



# Cross Country - 2013

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## Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - Most of the Cascade Conference will be idle this weekend with just three schools running. Evergreen stays in-state and will travel to NCAA Division III Pacific Lutheran for the PLU Invitational in Parkland, Wash. Northwest heads down to Newberg, Ore. where they will join Warner Pacific at the George Fox Invitational/Adidas Classic, hosted by George Fox University.

After winning CCC Runner of the Week honors for the third time this season, Oregon Tech's Paul Adams was named NAIA Men's Runner of the Week after taking second at the Charles Bowles Invitational, hosted by Willamette University.

### Upcoming Schedule

#### Saturday, October 12

Evergreen at Pacific Lutheran Invitational

Northwest, Warner Pacific at George Fox/Adidas Classic

### 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	RV					
CU	11	RV	-	-	RV					
CRB	-	-	-	-	-					
EOU	13	13	12	12	7					
ESC	-	-	-	-	-					
NU	-	-	-	-	-					
NCU	RV	22	15	15	15					
OIT	19	15	21	20	19					
SOU	2	2	2	2	2					
WPC	-	-	-	-	-					



### Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

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HOTELS

Date	Men (School)
Sep. 9	Paul Adams (OIT)
Sep. 16	Eric Ghelfi (SOU)
Sep. 23	Paul Adams (OIT)
Sep. 30	Eric Avila (SOU)
Oct. 7	Paul Adams (OIT)

Women (School)
Hillary Holt (CI)
Aspen Abbott (SOU)
Hillary Holt (CI)
Summer Cano (SOU)
Hilary Holt (CI)

### 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	2					
CU	20	RV	-	-	-					
CRB	-	-	RV	-	RV					
EOU	RV	-	-	-	RV					
ESC	-	-	-	-	-					
NU	-	-	-	-	-					
NCU	13	11	10	9	8					
OIT	-	-	-	-	-					
SOU	16	20	25	24	23					
WPC	-	-	-	-	-					





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## Around The Cascade Conference

**College of Idaho** - C of I men took third at Color Country Classic, running their entire team for the first time in 2013...Lady Yotes took 4th at Rim Rock Classic in Kansas (6,000-meter course)...losing only to Michigan, Kansas and Kansas State...with Top-5 runners all in Top-40

**Concordia**- Freshman Eric Alldritt has led CU in all three races this season after placing fourth overall at the Willamette Charles Bowles Invitational last week. Concordia's No. 2-5 placers all finished within 60 seconds of each other last week. Senior Sarah Whybark had her best race of the season last week with an 18th-place finish at the Willamette Charles Bowles Invitational last week. Whybark crossed the line with a time of 18:16.

**Corban** - Corban is idle this weekend after competing in the 39th annual Charles Bowles Invitational hosted by Willamette University. On the women's side, the Warriors posted the highest finish in program history at the event held at nearby Bush Pasture Park with sophomore Alexis Mitzel finishing 11th overall – the highest finish by a CCC runner.

**Eastern Oregon** - EOU's Men's Cross Country team finished second in the Willamette Bowles Invite. Kody Shriver and Isaac Updike both had big personal bests on the day and moved to No. 10 and No. 12 on the Eastern cross country all-time list. Rachel Roelle and Sasha Gonzales both moved to 6th and 8th on the all-time EOU freshmen women's list.

**Evergreen** - The Geoducks return to action this week, traveling up to Parkland to take part in the Pacific Lutheran Invitational.

**Northwest** - The NU harriers will be in Brooks, Ore., for the George Fox Invitational (Adidas Classic) on Saturday.

**Northwest Christian** - The NCU women moved up one more spot to No. 8 in the NAIA poll this week, on the heels of a strong third-place showing at the Charles Bowles Invitational hosted by Willamette University. The Beacons finished behind NAIA No. 1 British Columbia and former NAIA member University of Victoria. The No. 15 Northwest Christian University men will have a big test on Saturday when they host No. 19 Oregon Tech in a dual meet. The Owls won their home dual event with the Beacons last season by a close 29-26 score. Nick Lopez won that race for NCU.

**Oregon Tech** - None Provided

**Southern Oregon** - The Raiders weren't in action last week and are off again this weekend, but they did make a change of plans: On Oct. 19, the second-ranked men and 24th-ranked women will race at the Lewis and Clark Invitational. They were originally scheduled to be at the Santa Clara Bronco Invite.

**Warner Pacific** - The Knight Cross Country teams competed for the first time in 3 weeks by hosting the Warner Pacific Open at Blue Lake Park in Portland. Essentially a dual meet with George Fox, the men and women from both schools competed in a combined 5k race.