

*2003 Women's
GNAC Champions*



Tim LeCount, 2003 Academic All-America

2004 SEASON GUIDE
SEATTLE PACIFIC UNIVERSITY
CROSS COUNTRY



Josie Lavin, 2003 GNAC Champion

COACHING STAFF



Doris Heritage
Head Coach

- 1993 *Conference Coach of the Year*
- 1994 *Conference Coach of the Year*
- 1996 *Conference Coach of the Year*
- 1997 *Conference Coach of the Year*
- 1998 *Conference Coach of the Year*
- 1999 *Conference Coach of the Year*

SPU Cross Country Coaches

- 1950-56 *Ken Foreman*
- 1960-63 *Bernard Buck*
- 1964-71 *Ken Foreman*
- 1972 *Jerry Bamburg*
- 1973-77 *Ken Foreman*
- 1978- *Doris Heritage*

Athletic Honors

- 1967 *Pan American Games*
- 1967-71 *World Cross Country Champ*
- 1968 *Olympic Team*
- 1969 *AAU Athlete of the Year*
- 1969 *Seattle Sports Star of the Year*
- 1969 *Tacoma Athlete of the Year*
- 1970 *SPU Outstanding Alumnus*
- 1971 *Pan American Games*
- 1972 *Olympic Team*
- 1976 *State Woman of the Year*
- 1981 *Northwest Hall of Fame*
- 1986 *U.S. Cross Country Hall of Fame*
- 1990 *U.S. Track & Field Hall of Fame*
- 1999 *U.S. Track Coaches Hall of Fame*
- 2002 *U.S. Dist. Running Hall of Fame*
- 2003 *Falcon Legends Hall of Fame*

National Team Head Coach

- 1986 *Ekiden Cup*
- 1986 *World Cross Country Champs.*
- 1993 *U.S.-Great Britain*

National Team Assistant Coach

- 1973 *World Cross Country Champs.*
- 1979 *World University Games*
- 1983 *World University Games*
- 1984 *Olympic Games*
- 1987 *World Championships*
- 1990 *World Championships*

It should come as no surprise that the greatest distance runners of the Sixties and Seventies has spawned one of the premier collegiate running programs in NCAA Division II history. Both in America and around the globe, the name of Doris Brown Heritage is synonymous with the best in women's distance running.

Over the last 37 years, she has been a pioneer for the sport, a competitor without peer and, later, coach to some of the greatest collegians on record. It is not surprising, then, that Heritage is a member of both an athlete's and coach's hall of fame. Further, she is considered one of the Northwest's greatest personalities of the 20th Century by both Sports Illustrated and The Seattle Times. In 1999, Heritage became just the second female inducted to the United States Track Coaches Hall of Fame. Earlier, in 1990, the five-time world champion and two-time Olympian was inducted into U.S. Track & Field Hall of Fame for her success in running.

Now in her 38th year on the SPU coaching staff and her 27th as head coach of cross country, Heritage has always been on the leading edge of her profession. During the 1960s and '70s, she set the standard for women's distance standouts of today. As her competitive career drew to a close, she became increasingly involved in coaching. Although Heritage has received several national and international appointments, her greatest commitment has always been her SPU programs, and that commitment is evident in the Falcons' achievements during her tenure.

Ten of her cross country teams have placed in the top 10 at national meets and Seattle Pacific has won the conference women's championships seven of the last 11 years. In 1996, SPU was the West Region champion. Nineteen harriers have earned All-America status, including two national champions. Heritage has been voted by her peers the conference coach of the year six times. And that's just in the fall.

In track and field, her middle-distance and distance runners have helped form the foundation of the nationally prominent Falcon track team, which she serves as assistant coach. Under her tutelage, seven women have won AIAW and NCAA titles from 800-10,000 meters. In all, SPU men and women runners have scored at nationals 36 times in the last 27 years.

Without a doubt the world's premier distance runner during the '60s, Heritage first honed her skills as a member of the Falcon Track Club, the forerunner to today's women's varsity. Under the direction of Ken Foreman, the then-Doris Brown set two American records before graduating from SPU in 1964. Eventually she owned every national and world record from 440 yards up to the mile. And the longer the distance, the more dominant she became. Unfortunately during her reign there were few women's races over 5,000 meters. Nevertheless, Heritage did shine in the international spotlight.

She was named to the U.S. Olympic team in 1968 and 1972, taking fifth in the 800m at Mexico City. A last-minute injury prevented her from running the 1500m in Munich. She won the silver medal (800m) at Pan American Games in 1967 and 1971. From 1967-71, Heritage won an unprecedented five consecutive world cross country championships, and raced on nine U.S. world teams in all. During her prime she won 14 national titles, and set a world record in the 440, 800, mile and 3000m. Still running in front of the pack, she won the U.S. Masters cross country title in 1989.

Heritage has remained a fixture on the world's stage since her racing days. She was an assistant coach on staffs selected for various major competitions, including the 1984 and '88 Olympic Games, the '87 and '90 World Championships. She remains a frontrunner, having become the first female to be elected to the prestigious IAAF Cross Country and

COACHING STAFF

Road Race Committee in 1988. More recently, she has served as head coach of the U.S. Ekiden Cup contingent in Japan, the U.S. world championships cross country team and the USA-Great Britain dual meet in 1993. In 1996 Heritage was the chief of mission for the U.S. cross country team at the world championships in South Africa.

Heritage is a native of Gig Harbor, Washington. She obtained her bachelor's degree in physical education from SPU in 1964, and received her master's in education in 1971. She has been an assistant professor at her alma mater since that time. Doris and husband Ralph Heritage reside in West Seattle.



Erika Daligcon
Assistant Coach

Erika (Botha) Daligcon is beginning her third year as assistant coach to Doris Heritage in both cross country and track & field. She is also an administrative assistant in Seattle Pacific's TESOL program.

Daligcon competed in distance running in both track and cross country for Seattle Pacific from 1995-97, including a scoring role for the Falcons on their 1995 cross country team which won a conference title and took 14th at the NCAA Championships.

For the past three years, Daligcon lived in western Japan, teaching English and performing mission work. She graduated from SPU in 1998 with a degree in English literature. Erika is married to Nate Daligcon, another alumnus who was an All-America soccer midfielder. They live in the Magnolia neighborhood of Seattle.

CROSS COUNTRY HONOR ROLL

Women's Honor Roll

National Team Members

1967-77 Doris Heritage*
 1968-74 Vicki Foltz*
 1968 Trina Hosmer*
 1969 Judy Smith*
 1972 Beth Bonner*
 1973-74 Kathy McIntyre*
 1976 Debbie Quatier
 1990 Shelley Smathers (y)

* Falcon Track Club
 y Youth Team

National Champion

1979 Joan Corbin
 1985 Bente Moe

All-America

1979 Joan Corbin (1st)
 Gail Volk (5th)
 1980 Lauri Shansby (3rd)
 Gail Volk (7th)
 1981 Lauri Shansby (3rd)
 Dottie Meyers (6th)
 Sandy Gabelein (23rd)
 1983 Lisa Koelfgen (7th)
 Lauri Shansby (15th)
 1985 Bente Moe (1st)
 1986 Bente Moe (2nd)
 Leslie Ramstad (20th)
 Rene Frazee (24th)
 1987 Bente Moe (2nd)
 1988 Rene Frazee (18th)
 1989 Bente Moe (8th)
 Shelley Smathers (17th)
 1990 Charlotte Jensen (6th)
 1998 Rachel Ross (22nd)
 1999 Heather Wallace (31st)

NOTE: Prior to 1982 SPU competed at the ALAW Championships

All-Conference

1993 Heidi Hamlin (3rd)
 Jennifer Bolibol (4th)
 Natalie Turner (5th)
 Kelley Marsh (7th)
 1994 Natalie Turner (3rd)
 Jennifer Bolibol (5th)
 1995 Kelley Marsh (2nd)
 Natalie Turner (7th)
 Debra Vaughn (8th)
 1996 Heather Wallace (1st)
 Sheila Larkin (2nd)
 Kelley Marsh (3rd)
 Debra Vaughn (5th)
 Melinda Gilbert (6th)
 Rachel DeVine (7th)
 1997 Heather Wallace (1st)
 Sheila Larkin (3rd)
 Rachel DeVine (6th)
 Becky Weinz (9th)
 Debra Vaughn (10th)
 1998 Rachel Ross (1st)

Heather Wallace (2nd)
 Rachae Probst (3rd)
 Amber Scott (5th)
 Sheila Larkin (8th)
 1999 Heather Wallace (1st)
 Nicole Seana (3rd)
 2000 Rachel Ross (1st)
 Amber Higgins (10th)
 2001 Jamie Witt (6th)
 2002 Nicole Seana (9th)
 2003 Josie Lavin (1st)
 Jamie Witt (2nd)

Academic All-America

1990 Bente Moe
 2003 Karen Dickson (CCCA)
 Jamie Witt (CCCA)

Academic All-District

1994 Heidi Hamlin
 1995 Claudia Shannon
 2003 Jamie Witt

Academic All-Conference

1994 Jennifer Bolibol
 Heidi Hamlin
 Gina Ritter
 Claudia Shannon
 1995 Rachel DeVine
 1996 Debra Vaughn
 Rachel DeVine
 Sheila Larkin
 Melinda Gilbert
 1997 Sheila Larkin
 Debra Vaughn
 Heather Wallace
 Ashleigh Crunican
 Rachel DeVine
 Jacque Holthusen
 1998 Heather Wallace
 Jackie Whitfield
 1999 Heather Wallace
 Jackie Whitfield
 Rachae Probst
 2000 Schaylee Baumgartner
 Dana Cantrell
 Christie Goering
 Ruth Hawkinson
 Anne McCabe
 2001 Kirsten Bjork
 Dana Cantrell
 Ruth Hawkinson
 Sarah Kraybill
 Candy Owens
 Leah Paddock
 Nicole Seana
 Jamie Witt
 2002 Kirsten Bjork
 Ruth Hawkinson
 Sarah Kraybill
 Nicole Seana

2003 Kirsten Bjork
 Abby Groth
 Ruth Harbaugh
 Becky Knox
 Hillary Tayet
 Jamie Witt

Men's Honor Roll

Academic All-America

1996 Matt Cooper (CoSIDA)
 1997 Matt Cooper (CoSIDA)
 2003 Tim LeCount (CCCA)
 2003 Paul Mach (CoSIDA)

All-Conference

1994 Jon Swanson (6th)
 1995 Matt Cooper (5th)
 1996 Matt Cooper (5th)
 2000 Kesley Backen (5th)
 2001 Nathanael Castle (5th)
 2002 Nathanael Castle (5th)
 Tim LeCount (8th)

Academic All-District

1996 Matt Cooper
 1997 Matt Cooper
 2003 Paul Mach

Academic All-Conference

1994 Paul Hines
 Jon Swanson
 1996 Matt Cooper
 Aaron Kelly
 Mike Birnbaum
 1997 Matt Cooper
 Aaron Kelly
 Phil Hines
 1999 Nathanael Castle
 Nick Glancy
 Ryan Nash
 Michael Ziemann
 2000 Kelsey Backen
 Nick Glancy
 Scott Van Hess
 2001 Nathanael Castle
 Nick Glancy
 Paul Mach
 Tim Marston
 Scott Van Hess
 2002 Clint Bjella
 Nathanael Castle
 Aaron Libadisos
 Paul Mach
 Tim Marston
 Ryan Nash
 Scott Van Hess
 2003 Clint Bjella
 Tim LeCount
 Aaron Libadisos
 Paul Mach

2003 MEN'S CROSS COUNTRY RESULTS

2003 Men's Cross Country Results

- Sept. 6 **Emerald City Invitational (8k)** **Woodland Park, Seattle**
Team Results: 1-Western Washington 20, 2-Puget Sound 59, 3-Seattle University 70, 4-Seattle Pacific 91, 5-Saint Martin's 108.
Winner: Phil Olsen, Northwest College, 25:57
SPU Finishers: 12-LeCount, 27:30; 17-Mach, 28:08; 27-Bostrom, 29:01; 33-Libadisos, 29:16; 43-Strickler, 30:08; 46-Gavareski, 30:23; 50-Rosser, 30:54; 52-O'Connor, 31:28; 54-Bjella, 31:38; 60-Marston, 32:21; 65-Phillips, 33:21.
- Sept. 13 **Saint Martin's Invitational (8k)** **St. Martin's Campus, Lacey, Wa.**
Team Results: 1-Western Washington 56, 2-Saint Martin's 68, 3-Seattle University 77, 4-Highline CC 82, 5-Seattle Pacific 96, 6-Central Washington 111. *Winner:* . *SPU finishers:* *Winner (8k):* Miguel Galeana, unat., 25:01.89
Winner: Phil Olsen, Northwest College, 25:22
SPU Finishers: 4-LeCount, 26:35; 15-Mach, 27:30; 24-Libadisos, 28:20; 27-Bostrom, 28:28; 40-Strickler, 29:10; 41-O'Connor, 29:12; 45-Gavareski, 29:24; 46-Marston, 29:25; 48-Bjella, 29:37; 51-Rosser, 29:45
- Sept. 20 **Central Washington Invitational (4mi)** **Rhinehart Park, Ellensburg, Wa.**
Team results: 1-Willamette 32, 2-Whitworth 70, 3-Central Washington 88, 4-Seattle Pacific 91, 5-Whitman 112, 6-Western Washington 130.
Winner: Eric Tollefson, unat., 20:20
SPU Finishers 3-LeCount, 21:22; 15-Mach, 22:05; 24-Bostrom, 22:39; 36-Gavareski, 23:17; 46-O'Connor, 23:38; 50-Bjella, 23:50; 52-James Rosser, 23:56; 58-Marston, 24:22; 60-Strickler, 24:28; 64-Phillips, 24:51
- Sept. 27 **Sundodger Open (8k)** **Lincoln Park, Seattle**
Open Team Results: 1-Western Washington 64, 2-Simon Fraser 81, 3-Spokane CC 90, 4-Victoria 140, 5-Puget Sound 148, 6-British Columbia 173, 7-Lewis-Clark State 209, 8-Seattle University 236, 9-Seattle Pacific 275, 10-Clackamas CC 280, 11-Highline CC 299, 12-Central Washington 335, 13-Pacific Lutheran.
Open Winner: Richard Mosley, Simon Fraser, 24:24.
SPU Finishers: 8-LeCount, 25:11; 73-Bostrom, 27:04; 81-Libadisos, 27:15; 119-Bjella, 28:00; 129-O'Connor, 28:19; 133-Gavareski, 28:26; 136-Rosser, 28:30; 137-Marston, 28:31; 141-Strickler, 28:36; 175-Phillips, 29:34.
- Oct. 4 **Willamette Invitational (8k)** **Bush's Pasture Park, Salem, Or.**
Team scores: 1-Chico State 45, 2-Eastern Oregon 58, 3-UC San Diego 99, 4-Willamette 161, 5-Puget Sound 191, 6-Humboldt State 205, 7-Western Oregon 224, 8-Concordia 228, 9-Alliant International 251, 10-British Columbia 271, 12-Point Loma 373, 13-Northwest Nazarene 386, 14-Saint Martin's 388, 15-Seattle Pacific 429, 16-Southern Oregon 441, 17-Pacific Lutheran 445, 18-George Fox 454, 19-Vanguard 476, 20-Pacific 556, 21-Chaminade 611, 22-Lewis & Clark 638, 23-Linfield 642, 24-Evergreen 717, 25-Western Baptist 737, 26-Oregon Tech 751.
Winner: Tyler Graff, Chico State, 24:15.
SPU Finishers: 25-LeCount, 25:11; 57-Mach, 25:55; 126-Libadisos, 27:04; 136-Bostrom, 27:20; 161-Gavarski, 27:42; 162-Bjella, 27:43; 178-Rosser, 28:06; 195-O'Connor, 28:28.
- Oct. 11 **Western Washington Invitational (10k)** **Lake Padden, Bellingham**
Team Results: Men's team scores: 1-Western Washington 34, 2-Alaska Anchorage 70, 3-Seattle U. 101, 4-Seattle Running Team 107, 5-Seattle Pacific 107, 6-Central Washington 124, 7-Highline CC 127, 8-Skagit Valley CC 247.
Winner: Eric Kiauka, Iron Lung TC, 31:52
SPU Finishers: 9-LeCount, 32:57; 23-Mach, 34:05; 36-Bostrom, 34:59; 39-Libadisos, 35:12; 47-Strickler, 36:02; 54-Rosser, 36:32; 55-Bjella, 36:35; 58-Gavarski, 36:45; 62-O'Connor, 37:23; 66-Phillips, 37:57; 68-Marston, 38:05
- Oct. 25 **Great Northwest Athletic Conf. Championships (8k)** **McArthur Stadium, Monmouth, Or.**
Team results: 1-Western Washington 61, 2-Alaska Anchorage 77, 3-Western Oregon 79, 4-Humboldt State 96, 5-Saint Martin's 154, 6-Seattle U. 157, 7-Central Washington 174, 8-Seattle Pacific 183, 9-Northwest Nazarene 194, 10-Alaska Fairbanks 257.
Individual winner: Doug Hamilton, Humboldt State, 24:59.
SPU finishers: 18-LeCount, 25:52; 31-Mach, 26:27; 32-Bostrom, 26:30; 45-Libadisos, 27:09; 60-Strickler, 27:42; 64-Rosser, 27:55; 70-Gavareski, 28:11; 72-Bjella, 28:16; 79-O'Connor, 28:55; 82-Phillips, 29:20.
- Nov. 8 **NCAA West Regional (10k)** **Prado Park, Chino, Ca.**
Team Results: 1-Chico State 28, 2-UC San Diego 79, 3-Cal Poly Pomona 91, 4-Western Washington 105, 5-Alaska Anchorage 147, 6-Humboldt State 182, 7-Western Oregon 214, 7-Hawaii Pacific 214, 9. Brigham Young-Hawaii 262, 9-Saint Martin's 262, 11-Seattle U. 269, 12-Central Washington 283, 13-Northwest Nazarene 302, 14-Hawaii Hilo 376, 15-Chaminade 425, 16-San Francisco State 453, 17-Montana State-Billings 513.
Winner: William Ngetich, Hawaii Pacific, 31:40.5
SPU Finishers: 17-LeCount, 33:02.5.

2003 WOMEN'S CROSS COUNTRY RESULTS

2003 Women's Cross Country Results

- Sept. 6 **Emerald City Invitational (5k)** **Woodland Park, Seattle**
Team Results: 1-Northwest College 26, 2-Seattle Pacific 65, 3-Western Washington 73, 4-Seattle University 77, 5-Puget Sound 133, 6-Saint Martin's 173, 7-Evergreen 210.
Winner: Danyel Longmire, Northwest College, 18:27
SPU Finishers: 3-Witt, 18:54; 10-Lavin, 19:24; 21-Dickson, 20:31; 24-Harbaugh, 20:37; 29-Bjork, 20:47; 35-Jensen, 21:02; 37-Huntington, 21:12; 44-Groth, 21:51; 47-Preboski, 22:01; 51-McCoy, 22:13; 52-Marsh, 22:15; 67-Marshall, 23:03; 76-Duringer, 23:43; 85-Vermeer, 25:49.
- Sept. 13 **Saint Martin's Invitational (5k)** **St. Martin's Campus, Lacey, Wa.**
Team Results: 1-Northwest College 25, 2-Seattle Pacific 64, 3-Seattle University 81, 4-Western Washington 96, 5-Central Washington 110, 6-Saint Martin's 176, 7-Evergreen 207. *Men's team scores:* 1-Western Washington 56, 2-Saint Martin's 68, 3-Seattle University 77, 4-Highline CC 82, 5-Seattle Pacific 96, 6-Central Washington 111. *Winner:* Phil Olsen, Northwest College, 25:22. *SPU finishers:* 4-LeCount, 26:35; 15-Mach, 27:30; 24-Libadisos, 28:20; 27-Bostrom, 28:28; 40-Strickler, 29:10; 41-O'Connor, 29:12; 45-Gavareski, 29:24; 46-Marston, 29:25; 48-Bjella, 29:37; 51-Rosser, 29:45
Winner: Jamie Witt, Seattle Pacific, 18:01.
SPU Finishers: 1-Witt, 18:01; 7-Lavin, 18:43; 18-Dickson, 19:43; 21-Bjork, 19:52; 23-Harbaugh, 19:55; 24-Tayet, 20:02; Groth, 20:02; 33-Jensen, 20:21; 34-Huntington, 20:24; 36-Preboski, 20:27; 37-Knox, 20:29; 41-McCoy, 20:41; 49-Marsh, 21:16; 58-Marshall, 21:41; 61-Duringer, 21:52; 81-Vermeer, 25:41.
- Sept. 20 **Central Washington Invitational (5k)** **Rhinehart Park, Ellensburg, Wa.**
Open Team Results: 1-Willamette 39, 2-Seattle Pacific 65, 3-Whitworth 70, 4-Central Washington 82, 5-Whitman 140, 6-Western Washington 141.
Open Winner: Josie Lavin, Seattle Pacific, 19:22.
SPU Finishers: 1-Lavin, 19:22; 12-Dickson, 20:30; 14-Groth, 20:31; 17-Bjork, 20:43; 21-Harbaugh, 20:55; 26-Tayet, 21:05; 27-Huntington, 21:11; 36-Preboski, 21:32; 41-Knox, 21:46; 42-Jensen, 21:49; 46-Marsh, 21:58; 48-McCoy, 21:59; 64-Marshall, 22:43; 67-Duringer, 22:54; 84-Vermeer, 25:30.
- Sept. 27 **Sundodger Open (5k)** **Lincoln Park, Seattle**
Open Team Results: 1-British Columbia 55, 2-Simon Fraser 79, 3-Seattle Pacific 146, 4-Lewis-Clark State 153, 5-Victoria 167, 6-Portland B 171, 7-Western Washington 196, 8-Central Washington 203, 9-Lewis and Clark 236, 10-Seattle University 246, 11-Puget Sound, 12-Pacific Lutheran, 13-Clackamas CC 336, 14-Saint Martin's 338, 15-Clark 420, 16-Spokane CC 437.
Open Winner: Jenny Rodgers, unattached 17:37.
SPU Finishers: 2-Witt, 17:46; 13-Lavin, 18:19; 42-Dickson, 19:10; 50-Huntington, 19:22; 51-Harbaugh, 19:23; 65-Tayet, 19:39; 88-Preboski, 19:56; 99-Knox, 20:05; 116-McCoy, 20:27; 124-Marsh, 20:41; 131-Marshall, 20:51; 133-Duringer, 20:57; 181-Chatfield, 22:31; 195-Vermeer, 24:06.
- Oct. 4 **Western Washington Dual (3.0mi)** **Silver Lake, Maple Falls, Wa.**
Team Results: 1-Seattle Pacific 25, 2-Western Washington 32
Winner: Kathleen Memi, unat., 17:56.
SPU Finishers: 2-Witt, 18:19; 5-Groth, 19:25; 6-Harbaugh, 19:26; 8-Bjork, 19:47; 11-Knox, 20:05; 14-Preboski, 20:15; 15-McCoy, 20:15; 17-Huntington, 20:18; 22-Jensen, 20:27; 23-Marsh, 20:39; 25-Duringer, 21:04; 41-Chatfield, 23:21.
- Oct. 11 **Western Washington Invitational (6k)** **Lake Padden, Bellingham**
Team Results: 1-Seattle Pacific 59, 2-Central Washington 78, 3-Alaska Anchorage 79, 4-Western Washington 84, 5-Hershey Harriers BC 94, 6-Seattle U. 105, 7-Skagit Valley CC 215.
Winner: Nathalie Cole, Mountain West TC, 21:59
SPU Finishers: 2-Witt, 22:14; 7-Lavin, 22:52; 18-Groth, 23:56; 24-Harbaugh, 24:17; 29-Huntington, 24:25; 31-Bjork, 24:27; 33-Dickson, 24:33; 39-Tayet, 24:50; 45-McCoy, 25:02; 47-Knox, 25:06; 52-Preboski, 25:16; 56-Jensen, 25:40; 79-Chatfield, 28:29
- Oct. 25 **Great Northwest Athletic Conf. Championships (6k)** **MacArthur Stadium, Monmouth, Or.**
Team Results: 1-Seattle Pacific 62, 2-Alaska Anchorage 77, 3-Central Washington 88, 4-Western Washington 113, 5-Alaska Fairbanks 135, 6-Western Oregon 147, 7-Seattle U. 152, 8-Humboldt State 205, 9-Northwest Nazarene 210, 10-Saint Martin's 255.
Individual winner: Josie Lavin, Seattle Pacific, 21:42.
SPU finishers: 1-Lavin, 21:42; 2-Witt, 22:14; 15-Groth, 23:08; 19-Huntington, 23:14; 25-Harbaugh, 23:21; 32-Dickson, 23:40; 42-Tayet, 24:09; 55-Knox, 24:33; 56-McCoy, 24:36; 60-Bjork, 24:48.
- Nov. 8 **NCAA West Regional (6k)** **Prado Park, Chino, Ca.**
Team Results: 1-Chico State 38, 2-UC San Diego 124, 3-Cal State Stanislaus 176, 4-Alaska Anchorage 177, 5-Seattle Pacific 209, 6-Central Washington 219, 7-Western Washington 242, 8-Cal State Dominguez Hills 275, 9-Hawaii Pacific 278, 10-Seattle U. 292, 11-Sonoma State 321, 12-Cal Poly Pomona 326, 13-Western Oregon 358, 14-Cal State San Bernardino 403, 15-Hawaii Hilo 405, 16-Humboldt State 412, 17-Cal State Bakersfield 431, 18-BYU Hawaii 441, 19-Cal State L.A. 478, 20-Northwest Nazarene 510, 21-Saint Martin's 525, 22-Chaminade 546, 23-Montana State-Billings 549, 24-San Francisco State 609.
Winner: Chelsea Smith, BYU Hawaii, 20:54.3
SPU Finishers: 12-Witt, 22:51.8; 21-Lavin, 23:19.3; 55-Dickson, 24:21.4; 60-Groth, 24:32.6; 61-Huntington, 24:33.3; 65-Bjork, 24:35.0; 81-Harbaugh, 24:58.0

MEN'S ALL-TIME ROSTER

Men's Cross Country All-Time Roster

Team MVPs (since 1984)

Men

1984	Lester Groom
1985	Mike Hankinson
1986	Chris Appel
1987	Brent Ruby
1988	Jens Worzner
1989	Steve Grant
1990	Ted Hamlin
1991	Ted Hamlin
1992	Jason Odem
1993	Jon Swanson
1994	Jon Swanson
1995	Matt Cooper
1996	Matt Cooper
1997	Matt Cooper
1998	Nathanael Castle
1999	Nathanael Castle
2000	Kelsey Backen
2001	Nathanael Castle
2002	Nathanael Castle
2003	Tim LeCount

A

Ahern 1954
Aldridge, Wayne 1965
Ames, Steve 1969
Appel, Chris 1986
Archer, Jim 1968,69,70,71
Arksey, Matt 1982,83
Armstrong, Ken 1966
Arnold, Dave 1965,66
Arnold, Rob 1970,71,72,73

B

Backen, Kelsey 1999,00
Bales, Joe 1993
Bamburg, Jerry 1964,65,66,67
Barrett, Gary 1964
Bartholomew, Dan 1971
Bartholomew-Garcia, Alex 2001
Battson, Vic 1964
Bauer, John 1978
Beechick, Andy 1970,71,72,73
Berkey, Christian 1996,97,98,99
Berry, Rusty 1991
Birnbaum, Mike 1995,96
Bjella, Clint 2001, 02,03
Bostrom, Bjorn 2003
Bostrom, Leif 1998
Bradford, Bryce 1998
Brobeck, Dave 1991
Brown, Don 1959,60,61,62
Brown, Keith 1964
Burger, Steve 1979
Byers, Charles 1953,54,55

C

Cannon, Dave 1957,58,59,60
Carter, Frank 1966,67
Castle, Nathanael 1998,99,00,01,02
Castle, Tom 1974
Casurella, Jonathan 1998
Catlin, Keith 1972
Cederblom, Eric 1998
Christensen, Mark 1980
Church, Keith 1987
Clapp, Marty 1980,81,82
Cleveland, Richard 1996
Cole, Paul 1984
Colson, Dave 1963
Comstock, John 1966,67
Cooper, Matt 1995,96,97
Cornellison, Eric 1986,87,88,89
Coursion, Dave 1967,68
Cox, Ken 1960
Custer, Bryan 1985,86

D

Davis, Ben 1984
Deffenbaugh, Theo 1981,82,83,84
DeJong, Chad 1996
Delamarter, Harold 1965,66
Dietzman, Dale 1960,61
Dolan, Dan 1969
Draper, Dave 1963
Droubay, Troy 1993
Durand, Dave 1988,89

E

Edgar, John 1977
Elkins, David 1986,87,88,89
Elmore, Jeff 1978
Engel, Rory 1969
Ewing, Bob 1973,74

F

Fallon, Shannon 1990,91,92,93
Fechter, Kirk 1972
Ford, Adam 1997,98
Fox, Bill 1960
Fryett, Neal 1998,99,00,01
Furtado, Frank 1954

G

Gardee, Jason 1988
Gavareski, Michael 2003
Gibson 1971
Givens, Joel 1995,96
Glancy, Nick 1998,99,00,01
Goforth, Steve 1990
Grant, Dave 1963,64,65,66
Grant, Julius 1965
Grant, Steve 1988,89
Grice, Zack 1996,2001
Griffith, Rob 1971
Groom, Lester 1980,81,82,84

H

Haakenson, Erick 1969
Hale, John 1983,84
Hallman, Rod 1973
Halvorson, Allan 1960
Hamlin, Ted 1988,89,90,91
Hamilton, Dave 1975,76
Hammer, Andy 1996
Hankinson, Mike 1985
Hansen, Doug 1968,69
Hanson, Larry 1987,88,89
Hart, Brad 1977
Hart, Greg 1974,75,77
Hauson, Richard 1976,77
Hergert, Brett 1997,98
Herron, Tom 1968
Hill, Roman 1997
Hilliard, Jeremy 1997,98
Hines, Paul 1993,94,95,96
Hines, Phil 1997
Hodge, Terry 1980,81,82,83
Holland, Dave 1966
Holmen, Dan 1993
Holmgren, Greg 1979
Holt, Jim 1974
Hotaling, Steve 1979,80,81,82
Houston, Jack 1964
Howell, Dennis 1971,72
Humann, Matt 1999

I

Ishii, Dave 1954

J

Jackson, Lonni 1982
Jacobsen, Eldon 1976,77
Jansen, Larry 1978,79
Johnson, Darrow 1954

K

Kelly, Aaron 1995,96,97
Kettlebeck, Mark 1973
Klinkman, Jon 1980,81,82

L

Lafady, Steve 1976
Lang, Tim 1998,99
Leahy, Dave 1976
LeCount, Tim 2002,03
Lehne, Mark 1992,93
Lewis, Jason 1993,94
Libados, Aaron 2001,02,03
Ljunghammer, Ralph 1971,72
Loney, David 1998,99
Low, John 1990
Lunak, Don 1963
Lynch, Gary 1981

M

Mach, Paul 2001,02,03
Mack, Steve 1963,64
Macpherson, Jason 1991,92,93
Mansdoerfer, Steve 1976
Marks, Torrey 1993,94
Marston, Cliff 1964
Marston, Marv 1962,63
Marston, Phil 1967,68,69
Marston, Tim 2000,01,02,03
McCorwin, Mark 1982
McGill, Gary 1986
McJunken, Mark 1980
McKinley, Steve 1975
McLeod, Dick 1964
Meads, Kent 1963
Moffitt, Roger 1966,67
Monaghan, Kevin 1997
Moody, Colin 1991,92,93
Morrison, Darrell 1963
Morrissey, Mayson 1996,97
Moulton, Jim 1970

N

Nash, Ryan 1998,99,02
Newser, Bob 1973
Nienaber, Mark 1968
Norris, Bob 1964
Notter, Tom 1960,61
Notter, Walt 1965,66,67,68
O
O'Brien, Bob 1960,61,62
O'Connor, Lee 2003
Odem, Jason 1992
Ohler, Ron 1954,55,56,57
Ohlund, Tim 1965,66,67
Olson, Roger 1975,76,77
Overholt, Chris 1987,88

P

Passons, Corey 1995,96
Peterson, Mike 1961,62
Peterson, Stan 1968
Phillips, Bryce 1995,96
Phillips, Ian 1991,92
Phillips, Ryan 2003
Piger, Jeremy 1992
Pitts, Ben 1998
Popp, Andy 1992
Posey, Stan 1963
Pugh, Lloyd 1954,55,56,57

Q

R

Ralston, Bob 1960
Reed Steve 1976
Reeves, Tim 2002
Reimer, Albert 1979,80,81,82
Robinson, Ken 1989
Rooda, Ken 1985
Rorabaugh, Bob 1965,66,67,68
Rorabaugh, Mike 1969
Ross, Jim 1961,62,63,64
Rosser, James 2003
Ruby, Brent 1986,87,88

S

Seiler, Carsten 1994
Sheeks, Mark 1974,77
Shelton, Al 1972,75
Sherrill, John 1967
Small, John 1972
Smedley, Chuck 1985
Smith, Bill 1976,77,78
Smith, Murl 1964
Snyder, James 1994,95,96
Sooter, Steve 1970,71,72,73
Sparks, Sparky 1983,84,85
Stark, Paul 1986,87
Stark, Rick 1968,69,70,71
Starr, Zach 2000
Stensland, Mark 1979,80
Strand, Noel 1990
Strickler, Eddie 2003
Sturm, Doug 1967
Stuteville, Jim 1964
Sund, Brad 1999
Swanson, Dale 1959,60,61,62
Swanson, Jon 1992,93,94
Swenson, Doug 1985
Swinney, Rick 1974,75,76,77
Sylva, Tom 1985

T

Taylor, C. 1971
Taylor, K. 1971
Teagle, Greg 1982,83
Thaldorf, Jeff 1987,88
Thomas, Fred 1966,67
Thun, Bill 1970,71,72,73
Tillman, Trent 1986
Tomsic, Joe 1993

U

Utterback, Micha 1995,96

V

Van Hess, Scott 1999,00,01,02
Vermillion, Pete 1994

W

Wagoner, Tim 1970,71
Wahl, Larry 1961,62,63,64
Walls, Forrest 1954,55,56,57
Walz, Cory 1995
Watkins, Ryan 1991,92
Webster, Jeff 1984
Wegner, Phil 1983
Wick, Steve 1982,83,84,85
Wick, Brian 1985,86,87
Willems, Andrew 1997
Wirtz, Doug 1983
Worzner, Jens 1988

Y

Z

Zatloukal, Jim 1970
Ziemann, Michael 1998,99

WOMEN'S ALL-TIME ROSTER

Women's Cross Country All-Time Roster

Team MVPs (since 1984)

Women

1984	Lisa Koelfgen
1985	Bente Moe
1986	Bente Moe
1987	Bente moe
1988	Rene Frazee
1989	Bente Moe
1990	Charlotte Jensen
1991	Lonna Larson
1992	Claudia Shannon
1993	Heidi Hamlin
1994	Heidi Hamlin
1995	Kelley Marsh
1996	Heather Wallace
1997	Heather Wallace
1998	Rachel Ross
1999	Heather Wallace
2000	Rachel Ross
2001	Jamie Witt
2002	Nicole Seana
2003	Jamie Witt

A

Altman, Sue 1982
Armstrong, Hailey 2000,01
Austin, Ann 1978,79
Ayco, Gina 1990,91

B

Baba, Laurie 1982,83,84,85
Baker, Traci 1985,86,88
Bannink, Laurie 1983
Bates, Shirley 1980
Baumgartner, Schaylee 1997,98,99,00
Becker, Marigrace 1999
Benson, Connie 1981,82,83,84
Blizzard, Tina 1978,79
Bjork, Kirsten 2000,01,02,03
Bolbol, Jennifer 1993,94
Botha, Erika 1995,96
Brown, Celia 1977,78
Brown, Trish 1984,85,86
Bryant, Brandy 1988
Bunyan, Stevanie 1976,77
Byron, Annie 1978

C

Cantrell, Dana 1999,00,01
Chatfield, Stephanie 2003
Cissna, Katie 1987
Collins, Laura 1985
Comte, Diane 1977
Corbin, Joan 1978,79
Crunican, Ashleigh 1996,97,98,99

D

de Marval, Sandrine 1988,89
DeLorm, Lisa 1984
DeVine, Rachel 1994,95,96,97
Dickson, Karen 2003
Doser, Lois 1977
Druinger, Julienne 2003

E

Edsall, Rachel 1998
Elde, Kristen 1999
Ennes, Laura 1990

F

Frazee, Rene 1985,86,87,88

G

Gabelein, Sandy 1982,83,84
Gibbs, Rashed 1997
Gilbert, Melinda 1994,95,96,98
Goering, Christie 1999,00
Giffey-Brohaugh, Acadia 2001
Griffith, Sue 1976,77
Groenink, Melissa 1992,93
Groth, Abby 2002,03

H

Hamlin (Bomengen), Heidi 1991,92,93,94
Hammett, Gina 1995
Hankins, Joey 1991,92
Harbaugh, Ruth 2002,03
Harder, Jennifer 1989
Hartman, Brittnie 1995
Harwood, Gynette 1979
Hawkinson, Ruth 1999,00,01,02
Higgins, Amber 2000
Hoglund, Melissa 2002
Holthusen, Jacque 1996,97,98,99
Hormann, Steffi 1986
Huntington, Summer 2003

I

Irwin, Linda 1976,77,78,79

J

Jennings, Dottie 1982
Jensen, Charlotte 1990
Jensen, Nikki 2003
Johnson, Diane 1983
Johnson, Stacey 1993,94

K

Kilmer, Ricci 1992
Kincaid, Ashley 1997
King, Tammie 1993,94
Kinzel, Marcy 1998
Kjaersgaard, Hanne 1987
Klausman, Chris 1981,82,83,84
Knox, Becky 2002,03
Koelfgen, Lisa 1982,83,84
Koenig, Erica 1992
Koons, Laurel 1997

Kraybill, Sarah 2001,02

L

Larkin, Sheila 1995,96,97,98
Larson, Lonna 1990,91
Lassen, Kathy 1976,77
Lavin, Josie 2001,02,03
Leasor, Karen 1997
Lee, Kristin 1997
Lendell, Eve 1979
Lender, Julie 1984
Levan, Marianne 1982,83,86
Libby, Amber 1998
Lindberg, Julie 1982,83,84
Lodwig, Laura 1997
Lyon, Alicia 1995,96

M

Madigan, Jane 1990,91
Marcinek, May 1998,99
Marsh, Jennifer 2003
Marsh, Kelley 1993,94,95,96
Marshall, Ashley 2003
Marston, Camille 1988,89,90,91
McCabe, Annie 1999,00
McCallum, Laurie 1976
McCoy, Brandi 2003
McGlade, Brenda 1980
Meyers, Dottie 1981
Milcic, Janet 1979,80
Moe, Bente 1985,86,87,89

N

Nelson, Missi 1980,81,83
Newkirk, Marty 1978
Newton, Sarah 1994
Ng, Jennifer 1998
Nielsen, Laura 1997
Northwall, Lindsey 2000
Nyaggah, Sally 1999
Nyakweba, Gladys 1994

O

O'Brien, Mary 1986,87
O'Conner, Stephanie 1988,89
Ocken, Sue 1985,86
Owens, Candy 2001
Owens, Erica 2000,02

P

Paddock, Leah 1998,99,01
Park, Ilene 1984,85,86,87
Peckham, Randi 1998
Preboski, Eric 2003
Price, Jo 1985,86,87
Probst, Rachae 1998,99,00

Q

Quatier, Debbie 1976,77,86
Quigley, Molly 1978

R

Radebaugh, Tiffany 1999
Ramstad, Leslie 1983,84,85,86
Raney, Susan 1987
Reed, Jeannette 1989,90,91
Reszcynski, Jodi 1987
Richard, Kara 2001,02
Ritter, Gina 1994,95,96
Road, Britta 1984
Rohm, Breanne 2001
Ross, Rachel 1998,99,00,01

S

Sawatzsky, Amy 1996
Scandurra, Anita 1976,77
Schwarzmilller, Joleen 1998
Scott, Amber 1998,99
Seana, Nicole 1999,01,02
Seip, Heather 1997
Shannon, Claudia 1992,93,94,95
Shansby, Laurie 1980,81,82,83
Smathers, Shelley, 1989,90
Sokoloskis, Benita 1985,86
Stevens, Janelle 2002
Summers, Kathi 1978,79
Swann, Julie 1997,98
Syre, Marlo 1990

T

Tayet, Hillary 2003
Teeter, Janet 1980
Templeman, Wendy 1983
Townsend, Alisha 1999

Tozier, Carolyn 1977

Tschetter, Kimberly 1998
Turner, Natalie 1993,94,95,96

U

Underhill, Elisa 1979
Urrutia, Celine 1976

V

Vale, Jenny 1991,92
Vasey, Pam 1984
Vaughn, Debra 1995,96,97
Vermeer, Andrea 2003
Volk, Gail 1979,80,81

W

Wallace, Heather 1996,97,98,99
Weinz, Becky 1997,98
Weitz, Diane 1979
Weitz, Judy 1982,83
Whitbeck, Kelly 1985,86,87,88
Whitfield, Jackie 1997,98,99
Williamson, Michelle 1977
Witt, Jamie 2000,01,03

Y

Yarnell, Tracy 1991

Z

Zender, Julie 1984

CROSS COUNTRY CHAMPIONSHIP HISTORY

NCAA Cross Country Championships

SPU at Nationals

<i>Men's</i>	<i>Place</i>	<i>Pts</i>	<i>Meet</i>
1961	6th	115	NAIA

<i>Women's Place</i>	<i>Pts</i>	<i>Meet</i>
1979	2nd	105 AIAW
1980	2nd	99 AIAW
1981	3rd	123 AIAW
1983	3rd	110 NCAA
1986	3rd	99 NCAA
1990	7th	165 NCAA
1994	13th	272 NCAA
1995	14th	306 NCAA
1996	8th	218 NCAA
1997	9th	253 NCAA
1998	7th	220 NCAA
1999	6th	221 NCAA

GNAC Championships

<i>Year</i>	<i>Men's Champion</i>
1993	Grand Canyon
1994	Portland State
1995	Hawaii Hilo
1996	Hawaii Hilo
1997	Alaska Anchorage
1998	Humboldt State
1999	Humboldt State
2000	Humboldt State
2001	Northwest Nazarene
2002	Alaska Anchorage
2003	Western Washington

<i>Year</i>	<i>Women's Champion</i>
1993	Seattle Pacific
1994	Seattle Pacific
1995	Hawaii Hilo
1996	Seattle Pacific
1997	Seattle Pacific
1998	Seattle Pacific
1999	Seattle Pacific
2000	Central Washington
2001	Humboldt State
2002	Humboldt State
2003	Seattle Pacific

<i>Year</i>	<i>Men's Champion</i>	<i>Pts</i>	<i>Women's Champion</i>	<i>Pts</i>	<i>Site</i>
1958	Northern Illinois	93			Wheaton, Il.
1959	South Dakota State	67			Wheaton, Il.
1960	Central State (Oh.)	72			Wheaton, Il.
1961	Southern Illinois	33			Wheaton, Il.
1962	Central State (Oh.)	77			Wheaton, Il.
1963	Emporia State (Ks.)	44			Wheaton, Il.
1964	Kentucky State	95			Wheaton, Il.
1965	San Diego State	55			Wheaton, Il.
1966	San Diego State	58			Wheaton, Il.
1967	San Diego State	66			Wheaton, Il.
1968	Eastern Illinois	99			Wheaton, Il.
1969	Eastern Illinois	84			Wheaton, Il.
1970	Eastern Michigan	100			Wheaton, Il.
1971	Cal State Fullerton	47			Wheaton, Il.
1972	North Dakota State	84			Wheaton, Il.
1973	South Dakota State	88			Wheaton, Il.
1974	Southwest Missouri St.	112			Springfield, Mo.
1975	UC Irvine	59			Northridge, Ca.
1976	UC Irvine	50			Springfield, Mo.
1977	Eastern Illinois	37			Chicago, Il.
1978	Cal Poly SLO	42			Indiana, Pa.
1979	Cal Poly SLO	45			Riverside, Ca.
1980	Humboldt State	115			Parkside, Wi.
1981	Millersville (at Lowell, Ma.)	97	South Dakota State	26	Cape Girardeau, Mo.
1982	Eastern Washington	84	Cal Poly SLO	32	St. Cloud, Mn.
1983	Cal Poly Pomona	86	Cal Poly SLO	48	Parkside, Wi.
1984	Southeast Missouri State	87	Cal Poly SLO	32	Clinton, Ms.
1985	South Dakota State	60	Cal Poly SLO	30	Marshall's Creek, Pa.
1986	Edinboro	56	Cal Poly SLO	39	Riverside, Ca.
1987	Edinboro	95	Cal Poly SLO	53	Evansville, In.
1988	Edinboro/Mankato State	77	Cal Poly SLO	48	Clinton, Ms.
1989	South Dakota State	97	Cal Poly SLO	34	East Stroudsberg, Pa.
1990	Edinboro	50	Cal Poly SLO	61	McKinleyville, Ca.
1991	Massachusetts-Lowell	48	Cal Poly SLO	60	Edwardsville, Il.
1992	Adams State	15	Adams State	64	Slippery Rock, Pa.
1993	Adams State	25	Adams State	75	Riverside, Ca.
1994	Adams State	55	Adams State	47	Kearney, Ne.
1995	Western State	69	Adams State	69	Spartanburg, SC
1996	South Dakota State	119	Adams State	35	Arcata, Ca.
1997	South Dakota	78	Adams State	37	Kenosha, Wi.
1998	Adams State	68	Adams State	56	Lawrence, Ks.
1999	Western State	27	Adams State	23	Joplin, Mo.
2000	Western State	29	Western State	38	Pomona, Ca.
2001	Western State	38	Western State	46	Slippery Rock, Pa.
2002	Western State	35	Western State	43	Ashland, Oh.
2003	Adams State	40	Adams State	38	Raleigh, NC

Note: 1993-00 were Pacific West Conference Championships