



Jeff Ayers

Sophomore | Edmonds, WA

SPU: Two-year letterman in cross country and one year in middle distances... Academic all-conference as a sophomore in cross country. **Freshman:** Ran 1500 on regular basis, doubling in the 800 twice... Team's No. 10 scorer in cross country as a freshman, No. 9 as a sophomore. **King's High School:** One-year letter winner in cross country and track for the Knights... Awarded the sportsmanship award as a senior for cross country... Name most improved for the Knight's track and field as a senior... Knights named academic state champions in both cross country and track and field in 2005. **Personal:** Jeffrey Michael Ayers was born December 13, 1986 in Edmonds, Washington... National Honor Society as well as High Honor Roll at King's... Father, Wynn Ayers, ran cross country and track and field at Southern California College, known today as Vanguard... Business administration major.

Personal Bests: 800m-2:11.91, 2006; 1500m-4:26.62, 2006



Ben Climer

Freshman | Woodburn, OR

McNary High School: Lettered three years in hurdles and high jump... Won Valley League 300 hurdles and runner-up in highs as senior. **Personal:** Benjamin Adam Climer was born September 18, 1987 in Mountain Home, Idaho... English major. **Personal records:** 110m Hurdles-15.14, 2006; 300m Hurdles-39.76, 2006



Brian Cronrath

Junior | Battle Ground, WA

SPU: Three-year letterman in cross country and two years in middle distance running... Co-MVP of cross country as a junior. **Junior:** Team's co-leader in cross country scoring, finishing among top 10 of two meets and 14th in GNAC. **Sophomore:** Consistently ran 1500 before stretching to 5k during second half of season. Best time of 15:21.41 came in midseason debut. Won Spike Arlt 1500 and seventh in conference... Fourth in GNAC indoor mile No. 4 scorer in fall. **Freshman:** Took fifth in GNAC indoor mile... Consistently ran outdoor 1500s around four minutes and took 10th in GNAC... No. 4 scorer in cross country and one of top freshmen in GNAC, finishing 15th at league meet and 24th in West Regional. Helped team win GNAC and take 19th nationally. **Battle Ground High School:** Four-year letter winner in distance and cross-country... Finished eighth in state 4A 3200 as junior... District 3200 champion for three years and regional champion as a senior. **Personal:** Brian Martin Cronrath was born January 14, 1986 in Vancouver, Washington... Computer science major. **Personal Bests:** 1500m-3:59.48, 2005; 5000m-15:21.41, 2006



Scott Felch

Freshman | Snohomish, WA

Marysville-Pilchuck High School: Lettered two years in middle distances...Also lettered one year in swimming. **Personal:** Scott Anthony Felch was born November 25, 1987 in Seattle...Plans to major in computer science.

Personal records: 1600m-4:46.0, 2006; 3200m-10:13.0, 2006; 5000m-17:20.0, 2006



Justin Felt

Freshman | Eugene, OR

SPU: Signed national letter of intent June 17, 2006. **Churchill High School:** Lettered four years in sprints and linear jumps...Midwestern League MVP as senior, taking second in state 4A triple jump and fourth in long jump...Also lettered three years in football, making all-league as defensive back. **Personal:** Justin Philip Felt was born June 16, 1988 in Eugene, Oregon...Computer engineering major.

Personal records: 100m-11.00, 2006; 200m-23.1, 2006; Long jump-22-10 1/2, 2006; Triple jump-44-6 3/4, 2006



Michael Gavareski

Senior | Bellingham, WA

SPU: Three-year letterman in middle distances and cross country...Academic all-conference in cross country as sophomore and junior, and as a junior in track. **Junior:** Fifth in GNAC indoor 800 and qualified for both 800 and 1500 outdoors. **Sophomore:** Consistently below 2:00 in 800s in second half of season...Took 11th in GNAC.

Freshman: Appeared in just one 800 race after finishing as No. 6 scorer in cross-country.

Bellingham High School: Three-year letter winner in distance events and cross country...Northwest league champion in 800 as a senior. **Personal:** John Michael Gavareski was born May 19, 1985 in Spokane, Washington...Exercise science major.

Personal Bests: 800m-1:57.56, 2005; 1500m-4:02.01, 2006



Paul Henderson

Senior | Sammamish, WA



Ryan Jewell

Sophomore, Olympia, WA

SPU: One-year letterman in sprints...GNAC indoor 200 champion as freshman in 2005...Holds indoor school records for 60 and 200 and ranks No. 5 in outdoor 200..Did not compete in 2006. **Freshman:** Won GNAC indoor 200 (22.46) and took fourth in indoor 60 (7.18)...Won a pair of early-season outdoor 200s before placing fifth in GNAC and fourth in 100...Seasons best times of 11.13 and 22.34. **Olympia High School:** Four-year letterwinner in sprints and relays...Narrows League champion in 200m and placing eighth in 4A state meet as senior. Also tied for league 100 title and took sixth in state meet ...Relay team placed fourth in state meet... Also lettered one year in football. **Personal:** Ryan Steven Jewell was born March 24, 1986 in Edmonds, Washington...Business administration major.

Personal Bests: 100m-11:07, 2004; 200m-22.07, 2004

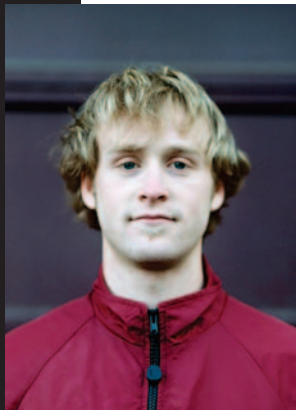


Josh Jorgensen

Freshman | Gladstone, OR

Rex Putnam High School: Lettered three years in pole vault, two years in cross country, swimming and wrestling...Attended Mount Hood Community College for one year. **Personal:** Joshua David Jorgensen was born March 17, 1987 in Bremerton, Washington... Music education major.

Personal records: Pole vault-12-6, 2005

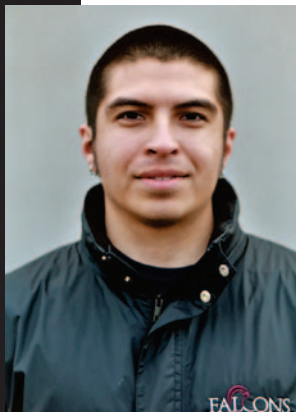


Dan Larimer

Senior | Libby, MT

SPU: Two-year letterman in multiple events...Missed 2005 and much of '06 due to injury. **Junior:** Once healthy, began hurdling. Qualified for and took eighth in GNAC 400 hurdles. **Sophomore:** Concentrated on decathlon, finishing sixth in GNAC in 2004...Best score came at California in midseason. **Libby High School:** Four-year letter winner in high jump, middle distance and relays and cross country... Team MVP as junior and senior...Attended Montana State for a one-year. **Personal:** Daniel Thomas Larimer was born April 19, 1984 in Libby, Montana...Exercise science major.

Personal bests: 100m-11.98, 2004; 400m-52.40, 2004; 1500m-4:32.38, 2004; 110m Hurdles-16.84, 2004; 400 Hurdles-1:02.21, 2006; High jump-6-4, 2002; Pole vault-12-9 1/2, 2004; Long jump-19-5 1/2, 2004; Shot put-33-8 3/4, 2004; Discus-93-8, 2004; Javelin-141-1, 2004; Decathlon-5867, 2004



Carlo Lozano

Junior | Seattle, WA

SPU: Two-year letterman in cross country and one year in distance running...Missed entire 2006 outdoor season with Achilles injury. **Junior:** Returned from injury to help Falcons reach cross-country regional, finishing as team's No. 7 scorer. **Sophomore:** Top scorer in cross country, but hindered by nagging injury late in season. Took 11th in GNAC and 37th in West Regional...Earned at-large GNAC indoor entry in 5000, finishing 14th.

Freshman: Only ran in two early-season 5000s before shutting down due to injury.

Arizona State: Claimed red shirt status during 2003 cross country and the 2004 track season. **Bishop Blanchet High School:** Four-year letter winner in distance and cross country...Earned all-city honors and MVP in both cross country and track as a senior... Placed fourth in the 1600 and 3200 runs at the 2003 state 3A meet...Braves won state cross country championships in 2001 and 2002. **Personal:** Carlo Michael Lozano was born December 31, 1984 in Seattle, Washington...Civil engineering major.

Personal Bests: 5000m-16:03.28, 2005



Chad Meis

Freshman | Renton, WA

SPU: One-year letterman in cross-country...Freshman of the year in GNAC, placing 18th in league championships...Team's No. 4 scorer. **Seattle Christian High School:** lettered three years in middle distances...Fourth in state 1A 1600 and sixth in 800 as senior... Placed among top 10 of three events as junior. **Personal:** Chad David Meis was born December 8, 1987 in Tacoma, Washington...Plans to major in engineering.

Personal Records: 800m-1:59.0, 2006; 1600m-4:30.78, 2006; 3200m-10:14.0, 2005; 5000m-16:21.0, 2006



Ryan Phillips

Senior | West Linn, OR

SPU: Three-year letterman in middle distances and four years in cross country...Most improved in cross country as a senior. **Senior:** No. 6 scorer last fall. **Junior:** Consistently ran around 4:22, including a 4:20 his final two outings...Placed 12th in GNAC indoor mile...Team's No. 8 scorer in fall. **Sophomore:** Raced three times. **Freshman:** Appeared in five meets, four times in 1500. **Personal:** Communication major.

Personal Records: 1500m-4:20.12, 2006



James Rosser

Senior | Seattle, WA

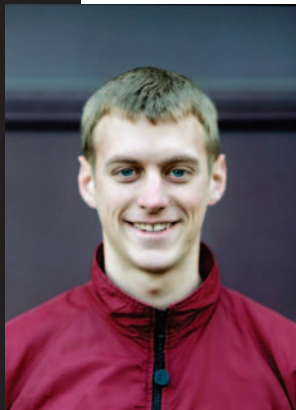
SPU: Two-year letterman in distance events and four years in cross country...Academic all-conference in cross country for three seasons and in track as sophomore and junior...Co-captain for cross country as a senior...Missed 2006 outdoor season. **Senior:** No. 3 scorer in cross-country, taking 22nd at GNAC. **Junior:** Finished 15th in GNAC indoor 5000...No. 5 scorer in cross-country. **Sophomore:** Started strong outdoors, with 10k PR coming in opening meet. Finished 10th in GNAC (34:37.25). **Freshman:** Improved both his 5000 and 10,000 times throughout season...No. 7 scorer in cross-country. **Highline High School:** Three-year letter winner in distance events and four years in cross country...Pirates qualified for state 3A cross country meet as senior, finishing 15th. **Personal:** James Michael Rosser was born August 1, 1984 in Seattle, Washington...Father, Paul Rosser, pole-vaulted for both SPU and Eastern Washington...Biology major.

Personal bests: 5000m-16:13.20, 2005; 10,000m-34:12.10, 2005



Scott Seamster

Junior | Seattle, WA



Eddie Strickler

Senior | Richland, WA

SPU: Three-year letterman in long sprints and relays and four years in cross country... All-conference in an indoor 800 as sophomore and as junior both indoors and outdoors... Twice academic all-conference in cross country and in track as sophomore...Member of school record 1600 outdoor and indoor medley relays...Co-captain of cross country as a senior and track as a junior...Most improved in track as junior. **Junior:** Won a total of four 800 races, including the GNAC championship, and two 400s. Made the NCAA provisional list after breaking his PR by more than 2 seconds...Runner-up in GNAC indoor 800...Top time came in conference No. 4 scorer in fall. **Sophomore:** Late start outdoors, racing only second half of season. Finished fourth in GNAC 400 (49.53) and helped 1600 relay take second. Runner-up in the GNAC indoor 800...No. 6 scorer in cross-country. **Freshman:** Split time between 400, where he finished fourth in conference, and 800. Also anchored 1600 relay, which was third in GNAC...Won a total of four races...No. 5 scorer in cross-country. **Richland High School:** Two-year letter winner in long sprints and cross country...Finished fifth in 800 in state 4A meet as senior, and ran on 1600 relay which was third and 400 relay that was sixth...Placed ninth in state 800 as junior...Also lettered one year in soccer. **Personal:** Edward Emmett (Eddie) Strickler was born June 22, 1984 in Richland, Washington... Sister, Suzie, is member of SPU women's team...Computer science major.

Personal bests: 400m-48.9, 2003; 800m-1:52.52, 2006; 1500m-4:06.46, 2004



Mark Zayshlyy

Freshman | Auburn, WA

SPU: One-year squad member in track, missing 2006 season. **Christian Faith High School:** Lettered four years in hurdles, making all-SeaTac B League as senior and finishing third in state high hurdles...Also lettered in basketball and football. **Personal:** Mark Zayshlyy was born August 3, 1986 in Latvia...Business administration major.

Personal records: 110m Hurdles-15.1, 2005