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## Western Oregon, Alaska Anchorage Picked To Repeat As Cross Country Champs

PORTLAND, Ore. – One team was brand new to the top spot on the podium while the other is no stranger to first place.

After winning its first GNAC championship in the sport over longtime powerhouse Alaska Anchorage, Western Oregon is picked once again to be a champion in the 2018 Great Northwest Athletic Conference Men’s Cross Country Preseason Poll.

The Seawolves’ women, meanwhile, are the top pick in the GNAC Women’s Cross Country Preseason Poll. The three-time defending champions have won eight titles in the last nine years.

Western Oregon received seven of a possible 11 first-place votes in the men’s poll for a total of 102 points. Coaches are expecting a close race with the remaining four first-place votes split between three teams. Alaska Anchorage had two of those and is picked second with 94 points. Simon Fraser and Western Washington earned one first-place vote each and are tied for third with 92 points.

Alaska Anchorage took nine of 11 first-place votes from the women’s poll for 108 points after a season that saw the Seawolves finish fifth at the NCAA Championships. Simon Fraser received the other two first-place votes and is picked second with 102 points.

Western Washington is projected third with 87 points.

The 2018 GNAC cross country season begins on Fri., Aug. 31, with Western Oregon taking part in the Linfield Harrier Classic in McMinnville, Ore. Saint Martin’s competes on Sat., Sept. 1, at the Puget Sound Invitational in Lakewood, Wash., while Montana State Billings opens at the Hardrock Cross Country Classic in Rapid City, S.D. The remaining eight GNAC squads open on the weekend of Sept. 7 and 8.

After running three years at Bellingham, Washington’s Lake Padden Park, the 2018 GNAC Cross Country Championships moves south to the Ash Creek Preserve on the Western Oregon campus. The conference meet takes place on Sat., Nov. 3. The NCAA West Regional Championships takes place on Sat., Nov. 17, at Amend Park in Billings, Mont., and is hosted by Montana State Billings.

### 2018 GNAC Preseason Cross Country Polls

#### MEN

Team (1st Place Votes)	2017 GNAC Finish	Pts.
1. Western Oregon (7)	1st (51 pts.)	102
2. Alaska Anchorage (2)	2nd (64 pts.)	94
3. Simon Fraser (1)	3rd (70 pts.)	92
Western Washington (1)	4th (76 pts.)	92
5. Central Washington	6th (161 pts.)	60
6. Northwest Nazarene	5th (160 pts.)	59
7. Montana State Billings	7th (187 pts.)	51
8. Seattle Pacific	8th (224 pts.)	38
9. Concordia	10th (242 pts.)	31
10. Alaska	9th (235 pts.)	27
11. Saint Martin’s	11th (331 pts.)	14

#### WOMEN

Team (1st Place Votes)	2017 GNAC Finish	Pts.
1. Alaska Anchorage (9)	1st (28 pts.)	108
2. Simon Fraser (2)	2nd (65 pts.)	102
3. Western Washington	3rd (87 pts.)	87
4. Seattle Pacific	4th (93 pts.)	79
5. Central Washington	5th (163 pts.)	72
6. Northwest Nazarene	8th (236 pts.)	54
7. Western Oregon	6th (190 pts.)	51
8. Alaska	7th (129 pts.)	35
9. Concordia	9th (240 pts.)	31
10. Montana State Billings	11th (301 pts.)	23
11. Saint Martin’s	10th (255 pts.)	19

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.

**MEN**

While the Wolves were led by dominant front-runners David Ribich and **Dustin Nading**, it was the pack that won Western Oregon its first GNAC cross country championship. The No. 3 through 5 runners finished 13th, 14th and 15th to sew up a team score of 64 points that ended Alaska Anchorage's run of seven straight GNAC titles. Western Oregon went on to tie for third at the NCAA West Region Championships (with Simon Fraser) and earn a team invitation to the NCAA Championships.

While Ribich has graduated and turned pro, the Wolves return just about everyone else. Nading placed eighth at the conference meet (25:32.76) before going on to win a national title during indoor track in the mile and was runner-up to Ribich outdoors in the 1,500 meters. Nading was named the Google Cloud/CoSIDA Academic All-American of the Year. The entire mid-pack of three that won conference is back in senior **Tyler Jones** (13th, 25:53.90), who was a First Team Academic All-American, senior **Parker Marson** (14th, 25:55.73) and junior **Justin Crosswhite** (15th, 25:59.11).

While Alaska Anchorage missed a trophy for the first time since 2010, it was a close race. The Seawolves were 13 points behind the Wolves with 64 points and placed three runners in the top-15. Sophomore **Felix Kemboi** earned GNAC Freshman of the Year honors with a third-place finish (25:18.59) and is the conference's top returning finisher. Senior **Jorge Sanchez** was named the GNAC Newcomer of the Year thanks to a 23rd place finish (26:11.93). Alaska Anchorage also returns top-45 conference meet finishers in sophomore **Nickson Koech** (30th, 26:36.26) and junior **Kaleb Korta** (45th, 26:54.91).

Simon Fraser was third at last year's GNAC Championships and has placed either second or third each of the last five years. The Clan tied for third at the West Region Championships, but lost out on a spot at nationals when Western Oregon won the tiebreaker. Simon Fraser returns a pair of All-GNAC performers in senior **Sean Miller**, who placed fifth at conference (25:28.98) and 16th at regionals, and senior **Rowan Doherty**, who placed seventh at conference (25:31.01) and 19th at regionals. Senior **Carlos Vargas** did not compete at conference last year, but returned for a 46th place finish in the regional meet.

Western Washington just missed a top-three team finish last year, finishing six points behind Simon Fraser on the Vikings' home course. The Vikings return a very experienced squad. Senior **Isaac Derline** redshirted last year, but placed third at the GNAC Championships in 2016 (25:07.80) before earning All-West Region honors and an invitation to the NCAA Championships. Senior **Jadon Olson** earned All-GNAC honors with a sixth-place finish last year (25:59.10). Adding to the experience is sophomore **Eric Hamel** (20th, 26:09.59) and senior **Dylan Hayes** (21st, 26:11.20).

Coaches expect Central Washington to move up to fifth after placing sixth in 2017. The Wildcats return a solid core of runners that ran well as a team. Senior **Tyler Humphries** finished 29th in last year's conference meet (26:29.14). Sophomore **Henry Milodragovich** placed 34th (26:42.49), senior **Corbin Carlton** was 36th (26:44.28) and sophomore **Trevor Allen** was 43rd (26:52.64). In all, Central Washington returns all but one runner that competed in last year's GNAC Championships.

Northwest Nazarene placed fifth last year and will adjust to life with a new coaching staff with the departure of longtime head coach John Spatz. The Nighthawks will be led by **Ben Gall**, a longtime NNU assistant who returns to Nampa after six years as the head cross country coach at Cal Baptist. Junior **Godfrey Kemboi** is poised to become an All-GNAC selection after placing 16th last year (25:59.81). He had the ninth-fastest time among conference returners. The Nighthawks also welcome back senior **Nick Hamilton** (31st, 28:38.97) and junior **Peyton Brothers** (63rd, 27:20.97).

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Despite a young squad, Montana State Billings finished a competitive seventh at last year's GNAC Championships and is picked to stay in that position this year. Junior **Ronald Venema** is the Yellowjackets' top returning runner after he finished 50th at conference (23:03.97) while senior **Ivan Colmenero** was 52nd (27:05.58).

Seattle Pacific is picked to repeat its eighth-place finish after moving up from 11th place in 2016. Sophomore **Elius Graff** showed solid potential throughout both the cross country and track seasons. He led the Falcons' returners after finishing 41st at the GNAC Championships (26:51.81). Bolstering the leading sophomore trio is **Royce Garcia** (54th, 27:07.70) and **Shad Galloway** (60th, 27:11.19).

In its first full season as a Division II member, Concordia finished 10th and is predicted to move up to ninth this year. The Cavaliers will be led by a trio of seniors in **Jose Macias**, who placed 47th at the GNAC Championships (26:56.83), **Josh Moats**, who placed 53rd (27:06.49), and **Dominic Giordano**, who finished 55th (27:08.66).

Alaska is picked to finish 10th. The Nanooks welcome back their top placer at the 2017 GNAC Championships in Lukash Platil. The junior placed 37th in a time of 27:28.60. Also returning to the squad is junior **Jacob Walsh** (79th, 27:59.6) and sophomore **Logan Mowry** (85th, 28:48.40).

Saint Martin's is picked 11th and return seven athletes who competed at the 2017 GNAC Championships. The Saints are led by sophomore **Miguel De LaMalena**, who finished 78th (27:58.75) and senior **Levi Schilter** (81st, 28:06.05).

## WOMEN

Once again, Alaska Anchorage was simply dominant in winning the program's eighth GNAC championship over the last nine years. Led by GNAC and Division II national champion Caroline Kurgat, the Seawolves placed all seven scoring runners in the top-15 to finish with 28 points, 37 points ahead of second-place Simon Fraser. Alaska Anchorage went on to finish second at the NCAA West Regional meet and fifth at the Division II Championships, the program's best finish since 2013.

Kurgat is still around, but has exhausted her cross country eligibility. The cupboard is far from bare, however, with four All-GNAC performers and two All-Americans returning. Senior **Zannah Jepchumba** placed fourth at the GNAC Championships (21:53.66) and went on to finish 30th at the national meet. Junior **Emmah Chelimo** earned GNAC Newcomer of the Year honors with her eighth-place conference finish (22:11.26) and earned an All-American trophy by placing 40th at nationals.

Senior **Danielle McCormick** placed fifth at conference (22:06.72) and just missed All-American honors with a 41st place nationals finish. She went on to win the Division II national title indoors at 800 meters. Senior **Kimberly Coscia** rounds out the group as she finished 10th at the GNAC Championships (22:12.28).

Simon Fraser used experience to capture second place for the second straight year and for the fifth time since joining the conference in 2011. The Clan went on to place fourth at the West Regional and 10th at the NCAA Championships. To stay near the top, though, SFU will have to have runners step up to make up for the departures of Julia Howley and Miryam Bassett.

Sophomore **Olivia Willett** earned All-GNAC honors as a freshman, placing ninth at the conference meet (22:11.53) and placed 57th at nationals. Senior **Chelsea Ribeiro** placed 20th at the GNAC meet (22:48.28) while senior **Addy Townsend** placed 27th (23:06.26). Both athletes placed in the top-30 at the regional meet. The Clan also returns senior **Sophie Dodd**, who finished 29th at the conference meet (23:16.68).

Western Washington is picked third after moving up one spot from fourth at the GNAC Championships. The Vikings have finished in the top four at the conference meet each of the last 10 years. Junior **Tracy Melville** hopes to earn All-GNAC honors after just missing last year with a 13th-place finish (22:23.83). In all, Western Washington returns six runners with conference meet experience, led by Melville, sophomore **Jane Barr** (23rd, 22:58.47), junior **Peyton Shinnick** (25th, 23:01.39) and sophomore **Sophia Galvez** (28th, 23:08.84).

Seattle Pacific slipped from third to fourth last year despite its team score increasing by just one point from the year before. With the loss of GNAC individual runner-up Mary Charleson, the Falcons will compete with a young, but talented squad. Sophomore **Dania Holmberg** leads the way after placing 19th as a freshman (22:44.34). She is complemented by juniors **Kate Lilly** (24th, 22:59.36) and **Katherine Walter** (26th, 23:04.07).

Central Washington is picked to finish fifth once again and return seven runners that competed at conference last year. Senior **Alexa Shindruk** just missed All-GNAC laurels with an 11th place conference finish (22:13.61), but bounced back to finish 19th at the NCAA West Regional to earn All-West Region honors. All five of the Wildcats' top scorers placed in the top-50 and are back this year, including juniors **Brenna Carlson** (39th, 23:40.68) and **Delaney Clem** (40th, 23:42.89).

After placing eighth last year, coaches expect Northwest Nazarene to move up to sixth. Senior **Sierra Manzer** leads the way after a strong junior season where she finished 14th at the GNAC Championships (22:49.47) and 64th at the regional meet. Also back for the Nighthawks are junior **Bethany Danner** (55th, 24:11.48) and senior **Emily Hammons** (62nd, 24:26.88).

Western Oregon, picked to finish seventh, returns without its two top performers with the graduation of Kennedy Rufener and Suzie Van De Grift. Junior **Cassie McKinney** is the Wolves' top returning finisher after placing 57th a year ago (24:13.63). Senior **Olivia Woods**, a natural 800-meter runner, placed 64th last year in 24:34.85 before earning All-GNAC honors during the track and field seasons.

Concordia, picked ninth, hopes that experience will help the team move up on the conference ladder. The Cavaliers are led by senior **Nicole Pedersen**, who finished 53rd at the GNAC Championships in 24:07.59. Junior **Gabriella Hobson** finished one place back in 54th (21:10.12) and junior **Kaitlyn Bailly** was 56th in 24:13.09.

Montana State Billings will build nearly from scratch after losing all but one conference meet performer. Junior **Nikki Aiken** is the lone returner after placing 34th in 2017 in a time of 23:28.00.

Saint Martin's is picked 11th after finishing in 10th place a year ago. Senior **Lindsey Dorney** leads four returners from last year's meet. She placed 67th in 24:39.08. Also returning is senior **Sadie Dagleish** (76th, 25:22.89) and junior **Yeshi Vaughan** (86th, 26:00.66).

**Team Capsules Follow On Next Page**



## GNAC 2018 Cross Country Teams At A Glance

### ALASKA

**Head Coach:** Nick Crawford (Bowdoin, 2009, 4th Year)

**Assistant Coach:** Elisa Albrgtsen

**GNAC Championships Finish:** Men – 9th, 235 pts. Women – 7th, 219 pts.

**NCAA West Regionals Finish:** Men – 24th, 596 pts. Women – 25th, 702 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Lukash Platil (Jr., 37th at GNAC Championships, 27:28.60; 96th at NCAA West Regional, 32:26.90); Jacob Walsh (Jr., 79th at GNAC Championships, 27:59.60; 130th at NCAA West Regional, 33:11.70), Logan Mowry (So., 85th at GNAC Championships, 28:48.40).

**Other Returning Men's Conference Meet Finishers:** None.

**Key Men's Newcomers:** Nathan Sanches (Fr., Fairbanks, Alaska – Lathrop).

**Top Returning Women's Runners:** Alex Bergholtz (Sr., 33rd at GNAC Championships, 23:26.80; 98th at NCAA West Regional, 23:11.00), Anja Maijala (So., 51st at GNAC Championships, 24:04.10; 153rd at NCAA West Regional, 24:18.90).

**Other Returning Women's Conference Meet Finishers:** Morgan Siebka (Sr., 47th, 25:53.23), Anja Maijala (So., 52nd, 24:04.08).

**Key Women's Newcomers:** Julia Murph (Fr., Petersburg, Alaska – Petersburg).

### ALASKA ANCHORAGE

**Head Coach:** Michael Freiss (Linfield, 1985, 29th Year)

**Assistant Coaches:** TBA

**GNAC Championships Finish:** Men – 2nd, 64 pts. Women – 1st, 28 pts.

**NCAA West Regionals Finish:** Men – 5th, 172 pts. Women – 2nd, 84 pts.

**NCAA Championships Finish:** Men – Did Not Compete; Women – 5th, 180 pts.

**Top Returning Men's Runners:** Felix Kemboi (So., All-GNAC, 3rd at GNAC Championships, 25:18.59; 60th at NCAA West Regional, 31:44.6), Jorge Sanchez (Sr., GNAC Newcomer of the Year, 23rd at GNAC Championships, 26:11.93; 40th at NCAA West Regional, 31:18.2), Nickson Koech (So., 30th at GNAC Championships, 26:36.26; 37th at NCAA West Regional, 31:13.2), Kaleb Korta (Jr., 45th at GNAC Championships, 26:54.91; 92nd at NCAA West Regional, 32:23.6).

**Other Returning Men's Conference Meet Finishers:** None.

**Key Men's Newcomers:** N/A.

**Top Returning Women's Runners:** Zannah Jepchumba (Sr., All-GNAC, All-West Region, All-American, 4th at GNAC Championships, 21:53.66; 15th at NCAA West Regional, 21:34.2; 30th at NCAA Championships, 21:38.6), Danielle McCormick (Sr., All-GNAC, All-West Region, 5th at GNAC Championships, 22:06.72; 21st at NCAA West Regional, 21:47.0; 41st at NCAA Championships, 21:49.9), Emmah Chelimo (Jr., GNAC Newcomer of the Year, All-GNAC, All-West Region, All-American, 8th at GNAC Championships, 22:11.26; 25th at NCAA West Regional, 21:52.1; 40th at NCAA Championships, 21:48.4), Kimberly Coscia (Sr., All-GNAC, All-West Region, 10th at GNAC Championships, 22:12.28; 26th at NCAA West Regional, 21:54.1; 89th at NCAA Championships, 22:33.9).

**Other Returning Women's Conference Meet Finishers:** Riley Burroughs (Jr., 38th, 23:34.96).

**Key Women's Newcomers:** N/A.

### CENTRAL WASHINGTON

**Head Coach:** Kevin Adkisson (Willamette, 1981, 25th Year)

**Assistant Coach:** Bryan Contreras

**GNAC Championships Finish:** Men – 6th, 161 pts. Women – 5th, 163 pts.

**NCAA West Regionals Finish:** Men – 16th, 454 pts. Women – 15th, 378 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Tyler Humphries (Sr., 29th at GNAC Championships, 26:29.14; 112th at NCAA West Regional, 32:47.1), Henry Milodragovich (So., 34th at GNAC Championships, 26:42.49; 102nd at NCAA West Regional, 32:31.3), Corbin Carlton (Sr., 36th at GNAC Championships, 26:44.28; 77th at NCAA West Regional, 31:59.2), Trevor Allen (So., 43rd at GNAC Championships, 26:52.64; 90th at NCAA West Regional, 32:22.5), Hanson Lee (Sr., 61st at GNAC Championships, 27:11.22; 131st at NCAA West Regional, 33:12.0).

**Other Returning Men's Conference Meet Finishers:** Matt Conrardy (Jr., 64th, 27:21.00), Taryk Boyd (Sr., 77th, 27:56.73), Matthew Schrenk (Sr., 84th, 28:34.17).

**Key Men's Newcomers:** N/A.

**Top Returning Women's Runners:** Alexa Shindruk (Sr., All-West Region, 11th at GNAC Championships, 22:13.61; 19th at NCAA West Regional, 21:40.7), Brenna Carlson (Jr., 39th at GNAC Championships, 23:40.68; 99th at NCAA West Regional, 22:11.9), Delaney Clem (Jr., 40th at GNAC Championships, 23:42.89; 93rd at NCAA West Regional, 23:03.9), Nicole Soleim (So., 42nd at GNAC Championships, 23:44.87; 81st at NCAA West Regional, 22:54.6), Miranda Nelson (Jr., 46th at GNAC Championships, 25:52.99; 91st at NCAA West Regional, 23:03.2).

**Other Returning Women's Conference Meet Finishers:** Kiersten Kimminau (So., 59th, 24:16.43), Jackie Knight (So., 52nd, 24:06.79), Brenna Liebel (Sr., 69th, 24:43.03).

**Key Women's Newcomers:** N/A.

**CONCORDIA****Head Coach:** Jerret Mantalas (Western Oregon, 2006, 5th Season)**Assistant Coach:** Jared Seckel**GNAC Championships Finish:** Men – 10th, 242 pts. Women – 9th, 240 pts.**NCAA West Regionals Finish:** Men – 17th, 509 pts. Women – 22nd, 653 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Jose Macias (Sr., 47th at GNAC Championships, 26:56.83; 121st at NCAA West Regional, 32:53.3), Josh Moats (Sr., 53rd at GNAC Championships, 27:06.49; 80th at NCAA West Regional, 32:09.6).**Other Returning Men's Conference Meet Finishers:** Dominic Giordano (Sr., 55th, 27:08.66), Noah Murry (Jr., 82nd, 28:08.73).**Key Men's Newcomers:** N/A.**Top Returning Women's Runners:** Nicole Pederson (Sr., 53rd at GNAC Championships, 24:07.59; 111th at NCAA West Regional, 23:20.2), Gabriella Hobson (Jr., 54th at GNAC Championships, 21:10.12; 105th at NCAA West Regional, 23:17.08), Kaitlyn Bailly (Jr., 56th at GNAC Championships, 24:13.09; 135th at NCAA West Regional, 23:56.3).**Other Returning Women's Conference Meet Finishers:** Bailey Fjelstul (Jr., 58th, 24:16.20).**Key Women's Newcomers:** N/A.**MONTANA STATE BILLINGS****Head Coach:** Jonathan Woehl (Northwest (Iowa), 2008, 2nd Season)**Assistant Coach:** Brandon Hammack**GNAC Championships Finish:** Men – 7th, 187 pts. Women – 11th, 301 pts.**NCAA West Regionals Finish:** Men – 19th, 520 pts. Women – 29th, 831 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Ronald Venema (Jr., 50th at GNAC Championships, 27:03.07; 113th at NCAA West Regional, 32:47.7), Ivan Colmenero (Sr., 52nd at GNAC Championships, 27:05.58; 139th at NCAA West Regional, 33:24.5).**Other Returning Men's Conference Meet Finishers:** Carson Jessup (So., 67th, 27:26.96), Drake Henson (So., 88th, 29:13.26).**Key Men's Newcomers:** Ase Ackerman (Fr., Glendive, Mont. – Dawson County), Logan Straus (Fr., Billings, Mont. – Billings West).**Top Returning Women's Runners:** Nikki Aiken (Jr., 34th at GNAC Championships, 23:28.00; 96th at NCAA West Regional, 23:06.3).**Other Returning Women's Conference Meet Finishers:** None.**Key Women's Newcomers:** Ruth Chepsat (R-Jr., Eldoret, Kenya – Gillette CC), Miranda Livingston (R-Fr., Columbia Falls, Mont. – Columbia Falls), Rachel Hiner (Fr., Harlowton, Mont. – Harlowton), Kailee Stoppel (Fr., Billings, Mont. – Billings West).**NORTHWEST NAZARENE****Head Coach:** Ben Gall (Eastern Oregon, 2002, First Season)**Assistant Coaches:** TBA**GNAC Championships Finish:** Men – 5th, 160 pts. Women – 8th, 236 pts.**NCAA West Regionals Finish:** Men – 19th, 520 pts. Women – 29th, 831 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Godfrey Kemboi (Jr., 16th at GNAC Championships, 25:59.81; 69th at NCAA West Regional, 31:55.6).**Other Returning Men's Conference Meet Finishers:** Nick Hamilton (Sr., 31st, 26:38.97), Peyton Brothers (Jr., 63rd, 27:20.97), Pablo Lopez (So., 66th, 27:26.54), Ryan Abdalla (So., 71st, 27:36.33).**Key Men's Newcomers:** Tyler Shea (Fr., Spokane, Wash. – Northwest Christian), Landon Lacy (Fr., Nampa, Idaho – Nampa Christian), Aaron Borger (Fr., Torrington, Wyo. – Torrington), Treyson Conley (Fr., Redmond, Ore. – Redmond), Jeffery Fairbanks (Fr., Medford, Ore. – Grace Christian).**Top Returning Women's Runners:** Sierra Manzer (Sr., 14th at GNAC Championships, 22:49.47, 64th at NCAA West Regional, 22:34.8).**Other Returning Women's Conference Meet Finishers:** Bethany Danner (Jr., 55th, 24:11.48), Emily Hammons (Sr., 62nd, 24:26.88), Anna Hamilton (So., 71st, 24:57.22), Heidi Nisly (So., 79th, 25:30.85).**Key Women's Newcomers:** Sage Earnest (Fr., Nampa, Idaho – Victory Charter School), Kalen Johnson (Fr., Zillah, Wash. – Zillah).

**SAINT MARTIN'S**

**Head Coach:** Jim Brewer (Western Washington, 1998, 6th Year)

**Assistant Coaches:** Rachel Brewer, Atanas Atanassov

**GNAC Championships Finish:** Men – 11th, 331 pts. Women – 10th, 255 pts.

**NCAA West Regionals Finish:** Men – 26th, 754 pts. Women – 27th, 753 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Miguel De LaMalena (So., 78th at GNAC Championships, 27:58.75; 161st at NCAA West Regional, 34:20.6), Levi Schilter (Sr., 81st at GNAC Championships, 28:06.05; 165th at NCAA West Regional, 34:29.1).

**Other Returning Men's Conference Meet Finishers:** Derrick Howlett, So, 90th, 29:21.46), Guillaume Tabary (So., 91st, 29:48.96), Colton Buster (Jr., 93rd, 30:44.85), Travis Crumpler (Jr., 94th, 31:17.58), Brett Reese (So., 95th, 33:22.89).

**Key Men's Newcomers:** Andrew Oslin (Fr., Edgewood, Wash. – Puyallup), Jack Farrell (Fr., Olympia, Wash. – Pope John Paul II), Noah Roberts (Fr., Ewa Beach, Hawaii – James Campbell).

**Top Returning Women's Runners:** Lindsay Dorney (Sr., 67th at GNAC Championships, 24:39.08; 130th at NCAA West Regional, 23:52.6), Sadie Dagleish (Sr., 76th at GNAC Championships, 25:22.892; 183rd at NCAA West Regional, 25:14.7), Yeshi Vaughan (Jr., 86th at GNAC Championships, 26:00.66; 174th at NCAA West Regional, 24:53.7).

**Other Returning Women's Conference Meet Finishers:** Olivia Abbott (Jr., 92nd, 29:57.26).

**Key Women's Newcomers:** Eliza Bannister (Fr., Long Beach, Wash. – Ilwaco), Alyssa Robinson (Fr., Kailua, Hawaii – Kalaheo).

**SEATTLE PACIFIC**

**Head Coach:** Karl Lerum (Pacific Lutheran, 1998, 6th Year)

**Assistant Coaches:** Chris Reed, Audra Smith

**GNAC Championships Finish:** Men – 8th, 224 pts. Women – 4th, 93 pts.

**NCAA West Regionals Finish:** Men – 25th, 616 pts. Women – 13th, 332 pts.

**NCAA Championships Finish:** Did Not Compete

**Top Returning Men's Runners:** Elius Graf (So., 41st at GNAC Championships, 26:51.81; 146th at NCAA West Regional, 33:35.4), Royce Garcia (So., 54th at GNAC Championships, 27:07.70; 127th at NCAA West Regional, 33:08.2), Shad Galloway (So., 60th at GNAC Championships, 27:11.19; 120th at NCAA West Regional, 32:52.9).

**Other Returning Men's Conference Meet Finishers:** Colin Boutin (So., 73rd, 27:39.29).

**Key Men's Newcomers:** Colby Otero (Fr., Kailua, Hawaii – Kalaheo), Jared Putney (Fr., Issaquah, Wash. – Issaquah), Brayden Schultz (Fr., Kenmore, Wash. – Inglemoor).

**Top Returning Women's Runners:** Dania Holmberg (So., 19th at GNAC Championships, 22:44.34; 79th at NCAA West Regional, 22:53.2), Kate Lilly (Jr., 24th at GNAC Championships, 22:59.36; 88th at NCAA West Regional, 23:00.2), Katherine Walter (Jr., 26th at GNAC Championships, 23:04.07; 57th at NCAA West Regional, 22:28.3).

**Other Returning Women's Conference Meet Finishers:** Sedona McNerney (Jr., 60th, 24:51.85).

**Key Women's Newcomers:** Krystal Kaufman (Fr., Vancouver, Wash. – Skyview), Kaylee Mitchell (Fr., Salem, Ore. – Sprague).

**SIMON FRASER**

**Head Coach:** Brit Townsend (Simon Fraser, 1986, 20th Year)

**GNAC Championships Finish:** Men – 3rd, 70 pts. Women – 2nd, 65 pts.

**NCAA West Regionals Finish:** Men – 4th, 121 pts. Women – 4th, 127 pts.

**NCAA Championships Finish:** Men – Did Not Compete Women – 10th, 332 pts.

**Top Returning Men's Runners:** Sean Miller (Sr., All-GNAC, All-West Region, 5th at GNAC Championships, 25:28.98; 16th at NCAA West Regional, 30:46.9), Rowan Doherty (Sr., All-GNAC, All-West Region, 7th at GNAC Championships 25:31.01; 19th at NCAA West Regional, 30:52.5), Carlos Vargas (Sr., Did Not Compete at GNAC Championships; 46th at NCAA West Regional, 31:33.8).

**Other Returning Men's Conference Meet Finishers:** Chris Sobczak (So., 46th, 26:56.24), Aaron Ahl (So., 56th, 27:09.34).

**Key Men's Newcomers:** Nick Colyn (Sr., Langley, B.C. – Trinity Western Univ.), Pierre-Louis Detourbe (So., France – Cal Baptist Univ.).

**Top Returning Women's Runners:** Olivia Willett (So., All-GNAC, 9th at GNAC Championships, 22:11.53; 34th at NCAA West Regional, 22:03.0; 57th at NCAA Championships, 22:07.2), Addy Townsend (Sr., 27th at GNAC Championships, 23:06.26; 33rd at NCAA West Regional, 22:03.0), Chelsea Ribeiro (Sr., 20th at GNAC Championships, 22:48.28; 37th at NCAA West Regional, 22:04.7; 136th at NCAA Championships, 22:55.5), Sophie Dodd (Sr., 29th at GNAC Championships, 23:16.68; 74th at NCAA West Regional, 22:49.0; 148th at NCAA Championships, 23:01.5).

**Other Returning Women's Conference Meet Finishers:** Amy Morris (So., 44th, 23:48.51), Calli Charlton (So., Did Not Compete at GNAC Championships; 215th at NCAA Championships, 24:03.6).

**Key Women's Newcomers:** Magan Roxby (Fr., North Vancouver, B.C. – West Vancouver), Claire Noort (Jr., New Westminster, B.C. – Trinity Western Univ.).

**WESTERN OREGON****Head Coach:** Mike Johnson (Eastern Washington, 1972, 15th Year)**Assistant Coaches:** Octavious Gillespie-Bennett, Zach Holloway**GNAC Championships Finish:** Men – 1st, 51 pts. Women – 6th, 190 pts.**NCAA West Regionals Finish:** Men – 3rd, 121 pts. Women – 16th, 518 pts.**NCAA Championships Finish:** Men – 21st, 534 pts. Women – Individuals**Top Returning Men's Runners:** Dustin Nading (Sr., All-GNAC, All-West Region, Google Cloud/CoSIDA Academic All-American of the Year, 8th at GNAC Championships, 25:32.76; 13th at NCAA West Regional, 30:28.9; 202nd at NCAA Championships, 34:31.7), Tyler Jones (Sr., 13th at GNAC Championships, 25:53.90; 36th at NCAA West Regional, 31:12.5; 118th at NCAA Championships, 33:09.9), Parker Marson (Sr., 14th at GNAC Championships, 25:55.73; 32nd at NCAA West Regional, 31:05.2; 245th at NCAA Championships, 36:08.6), Justin Crosswhite (Jr., 15th at GNAC Championships, 25:59.11; 64th at NCAA West Regional, 31:48.6; 186th at NCAA Championships, 34:12.4).**Other Returning Men's Conference Meet Finishers:** Stephen Fey (Jr., 38th, 26:48.39), Hunter Mosman (Jr., 42nd, 26:52.32), Sawyer Heckard (Jr., 62nd, 27:17.13), Thomas Normandeau (Sr., 69th, 27:31.05).**Key Men's Newcomers:** Hunter Hutton (Fr., Bandon, Ore. – Bandon), Simon Walsh (Fr., Portland, Ore. – Franklin).**Top Returning Women's Runners:** Cassie McKinney (Jr., 57th at GNAC Championships, 24:13.63; 123rd at NCAA West Regional, 23:38.8), Olivia Woods (Sr., 64th at GNAC Championships, 24:34.85; 143rd at NCAA West Regional, 24:06.1), Rachel Bayly (Jr., 77th at GNAC Championships, 25:27.80), Greyson Burke (Jr., 78th at GNAC Championships, 25:30.36).**Other Returning Women's Conference Meet Finishers:** None.**Key Women's Newcomers:** Kaylin Cantu (Fr., Mount Angel, Ore. – Kennedy).**WESTERN WASHINGTON****Head Coach:** Kelven "Pee Wee" Halsell (Wayland Baptist, 1981, 32nd Year)**Assistant Coaches:** Bill Roe, Juan Castillo**GNAC Championships Finish:** Men – 4th, 76 pts. Women – 3rd, 87 pts.**NCAA West Regionals Finish:** Men – 8th, 213 pts. Women – 8th, 257 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Isaac Derline (R-Sr., Did Not Compete In 2017; 2016: All-GNAC, All-West Region, 3rd at GNAC Championships, 25:07.80; 5th at NCAA West Regional, 30:08.04; 102nd at NCAA Championships, 32:17.7), Jadon Olson (Sr., All-GNAC, All-West Region, 6th at GNAC Championships, 25:29.10; 27th at NCAA West Regional, 31:00.8), Eric Hamel (So., 20th at GNAC Championships, 26:09.59; 51st at NCAA West Regional, 31:37.6), Dylan Hayes (Sr., 21st at GNAC Championships, 26:11.20; 58th at NCAA West Regional, 31:41.5).**Other Returning Men's Conference Meet Finishers:** James Jaspersen (Jr., 26th, 26:20.28), Liam Cossette (Jr., 27th, 26:23.16), Peter Butler (Jr., 57th, 27:09.74).**Key Men's Newcomers:** Ian Fay (R-Fr., Duvall, Wash. – Cedarcrest), Bret Greene (R-Jr., Alameda, Calif. – Chabot Coll.), Ben Jacot (R-Fr., Tacoma, Wash. – Curtis), Ed Kiobasa (R-So., Stillwater, Minn. – Univ. of North Dakota), Kevin Mullin (R-Fr., Arlington, Wash. – Arlington).**Top Returning Women's Runners:** Tracy Melville (Jr., 13th at GNAC Championships, 22:23.83; 39th at NCAA West Regional, 22:06.4), Jane Barr (So., 23rd at GNAC Championships, 22:58.47; 60th at NCAA West Regional, 22:30.3), Peyton Shinnick (Jr., 25th, 23:01.39; 95th at NCAA West Regional, 23:05.3), Sophia Galvez (So., 23:08.84; 67th at NCAA West Regional, 22:36.3).**Other Returning Women's Conference Meet Finishers:** Aundrea Koger (Sr., 30th, 23:18.10), Tovah Swartz-Ireland (So., 43rd, 23:45.17), Brook Wedin (So., 49th, 24:00.20).**Key Women's Newcomers:** Rebecca Lehman (Fr., Spokane Valley, Wash. – University), Maria Rivera Valles (Fr., Mount Vernon, Wash. – Mount Vernon).