

SPU CROSS COUNTRY 2006

Preseason Quick Facts

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)
Ass't AD/Sports Information Director – Frank MacDonald
Office – 206-281-2772

Head Coach – Doris Heritage (Seattle Pacific '64)
Head Coach Since – 1978 (29th year)
Office – 206-281-2880 *Email* – doris@spu.edu

Athletic Trainer – Bob Grams
Office – 206-281-2768 *Email* – bgrams@spu.edu

Men's 2005 Honors – 4th place, Great Northwest Athletic Conference
Men's Previous Honors – GNAC Champions, 2004; 19th pl., 2004 NCAA Championships; 6th pl., 1961 NAIA Championships

Women's 2005 Honors – 1st place, Great Northwest Athletic Conference
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

Men's Key Returnees *Cl* *Honors*

| | | |
|-------------------|----|--|
| Bjorn Bostrom | Sr | |
| Brian Cronrath | Jr | |
| Michael Gavareski | Sr | |
| Doug Gibson | Sr | |
| Carlo Lozano | Jr | |
| James Rosser | Sr | |
| Eddie Strickler | Sr | |
| Mike Zetterberg | So | |

Men's Key Losses *Cl* *Honors*

None

Key Newcomers *Cl* *Hometown (Last School)*
Chad Meis Fr Renton, Wa. (Sea. Christian)

Women's Key Returnees *Cl* *Honors*

| | | |
|-----------------|----|----------|
| Kim Beaman | So | |
| Mary Moriarty | So | All-GNAC |
| Nikki Jensen | Sr | |
| Kaitlin Rohde | Jr | |
| Karin Rohde | Jr | |
| Suzie Strickler | So | |
| Megan Wrightman | Jr | |

Women's Key Losses *Cl* *Honors*

| | | |
|----------------|----|----------------|
| Meredith Crane | Jr | GNAC runner-up |
| Becky Knox | Sr | |
| Josie Lavin | Sr | |
| Brandi McCoy | 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) |

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)
 2004 Karen Dickson (4th)

NOTE: Prior to 1982 SPU competed at the AIAW Championships

Regional Champion

1976 Debbie Quatier
 1977 Debbie Quatier
 1979 Joan Corbin
 1985 Bente Moe

Conference Champion

1996 Heather Wallace
 1997 Heather Wallace
 1998 Rachel Ross
 1999 Heather Wallace
 2000 Rachel Ross
 2003 Josie Lavin
 2004 Karen Dickson

Conference Freshman

2000 Rachel Ross
 2003 Josie Lavin
 2004 Karin Rohde
 2005 Mary Moriarty

Conference Newcomer

1998 Rachel Ross
 1999 Nicole Seana

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)
 2004 Karen Dickson (1st)
 Karin Rohde (7th)
 Becky Knox (8th)
 2005 Meredith Crane (2nd)
 Mary Moriarty (7th)

Academic All-America

1990 Bente Moe
 2003 Karen Dickson (CCCA)
 Jamie Witt (CCCA)
 2004 Karen Dickson (CCCA)
 Becky Knox (CCCA)
 Karin Rohde (CCCA)
 2005 Karin Rohde (CCCA)

Academic All-District

1994 Heidi Hamlin
 1995 Claudia Shannon
 2003 Jamie Witt
 2004 Karen Dickson

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
 2004 Karen Dickson
 Becky Knox
 Brandi McCoy
 Jamie Witt

CROSS COUNTRY HONOR ROLL

Men's Honor Roll

Academic All-America

| | | | |
|------|----------------------|------|----------------------------------|
| 1996 | Matt Cooper (CoSIDA) | 2003 | Clint Bjella Tim LeCount |
| 1997 | Matt Cooper (CoSIDA) | | Aaron Libadisos |
| 2003 | Tim LeCount (CCCA) | | Paul Mach |
| 2003 | Paul Mach (CoSIDA) | 2004 | Michael Gavareski Tim LeCount |
| 2004 | Tim LeCount (CCCA) | | Paul Mach |

Conference Champion

| | | | |
|------|-------------|------|-------------------|
| 2004 | Tim LeCount | 2005 | Michael Gavareski |
|------|-------------|------|-------------------|

Conference Newcomer

| | | | |
|------|-------------|--|-----------------|
| 2002 | Tim LeCount | | James Rosser |
| 2004 | Doug Gibson | | Eddie Strickler |

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) |
| 2004 | Tim LeCount (1st) Bjorn Bostrom (7th) |

Academic All-District

| | |
|------|-------------|
| 1996 | Matt Cooper |
| 1997 | Matt Cooper |
| 2004 | Tim LeCount |

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 |

2005 MEN'S CROSS COUNTRY RESULTS

- Sept. 10 **Emerald City Invitational (8k)** **Woodland Park, Seattle**
Team Results: 1-Western Washington 35, 2-Seattle Pacific 48, 3-Seattle University 81, 4-Northwest 106, 5-Pacific Lutheran 116, 6-Central Washington 139
Winner: Casey Moriarty, Seattle University, 25:38;
SPU Finishers: 7-Gibson, 27:24; 8-Bostrom, 27:25; 9-Cronrath, 27:33; 12-Lozano, 27:40; 17-Strickler, 27:46; 23-Rosser, 27:59; 30-Zetterberg, 28:54; 35-Larimer, 29:12; 44-Phillips, 30:17; 55-Ayers, 32:47.
- Sept. 17 **Sundodger Open (8k)** **Lincoln Park, Seattle**
Open Team Results: 1-Willamette 45, 2-Portland 72, 3-British Columbia 177, 4-Simon Fraser 182, 5-Western Washington 203, 6-Puget Sound 223, 7-Spokane CC 229, 8-Southern Oregon 266, 9-Seattle Pacific 275, 10-Lewis-Clark St. 302; (18 others)
Open Winner: Nick Arciniaga, Team Saucony, 24:39
SPU Finishers: 48-Lozano, 26:03; 50-Gibson, 26:04; 75-Bostrom, 26:23; 85-Rosser, 26:35; 88-Strickler, 26:38; 104-Cronrath, 26:53; 165-Zetterberg, 27:44; 193-Larimer, 27:59; 216-Phillips, 28:28; 283-Duke, 30:02; 290-Ayers, 30:30.
- Sept. 24 **Saint Martin's Invitational (8k)** **St. Martin's Campus, Lacey, Wa.**
Team Results: 1-Victoria 20, 2-Seattle Pacific 63, 3-Western Oregon 88, 4-Saint Martin's 104, 5-Western Washington 121, 6-Highline CC 142
Winner: John Riak, Saint Martin's, 25:49
SPU Finishers: 7-Lozano, 26:40; 11-Bostrom, 26:59; 12-Cronrath, 27:00; 17-Strickler, 27:26; 18-Gibson, 27:32; 33-Zetterberg, 28:10; 46-Gavareski, 29:05; 54-Phillips, 29:46; 64-Duke, 31:21
- Oct. 8 **Western Washington Invitational (10k)** **Lake Padden, Bellingham**
Team Results: Men's team scores: 1-Western Washington 28, 2-Seattle Pacific 46, 3-Seattle University 66, 4-Central Washington 109
Winner: Casey Moriarty, Seattle U., 31:56
SPU Finishers: 6-Lozano, 33:10; 14-Cronrath, 33:47; 25-Bostrom, 34:23; 32-Strickler, 34:40; 33-Rosser, 34:43; 45-Zetterberg, 35:23; 48-Gavareski, 35:44; 67-Phillips, 37:16
- Oct. 22 **Great Northwest Athletic Conf. Championships (8k)** **Lake Padden, Bellingham**
Team Results: 1-Alaska Anchorage 39, 2-Western Washington 88, 3-Humboldt State 91, 4-Seattle Pacific 97, 5-Northwest Nazarene 149, 6-Western Oregon 151, 7-Seattle University 161, 8-Central Washington 207, 9-Saint Martin's 231, 10-Alaska Fairbanks 236.
Winner: Casey Moriarty, Seattle U., 25:16.
SPU Finishers: 11-Lozano, 26:42; 14-Cronrath, 26:48; 17-Bostrom, 26:55; 26-Rosser, 27:16; 29-Gibson, 27:22; 30-Strickler, 27:26; 53-Zetterberg, 28:33; 62-Phillips, 28:53; 79-Miller, 30:28; 81-Gavareski, 30:41
- Oct. 29 **Bellevue Community College Invitational (8k)** **Lake Sammamish State Park, Issaquah, Wa.**
Men's Team Results: Not available.
Winner: Sam Scotchmer, unat., 25:33
SPU Finishers: 27-Zetterberg, 27:16; 34-Miller, 27:36; 39-Phillips, 27:52; 45-Gavareski, 28:25; 52-Duke, 29:23; 58-Ayers, 30:27.
- Nov. 5 **NCAA West Regional (10k)** **Prado Park, Chino, Ca.**
Team Results: 1-Chico State 23, 2-Cal Poly Pomona 97, 3-Alaska Anchorage 106, 4-Western Washington 124, 5-Seattle Pacific 172, 6-Humboldt State 193, 7-UC San Diego 197, 8-Cal State Stanislaus 214, 9-BYU Hawaii 278, 10-Seattle University 279 (6 others). *Individual winner:* Patrick Boivin, Chico State, 31:23.60
SPU finishers: 18-Gibson, 33:32; 20-Bostrom, 33:45; 37-Lozano, 34:33; 52-Cronrath, 35:02; 53-Rosser, 35:03; 54-Strickler, 35:03;

2005 WOMEN'S CROSS COUNTRY RESULTS

- Sept. 10 **Emerald City Invitational (5k)** **Woodland Park, Seattle**
Team Results: 1-Seattle Pacific 43, 2-Central Washington 68, 3-Seattle University 82, 4-Western Washington 92, 5-Pacific Lutheran 98, 6-Northwest 117.
Winner: Meredith Crane, SPU, 18:16
SPU Finishers: 1-Crane, 18:16; 8-Kar. Rhode, 19:19; 9-Moriarty, 19:23; 16-Lavin, 19:39; 20-McCoy, 19:56; 24-Strickler, 20:05; 27-Perkins, 20:20; 28-Kai. Rhode, 20:22; 29-Knox, 20:27; 37-Wrightman, 20:46; 42-Kuhn, 21:17; 45-Jensen, 21:30; 58-Lopez, 22:20; 59-Peterson, 22:21; 62-Darnell, 22:28; 64-Hart, 22:38
- Sept. 17 **Sundogger Open** **Lincoln Park, Seattle**
Invitational Winner (6k): Haley Paul, Washington State, 20:50
SPU Finishers: 7-Meredith Crane, 21:21
Open Team Results: 1-Simon Fraser 38, 2-British Columbia 89, 3-Seattle Pacific 177, 4-Willamette 181, 5-Lewis & Clark 186, 6-George Fox 210, 7-Eastern Oregon 216, 8-Seattle University 223, 9-Central Washington 230, 10-Lewis-Clark St. 238; (13 others).
Open Winner (6k): Kristen Kolstad, Simon Fraser, 21:43
SPU Finishers: 16-Lavin, 22:36; 19-Moriarty, 22:38; 24-Kar. Rhode, 22:54; 60-Strickler, 23:50; 67-Knox, 23:55; 75-Wrightman, 24:02; 77-Kuhn, 24:03; 90-McCoy, 24:18; 101-Kai. Rohde, 24:28; 108-Jensen, 24:35; 120-Beaman, 24:48; 164-Peterson, 25:34; 197-Darnell, 26:22; 206-Lopez, 26:50.
- Sept. 24 **Saint Martin's Invitational (5k)** **St. Martin's Campus, Lacey, Wa.**
Team Results: 1-Victoria 26, 2-Seattle Pacific 38, 3-Western Washington 101, 4-Saint Martin's 114, 5-Western Oregon 124
Winner: Meredith Crane, Seattle Pacific, 17:33
Other SPU Finishers: 4-Kar. Rhode, 18:24; 11-Lavin, 18:41; 16-Wrightman, 19:18; 19-Knox, 19:26; 23-Kait. Rhode, 19:34; 26-McCoy, 19:42; 28-Kuhn, 19:54; 35-Jensen, 20:13; 38-Perkins, 20:18
- Oct. 9 **Western Washington Invitational (6k)** **Lake Padden, Bellingham**
Team Results: 1-Seattle Pacific 20; 2-Seattle University 62, 3-Western Washington 69, 4-San Francisco State 85; 5-Central Washington 152
Winner: Meredith Crane, SPU, 21:52
Other SPU Finishers: 6-Moriarty, 22:51; 9-Kar. Rohde, 23:02; 4-Lavin, 23:13; 17-Beaman, 23:39; 18-Strickler, 23:39; 25-Knox, 24:06; 27-Wrightman, 24:17; 29-Kai. Rohde, 24:23; 37-McCoy, 25:02; 39-Jensen, 25:06; 40-Perkins, 25:06; 42-Kuhn, 25:16; 54-James, 25:51; 55-Peterson, 25:54; 58-Darnell, 26:13; 70-Lopez, 26:59
- Oct. 22 **Great Northwest Athletic Conf. Championships (6k)** **Lake Padden, Bellingham**
Team Results: 1-Seattle Pacific 54, 2-Alaska Anchorage 71, 3-Central Washington 91, 4-Seattle University 123, 5-Northwest Nazarene 138, 6-Western Washington 148, 6-Alaska Fairbanks 148, 8-Humboldt State 182, 9-Western Oregon 211, 10-Saint Martin's 245.
Individual winner: Pavla Havlova, UAF, 22:15
SPU finishers: 2-Crane, 22:32; 7-Moriarty, 23:11; 11-Lavin, 23:26; 12-Kar. Rohde, 23:31; 22-Strickler, 23:57; 23-Beaman, 23:58; 25-Knox, 24:04; 26-McCoy, 24:16; 30-Wrightman, 24:29; 41-Kai. Rohde, 24:59.
- Oct. 29 **Bellevue Community College Invitational (5k)** **Lake Sammamish State Park, Issaquah, Wa.**
Team Results: 1-Seattle Running 15, 2-Seattle Pacific 43, 3-Central Washington 74
Individual Winner: Jan Tonkin, SRC, 18:06
SPU finishers: 10-Benanaya, 19:54; 12-Jensen, 19:58; 15-T. Perkins, 20:24; 17-Peterson, 20:34; 18-James, 20:41; 34-Lopez, 21:30; 36-Hart, 21:32; 37-Darnell, 21:34.
- Nov. 5 **NCAA West Regional (6k)** **Prado Park, Chino, Ca.**
Team Results: 1-Women's team scores: 1-Chico State 42, 2-UC San Diego 62, 3-Alaska Anchorage 129, 4-Seattle Pacific 134, 5-Cal State L.A. 163, 6-Central Washington 197, 7-Cal Poly Pomona 246, 8-Seattle University 270, 9-Western Washington 278, 10-BYU Hawaii 282 (11 others).
Individual Winner: Miriam Hodgins, UC San Diego, 21:59.80
SPU finishers: 5-Crane, 22:23; 21-Kar. Rohde, 23:29; 25-Lavin, 23:38; 41-Moriarty, 24:06; 42-Strickler, 24:07; 55-Beaman, 24:26; 58-Knox, 24:31

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 |
| 2004 | Tim LeCount |
| 2005 | Carlo Lozano |

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
Ayers, Jeff 2005

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 2003,04, 05
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
Cronrath, Brian 2004, 05
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
Duke, David 2005
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 2003,04, 05
Gibson 1971
Gibson, Doug 2004, 05
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
Larimer, Dan 2005
Leahy, Dave 1976
LeCount, Tim 2002,03,04
Lehne, Mark 1992,93
Lewis, Jason 1993,94
Libados, Aaron 2001,02,03
Lim, Daniel 2004
Ljunghammer, Ralph 1971,72
Loney, David 1998,99
Low, John 1990
Lozano, Carlo 2005
Lunak, Don 1963
Lynch, Gary 1981

M

Mach, Paul 2001,02,03,04
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
Miller, Steve 2004, 05
Moffitt, Roger 1966,67
Monaghan, Kevin 1997
Moody, Colin 1991,92,93
Morrison, Darrell 1963
Morrisey, 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 2003,04, 05
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 2003,04, 05
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 2003,04, 05
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
Zetterberg, Mike 2005
Ziemann, Michael 1998,99

WOMEN'S 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 |
| 2004 | Karen Dickson |
| 2005 | Meredith Crane |

Women's Cross Country All-Time Roster

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
Beaman, Kim 2005
Becker, Marigrace 1999
Benanaya, Hanane 2005
Benson, Connie 1981,82,83,84
Blizzard, Tina 1978,79
Bjork, Kirsten 2000,01,02,03
Bolibol, Jennifer 1993,94
Botha, Erika 1995,96
Brown, Celia 1977,78
Brown, Trish 1984,85,86
Bryant, Brandy 1988
Bunnell, Galyn 2004
Bunyan, Stevanie 1976,77
Byron, Annie 1978

C

Cantrell, Dana 1999,00,01
Chatfield, Stephanie 2003,04
Cissna, Katie 1987
Collins, Laura 1985
Comte, Diane 1977
Corbin, Joan 1978,79
Crane, Meredith 2005
Cruncan, Ashleigh 1996,97,98,99

D

Darnell, Elena 2005
de Marval, Sandrine 1988,89
DeLorm, Lisa 1984
DeVine, Rachel 1994,95,96,97
Dickson, Karen 2003,04
Doser, Lois 1977
Durringer, Julienne 2003

E

Edholm, Kristen 2004
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 2002,03

H

Hamlin (Bomengen), Heidi 1991,92,93,94
Hammett, Gina 1995
Hankins, Joey 1991,92
Harbaugh, Ruth 2002,03
Harder, Jennifer 1989
Hart, Katie 2005
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
Huntington, Summer 2003

I

Irwin, Linda 1976,77,78,79

J

James, Corina 2005
Jennings, Dottie 1982
Jensen, Charlotte 1990
Jensen, Nikki 2003,04,05
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 2002,03,04,05
Koelfgen, Lisa 1982,83,84
Koenig, Erica 1992
Koons, Laurel 1997
Kraybill, Sarah 2001,02
Kuhn, Tracy 2004,05

L

Larkin, Sheila 1995,96,97,98
Larson, Lonna 1990,91
Lassen, Kathy 1976,77
Lavin, Josie 2001,02,03,05
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
Lopez, Sacha 2005
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 2003,04,05
McGlade, Brenda 1980
Meyers, Dottie 1981
Milic, Janet 1979,80
Moe, Bente 1985,86,87,89
Moriarty, Mary 2005
Muench, Julia 2004

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
Peterson, Heidi 2005
Perkins, Teona 2005
Perkins, Victoria 2004
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
Rohde, Kaitlin 2004,05
Rohde, Karin 2004,05
Rohm, Breanne 2001,04
Ross, Rachel 1998,99,00,01

S

Sawatzsky, Amy 1996
Scandurra, Anita 1976,77
Schumacher, Anna 2004
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
Strickler, Suzie 2005
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
Wrightman, Megan 2004,05

Y

Yarnell, Tracy 1991

Z

Zender, Julie 1984

CROSS COUNTRY CHAMPIONSHIP HISTORY

NCAA Cross Country Championships

SPU at Nationals

| Men's | Place | Pts | Meet |
|-------|-------|-----|------|
| 1961 | 6th | 115 | NAIA |
| 2004 | 19th | 512 | NCAA |

| Women's | Place | Pts | Meet |
|---------|-------|-----|------|
| 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

| Year | Men's Champion |
|------|--------------------|
| 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 |
| 2004 | Seattle Pacific |
| 2005 | Alaska Anchorage |

| Year | Women's Champion |
|------|--------------------|
| 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 |
| 2004 | Central Washington |
| 2005 | Seattle Pacific |

| Year | Men's Champion | Pts | Women's Champion | Pts | Site |
|------|-------------------------------|-----|--------------------|-----|-----------------------|
| 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 | Iowa State* | | Northridge, Ca. |
| 1976 | UC Irvine | 50 | Iowa State* | | Springfield, Mo. |
| 1977 | Eastern Illinois | 37 | Iowa State* | | Chicago, Il. |
| 1978 | Cal Poly SLO | 42 | Iowa State* | | Indiana, Pa. |
| 1979 | Cal Poly SLO | 45 | Cal State Hayward+ | | Riverside, Ca. |
| 1980 | Humboldt State | 115 | Cal State Hayward+ | | 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 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. |
| 2003 | Adams State | 40 | Adams State | 38 | Raleigh, NC |
| 2004 | Western State | 39 | Adams State | 31 | Evansville, In. |
| 2005 | Western State | 51 | Adams State | 54 | Chino, Ca. |

*AIAW Champion (contested at different site than NCAA men)

+AIAW Div. II Champion (contested at different site than NCAA men)

Note: 1993-00 were Pacific West Conference Championships