



Sept. 4, 2019 • Week 1
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 6

Northwest Nazarene at CSI Invite, Twin Falls, Idaho, 4 p.m.

Alaska, Western Oregon at Ash Creek Invitational, Monmouth, Ore., 5:30 p.m.

Sat., Sept. 7

Montana State Billings at Hardrocker Cross Country Classic, Rapid City, S.D., 9:30 a.m.

LAST WEEK'S MEETS

Fri., Aug. 30

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

NOTE: Exhibition race for Western Oregon

Men (6,000m): Portland 19, Lewis & Clark 58, Western Oregon 58 (L&C wins tiebreaker 3-2), Pacific (Ore.) 98.

Top 5 Finishers: 1, Jackson Baker, Unattached, 19:28.6. 2, Cameron Thompson, UP, 19:34.4. 3, Andy Muha, WOU, 19:46.0. 4, Trent Mazelli, UP, 19:48.3. 5, Matt Schumann, UP, 19:49.9.

Other Top GNAC Runners: 14, Zach Kanelis, WOU, 20:48.7. 15, Emmett Klus, WOU, 21:03.8. 19, Neal Cranston, WOU, 22:10.6. 20, Tyler Tenny, WOU, 23:04.9.

Women (4,000m): Portland 27, Pacific (Ore.) 38, Lewis & Clark 73, Western Oregon 74, Linfield 135.

Top 5 Finishers: 1, Ellie Misuraca, UP, 15:34.5. 2, Hannah Berdahl, PAC, 15:49.7. 3, Grace Oswin, UP, 15:50.3. 4, Ellee Becker, UP, 15:56.8. 5, Emily Bechen, UP, 16:15.1.

Top GNAC Runners: 10, Cassie McKinney, WOU, 16:36.3. 14, Faeryn Glasscock, WOU, 17:05.7. 19, Danel Camacho, WOU, 17:27.4. 24, Natalie Pluhlak, WOU, 17:27.4. 26, Danielle Clem, WOU, 17:56.4.

Sat., Aug. 31

Blue & Gold Run Fest

at University of Alaska Fairbanks Trails, Fairbanks, Alaska

Men (7,000m): Alaska Anchorage 17, Alaska 41.

Top 5 Finishers: 1, Wesley Kirui, UAA, 21:59.68. 2, Felix Kemboi, UAA, 22:11.15. 3, Nickson Koech, UAA, 22:57.16. 4, Lukash Platil, UAF, 23:36.26. 5, Jacob Moos, UAA, 23:39.59.

Women (5,000m): Alaska Anchorage 17, Alaska 39.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 18:33.12. 2, Nancy Jeptoo, UAA, 18:33.89. 3, Yvonne Jeschke, UAA, 19:36.00. 4, Alexandria Bergholtz, UAF, 19:41.66. 5, Joan Kipsanai, UAA, 20:12.13.

#GNACXC in 280

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#SeawolfSweep Alaska Anchorage landed both GNAC Athletes of the Week after wins at the Blue & Gold Run Fest in Fairbanks. **Emmah Chelimo** was the women's winner in a time of 18:33.12 while **Wesley Kirui** was the men's winner in 21:59.68.

#RunnersToTheLine Montana State Billings, Northwest Nazarene and Western Oregon will officially open seasons this weekend. Western Oregon will have the one home meet of the week, hosting the Ash Creek Invitational on Friday.

#Top10Power The GNAC landed three teams in the top-10 of the USTFCCCA Division II Women's Preseason Coaches Poll. Alaska Anchorage is ranked No. 7, Simon Fraser is ranked No. 8 and Seattle Pacific is ranked No. 9.

#TeamsToBeat Seattle Pacific's women is the top-ranked team by coaches in the GNAC Cross Country Preseason Poll. Alaska Anchorage was picked to win in the men's poll.

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Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASEawolves	#UAASEawolves
Cent. Washington	@CWUathletics	#ReignCrimson
Concordia	@gocugo	#gocugoxc
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	#gofalcs
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#WOUXCTF
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GNAC Cross Country Athletes of the Week



MEN
Wesley Kirui, Alaska Anchorage
Junior • Nakaru, Kenya

Kirui led Alaska Anchorage to the team victory at the Blue & Gold Run Fest with the individual victory, covering the 7,000-meter course in a time of 21:59.68. It is his fourth individual race victory in a UAA uniform as he led the Seawolves to the team title with a score of 17 points.

Also Nominated: Lukash Platil (Alaska).



WOMEN
Emmah Chelimo, Alaska Anchorage
Senior • Iten, Kenya

The defending GNAC and West Region champion opened the year with her fifth individual victory at the Blue & Gold Run Fest. She won in a time of 18:33.12 over 5,000 meters and led the Seawolves to the team title with a total of 17 points.

Also Nominated: Alex Bergholtz (Alaska).

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 26 - Sept. 1	Wesley Kirui, UAA	Emmah Chelimo, UAA

Complete Player of the Week releases are available online at GNACsports.com.

GNAC News & Notes

JUMP STARTS: While the official start to the NCAA Division II season is not until Thursday, a trio of GNAC teams got a jump start on the year with races over the Labor Day weekend.

Two of those teams, Alaska and Alaska Anchorage, raced against each other on Saturday in Fairbanks as the Nanooks hosted the Blue & Gold Run Fest. The Seawolves prevailed in both team races, scoring 17 points in both.

The Seawolves also had both individual champions, earning the duo selection as the first GNAC Athletes of the Week for 2019. Senior **Emmah Chelimo** won the women's 5,000-meter race in a time of 18:33.12. It was her fifth career race victory in a UAA singlet. Junior **Wesley Kirui** was the winner in the men's 7,000-meter race, clocking a time of 21:59.68. It was his fourth win since transferring to Alaska Anchorage from Division I Hampton.

Western Oregon opened 2019 with an exhibition race at the Linfield Harrier Classic on Friday. Junior transfer **Andy Muha** led the way for the Wolves as he placed third in the men's 6,000-meter race in a time of 19:46.

TOP-10 LIST: The GNAC opened the season with three of its women's teams ranked in the top-10 of the USTFCCA Division II Coaches Preseason Poll. Defending GNAC and West Region champion Alaska Anchorage leads the way with a No. 7 ranking. Simon Fraser is ranked No. 8 while Seattle Pacific opens at No. 9. The GNAC is one of two conferences with three teams in the preseason women's poll (the RMAC is the other). Western Washington joins the trio in the top-25, opening the season at No. 17.

MEN'S RANKINGS: Simon Fraser leads three GNAC men's teams to earn rankings in the USTFCCA Division II Coaches Preseason Poll. The Clan opens the season at No. 13. Alaska Anchorage is ranked No. 17 while Western Washington opens the year at No. 24.

CHAMPIONSHIP SCHEDULE: For the first time, the GNAC Championships will head east of the Rocky Mountains to Billings, Montana. The conference meet will be held on Saturday, Oct. 26, at Amend Park and is hosted by Montana State Billings. The course is familiar to GNAC teams, though, having hosted the NCAA West Regional Championships in 2014, 2016 and 2018. Western Oregon's Ash Creek Preserve, which hosted last year's GNAC Championships, will be the site of the NCAA West Regional Championships on Saturday, Nov. 9.

Around The GNAC

ALASKA



• Alaska opened its 2019 season with its lone home event of the season, hosting Alaska Anchorage for the Blue & Gold Run Fest at the University of Alaska Fairbanks Trails.

• The Nanooks broke up a pair of potential perfect scores for the Seawolves with a pair of fourth-place finishes. Junior **Alex Bergholtz** was fourth in the women's race, covering the 5,000-meter course in 19:41.66. Junior **Lukash Platil**

was fourth in the men's race, covering the 7,000-meter course in 23:36.26.

• Junior **Jacob Walsh** showed well, placing seventh in the men's race in a time of 23:59.16. Sophomore **Anja Majjala** matched the seventh-place finish in the women's race with her time of 20:28.06.

• Alaska will travel to the Lower 48 this week, competing at the Ash Creek Invitational in Monmouth, Oregon on Friday.

ALASKA ANCHORAGE



• The Seawolves opened the season with a pair of team victories in a dual with Alaska on Saturday at the Blue & Gold Run Fest in Fairbanks.

• Senior **Emmah Chelimo** won her fifth race in a UAA uniform as she covered the 5,000-meter course in a time of 18:33.12. The victory earned Chelimo selection as the GNAC Women's Cross Country Athlete of the Week.

• Junior **Nancy Jeptoo** was right with Chelimo, placing second in a time of 18:33.89. Senior **Yvonne Jeschke** placed a distant third in a time of 19:36.

• Junior **Wesley Kirui** was the winner in the men's 7,000-meter race, finishing in a time of 21:59.68. It was the fourth individual win in a UAA singlet for Kirui, who was named the GNAC Men's Cross Country Athlete of the Week.

• Junior **Felix Kemboi** placed second for the Seawolves in a time of 22:11.15 while **Nickson Koech** placed third in a time of 22:57.16.

• The Alaska Anchorage women lead three GNAC teams in the top-10 of the USTFCCCA Division II Preseason Coaches Poll, entering the season at No. 7. The UAA men enter the season ranked No. 17.

• The Seawolves do not race again until Sat., Sept. 21, when they participate in the Division II Pre-Nationals Meet in Sacramento, California.

CENTRAL WASHINGTON



• Central Washington will not open its season until Saturday, Sept. 14, when it hosts the CWU Invitational and Apple Ridge Run in Yakima, Washington.

• The Wildcats' women enter the season ranked No. 7 in the USTFCCCA West Region rankings.

CONCORDIA



• Concordia will not open its season until Fri., Sept. 20, when it competes at the Sundowner Invitational in Monmouth, Oregon.

MONTANA STATE BILLINGS



• Montana State Billings will open its season on Saturday, traveling to Rapid City, S.D., to compete in the Hardrocker Cross Country Classic.

NORTHWEST NAZARENE



• Northwest Nazarene will open its season on Friday, competing in the CSI Invitational in Twin Falls, Idaho.

SAINT MARTIN'S



• Saint Martin's will open its season on Sat., Sept. 14, when it competes at the CWU Invitational & Apple Ridge Run in Yakima, Washington.

SEATTLE PACIFIC



• Seattle Pacific will open its season on Sat., Sept. 21, competing at the PLU Invitational in Tacoma, Washington.

• The SPU women are one of three GNAC teams in the top-10 of the USTFCCCA Division II Coaches Preseason Poll, opening the season ranked No. 9.

SIMON FRASER



• Simon Fraser will open the 2019 season on Sat., Sept. 14, traveling to Riverside, California for the UC Riverside Invitational.

• The Simon Fraser women are one of three teams ranked in the top-10 of the USTFCCCA Division II Preseason Poll, opening the year at No. 8.

• The Clan is the highest ranked GNAC men's team in the USTFCCCA Preseason Coaches Poll, opening at No. 13.

WESTERN OREGON



• Western Oregon got off to an early start to the season, running an exhibition race as part of the Linfield Harrier Classic on Friday in McMinnville, Oregon.

• Junior **Andy Muha**, a transfer from Lane CC, placed third in his first race in a WOU singlet as he covered the 6,000-meter course in a time of 19:46. Senior **Zach Kanelis** was the top-placing returning runner, finishing 14th in 20:48.7.

• Senior **Cassie McKinney** was the Wolves' top women's finisher, placing 10th in a time of 16:36.3 over 4,000 meters. Sophomore **Faeryn Glasscock** finished 14th in a time of 17:05.7.

• Western Oregon's men tied with Lewis & Clark in the team race with 58 points, with the Pioneers taking second in the tiebreaker 3-2. The Wolves women placed fourth with 84 points.

• Western Oregon will host the first of three home meets this season on Friday, welcoming teams for the Ash Creek Invitational on the Ash Creek Preserve in Monmouth.

WESTERN WASHINGTON



• Western Washington will open the season on Saturday, Sept. 14, competing at the CWU Invitational & Apple Ridge Run in Ellensburg, Washington.

• Both the Western Washington men and women earned rankings in the USTFCCCA Division II Preseason Polls. The Vikings' women are ranked No. 17 while the men are ranked No. 24.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Preseason	17th	13th	24th

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Preseason	3rd	2nd	8th	5th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 28, 2019

Rk	School (1st)	Pts.	2018
1.	Grand Valley State (6)	197	1
2.	Western Colorado (1)	191	3
3.	Colorado Mines (1)	186	2
4.	Chico State	173	7
5.	Adams State	172	4
6.	Missouri Southern	158	11
7.	Sioux Falls	149	5
8.	Saginaw Valley State	145	6
9.	Augustana (S.D.)	133	10
10.	UC-Colorado Springs	121	12
11.	Southern Indiana	119	19
12.	Queens (N.C.)	106	9
13.	Simon Fraser	101	14
14.	West Texas A&M	97	15
15.	Charleston (W. Va.)	86	22
16.	Lee (Tenn.)	78	23
17.	Alaska Anchorage	74	8
18.	Stonehill	63	21
19.	Mount Olive	60	13
20.	Michigan Tech	50	NR
21.	Black Hills State	42	16
22.	Walsh	33	18
23.	Cal Poly Pomona	26	25
24.	Western Washington	11	26
25.	Edinboro	10	31

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Preseason - Aug. 27, 2019

Rk	School	Conf.	2018
1.	Chico State	CCAA	1
2.	Simon Fraser	GNAC	2
3.	Alaska Anchorage	GNAC	3
4.	Cal Poly Pomona	PacWest	4
5.	Western Washington	GNAC	5
6.	Biola	PacWest	NR
7.	Cal State San Marcos	CCAA	7
8.	Western Oregon	GNAC	6
9.	Stanislaus State	CCAA	8
10.	UC San Diego	CCAA	9

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	SPU	WWU
Preseason	7th	8th	9th	17th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	CWU	SFU	SPU	WWU
Preseason	2nd	7th	3rd	4th	5th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 28, 2019

Rk	School (1st)	Pts.	2018
1.	Adams State (8)	200	3
2.	Grand Valley State	192	1
3.	Western Colorado	181	4
4.	Colorado Mines	174	5
5.	Mary	173	2
6.	Chico State	160	8
7.	Alaska Anchorage	152	6
8.	Simon Fraser	143	9
9.	Seattle Pacific	133	15
10.	Augustana (S.D.)	125	18
11.	Hillsdale	122	19
12.	Michigan Tech	109	7
13.	Walsh	98	12
14.	Lee (Tenn.)	96	29
15.	UC-Colorado Springs	87	11
16.	Southern Indiana	76	NR
17.	Western Washington	71	20
18.	Pittsburg State	62	13
19.	Wayne State (Mich.)	55	NR
20.	Queens (N.C.)	52	10
21.	Oklahoma Baptist	31	16
22.	Roberts Wesleyan	30	21
23.	Edinboro	26	23
24.	Malone	23	NR
25.	Stonehill	13	14

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Preseason - Aug. 27, 2019

Rk	School	Conf.	2018
1.	Chico State	CCAA	3
2.	Alaska Anchorage	GNAC	1
3.	Simon Fraser	GNAC	2
4.	Seattle Pacific	GNAC	4
5.	Western Washington	GNAC	5
6.	Cal State San Marcos	CCAA	9
7.	Central Washington	GNAC	10
8.	Biola	PacWest	NR
9.	Academy of Art	PacWest	11
10.	Cal State East Bay	CCAA	15

[View Complete Regional Polls Online](#)



2019 GNAC Meet Summaries

Fri., Aug. 30

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

NOTE: Exhibition race for Western Oregon

Men (6,000m): Portland 19, Lewis & Clark 58, Western Oregon 58 (L&C wins tiebreaker 3-2), Pacific (Ore.) 98.

Top 5 Finishers: 1, Jackson Baker, Unattached, 19:28.6. 2, Cameron Thompson, UP, 19:34.4. 3, Andy Muha, WOU, 19:46.0. 4, Trent Mazelli, UP, 19:48.3. 5, Matt Schumann, UP, 19:49.9.

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