



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - Led by a trio of NAIA All-Americans in the top-five positions, the second-ranked College of Idaho women's cross country team rolled to a victory at the fifth Coyote Twilight, also doubling at the CCC Preview, last weekend at Brothers Park. Hillary Holt won her school-record seventh-straight individual title, completing the 5,000-meter circuit in a time of 18:31. Racing in winds of 15-25 miles per hour.

A third-place finish by Kody Shriver helped Eastern Oregon end the four-year reign of host College of Idaho atop the team standings at the 2013 Coyote Twilight at windy Brothers Park. Shriver, who clocked a time of 26:02 in the less-than-ideal conditions, along with teammate Isaac Updike, who placed sixth (26:37), helped the Mountaineers eek out a 52-54 victory over Northwest Christian.

Upcoming Schedule

Saturday, September 28

Southern Oregon at Stanford Invitational

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 | | | | | | | |
| CU | 11 | RV | - | | | | | | | |
| CRB | - | - | - | | | | | | | |
| EOU | 13 | 13 | 12 | | | | | | | |
| ESC | - | - | - | | | | | | | |
| NU | - | - | - | | | | | | | |
| NCU | RV | 22 | 15 | | | | | | | |
| OIT | 19 | 15 | 21 | | | | | | | |
| SOU | 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 | | | | | | | |
| CU | 20 | RV | - | | | | | | | |
| CRB | - | - | RV | | | | | | | |
| EOU | RV | - | - | | | | | | | |
| ESC | - | - | - | | | | | | | |
| NU | - | - | - | | | | | | | |
| NCU | 13 | 11 | 10 | | | | | | | |
| OIT | - | - | - | | | | | | | |
| SOU | 16 | 20 | 25 | | | | | | | |
| WPC | - | - | - | | | | | | | |



Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

RED LION
HOTELS

| Date | Men (School) |
|---------|-------------------|
| Sep. 9 | Paul Adams (OIT) |
| Sep. 16 | Eric Ghelfi (SOU) |
| Sep. 23 | Paul Adams (OIT) |

| Women (School) |
|---------------------|
| Hillary Holt (CI) |
| Aspen Abbott (SOU)\ |
| Hillary Holt (CI) |





CCC Cross Country - 2013

Around The Cascade Conference

College of Idaho - Hillary Holt won her 7th-straight race on Saturday at the Coyote Twilight, with C of I runners finishing in the Top-3 positions among collegiate runners...C of I off this weekend in preparation for the Rimrock Farm Classic, hosted by the University of Kansas.

Concordia- Freshman Eric Alldritt has turned in a pair of top-10 performances to begin his collegiate career. Alldritt placed fourth overall at the Coyote Classic with a time of 26:18. Newcomer Cia Bywater, a junior transfer from Clackamas C.C., led the CU women's cross country team for the second straight meet by placing 11th overall with a time of 19:37 for the 5,000-meter course.

Corban - After competing in last weekend's Coyote Twilight, Corban will be off this week in preparation for the 36th annual Charles Bowles Invitational hosted by Willamette University at nearby Bush Pasture Park in Salem. With a pair of 11th place showings by Justin Holden and Alexis Mitzel in Caldwell, the Warriors look to climb up the conference rankings with good showings in early October.

Eastern Oregon - EOU won the CCC Preview (Coyote Twilight Cross Country Invitational) ending a four year run of College of Idaho winning the event. The Mountaineers edged Northwest Christian by two points to win. Kody Shriver had the best finish for Eastern Oregon as he finished third overall.

Evergreen - The Geoduck men took seventh at the Oak Knoll Loop Run last Saturday at Willamette University. They will next be in action on Oct. 12 at the PLU Invitational in Parkland, Wash.

Northwest - NU cross country takes a break from competition until October 5th when they head to Salem for the annual Charles Bowles Invitational.

Northwest Christian - NCU has attained their highest national ranking in school history at #15. The previous high was at no. 19, on October 17 last season. The Beacons took second place at the Coyote Twilight, finishing just two points behind #12 Eastern Oregon for the title.

Oregon Tech - Oregon Tech's Paul Adams has the Fastest time in the conference in the 8k 25:50 (Humboldt)

Southern Oregon - Following a week off, the second-ranked Raider men and 20th-ranked women will return to action with their top runners competing for the first time this season at the Stanford Invitational. Eric Avila and Summer Cano will lead the Raiders into Palo Alto, Calif., where the men took ninth and the women 28th last year.

Warner Pacific - The Knight Cross Country teams are idle until the Warner Pacific Open on October 5th.