



2008 BIG SKY CROSS COUNTRY

NORTHERN ARIZONA SWEEPS THE PLAYERS OF THE WEEK HONORS

September 16, 2008

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UPCOMING RACES IN BIG SKY CROSS COUNTRY

<u>Date</u>	<u>Sky Teams Competing</u>	<u>Meet</u>	<u>Location</u>
Sept. 20	Northern Colorado Weber State Montana State Montana Eastern Washington Idaho State	Colorado College Invitational Montana State Invitational Montana State Invitational Montana State Invitational Sundodger Invitational Bob Firman Invitational	Colorado Speings, Colo. Bozeman, Mont. Bozeman, Mont. Bozeman, Mont. Seattle, Wash. Boise, Idaho

ACROSS THE SKY

Scott Grose, Dominic Vogl and Colin Szehner finished first, second and third, respectively, to lead the Sacramento State men to the team title at the Hornet Jamboree. San Francisco won the women's race while the Hornets placed third.

Grose ran 19:53 to claim his first collegiate victory over the 4-mile course. The junior was followed by nine seconds later by Vogl and Szehner who each ran 20:02. Jason Sey added a 10th-place showing in 20:35 and Danny Carlson finished 19 in 21:01 to give the team 35 points. That total easily surpassed UC Davis who finished second with 52 points. San Francisco was third with 55 while Cal (83), Santa Clara (140) and Notre Dame de Namur (171) completed the six-team field.

Kristina Holtz finished third overall to lead the Hornets in 17:49. Jodie Leal was second on the team and 12th overall in 18:27 and Renisha Robinson was close behind in a time of 18:36 to place 16th. Erin Lewis ran 18:38 to place 17th and Erin Wachter was one spot back in 18:41.

Both the men's and women's cross country teams grabbed third-place finishes for Portland State on Saturday, competing in a 10-team meet at the Lewis & Clark Invitational in Estacada, Ore. The Viking men averaged 26:38.62 on the 8k course at McIver State Park, while the women ran the 6k in an average time of 23:58.00.

For the second-consecutive race, Nate Endicott was the first finisher for the Portland State men, crossing the finish line sixth overall in 25:51.20 and earning four points for the Vikings. Endicott's time was the fastest 8k finish in his three years at PSU, topping his previous best by five seconds. Two more Vikings, Jesse Cronin and Brookman Holmes, also finished in the top-10, earning seven and eight points, respectively. Holmes's time of 26:10.40 bettered his 8k career mark by 14 seconds.

Stephanie Deever was the Vikings' top finisher for the second time in as many races, setting a personal best on the 6k course with a time of 23:11.70. Two other returning harriers improved their career best times, as well. Honisty Baek completed the course 11th overall in 23:48.70, and Emily Hoover finished in 24:45.50 and earned 33 points for the Vikings. Portland State's other scorers were Adriane Wai with 13 points (23:51.20) and Brittany Henderson adding 22 (24:12.90).

The Northern Arizona University men's and women's cross country teams both captured second place finishes at the Aztec Invitational, hosted by San Diego State University Saturday. The Lumberjack men finished behind Brigham Young University and the women followed Azusa Pacific University.

Leading the men's team was senior Morten Bostrom who finished second overall. Bostrom's time of 24:34 bested the previous Balboa Park course record, but Azusa Pacific's Aron Rono set the new record with his 24:16 mark. Bostrom's efforts

were backed up by solid performances by his teammates. Jason Pedersen (17th), Mark Fruin (21st), John Killian (27th), and Simon Gilna (29th) rounded out the NAU final score of 96.

Making her debut for the Lumberjacks was Veronica Pohl, who took third overall in 17:41. Nell Rojas, who won the George Kyte Classic last week, finished 13th overall with a time of 18:20.

At the annual Colorado State Cross Country Classic, the University of Northern Colorado men's and women's teams finished sixth and fourth, respectively on Saturday morning.

The women's squad finished with 151 points and Kellie Callahan and Colleen Sanderlin placed 14th and 15th, respectively, to pace the team. Callahan finished the five-kilometer course in 20:03.1, over a minute faster than she ran a year ago, while Sanderlin clocked in at 20:08.0. Brianna Spletstoser finished 28th overall with a time of 20:46.5 and Erin Apsey timed a 21:17.7 for a 38th place finish. Rachel Forrest rounded out the scoring in 56th position after clocking a 23:00.9. Also competing for the Bears were Adrienne Larson (57th place, 23:15.3), Megan Horsch (61, 23:28.2) and Sari Little (65, 24:24.9).

The men tallied 263 points and were paced by Dylan Hedges, who completed the eight-kilometer course in 23:40.6. The rest of the Bears finished in a close pack as Matt Hernandez placed 52nd (24:05.4), Ben Corchado was 54th (24:12.1), Matt Belasco was 55th (24:25.4) and Joe Slack rounded out the scoring in 58th (24:36.3). Joe Pummer (60th, 25:02.7) and Travis Stanford (65, 25:39.9) also competed in the blue and gold.

MEN'S PRESEASON POLL

<u>School</u>	<u>Points</u>
Northern Arizona	62 (6)
Weber State	59 (3)
Montana	46
Montana State	46
Idaho State	32
Sacramento State	30
Eastern Washington	22
Northern Colorado	14
Portland State	13

WOMEN'S PRESEASON POLL

<u>School</u>	<u>Points</u>
Northern Arizona	57 (4)
Montana	56 (4)
Weber State	56 (1)
Montana State	42
Idaho State	32
Eastern Washington	29
Portland State	25
Sacramento State	18
Northern Colorado	9

Morten Bostrom and Veronica Pohl Named Athletes of the Week



Morten Bostrom bested the course record at Balboa Park in leading the Lumberjacks to a second place finish at the Aztec Invite in San Diego, Calif., on Saturday. The senior from Helsinki, Finland ran 24:34 and finished second in his first race of the year. The field at the Aztec Invite included nationally ranked Minnesota and BYU.



The senior Veronica Pohl took third place in her first NCAA race Saturday at the Aztec Invite. A transfer from Germany, Pohl ran 17:41, which was earned her third place in the race. She also led the Lumberjacks to a second place team finish.



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Athletic Web Sites

Eastern Washington
www.goeags.com

Idaho State
www.isubengals.com

Montana
www.montanagrizzlies.com

Montana State
www.msubobcats.com

Northern Arizona
www.nauathletics.com

Northern Colorado
www.uncbears.com

Portland State
www.goviks.com

Sacramento State
www.hornetsports.com

Weber State
www.weberstatesports.com



The Big Sky Conference has
launched

BIGSKYTV.ORG

Log on to watch your favorite Big Sky team in action live via video stream. All football, volleyball and men's and women's basketball games held in Big Sky arenas and stadiums will be available for your viewing pleasure.

Upcoming games on bigskytv.org:

FOOTBALL

THURSDAY, SEPT. 18

North Dakota at Idaho State

SATURDAY, SEPT. 20

UC Davis at Montana

Texas State at Northern Colorado

*Weber State at Sacramento State,

Western Washington at Eastern Washington

VOLLEYBALL

THURSDAY, SEPT. 18

*Portland State at Idaho State

*Eastern Washington at Weber State

FRIDAY, SEPT. 19

*Northern Colorado at Montana,

*Northern Arizona at Montana State

SATURDAY, SEPT. 20

*Eastern Washington at Idaho State

*Northern Arizona at Montana

*Northern Colorado at Montana State

*Portland State at Weber State

* Big Sky Conference Game

Big Sky Conference Weekly Release

The Big Sky Conference media relations department produces a weekly cross country release every Tuesday during the season. Media can receive the releases as a PDF document via email by contacting Tanner Gooch at 801.392.1978 ext.17 or email at tgooch@bigskyconference.org. Standings, statistics and notes are also available on the Big Sky web site at www.bigskyconf.com.

Internet

The official website of the Big Sky Conference can be accessed by visiting www.bigskyconf.com. Weekly game notes, news releases and standings are updated on the website.

2007 Big Sky Cross Country Championship Team Results

Women's Results

1. Northern Arizona	33
2. Weber State	51
3. Montana	89
4. Eastern Washington	119
5. Montana State	129
6. Portland State	175
7. Idaho State	185
Sacramento State	185
9. Northern Colorado	192

Men's Results

1. Northern Arizona	22
2. Weber State	55
3. Montana State	95
4. Idaho State	118
5. Montana	144
Sacramento State	144
7. Eastern Washington	146
8. Portland State	212
9. Northern Colorado	285



Big Sky Men's Results

Lewis & Clark Invitational; Estacada, Ore. (8K, 10 teams) - Sept. 12, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Concordia (Ore.)	49
2. Lewis & Clark	50
3. Portland State	87
4. Linfield	120
5. Whitman	139
6. Corban	150
7. Pacific Lutheran	152
8. Oregon Tech	183
9. Northwest Christian	224
10. Southwest Oregon CC	260

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Tim Badley - Club Cav	24:56.00
2. Eric Burck - Concordia (Ore.)	25:07.20
3. Martin Romero-Clark - Concordia (Ore.)	25:26.70
4. Greg Mitchell - Linfield	25:36.60
5. Charles Cummings - Concordia (Ore.)	25:50.00

Portland State - 3rd

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Nathan Endicott	6th	25:51.20	Ryan Santana	52nd	28:08.00
Jesse Cronin	9th	26:03.20	Mark Bozarth-Dreher	53rd	28:15.10
Brookman Holmes	10th	26:10.40	Brian Pinkstaff	81st	33:25.90
Tony Crisofulli	31st	27:06.80			
Jerrod Pucket	50th	28:01.50			

Aztec Invitational; San Diego, Calif. (8K, 17 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. BYU	32
2. Northern Arizona	96
3. Minnesota	103
4. Air Force	133
5. Chico	135
6. UC Santa Barbara	217
7. Loyola Marymount	237
8. Cal State Santa Marcos	253
9. Azusa Pacific	259
10. UC San Diego	292

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Aron Rono - Azusa Pacific	24:16.00
2. Morten Bostrom - NAU	24:34.00
3. Kyle Perry - BYU	24:42.00
4. Jordan Chipangama - CENTRAL AZ	24:44.00
5. Brandon Hebbert - BYU	24:54.00

Northern Arizona - 2nd

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Morten Bostrom	2nd	24:34.00	Eric Lynch	61st	26:24.00
Jason Pederson	18th	25:32.00	Andrew Belus	75th	26:37.00
Mark Frun	22nd	25:39.00	Kam Holbrook	108th	27:13.00
John Killian	29th	25:49.00	Myles Kloer	118th	27:30.00
Simon Gilna	34th	25:55.00			



Colorado State Classic; Fort Collins, Colo. (4 Mile, 6 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Colorado State	38
2. Western State	48
3. Fort Lewis College	141
4. Metro State	153
5. Colorado College	164
6. Northern Colorado	263

Top Individual Finishers

<u>Name</u>	<u>Time</u>
Tyler Pennel - Western State	21:02.00
Daniel Wallis - CSU	21:12.40
Jake Keyser - CSU	21:19.10
Sean Brown - Western State	21:27.10
Loren Ahonen - Western State	21:27.60

Northern Colorado - 6th

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Dylan Hedges	44th	23:40.60
Matt Hernandez	52nd	24:05.40
Ben Corchado	54th	24:12.10
Matt Belasco	55th	24:25.40

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Joe Slack	58th	24:36.30
Joe Pummer	60th	25:02.70
Travis Stanford	65th	25:39.90

Sacramento Jamboree; Sacramento, Calif. (4 Mile, 6 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Sacramento State	35
2. UC Davis	52
3. San Francisco	55
4. California	83
5. Santa Clara	140
6. Notre Dame de Namur	171

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Scott Grose - SAC	19:53.00
2. Dominic Vogl - SAC	20:02.00
3. Colin Szhener - SAC	20:02.00
4. Alex Nelson - Unatt.	20:13.00
5. Gambileg Bor - USF	20:15.00

Sacramento State - 1st

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Scott Grose	1st	19:53.00
Dominic Vogl	2nd	20:02.00
Colin Szhener	3rd	20:02.00
Jason Sey	10th	20:35.00

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Danny Carlson	19th	21:01.00
Chris Romo	20th	21:06.00
David Rabinowitz	26th	21:21.00



Big Sky Women's Results

Lewis & Clark Invitational; Estacada, Ore. (6K, 10 teams) - Sept. 12, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Concordia (Ore.)	73
2. Whitman	81
3. Portland State	84
4. Linfield	86
5. Lewis & Clark	106
6. Corban	124
7. Oregon Tech	163
8. Pacific Lutheran	164
9. Northwest Christian	216
10. Southwest Oregon CC	299

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Marci Klimek - Linfield	22:23.80
2. Linsie Michels - Concordia (Ore.)	22:48.90
3. Andria Scheese - Concordia (Ore.)	22:59.60
4. Kristen Ballinger - Whitman	23:05.00
5. Stephanie Deever - Portland State	23:11.70

Portland State - 3rd

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Stephanie Deever	5th	23:11.70
Honisty Baek	11th	23:48.70
Adriane Wai	13th	23:51.20
Brittany Henderson	22nd	24:12.90

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Emily Hoover	33rd	24:45.50
Kysa Cronrath	35th	24:58.80

Aztec Invitational; San Diego, Calif. (5K, 17 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Azusa Pacific	96
2. Northern Arizona	102
3. UC Santa Barbara	143
4. Loyola Marymount	144
5. Cal State Santa Marcos	196
6. USC	202
7. Air Force	225
8. Biola	225
9. Long Beach State	236
10. Cal State Fullerton	239

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Jacky Kipwambok - AZUSA Pacific	17:13.00
2. Tara Erdmann - Loyola Marymount	17:40.00
3. Veronica Pohl - NAU	17:41.00
4. Renee Graham - Azusa Pacific	17:41.00
5. Grace Gonzalez -CSU Fullerton	17:50.00

Northern Arizona - 2nd

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Veronica Pohl	3rd	17:41.00
Nell Rojas	13th	18:20.00
Haley Lawrence	17th	18:31.00
Vanessa Hancock	28th	18:44.00
Kortnee Burton	41st	18:54.00

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Nikke Codd	48th	18:57.00
Mary Rhodes	82nd	19:34.00
Addie Devine	96th	19:46.00
Katie Krehlik	106th	20:00.00
Shiyrah Mielke	129th	20:33.00
Lisette Michaels	138th	21:07.00



Colorado State Classic; Fort Collins, Colo. (5K, 8 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Colorado State	20
2. Western State	66
3. Utah	103
4. Northern Colorado	151
5. Fort Lewis College	186
6. Metro State	205
7. Colorado College	232
8. Colorado Christian College	306

Top Individual Finishers

<u>Name</u>	<u>Time</u>
Ellie Rastall - CSU	18:30.70
Allison Gohl - CSU	19:02.30
Kenrda Gerk - CSU	19:18.80
Nicole Peters- CSU	19:21.90
Julianna Payton- Western State	19:25.00

Northern Colorado - 4th

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Kellie Callahan	14th	20:03.1
Colleen Sanderlin	15th	20:08.0
Brianna Spelstoser	28th	20:46.5
Erin Asprey	38th	21:17.7
Rachel Forrest	56th	23:00.9

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Adrienne Larson	57th	23:15.3
Megan Horsch	61st	23:28.2
Sari Little	65th	24:24.9

Sacramento Jamboree; Sacramento, Calif. (5K, 7 teams) - Sept. 13, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. San Francisco	57
2. Santa Clara	60
3. Sacramento State	66
4. Nevada	84
5. California	97
6. UC Davis	149
7. San Jose State	182

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Michelle Born - USF	17:27.00
2. Nicole Bowler - USF	17:37.00
3. Joey Bonfiglio - Sac Elite	17:40.00
4. Kristina Holtz - SAC	17:49.00
5. Christa Avena - NEV	17:54.00

Sacramento State - 2nd

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Kristina Holtz	3rd	17:49.00
Jodie Leal	12th	18:27.00
Renisha Robinson	16th	18:36.00
Erin Lewis	17th	18:38.00

<u>Name</u>	<u>Finish</u>	<u>Time</u>
Erin Wachter	18th	18:41.00
Lora Marchini	22nd	18:46.00
Mary Wagner	34th	19:19.00

