



Sept. 9, 2021 • Week 3  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

#### Fri., Sept. 10

Simon Fraser at SF State Invitational  
3:30 p.m., San Francisco, Calif.  
Seattle Pacific, Western Oregon at Ash Creek  
Invitational, 5:15 p.m., Monmouth, Ore.

#### Sat., Sept. 11

Central Washington, Western Washington at CWU  
Invitational, 11 a.m. Yakima, Wash.

### LAST WEEK'S MEETS

#### Fri., Sept. 3

**Linfield Harrier Classic**  
at Joe Dancer Park, McMinnville, Ore.

**NOTE:** No GNAC Runners In Men's Race

**Women (4,000m):** Lane CC 34, Western Oregon  
47, Linfield 60, Bushnell 81.

**Top 5 Finishers:** 1, Piper Crook, LCC, 15:54.2. 2,  
Katie Chapman, WOU, 16:14.5. 3, Jasmine Liebl,  
LCC, 16:20.4. 4, Olivia Flack, LCC, 16:24.9. 5,  
Rebecca Kuskie, BU, 16:27.6.

**Other Top GNAC Runners:** 9, Emily Johnson,  
WOU, 17:15.5. 12, Emily Moore, WOU, 17:21.1.  
13, Kaiya Leamy, WOU, 17:26.2. 14, Lindie Lar-  
son, WOU, 17:27.8.

#### Sat., Sept. 4

#### Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

**Men (8,000m):** Alaska Anchorage 18, Alaska 38.

**Top 5 Finishers:** 1, Coleman Nash, UAA, 26:18.4.  
2, Jacob Moos, UAA, 26:27.9. 3, Mike Ophoff,  
UAF, 26:42.2. 4, Nickson Koech, UAA, 26:54.8. 5,  
Jesus Availos, UAA, 27:36.2.

**Women (6,000m):** Alaska 23, Alaska Anchorage  
32.

**Top 5 Finishers:** 1, Naomi Bailey, UAF, 22:37.8.  
2, Rosie Fordham, UAF, 32:22.2. 3, Nancy Jeptoo,  
UAA, 24:34.2. 4, Delainey Zock, UAF, 25:04.8. 5,  
Alfin Nyamasyo, UAA, 26:00.9.

### Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

**Men (6,000m):** Saint Martin's 42, Pacific Lutheran  
57, Puget Sound 75, Seattle Pacific 89, Whatcom  
CC 94.

**Top 5 Finishers:** 1, Kainalu Pagente, SMU,  
19:03. 2, Cayan Dibble, Green River CC, 19:05.  
3, John Farrell, SMU, 19:12. 4, Colin Monaghan,  
UPS, 19:17. 5, Ryan Clough, Olympic CC, 19:22.

**Other Top GNAC Runners:** 8, Colin Boutin,  
SPU, 19:34. 12, Lance Slichko, SMU, 20:03. 13,  
Michael Harwell, SMU, 20:06.

**Women (4,000m):** Pacific Lutheran 34, Saint  
Martin's 44, Pierce CC 73, Puget Sound 83,  
Olympic CC 124.

**Top 5 Finishers:** 1, Sara Sabra, SMU, 15:35. 2,  
Jasmine Davis, PCC, 15:46. 3, Alisha Saucedo,  
SMU, 16:09. 4, Izabelle Anderson, WCC, 16:25.  
5, Annika Deazley, PLU, 16:35.

**Other Top GNAC Runners:** 11, Naomi Hartley,  
SMU, 17:07. 15, Kya Ramirez, SMU, 17:26. 19,  
Abby Burton, SMU, 18:01.

## #GNACXC in 280

### @GNACSports

**#FreshmanPhenoms** In the first four races for  
GNAC teams this season, five difference conference  
athletes have won six races. All of the race winners  
are freshmen.

**#NorthernExposure** In duals the last two weeks  
between the Alaska schools, Alaska's women have  
succeeded in beating the Alaska Anchorage women.

**Kendall Kramer** led the way in Fairbanks on August  
28 while **Naomi Bailey** led the way on Sept. 4.

**#TwoForTwo** Alaska Anchorage's **Coleman Nash**  
was the winner of both of the team's first two races,  
winning the UAF Blue/Gold Race and the Seawolf  
Throwdown.

**#SaintsSweep** Saint Martin's athletes won both  
races at Saturday's Puget Sound Invitational.  
Freshman **Kailanu Pagente** won the men's race  
while freshman **Sara Sabra** was the women's  
winner.

## Get Social

### Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#ReignCrimson
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	#gofalcs
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUathletics	#BeVIKTorious



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# GNAC Cross Country Athletes of the Week



## MEN

**Kainalu Pagente, Saint Martin's**  
Freshman • Mililani, Hawaii

Pagente opened his collegiate career in winning style, taking the individual title at the Puget Sound Invitational on Saturday. He covered the 6,000-meter course in 19:03, averaging 5:07 per mile, to finish two seconds ahead of Green River Community College's Cayan Dibble. Pagente led Saint Martin's to the team title with 42 points.

**Also Nominated:** Coleman Nash (Alaska Anchorage).



## WOMEN

**Naomi Bailey, Alaska**  
Freshman • Fairbanks, Alaska

Bailey was the individual winner at the Seawolf Throwdown on Saturday in Anchorage, covering the 6,000-meter course in a time of 22:37.8. She averaged 6:04 per mile and won by an impressive 45 seconds over teammate Rosie Fordham. For the second week in a row, the Nanooks won the team title by 11 points over Alaska Anchorage with 23 points.

**Also Nominated:** Sara Sabra (Saint Martin's), Katie Chapman (Western Oregon).

## Past GNAC Athletes of the Week

Date	Men	Women
Aug. 23-29	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 30-Sept. 5	Kailanu Pagente, SMU	Naomi Bailey, UAF

Complete Player of the Week releases are available online at [GNACSports.com](http://GNACSports.com).

## GNAC News & Notes

**FIRST-YEAR RUNNERS STEP UP:** Over the first two weeks of the GNAC cross country, six different athletes have won races. In every case, freshmen have been the winners.

Alaska Anchorage freshman **Coleman Nash** leads the list having won both of his first two collegiate competitions. At the August 28 UAF Blue/Gold Race, Nash cruised to the win with a time of 22:53 over 6,000 meters. Racing two kilometers more last Saturday at the Seawolf Throwdown in Anchorage, Nash was the winner again as he ran a time of 26:18.4.

On the women's side of those races, it was Alaska's freshmen that stepped up for the victories. **Kendall Kramer** was the winner at the UAF Blue/Gold Meet in a time of 18:34 over 4,000 meters. The next week, it was **Naomi Bailey's** turn to win as she covered the 6,000-meter course in 22:37.8 to post an impressive 45-second victory.

In both cases, the victories helped the Nanooks to women's team victories over the Seawolves. At the UAF Blue/Gold Meet, Alaska scored 17 points to beat UAA by 21 points. At the Seawolf Throwdown, the Nanooks' 23 points was 11 points better than the Seawolves.

At Saturday's Puget Sound Invitational, a pair of Saint Martin's freshmen took home the top honors. **Kainalu Pagente** was a two-second winner in the men's 6,000-meter race with a time of 19:03. **Sara Sabra** posted an 11-second victory in the women's 4,000-meter race in a time of 15:35.

**WINNER'S CIRCLE:** The following GNAC athletes have picked up cross country victories during the 2021 season...

### MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 28, 22:53, 6,000m)  
Coleman Nash, UAA (Seawolf Throwdown, Sept. 4, 26:18.4, 8,000m)  
Kainalu Pagente, SMU (Puget Sound Invitational, Sept. 4, 19:03, 6,000m)

### WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 28, 18:34, 5,000m)  
Naomi Bailey, UAF (Seawolf Throwdown, Sept. 4, 22:37.8, 6,000m)  
Sara Sabra, SMU (Puget Sound Invitational, Sept. 4, 15:35, 4,000m)

# Around The GNAC

## ALASKA



- For the second time in as many weeks, Alaska dueled against Alaska Anchorage. This time, the two teams ran in the Seawolf Throwdown in Anchorage's Kincaid Park.
- For the second time this season, Alaska captured the women's team title with a score of 23 points, 11 better than UAA. The Nanooks' men placed second with 18 points.

• Freshman **Naomi Bailey** was named the GNAC Women's Cross Country Athlete of the Week after winning the 6,000-meter race in a time of 22:37.8. She was 45 seconds ahead of freshman teammate **Rosie Fordham**, who finished second for the second straight week.

• Junior **Mike Ophoff** was the Nanook's lead runner in the men's race, finishing third in a time of 26:42.2. He was the only UAF runner in the top-six.

• After two straight weeks of racing, Alaska is off until Friday, September 24, when the teams will take part in the Mike Johnson Classic in Monmouth, Oregon.

## ALASKA ANCHORAGE



• Racing in its second meet of the season, Alaska Anchorage captured the men's team title and placed second in the women's race in its own Seawolf Throwdown at Kincaid Park.

• For the second straight week, freshman **Coleman Nash** was the winner in the men's race as he covered the 8,000-meter course in a time of 26:18.4. He was nine

seconds faster than junior **Jacob Moos**, who was second in 26:27.9.

• Senior **Nancy Jeptoo** led the Seawolves' women, covering the 6,000-meter distance in a time of 24:334.2 to place third. Junior **Alfin Nyamasyo** was fifth in a time of 26:00.9.

• Alaska Anchorage's women open the season ranked No. 27 in the USTFCCCA Division II Preseason Coaches Poll. The women are ranked seventh in the West Region while the men are ranked ninth.

• After two races in two weeks, the Seawolves will take a long break from competition. The teams compete next on Saturday, October 2, at the Chambers Bay Collegiate Open in University Place, Washington.

## CENTRAL WASHINGTON



• Central Washington will open its 2021 season this weekend, hosting the CWU Invitational on Saturday in Yakima.

• The Wildcats' men were picked to finish sixth in the GNAC Preseason Coaches Poll, receiving one first-place vote. The CWU women are picked to finish seventh.

## MONTANA STATE BILLINGS



• Montana State Billings does not open its season until Friday, September 17, when the teams compete in the Gage McSpadden Memorial in Spearfish, South Dakota.

• The MSUB men are picked to finish eighth in the GNAC Preseason Coaches Poll. The women are picked to finish 10th.

## NORTHWEST NAZARENE



• Northwest Nazarene canceled its scheduled trip last Friday to the College of Southern Idaho Invitational. The Nighthawks will now open the 2021 season on Friday, September 17, at the Eastern Oregon Invitational in La Grande.

• The NNU men are picked to finish fourth in the GNAC Preseason Coaches Poll. The Nighthawks' women were picked fifth, receiving one first-place vote. The women are ranked No. 7 in the preseason USTFCCCA West Region Rankings.

## SAINT MARTIN'S



• Saint Martin's started the 2021 season off in grand style, taking two individual victories and the men's team title at Saturday's Puget Sound Invitational in Lakewood, Washington.

• The Saints' men won with a score of 42 points, finishing 15 points ahead of second-place Pacific Lutheran. The SMU women placed second with 44 points.

• Freshman **Kainalu Pagente** was named the GNAC Men's Cross Country Athlete of the Week after he won the 6,000-meter race in a time of 19:05. He was two seconds ahead of second-place Cayan Dibble of Green River Community College. Junior **John Farrell** took third in a time of 19:12.

• Freshman **Sara Sabra** took home the women's title as she covered the 4,000-meter course in a time of 15:35. She was 11 seconds ahead of the second-place finisher, Jasmine Davis of Pierce Community College. Freshman **Ali Saucedo** was third in a time of 16:09.

• Saint Martin's will not compete again until Saturday, September 25, when it hosts the Ken Garland Invitational on the SMU campus in Lacey, Washington.

## SEATTLE PACIFIC



• The Seattle Pacific men opened the 2021 season with a fourth-place finish at the Puget Sound Invitational in Lakewood, Washington.

• The Falcons posted a team score of 89 points. Senior **Colin Boutin** led the way, placing eighth in a time of 19:34. Redshirt freshman **Jon Owen** placed 16th in a time of

20:10.0.

• The race was scheduled to be the start of the season as well for the Seattle Pacific women but elected not to compete after injuries left the Falcons without a full team.

• The Seattle Pacific women were ranked No. 21 in the USTFCCCA Preseason Division II Coaches Poll. The Falcons are ranked No. 5 in the West Region.

• Both the SPU men and women are scheduled to travel to Monmouth, Oregon this Friday to compete in the Ash Creek Invitational.

# Around The GNAC

## SIMON FRASER



- Simon Fraser will open the 2021 season on Friday, competing in the SF State Invitational at San Francisco's Golden Gate Park.

- Both the Simon Fraser men and women are picked to finish second in the GNAC Preseason Coaches Poll. The SFU women received four first-place votes and finished one point behind favorite Western Washington. The SFU men received three first-place votes.

- The Simon Fraser women are ranked No. 11 in the USTFCCCA Division II Preseason Coaches Poll and No. 2 in the West Region Rankings.

## WESTERN OREGON



- Western Oregon's women opened the 2021 season last Friday, competing in the Linfield Harrier Classic at Joe Dancer Park in McMinnville, Oregon.

- Freshman **Katie Chapman** opened her collegiate career in solid style, placing second as she covered the 4,000-meter course in a time of 15:14.5. She led Western Oregon to a second-place team finish with 47 points.

- Freshman **Emily Johnson** posted the Wolves' other top-10 finish, placing ninth in a time of 17:15.5.

- Western Oregon will host the first of three collegiate meets on its Ash Creek Preserve course this Friday. The Ash Creek Invitational begins at 5:15 p.m.

## WESTERN WASHINGTON



- Western Washington opens the 2021 season this Saturday, competing in the CWU Invitational in Yakima, Washington.

- The Vikings are the defending men's and women's champions are having won the 2019 GNAC Championships. Western Washington's men are picked to repeat in the GNAC Preseason Coaches Poll, receiving four first-place votes and 82 total points. The WWU women are picked fourth with 65 points and received two first-place votes.

- The WWU men entered the season ranked No. 24 in the USTFCCCA Preseason Division II Coaches Poll and No. 4 in the West Region Rankings. The Vikings' women are eighth in the West Region Rankings.

## Men's Regional & National Polls

### GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

<b>National</b>	<b>WWU</b>
Preseason	24th

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

<b>West Region</b>	<b>UAA</b>	<b>WWU</b>
Preseason	9th	4th

### USTFCCCA DIVISION II COACHES POLL

Preseason - Sept. 1, 2021

Rk	School (1st)	Pts.
1.	Grand Valley St. (5)	237
2.	Colorado Mines (3)	235
3.	Adams State	224
4.	Chico State	215
5.	Western Colorado	206
6.	Queens (N.C.)	193
7.	Misouri Southern	188
8.	Alabama-Huntsville	185
9.	Augustana (S.D.)	169
10.	Lee (Tenn.)	167
11.	Augusta	159
12.	Colorado Christian	150
13.	Lewis	130
14.	Southern Indiana	123
	West Texas A&M	123
16.	Stanislaus State	122
17.	Wingate	115
18.	Northwest Missouri St.	103
19.	Charleston	100
20.	American International	98
21.	Fresno Pacific	77
22.	Walsh	61
23.	Colorado Mesa	58
<b>24.</b>	<b>Western Washington</b>	<b>37</b>
25.	Cal State San Marcos	31

[View Complete Poll Online](#)

### USTFCCCA WEST REGION POLL

Preseason - Aug. 31, 2021

Prev.	Rk	School	Conf.	Prev.
—	1.	Chico State	CCAA	—
—	2.	Stanislaus State	CCAA	—
—	3.	Fresno Pacific	PacWest	—
—	<b>4.</b>	<b>Western Washington</b>	<b>GNAC</b>	—
—	5.	Cal State San Marcos	CCAA	—
—	6.	Biola	PacWest	—
—	7.	Cal Poly Pomona	CCAA	—
—	8.	Azusa Pacific	PacWest	—
—	<b>9.</b>	<b>Alaska Anchorage</b>	<b>GNAC</b>	—
—	10.	Humboldt State	CCAA	—

[View Complete Regional Polls Online](#)

## Women's Regional & National Polls

### GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

<b>National</b>	<b>UAA</b>	<b>SPU</b>	<b>SFU</b>
Preseason	27th	21st	11th

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

<b>West Region</b>	<b>UAA</b>	<b>NNU</b>	<b>SFU</b>	<b>SPU</b>	<b>WWU</b>
Preseason	6th	7th	2nd	5th	8th

### USTFCCCA DIVISION II COACHES POLL

Preseason - Sept. 1, 2021

Rk	School (1st)	Pts.
1.	Grand Valley St. (8)	240
2.	Adams State	228
3.	Augustana (S.D.)	226
4.	Colorado Mines	216
5.	Southern Indiana	197
6.	Lee (Tenn.)	193
7.	Western Colorado	191
8.	Stanislaus State	188
9.	Mary	181
10.	Walsh	175
<b>11.</b>	<b>Simon Fraser</b>	<b>151</b>
12.	UC-Colorado Springs	149
13.	Southwest Baptist	148
14.	Queens (N.C.)	135
15.	Chico State	134
16.	Hillsdale	121
17.	Academy of Art	106
18.	Cedarville	101
19.	Saginaw Valley St.	86
20.	Wingate	80
<b>21.</b>	<b>Seattle Pacific</b>	<b>79</b>
22.	Winona State	74
23.	Wayne State (Mich.)	59
24.	Dallas Baptist	53
25.	Tampa	46

[View Complete Poll Online](#)

### USTFCCCA WEST REGION POLL

Preseason - Aug. 21, 2021

Prev.	Rk	School	Conf.	Prev.
—	1.	Stanislaus State	CCAA	—
—	<b>2.</b>	<b>Simon Fraser</b>	<b>GNAC</b>	—
—	3.	Chico State	CCAA	—
—	4.	Academy of Art	PacWest	—
—	<b>5.</b>	<b>Seattle Pacific</b>	<b>GNAC</b>	—
—	<b>6.</b>	<b>Alaska Anchorage</b>	<b>GNAC</b>	—
—	<b>7.</b>	<b>Northwest Nazarene</b>	<b>GNAC</b>	—
—	<b>8.</b>	<b>Western Washington</b>	<b>GNAC</b>	—
—	9.	Cal State San Marcos	CCAA	—
—	10.	Fresno Pacific	PacWest	—

[View Complete Regional Polls Online](#)



# 2021 GNAC Meet Summaries

**Sat., Aug. 28**

## **UAF Blue/Gold Race**

**at UAF Trails, Fairbanks, Alaska**

**Men (7,000m):** Alaska Anchorage 21, Alaska 35.

**Top 5 Finishers:** 1, Coleman Nash, UAA, 22:53. 2, Jacob Moos, UAA, 23:06. 3, Joe Davies, UAF, 23:23. 4, Mike Ophoff, UAF, 23:34. 5, Nickson Koech, UAA, 24:06.

**Women (5,000m):** Alaska 17, Montana State Billings 38.

**Top 5 Finishers:** 1, Kendall Kramer, UAF, 18:34. 2, Rosie Fordham, UAF, 18:41. 3, Naomi Bailey, UAF, 19:21. 4, Nancy Jeptoo, UAA, 20:42. 5, Delainey Zock, UAF, 21:00.

**Fri., Sept. 3**

## **Linfield Harrier Classic**

**at Joe Dancer Park, McMinnville, Ore.**

**NOTE:** No GNAC Runners In Men's Race

**Women (4,000m):** Lane CC 34, Western Oregon 47, Linfield 60, Bushnell 81.

**Top 5 Finishers:** 1, Piper Crook, LCC, 15:54.2. 2, Katie Chapman, WOU, 16:14.5. 3, Jasmine Liebl, LCC, 16:20.4. 4, Olivia Flack, LCC, 16:24.9. 5, Rebecca Kuskie, BU, 16:27.6.

**Other Top GNAC Runners:** 9, Emily Johnson, WOU, 17:15.5. 12, Emily Moore, WOU, 17:21.1. 13, Kaiya Leamy, WOU, 17:26.2. 14, Lindie Larson, WOU, 17:27.8.

**Sat., Sept. 4**

## **Seawolf Throwdown**

**at Kincaid Park, Anchorage, Alaska**

**Men (8,000m):** Alaska Anchorage 18, Alaska 38.

**Top 5 Finishers:** 1, Coleman Nash, UAA, 26:18.4. 2, Jacob Moos, UAA, 26:27.9. 3, Mike Ophoff, UAF, 26:42.2. 4, Nickson Koech, UAA, 26:54.8. 5, Jesus Availos, UAA, 27:36.2.

**Women (6,000m):** Alaska 23, Alaska Anchorage 32.

**Top 5 Finishers:** 1, Naomi Bailey, UAF, 22:37.8. 2, Rosie Fordham, UAF, 32:22.2. 3, Nancy Jeptoo, UAA, 24:34.2. 4, Delainey Zock, UAF, 25:04.8. 5, Alfin Nyamasyo, UAA, 26:00.9.

## **Puget Sound Invitational**

**at Fort Steilacoom Park, Lakewood, Wash.**

**Men (6,000m):** Saint Martin's 42, Pacific Lutheran 57, Puget Sound 75, Seattle Pacific 89, Whatcom CC 94.

**Top 5 Finishers:** 1, Kainalu Pagente, SMU, 19:03. 2, Cayan Dibble, Green River CC, 19:05. 3, John Farrell, SMU, 19:12. 4, Colin Monaghan, UPS, 19:17. 5, Ryan Clough, Olympic CC, 19:22.

**Other Top GNAC Runners:** 8, Colin Boutin, SPU, 19:34. 12, Lance Slichko, SMU, 20:03. 13, Michael Harwell, SMU, 20:06.

**Women (4,000m):** Pacific Lutheran 34, Saint Martin's 44, Pierce CC 73, Puget Sound 83, Olympic CC 124.

**Top 5 Finishers:** 1, Sara Sabra, SMU, 15:35. 2, Jasmine Davis, PCC, 15:46. 3, Alisha Saucedo, SMU, 16:09. 4, Izabelle Anderson, WCC, 16:25. 5, Annika Deazley, PLU, 16:35.

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