

**FOR IMMEDIATE RELEASE September 5, 2007**

## Seattle Pacific Harriers Run Close To Home Falcon Women 5th Nationally; Pixler Leads Pack of Returnees

**Over the bridge.** Short of the NCAA Division II Championships, the Seattle Pacific University cross country teams will stay relatively close to home this fall. In fact, the Falcons' first race is within three miles of the campus. The season gets underway Saturday morning (Sept. 8) with the Emerald City Open in nearby Woodland Park. It's a slightly longer trek to the second meet, the Sundodger Invitational, Sept. 15 at West Seattle's Lincoln Park.

**Highly touted.** With most of the key harriers returning, the SPU women have been rated No. 5 in the national preseason coaches poll. The Falcons are coming off a sixth-place finish after winning the Great Northwest Athletic Conference and coming within four points of the West Region championship. Cal State L.A. (7th), Chico State (9th) and UC San Diego (14th) also appear in the top 25. The men are 10th in the rankings for the West Region.

**Where to go.** Later this month Heritage will take her team on its first of three trips east to Idaho. The GNAC and regional meets will be hosted by Northwest Nazarene, and the Sept. 22 Bob Firman Races will offer a course preview of the latter in Boise. The NCAA Championships will be held in Joplin, Mo., Nov. 17.

**Ready to go.** It's understandable why the Falcons would be viewed as the the women's team to beat in the West. Coach **Doris Heritage** has six of her seven national runners back, plus at least a couple more capable of pushing those people. Having graduated five of their top seven scorers, the men are a bit green.

**No more two-timing.** She was the top runner in the region and the top freshman in the nation, and that was while spending the majority of her time on the soccer team. This time around, **Jessica Pixler** (So., Sammamish, Wa./Eastlake) belongs only to the trails. Pixler won her first four races last year before taking 10th at nationals. She went on to win the NCAA indoor mile and outdoor 1500, and take second in the 800. This summer, Pixler won the 1500 gold medal at the Pan American Junior Games in Brazil.

**A quality cast.** The Falcons' top five all finished among the top 22 in the '06 regional, including **Jane Larson** (So., Fall City, Wa./Cedar Park Christian) in 14th place. Larson and **Karin Rohde** (Sr., Bellingham, Wa./Mt. Baker) were also NCAA qualifiers for both indoor and outdoor track nationals. Also back are **Suzie Strickler** (Jr., Richland, Wa.), **Megan Wrightman** (Sr., Bend, Or.) and **Kate Harline** (So., Orem, Ut.).

**Front men.** **Brian Cronrath** (Sr., Battle Ground, Wa.) was the men's top scorer at regionals, and **Chad Meis** (So., Renton, Wa./Seattle Christian) is a promising runner in

## 2007 CROSS COUNTRY

### SPU Quick Facts

Coach—Doris Heritage, 30th year  
Assistants—Erika Daligcon, Lane Seeley

### This Week's Meet

*Sat., Sept. 8, 10:30 a.m.*  
Emerald City Open  
Woodland Park, Seattle, Wa.

### '06 Season Highlights

- SPU took sixth in the NCAA Championships
- Seattle Pacific successfully defended its GNAC women's championship and finished second in the West Region
- Jessica Pixler won the GNAC and regional individual titles and two other starts before taking 10th in the nation
- Pixler and Jane Larson made the all-region teams

### 2007 Season Schedule

Sept. 8	Emerald City Open
Sept. 15	Sundodger Invitational
Sept. 22	Bob Firman Races Bellevue Invitational
Sept. 29	Varsity-Alumni
Oct. 6	Western Washington Invit.
Oct. 20	GNAC Championships Bellevue CC Invitational
Nov. 3	NCAA West Regional
Nov. 17	NCAA Championships

### Women's National Rankings

1. Adams State (Co.)
  2. Harding (Ar.)
  3. Western State (Co.)
  4. Grand Valley State (Mi.)
  5. Seattle Pacific
- also*
7. Cal State L.A.
  9. Chico State
  14. UC San Diego

his own right. Cronrath was the GNAC runner-up in the 1500 and Meis the No. 4 scorer last autumn.

**Trail mix.** Western Washington and Seattle University will also debut at the Emerald City Open. It will be a 5000-meter race for the women and 8k for men...Pixler won last year's Emerald City in 22:31 and SPU beat Western 28-40 despite missing three of their top scorers. The men were runners-up to the Vikings, 35-81, and Meis was 13th...Pixler became Seattle Pacific's first regional champion since Bente Moe in 1985...Last week near Bellingham, the Falcons were the top women's team at the Lake Padden Relays.

**Coaching staff.** Coach Doris Heritage (30th year) has guided the SPU women to 11 top-10 national finishes and conference titles in eight of the last 12 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-one 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 Emerald City Open

#### 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

### 2007 Men's Cross Country Roster

Name	Yr	Hometown (High School)	2007 Race Finishes (Team/Overall)						
			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7
Brian Carper	Fr	Vancouver, Wa. (Skyview)							
Brian Cronrath	Sr	Battle Ground, Wa. (Battle G'nd)							
Evan Dull	Fr	Shoreline, Wa. (King's)							
Jeff Dull	Fr	Shoreline, Wa. (King's)							
Scott Felch	So	Snohomish, Wa. (M'ville-P'chuck)							
Jordan Lance	Fr	Bothell, Wa. (Jackson)							
Carlo Lozano	Sr	Seattle, Wa. (Blanchet/Az. St.)							
Stephen Marti	Fr	Lake Stevens, Wa. (Lk. Stevens)							
Chad Meis	So	Renton, Wa. (Seattle Christian)							
John Phillips	Fr	Kenmore, Wa. (Inglemoor)							
Scott Seamster	Sr	Seattle, Wa. (Blanchet/Bell. CC)							
Spencer Sutherland	Fr	Kailua, Hi. (Hawaii Baptist)							

### 2007 Women's Cross Country Roster

Name	Yr	Hometown (High School)	2007 Race Finishes (Team/Overall)						
			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7
Lisa Anderberg	So	Edmonds, Wa. (Kamiak)							
Kim Beaman	Jr	Emily, Mn. (Crosly Ironton)							
Kysa Cronrath	So	Odessa, Wa. (Odessa)							
Patricia Doyle	Fr	Warrenton, Or. (Seaside)							
Emily Felton	Fr	Fort Collins, Co. (Rocky Mtn)							
Kate Harline	So	Orem, Ut. (Orem)							
Katie Hart	Jr	Pasadena, Ca. (L.A. Baptist)							
Jane Larson	So	Fall City, Wa. (Cedar Park Chstn)							
Heidi Peterson	Jr	Edmonds, Wa. (King's)							
Jessica Pixler	So	Sammamish, Wa. (Eastlake)							
Kaitlin Rohde	Sr	Bellingham, Wa. (Mount Baker)							
Karin Rohde	Sr	Bellingham, Wa. (Mount Baker)							
Kyla Rohde	Fr	Bellingham, Wa. (Mount Baker)							
Suzie Strickler	Jr	Richland, Wa. (Richland)							
Megan Wrightman	Sr	Bend, Or. (Bend)							