

1983

1983 Media Guide

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George Fox College BRUINS



1983

Track Media Guide

FINGERTIP FACTS

College Location	Newberg, Ore. 97132 (11,000 pop.)
Founded	1891
Denomination Affiliation	Friends (Quaker)
Enrollment	685
College President (Interim)	William Green
Athletic Director	Rich Allen
Track Coach	Rich Allen
Sports Information Director	Barry Hubbell
Athletic Affiliations	Independent-NAIA, NCCAA
Colors	Old Gold, Navy Blue
Nickname	Bruins

HOW TO REACH US . . .

(College Switchboard 503/538-8383)

Basketball Coach Mark Vernon	ext. 254
	Home 538-1755
Baseball Coach Wade Witherspoon	ext. 255
	Home 538-5231
Track/Cross Country Coach Rich Allen	ext. 252
	Home 538-9875
Women's Basketball/Softball Coach Craig Taylor	ext. 250
	Home 538-8020
Women's Volleyball/ Assistant Men's Basketball Coach Steve Grant	ext. 253
	Home 363-7758
Sports Information Director Barry Hubbell	224/255
	Home 538-4332

COVERING THE BRUINS

George Fox College appreciates the cooperation it has shared with the news media. This book has been prepared as a service for area newspapers, radio and television stations, and wire services.

All requests for information, statistics, photographs, and press passes should be directed to Barry Hubbell, Sports Information Director, George Fox College, Newberg, Oregon 97132. Office phone: (503) 538-8383, ext. 224 or 255. Home phone: (503) 538-4332. Athletic Department phone: (503) 538-8383, ext. 249.

*George Fox
College*

NEWBERG, OREGON 97132



ABOUT GEORGE FOX COLLEGE

George Fox College is the outgrowth of a desire by early Willamette Valley Quaker settlers who established Pacific Academy in 1885 for the Christian education of their children. The college division was organized in 1891 to provide more advanced instruction for students. In 1949, because of the many colleges in the Northwest with Pacific in their name, the College was renamed George Fox in honor of the founder of the Friends (Quaker) Church. The College is governed by a 42-member Board of Trustees elected by Northwest Yearly Meeting of Friends Church, which comprises more than 8,000 members in 57 churches in Oregon, Washington, and Idaho.

The 60-acre rural, tree-shaded campus a half-hour drive from Portland has undergone major expansion in the last five years with nine new buildings constructed at a total investment of nearly \$10 million. The new facilities include a \$2.7 million sports complex, an \$800,000 academic building, two residence halls in a \$1.25 million project, a \$1.3 million fine arts/religion center, a \$170,000 television center, a \$520,000 dining commons/student center expansion, a \$320,000 residence hall, and a \$2.6 million chapel/auditorium opened in the fall of 1982. A new \$100,000 all-weather track has been added, along with a new athletic field complex including baseball field, two softball diamonds and soccer field, completed in 1981.

College enrollment is 685, an increase of 75 percent in 10 years.

Accredited by the Northwest Association of Secondary and Higher Schools, the College offers 20 majors in six divisions: Education, Fine and Applied Arts, Language Arts, Natural Science, Religion, and Social Science. George Fox is one of 13 members of the national Christian College Consortium. The College has a student-faculty ratio of 16/1, with about 55 percent of faculty members having doctorates.

George Fox students come from 19 states and 2 foreign countries. Nearly 40 religious denominations are represented on campus.

Alumni of George Fox are primarily in service-oriented vocations of Christian ministries, education, social work, and medical fields. The College's most prominent alumnus is the late President Herbert Hoover, who attended Pacific Academy.

THIS IS WHERE MEETS ARE HELD

George Fox College is in its third year on its new \$100,000 all-weather track facility.

The construction project, completed over a two-year span, has converted the quarter-mile cinder-finish oval of Colcord Field to a metric distance track with rubberized surface.

Lanes have been expanded from six to eight, race starts have been relocated to the northwest corner of the oval from the previous southeast, and a new javelin runway has been provided, along with additional drainage.

The project also gives the college its first steeplechase course. The Bruins' Steve Blikstad in 1979 won the national NAIA small college steeplechase title, giving the college its first-ever national champion—and he never ran a race at home.

Funds for the new track were raised through a "jog-a-thon" by students, faculty and staff, by direct contributions, and through the college's general budget.

The new track surface is of "C-Trak," an asphalt-bound material designed to meet an extreme of temperatures and moistures. The new track meets all NAIA, AAU and Olympic specifications.

George Fox track Coach Rich Allen calls the new finish "the fastest surface available for the cost." Existing pole vault, high jump and long jump areas, with rubberized surfaces previously, have not been changed.

The track project completed a total sports/athletic project started in 1976 and costing more than \$2.7 million. The Coleman Wheeler Sports Center adjacent to the track was opened in 1977. A new athletic field complex of two softball diamonds, baseball field, soccer field, and archery range was completed in 1981.

Colcord Field is named for the late Frank C. Colcord, a former two-term mayor of Newberg and for 35 years a member of the George Fox College Board of Trustees. He was treasurer of the college at the time of his death in 1968.

An alumnus of the college (class of 1921), Colcord was an outstanding basketball player (all-conference) on a team that in 1917 twice defeated Oregon State. He was student body treasurer, president of the Men's Athletic Association, and associate editor of the student newspaper, *The Crescent*. From 1922 to 1963 Colcord was manager of the Newberg office of Portland General Electric.



GFC ATHLETICS

Intercollegiate athletics is an integral part of the overall education program at George Fox. Men's varsity athletic teams represent the College in baseball, basketball, track, and cross country.

George Fox College competes as an independent on the varsity level. Its schedules are coordinated with the Northwest Conference and with other independents in the Northwest. George Fox is a member of the National Association of Intercollegiate Athletics (NAIA), District 2, and the National Christian College Athletic Association, District 8.

Women students compete in volleyball, basketball, track, and softball. The College is a member of the Women's Conference of Independent Colleges.

For students not participating in the varsity program, GFC has a complete intramural program including flag football, basketball, volleyball, softball, tennis, racquetball, and bowling.

Athletic facilities include the Coleman H. Wheeler Center for Sports and Physical Education; Colcord Field, which includes an all-weather rubberized track; and tennis courts. A new athletic field complex containing baseball diamond, two softball fields, soccer field, and archery range was completed in 1981.

Wheeler Center, completed in 1977 in a \$2.7 million project, includes the James and Lila Miller Gymnasium with three basketball courts and seating for up to 2,500; multipurpose, class, and weight rooms; faculty and administrative offices; handball courts; dressing and therapy rooms.

THE BRUIN NICKNAME

George Fox College is represented by the nickname and mascot "Bruin." But it's not always been so, even though it should have been.

The nickname comes from a real bear captured in 1887 just two years after Pacific Academy (the College's predecessor) was established. The small cub was captured in the coast range foothills west of Carlton when its mother was shot. The young cub was brought to campus by a student and later lived with a faculty member. When it grew to adulthood it was kept in a pit in what is now known as Hess Creek Canyon south of the campus. It escaped one too many times and was turned into steak for the dining table and the hide preserved on a frame and displayed in an early campus museum. When it deteriorated several years later, it was taken to a campus furnace room to be destroyed, but the framework proved a problem in dismantling, so it was left sitting in a corner. Students found the old Bruin skin later and began skirmishes over ownership, a tradition that continues 96 years later. "Bruin Junior," a replica, under a set of guidelines passed down for years, is fought over periodically in class competition, with the class able to physically drag the Bruin replica off campus declared the rightful owner until next "flashed."

Even with the Bruin tradition, somewhere along the line, the "Quaker" tag to athletic teams came into popularity with sports-writers because of the College's church affiliation, and that nickname was used, along with a mascot "Foxy George," a little fox with a Quaker hat. Both gained acceptance for a period in the 1950s and 1960s until a vote of faculty, students, and administration in 1970 reinstated the Bruin nickname to its rightful place.

STEVE BYERS—Senior

A senior who has not competed in track since high school. Possible events are high jump, hurdles, and one or both relays.

ALLEN ADDS: "Steve has fine physical ability. We hope his body holds together."



DAVE ELKINS—Freshman

A pole vaulter who has one year of high school experience. A gymnast in high school.

ALLEN ADDS: "When Dave's technique is refined and he is able to relax he will make a contribution in that event."



RICK FRISK—Senior

Was a national competitor as a freshman but has been slowed by injuries since. Holds Bruin record in 110 meter HH at 14.6. Also has clocked a 53.0 time in the 400 meter IH. A good sprinter.

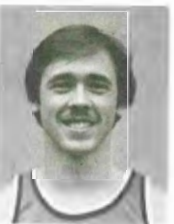
ALLEN ADDS: "It will be difficult for Rick to match his previous numbers due to surgery, but past experience will help him out. We hope he will be able to regain the form he had his freshman year."



STEVE GRAHAM—Freshman

Best events will be pole vault and long jump although he has ability in all jumping events. May sprint or be involved in relays. Has competed in decathlons.

ALLEN ADDS: "Steve has tremendous explosive power and good quickness; he'll do well."



BRENT HEYDEL—Senior

Pole vaulter. One of the team's co-captains. Has placed in District meet last two years.

ALLEN ADDS: "I expect Brent to be over 15 feet in the vault this year; he's improving rapidly."



SKIP HOLCOMBE—Senior

Should be a decathlon competitor and javelin thrower. A former gymnast who has a lot of things to learn in a little bit of time.

ALLEN ADDS: "Skip is a quiet and dedicated individual who has the ability to do well."



OWEN JAMES—Junior

A very talented high jumper. Went to NAIA nationals as a freshman. Holds school record in high jump at 6-9. Placed second in District last year. Also throws javelin. Has had tendinitis in knees, which has hampered his training this year. If knees allow, he could also participate in some running events.

ALLEN ADDS: "I expect Owen to continue the excellence he has displayed previously. I believe he has an honest chance of competing nationally."



JIM MOODY—Freshman

Will sprint and run relays for the team this year. His best times are in the 200 meter.

ALLEN ADDS: "Jim is a good solid competitor who will make a regular contribution."



GEORGE FOX COLLEGE 1983 TRACK ROSTER



Standing: Coach Rich Allen, Mike Watts, Jerry Street, Brent Heydel, Randy Renfo, Nathan Whitham, Keith Wigley, Owen James, Mark Young, Steve Byers, Asst. Coach Eb Buck, Asst. Coach Steve Curtis.

Kneeling: Craig Moody, Steve Graham, Layton "Skip" Holcombe, Rick Frisk, Jeff Tadlock, Dan Price, Todd Billett, John Aday, Scott Ball. (Dave Elkins not pictured.)

<i>Name</i>	<i>Ht.</i>	<i>Wt.</i>	<i>Hometown</i>				
Jon Aday	5-8	135	Portland, Ore.	Jim Moody	5-6	145	Portland, Ore.
Scott Ball	5-10	150	Portland, Ore.	Dan Price	5-9	140	Boise, Idaho
Todd Billett	5-10	152	Anderson Island, Wash.	Randy Renfro	6-2	203	Grants Pass, Ore.
Steve Byers	6-0	195	Yamhill, Ore.	Jerry Street	6-1	165	Westminster, Colo.
Dave Elkins	5-7½	157	Salem, Ore.	Jeff Tadlock	5-10	132	Leaburg, Ore.
Rick Frisk	6-0	170	Entiat, Wash.	Mike Watts	6-2	195	Woodland, Wash.
Steve Graham	5-6	120	Gold Hill, Ore.	Nathan Whitham	6-6	210	Newberg, Ore.
Brent Heydel	6-3	183	Milwaukie, Ore.	Keith Wigley	6-2	155	Gold Hill, Ore.
Skip Holcombe	5-9½	160	Newberg, Ore.	Mark Young	6-0	170	Nampa, Idaho
Owen James	6-3	180	Tillamook, Ore.				

BRUIN OUTDOOR RECORDS

Event	Mark	Name	Year
100 m	10.4	Gregg Griffin	1979
	10.25w	Gregg Griffin	1978
200 m	21.2	Gregg Griffin	1979
400 m	48.1	Werner Seibert	1979
800 m	1:52.7	Wendell Otto	1979
1,500 m	3:49.7	Wendell Otto	1979
5,000 m	14:22.4	Steve Blikstad	1977
10,000 m	*30:22.8	Steve Blikstad	1979
3,000 m Steeplechase	8:49.8	Steve Blikstad	1978
110 m High Hurdles	14-6	Mark Reynolds	1981
		Rick Frisk	1978
400 m Inter. Hurdles	52.34	Chad Neeley	1978
Long Jump	23-2¾	Amadu Koroma	1978
	23-9w	Amadu Koroma	1972
Triple Jump	48-5	Mark Halland	1981
High Jump	6-9	Owen James	1969
Pole Vault	15-8	Dave McDonald	1971
			1968
Shot	55-3	Bob Hadlock	1980
Discus	168-6	Charlie Keeran	1975
Javelin	230-6	Eb Buck	1979
Hammer	170-3	Allan Morrow	1975
Decathlon	7:054	Eb Buck	1973
Marathon	2:25.19	Curt Ankeny	1980
10k walk	59:49.0	Jack Winter	1978
400 m Relay	41.4	Amadu Koroma	
		Chad Neeley	
		Mark Reynolds	
		Gregg Griffin	
1600 m Relay	3:18.8	Tim Olds	1980
		Tom VanWinkle	
		Rick Frisk	
		Monte Anders	
800 m Relay	1:27.5	Gregg Griffin	1978
		Chad Neeley	
		Mark Reynolds	
		Werner Seibert	
Sprint Medley	1:33.3	Chad Neeley (220)	1978
		Mark Reynolds (110)	
		Tim Sherman (110)	
		Werner Seibert (440)	
Sprint Medley (mile)	3:30.4	Gregg Griffin (220)	1977
		Chad Neeley (220)	
		Werner Seibert (440)	
		Larry Bales (880)	
3,200 m Relay	7:42.0	Chris Mwaura	1978
		Larry Bales	
		Wendell Otto	
		Randy Ware	
Distance Medley	10:17.8	Bruce Greene (1320)	1976
		Chad Neeley (440)	
		Randy Ware (880)	
		Steve Blikstad (mile)	
4 Mile Relay	17:27.6	Wendell Otto	1978
		Dave Molstad	
		Chris Mwaura	
		Steve Blikstad	
6, 400 m Relay	17:25.62	Steve Stuart	1978
		Dave Molstad	
		Chris Mwaura	
		Steve Blikstad	
Long Jump Relay	61-6	Amadu Koroma	1975
		Eb Buck	
		John Koroma	

* Converted from yards

Event	Mark	Name	Year
Javelin Relay	548-5	Eb Buck	1975
		Del Dittus	
		Lon Austin	
High Jump Relay	18-5	Bob Quiring	1979
		Lon Austin	
		Duane Swafford	
Hammer Relay	382-9	Steve Curtis	1981
		Nolan Smith	
		Steve Huisenga	
Discus Relay	410-10	Charlie Keeran	1979
		Alan Morrow	
		Steve Curtis	

BRUIN INDOOR RECORDS

Event	Mark	Name	Year
Yards			
40 yard HH	5.4	Doug Merritt	1974
60 yard HH	7.8	Mark Reynolds	1979
		Duane Swafford	1980
40 yard	4.7	Matt Héathco	1974
50 yard	6.0	Jim Moody	1983
60 yard	6.5	Amadu Koroma	1975
300 yard	34.1	Les Keele	1974
440 yard	55.6	Cliff McCurdy	1973
500 yard	62.0	Cliff McCurdy	1973
600 yard	1:19.2	Chad Neeley	1976
880 yard	1:59.6	Wendell Otto	1978
1000 yard	2:23.4	Scott Ball	1983
Mile	4:17.7	Wendell Otto	1980
2 Mile	9:13.5	Steve Blikstad	1979
Mile Relay	3:31.1	Tom VanWinkle	1982
		Dave Wilkinson	
		Nolan Smith	
		Mark Young	
Meters			
60 m HH	8.5	Mark Reynolds	1978
300 m IH	39.7	Chad Neeley	1979
60 m Dash	6.9	Amadu Koroma	1976
400 m	53.9	Chad Neeley	1976
500 m	68.3	Chad Neeley	1977
800 m	2:05	Larry Bales	1976
1000 m	2:39.0	Randy Ware	1977
1500 m	4:00.2	Bruce Greene	1976
1600 m Relay	3:37.8	Steve Stuart	1977
		Randy Ware	
		Werner Seibert	
		Chad Neeley	
Field Events			
Long Jump	22-11	Eb Buck	1976
Triple Jump	47-11	Mark Halland	1973
High Jump	6-5	Terry White	1978
Pole Vault	15-4	Dave McDonald	1970
Shot Put	46-10	Allan Morrow	1979

NAIA DISTRICT #2 RECORDS

Event	Mark	Name, College	Year
100 m	10.4	Gregg Griffin, George Fox	1977
200 m	21.1*	Keith Shriver, Linfield	1969
		Mark Burt, Pacific	1976
400 m	47.2*	Carl Shaw, Linfield	1976
800 m	1:50.8*	Bruce Vogel, Oregon College of Education	1972
		Steve Hills, Northwest Nazarene	1975
1,500 m	3:49.7*	Steve Blikstad, George Fox	1979
Steeplechase	8:53.9	Kelly Jensen, Southern Oregon	1978
5,000 m	14:22.4	Steve Blikstad, George Fox	1979
10,000 m	30:25.3	Don Stearns, Eastern Oregon	1981
10 k walk	46:46.5	Sam Shick, Lewis & Clark	1981
High Hurdles	14.0	Rick Fergesen, Lewis & Clark	1977
400 m Intermediate Hurdles	52.1	Tim Gilbert, Northwest Nazarene	1978
Shot Put	56-5 1/2	Ken Patera, Portland State	1963
Javelin	249-6	Tony Grant, Oregon Tech.	1972
Discus	170-11	Harland Yriate, Southern Oregon	1969
Hammer Throw	168-11	Scott Burkhardt, Lewis & Clark	1975
Pole Vault	15-7	Dave McDonald, George Fox	1969
High Jump	6-10 1/4	Scott Wallace, Willamette	1980
Long Jump	23-11 1/2	Karl Koenig, Oregon College of Education	1978
Triple Jump	48-10 1/4	Randy Jones, Pacific	1979
Decathlon	7,154	Mark Burt, Pacific	1976
400 m relay	41.5*	Gary Smith, Linfield	1976
		Randy Carter	
		Keith Lazell	
		Gerald King	
		also: Amadu Koroma, GFC	1978
		Chad Neeley	
		Mark Reynolds	
		Greg Griffin	
1,600 m Relay	3:13.7*	Keith Lazell, Linfield	1976
		Stew Minors	
		Randy Carter	
		Carl Shaw	

*Converted from yards

1982 SEASON'S BESTS

100 m	11.0	Mark Young
200 m	22.4	Mark Young
400 m	49.5	Tom VanWinkle
1,500 m	4:06.9	Jim Bright
5,000 m	15:33.9	Jim Bright
10,000 m	33:17.0	Jim Bright
Steeplechase	9:30.7	Jim Bright
400 m Intermediate Hurdles	58.1	Randy Renfro
400 m Relay	44.0	Mark Young
		Tom VanWinkle
		Dave Wilkinson
		Nolan Smith
1,600 m Relay	3:23.1	Mark Young
		Nolan Smith
		David Driesner
		Tom VanWinkle
Pole Vault	14-0	Brent Heydel
High Jump	6-7	Owen James
Long Jump	19-7 1/2	Tom VanWinkle
Triple Jump	44-3	Nolan Smith
Shot	45-6 1/2	Steve Curtis
Discus	144-6	Steve Curtis
Javelin	175-1	Tobi Wilson
Hammer	164-10	Steve Curtis
10 k Walk	61:09.2	Dwight Larabee
Marathon	2:32.39	Jim Bright

TRACK AND FIELD STANDARDS

Event	District	National
100 m	11.2	10.4
200 m	22.7	21.4
400 m	51.2	47.4
800 m	1:58.3	1:50.6
1,500 m	4:03.7	3:50.0
Steeplechase	9:53.5	9:21.0
5,000 m	15:30.4	14:44.4
10,000 m	33:43.7	30:50.2
110 m High Hurdles	15.6	14.4
400 m Intermediate Hurdles	56.6	52.4
High Jump	6-2	6-10
Long Jump	21-5	24-0
Triple Jump	43-6	49-0
Pole Vault	13-0	15-8
Shot	46-8	54-10
Discus	138-7	170
Javelin	189-5	213-8
Hammer	137-7	168
10 k Walk	60:40.4	50:29.0
Decathlon	5,680	6,819
Marathon	—	2:32.14.0
440 m Relay	Eight	41.3
Mile Relay	Eight	3:11.9
	fastest times	fastest times

GFC NATIONAL COMPETITORS

- 1970 Dave McDonald Pole Vault
- 1971 Dave McDonald Pole Vault (indoor)
Dave McDonald Pole Vault (outdoor) (3rd)
Ken Bell Six Mile
- 1972 Ken Bell Two Mile (indoor)
Mark Halland Triple Jump
Curt Ankeny Marathon
- 1973 Randy Winston Triple Jump
Curt Ankeny Marathon (3rd)
- 1974 Eb Buck Decathlon
Curt Ankeny Marathon (3rd)
- 1975 Eb Buck Decathlon (2nd), Javelin (4th)
Mark Adamson Marathon (9th)
Team Finish: 17th (12 points)
- 1976 Mark Adamson Marathon
Chad Neeley Decathlon
Steve Blikstad 5,000 m
- 1977 Steve Blikstad Steeplechase (2nd)
Gregg Griffin 100 m (4th)
Chad Neeley Decathlon (24th)
Team Finish: 19th (12 points)
- 1978 Steve Blikstad Steeplechase (3rd)
Gregg Griffin 100 m, 400 m Relay
Amadu Koroma Long Jump, 400 m Relay
Dave Molstad 10,000 m (12th)
Allan Morrow Hammer, Shot
Chad Neeley Inter. Hurdles (2nd), 400 m Relay
Mark Reynolds High Hurdles, 400 m Relay
Team Finish: 16th (14 points)
- 1979 Steve Blikstad Steeplechase (1st)
Wendell Otto 1,500 m (8th)
Lyndal Smith 5,000 m (10th)
Tim Rochholz Marathon
Gregg Griffin 100 m, 200 m
Allan Morrow Hammer, Shot
Team Finish: 15th (10 points)
- 1980 Rick Frisk Inter. Hurdles (semifinal)
Steve Stuart 1,500 m (9th)
Steve Curtis Hammer (11th)
Charlie Keeran Discus (9th)
- 1981 Rick Frisk Inter. Hurdles (semifinal)
Steve Curtis Hammer (12th)
Owen James High Jump
Wendell Otto 1,500 m
- 1982 None



GEORGE FOX COLLEGE TRACK SCHEDULE

SPRING 1983

JANUARY

29 Eugene Indoor, 10:30 Eugene

FEBRUARY

19 Oregon Indoor, 10:00 & 4:30 Portland

26 Trails End Marathon, 11:30 Seaside

MARCH

5 Linfield Icebreaker, 10:30 McMinnville

12 Oregon Small College
Relays, 1:00 Portland

25 Willamette Decathlon/
Heptathlon, 12:00 Salem

26 Willamette Decathlon/
Heptathlon, 1:00 Salem

26 Whitman Invitational, 12:00 Walla Walla

APRIL

2 University of Portland
and EOSC, 1:00 Newberg

9 Linfield, Whitman, Western Oregon
& GFC Alumni, 1:00 Newberg

15 Willamette & Pacific, 3:00 Newberg

22 Eastern Oregon State
and NNC, 1:00 La Grande

25, 26 NAIA District II Decathlon/Heptathlon
Championships, 11:00 Portland

30 Lewis & Clark
(& SOSC women), 1:00 Portland

MAY

6, 7 WCIC Conference Championships
(women), 12:00 McMinnville

13, 14 NAIA District II
Championships, 12:00 Salem

26-28 NAIA National
Championships, TBA Charleston, W.Va.