orem, Ut. (Orem)	dnc	7/59	5/9	5/20	6/12			
Katie Hart	So	Pasadena, Ca. (L.A. Baptist)	4/38*	16/164	14/42	13/78	dnc			
Corina James	So	Madera, Ca. (Madera)	dnc	dnc	dnc	dnc	dnc			
Nikki Jensen	Sr	Portland, Or. (St. Mary's Acad.)	7/19	8/69	8/19	9/43	dnc			
Katelyn Krepel	Fr	Talkeetna, Ak. (Susitna Valley)	dnc	dnc	dnc	dnc	dnc			
Jane Larson	Fr	Fall City, Wa. (Cedar P. Christian)	2/7*	4/16	3/4	3/11	4/9			
Jennifer Marsh	Sr	Kirkland, Wa. (Juanita)	dnc	14/149	12/30	dnc	dnc			
Samantha McGhee	Fr	Kelso, Wa. (Kelso)	dnc	dnc	dnc	dnc	dnc			
Mary Moriarty	So	Seattle, Wa. (Ballard)	1/5*	2/10	1/2	1/7	2/6			
Victoria Perkins	Sr	Kent, Wa. (Kentwood)	dnc	dnc	dnc	dnc	dnc			
Heidi Peterson	So	Edmonds, Wa. (King's)	9/32	15/161	15/45	12/61	dnc			
Jessica Pixler	Fr	Sammamish, Wa. (Eastlake)	1/1	1/1	dnc	dnc	1/1			
Karin Rohde	Jr	Bellingham, Wa. (Mount Baker)	3/8*	3/13	2/3	2/10	3/7			
Kaitlin Rohde	Jr	Bellingham, Wa. (Mount Baker)	6/18	11/101	10/25	8/41	10/33			
Janelle Stevens	Sr	Soquel, Ca. (Soquel)	8/26	12/125	11/27	dnc	dnc			
Suzie Strickler	So	Richland, Wa. (Richland)	2/5	5/36	4/8	4/16	5/11			
Megan Wrightman	Jr	Bend, Or. (Bend)	3/7	6/42	6/11	7/34	7/15			

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

Men's team results: 1-Western Washington 35, 2-Alaska Anchorage 53, 3-Seattle Pacific 86, 4-Western Oregon 104, 5-Central Washington 117, 6-Saint Martin's 169, 7-Seattle University 213, 8-Alaska Fairbanks 244, 9-Northwest Nazarene 245

Individual winner (8k): David Kiplagat, UAA, 24:28.27

SPU finishers: 9-Bostrom, 25:30; 14-Cronrath, 24:45; 18-Meis, 25:55; 22-Rosser, 25:59; 27-Gibson, 27:16; 42-Phillips, 27:02; 45-Lozano, 27:14; 58-Seamster, 28:06; 61-Felch, 28:28; 67-Ayers, 29:06

Women's team results: 1-Seattle Pacific 34, Alaska Anchorage 44, Central Washington 93, Western Washington 113, Alaska Fairbanks 127, Western Oregon 131, Saint Martin's 195, Northwest Nazarene 203, Seattle University 252
Individual winner (6k): Jessica Pixler, SPU, 21:11

Other SPU finishers: 6-Moriarty, 21:56; 7-Kar. Rohde, 22:04; 9-Larson, 22:27; 11-Strickler, 22:34; 12-Harline, 22:35; 15-Wrightman, 22:52; 19-Beaman, 23:14; 25-Anderberg, 23:34; 33-Kai. Rohde, 23:55