

1980

1980 Media Guide

George Fox University Archives

Follow this and additional works at: https://digitalcommons.georgefox.edu/athletics_mentrack

Recommended Citation

George Fox University Archives, "1980 Media Guide" (1980). *Men's Track and Field*. 68.
https://digitalcommons.georgefox.edu/athletics_mentrack/68

This Media Guide is brought to you for free and open access by the George Fox University Athletics at Digital Commons @ George Fox University. It has been accepted for inclusion in Men's Track and Field by an authorized administrator of Digital Commons @ George Fox University. For more information, please contact arolfe@georgefox.edu.



GEORGE FOX COLLEGE TRACK SCHEDULE SPRING 1980

JANUARY

- 26 Portland Indoor
10:30 a.m. & 5:00 p.m. Portland

FEBRUARY

- 23 Trails End Marathon, 5:00 p.m. Seaside

MARCH

- 1 Linfield Icebreaker
Invitational, 1:00 p.m. McMinnville
8 Oregon Small College
Relay, 1:00 p.m. Salem
15 Willamette (co-ed)
Newberg, 1:00 p.m. Newberg
29 University of Puget Sound
(co-ed), 1:00 p.m. Newberg
31 Willamette Decathlon, 12 noon Salem

APRIL

- 1 Willamette Decathlon, 12 noon Salem
5 Eastern Oregon State
Invitational La Grande
12 Oregon State—
U of Portland, 12:30 p.m. Corvallis
19 Lewis and Clark
(co-ed), 1:00 p.m. Newberg
21, 22 NAIA District II Decathlon
Championships, 12:30 p.m. Portland
26 Linfield &
Eastern Oregon State, 1:00 p.m. . . . Newberg

MAY

- 2 University of Portland
Twilight, 4:00 p.m. Portland
9, 10 NAIA District II Championships
Friday, 1:30 p.m.
Saturday, 11:30 a.m. McMinnville
22 NAIA National
Championships Abilene, Texas

George Fox College BRUINS



1980 Track Media Guide

FINGERTIP FACTS

College Location	Newberg, Ore. (10,000 pop.)
Founded	189
Denomination Affiliation	Friends (Quaker)
Enrollment	734
College President	Dr. David Le Shana
Athletic Director	Sam Willard
Track and Cross-Country Coach	Rich Allen
Sports Information Director	Barry Hubbell

HOW TO REACH US

(College Switchboard 503/538-8383)

Track/Cross-Country Coach Rich Allen	ext. 252
	Home 538-9875
Basketball Coach Sam Willard	ext. 250
	Home 538-8008
Baseball Coach Larry LaBounty	ext. 254
	Home 538-4153
Soccer Coach Rob Armstrong	ext. 249
	Home 639-4674
Women's Basketball/Hockey Coach Jan Barlow	ext. 253
	Home 538-6493
Women's Volleyball Coach Marge Weesner	ext. 251
	Home 538-4358
Women's Track Coach Randy Winston	ext. 249
	Home 538-3798
Women's Tennis Coach Phil Barnhart	ext. 249
	Home 538-2987
Sports Information Director Barry Hubbell	ext. 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. 250.

George Fox College

NEWBERG, OREGON 97132

HOW IT LOOKS FOR 1980

A year ago George Fox College literally ran away with the NAIA District 2 track title, with the Bruins claiming the title by the largest margin ever.

The GFC squad rolled up 201½ points, besting their nearest competitor by 79½. The Bruins took first in 9 of 23 events after not losing to a district opponent all season.

With that background Coach Rich Allen says he doesn't intend to ease off in the district battle this year.

"We've been at the top and we certainly will not attempt anything less," says Allen, GFC track boss for 10 years.

"We have an ability to compete and are demonstrating that early," he says. "We expect to compete at the highest level."

When he says the Bruins are demonstrating early, he has proof. In a preseason tuneup at the Linfield Icebreaker the Bruins qualified 15 men in 13 events for the district championships in late May.

Allen says he doesn't expect a runaway as last year for the track title, but he's still confident of the Bruins' chances for a repeat title.

"We have some good kids; we graduated some really fine seniors and the new ones will have to come through, but I expect them all to do well," he says.

There will be some changes for the Bruins, who finished second in the district twice in a row before earning the crown last spring. The Bruins have lost some sprint strength via the graduation of Gregg Griffin, district champion for three straight years in the 100 and 200. And missing also will be national steeplechase champion Steve Blikstad.

But that's not despair for Allen. "We'll be better in the pole vault, javelin, long jump, and as good or better in the hurdles," Allen predicts.

And he's not looking down in the sprints, either. "We just have a lack of proven sprinters," he says, with the emphasis on the proven.

Some of the Bruins' hope is in junior Wendell Otto, who last spring was eighth in the nation in the 1,500 meters and is expected to come back even stronger. "I think he can run there [NAIA Nationals] and really produce."

Allen begins his 1980 track campaigning with a record 27 athletes.



THE BRUINS—AS INDIVIDUALS

MONTE ANDERS

Coholder of the GFC 1,600-meter relay record at 3:18.8, Anders helped the Bruins to first in the district last spring in the event and also to a first finish in the 440 relay at 41.6. He was second in the district in the 400 at 49.0. Born 3-28-56. A religion major.

ALLEN ADDS: "I expect a really fine year; he's running stronger and he has a demonstrated leadership . . ."



JIM BRIGHT

A transfer from Umpqua Community where he earned All-Conference honors, Bright was second in the conference in the 10,000 (32:51) and steeple (9:39) as a freshman. Also a cross-country competitor. Born 7-27-59. A PE major.

ALLEN ADDS: "Jim doesn't really realize how talented he is; when he realizes it and feels more confident he could be one of the best in the district . . ."



TONY CARSON

A javelin thrower for four years in high school, Carson had a best of 186-10, but injuries the last two years before state competition interfered with full competition. Has triple jumped 41-0 and long jumped 20-6. Born 10-25-60. A PE major.

ALLEN ADDS: "Tony has a lot of athletic ability and we're working on techniques . . ."



SCOTT CELLEY

A cross-country runner, Celley was fourth in the district last fall, an All-District designation, running in the NAIA nationals. Last spring he was fifth in the district in the 1,500 at 3:57.8, fifth in the steeplechase at 9:26.8. He has the best of 15:27.6 in the 5,000 and 32:23.2 in the 10,000. Last year's Most Inspirational Player. Born 9-4-60. A business-economics sociology-history major.

ALLEN ADDS: "Scott is a fine competitor and one of our strengths . . ."



ROBERT CLOUD

A freshman, Cloud comes to the Bruins with state finishes in jumping and sprint events. He was third in Oregon AA competition in the long jump at 22-4. He was fourth in the 100 at 11.1 and fifth in the 200 at 22.6. Born 9-1-61. A liberal arts major.

ALLEN ADDS: "I'm looking for good things from Robert; he comes with good marks and good ability and is improving all the time . . ."



JOHN COLE

The district champion for Canby High in 1978, Cole had a 1:58 clocking in the 800 meters. He also helped his team to the district title in the 400 relay. He has a 4:07.7 clocking in the 1,500 meters, a 9:16 in the 3,000 meters, and was a four-year cross-country letterman. Born 3-16-61. A business major.

ALLEN ADDS: "A stress fracture kept him out of cross-country for us, but he's progressing well, and if he gets in good condition I expect him to do very well . . ."



STEVE CURTIS

One of the best hammer throwers in the district, Curtis was third last spring in the event at 141-2, behind two seniors who have graduated. He also has a 134-10 in the discus, and is at 41-3 in the shot. Born 7-28-59. A PE major.

ALLEN ADDS: "He's one of the best in the district in the hammer and is stronger this year with his technique continuing to improve; he's working hard on the shot . . ."



RICK FRISK

One of the outstanding newcomers, Frisk was the Washington State A champion in both the 180 low hurdles (20.2) and 120 high hurdles (15.0). He also has a 10.4 time in the 100 and has long jumped 21-3 1/2. He was his school's MVP in track and last spring was named Male Athlete of the Year. Born 6-10-61. A business major.

ALLEN ADDS: "He's strong; has great tenacity; is very competitive and will contribute to this team . . ."



BRENT HEYDEL

A pole vaulter, Heydel has a 12-6 best, which earned him a seventh place in his high school district last spring. Born 5-5-61. A business major.

ALLEN ADDS: "He's way ahead of where he was last year and should develop into a good vaulter; we're working on his techniques and he's a hard worker who will do well . . ."



LARRY HOLBROOK

With a best of 190-7 in the javelin, Holbrook will compete exclusively in that event for the Bruins. He's only been throwing 1 1/2 years. Born 9-11-61. A biology major.

ALLEN ADDS: "I expect Larry to make up part of a good javelin crew; he'll be a factor to be reckoned with . . ."



CHARLIE KEERAN

With a lifetime best of 167-8 in the discus, Keeran holds the GFC record in the event at 154-11. He missed first in NAIA District 2 last spring by just one inch. In 1978 he was third in the National Junior College Athletic Association with a 164 toss. A transfer a year ago from Lane Community. Born 8-8-58. A PE (Athletic Training) major.

ALLEN ADDS: "He's one of the best around and may also help us in the shot. He's spending a lot of time in the weight room and is getting even stronger"

ROGER MILLER

A potential helper in the discus and shot, Miller had high school bests of 145 in the discus and 41 in the shot. Born 10-2-61. A religion major.

ALLEN ADDS: "A kind of a comer; not great high school marks, but not bad either; has a natural strength and quickness; when his strength is channeled to techniques he'll help us"

BRUCE OBERST

The Bruins' number one vaulter, Oberst was at 13-6 last spring, but had a 14-0 mark in high school. His 11-6 was fourth in the district last year. He's also the team's top decathlon prospect with a 50.8 in the 400, a 172-foot javelin throw, a 55.3 clocking in the 400 hurdles and a 4:15 timing in the 1,500. A team cocaptain. Born 12-16-57. A music/PE major.

ALLEN ADDS: "I expect Bruce to continue to improve; staying healthy is a problem; he's assuming a leadership role for us"

TIM OLDS

Sixth in the district last spring in the 800, Olds has a best of 1:57.3 in the event. He comes from a strong high school background, leading in his district and placing in state in both 400 and 800 runs. Last year was "plagued" with accidents and incidents to keep him from his peak. He was named the cross-country team's Most Inspirational last fall. Born 4-20-60. A liberal arts major.

ALLEN ADDS: "Tim has loads of ability and a lot of speed, and we'll try to extract that from him"



WENDELL OTTO

Probably the Bruins' best hope at national recognition, Otto already has experience at that level of competition. Otto is reigning District 2 champion in both the 800 and 1,500, where he has best times of 1:52.7 and 3:49.7 respectively, both GFC records. The 1,500 timing is equivalent to the District record. The versatile athlete also can triple jump 45 feet and high jump 6-4 and has clocked the 440 in 50.2. But he'll not be in the decathlon in order to concentrate on running. He's also a three-year cross-country runner. Born 10-17-59. A PE major.

ALLEN ADDS: "He may be one of the most gifted athletes in ability that we've ever had; I expect him to represent us well"

KEITH PEARSON

Action for Pearson will be in the 800 and 1,500 distances. Although not new to campus, it'll be his first collegiate competition. He has high school times of 4:24.0 in the mile and 1:56.9 in the 880, bringing State A championship titles in both. Born 6-18-58. A secondary education major.

ALLEN ADDS: "Because he's not competed for such a while, we're still experimenting to see what's his best"

BOB QUIRING

The holder of the GFC high jump record at 6-7 (set last year), Quiring also led the team in the long jump at 21-9. But in both cases he has greater personal bests—23 in the long jump and 6-9¼ in the high jump, both set in high school competition. He's also a high hurdler with a college best of 15.3. Although he did not produce marks as high last year, he was more consistent. Born 2-20-60. A liberal arts major.

ALLEN ADDS: "Bob's a very gifted athlete and I feel one of the best jumpers in the district"

KELLY REYNOLDS

The javelin and shot will be the events for Reynolds, who joins older brother Mark with the Bruins. Kelly brings a 199-6 javelin best from high school and now is learning the techniques of the shot. Born 9-20-61. A psychology major.

ALLEN ADDS: "Kelly is getting bigger and stronger and doing very well; he has a real enthusiasm that pumps everybody up"



MARK REYNOLDS

One of the best sprint men in the district, Reynolds holds the GFC 110 high hurdles record at 14.5 and shares in the 400 relay record (41.3). He comes from a strong high school background where he had a 14.0 time in the high hurdles, second in state AAA competition. Born 11-8-59. A PE (Athletic Training) major.

ALLEN ADDS: "We may use Mark more this year in the sprints than before, although the intermediate hurdles are potentially his best event"



TIM ROCHHOLZ

A distance runner, Rochholz is one of the team's cocaptains. Last year he was third in the district marathon (2:34), fourth in the 10,000 meters (31:43) and seventh in the 5,000 (15:03). He'll see action in the 1,500 and up. Also a cross-country runner. Born 4-12-57. A PE/Health/Teaching major.

ALLEN ADDS: "Tim's a leader of the team, a hard worker and I expect he'll finish higher than last year"



TIM SHERMAN

With best times of 11.1 in the 100 meters and 22.5 in the 200, Sherman will see action in those distances and also the short relay. A two-sport man, he also was captain of the Bruin soccer squad. Is recovering from leg problems. Born 12-5-57. A PE major.

ALLEN ADDS: "Tim has a natural quickness; he's improved every year and I expect he will continue to do so this year"



NOLAN SMITH

Although he won't be giving up triple jump competition, where he has a best of 43-0, Smith will this year be trying the hammer as well. But it will be the 10,000 walk for which Smith will be long remembered. Last year, with less than a week of practice and in his first walk ever, he finished third in the district—on sheer determination. Born 12-30-59. A liberal arts major.

ALLEN ADDS: "He's one of the finest athletes around—remember the walk—and he gives it everything"



STEVE STUART

Back for his senior year, Stuart shares in the GFC 1,600 meter relay record at 3:18.8. He'll run that again, as well as the 800 to 5,000 distances. A four-year cross-country runner, he was the Bruin captain last fall. Born 6-13-57. An interdisciplinary major.

ALLEN ADDS: "Steve has good speed and is regaining the confidence he formerly had and I expect him to be a solid runner this spring"



DUANE SWAFFORD

A speedy hurdler, Swafford was third in the district last spring at 14.7 in the high hurdles, and fifth in the intermediate hurdles at 54.2, leading the team in the event. He also has high jumped 6-1 and will add back-up support there. Born 1-28-58. A PE/Christian Ministries major.

ALLEN ADDS: "Duane is picking up where he left off last year; maturity has added much to his ability and I expect him to place high in both hurdles in the district"



TOM VAN WINKLE

A runner and jumper, Van Winkle will do both for the Bruins. He helped GFC to the 1,600 meter relay title last spring, and to a new school record. He has a best of 1:57.5 in the 800. In high school he long jumped 21-1 and triple jumped 43, but physical problems hampered him last spring. Born 1-25-60. A Math Education major.

ALLEN ADDS: "A tough-luck kid last year, but running well now; he can do a lot of different things and we will allow him to do so"



DAVE WILKINSON

The best triple jumper on the team last year at 44-6, Wilkinson is back in that event exclusively. His 44-10 effort was ninth in Oregon AAA competition two years ago. The sophomore class president at GFC. Born 2-22-60. A liberal arts major.

ALLEN ADDS: "Dave is a real leader and helps us in that respect as well as physically"



JACK WINTER

A distance runner, Winter specializes in the 5,000 and 10,000 distances. A transfer from Umpqua Community, he's also a cross-country runner. Born 6-1-54. A PE teaching major.

ALLEN ADDS: "Jack will give us depth in the distances"



GEORGE FOX COLLEGE 1980 TRACK ROSTER



Standing: Coach Rich Allen, Tom Van Winkle, Scott Celley, Bruce Oberst, Steve Curtis, Charlie Keeran, Nolan Smith, Tim Rochholz, Kelly Reynolds, Wendell Otto, Jim Bright, Duane Swafford, Keith Pearson, Rick Frisk, Brent Heydal, Robert Cloud, Larry Holbrook, Dave Wilkinson
 Kneeling: John Cole, Tim Sherman, Mark Reynolds, Tony Carson, Roger Miller, Monte Anders, Tim Olds, Jack Winter, Bob Quiring

Name	Ht.	Wt.	Yr.	Hometown	Event	Name	Ht.	Wt.	Yr.	Hometown	Event
Monte Anders	5-9	165	Sr.	Boise, Idaho	Relays; 200 m to 800 m	Wendell Otto	5-10	140	Jr.	Portland, Ore.	800 to 5,000 m; 1,600 m Relay
Jim Bright	6-1	150	Jr.	Roseburg, Ore.	1,500 m up	Keith Pearson	6-0	145	Jr.	Santa Ana, Calif.	800 m; 1,500 m
Tony Carson	5-11	165	Fr.	Madras, Ore.	Javelin; Long & Triple Jump	Bob Quiring	5-9	145	So.	Rickreall, Ore.	High Jump; Long Jump; High Hurdles
Scott Celley	6-1	150	So.	Canby, Ore.	1,500 m up	Kelly Reynolds	6-0	185	Fr.	Newberg, Ore.	Javelin, Shot
Robert Cloud	5-11	160	Fr.	Madras, Ore.	400 m Relay; 100 m; 200 m; Long Jump	Mark Reynolds	5-9	160	Jr.	Newberg, Ore.	100 m; 200 m; Inter. Hurdles; 400 m Relay
John Cole	5-9	130	Fr.	Canby, Ore.	800; 1,500 m; 5,000 m; Steeplechase	Tim Rochholz	5-11	140	Sr.	Wichita, Kans.	1,500 m up
Steve Curtis	6-5	214	So.	Monmouth, Ore.	Hammer; Discus; Shot	Tim Sherman	5-7	140	Jr.	San Jose, Calif.	100 m; 200 m; Short Relay
Rick Frisk	6-0	165	Fr.	Entiat, Wash.	Hurdles; Relays	Nolan Smith	6-2	185	So.	Battle Ground, Wash.	Hammer; Triple Jump
Brent Heydel	6-1	170	Fr.	Milwaukie, Ore.	Pole Vault; High Jump	Steve Stuart	5-8	130	Sr.	Eugene, Ore.	800 to 5,000 m; Long Relay
Larry Holbrook	6-2	200	Fr.	Eugene, Ore.	Javelin	Duane Swafford	6-1	155	Sr.	Springfield, Ore.	High & Inter. Hurdles; High Jump
Charlie Keeran	6-0	190	So.	Cottage Grove, Ore.	Discus; Shot	Tom Van Winkle	5-9	142	So.	Gladstone, Ore.	400 m; 800 m; Long Jump; Triple Jump
Roger Miller	5-10	180	Fr.	Lebanon, Ore.	Hammer; Discus; Shot	Dave Wilkinson	5-10	155	So.	Lebanon, Ore.	Triple Jump
Bruce Oberst	6-1	175	Sr.	Roseburg, Ore.	Pole Vault; Decathlon	Jack Winter	5-7	125	So.	Canyonville, Ore.	5,000 m; 10,000 m
Tim Olds	5-10	155	So.	Salem, Ore.	400 m; 800 m; Relays						

COACH RICH ALLEN

Rich Allen, 1979 NAIA District 2 Track Coach of the Year, is in his 13th season with the Bruins, and it's been an era of success for George Fox College.

From his start in the 1970 season Allen has built up a track program that rivals the best among Northwest small colleges. In his career at George Fox, Allen has produced 16 national competitors in track on the NAIA national level—6 who have won national All-American designation. Two of his thinclads have been named District 2 Athlete of the Year.

And it's more than just individuals that Allen has guided. The George Fox track TEAM last year was the district champion—by the largest margin ever. The Bruins, with 201½ points, bested the second-place finisher by 79½ points. It was a meet and domination that had sportswriters grasping for superlatives for the Bruins. George Fox finished 15th in the nation in the nationals. In the two previous years the Bruins were close runners-up for the district crown.

Allen himself has won honors. In 1978 he was named NAIA District 2 Coach of the Year; the same year he also was named cross-country Coach of the Year and track Coach of the Year.

Allen, associate professor of physical education, has been just as successful with cross-country as track. In 1977 his Bruins won the District 2 title with six men running in the national competition. The last two years the Bruins have been third in the district.

In his GFC career Allen served seven seasons as assistant basketball coach, helping Lorin Miller establish the Bruins as a strong Northwest contender in that sport—going to the district playoffs six of those seven years.

A 1960 graduate of Seattle Pacific, Allen, 40, began his teaching and coaching in Seattle public schools, where he stayed two years before being named athletic director and head football and basketball coach at Salem (Ore.) Academy. He also was track coach during his five-year span and at the same time found time to earn a master's degree from the University of Oregon, received in 1968.

Allen and his wife Flora, a member of the George Fox home economics faculty, are members of the Newberg Free Methodist Church. They have two sons, Mike 15 and Gregg 14.



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 8,300 members in 57 churches in Oregon, Washington, and Idaho.

Today the 60-acre rural, tree-shaded campus a half-hour drive from Portland is undergoing a major expansion with seven new buildings completed in the last three years with total investment of more than \$6.5 million. The new facilities include a \$2.6 million sports complex, an \$800,000 academic building, two new residence halls in a \$1.25 million project, a \$1.3 million fine arts/religion center, a \$170,000 television center, and a \$520,000 dining commons/student center expansion. A new \$100,000 all-weather track was completed this fall. A new athletic field complex, including baseball field, two softball fields, hockey field, and archery range, is being readied to open for first use this spring.

College enrollment is at a record 734. The college has grown for eight consecutive years, increasing by two-thirds in that span.

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 17/1, with nearly 60 percent of faculty members having doctorates.

George Fox students come from 24 states and 4 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.

NAIA DISTRICT 2

George Fox College men's athletic teams compete in District 2 of the National Association of Intercollegiate Athletics (NAIA). Eighteen teams currently make up the district, all but six within the state of Oregon. They include the four members of the Northwest Conference, four members of the Evergreen Conference, and 10 independent schools, including George Fox.

Members of NAIA District 2 are Brigham Young—Hawaii, Chaminade University, College of Idaho, Concordia College, Eastern Oregon State, George Fox, Hawaii Pacific College, Lewis and Clark, Linfield, Northwest Nazarene, Oregon College of Education, Oregon Institute of Technology, Pacific, Southern Oregon, University of Hawaii—Hilo, Warner Pacific, Western Baptist, and Willamette.

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, soccer, and cross-country.

George Fox College competes as an independent on the varsity level. Its schedules are coordinated with both the Evergreen Conference and 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.

Women students compete in field hockey, volleyball, cross-country, basketball, tennis, track, and softball. The college is a member of the Women's Conference of Independent Colleges and the Northwest College Women's Sports Association.

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

Athletic facilities include the new Coleman H. Wheeler Center for Sports and Physical Education; Colcord Field, which includes a football/soccer field and new all-weather rubberized track; and tennis courts. A new athletic field complex containing baseball diamond, two softball fields, hockey field, and archery range is under construction, to be completed this school year.

Wheeler Center, completed in 1977 in a \$2.6 million project, includes the James and Lila Miller Gymnasium with three basketball courts and seating for up to 2,700; 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 continued 85 years later. "Bruin Junior," a replica, under a set of guidelines passed down for years, was 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.

THIS IS WHERE MEETS ARE HELD

George Fox College this year initiates a brand-new \$100,000 all-weather track facility.

The construction project, completed over a nine-month 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 last spring 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." Existing pole vault, high jump and long jump areas, with rubberized surfaces previously, have not been changed.

The track project nearly completes a total sports/athletic project started in 1976 and costing more than \$2.5 million. The Coleman Wheeler Sports Center adjacent to the track was opened in 1977. And also being completed this year is a new athletic field complex of two softball diamonds, baseball field, hockey field and archery range.

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.

BRUIN 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	1979
10,000 m	*30:22.8	Steve Blikstad	1977
3,000 m Steeplechase	8:49.8	Steve Blikstad	1979
110 m High Hurdles	14-5	Mark Reynolds	1978
400 m Inter. Hurdles	2-34	Chad Neeley	1978
Long Jump	23-2¾	Amadu Koroma	1978
	23-9w	Amadu Koroma	1978
Triple Jump	48-5	Mark Halland	1972
High Jump	6-7	Bob Quiring	1979
Pole Vault	15-8	Dave McDonald	1969,
			1971
Shot	55-3	Bob Hadlock	1968
Discus	154-11	Charlie Keeran	1979
Javelin	230-6	Eb Buck	1975
Hammer	170-3	Allan Morrow	1979
Decathlon	7,054	Eb Buck	1975
Marathon	2:25.19	Curt Ankeny	1973
400 m Relay	41.3	Amadu Koroma	1978
		Chad Neeley	
		Mark Reynolds	
		Gregg Griffin	
1600 m Relay	3:18.8	Steve Stuart	1979
		Tom VanWinkle	
		Werner Seibert	
		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	

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	381-7	Allan Morrow	1979
		Steve Curtis	
		Rob King	

* Converted from yards

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)

NAIA DISTRICT 2 RECORDS

Event	Mark	Name, College	Year
100 m	10.5	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,	1972
		Oregon College of Education	
1,500 m	3:49.7	Steve Hills,	1975
		Northwest Nazarene	
Steeplechase	8:53.9	Kelly Jensen,	1978
		Southern Oregon	
5,000 m	14:37.4	Kelly Jensen,	1978
		Southern Oregon	
10,000 m	30:53.2	Dave Molstad, George Fox	1978
10 k walk	48:35.5	Sam Shick, Lewis & Clark	1979
High Hurdles	14.0	Rick Fergesen, Lewis & Clark	1977
400 m Intermediate Hurdles	52.1	Tim Gilbert,	1978
		Northwest Nazarene	
Shot Put	56-5½	Ken Patera, Portland State	1963
Javelin	249-6	Tony Grant, Oregon Tech.	1972
Discus	170-11	Harland Yriate,	1969
		Southern Oregon	
Hammer			
Throw	168-11	Scott Burkhardt,	1975
		Lewis & Clark	
Pole Vault	15-7	Dave McDonald, George Fox	1969
High Jump	6-8¾	Tim Wright, Lewis & Clark	1970
Long Jump	23-11½	Karl Koenig,	1978
		Oregon College of Education	
Triple Jump	48-10¼	Randy Jones, Pacific	1979
Decathlon	7,154	Mark Burt, Pacific	1976
440 yard relay	41.7	Gary Smith, Linfield	1976
		Randy Carter	
		Keith Lazell	
		Gerald King	
Mile Relay	3:14.8	Keith Lazell, Linfield	1974
		Stew Minors	
		Randy Carter	
		Carl Shaw	



1979 SEASON'S BESTS

100 m	10.4	Gregg Griffin
200 m	21.2	Gregg Griffin
400 m	48.1	Werner Seibert
800 m	1:52.7	Wendell Otto
1,500 m	3:49.7	Wendell Otto
5,000 m	14:22.4	Steve Blikstad
10,000 m	31:28.6	Dave Molstad
Steeplechase	8:49.8	Steve Blikstad
110 m High Hurdles	14.7	Mark Reynolds
400 m Intermediate Hurdles	54.7	Duane Swafford
400 m Relay	41.6	Mark Reynolds
		Werner Seibert
		Monte Anders
		Gregg Griffin
1,600 m Relay	3:18.8	Steve Stuart
		Tom Van Winkle
		Werner Seibert
		Monte Anders
		Bruce Oberst
Pole Vault	13-6	Bob Quirling
High Jump	6-7	Bob Quirling
Long Jump	21-9	Bob Quirling
Triple Jump	44-6	Dave Wilkinson
Shot	47-11	Allan Morrow
Discus	154-11	Charlie Keeran
Javelin	203-4	Lon Austin
Hammer	170-3	Allan Morrow
Decathlon	5,891	Lon Austin

TRACK AND FIELD STANDARDS

Event	District	National	
		Auto	Hand
100 m	11.2	10.6	10.4
200 m	22.9	21.7	21.5
400 m	50.6	47.5	47.3
800 m	1:57.5	1:51.3	
1,500 m	4:04.1	3:48.9	
Steeplechase	9:41.8	9:11.2	
5,000 m	15:25.4	14:38.1	
10,000 m	33:39.2	30:57.7	
110 m High Hurdles	15.5	14.5	
400 m Intermediate Hurdles	55.8	52.7	52.5
High Jump	6-2	6-8 (open at 6-8)	
Long Jump	21-7	23-11	
Triple Jump	44-1	48-5	
Pole Vault	12-11	15-4	
		(open at 15-0)	
Shot	46-6	53-11	
Discus	140-7	166-6 (170)	
Javelin	191-0	212-7	
Hammer	133-6	160-10 (168)	
10 k Walk	1:02.40	51:04	
Decathlon	5,665	6,759	
Marathon	—	must have competed	
440 m Relay	—	41.6	
Mile Relay	—	3:13.2	
Standard to be met	Once	Twice & District Champ.	