



# Sports Information

CSU, Chico • (916)898-4658  
Fax (916)898-4699

For Release  
November 2, 1996

## Humboldt State Takes Home Cross Country Titles

CHICO, Calif.—The Humboldt State cross country teams pulled off an upset sweeping the Northern California Athletic Conference Cross Country Championships today at Bidwell Park in Chico.

In the women's race, Humboldt State (30 points), ranked No. 9 in the country, placed four runners in the top seven to knock off No. 7 UC Davis (36 points). The Aggies had won the NCAC Championship the last 15 years. This is Humboldt State's first women's title since the conference began.

"This was truly a team effort on the women's part. One or two fast times wouldn't have beaten Davis," explained Humboldt Head Coach Dave Wells, who was named Coach of the Year for both sports. "It took everybody coming through to give us the championship."

"Our biggest performance of the day came from Courtney Cannizzaro. This was the perfect course for her. She was able to get out fast and kept right on rolling."

Rounding out the women's field was Chico State (82 points) in third place, San Francisco State (103 points), Cal State Stanislaus (159 points), Sonoma State (164 points), and Cal State Hayward (180 points).

In the men's event, No. 20 Humboldt State (42 points), just slipped by No. 14 UC Davis (44 points) with a two point margin, as both teams finished with all five scoring runners among the top 15 finishers. The Lumberjacks happy to have the title back had won the championship four consecutive years, 1990-1993, but lost it to Chico State in 1994 and UC Davis in 1995.

"We considered ourselves to be the underdogs coming in, but we knew we had a chance," said Wells. "Beating Davis today gives us a better chance of placing in the top three at regionals. We did the things we needed to today to be a top contender."

Chico State (74 points) finished third, followed by San Francisco State (113 points), Cal State Stanislaus (115 points), and Cal State Hayward (153 points).

"Our strategy was the same for both races," said Wells. "We tried to match up one to one and not worry about how fast the times were. We knew we needed to win three of the top five battles to win the championship and that's what we did in both races."

The top spot in each race went to UC Davis runners who both received Athlete of the Year awards for the accomplishment. Mark McManus set a new course record of 24:43 for the 8 kilometers and Sarah Dickerman set a record at 17:57 over the 5 kilometer course.

These teams will travel to Arcata next Saturday to participate in the NCAA Regionals hosted by Humboldt State. The top three teams from the regional will go on to the NCAA Division II Nationals, also hosted by Humboldt State.

\*\*\*\*\* RESULTS BY ORDER OF FINISH \*\*\*\*\*

----- Clerk of the Course™ (c)1993 Tournament Specialists -----					
Pos	Entrant #	Name	GR	Affiliation	Score Time
1	188	Sarah Dickerman		UC Davis	1 17:57
2	165	Melody Haas		Humboldt State	2 18:12
3	187	Kirsten Kabo		UC Davis	3 18:13
4	162	Courtney Cannizzaro		Humboldt State	4 18:16
5	168	Natalie Lupica		Humboldt State	5 18:42
6	231	Jodi Dailey		San Francisco State	6 18:49
7	169	Shelly Niro		Humboldt State	7 18:55
8	128	Laura Dockery		Chico State	8 18:56
9	193	Sarah Leone		UC Davis	9 18:57
10	192	Megan Canova		UC Davis	10 18:59
11	129	Sarah Gibson		Chico State	11 19:02
12	163	Leia Giambastiani		Humboldt State	12 19:11
13	191	Mandy Reymonds		UC Davis	13 19:12
14	190	Cara Freitas		UC Davis	14 19:14
15	249	Lisette Gragg		Sonoma State	15 19:19
16	126	Karen Blades		Chico State	16 19:20
17	240	Ragga Thordarson		San Francisco State	17 19:21
18	194	Cartney Kurth		UC Davis	18 19:21
19	161	Molly Alles		Humboldt State	19 19:22
20	164	Stephi Giuntini		Humboldt State	20 19:22
21	216	Shannon Mathre		Cal State Hayward	21 19:27
22	171	Rhonda Wood		Humboldt State	19:28
23	134	Kelly VanHorbek		Chico State	22 19:32
24	235	Kenna Masuda		San Francisco State	23 19:36
25	174	Blanca Carreon		Cal State Stanislaus	24 19:38
26	133	Brooke Pastorino		Chico State	25 19:46
27	131	Rachael Moeller		Chico State	26 19:49
28	176	Katy Donahue		Cal State Stanislaus	27 19:54
29	195	Jessica Schuitz		UC Davis	19:57
30	236	Yolanda Montalvo		San Francisco State	28 20:05
31	241	Kim Wilkes		San Francisco State	29 20:09
32	250	Vanessa Fuchs		Sonoma State	30 20:15
33	170	Faye Roundy		Humboldt State	20:15
34	132	Heather Newcom		Chico State	31 20:18
35	196	Sally Pyle		UC Davis	20:28
36	178	Cynthia Partida		Cal State Stanislaus	32 20:34
37	234	Denise Leo		San Francisco State	33 20:51
38	237	Lisa Pappanastos		San Francisco State	34 20:56
39	238	Marie Phalen		San Francisco State	21:03
40	130	Ahna Hallberg		Chico State	21:11
41	252	Michelle Roach		Sonoma State	35 21:11
42	217	Jill Nielsen		Cal State Hayward	36 21:16
43	175	Kim Cloud		Cal State Stanislaus	37 21:17
44	220	Rachel Berryhill		Cal State Hayward	38 21:19
45	172	Maurisa Blackmon		Cal State Stanislaus	39 21:33
46	233	Francesca Lasich		San Francisco State	21:34
47	251	Kim Gerhard		Sonoma State	40 21:52
48	125	Kelly Allen		Chico State	22:35
49	177	Kelly Hanson		Cal State Stanislaus	41 23:01
50	219	Shani Compton		Cal State Hayward	42 23:11
51	221	Diana Norman		Cal State Hayward	43 25:44
52	254	Heather Newlin		Sonoma State	44 26:12

\*\*\*\*\* TEAM SCORING SUMMARY \*\*\*\*\*

----- Clerk of the Course™ (c)1993 Tournament Specialists -----										
Place	Affiliation	Total	1	2	3	4	5	( 6	7 )	
1	Humboldt State	30	-	2	4	5	7	12	19	20
2	UC Davis	36	-	1	3	9	10	13	14	18
3	Chico State	82	-	8	11	16	22	25	26	31
4	San Francisco State	103	-	6	17	23	28	29	33	34
5	Cal State Stanislaus	159	-	24	27	32	37	39	41	
6	Sonoma State	164	-	15	30	35	40	44		
7	Cal State Hayward	180	-	21	36	38	42	43		

\*\*\*\*\* RESULTS BY TEAM \*\*\*\*\*

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
2	165	Melody Haas		2	18:12	Name: Humboldt State
4	162	Courtney Cannizzaro		4	18:16	Place: 1
5	168	Natalie Lupica		5	18:42	Score: 30
7	169	Shelly Niro		7	18:55	
12	163	Leia Giambastiani		12	19:11	Time: 1:33:14
19	161	Molly Alles		19	19:22	
20	164	Stephi Giuntini		20	19:22	
22	171	Rhonda Wood			19:28	
33	170	Faye Roundy			20:15	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
1	188	Sarah Dickerman		1	17:57	Name: UC Davis
3	187	Kirsten Kabo		3	18:13	Place: 2
9	193	Sarah Leone		9	18:57	Score: 36
10	192	Megan Canova		10	18:59	
13	191	Mandy Reynolds		13	19:12	Time: 1:33:16
14	190	Cara Freitas		14	19:14	
18	194	Cartney Kurth		18	19:21	
29	195	Jessica Schultz			19:57	
35	196	Sally Pyle			20:28	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
9	128	Laura Dockery		8	18:56	Name: Chico State
11	129	Sarah Gibson		11	19:02	Place: 3
16	126	Karen Blades		16	19:20	Score: 82
23	134	Kelly VanHorbek		22	19:32	
26	133	Brooke Pastorino		25	19:46	Time: 1:36:34
27	131	Rachael Moeller		26	19:49	
34	132	Heather Newcom		31	20:18	
40	130	Anna Hallberg			21:11	
48	125	Kelly Allen			22:35	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
6	231	Jodi Dailey		6	18:49	Name: San Francisco State
17	240	Ragga Thordarson		17	19:21	Place: 4
24	235	Kenna Masuda		23	19:36	Score: 103
30	236	Yolanda Montalvo		28	20:05	
31	241	Kim Wilkes		29	20:09	Time: 1:37:59
37	234	Denise Leo		33	20:51	
38	237	Lisa Pappanastos		34	20:56	
39	238	Marie Phalen			21:03	
46	233	Francesca Lasich			21:34	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
25	174	Blanca Carreon		24	19:38	Name: Cal State Stanislaus
28	176	Katy Donahue		27	19:54	Place: 5
36	178	Cynthia Partida		32	20:34	Score: 159
43	175	Kim Cloud		37	21:17	
45	172	Maurisa Blackmon		39	21:33	Time: 1:42:54
49	177	Kelly Hanson		41	23:01	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
15	249	Lisette Gragg		15	19:19	Name: Sonoma State
32	250	Vanessa Fuchs		30	20:15	Place: 6
41	252	Michelle Roach		35	21:11	Score: 164
47	251	Kim Gerhard		40	21:52	
52	254	Heather Newlin		44	26:12	Time: 1:48:47

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
21	216	Shannon Mathre		21	19:27	Name: Cal State Hayward
42	217	Jill Nielsen		36	21:16	Place: 7
44	220	Rachel Berryhill		38	21:19	Score: 180
77	219	Shani Compton		42	23:11	
78	221	Diana Norman		43	25:44	Time: 1:50:55