



# Cross Country 2014

[www.cascadeconference.org](http://www.cascadeconference.org)

[www.facebook.com/CascadeCollegiateConference](https://www.facebook.com/CascadeCollegiateConference)

twitter: @cccsports

Contact: Rob Cashell • [cccommish@gmail.com](mailto:cccommish@gmail.com)

• 541-605-0137

Jake Coburn • [jakecoburn1@gmail.com](mailto:jakecoburn1@gmail.com)

• 530-277-6381

## CCC Preseason Poll-Women

1.	Northwest Christian (8).....	80
2.	Southern Oregon.....	65
3.	College of Idaho (1).....	57
4.	Concordia.....	54
5.	Corban.....	46
6.	Oregon Tech.....	39
7.	Northwest.....	28
8.	Eastern Oregon.....	25
9.	Warner Pacific .....	11

*First place votes in parentheses*

## CCC Preseason Poll-Men

1.	Southern Oregon (9).....	81
2.	Eastern Oregon.....	69
3.	Concordia.....	56
4.	College of Idaho.....	51
5.	Oregon Tech.....	48
6.	Northwest Christian.....	45
7.	Corban.....	26
8.	Northwest.....	16
9.	Warner Pacific.....	13

*First place votes in parentheses*

## Upcoming Schedule

### Oct. 24

CRB @ Oregon State Beaver Classic

SOU @ Oregon State Beaver Classic

WPC @ Oregon State Beaver Classic

### Oct. 25

OIT @ Biola Invitational

NU @ WWU Invitational

NCU @ Oregon State Beaver Classic

## The Cascade Collegiate Conference Championships

### November 8th- Fernhill Park- Portland, Oregon

11:00 a.m. - Men's 8K

12:00 p.m. - Women's 5K

30 min. following Completion of 5k- Awards Ceremony

### National Meet Automatic Qualifications Teams

For each gender, conferences will receive one automatic berth per six teams participating in postseason. The winning team in the CCC meet will receive the AQ.

If there is a tie for first place at conference qualifying meet, then the tied first place teams qualify for the national championships.

### Individuals

Conference with 6-11 teams

- Top 4 finishers not on a qualifying team (automatic or at-large)
- Individual overall finish must be 15th



# 2014 Cascade Collegiate Conference Cross Country



**RED LION**  
HOTELS

## Red Lion Runners of the Week

*Red Lion Hotels is the official hospitality sponsor of the CCC*

Date	Men	Women
S8	Lucas Updike, EOU	Rachel Roelle, EOU
S15	Max Hampton, COI	Sierra Brown, NCU
S22	Matthew Clowes, CU	Shea Vallaire, NCU
O6	Matthew Clowes, CU	Alyssa Harmon, NCU
O13	Jared Hixon, SOU	Cassidy Brown, NU
O20	Damion Flores, EOU	Lila Klopfenstein, COI
O27		
N03		

*Red Lion Runners of the Week are announced on [cascadefconference.org](http://cascadefconference.org) every Monday.*

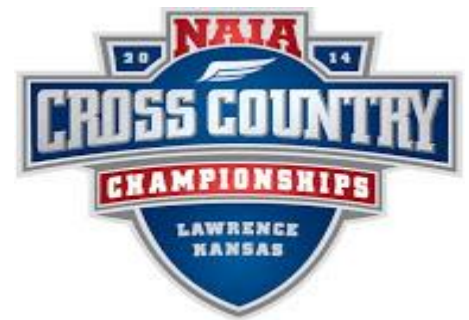
## NAIA Championships

### 59th Annual Men's Cross Country National Championships

Nov. 22-Rim Rock Farm  
Lawrence, KS

### 35th Annual Women's Cross Country National Championships

Nov. 22-Rim Rock Farm  
Lawrence, KS



## CCC Teams in NAIA Top 25 Poll

Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 8 regular season polls). For complete polls, visit [www.naia.org](http://www.naia.org).

### Women

	Pre	#1	#2	#3	#4	#5	#6	#7	Post	Final
NCU	5	6	4	4	4	3	3			
SOU	13	15	25	RV	24	23	23			
COI	23	16	15	15	15	15	14			
CU	17	24	RV	RV	RV	RV	RV			
OIT	RV	-	20	21	21	20	20			
CRB	RV	-	-	-	-	-	RV			

### Men

	Pre	#1	#2	#3	#4	#5	#6	#7	Post	Final
SOU	2	2	2	2	2	2	2			
CU	8	RV	RV	25	RV	RV	RV			
EOU	12	11	12	12	11	11	9			
COI	18	18	18	18	17	14	16			
OIT	25	RV	RV	RV	20	19	19			
NCU	-	-	-	-	24	23	21			

## CCC Cross Country Contact Information

Institution	Head Coach	Office Phone	SID	SID Phone	Web Site
College of Idaho	Pat McCurry	208-459-5085	Mike Safford	208-459-5681	yotesathletics.com
Concordia	Jerret Mantalas	503-280-8159	Jason Dormeyer	503-280-8506	gocugo.com
Corban	Norm Berney	503-375-7021	Danny Day	503-589-8121	corbanwarriors.com
Eastern Oregon	Ben Welch	541-962-3851	Travis Rae	541-962-3946	eousports.com
Northwest	Mark Mandi	425-889-7785	Al Kawashima	425-889-7806	nueagles.com
Northwest Christian	Heike McNeil	541-684-7285	Nick Askew	541-349-7485	GoBeacons.com
Oregon Tech	Jack Kegg	541-885-1399	Mike Garrard	541-885-1851	oit.edu/athletics
Southern Oregon	Grier Gatlin	541-552-6500	Josh McDermott	541-552-6801	souraiders.com
Warner Pacific	David Kilian	503-517-1030	Cody Harrod	503-517-1064	wpcknights.com

*For complete team and individual statistics, updated standings, and team-by-team schedules, visit [www.cascadefconference.org](http://www.cascadefconference.org)*

## Notes From Around The Cascade Conference

**College of Idaho** - Lila Klopfenstein placed eighth and Amy Pfaff took 15th in a deep field at the Inland Empire Classic in Lewiston, placing second as a team to Lewis-Clark State; C of I's men had each of their top-six runners record personal best 8,000-meter times in the event.

**Concordia** – None Submitted

**Corban** - None Submitted

**Eastern Oregon** - EOU men's cross country team won the Inland Empire Championships, while the women finished fifth. EOU's Damion Flores was named Red Lion Runner of the Week. The Mountaineers return to action on Nov. 8 when they run in the CCC Championships.

**Northwest Christian** - None Submitted

**Northwest** – None Submitted

**Oregon Tech** - The No. 19 ranked Oregon Tech men's cross country team is idle this week, while the women's cross country team, currently ranked No. 20, travels to Orange, Calif. to participate in the Biola Invitational.

**Southern Oregon** – The Raider men remained at No. 2 in the NAIA rankings, where they've been all season, after taking a week off. They had six of the top-seven scorers, all finishing within 10 seconds of each other, their last time out at the San Francisco State Invite as Jared Hixon led the way. The Raider women, who have been led by Summer Cano in all three outings this season, stayed at No. 23. Both teams are at the Oregon State Beaver Classic on Friday

**Warner Pacific** - Warner Pacific did not compete last week, but will head to the Beaver Classic this weekend in Corvallis.