

# 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.

For nearly four decades 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 eight halls of fame for both athletes and coaches. In fact, she was a charter inductee into the Falcon Legends Hall of Fame in 2003. Further, she is considered one of the Northwest's greatest personalities of the 20th Century by both *Sports Illustrated* and *The Seattle Times*. In 2002 Heritage was inducted into the National Distance Running Hall of Fame. Earlier, she became just the second female inducted to the United States Track Coaches Hall of Fame. The five-time world champion and two-time Olympian was inducted into U.S. Track & Field Hall of Fame in 1990 for her success in running.

Now in her 39th year on the SPU coaching staff and her 26th 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 women's conference championships six times since 1993. 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 as 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 26 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

## COACHING STAFF

'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 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. cross country team for a 1993 USA-Great Britain dual meet and for the world championships three times, including 2003.

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 was an assistant professor at her alma mater from 1971-2002 and continues to conduct a summer running camp on Whidbey Island. Doris and husband Ralph Heritage reside in West Seattle.



**Erika Daligcon**  
Assistant Coach

Erika (Botha) Daligcon is beginning her second 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 14<sup>th</sup> 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*	1998 Rachel Ross (1st)
1968-74 Vicki Foltz*	Heather Wallace (2nd)
1968 Trina Hosmer*	Rachae Probst (3rd)
1969 Judy Smith*	Amber Scott (5th)
1972 Beth Bonner*	Sheila Larkin (8th)
1973-74 Kathy McIntyre*	1999 Heather Wallace (1st)
1976 Debbie Quatier	Nicole Seana (3rd)
1990 Shelley Smathers (y)	2000 Rachel Ross (1st)
	Amber Higgins (10th)
	2001 Jamie Witt (6th)
	2002 Nicole Seana (9th)

\* 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 AIAW 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)

### Academic All-America

1990 Bente Moe
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### Academic All-District

1994 Heidi Hamlin
1995 Claudia Shannon

### 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

## Men's Honor Roll

### Academic All-America

1996 Matt Cooper
1997 Matt Cooper

### 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

### 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

# 2002 MEN'S CROSS COUNTRY RESULTS

## 2002 Men's Cross Country Results

- Sept. 7 **Emerald City Invitational (8k)** **Woodland Park, Seattle**  
*Team Results:* 1-Washington, 19; 2-Puget Sound, 94; 3-Seattle, 106; 4-Central Washington, 116; 5-Western Washington, 130; 6-Seattle Pacific, 140; 7-Saint Martin's, 154; 8-Evergreen State, 235.  
*Winner:* Todd Arnold, Washington, 25:46.7  
*SPU Finishers:* 2-Castle, SPU, 26:02.4; 23-LeCount, 28:04.7; 35-Mach, 28:47.8; 39-Van Hess, 29:05.7; 46-Kamikawa, 29:43.8; 50-Libadisos, 30:04.9; 55-Marston, 30:44.3; 62-Bjella, 31:57.1.
- Sept. 14 **Central Washington Invitational (4mi)** **Rhinehart Park, Ellensburg, Wa.**  
*Winner:* Eric Tollefson, unat., 19:45  
*SPU Finishers:* 8-Nash, 22:42; 19-Libadisos, 23:15; 31-Bjella, 25:17.
- Sept. 14 **Fresno State Invitational (8k)** **Woodward Park, Fresno, Ca.**  
*Winner:* Chris Eggers, Chico State, 25:44.  
*SPU Finishers:* 14-Castle, 26:34; 51-LeCount, 28:06; 67-Van Hess, 29:36; 71-Mach, 29:46.
- Sept. 21 **Sundodger Invitational (8k)** **Lincoln Park, Seattle**  
*Open Winner:* Paul Kezes, Western Washington, 23:42.  
*SPU Finishers:* 15-Castle, 24:44  
*Open Team Results:* 1-Willamette 27, 2-CC of Spokane 121, 3-Northwest Nazarene 144, 4-Victoria 167, 5-Western Oregon 175, 6-Puget Sound 189, 7-British Columbia 235, 8-Central Washington 281, 9-Seattle U. 320, 10-Whitworth 333, 11-Warner Pacific 337, 12-Seattle Pacific 339, 13-Pacific Lutheran 349, 14-Lewis-Clark State 350, 15-Simon Fraser 374, 16-Mount Hood CC 376, 17-Clackamas CC 397, 18-Western Washington 489, 19-Lewis & Clark 505, 20-Saint Martin's 530, 21-Highline CC 553, 22-Whitman 591, 23-Clark CC 599, 24-Evergreen 617, 25-Flathead Valley 818.  
*Winner:* Ahrlin Bauman, Team Athletics NW, 24:27.0  
*SPU Finishers:* 32-LeCount, 25:51; 64-Nash, 26:27; 92-Mach, 26:56; 103-Van Hess, 27:04; 140-Libadisos, 27:32; 214-Bjella, 29:29
- Sept. 28 **Saint Martin's Invitational (8k)** **St. Martin's Campus, Lacey, Wa.**  
*Team Results:* 1-Seattle University 33, 2-Seattle Pacific 61, 3-Saint Martin's 75, 4-Highline CC 89, 5-Evergreen 101, 6-Skagit Valley CC 150. *Winner (8k):* Miguel Galeana, unat., 25:01.89  
*Winner:* Miguel Galeana, unat., 25:01.89  
*SPU Finishers:* 4-LeCount, 26:27.36; 11-Nash, 27:21; 16-Libadisos, 27:58; 18-Van Hess, 28:01; 19-Mach, 228:02; 38-Marston, 29:49; 52-Reeves, 33:21
- Oct. 5 **Western Washington Dual (2.9 mi)** **Silver Lake, Maple Falls, Wa.**  
*Men's Team Results:* 1-Western Washington 15, 2-Seattle Pacific incomplete  
*Winner:* Kurt Hartmaier, Western Washington, 15:15.  
*SPU Finishers:* 9-Reeves, 18:31.
- Oct. 5 **Willamette Invitational (8k)** **Bush's Pasture Park, Salem, Or.**  
*Team scores:* 1-Chico State 47, 2-Eastern Oregon 95, 3-Willamette 97, 4-Humboldt State 224, 5-Spokane CC 236, 6-Victoria 253, 7-Azusa Pacific 284, 8-Northwest Nazarene 310, 9-Western Oregon 315, 10-Warner Pacific 344, 11-Puget Sound 347, 12-British Columbia 368, 13-Utah Valley State 378, 14-Central Washington 392, 15-Mt. Hood CC 402, 16-Seattle University 430, 17-Seattle Pacific 480, 18-Southern Oregon 496, 19-UC San Diego 508, 20-Concordia, Ca. 531; 20 others.  
*Winner:* Chris Clancy, Warner Pacific, 24:17.  
*SPU Finishers:* 7-Castle, 24:35; 30-LeCount, 25:21; 138-Van Hess, 26:44; 164-Mach, 27:04; 204-Libadisos, 27:25.
- Oct. 12 **Western Washington Invitational (10k)** **Lake Padden, Bellingham**  
*Team Results:* 1-Western Washington 40, 2-Central Washington 52, 3-Seattle Pacific 59, 4-Club Northwest 75.  
*Winner:* Paul Kezes, Western Washington, 31:29  
*SPU Finishers:* 2-Castle, 31:57; 14-LeCount, 33:19; 21-Van Hess, 34:42; 27-Nash, 35:13; 32-Mach, 35:43; 36-Libadisos, 36:05; 42-Marston, 37:30; 45-Bjella, 38:11.
- Oct. 26 **Great Northwest Athletic Conf. Championships (8k)** **Lincoln Park, Seattle**  
*Team Results:* 1-Alaska Anchorage 70, 2-Humboldt State 72, 3-Western Oregon 86, 4-Western Washington 102, 5-Northwest Nazarene 119, 6-Seattle University 148, 7-Central Washington 151, 8-Seattle Pacific 163, 9-Saint Martin's 258, 10-Alaska Fairbanks 262.  
*Winner:* Paul Kezes, Western Wahington, 24:20  
*SPU Finishers:* 5-Castle, 25:04; 8-LeCount, 25:15; 41-Mach, 26:28; 52-Nash, 26:50; 63-Van Hess, 27:17; 67-Libadisos, 27:35; 72-Marston, 28:07; 79-Bjella, 29:22; 84-Reeves, 31:51.

# 2002 WOMEN'S CROSS COUNTRY RESULTS

## 2002 Women's Cross Country Results

- Sept. 7 **Emerald City Invitational (5k)** **Woodland Park, Seattle**  
*Team Results:* 1-Washington, 22; 2-Northwest College, 44; 3-Central Washington, 101; 4-Western Washington, 125; 5-Puget Sound, 154; 6-Seattle Pacific, 165; 7-Saint Martin's, 266; 8-Seattle, 356.  
*Winner:* Laura Hodgson, Washington, 17:40.6  
*SPU Finishers:* 24-Hawkinson, 20:04.3; 29-Kraybill, 20:18.9; 32-Lavin, 20:27.5; 35-Harbaugh, 20:37.2; 45-Bjork, 21:01.6; 49-Groth, 21:11.6; 51-Owens, 21:13.0; 62-Stevens, 21:57.5; 63-Hoglund, 22:05.1; 65-Richard, 22:13.7.
- Sept. 14 **Central Washington Invitational (5k)** **Rhinehart Park, Ellensburg, Wa.**  
*Open Team Results:* 1-Central Washington 18, 2-Seattle Pacific 44, 3-Western Washington 74, 4-St. Martin's 105.  
*Open Winner:* Alicen Maier, Central Washington, 19:38.  
*SPU Finishers:* 5-Lavin, 20:43; 7-Hawkinson, 20:53; 9-Kraybill, 21:11; 10-Seana, 21:27; 14-Groth, 21:32; 19-Stevens, 21:44; 23-Knox, 21:48; 24-Owens, 21:49; 32-Harbaugh, 22:55.
- Sept. 21 **Sundodger Open (5k)** **Lincoln Park, Seattle**  
*Open Team Results:* 1-Northwest College 49, 2-Hershey Harriers Canada 130, 3-Simon Fraser 135, 4-Western Washington 144, 5-Central Washington 168, 6-Lewis-Clark State 180, 7-Victoria 195, 8-Whitworth 202, 9-Puget Sound 221, 10-Portland 226, 11-Seattle Pacific 296, 12-Clark College 306, 13-Western Oregon 312, 14-British Columbia 355, 15-Pacific Lutheran 361, 16-Lewis & Clark 410, 17-Whitman 489, 18-St. Martin's 495, 19-Seattle U. 518, 20-Evergreen 562.  
*Open Winner:* Emilie Mondor, Simon Fraser, 16:05  
*SPU Finishers:* 43-Lavin, 18:57, 53-Hawkinson, 19:11, 65-Harbaugh, 19:21, 90-Kraybill, 19:37, 105-Seana, 19:43, 111-Groth, 19:56; 119-Knox, 20:01, 126-Stevens, 20:08, 127-Hoglund 20:09.
- Sept. 28 **Saint Martin's Invitational (5k)** **St. Martin's Campus, Lacey, Wa.**  
*Team Results:* 1-Seattle Pacific 39, 2-Western Washington 48, 3-ClarkCC 58, 4-Seattle University 122, 5-Central Washington 147, 6-Evergreen 152, 7-Everett CC 163.  
*Winner:* Ashlee Vincent, Western Washington, 18:26.05  
*SPU Finishers:* 6-Seana, 19:03; 8-Kraybill, 19:06; 9-Bjork, 19:07; 10-Harbaugh 19:08; 11-Owens, 19:13; 13-Hawkinson, 19:17; 14-Lavin, 19:17; 16-Groth, 19:23; 20-Knox, 19:33; 28-Hoglund, 19:51; 35-Brown, 20:39.
- Oct. 5 **Western Washington Dual (2.9mi)** **Silver Lake, Maple Falls, Wa.**  
*Team Results:* 1-Western Washington 26, 2-Seattle Pacific 29.  
*Winner:* Laura Trevellyan, WWU, 18:24.  
*SPU Finishers:* 3-Seana, 18:44; 4-Lavin, 18:49; 5-Kraybill, 18:58; 7-Bjork, 19:08; 10-Owens, 19:20; 12-Hoglund, 19:23; 15-Knox, 19:50.
- Oct. 12 **Western Washington Invitational (6k)** **Lake Padden, Bellingham**  
*Team Results:* 1-Western Washington 44, 2-Central Washington 54, 3-Hershey Harriers-Canada 55, 4-Seattle Pacific 66.  
*Winner:* Cari Rampersad-Kuzyk, Hershey Harriers-Canada, 22:13  
*SPU Finishers:* 16-Hawkinson, 23:40; 17-Lavin, 23:49; 21-Bjork, 24:01; 22-Groth, 24:02; 23-Seana, 24:05; 24-Kraybill, 24:13; 30-Harbaugh, 24:35; 33-Stevens, 24:41; 34-Hoglund, 24:42; 35-Owens, 24:47; 40-Knox, 25:26
- Oct. 26 **Great Northwest Athletic Conf. Championships (6k)** **Lincoln Park, Seattle**  
*Team Results:* 1-Humboldt State 49, 2-Central Washington 78, 3-Western Washington 92, 4-Alaska Fairbanks 114, 5-Seattle Pacific 124, 6-Alaska Anchorage 124, 7-Western Oregon 154, 8-Seattle University 192, 9-Northwest Nazarene 268.  
*Winner:* Ashlee Vincent, Western Washington, 21:44  
*SPU Finishers:* 9-Seana, 22:36; 25-Gorth, 23:32; 26-Kraybill, 23:34; 31-Lavin, 23:40; 34-Hawkinson, 23:51; 37-Owens, 23:55; 45-Harbaugh, 24:10; 53-Hoglund, 24:37; 59-Bjork, 25:03; 63-Stevens, 25:24.
- Men's Results (continued from previous page)*
- Nov. 9 **NCAA West Regional (10k)** **Woodward Park, Fresno, Ca.**  
*Team Results:* 1-Chico State 43, 2-UC Davis 86, 3-Alaska Anchorage 105, 4-UC San Diego 113, 5-Humboldt State 120, 6-Northwest Nazarene 146, 7-Western Washington 179, 8-Cal Poly Pomona 194, 9-Western Oregon 202, 10-Hawaii Pacific 213, 11-Seattle University 299, 12-Central Washington 313, 13-Chaminade 420, 14-BYU Hawaii 434, 15-Saint Martin's 449, 16-San Francisco State 494  
*Winner:* Paul Kezes, Western Washington, 31:58  
*SPU Finishers:* 8-LeCount, 33:05; 16-Castle, 33:33

# 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

#### 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  
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  
Casarella, 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  
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  
Lehne, Mark 1992,93  
Lewis, Jason 1993,94  
Libados, Aaron 2001,02  
Ljunghammer, Ralph 1971,72  
Loney, David 1998,99  
Low, John 1990  
Lunak, Don 1963  
Lynch, Gary 1981

#### M

Mach, Paul 2001,02  
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  
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  
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  
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  
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  
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

#### 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  
Bolibol, 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  
Cissna, Katie 1987  
Collins, Laura 1985  
Comte, Diane 1977  
Corbin, Joan 1978,79  
Cruncan, Ashleigh 1996,97,98,99

#### D

de Marval, Sandrine 1988,89  
DeLorm, Lisa 1984  
DeVine, Rachel 1994,95,96,97  
Doser, Lois 1977

#### E

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

#### F

Frazee, Rene 1985,86,87,88

#### G

Gabelein, Sandy 1982,83,84  
Gibbs, Rashel 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

#### H

Hamlin (Bomengen), Heidi  
1991,92,93,94  
Hammett, Gina 1995  
Hankins, Joey 1991,92  
Harbaugh, Ruth 2002  
Harder, Jennifer 1989  
Hartman, Brittine 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

#### I

Irwin, Linda 1976,77,78,79

#### J

Jennings, Dottie 1982  
Jensen, Charlotte 1990  
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  
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  
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, Kelley 1993,94,95,96  
Marston, Camille 1988,89,90,91  
McCabe, Annie 1999,00  
McCallum, Laurie 1976  
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  
Nyagagah, 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  
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

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  
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

#### Y

Yarnell, Tracy 1991

#### Z

Zender, Julie 1984

# CROSS COUNTRY CHAMPIONSHIP HISTORY

## NCAA Cross Country Championships

<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	Marshalls 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 Stroudsburg, 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.

## 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

<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

Note: 1993-00 were Pacific West Conference Championships