



# Cross Country 2014

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

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## 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

**Saturday, Nov. 8**

COI @ CCC Championships  
CU @ CCC Championships  
CRB @ CCC Championships  
EOU @ CCC Championships  
NCU @ CCC Championships  
NU @ CCC Championships  
OIT @ CCC Championships  
SOU @ CCC Championships  
WPC @ CCC Championships

## 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

S8 Lucas Updike, EOU  
S15 Max Hampton, COI  
S22 Matthew Clowes, CU  
O6 Matthew Clowes, CU  
O13 Jared Hixon, SOU  
O20 Damion Flores, EOU  
O27 Matthew Clowes, CU  
N03

### Women

Rachel Roelle, EOU  
Sierra Brown, NCU  
Shea Vallaire, NCU  
Alyssa Harmon, NCU  
Cassidy Brown, NU  
Lila Klopfenstein, COI  
Summer Cano, SOU

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

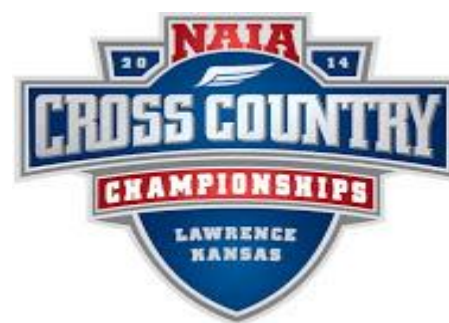
## NAIA Championships

### 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	4		
SOU	13	15	25	RV	24	23	23	23		
COI	23	16	15	15	15	15	14	14		
CU	17	24	RV	RV	RV	RV	RV	RV		
OIT	RV	-	20	21	21	20	20	20		
CRB	RV	-	-	-	-	-	RV	-		

### Men

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

## 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.cascadeforum.org](http://www.cascadeforum.org)*

# Notes From Around The Cascade Conference

**College of Idaho** - C of I teams are idle in preparation for the CCC Championships, set for Nov. 8

**Concordia** – None submitted

**Corban** - Corban has the week off from competition while preparing for the CCC Championships.

**Eastern Oregon** - EOU returns to the course on Nov. 8th when they compete at the Cascade Collegiate Conference Championships. EOU has not competed since Oct. 18.

**Northwest Christian** - The NCU men are ranked No. 20 in the latest NAIA poll, released Wednesday. Wednesday marked the 20th time NCU has received votes in the NAIA coaches poll, dating back to 2012. The Beacons are also ranked in the top-25 for the 15th time. They reached as high as No. 15 in four separate polls. The women dropped one spot to No. 4. NCU has received votes in 49 consecutive polls, dating back to August 25, 2010. The Beacons have been in the top-25 in 38 consecutive polls and have been ranked in the top-ten 32 times.

**Northwest** – NU is idle now and will train and prepare for the CCC Championships in Portland on November 8th having just competed in the Western Washington Invitational over the weekend.

**Oregon Tech** – None submitted

**Southern Oregon** - The second-ranked Raider men go into next week's Cascade Conference Championships having won all four of the races they've entered. Last week at the Beaver Classic, freshman Max Runia became the first Raider other than Jared Hixon to pace the squad. The 23rd-ranked SOU women finished fourth of 10 in the 6K, led by Summer Cano, who finished 10th overall (first among NAIA runners).

**Warner Pacific** - None submitted