



Cross Country 2014

www.cascadeconference.org www.Facebook.com/CascadeCollegiateConference twitter: @cccports Contact: Rob Cashell • cccmmish@gmail.com • 541-605-0137

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 Pacific11

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. 10

SOU @ San Francisco State Invite

Oct. 11

Corban at NAIA Preview

Warner Pacific and Northwest at George Fox Invite

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		
O20		
O27		
N03		

Red Lion Runners of the Week are announced on 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.

Women

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

Men

	Pre	#1	#2	#3	#4	#5	#6	#7	Post	Final
SOU	2	2	2	2	2					
CU	8	RV	RV	25	RV					
EOU	12	11	12	12	11					
COI	18	18	18	18	17					
OIT	25	RV	RV	RV	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 Keggs	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

Notes From Around The Cascade Conference

College of Idaho- The C of I men placed fifth and the women placed seventh at the Montana Invitational in Missoula.

Concordia- Senior Matthew Clowes earned his second NAIA National Runner of the Week honor this season after cracking the 24-minute barrier at the Charles Bowles Invitational, hosted by Willamette University last Saturday. Clowes toured the 8,000-meter course in 23:56, the fastest time by a collegiate runner that day.

Corban- Justin Holden will be the lone Warrior male to compete at the NAIA Preview Meet on Saturday against the nation's top competition. Corban is taking seven Warrior women's cross country runners to the NAIA Preview Meet on Saturday in Lawrence, Kan. Lexi Mitzel and Emily Childers look to pace the Navy and Gold in what will be a telling race midway through the campaign.

Eastern Oregon- The Mountaineers return to action on Oct. 18th when they run at the Inland Empire Championships. Last weekend, the Mountaineers competed in the Willamette Invitational. The Men's team finished 4th, while the women's team finished 11th.

Northwest Christian- After losing to No. 1 University of British Columbia by just 16 points, the NCU women remained ranked No. 4 in the NAIA national coaches poll. The men dropped from No. 15 to No. 24 after a tough race in which they lost to then-unranked Oregon Tech.

Northwest- None submitted

Oregon Tech- None submitted

Southern Oregon- Off since Sept. 19, the second-ranked Raider men and 24th ranked women should be at full strength for the first time when they pick back up Friday at the San Francisco State Invitational. Jared Hixon led the men to a team title at the CCC Preview with a runner-up finish, and Summer Cano has paced the women both times out.

Warner Pacific- None Submitted