

2023 MEN'S & WOMEN'S CHAMPIONSHIPS MANUAL



Saturday, October 21, 2023

Woodward Park

7775 N. Friant Road—Fresno, Calif.

2023 CHAMPIONSHIPS MANUAL

TABLE OF CONTENTS

Fresno Pacific University Welcome Letter	3
Championships Staff Directory	4
Championship Information	5
Championship Information (contd.)	6
PacWest Cross Country Championship History	7
Woodward Park 6K Course Description	8
Woodward Park 6K Course Map	9
Woodward Park 8K Course Description	10
Woodward Park 8K Course Map	11
Fresno Pacific University Sports Medicine	12
River Park Area Hotels	13
River Park Area Hotels (contd.)	14
River Park Area Restaurants	15
NCAA Championship Dates	16

2023 CHAMPIONSHIPS MANUAL



On behalf of Fresno Pacific University, we would like to welcome you to Fresno, California, and the Central San Joaquin Valley. We are pleased to have you as our guest.

Within this guide you will find pertinent information to help make your stay in Fresno more enjoyable. If you have additional questions, please contact Bryan Huettmann, Assistant Athletic Director for Facilities and Event Operations at (559) 453-3610.

Our experienced staff is ready to assist you with any needs you may have and we are determined to make your visit a pleasant one. Have a safe trip and we are looking forward to having you on campus. Best of luck to you during the season and we wish your Institution, Staff, and Student Athletes continued success.

Best Regards,

A handwritten signature in black ink, appearing to read "Kyle Ferguson".

Kyle Ferguson
Director of Athletics
Fresno Pacific University

2023 CHAMPIONSHIPS MANUAL

CHAMPIONSHIPS STAFF DIRECTORY



FPU ADMINISTRATION

Kyle Ferguson	Director of Athletics	(559) 453-2209	kyle.ferguson@fresno.edu
Bryan Huettmann	Associate AD/Facilities & Operations	(559) 453-3610	bryan.huettmann@fresno.edu
Hillary Markley	Associate AD/Compliance & SWA	(559) 453-2047	hillary.markley@fresno.edu
Betsy Myers	Assistant AD/Sports Medicine	(559) 453-2274	betsy.myers@fresno.edu
Eric Bentley	Athletics Facilities and Events Coordinator	(559) 453-3620	eric.bentley@fresno.edu

FPU MEN'S & WOMEN'S CROSS COUNTRY COACHING STAFF

Ray Winter	Head Coach	(559) 453-2260	ray.winter@fresno.edu
Robert Foster	Assistant Coach	(559) 453-2372	robert.foster@fresno.edu

PacWest CONFERENCE ADMINISTRATION

Jessica Harbison Weaver	Commissioner	(562) 684-7264	jharbisonweaver@thepacwest.com
Piper Brewster	Associate Commissioner	(949) 381-1783	pbrewster@thepacwest.com
Joe Reinsch	Assistant Commissioner	(626) 482-5697	jreinsch@thepacwest.com
Russ Blunck	Sports Communications Director	(503) 930-1275	rblunck@thepacwest.com

2023 CHAMPIONSHIPS MANUAL

2023 PACWEST CROSS COUNTRY CHAMPIONSHIP INFORMATION

COURSE INFO: Fresno Pacific University is excited to host the 2023 PacWest Cross Country Championship at Woodward Park. Located in North Fresno along the San Joaquin River, Woodward Park is the competitive home for the FPU Men's and Women's Cross Country programs. As one of the best cross country courses in the Western U.S., Woodward Park has hosted major meets like the NCAA Division I Regional, the Kinney Meet and the 2014 and 2018 PacWest Conference Men's and Women's Cross Country Championships. It was the annual home of the GSAC Cross Country Championships and is the host site for the CIF Central Section and State Championship Meets. A mild rolling terrain, Woodward's course is 20 percent asphalt and 80 percent dirt trails. The park runs several courses of varying lengths, including 5K, four mile, 6K, 8K, and 10K courses. All of the courses cover the same area and repeat many of the same miles, with the first and last mile identical for all courses. The courses have remained the same through the years, allowing for consistent times and records.

RACE DATE

Saturday, October 21, 2023

RACE LOCATION

Woodward Park, 7775 N. Friant Road, Fresno, CA 93720

RACE SCHEDULE

7:00 AM	Course Opens
8:50 AM	National Anthem
9:00 AM	Women's 6K Race
10:00 AM	Men's 8K Race
11:00 AM	Awards Ceremony

AWARDS

Top 21 finishers in each race will receive All-PacWest recognition and All-PacWest T-shirts. Members of team champions will receive 2023 PacWest Cross Country Champion T-shirts.

ENTRY FEE

\$300 per team (limit 12 entries per gender; teams must declare 10 competitors from athletes entered). Invoices have been emailed to ADs and will be paid to the conference office.

ENTRY DEADLINE

Entries will open Monday, October 2, and close on **Sunday, October 15 (at midnight PDT)**, via Direct Athletics. Entry information will be sent to coaches when entries open. Coaches may enter up to 12 athletes (only 10 may compete); final declaration of 10 championship participants is due no later than 5:00 pm on Friday, Oct. 20. Coaches may declare their 10 participants to conference office and meet director at packet pickup at the course on the practice day.

TIMING

Finished Results will be the timer. Chip timing will be used, and we will have live results via the Finished Results website or mobile applications. Results will be uploaded directly to TFRRS after the meet. A PDF copy of the results will also be sent directly to each school's SID and posted at FPUATHLETICS.com and ThePacWest.com

COURSE PREVIEW

The course will be open on Friday, October 20th, from sunrise to sunset for course preview. The course is open to the public all day. FPU Sports Med and Staff will be onsite from TBD if anything is needed.

2023 CHAMPIONSHIPS MANUAL

2023 PACWEST CROSS COUNTRY CHAMPIONSHIP INFORMATION

PRE-CHAMPIONSHIP COACHES MEETING

The coaches' meeting will take place at **5:00 PM** via Zoom (info listed below).

Joe Reinsch is inviting you to a scheduled Zoom meeting.

2023 PacWest Cross Country Championships Coaches Meeting

Time: Oct 20, 2023 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/4337060169?pwd=VmMraUZaSzFwaVNOQWZscnNieXNiZz09>

Meeting ID: 433 706 0169

Passcode: PacWest123

FACILITY INFORMATION

Restrooms: Available in Mountain View Shelter Parking Lot.

DIRECTIONS & PARKING

From the North: From California Highway 99, take the Herndon Avenue Exit and travel east. Turn left on Blackstone Avenue (turns into Friant Road) and travel approximately 3.5 miles, Woodward Park will be on your left.

From the South: From California Highway 99, take California Highway 41 north. Take the Friant Road Exit and turn right, Woodward Park will be on your left side.

Parking: Parking (\$5) is available inside the park. Please park in the Mountain View Shelter parking lot near the Start/Finish Line. If entering the park off Audubon, stay to the right once entering the park. Lot is the second parking lot on the left once past the entrance kiosk. If entering the park off of Friant, pass the kiosk and stay on the main road until it "T's" into the main road circling the park. Turn left, and look for the Mountain View Parking Lot on the right (just beyond the Japanese Gardens entrance on the left). Automated kiosks are available at the entrance of the park and accepts both cash and credit cards.

PACWEST CROSS COUNTRY CHAMPIONSHIP HISTORY

MEN'S CHAMPIONSHIP ALL-TIME RESULTS

<u>Year</u>	<u>Team Champion</u>	<u>Individual Champion</u>	<u>Location</u>
2022	Biola (2:04:08)	Benjamin White (Biola) - 24:22.9	San Leandro, CA
2021	Fresno Pacific (2:06:58)	Patrick Kiprop (FPU) – 24:38.2	Kahuku, HI
2019	Biola (2:07:21)	Gabe Plendcio (BU) – 25:09.8	Fullerton, CA
2018	Biola (2:06:44)	Gabe Plendcio (BU) - 24:43.80	Fresno, CA
2017	California Baptist (2:07:11)	McMarshall Hartzenburg (CBU) 24:53.70	Belmont, CA
2016	California Baptist (2:18:42)	Josh Thorson (ART U) - 26:50.97	Kea'au, HI
2015	California Baptist (2:05:50)	Valentin Pepiot (ART U) - 24:29.73	Riverside, CA
2014	California Baptist (2:06:38)	Taylor Guske (CBU) - 24:49.98	Fresno, CA
2013	California Baptist (2:14:32)	Bryton Reim (CBU) - 26:00.40	Novato, CA
2012	California Baptist (2:12:25)	Talal Khan (CBU) - 25:39.10	Oahu, HI
2011	California Baptist (2:05:53)	Amos Maru (ART U) - 24:04.00	Phoenix, AZ
2010	BYU-Hawaii (2:10:53)	Amos Maru (ART U) - 24:33.10	Kahuku, HI
2009	Academy of Art (2:09:44)	Amos Maru (ART U) - 25:17.00	San Francisco, CA
2008	Hawaii Pacific	Dany Malley (HPU) - 26:07*	Laie, HI
2007	Hawaii Pacific	Kenneth Harper (BYUH)	Belmont, CA
2006	BYU-Hawaii	Todd Iacovelli (HPU)	Hilo, HI

WOMEN'S CHAMPIONSHIP ALL-TIME RESULTS

<u>Year</u>	<u>Team Champion</u>	<u>Individual Champion</u>	<u>Location</u>
2022	Biola (1:48:50)	Lynette Ruiz (Biola) - 21:27.8	San Leandro, CA
2021	Academy of Art (1:55:08)	Natalia Novak (ART U) – 22:15.1	Kahuku, HI
2019	Fresno Pacific (1:52:15)	Hasna Kaarour (ART U) – 21:22.9	Fullerton, CA
2018	Point Loma (1:52:28)	Eileen Stressling (APU) - 21:14.80	Fresno, CA
2017	California Baptist (1:48:16)	Emeline Delanis (CBU) - 21:11.30	Belmont, CA
2016	California Baptist (1:58:54)	Anett Somogyi (CBU) - 23:08.31	Kea'au, HI
2015	California Baptist (1:49:24)	Eileen Stressling (APU) -21:14.97	Riverside, CA
2014	California Baptist (1:52:11)	Fiona McKenna (HPU) - 21:11.12	Fresno, CA
2013	Azusa Pacific (1:30:28)	Fiona McKenna (HPU) - 17:16.10	Novato, CA
2012	Azusa Pacific (1:36:51)	Jenny Bergen (ART U) - 18:09.35	Oahu, HI
2011	California Baptist (1:34:09)	Rachel Young (DSU) - 17:52.30	Phoenix, AZ
2010	BYU-Hawaii (1:58:19)	Frida Aspnaes (HPU) - 22:18.10	Kahuku, HI
2009	BYU-Hawaii (1:36:38)	Quinn Horochuk (HPU) - 18:53.80	San Francisco, CA
2008	BYU-Hawaii (1:37:42)	Amanda Whitford (BYUH) - 18:22.00	Laie, HI
2007	Hawaii Hilo	Amanda Whitford (BYUH)	Belmont, CA
2006	Hawaii Hilo	Ina Buerger (HPU)	Hilo, HI

2023 CHAMPIONSHIPS MANUAL

Woodward Park—6K Course

Course Description

The 6K Course stays true to the classic 5K course run for decades at Woodward Park for meets such as the Kinney/Foot Locker West and CA State Championships. It is essentially the same course, but with a mostly flat 1K loop added at the “top” of the course. The Start is the traditional starting line on the field next to the Mountain View Shelter. It crosses the field and heads toward the perimeter of the park, first passing to the right of the entrance kiosk before rolling right through the trees and onto the long straight dirt trail that ascends up a rolling hill. At the top, you turn sharply right at the laying log and follow the trail across the street and down the trail to the left. Passing the mile marker at the green metal poles, runners then roll up the incline and turn right before reaching the street, looping around the pond on the right in a clockwise direction. It leads you then toward an open area along the road, across and down a grassy gulch, and back onto paved street for a steep descent. Jump the curb at the bottom of the hill on the right onto the dirt trail, and stay to the left at its base. You then approach the “big hill” at which you stay on the right/main trail for two-thirds of the way up before rolling left, cresting, and then going right on the wide dirt trail. This is the 3k marker. This wide dirt road will weave back towards the BMX stadium and turn left along the dirt parking lot, then left again up a dirt road that takes runners back to the top of the hill climb where they now make a hard right turn and run and follow the traditional 5k course in—from here you follow the trail over some rollers, through the fence near the first disc golf tee box, across the road to the 1-mile marker, and follow the first mile course to the finish line, which is short and left of the start line on the big grass field.

Course Markers

- Start at the traditional starting line on the field next to the Mountain View Shelter.
- 1K is at the branch of the trail that bends toward the pond across the street, neat the top of the long straight hill before the sharp right turn at the log. It is even with the rounded purple sign across the street.
- The 1-mile is at the green posts near the little stream/bridge below the Mountain View Shelter.
- The 2K is 10 meters past the willow tree closest to the trail along the little stream adjacent to the amphitheater.
- 3K is just beyond the top of the big hill climb.
- The 2-mile marker is along the dirt trail about 200 meters past the 3K sign
- 4K is the orange dot tree at the “Y” (GO LEFT ON THIS LOOP).
- The 3-mile marker is 20 meters past the dead tree on the right of the trail after crossing the street and heading to the log turn.
- 5K is at the tall green tree on the right of the trail near the top of the descent of the long straight hill. It has a dirt trail around it and is near the first elevation descent in the block wall block wall behind it.
- 6K is the finish line to the left (and 30 meters short) of the Start.

2023 CHAMPIONSHIPS MANUAL

6K COURSE

START - A - B - C - D - E - F - G - H - C - B - A - FINISH



2023 CHAMPIONSHIPS MANUAL

Woodward Park—8K Course

Course Description

The 8K Course is essentially a multi-lap version of the classic 5K course. The start is the traditional starting line on the field next to the Mountain View Shelter. It crosses the field and heads toward the perimeter of the park, first passing the entrance kiosk on your immediate left, then the other entrance kiosk to your right before rolling right through the trees and onto the long straight dirt trail that ascends up a rolling hill. At the top you turn sharply right at the laying log and follow the trail across the street and down the trail to the left. Passing the mile marker at the green metal poles, runners then roll up the incline and turn right before reaching the street, looping around the pond on the right in a clockwise direction. It leads you then toward an open area along the road, across and down a grassy gulch, and back onto paved street for a steep descent. Jump the curb at the bottom of the hill on the right onto the dirt trail, and stay to the left at its base. You then approach the “big hill” at which you stay on the right/main trail for two-thirds of the way up before rolling left, cresting, and then going left at the “Y”. Stay on the main trail until approaching the paved road, at which point runners bank left around the last planted tree on the left, cross the street, and follow the trail back toward the pond. Follow the same route around the pond and back to the big hill, up the hill the same way, again left at the “Y”, and again bank around the last tree before the road. This third loop, however, is abbreviated. Once runners cross the road, they stay straight on the trail, by-passing the right turn around the pond trail. Proceed the same way to the base of the big hill, but rather than going up the hill for the third time, go straight over the small rise to the extreme left and follow that trail to the paved road. Run up the paved road back to the point where you crossed the road on the previous loops. Proceed down the hill with the gazebo on your left this time, headed back to the one mile marker on the trail. The last mile is the same as the first mile, and the finish line is short and left of the starting line on the big grass field.

Course Markers

- Start at the traditional starting line on the field next to the Mountain View Shelter.
- 1K is at the branch of the trail that bends toward the pond across the street, near the top of the long straight hill before the sharp right turn at the log. It is even with the rounded purple sign across the street.
- The 1-mile marker is at the green posts near the little stream/bridge below Mountain View Shelter.
- 2K is 10 meters past the willow tree closest to the trail along the little stream adjacent to the amphitheater.
- 3K is the orange dot tree at the upper “Y”.
- The 2-mile marker is at the chunk of cement in the trail shortly after going through the opening in the fence near the 1st tee disc golf.
- 4K is at the green post and rock at the base of the grassy gulch (a parking lot is on the right, before the downhill paved section).
- The 3-mile marker is 40 meters past the 2-mile marker on the same trail (even w/ the second pine tree to the left).
- 5K is even with the “Handicap Parking Only” sign next to the pond on the right.
- 6K is at the first “No Stopping Any Time” sign on the left side of the street at the beginning of the parking area as you run back toward the main street crossing/mile marker on the road.
- 7K is at the tree on the left of the trail near the last leftward branching trail as you go up the incline before the half-mile posts.
- 8K is the finish line to the left (and 30 meters short) of the starting line.

2023 CHAMPIONSHIPS MANUAL

8K COURSE START - A - B - C - D - E - F - G - H - I - D - E - F - G - H - I - D - J - F - G - K - C - B - A - FINISH



2023 CHAMPIONSHIPS MANUAL



Dear Visiting Coaches and Athletic Trainers,

On behalf of the Fresno Pacific University Sports Medicine staff, I would like to welcome you and your team to the Woodward Park Cross Country Course for the upcoming PacWest Cross Country Conference Championship on Saturday, October 21st. Below you'll find information in regards to the location, equipment, and services available to you. We hope to make your stay in the Central Valley as pleasant and safe as possible. On race day, the course opens at 7:00 a.m. for all teams. Fresno Pacific Sports Medicine staff will be present prior to the opening of the course for setup and will be available for treatments as soon as the course is open. Additionally, there will be an athletic trainer on site during the course preview on Friday, October 20th, between 9 a.m. and 12 p.m.

The following items can be found under the medical tent:

- Automated External Defibrillator (AED)
- Crutches of Various Sizes
- Vacuum Splints
- Treatment Tables
- 2 - 10 Gallon Coolers of Water for refill
- Injury Ice with bags and flexi-wrap
- First Aid equipment

Additional items that will be located near the finish line will be:

- 2 - 10-Gallon Coolers of Water with cups

Please feel free to contact me via phone at (559) 453-2274, or email me at betsy.myers@fresno.edu, if you should have any questions or concerns. I look forward to meeting you and hosting your team during your stay in Fresno.

Blessings,

Betsy J. Myers

Assistant Athletics Director for Sports Medicine

Fresno Pacific University

1717 S. Chestnut

Fresno, CA 93702

Phone: 559.453.2274

betsy.myers@fresno.edu

2023 CHAMPIONSHIPS MANUAL



Hotel Rate Sheet—2023 PacWest Conference Cross Country Championships

Hotel	Breakfast	Distance to Venue
<p><i>Comfort Suites Fresno RiverPark</i> 102 E Herndon Avenue Fresno, CA 93720 559-435-5650 10 Db/Db's, 5 King Suites @ \$159.00 plus taxes, Cut-off is 10/06 Please call hotel directly to book, ask for the 2023 PacWest Conference Cross Country rate Complimentary Parking and WiFi</p>	<p><i>Complimentary Hot Buffet Breakfast</i></p>	<p><i>3.3 Miles (12 Minutes)</i></p>
<p><i>Country Inn & Suites</i> 6065 N Thesta Street Fresno, CA 93710 559-761-1672 5 QQ's, 5 Kings @ \$129.00 plus taxes, Cut-off date is 10/06 Please call hotel directly to book, ask for the 2023 PacWest Conference Cross Country rate Complimentary Parking and WiFi</p>	<p><i>Complimentary Hot Buffet Breakfast</i></p>	<p><i>3.67 Miles (8 minutes)</i></p>
<p><i>DoubleTree by Hilton Fresno Convention Center</i> 2233 Ventura Street Fresno, CA 93721 559-268-1000 20 QQ's @\$169 plus taxes, Cut-off date is 10/06 Please call hotel directly to book, ask for the 2023 PacWest Conference Cross Country rate Complimentary Parking and WiFi</p>	<p><i>Breakfast for Two included in the rate (one hot entrée off menu, cooked to order per person)</i></p>	<p><i>10.48 Miles (19 minutes)</i></p>

Toll Free: 800.788.0836
 Main: 559.981.5500
 Fax: 559.445.0122

Fresno/Clovis
 Convention & Visitors Bureau

1180 E Shaw #201
 Fresno, CA 93710
www.playfresno.org

2023 CHAMPIONSHIPS MANUAL



Hotel Rate Sheet—2023 PacWest Conference Cross Country Championships

<p>Hampton Inn & Suites Fresno 327 E Fir Avenue Fresno, CA 93720 559-447-5900 <i>15 QQ's, 10 Kings @ \$149.00 plus taxes, Cut-off date is 9/29</i> <i>Please call hotel directly to book, ask for the 2023 PacWest Conference Cross Country rate</i> <i>Complimentary Parking and WiFi</i></p>	<p>Complimentary Hot Buffet Breakfast</p>	<p>2.94 Miles (9 minutes)</p>
<p>Hotel Piccadilly 2305 W Shaw Avenue Fresno, CA 93711 <i>15 Standard QQ's @ \$92.00 plus taxes, 15 Executive QQ's @ \$106.00 plus taxes, Cut-off date is 10/06</i> <i>Please call Sales Office to book @ 559-348-5527, ask for PacWest Conference Cross Country rate</i> <i>Complimentary Parking and WiFi</i></p>	<p>Complimentary Continental Deluxe Breakfast</p>	<p>8 Miles (16 minutes)</p>
<p>Hyatt Place Fresno 7333 N Fresno Street Fresno, CA 93720 559-899-0400 <i>10 QQ's, 10 Kings @ \$189.00 plus taxes, Cut-off date is 10/06</i> <i>Please call hotel directly to book, ask for the 2023 PacWest Conference Cross Country rate</i> <i>Complimentary Parking and WiFi</i></p>	<p>Complimentary Continental Breakfast</p>	<p>2.27 Miles (8 minutes)</p>
<p>Ramada Fresno North 324 E Shaw Avenue Fresno, CA 93710 559-892-1366 <i>15% off Best Available Rate (through the website link only)</i> <i>Please book with the hotel link provided below, use Code LDFC</i> www.wyndhamhotels.com/hotels/00206?corporate_id=1000073029 <i>Complimentary Parking and WiFi</i></p>	<p>Complimentary Hot Buffet Breakfast</p>	<p>4.63 Miles (9 minutes)</p>

Toll Free: 800.788.0836
 Main: 559.981.5500
 Fax: 559.445.0122

Fresno/Clovis
 Convention & Visitors Bureau

1180 E Shaw #201
 Fresno, CA 93710
www.playfresno.org

2023 CHAMPIONSHIPS MANUAL

FRESNO AREA RESTAURANTS

Applebee's

8430 N. Friant Rd.

Open till 1am

Pieology Pizzeria

8464 N. Friant Rd.

Open till 11pm

PF Chang's

7894 N. Blackstone Ave.

Open till 11pm

In-N-Out

8010 N. Blackstone Ave.

Open till 1:30am

Chick-Fil-A

8040 N. Blackstone Ave.

Open till 10pm

Chipotle

80 E. Nees Ave.

Open till 10pm

Five Guys

180 E. Paseo Del Centro

Open till 12am

Me N Eds Pizzeria

175 E. Via Del Parque

Open till 11pm

Panera Bread

7780 N. Blackstone Ave

Open till 9pm

Rubio's

40 El Camino

Open till 10pm

Westwood's BBQ & Spice Co.

8042 N. Blackstone Ave.

Open till 10pm

Raising Cane's Chicken Fingers

7507 N. Blackstone Ave.

Open till 2am

Red Robin

7675 N. Blackstone Ave.

Open till 11pm

Famous Dave's Bar-B-Que

7603 N. Blackstone Ave.

Open till 10pm

Sequoia Sandwich Co.

765 W. Herndon Ave.

Open till 8pm

Yosemite Falls Café

1455 Shaw Ave.

Open till 11pm

2023 CHAMPIONSHIPS MANUAL

2023 NCAA Division II West Region Championships

Saturday, November 4, 2023

Host—Western Oregon University

Monmouth, Oregon



2023 NCAA Division II Championship Finals

November 18, 2023

Host—Missouri Southern State University

Joplin, Missouri