



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - Southern Oregon was the only school running last weekend as the Raiders represented the CCC well at the Stanford Invitational in Palo Alto, Calif. Erica Avila took seventh in the prestigious race en route to both CCC and NAIA runner of the week honors. The second-ranked Raiders scored fourth out of 15 non-DI schools. The SOU women were fourth of 11.

This week, College of Idaho sends their women to Kansas for the Rimrock Farm Classic and the majority of the rest head to Salem, Ore. for the Charles Bowles Invitational. One of the largest races in the Northwest each year is hosted by Willamette Invitational.

Upcoming Schedule

Friday, October 4

College of Idaho at Color Classic

Saturday, October 5

College of Idaho (w) at Rimrock Farm Classic

Corban, Oregon Tech, Northwest, Northwest Christian, Eastern Oregon, Concordia at Charles Bowles Invitational

Warner Pacific hosts Warner Pacific Open

CCC Men in NAIA Top 25

Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 7 regular season polls). Visit www.naia.org for complete polls.

	A28	S18	S25	O2	O9	O16	O23	O30	N10	N28
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	RV	RV	RV	RV						
CU	11	RV	-	-						
CRB	-	-	-	-						
EOU	13	13	12	12						
ESC	-	-	-	-						
NU	-	-	-	-						
NCU	RV	22	15	15						
OIT	19	15	21	20						
SOU	2	2	2	2						
WPC	-	-	-	-						

CCC Women in NAIA Top 25

Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 7 regular season polls). Visit www.naia.org for complete polls.

	A28	S18	S25	O2	O9	O16	O23	O30	N10	N28
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	2	2	2	2						
CU	20	RV	-	-						
CRB	-	-	RV	-						
EOU	RV	-	-	-						
ESC	-	-	-	-						
NU	-	-	-	-						
NCU	13	11	10	9						
OIT	-	-	-	-						
SOU	16	20	25	24						
WPC	-	-	-	-						



Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

Date	Men (School)	Women (School)
Sep. 9	Paul Adams (OIT)	Hillary Holt (CI)
Sep. 16	Eric Ghelfi (SOU)	Aspen Abbott (SOU)
Sep. 23	Paul Adams (OIT)	Hillary Holt (CI)
Sep. 30	Eric Avila (SOU)	Summer Cano (SOU)





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Around The Cascade Conference

College of Idaho - Lady Yotes head to Lawrence KS to compete on the NAIA Championship course at the Rim Rock Classic, hosted by Kansas U....Yotes to run against KU, KSU, Michigan, and New Mexico State.

Concordia- Freshman Eric Alldritt led the Cavaliers men for the second time in as many races with a 26:18 at the Coyote Twilight last week. Alldritt placed third overall in the race, just 21 seconds behind champion Paul Adams of Oregon Tech. The Cavs will race for the third time this fall at the Charles Bowles Willamette Invitational on Oct. 5. For the women, junior transfer Cia Bywater has been the first two the finish in both Concordia races this year, crossing in a 17:28 for three miles at the Portland State Viking Classic on Sept. 6 and a 19:37 at the 5,000-meter Coyote Twilight on Sept. 20. The Cavs will race for the third time this fall at the Charles Bowles Willamette Invitational on Oct. 5.

Corban - After not running this past weekend, Corban returns to action at the 39th annual Charles Bowles Invitational being held at Bush Pasture Park in Salem. The men's race is scheduled to begin at 10:50 a.m. followed by the women at 11:35 a.m. The Warriors will take place at the annual event hosted by NCAA Division III member Willamette alongside fellow CCC schools Concordia, Eastern Oregon, Northwest, Northwest Christian, and Oregon Tech.

Eastern Oregon - Cross Country returns to action for the first time since Sept. 21, as they run in the Willamette Bowles Invitational in Salem, Ore. The last time the men's team ran EOU defeated Northwest Christian by two points to win the CCC Preview

Evergreen - The Geoducks remain idle this week, returning to the course on September 12 at the PLU Invitational in Parkland, Wash.

Northwest - The Eagles finally get back into action this weekend as they travel to Salem for the annual Charles Bowles Invitational at Willamette U. This will be NU's first meet since the CCC Preview meet on September 21st.

Northwest Christian - None Provided

Oregon Tech - None Provided

Southern Oregon - Juniors Eric Avila and Summer Cano made a big splash for the second-ranked Raider men and 25th-ranked women Saturday at the Stanford Invitational, the first race of the season for both runners. Avila finished seventh out of 243 entrants and Cano was 18th of 222 and tops among non-NCAA Division I runners. Both teams are off until the Santa Clara Bronco Invite on Oct. 19.

Warner Pacific - Warner Pacific will race for the first time in two weeks by hosting George Fox this Saturday at Blue Lake Park for a combined 5k race for both men and women.