

1999

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Wednesday, July 12, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

BRUINS PLACE FIVE RUNNERS ON ACADEMIC ALL-AMERICA TEAMS

Five George Fox University cross country runners – four women and one man – have been named to the 1999 NCAA Division III Academic All-America Team, according to information received by Bruins cross country coach Wes Cook.

On the women's team, academic honors went to **Elania Lilagan (Fr., Anchorage, Alaska)**, **Shannon St. Lawrence (Sr., Yakima, Wash.)**, **Rebecca Rising (So., Sanger, Calif.)**, and **Kirsten Norgaard (So., Everett, Wash.)**. The men's runner so honored was **Scott Oswald (Sr., Portland, Ore.)**

Runners had to compete in a majority of their team's events and have a grade point average of 3.50 or better. Lilagan had a 3.70 GPA, St. Lawrence a 3.76, Rising a 3.83, and Norgaard a 3.94. Oswald's GPA was 3.86.

In addition, **Ember Brosius (Jr., Winthrop, Me.)**, who transferred to George Fox in mid-year and ran for the Bruins' track team in the spring, earned Academic All-America honors with a 3.93 GPA at Gordon College in Massachusetts in the fall.

Both Bruin squads were named Academic All-American Teams with cumulative GPAs of 3.0 or better. Based on runners who competed in the NCAA Regionals, the George Fox women placed 19th overall with a 3.58 collective average, while the men achieved a 3.11 score.

George Fox University

SPORTS PRESS RELEASE – CROSS COUNTRY

Saturday, November 13, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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BRUIN MEN 8th, WOMEN 12th IN CROSS COUNTRY REGIONALS

ESTACADA, Ore. --- An 8th-place finish for the men and a 12th-place finish for the women in the NCAA Division III Western Regionals Saturday here at McIver State Park brought the 1999 George Fox University cross country season to an end.

"I'm sure the way we ended up is disappointing to our athletes," said veteran Bruins coach Wes Cook, "because they worked and trained so hard for this, but there were a few things that happened that were just beyond our control."

Cook was referring primarily to an illness "bug" that bit a few of the team members earlier in the week, including top men's runner **Brandon Workman (Sr., Moscow, Idaho)**, who had hoped to qualify for the National Championships next weekend in Wisconsin but instead finished 34th with a time of 27:34.3. "I gave it my best shot, but I still felt a little weak there at the end," Workman admitted.

Despite the illness, the All-Northwest Conference runner earned All-Regional honors for his performance, as did All-Conference teammate **Steve Willmer (So., Fullerton, Calif.)**, who ran a 26:49.6 to place 13th. **James Eubank (Fr., Astoria, Ore.)**, who missed All-Conference by one place two weeks ago, missed All-Regional by one place again with a 27:40.1 for 36th.

Other Bruins runners with their times and places in the 8K event were **John Mantalas (Sr., Gladstone, Ore.)** (28:08.5, 50th), **Jackson Esselman (So., Bellevue, Idaho)** (28:21.3, 56th), **Bryan Thompson (Jr., Cave Junction, Ore.)** (29:27.1, 81st), and **Scott Oswald (Sr., Portland, Ore.)** (29:29.2, 82nd).

In the women's 5K race, **Jamie McElwain (Jr., Tigard, Ore.)** posted the Bruins' top time, finishing 59th with a 20:32.0. She was followed by **Rebecca Rising (So., Sanger, Calif.)** (20:34.8, 64th), **Kirsten Norgaard (So., Everett, Wash.)** (20:55.3, 72nd), **Laurel Starr (So., Yakima, Wash.)** (21:11.6, 80th), **Shannon St. Lawrence (Sr., Yakima, Wash.)** (21:26.4, 86th), **Elania Lilagan (Fr., Anchorage, Alaska)** (21:29.3, 87th), and **Mimi Van Hooser (Fr., Oxbow, Ore.)** (22:02.4, 93rd).

Dave Davis of Puget Sound, keeping alive his streak of winning every race he has run this fall, posted a top time of 25:33.3 to pace the Loggers to the men's regional championship. UPS won with 75 points, followed by Claremont-Mudd-Scripps and California-San Diego with 83 each, Whittier 118, host Lewis and Clark 123, Willamette 148, Pacific Lutheran 172, **George Fox 180**, Pomona-Pitzer 188, Colorado College 273, California Lutheran 335, Whitworth 360, Whitman 362, Pacific 389, and California State-Hayward 397.

The women's race was won by Carolyn Jones of California-San Diego with a time of 18:02.7. UCSD won the meet with 57 points, followed by Claremont-Mudd-Scripps with 74, Willamette 115,

Colorado College 131, Whitman 138, Pomona-Pitzer 151, Pacific Lutheran 186, Whitworth 192, Redlands 210, Puget Sound 262, Lewis and Clark 292, **George Fox 333**, Pacific 376, and California Lutheran 380.

Puget Sound in the men's division, and California-San Diego and Claremont-Mudd-Scripps in the women's division, plus the top six runners in both division who were not on those three teams, will represent the Western Region in the NCAA Division III National Championship in Oshkosh, Wisc., next Saturday, Nov. 20.

George Fox University

SPORTS PRESS RELEASE – CROSS COUNTRY

Saturday, October 30, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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BRUIN MEN THIRD IN NWC MEET; TWO WIN ALL-CONFERENCE HONORS

ESTACADA, Ore. --- Led by Steve Willmer and Brandon Workman, who finished fourth and sixth respectively, the George Fox University men's team finished second in the Northwest Conference Cross Country Championships Saturday morning (Oct.30) here at McIver State Park.

Willmer ran a 25:56.6 over the 8K course and Workman posted a 26:02.8, and were named First Team All-Conference for finishing in the top seven. The Bruins' John Mantalas ran a 26:44.5 to finish 11th and make Second Team All-NWC, while James Eubank, with a 26:52.8, was 15th and missed All-Conference honors by two seconds.

"We expected Willmer and Workman to carry us, but the races of our 3 and 4 men (Mantalas and Eubank) were what boosted us into second," said veteran George Fox coach Wes Cook. "They came through for us with some good efforts when we needed them the most."

The University of Puget Sound, ranked 13th in the nation in NCAA Division III, captured the team title with 41 points, followed by George Fox with 66, Pacific Lutheran University with 70, Willamette University with 75, Lewis and Clark College with 94, Whitworth College with 190, Whitman College with 214, and Pacific University with 234. Linfield College's score was incomplete. Davis Davis of UPS, who has yet to lose a meet this year, was the individual winner with a time of 24:51.9

Other George Fox men's runners, times, and finishes were Bryan Thompson (27:39.1, 34th), Jackson Esselman (27:43.5, 36th), Michael Owen (28:05.6, 40th), Scott Oswald (28:32.2, 51st), Silas Towne (30:04.5, 67th), and Nick Ryland (30:29.4, 69th).

The George Fox women's team finished fifth in a 5K race. Whitman took the title with 49 points, followed by Whitworth and Willamette with 67 each, Pacific Lutheran with 75, GFU with 167, Puget Sound with 170, Linfield with 182, Lewis and Clark with 196, and Pacific with 233. Individual honors went to Beth Fitzgerald of Willamette, who ran an 18:29.6.

The top time for the Bruins was a 19:40.5 by Jamie McElwain, who finished 19th. Other GFU runners, times, and finishes were Kirsten Norgaard (20:11.3, 31st), Rebecca Rising (20:17.5, 34th), Laurel Starr (20:23.4, 39th), Shannon St. Lawrence (20:28.1, 47th), Mimi Van Hooser (20:31.3, 48th), Elania Lilagan (20:33.1, 50th), Heidi Coley (21:14.2, 65th), Kasey Burk (21:24.7, 68th), and Paige Orton (21:51.6, 74th).

The Bruins will take a week off before participating in the NCAA Division III West Regional Meet on Saturday, Nov. 13, also at McIver State Park.

George Fox University

SPORTS PRESS RELEASE – CROSS COUNTRY

Saturday, October 16, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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WORKMAN WINS WILLAMETTE OPEN

SALEM, Ore. --- Brandon Workman captured his second race of the season as the George Fox University senior finished a second-and-a-half ahead of Pacific Lutheran University's Forrest Griek in the Willamette Cross Country Open men's division Saturday morning here at Bush's Pasture Park.

Workman, who also won the Bear Fete Invitational back on Sept. 18, posted a time of 19:58.20 over the four-mile course to a 19:59.80 by Griek. However, the Lutes finished with 33 points as a team to win the meet, 12 points ahead of runner-up George Fox's 45. They were followed by Willamette with 47 points, Western Oregon with 120, and Pacific with 131.

Other scoring times and finishes by Bruin runners included Steve Willmer (20:22.30, 3rd), John Mantalas (21:11.30, 9th), James Eubank (21:17.10, 13th), and Bryan Thompson (21:47.40, 19th/22nd overall). They were followed closely by Michael Owen (21:51.80), Jackson Esselman (21:55.80), Scott Oswald (21:56.40), and Forrest Towne (22:00.60).

In the women's 4,000-meter run, Willamette finished first with 33 points, followed by Pacific Lutheran with 46, Western Oregon with 62, and George Fox with 83. Nicole Karr, running unattached, won the race with a 13:38.40, while Willamette's Beth Fitzgerald was the top collegiate finisher while ending up second overall with a 14:29.90.

Scoring times and finishes for George Fox included Jamie McElwain (15:23.45, 7th/9th overall), Laurel Starr (15:58.80, 15th/23rd), Shannon St. Lawrence (16:03.00, 18th/26th), Kirsten Norgaard (16:05.30, 20th/28th), and Rebecca Rising (16:10.90, 23rd/33rd). Not far behind them were Katherine Burley (16:16.20) and Elania Lilagan (16:41.10).

Both George Fox teams will take next weekend off from meets before racing in the Northwest Conference Championships on Saturday, Oct. 30, at McIver State Park in Estacada, Ore. Lewis and Clark College will serve as the NWC host.

George Fox University

SPORTS PRESS RELEASE – CROSS COUNTRY

Saturday, September 25, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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GFU WOMEN FARE BETTER THAN MEN IN UW SUNDODGER INVITATIONAL

SEATTLE, Wash. --- Two contingents of George Fox University men finished 12th in both the Open and Invitational portions of the Sundodger Invitational Cross Country Meet here Saturday morning, while the GFU women fared better, finishing 6th in the Women's Open.

The Sundodger Invitational, hosted at Lincoln Park by the University of Washington, featured four races -- men's 8K Open and Invitational, and women's 5K Open and Invitational -- with both major and small college teams, junior colleges, track clubs and unattached runners.

Marisa Merritt and Jamie McElwain shone for the Bruins in the Women's Open, won by Northwest College over the College of Southern Idaho 45-47, finishing 22nd and 23rd overall and 15th and 16th for team scoring with times of 19:40 and 19:41. GFU finished 6th with 161 points, with scoring by Shannon St. Lawrence (59th/41st) at 20:30, Laurel Starr (69th/43rd) at 20:40, Mimi Van Hooser (74th/46th) at 20:47, Shannon Larson (78th/48th) at 20:58, and Amy Weybright (83rd/51st) at 21:04.

In the Men's Invitational, GFU compiled 340 points, well behind the University of Utah's 47. The top time for the Bruins was 26:22 by Brandon Workman, who finished 41st overall and 37th in scoring position. He was followed by Steve Willmer (62nd/55th) at 27:04, John Mantalas (73rd/66th) at 27:23, Bryan Thompson (97th/89th) at 28:11, Scott Oswald (101st/93rd) at 28:44, Forrest Towne (102nd/94th) at 28:57, and Michael Owen (104th/96th) at 30:05.

In the Men's Open, GFU totaled 314 points, while Southern Idaho won the race with 21 points. Scoring for the Bruins were Jackson Esselman (82nd/51st) at 29:12, Kevin Ball (85th/54th) at 29:22, Silas Towne (100th/63rd) at 30:09, Phil Jess (125th/71st) at 31:50, Nick Ryland (130th/75th) at 32:42, and Nathan Paisley (132nd/76th).

Sundodger Invitational Team Results – Sept.25, 1999 – Seattle, Washington

Women's Invitational 5K: Washington 28, Idaho 107, Texas Tech 107, Texas A&M 109, Washington State 138, UNLV 178, Eastern Washington 180, Simon Fraser 181, Utah 237, Seattle Pacific 267, Pacific (Calif.) 383.

Women's Open 5K: Northwest 45, Southern Idaho 47, Victoria 72, Central Washington 75, Western Washington 126, **George Fox 161**, Seattle Pacific 215, Puget Sound 245, St. Martin's 263, Alaska-Fairbanks 300, Pacific (Ore.) 336.

Men's Invitational 8K: Utah 47, Texas A&M 95, Washington 108, Washington State 118, Club Northwest 159, Texas Tech 163, Puget Sound 208, Kajaks Track Club 213, Simon Fraser 236, Idaho 260, Eastern Washington 277, **George Fox 340**, Western Washington 342.

Men's Open 8K: Southern Idaho 21, Alaska-Anchorage 56, Victoria 81, Central Washington 107, Western Washington 144, Seattle Pacific 152, Idaho 184, Alaska-Fairbanks 275, St. Martin's 283, Highline CC 292, Pacific (Ore.) 297, **George Fox 314**, Puget Sound 352.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE – CROSS COUNTRY

Wednesday, September 18, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.ed

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GEORGE FOX RUNS SECOND IN OWN “BEAR FETE” INVITATIONAL

NEWBERG, Ore. — Despite having the top two finishers in the men’s 4M race, the George Fox University Bruins finished second by a single point, 28-29, to the Willamette University Bearcats in the 11th annual Bear Fete Invitational Cross Country Meet Saturday morning here at Champoege State Park.

In the women’s 4K race, Willamette took the top three spots to finish well ahead of GFU, 19-40.

GFU’s Brandon Workman ran the four-mile distance in 21:19.8, finishing six seconds ahead of teammate Steve Willmer’s 21:25.6. The Bruins also got a 5th-place finish out of John Mantalas (21:59.1), 10th from Bryan Thompson (22:29.3), 11th from James Eubank (22:35.4), 13th from Scott Oswald (22:36.7), and 14th from Forrest Towne (22:52.0).

Willamette was led by Stephen Cruise in 3rd (21:29.6) and Mat Hunnicutt in 4th (21:44.7), followed by Anthony Hager in 6th (22:07.0), Joey Janota in 7th (22:13.0), Zach Meyers in 8th (22:17.0), Taylor Groth in 9th (22:26.2), and Shawn Bagley in 12th (22:35.8). Linfield College, which did not field a complete team, had Luke Anderson 24th overall (23:43.6) for its top score.

Beth Fitzgerald of Willamette captured the women’s 4K race with a time of 15:06.9, well ahead of runner-up Susan Hyde of Linfield’s 15:48.5. (Linfield did not field a complete women’s team, either, so their times did not count for team-scoring purposes.) Other counting runners for Willamette were Tonya Sanders (2nd at 15:52.0), Lisa Starkey (3rd at 16:00.9), Lisa Pohlit (5th at 16:31.7), Lauren Ris (8th at 16:48.8), Sara Brown (9th at 16:51.8), and Jami Mickelson (10th at 16:53.5).

For George Fox, Jamie McElwain led the way, finishing 4th at 16:14.9, followed by Rebecca Rising (6th at 16:39.7), Shannon St. Lawrence (7th at 16:45.6), Laurel Starr (11th at 16:53.7), Elania Liligan (12th at 17:02.7), Mimi Van Hooser (13th at 17:03.8), and Katherine Burley (14th at 17:10.1).

This year’s “Bear Fete” also featured a number of parents of current team members, and George Fox alumni invited back by veteran coach Wes Cook to run in the race, meet the current track team, and enjoy a post-race barbeque picnic lunch. Said Cook, “This is the first time we’ve invited cross country alums back, and it’s something I’ve been wanting to do to keep our graduates associated with the program, and to give our newcomers some sense of the history of George Fox athletics, particularly cross country.”

Parents from as faraway as Sun Valley, Idaho, and graduates from down in California were present to enjoy the day at the park.

Bear Fete 99 (11th)
Men's 4 Mile

Champoeg State Park
Division: Men

Sept. 18, 1999
Event # 2

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

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
3	2	Stephen Cruise	3	3	21:29.6	Name: Willamette University
4	8	Mat Hunnicutt	3	4	21:44.7	Place: 1
7	6	Anthony Hager	3	6	22:07.0	Score: 28
8	9	Joey Janota	1	7	22:13.0	
9	10	Zach Meyers	3	8	22:17.0	Time: 1:49:51.3
10	4	Taylor Groth	3	9	22:26.2	
15	1	Shawn Bagley	3	12	22:35.8	
17	5	Nathan Gushwa	3		22:37.6	
18	3	Andy Forster	3		22:41.4	
23	11	James Perry	3		23:36.0	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
1	63	Brandon Workman	4	1	21:19.8	Name: George Fox University
2	62	Steve Willmer	1	2	21:25.6	Place: 2
6	54	John Mantalas	4	5	21:59.1	Score: 29
12	59	Bryan Thompson	3	10	22:29.3	
14	51	James Eubank	1	11	22:35.4	Time: 1:49:49.2
16	55	Scott Oswald	4	13	22:36.7	
19	60	Forrest Towne	2	14	22:52.0	
20	56	Michael Owen	1		22:52.5	
21	71	Jackson Esselman	2		22:58.2	
22	50	Kevin Ball	4		23:07.4	
27	61	Silas Towne	1		24:30.2	
31	53	Phil Jess	4		25:08.8	
34	58	Nick Ryland	1		26:44.5	
38	52	Matt Gerber	1		32:16.2	

Bear Fete 99 (11th)
Men's 4 Mile

Champoeg State Park
Division: Men

Sept. 18, 1999
Event # 2

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

----- Clerk of the Course™ (c)1993 Tournament Specialists -----									
Place	Affiliation	Total	1	2	3	4	5	(6	7)
1	Willamette University	28 =	3	4	6	7	8	9	12
2	George Fox University	29 =	1	2	5	10	11	13	14

Bear Fete 99 (11th)
Women's 4000 Meters

Champoeg State Park
Division: Women

Sept. 18, 1999
Event # 1

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

----- Clerk of the Course™ (c)1993 Tournament Specialists -----									
Place	Affiliation	Total	1	2	3	4	5	(6	7)
1	Willamette University	19 =	1	2	3	5	8	9	10
2	George Fox University	40 =	4	6	7	11	12	13	14

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

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
1	18	Beth Fitzgerald	4	1	15:06.9	Name: Willamette University
4	30	Tonya Sanders	4	2	15:52.0	Place: 1
7	33	Lisa Starkey	3	3	16:00.9	Score: 19
9	27	Lisa Pohlit	1	5	16:31.7	
15	28	Lauren Ris	2	8	16:48.8	Time: 1:20:20.3
16	15	Sara Brown	2	9	16:51.8	
17	25	Jami Mickelson	3	10	16:53.5	
19	20	Jasmin Hanson	1		16:56.5	
20	31	Sara Schaefer	1		16:57.9	
24	32	Courtney Smith			17:20.1	
25	19	Kim Hammonds	1		17:26.6	
26	24	Carmela Lieras	2		17:32.2	
27	29	Rachael Ronningen	3		17:36.8	
35	23	Andrea Kunder	2		18:34.8	

----- Clerk of the Course™ (c)1993 Tournament Specialists -----						
Pos	Entrant #	Name	GR	Score	Time	Team Data
8	69	Jamie McElwain	3	4	16:14.9	Name: George Fox University
11	75	Rebecca Rising	2	6	16:39.7	Place: 2
13	76	Shannon St. Lawrence	4	7	16:45.6	Score: 40
18	77	Laurel Starr	2	11	16:53.7	
21	67	Elania Lilagan	1	12	17:02.7	Time: 1:23:36.6
22	78	Mimi VanHooser	1	13	17:03.8	
23	64	Katherine Burley	1	14	17:10.1	
29	66	Heidi Coley	1		17:46.1	
30	68	Shannon Larson	1		17:58.3	
31	65	Kasey Burk	4		18:00.0	
32	73	Rosie Ofstie	2		18:02.9	
33	70	Melissa McKenzie	1		18:24.3	

GEORGE FOX CROSS COUNTRY

THIS WEEK:

Sept. 11 – at Lewis & Clark Invitational, McIver State Park, Estacada, Ore., 10:00 am

LAST WEEK:

Sept. 4 – at Inland Empire Classic, Foreset Service Nursery, Couer d'Alene, Ida.

(Men – 4th of 8 /// Women – 7th of 8)

WORKMAN'S THIRD-PLACE FINISH TOPS XC PERFORMANCES IN IDAHO

COUER D'ALENE, Idaho --- Brandon Workman (Sr., Pullman, Wash.) ran a 19:12 over a 6,000-meter course to finish third in the men's division, topping all George Fox University performances as the 1999 Bruins' cross country season got under way here at the Inland Empire Classic on Saturday, Sept. 4.

Workman's time, which was only 12 seconds behind pacesetter Alexander Tomas of host North Idaho Community College, helped the Bruins finish fourth in the eight-team meet with 82 points. NICC won with 53 points, followed by Spokane Community College with 64, Washington State University with 64, GFU, the University of Idaho with 86, Gonzaga with 165, Whitworth College with 190, and Whitman College with 235.

Other George Fox men who finished in the Top 25 were **John Mantalas (Sr., Portland, Ore.)** with a time of 19:48, and **Bryan Thompson (Jr., Cave Junction, Ore.)** at 20:15.

In the women's division, a 4,000-meter race, the Bruins finished seventh with 144 points. Idaho claimed the women's crown with 19 points, followed by WSU with 44, Whitman with 97, Whitworth with 106, NICC with 121, Gonzaga with 141, GFU, and Spokane CC's score was incomplete.

For the Bruin women, **Marisa Merritt (Jr., Portland, Ore.)** posted the best time of 15:44 to finish 14th behind winner Zsanett Teveli of Idaho, while **Jamie McElwain (Jr., Tigard, Ore.)** placed 25th with a 16:12 mark.

The Bruin cross country teams, under the leadership of veteran mentor Wes Cook, are back in action this Saturday, Sept. 11, at the Lewis and Clark Invitational, which begins at 10:00 a.m. at McIver State Park in Estacada, Ore.

The Bruins' first home race is Sept. 18, the Bear Fete Invitational at 10:30 a.m. at Champoege State Park.