

**FOR IMMEDIATE RELEASE September 13, 2007**

## Falcon Women To Run With Big Teams

### Pixler Wins, Meis Shines at Emerald City; Sundodger Saturday

**Tough crowd.** Next to the national meet, the Sundodger Invitational could be the biggest and toughest meet the Seattle Pacific University cross country teams will face this fall. That's particularly true for the fifth-ranked Falcon women who will race with the Division I teams Saturday morning at West Seattle's Lincoln Park. The SPU men will run 8000 meters beginning at 9:40 a.m., followed by the women's 6k at 10:25. Next week teams and individuals will be split between Boise's Bob Firman Races and the Bellevue Invitational.

**Moving up.** A year ago, the Falcon women were second to Canada's Simon Fraser in the open division. That feat will be difficult, if not impossible to replicate. Seattle Pacific's **Doris Heritage** requested a place on the start line alongside the big schools, such as Washington State, UC Davis, Santa Clara and host Washington. Some 700 harriers are expected to take part in the four races.

**Quick Pixler.** **Jessica Pixler** (So., Sammamish, Wa./Eastlake) won't have the chance to defend her Sundodger open division title as she steps up in class, along with her teammates. Pixler is coming off a dominant performance at the Emerald City Invitational, winning by 77 seconds in 22:28.14. Her '06 time at Sundodger (21:35) came without much of a threat from behind and was accomplished while she was still primarily a soccer player. Still, it would have put her among the top 25 in the upper division. Last week's win was Pixler's fifth in six career starts.

**Strong showing.** Seattle Pacific ran smooth in its opener at Woodland Park, with the Falcons and Pixler easily defending their Emerald City titles. With its top seven all among the meet's first 10 finishers, SPU scored 22 points. **Suzie Strickler** (Jr., Richland, Wa.) was third in 23:50 and taking spots 5-8 were **Karin Rohde** (Sr., Bellingham, Wa./Mt. Baker), **Kate Harline** (So., Orem, Ut.), **Kaitlin Rohde** (Sr., Bellingham, Wa./Mt. Baker) and **Megan Wrightman** (Sr., Bend, Or.).

**No hanging Chad.** The Falcons have themselves a rising star in **Chad Meis** (So., Renton, Wa./Seattle Christian). The No. 4 scorer last season, Meis look much stronger in his debut, placing third in the Emerald City with a time (27:30) nearly 30 seconds better than '06. **Brian Cronrath** (Sr., Battle Ground, Wa.), who has elected to redshirt and compete again in an SPU singlet next spring and autumn, won in 27:17. Host Seattle University (27 points) won the team crown, ahead of the Falcons' 51 and Western Washington's 55. The other scorers were **Scott Seamster** (Sr., Seattle, Wa./Blanchet) in 12th, **Jeff Dull** (Fr., Shoreline, Wa./King's) in 15th, **Jordan Lance** (Fr., Bothell, Wa./Jackson) 21st and **Evan Dull** (Fr., Shoreline, Wa./King's) 22nd.

## 2007 CROSS COUNTRY

### SPU Quick Facts

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

### This Week's Meet

Sat., Sept. 15, 9 a.m.  
Sundodger Invitational  
Lincoln Park, Seattle, Wa.

### Last Week's Highlights

- Jessica Pixler and SPU won the Emerald City Invitational for the second year in a row
- The Falcon men were second and Chad Meis third

### 2007 Remaining Schedule

Sept. 15	Sundodger Invitational
Sept. 22	Bob Firman Races Bellevue Invitational
Sept. 29	Varsity-Alumni
Oct. 6	Western Washington Invt.
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. Western State (Co.)

also

5. Seattle Pacific
7. Cal State L.A.
8. Chico State
13. UC San Diego

### Women's Regional Rankings

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

### Men's Regional Rankings

1. Chico State
2. Western Washington
3. Alaska Anchorage
4. UC San Diego

