



Cross Country - 2014

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Contact: Chris Thompson • thomsoc@evergreen.edu • 425-344-4992

Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - While the 2014 season officially kicked off a few weeks ago, this marks the first week that a majority of schools will be in competition as the race towards the conference championship begins.

The Ash Creek Invitational in Monmouth, Ore. will see the most action from CCC schools as Northwest Christian, Concordia and Warner Pacific are all scheduled to attend the Friday evening meet.

Southern Oregon and Oregon Tech head to California to run on Saturday while College of Idaho makes the short trip to Nampa for the Roger Curran Invitational.

Upcoming Schedule

Friday, September 12

Northwest Christian at Ash Creek Invitational
 Concordia at Ash Creek Invitational
 Warner Pacific at Ash Creek Invitational

Saturday, September 13

Southern Oregon at Humboldt State Invitational
 College of Idaho at Roger Curran Invitational
 Oregon Tech at NorCal Challenge

CCC Men in NAIA Top 25

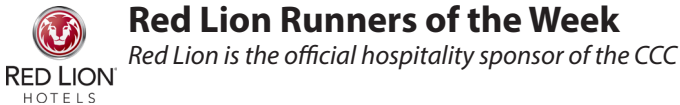
Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 7 regular season polls). Visit www.naia.org for complete polls.

	A27	S17	S24	O1	O8	O15	O22	O29	N9	N27
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	18									
CU	8									
CRB	-									
EOU	12									
NU	-									
NCU	-									
OIT	25									
SOU	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.

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TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	23									
CU	17									
CRB	RV									
EOU	-									
NU	-									
NCU	5									
OIT	RV									
SOU	13									
WPC	-									



Date	Men (School)	Women (School)
Sep. 8	Lucas Updike (EOU)	Rachel Roelle (EOU)





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Around The Cascade Conference

College of Idaho - Coyotes open up the 2014 season this weekend, competing at the Roger Curran Invite in Nampa...race is 4K for the women and 6K for the men.

Concordia- None Provided

Corban - The Corban Cross Country teams continue to prepare for the CCC Preview Meet, set to take place on Friday, September 19. The Warriors have yet to compete in an official meet yet this season.

Eastern Oregon - Opened 2014 season against Whitman. Lucas Updike and Rachel Roelle won the men's and women's race respectively, earning conference runner of the week honors.

Northwest - NU is idle this week and won't see action until the CCC Preview meet on September 19.

Northwest Christian - The Beacons will run in Western Oregon's Ash Creek Invitational on Saturday. For the women it will mark the first race of the season for All-American Allison Duvenez. The Beacons still swept the top 5 spots in their season-opening dual with OIT without her services. The men were likewise without their top runner from 2013 (Chris Zirkle) when they knocked off the #25 ranked Owls. Zirkle is also expected to be back on the course this weekend.

Oregon Tech - The Oregon Tech cross country team travels to Redding this weekend to compete in the NorCal Challenge hosted by Simpson University.

Southern Oregon - The Raider men were picked first and the women second in the Cascade Conference pre-season coaches' poll -- the former expected to stay on top for the seventh straight year despite the graduation of NAIA champion Eric Avila. All-American Eric Ghelfi leads five returning Raiders who were all in the top 15 at the 2013 CCC Championships, and All-CCC runners Summer Cano and Rebecca Lupescu will lead the women.

Warner Pacific - After a weekend off, the Knight runners will compete at the Ash Creek invitational this Friday.