

Seattle Pacific University
Cross Country
2007 Preseason Prospectus



Institution – Seattle Pacific University
Address – 3307 Third Avenue West, Seattle, WA 98119
Founded – 1891
Enrollment – 4,000
Nickname – Falcons
Colors – Maroon & White
Affiliation – NCAA Division II
Conference – Great Northwest Athletic Conference
President – Dr. Philip Eaton (Whitworth '65)
Athletic Director – Tom Box (Biola '74)
Email – twb@spu.edu
Athletic Department Office – 206-281-2085
Athletics Web Site – www.spu.edu/falconsonline
Ass't AD/Sports Information Director – Frank MacDonald
Office – 206-281-2772 *Home* – 206-938-2244
FAX – 206-281-2266 *Email* – frmacdon@spu.edu

Head Coach – Doris Heritage (Seattle Pacific '64)
Head Coach Since – 1978 (30th year)
Office – 206-281-2880 *Email* – doris@spu.edu
Assistants – Erika Daligcon, Lane Seeley
Athletic Trainer – Bob Grams
Office – 206-281-2768 *Email* – bgrams@spu.edu

Men's 2006 Honors – 3rd place, Great Northwest Athletic Conference; 9th, West Region
Men's Previous Honors – 19th pl., 2004 NCAA Championships; 6th pl., 1961 NAIA Championships; GNAC champions, 2004

Women's 2006 Honors – 6th place, NCAA Championships; 1st place, Great Northwest Athletic Conference; 2nd, West Region
Women's Previous Honors – 2nd pl., 1979 & 1980 AIAW; 3rd pl., 1983 & 1986 NCAA; Pacific West Conf. champions, 1993-94, 96-99; GNAC champions, 2003; 1 indiv. AIAW; 1 indiv. NCAA champion

Home Meet – Green Lake Park
Home Training Site – Wallace Field/Discovery Park
Men's Lettermen Returning/Lost – 5/7
Women's Lettermen Returning/Lost – 12/4

Men's Key Returnees *Cl* *Honors*
 Brian Cronrath Sr
 Chad Meis So GNAC Frosh/Year
 Carlo Lozano Sr
 Scott Seamster So
 Scott Felch So

Men's Key Losses *Cl* *Honors*
 Bjorn Bostrom Sr All-GNAC
 Michael Gavareski Sr
 Doug Gibson Sr
 James Rosser Sr
 Eddie Strickler Sr
 Ryan Phillips Sr

Key Newcomers *Cl* *Hometown (Last School)*
 Evan Dull Fr Shoreline, Wa. (King's)
 Jeff Dull Fr Shoreline, Wa. (King's)

Women's Key Returnees *Cl* *Honors*
 Jessica Pixler So All-America, GNAC Champ.
 Jane Larson So All-Region
 Karin Rohde Sr All-GNAC
 Suzie Strickler Jr
 Megan Wrightman Sr
 Kate Harline So
 Kim Beaman Jr
 Lisa Anderberg So
 Kaitlin Rohde Sr
 Kysa Cronrath So
 Katie Hart Jr
 Heidi Peterson Jr

Women's Key Losses *Cl* *Honors*
 Mary Moriarty So All-GNAC
 Nikki Jensen Sr

Key Newcomers *Cl* *Hometown (Last School)*
 Lisa Anderberg Fr Edmonds, Wa. (Kamiak)
 Kysa Cronrath Fr Odessa, Wa. (Odessa)
 Kate Harline Fr Orem, Ut. (Orem)
 Jane Larson Fr Fall City, Wa. (Cedar Park Christian)
 Jessica Pixler Fr Sammamish, Wa. (Eastlake)

2007 Tentative Schedule

<i>Date</i>	<i>Meet</i>	<i>Location</i>
Sept. 1	Lake Padden Relays	Bellingham, Wa.
Sept. 8	Emerald City Open (5/8k)	Seattle, Wa. 10:30
Sept. 15	Sundodger Invitational (5/8k)	Seattle, Wa. 9
Sept. 22	Saint Martin's Invit. (6/8k)	Lacey, Wa. 10
Sept. 29	Varsity-Alumni (2.5 mi.)	Seattle, Wa. 10
Oct. 6	Western Wash. Invit. (6/10k)	Bellingham, 10:30
Oct. 20	GNAC Champs. (6/8k)	Boise, Id.
Oct. 27	Bellevue CC Invit. (6/8k)	Issaquah, Wa. 11
Nov. 3	NCAA West Regional (6/10k)	Boise, Id.
Nov. 17	NCAA Championships (6/10k)	Joplin, Mo.