

2001

### 2001 Press Release

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Monday, November 26, 2001 --- For Immediate Release  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**\* Award Winners Announced for 2001 Season**

### **11/26 – AWARD WINNERS: Bruins Announce Honors for 2001 Running Season**

**NEWBERG, Ore.** – Four members of the George Fox University men's and women's cross country teams received two honors apiece as coach **Wes Cook**, who has completed 15 seasons directing the George Fox program, announced the 2001 post-season award winners for the Bruins.

On the men's team, **Matt Burg (So., Newberg, Ore.)** received both the Most Valuable Person and Most Improved awards, while **Nathan Paisley (Sr., Salem, Ore.)** won the Exemplify award and shared the Four Year Award with **Forrest Towne (Sr., Springfield, Ore.)** as Bruins who have competed for four years:

Other men's winners were **Michael Owen (Jr., Anchorage, Alaska)**, who was named Most Inspirational, and **Kris Clifton (Fr., Sutherlin, Ore.)**, who received the team's Rookie of the Year award.

For the women, **Beth Moyer (So., Camarillo, Calif.)** captured the Most Valuable Person and Most Improved awards, while **Kirsten Norgaard (Sr., Everett, Wash.)** received the Exemplify and Four Year Awards.

**Janelle Goeres (So., Sams Valley, Ore.)** was the Most Inspirational female runner, and **Ashley Crisell (Fr., Woodburn, Ore.)** was the team's Rookie of the Year.

With their smallest and least-experienced squad in coach Cook's 15 years with the George Fox program, the Bruins finished 7th in the Northwest Conference women's race and 8th in the men's race. Norgaard and Moyer earned NCAA Division III All-West Region honors by finishing 32nd and 33rd in the regional meet.

Monday, November 12, 2001 --- For Immediate Release  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruins' Norgaard, Moyer Run to All-West Region Honors**

### **THIS WEEK:**

No events scheduled – season concluded

### **LAST WEEK (recap below):**

Nov. 10 – at NCAA Division III West Regionals, Bush's Pasture Park, Salem, Ore.  
(Men – independents / Women – independents)

### **11/10 – NCAA WEST REGIONALS: Two Bruin Women Run to All-West Region Honors**

**SALEM, Ore.** – Two members of the George Fox University women's cross country team, **Kirsten Norgaard (Sr., Everett, Wash.)** and **Beth Moyer (So., Camarillo, Calif.)**, earned All-Region honors with top-35 performances in the NCAA Division III West Regionals, hosted by Willamette University, on Saturday (Nov. 10) here at Bush's Pasture Park.

The Bruins did not compete in the regionals as a team, but only sent their top runners to race as independents. Both the women's 5K race and the men's 8K event were won by Claremont-Mudd-Scripps Colleges, earning berths in the NCAA Division III National Championships on Nov. 17 at Augustana College in Rock Island, Ill. Willamette's men's team, which finished second, also garnered a bid to the nationals.

**Norgaard** ran a 19:32.30 to place 32nd in the women's race, while **Moyer** was right behind in 33rd place with a time of 19:34.00. The top 35 in each race were accorded All-Region recognition. Norgaard's time was only 1.7 seconds off her previous personal best of 19:30.6.

Other Bruin women's times and places were **Rebecca Rising (Sr., Sanger, Calif.)** at 19:55.00 (45th), and **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:07.80.

For the George Fox men, the top time was turned in by **Forrest Towne (Sr., Springfield, Ore.)** at 27:50.90 (51st), followed by **Matt Burg (So., Newberg, Ore.)** at 27:58.00 (54th) and **Nathan Paisley (Sr., Salem, Ore.)** at 29:58.90 (71st).

Complete results are available at the George Fox web site at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics) or at the host institution's web site at [www.willamette.edu](http://www.willamette.edu).

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <b><u>Date</u></b> | <b><u>Event (Distance), Location</u></b>   | <b><u>GFU Finish (Pts)</u></b>             | <b><u>1st or 2nd (Pts)</u></b>             |
|--------------------|--|--|--|
| 9/8                | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                       | M: 6th of 6 (155)<br>W: 2nd of 6 (54)      | Lewis & Clark (29)<br>Lewis & Clark (50)   |
| 9/15               | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon          | M: incomplete<br>W: 6th of 7 (128)         | Willamette (26)<br>Willamette (44)         |
| 9/22               | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon   | M: 4th of 4 (63)<br>W: 2nd (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)              |
| 10/6               | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon               | M: 36th of 39 (979)<br>W: 33rd of 36 (883) | Seacows Track Club (99)<br>Victoria (68)   |
| 10/13              | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34)   |
| 10/27              | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon    | M: 8th of 9 (238)<br>W: 7th of 9 (189)     | Willamette (29)<br>Puget Sound (46)        |
| 11/10              | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon       | M: independents<br>W: independents         | Claremont-Mudd (39)<br>Claremont-Mudd (35) |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

Monday, October 29, 2001 --- For Immediate Release  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 7th, Men 9th in NWC Championships**  
**West Region Races Coming Up in Two Weeks in Salem**

### **THIS WEEK:**

No events scheduled

**NEXT: Sat., Nov. 10, 9:00 a.m. - at NCAA Division III West Regional,**  
**Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Oct. 27 – at Northwest Conference Championships, Bush's Pasture Park, Salem, Ore.  
(Men – 8th of 9 / Women – 7th of 9)

### **10/27 – NORTHWEST CONFERENCE CHAMPIONSHIPS: Bruin Women 7th, Men 8th**

**SALEM, Ore.** – A 7th-place finish for the women and an 8th-place standing for the men were the results for the **George Fox University Bruins** in the Northwest Conference Cross Country Championships, hosted by Willamette University, on Saturday (Oct. 27) here at Bush's Pasture Park, while the University of Puget Sound and Willamette University took the women's and men's titles respectively.

### **Women**

In the women's 5,000-meter event, Puget Sound returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. The Loggers defeated Willamette by 12 points, 46-58, followed by Pacific Lutheran University with 78, Whitworth College 84, Lewis & Clark College 117, Whitman College 168, **George Fox** 189, Pacific University 211, and Linfield College 249.

Dana Boyle of UPS, who has won every meet she has entered this fall, won the race by almost 50 seconds with a time of 17:32.12. Pacific Lutheran's Lia Ossiander, the defending champion, took second in 18:19.67.

The best George Fox time was 19:16.90 by **Beth Moyer (So., Camarillo, Calif.)**, who finished 17th overall and 17th in placing for team scoring. Other Bruin runners were **Rebecca Rising (Sr., Sanger, Calif.)** at 19:52.79 (29th/27th), **Kirsten Norgaard (Sr., Everett, Wash.)** at 20:05.26 (38th/35th), **Ashley Crisell (Fr., Woodburn, Ore.)** at 20:57.51 (56th/49th), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 32:06.93 (77th/61st).

### **Men**

Willamette's men, running on their 8,000-meter home course, won their first conference title since 1993 with a decisive 29-60 edge over Lewis & Clark. They were followed by Puget Sound with 72, Pacific Lutheran 76, Whitworth 141, Whitman 170, Pacific 196, **George Fox** 238, and Linfield 254.

Lewis & Clark's Neil Weare won the individual title in a time of 24:55.9, edging Linfield's Ryan Reed at 25:01.14. Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

**Forrest Towne (Sr., Springfield, Ore.)** posted the best time for the Bruin men with a 27:30.31, placing 31st overall and 28th for team scoring. Following him were **Matt Burg (So., Newberg, Ore.)** at 27:58.21 (43rd/40th), **Nathan Paisley (Sr., Salem, Ore.)** at 29:43.94

## George Fox Cross Country ... Oct. 29, 2001 ... page 2

(66th/54th), **Kris Clifton (Fr., Sutherlin, Ore.)** at 30:40.60 (71st/57th), **Rob Gaslin (Fr., Tualatin, Ore.)** at 31:34.43 (73rd/59th), and **Chris Kelley (So., Newberg, Ore.)** at 34:44.34 (76th/62nd).

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships on Saturday, Nov. 10. The women's race begins at 9 a.m., with the men's race to follow at 10 a.m. In last year's regional, the Bruin men finished 9th and the women 6th, with Colleen Forbes becoming the first George Fox runner to compete in the NCAA Division III National Cross Country Championships by placing 8th in the region.

### **BRUIN BITS:**

\* Two new personal marks were set by Bruins at the NWC Championships on Oct. 27:

#### **Women's New Personal Record**

**Beth Moyer** 19:16.90 (by 34 seconds)

**Ashley Crisell** 20:57.51 (by 13 seconds)

#### **Men's New Personal Record**

**Chris Kelley** 34:44:34 (by 50 seconds)

\* Both **Rebecca Rising** and **Kirsten Norgaard** set new personal course records at Bush's Pasture Park during the NWC Championships on Oct. 27. **Rising's** time of 19:52.79 was 0.69 better than her previous best in Salem, and **Norgaard's** 20:05.26 was 2.28 seconds better.

\* **Beth Moyer's** 17th-place finish in the NWC Championships meant she missed All-Conference honors by three places. The top 14 finishers receive All-Conference honors.

\* **Sarah Jertberg (Jr., Klamath Falls, Ore.)** started the women's race for the Bruins but dropped out before the first mile marker. "Sarah's had some health problems that can cause dizziness and fatigue, and the spells sometimes hit at inopportune times, as they did Saturday," said Bruin coach **Wes Cook**.

\* **Dana Cavaliere** developed a hip injury during the NWC women's race that caused her to walk a good portion of the 5k course. "Dana's had what they call 'compartment syndrome' in her lower legs for a while, but this was totally unrelated to that," coach **Wes Cook** commented. "It was painful to watch, and I tried to get her to stop, but she was determined to finish the race, and she did. That gave us enough finishers for a team score and we came in ahead of two other teams, so you've got to give her credit for a gritty effort."

\* **Cook's Comments:** "I think we ran about to our talent level in Salem. The seniors performed very well, as did Beth Moyer, who just missed out on All-Conference honors. Now we've got two weeks to get ready for the regionals, and we're probably only going to send the top four women and maybe two men. This is the first year in a long time at George Fox that we haven't been able to send a team that could realistically be competitive, so we're just sending the top individuals to see what they can do. And, when that's over, we'll be busy on the recruiting trail and planning to do better next fall."

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <u>Date</u> | <u>Event (Distance), Location</u>  | <u>GFU Finish (Pts)</u>                    | <u>1st or 2nd (Pts)</u>                  |
|-------------|--|--|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)      | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)         | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4th of 4 (63)<br>W: 2nd (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)            |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | M: 36th of 39 (979)<br>W: 33rd of 36 (883) | Seacows Track Club (99)<br>Victoria (68) |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34) |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | M: 8th of 9 (238)<br>W: 7th of 9 (189)     | Willamette (29)<br>Puget Sound (46)      |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 a.m.                                  |  |
| 11/17       | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 9th, Men 10th in Pacific Lutheran Meet  
Cavaliere Sets Personal Mark, Moyer Sets Course Mark  
NWC Meet Ahead After a Week Off**

### **THIS WEEK:**

No events scheduled

**NEXT: Sat., Oct. 27, 9:00 a.m. - at Northwest Conference Championships,  
Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Oct. 13 – at Pacific Lutheran Invitational, Ft. Steilacoom Park, Tacoma, Wash.  
(Men – 10th of 12 / Women – 9th of 11)

### **10/13 – PLU INVITATIONAL: Bruin Women 9th, Men 10th in Pacific Lutheran Meet**

**TACOMA, Wash.** – Racing for the final time before the Northwest Conference meet, the George Fox University women finished 9th and the Bruin men were 10th in the PLU Invitational Cross Country Meet, hosted by Pacific Lutheran University here Saturday (Oct. 13) at Ft. Steilacoom Park.

In the women's 5,000 meter event, the University of Washington "B" team took top honors with 34 points, followed by the University of Puget Sound with 66, Whitworth College 75, Pacific Lutheran 85, Lewis & Clark College 119, Western Washington University 160, Pacific University 210, North Idaho College 219, **George Fox** 246, Linfield College 281, and Bellevue Community College 292.

Dana Boyle of Puget Sound won the women's race with a time of 17:23.4. The top runner for the Bruins was **Kirsten Norgaard (Sr., Everett, Wash.)**, who was 41st overall and 29th for team scoring at 19:51.5. She was followed closely by **Beth Moyer (So., Camarillo, Calif.)**, whose 19:55.8 placed her 43rd overall and 31st for scoring. Other Bruins in the meet included **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:26.1 (92nd/56th), **Sarah Jertberg (Jr., Klamath Falls, Ore.)** at 22:57.7 (110th/64th), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 23:10.1 (113th/66th).

The men's 8,000 meter run was won by Simon Fraser University with 44 points, followed by North Idaho with 91, Puget Sound 92, Pacific Lutheran 93, Lewis & Clark 121, Whitworth 122, Central Washington University 146, Pacific 260, Linfield 267, **George Fox** 283, Evergreen State College 285, and Flathead Valley Community College 289.

Richard Mosley of Simon Fraser won the men's race with a time of 25:05.9. Leading the Bruins was **Matt Burg (So., Newberg, Ore.)** at 27:52.3, good for 63rd overall and 37th in team scoring. **Forrest Towne (Sr., Springfield, Ore.)**, in only his second race since rejoining the team at mid-season, ran a 28:01.4 to place 66th overall and 39th in scoring. Other Bruins runners were **Nathan Paisley (Sr., Salem, Ore.)** at 29:37.0 (100th/62nd), **Kris Clifton (Fr., Sutherlin, Ore.)** at 30:27.8 (124th/69th), **Rob Gaslin (Fr., Tualatin, Ore.)** at 32:29.6 (136th/76th), and **Chris Kelley (So., Newberg, Ore.)** at 36:21.3 (148th/81st).

The Bruins take next weekend off before the NWC meet on Saturday, Oct. 27, at Bush's Pasture Park in Salem, Ore. Willamette University is the host institution for this year's conference meet, which will begin at 9:00 a.m. Both George Fox teams finished 5th in the conference races last year.



**BRUIN BITS:**

\* Two new personal marks were set by Bruins at the PLU Invitational on Oct. 13:

**Women's New Personal Record**

**Dana Cavaliere** 23:10.1 (by 10 seconds)

\* **Beth Moyer's** time of 19:55.8 was a new personal course best at Ft. Steilacoom, bettering her mark there last year by almost a minute.

\* **Cook's Comments:** "We'd didn't run as well in Tacoma as we did at the Willamette meet the week before, but then, we haven't run two full-distance back-to-back races very well all season. Ft. Steilacoom is never as fast a race as Salem, anyway; I told the teams not to push too hard, but to back off and get ready for the conference meet. We'll take this week off to rest up and try to make a better showing in the conference race on the 27th."

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2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

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| 10/13              | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington        | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34) |
| 10/27              | Northwest Conference Championships (M 8k, W 5k) 9:00 a.m.<br>Bush's Pasture Park, Salem, Oregon |  |  |
| 11/10              | NCAA Division III West Regional (M 8k, W 5k) 9:00 a.m.<br>Bush's Pasture Park, Salem, Oregon    |  |  |
| 11/17              | NCAA D-III National Championships (M 8k, W 5k) TBA<br>Augustana College, Rock Island, Illinois  |  |  |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**  
**Several Bruins Set Personal Marks in Salem**

### **THIS WEEK:**

**Sat., Oct 13, 10:00 a.m. - at Pacific Lutheran Invitational,**  
**Ft. Steilacoom Park, Tacoma, Wash.**

### **LAST WEEK (recap below):**

Oct. 6 – at Willamette University Invitational, Bush's Pasture Park, Salem, Ore.  
(Men – 36<sup>th</sup> of 39 / Women – 33<sup>rd</sup> of 36)

### **10/6 – WILLAMETTE INVITATIONAL:**

**Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**

**SALEM, Ore. ---** In "the largest meet on the West Coast" – a claim certainly substantiated by 788 runners in the event – the **George Fox University Bruins** finished 33<sup>rd</sup> in the women's 5K race and 36<sup>th</sup> in the men's 8K race at the Willamette University Invitational Cross Country Meet Saturday here at Bush's Pasture Park.

In team scoring for the NCAA Division I schools, the University of Hawaii edged the University of Oregon 42-43 in the women's race, while the University of Portland defeated Portland State University 19-38. In the College/Open division, the University of Victoria finished first with 68 points to 121 for Claremont-Mudd-Scripps Colleges in the women's race, and the Seacows track club edged Eastern Oregon University 99-103 in the men's race. **George Fox** was 33<sup>rd</sup> of 36 teams with 883 points in the women's division, while the men collected 979 points to wind up 36<sup>th</sup> of 39 teams.

Running for the George Fox women were **Rebecca Rising (Sr., Sanger, Calif.)**, who ran a 19:53.48 (167<sup>th</sup> overall/143<sup>rd</sup> in scoring), **Kirsten Norgaard (Sr., Everett, Wash.)** at 20:07.54 (192<sup>nd</sup>/153<sup>rd</sup>), **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:10.36 (280<sup>th</sup>/206<sup>th</sup>), **Sarah Jertberg (Jr., Klamath Falls, Ore.)** at 23:20.41 (362<sup>nd</sup>/248<sup>th</sup>), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 23:20.81 (363<sup>rd</sup>/249<sup>th</sup>).

For the men, **Matt Burg (So., Newberg, Ore.)** had the top time at 26:45.80 (165<sup>th</sup> overall/135<sup>th</sup> in scoring), followed by **Forrest Towne (Sr., Springfield, Ore.)** at 27:16.80 (209<sup>th</sup>/169<sup>th</sup>), **Kris Clifton (Fr., Sutherlin, Ore.)** at 29:44.40 (342<sup>nd</sup>/239<sup>th</sup>), **Nathan Paisley (Sr., Salem, Ore.)** at 29:46.30 (346<sup>th</sup>/242<sup>nd</sup>), **Rob Gaslin (Fr., Tualatin, Ore.)** at 31:05.50 (370<sup>th</sup>/253<sup>rd</sup>), and **Chris Kelley (So., Newberg, Ore.)** at 35:34.20 (399<sup>th</sup>/268<sup>th</sup>).

Next up for the Bruins is the Pacific Lutheran University Invitational at Ft. Steilacoom Park in Tacoma, Wash., on Saturday, Oct. 13. That is the Bruins' last event before the Northwest Conference championships on Oct. 27 back in Salem.

**BRUIN BITS:**

\* Several Bruins set new personal records Oct. 6 in the Willamette Invitational:

**Men's New Personal Records**

|                      |                          |
|----------------------|--------------------------|
| <b>Matt Burg</b>     | 26:45.80 (by 56 seconds) |
| <b>Forrest Towne</b> | 27:16.80 (by 12 seconds) |
| <b>Kris Clifton</b>  | 29:44.40 (by 42 seconds) |
| <b>Rob Gaslin</b>    | 31:05.50 (by 29 seconds) |
| <b>Chris Kelley</b>  | 35:34.20 (by 17 seconds) |

**Women's New Personal Records**

|                       |                          |
|-----------------------|--------------------------|
| <b>Ashley Crisell</b> | 21:10.36 (by 44 seconds) |
| <b>Dana Cavaliere</b> | 23:20.81 (by 48 seconds) |

\* **Ashley Crisell** set a new personal record at the Willamette Invitational despite running most of the race with a shoe untied. "I talked to her high school coach ... I told him they were supposed to take care of that before they sent her to me!" laughed Bruin coach **Wes Cook**.

\* **Rebecca Rising** (19:53.48) and **Kirsten Norgaard** (20:07.54) set new personal course records at Bush's Pasture Park.

\* While official race results showed **Nathan Paisley** with a time of 29:46.30 and finishes of 346<sup>th</sup> and 242<sup>nd</sup> for team scoring, Coach Cook believes Paisley actually ran closer to 29:13, which would have moved him up to 327<sup>th</sup> overall and 233<sup>rd</sup> in scoring. "That would have altered the team scoring a bit, although I'm not sure it would have affected our place or not," Cook pointed out. "They had a major mix-up in the men's finish chute, which didn't make a ton of difference to us, but it meant a lot of extra time reviewing video and trying to get it right – and they may have missed one or two. But it is nothing to worry about now."

\* Only three men have run faster times in the last two years than **Matt Burg** did in the Willamette Invitational – Brandon Workman in 1999, Steve Willmer and Will Vollstedt in 2000 – and all three were NCAA All-West Region performers. His time was only 14 seconds off the top 15 list for Bruin sophomores.

\* **Forrest Towne** set a new personal mark in his first race since rejoining the Bruins for the fall season.

\* **Janelle Goeres** (So., Sams Valley, Ore.) and **Beth Moyer** (So., Camarillo, Calif.), two of the Bruin women's top runners, missed the Willamette meet, Goeres due to lingering injuries and Moyer because of a visit home for her father's retirement ceremony from military service.

\* **Cook's Comments:** "Overall, it (the Willamette Invitational) was a significant improvement for us ... but our obvious lack of depth and experience is costing us big time. It is encouraging to see how hard our youngsters are working, that they are making progress, and remaining pretty upbeat about what they're doing. Hopefully, a smaller field in Tacoma will encourage further improvement."

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <u>Date</u> | <u>Event (Distance), Location</u>  | <u>GFU Finish (Pts)</u>  | <u>1st or 2nd (Pts)</u>                  |
|-------------|--|--|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)                              | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)                                 | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4 <sup>th</sup> of 4 (63)<br>W: 2 <sup>nd</sup> (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)            |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | M: 36 <sup>th</sup> of 39 (979)<br>W: 33 <sup>rd</sup> of 36 (883) | Seacows Track Club (99)<br>Victoria (68) |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | 10:00 a.m.   |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | 9:00 a.m.  |  |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 a.m.  |  |
| 11/17       | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women Tie for 2<sup>nd</sup>, Men 4<sup>th</sup> in Pacific Invitational**  
**Teams Get a Week Off to Prepare for Willamette Invitational on Oct. 6**

### **THIS WEEK:**

No race scheduled

**Next: Sat., Oct 6, 10:00 a.m. - at Willamette Invitational, Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Sept. 22 - at Pacific University Invitational, Lincoln Park, Forest Grove, Ore.  
(Men - 4<sup>th</sup> of 4 / Women - 2<sup>nd</sup>, tie, of 3)

### **PACIFIC INVITATIONAL: Bruin Women Tie for 2<sup>nd</sup>, Men are 4<sup>th</sup> in Pacific Invitational**

**FOREST GROVE, Ore.** --- In a "replacement" meet for the cancelled Bear Fete Invitational, the George Fox University women's team finished in a tie for second while the men's team finished fourth in the Pacific University Invitational Saturday (Sept. 22) here at Lincoln Park.

With the Bear Fete races, normally the George Fox "homecoming" event, cancelled due to veteran Bruin coach **Wes Cook**'s brief stay in the hospital (the coach is back at work and feeling fine now), the Pacific Invitational was arranged quickly by Pacific coach Ron Tabb. The women's race was a two-mile event, the men's a five-kilometer race.

Host Pacific captured the women's race with 35 points, while **George Fox** and Warner Pacific College tied for second with 43 points. Team Oregon, a club team, was not counted in the scores, while Clark College, a community college in Vancouver, Wash., took an incomplete.

**Beth Moyer** (So., Camarillo, Calif.) finished fifth overall and third among college runners in the race with a time of 12:26, the best showing by a Bruin. **Rebecca Rising** (Sr., Sanger, Calif.) was next for George Fox at 12:34 (7<sup>th</sup>/5<sup>th</sup>), followed by **Ashley Crisell** (Fr., Woodburn, Ore.) at 13:21 (13<sup>th</sup>/9<sup>th</sup>), **Dana Cavaliere** (So., Santa Rosa, Calif.) at 14:12 (24<sup>th</sup>/12<sup>th</sup>), and **Sarah Jertberg** (Jr., Klamath Falls, Ore.) at 14:38 (27<sup>th</sup>/14<sup>th</sup>).

Clark College took the men's race with 33 points, followed by Pacific with 53, Warner Pacific with 62, and **George Fox** with 63. Leading the Bruins was **Matt Burg** (So., Newberg, Ore.) with a time of 16:14, good for third place overall and second among college runners. Other Bruins in the race were **Nathan Paisley** (Sr., Salem, Ore.) at 17:37 (15<sup>th</sup>/11<sup>th</sup>), **Kris Clifton** (Fr., Sutherlin, Ore.) at 18:12 (18<sup>th</sup>/14<sup>th</sup>), **Rob Gaslin** (Fr., Tualatin, Ore.) at 18:51 (20<sup>th</sup>/15<sup>th</sup>), and **Chris Kelley** (So., Newberg, Ore.) at 21:18 (26<sup>th</sup>/21<sup>st</sup>).

The Bruins are off next week, but hit the racecourses again Saturday, Oct. 6, in the Willamette Invitational. The day's events begin at 10:00 a.m. at Bush's Pasture Park in Salem, Ore.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <u>Date</u> | <u>Event (Distance), Location</u>  | <u>GFU Finish (Pts)</u>  | <u>1st or 2nd (Pts)</u>                  |
|-------------|--|--|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)                            | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)                               | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4 <sup>th</sup> of 4 (63)<br>W: 2 <sup>nd</sup> (T) of 3 (43) | Clark CC (33)<br>Pacific (35)            |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | 10:00 am   |  |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | TBA  |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | 9:00 am  |  |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 am  |  |
| 11/17       | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**  
**Coach Wes Cook Returns to Duty**  
**Bear Fete Cancelled; Bruins to Race in Pacific University Event**

### **THIS WEEK:**

**Sat., Sept. 22, 10:00 a.m. - at Pacific University Event, Forest Grove, Ore.**

### **LAST WEEK (recap below):**

Sept. 15 - at Clackamas Community College Invitational, Oregon City, Ore.  
(Men - incomplete / Women - 6th of 7)

### **Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**

**OREGON CITY, Ore. --- Janelle Goeres (So., Sams Valley, Ore.)** captured seventh place, the best individual showing for a George Fox University women's team that finished sixth, while the Bruin men, with only four runners, took an incomplete in the Clackamas Community College Invitational Cross Country Meet here Saturday morning (Sept. 15).

Willamette University took the women's race, which was actually a distance of 4,100 meters instead of the standard 4,000, with 44 points, followed by the University of Portland with 71, Western Oregon University 79, Mt. Hood Community College 112, Clackamas CC 119, **George Fox** 128, North Idaho College 158, and Lane Community College incomplete.

**Goeres** posted a time of 15:46 for seventh, and she was joined in scoring for the Bruins by **Kirsten Norgaard (Sr., Everett, Wash.)**, 21st at 16:15; **Beth Moyer (So., Camarillo, Calif.)**, 30th at 16:36; **Rebecca Rising (Sr., Sanger, Calif.)**, 31st at 16:37; and **Ashley Crisell (Fr., Wodburn, Ore.)**, 60th at 17:46. Also running for the Bruins were **Dana Cavaliere (So., Santa Rosa, Calif.)**, 72nd at 19:20, and **Sarah Jertberg (Jr., Klamath Falls, Ore.)**, 73rd at 19:29.

The men's race, at 6,100 meters instead of 6,000, was also won by Willamette with 26 points, followed by North Idaho with 71, Mt. Hood CC 77, Clackamas CC 107, Western Oregon 108, Lane 131, and **George Fox** incomplete.

**Matt Burg (So., Newberg, Ore.)** posted the Bruins' top time, finishing 56th with a 21:56.5. Others who ran for the Bruins were **Nathan Paisley (Sr., Salem, Ore.)**, 70th at 23:04; **Rob Gaslin (Fr., Tualatin, Ore.)**, 79th at 24:49; and **Chris Kelley (So., Newberg, Ore.)**, 83rd at 28:07.

"Obviously, having three of our seven runners out nursing nagging injuries didn't help, since you've got to have five to score as a team," said Bruin coach **Wes Cook**, who was back in attendance after missing last week's Boxer Rebellion races due to being hospitalized with an irregular heartbeat and high blood pressure.

### **BRUIN BITS:**

\* Bruin coach **Wes Cook**, who missed a George Fox event for the first time in his 15 years at the school last Saturday, was cleared by doctors to return to normal duties Wednesday, but encouraged to take it easy for a couple of weeks. Cook had been sent to Newberg Providence Hospital over the weekend by Bruin athletic trainer Karen Hostetter after an examination uncovered an irregular heartbeat and high blood pressure on Friday. A stress test on Monday at Newberg Providence, and an angiogram on Tuesday at Good Samaritan Hospital in Portland, revealed nothing out of the ordinary, and Cook was back in his office ready and rarin' to go on Wednesday.

## George Fox Cross Country ... Sept. 17, 2001 ... page 2

\* With Cook absent for a few days, the logistics of pulling together the annual Bear Fete Invitational / Bru-Running Homecoming event, set for Saturday, Sept. 22, at Champoege State Park, were crushed by time constraints. As a result, the event has been cancelled. The weekend will not be a total loss, however, as many of the Bruin cross country alumni who usually come back for the Bear Fete races are going to come anyway and have a cookout in their former coach's backyard.

\* Instead of the Bear Fete this weekend, the Bruins will run in the an event Pacific University coach Ron Tabb has arranged to replace the George Fox race. The meet will begin and end at Lincoln Park just north of the Pacific Athletic Center and will circle the campus. The women's two-mile race begins at 10:00 a.m., while the men's 5K race starts at 11:00 a.m.

### GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS

| <u>Date</u> | <u>Event, Location</u>  | <u>GFU Finish (Pts)</u>               | <u>1st or 2nd (Pts)</u>                  |
|-------------|---|---------------------------------------|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                                | M: 6th of 6 (155)<br>W: 2nd of 6 (54) | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon                   | M: incomplete<br>W: 6th of 7 (128)    | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon            | 10:00 am                              |  |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                        | 10:00 am                              |  |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington          | TBA                                   |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon             | 9:00 am                               |  |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                | 9:00 am                               |  |
| 11/17       | NCAA Division III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA                                   |  |



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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruins Open Track Season in Boxer Rebellion: Women 2nd, Men 6th**  
**Goeres Honorable Mention for NWC "Women's Runner of the Week"**  
**Rising, Moyer Set Personal Race Records**  
**Coach Wes Cook Hospitalized for Tests**

### **THIS WEEK:**

**Sat., Sept. 15, 11:00 a.m. - at Clackamas Community College Invitational, Oregon City, Ore.**

### **LAST WEEK (recap below):**

Sept. 8 - at Boxer Rebellion, Lincoln Park, Forest Grove, Ore.  
(Men - 6th of 6 / Women - 2nd of 6)

### **Bruins Open Cross Country Season Without Veteran Coach Cook**

**FOREST GROVE, Ore.** --- With veteran coach **Wes Cook** hospitalized for observation, the George Fox University Bruins opened their 2001 cross country season with a second-place finish in the women's 5K race and a sixth-place finish in the men's 8K race in the Boxer Rebellion Saturday morning here at Lincoln Park.

The Boxer Rebellion was hosted by Pacific University. Lewis & Clark College captured the women's title with 50 points, followed by **George Fox** with 54, Pacific 104, Linfield College 112, Warner Pacific College 114, and Clark College 116. The men's race also went to Lewis & Clark with 29 points, then it was Cascade College with 87, Pacific 100, Warner Pacific 119, Linfield 131, and **George Fox** 155.

**Janelle Goeres (So., Sams Valley, Ore.)** led the Bruin women with a time of 19:14.20, good for second to Sheila Perletti of Clark, who ran a 19:01.15. Other scorers for the Bruins were **Rebecca Rising (Sr., Sanger, Calif.)**, 6th in scoring and 8th overall at 19:29.80; **Kirsten Norgaard (Sr., Everett, Wash.)**, 8th and 10th at 19:42.23; **Beth Moyer (So., Camarillo, Calif.)**, 11th and 13th at 19:50.41; and **Ashley Crisell (Fr., Woodburn, Ore.)**, 27th and 41st at 21:54.44. Other Bruins in the race included **Sarah Jertberg (Jr., Klamath Falls, Ore.)**, 32nd and 48th at 22:53.50; and **Dana Cavaliere (Fr., Santa Rosa, Calif.)**, 36th and 58th at 24:08.17.

For the Bruin men, the best time was posted by **Matt Burg (So., Newberg, Ore.)**, who was 19th in scoring and 27th overall with a time of 28:56.65; **Nathan Paisley (Sr., Salem, Ore.)**, 26th and 34th at 29:57.46; **Kris Clifton (Fr., Sutherlin, Ore.)**, 33rd and 41st at 30:26.01; **Rob Gaslin (Fr., Tualatin, Ore.)**, 37th and 47th at 31:26.66; and **Chris Kelley (So., Newberg, Ore.)**, 49th and 61st at 35:19.92. The men's winner was Chris Clancey of Warner Pacific at 25:37.02.

George Fox returns to the races Saturday (Sept. 15) in the Clackamas Community College Invitational in Oregon City, Ore., the races to begin at 11:00 a.m.

### **Bruin Coach Cook Hospitalized for Tests**

**NEWBERG, Ore.** --- Veteran cross country coach **Wes Cook** of George Fox University was resting comfortably and in remarkably good spirits Monday morning after spending the weekend in Newberg Providence Hospital due to high blood pressure.

Early last Friday afternoon, Cook felt a heaviness in his chest area while out shopping and getting gas for his car. "It wasn't really painful," Cook recalls, "but later on I felt light-headed and warm -- not sweaty, but warmer than usual -- so I decided to go home and rest about mid-afternoon."

## George Fox Cross Country ... Sept. 10, 2001 ... page 2

Before leaving, Cook stopped in to see head athletic trainer Karen Hostetter, who quickly diagnosed an irregular heartbeat and skyrocketing blood pressure. An ambulance was called and Cook was taken to the local hospital, where his heartbeat has become more regular and his blood pressure has dropped to a more tolerable level, though it still spikes occasionally.

Cook was to undergo a thorough stress test Monday afternoon, and was hopeful of being released after that, or early Tuesday at the latest. The veteran coach's deepest regret was that he missed a Bruins' cross country event for the first time in his 15 years at George Fox. "I sent 'Gooz' (assistant track coach Dave Guzman) with the teams, and the women came in second without me! I may have to send him along on other trips if they keep doing that!"

### **BRUIN BITS:**

\* **Goeres Honorable Mention for NWC Weekly Honor:** George Fox sophomore **Janelle Goeres** received Honorable Mention for the first Northwest Conference "Women's Runner of the Week" honor in 2001. Goeres finished second overall and had the best senior college women's time in the Boxer Rebellion 5K race on Saturday at Lincoln Park in Forest Grove., Ore., with a time of 19:14.20, leading the Bruins to a second-place finish as a team. "I think she came just short of a personal best," said Bruin coach Wes Cook. "She hadn't actually run quite that well in pre-season practice, but she's obviously learned how to pace herself during the week to be ready for the weekends."

NWC "Women's Runner of the Week" honors went to Dana Boyle of Puget Sound, who was 5th against mostly D-I competition with a time of 18:16 in the Emerald City Invitational. NWC "Men's Runner of the Week" honors went to Carl Hoogesteger of Pacific, who was 8th, the top collegiate finish, in the Boxer Rebellion with a time of 27:01.8 over the 8K course.

\* **New Personal Records:** Two Bruin women set new personal marks for a 5K race in the Boxer Rebellion on Sept. 8. **Rebecca Rising** with a time of 19:29.80 and **Beth Moyer** at 19:50.41 topped their previous best times. **Sarah Jertberg** turned a surprisingly-good time at 22:53.50, considering that it was her first-ever cross country race (she has been a volleyball and softball player for George Fox until this year).

\* **Five is Enough (Barely):** The George Fox men's cross country team had just enough runners (five) to count for a team score in the Boxer Rebellion race on Saturday. **Zach Smith (Fr., East Wenatchee, Wash.)** continues to recover from a foot injury, while **Michael Owen (Jr., Anchorage, Alaska)** is still sidelined with a groin injury that has been slow to heal.

### GEORGE FOX UNIVERSITY "BRUINS" 2001 WOMEN'S CROSS COUNTRY ROSTER

| <u>Name</u>      | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>               |
|------------------|------------|----------------|---|
| Dana Cavaliere   | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)              |
| Ashley Crisell   | 5-6        | Fr./Fr.        | Woodburn, Ore. (Willamette Valley Christian HS) |
| Janelle Goeres   | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)                   |
| Sarah Jertberg   | 5-9        | Jr./Jr.        | Klamath Falls, Ore. (Henley HS)                 |
| Beth Moyer       | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)                 |
| Kirsten Norgaard | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)                     |
| Rebecca Rising   | 5-4        | Sr./Sr.        | Sanger, Calif. (Tulare Western HS)              |

### GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S CROSS COUNTRY ROSTER

| <u>Name</u>    | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>           |
|----------------|------------|------------|----------------|---|
| Matt Burg      | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Kris Clifton   | 5-4        | 110        | Fr./Fr.        | Sutherlin, Ore. (Missouri Military Academy) |
| Rob Gaslin     | 6-2        | 165        | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)                |
| Chris Kelley   | 5-10       | 170        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Michael Owen   | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS)      |
| Nathan Paisley | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)                |
| Zach Smith     | 6-0        | 162        | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)         |

**Head Coach:** Wes Cook

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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Pre-Season Outlook, Updated Rosters and Schedule  
George Fox to Open Track Season Sept. 8 in Boxer Rebellion**

*George Fox University 2001 Cross Country Pre-Season Outlook ---*

### **WITH SMALLEST SQUADS EVER, BRUINS MUST AVOID INJURIES IN '01**

**NEWBERG, Ore.** --- Chalk it up to a number of unavoidable circumstances – injuries, transfers, academics, finances, student teaching, studies abroad, new interests, etc. – but it all adds up to the same thing: **Wes Cook** will have the smallest men's and women's squads in his 15 years as head coach of the George Fox University men's and women's cross country teams.

"Depth is obviously going to be a problem, so we must avoid injuries," says Cook stoically, pointing to a pair of rosters with only seven runners each. "And they are not all of relatively equal talent; we have a wide range of skill levels on both teams. Some are running cross country for the first time ever."

### **Men**

Only three of 15 letterwinners return for the Bruin men, the toughest losses being a pair of NCAA Division III All-West Region racers, academic junior Steve Willmer to a fall internship, and freshman Will Vollstedt to a lack of financial resources.

**Michael Owen (Jr., Anchorage, Alaska)**, a potential All-Northwest Conference performer, will lead the lineup of returning runners that includes **Nathan Paisley (Sr., Salem, Ore.)** and **Matt Burg (So., Newberg, Ore.)**. "Owen has been plagued by an ongoing groin problem," says Cook, "and Burg has been injured two of his last three seasons. He's recovering from a foot problem that caused him to miss track last spring. Paisley is a hard worker who seems to improve every time out and should be a top scorer for us."

"Of our newcomers, only **Zach Smith (Fr., East Wenatchee, Wash.)** has proven talent as a runner right now. He's coming off a stellar track season as a long sprinter. **Chris Kelley (So., Newberg, Ore.)** has never run cross country. **Rob Gaslin (Fr., Tualatin, Ore.)** is young and could blossom into a solid runner for us. **Kris Clifton (Fr., Sutherlin, Ore.)** ran cross country in high school but used it primarily as a conditioner for wrestling."

### **Women**

The Bruin women also have only three letterwinners returning from a squad of 17. Especially missed will be the first George Fox runner to compete in the NCAA Division III National Championships, junior Colleen Forbes, who transferred to the University of Washington to complete her nursing degree. Also missing from last fall's team which finished fifth in the West Regional are Marisa Merritt, an All-West Region performer, and fellow senior Jamie McElwain, both graduated. Another top runner, Katherine Burley, transferred to pursue a dental curriculum at the Oregon Health Sciences University.

**Janelle Goeres (So., Sams Valley, Ore.)** was an All-West Region runner in her rookie season and gives the team a talented threat every time out when she is healthy. **Kirsten Norgaard (Sr., Everett, Wash.)** is back but may miss several races due to required student teaching. **Beth Moyer (So., Camarillo, Calif.)** was an All-American in the steeplechase at the U.S.A. Track and Field Junior National Championships in June in Richmond, Va., but she was unable to train regularly after that due to working two summer jobs and must get back into running shape as the new season progresses.

**Rebecca Rising (Sr., Sanger, Calif.)** is a former letterwinner who should help if she can stay healthy; she missed last fall with leg problems and sat out the track season because of a heavy academic load. "Rebecca again has a couple of academic conflicts this fall, but things might work out if she and Norgaard are able to work together around those times," says Cook hopefully.

**Sarah Jertberg (Jr., Klamath Falls, Ore.)**, an all-around athlete who has played both volleyball and softball for the Bruins in previous years and ran track in high school, decided at the last minute to give cross country a try this fall and will give the team some depth.

Rounding out the squad are **Dana Cavaliere (So., Santa Rosa, Calif.)**, a transfer from Santa Rosa Junior College, and **Ashley Crisell (Fr., Woodburn, Ore.)**. Both have high school running experience, but Cavaliere did not compete in cross country in junior college.

### Summary

"I've never had team size affected by so many different things which have all cropped up at the same time," remarks Cook ruefully, "but you've got to play the hand you're dealt. It takes five runners to score as a team, so we can't afford any injuries. We're not very experienced this year, but the athletes we have are great young people who are going to give it 100% every time out, and that's all you can ask for. We'd like to see each individual strive to improve in every race, and as teams, we'll have had great seasons if we can finish anywhere near the middle of the conference pack."

### **BRUINS OPT OUT OF SEPT. 1 OPENER, ENTER BOXER REBELLION ON SEPT. 8**

**NEWBERG, Ore. ---** Hoping to give some pre-season injuries a little more time to heal, the George Fox University men's and women's cross country teams opted out of their originally-scheduled opener, the Labor Day Invitational in Spokane, Wash., on Sept. 1. Instead, the Bruins will open up in the Boxer Rebellion races on Saturday, Sept. 8, hosted by Pacific University in Forest Grove, Ore. The women's 5K race begins at 10:00 a.m., followed by the men's 8K race.

"As small as our squads are, and as banged up as we are with some nagging 'owwies', I didn't think we would derive as much benefit from driving 800 round-trip miles as we would by waiting another week to give our injuries more time to heal," explained veteran Bruins coach Wes Cook, who is starting his 15<sup>th</sup> season at George Fox. "So we'll give 'em another week to get ready and stay a bit closer to home."

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 WOMEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>                 | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>               |
|-----------------------------|------------|----------------|---|
| Dana Cavaliere              | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)              |
| Ashley Crisell              | 5-6        | Fr./Fr.        | Woodburn, Ore. (Willamette Valley Christian HS) |
| Janelle Goeres              | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)                   |
| Sarah Jertberg              | 5-9        | Jr./Jr.        | Klamath Falls, Ore. (Henley HS)                 |
| Beth Moyer                  | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)                 |
| Kirsten Norgaard            | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)                     |
| Rebecca Rising              | 5-4        | Sr./Sr.        | Sanger, Calif. (Tulare Western HS)              |
| <b>Head Coach:</b> Wes Cook |            |                |   |

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>                 | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>           |
|-----------------------------|------------|------------|----------------|---|
| Matt Burg                   | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Kris Clifton                | 5-4        | 110        | Fr./Fr.        | Sutherlin, Ore. (Missouri Military Academy) |
| Rob Gaslin                  | 6-2        | 165        | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)                |
| Chris Kelley                | 5-10       | 170        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Michael Owen                | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS)      |
| Nathan Paisley              | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)                |
| Zach Smith                  | 6-0        | 162        | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)         |
| <b>Head Coach:</b> Wes Cook |            |            |                |   |

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

| <u>DATE</u>      | <u>DAY</u> | <u>EVENT</u>  | <u>LOCATION</u>                                | <u>TIME</u>       |
|------------------|------------|---|--|-------------------|
| <u>September</u> |            |   |  |                   |
| 8                | Sat.       | Boxer Rebellion   | Lincoln Park,<br>Forest Grove, Ore.            | 10:00 a.m.        |
| 15               | Sat.       | Clackamas Community College Invitational (4x4)                    | Clackamas CC,<br>Oregon City, Ore.             | 11:00 a.m.        |
| 22               | Sat.       | <b>BEAR FETE INVITATIONAL /<br/>BRU-RUNNING ALUMNI HOMECOMING</b> | <b>Champoeg State Park,<br/>St. Paul, Ore.</b> | <b>10:30 a.m.</b> |
| <u>October</u>   |            |   |  |                   |
| 6                | Sat.       | Willamette Invitational   | Bush Park,<br>Salem, Ore.                      | 10:00 a.m.        |
| 13               | Sat.       | Pacific Lutheran Invitational                                     | Ft. Steilacoom Park,<br>Tacoma, Wash.          | TBA               |
| 27               | Sat.       | Northwest Conference Championships                                | Bush Park,<br>Salem, Ore.                      | 9:00 a.m.         |
| <u>November</u>  |            |   |  |                   |
| 10               | Sat.       | NCAA Division III West Regional                                   | Bush Park,<br>Salem, Ore.                      | 9:00 a.m.         |
| 17               | Sat.       | NCAA Division III National Championships                          | Augustana College,<br>Rock Island, Ill.        | TBA               |

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletics Dept. 503-554-2910 / Sports Info. 503-554-2127

Sports Hotline 503-554-3868 / Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

2nd: 08/21/01

Monday, August 13, 2001 --- For Immediate Release  
Contact: Blair Cash, Sports Information Director  
(O) 503-554-2127 (Fax) 503-554-3830 (H) 503-554-8067  
E-mail: [bcash@georgefox.edu](mailto:bcash@georgefox.edu) Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**George Fox to Rely on Quality, Not Quantity, in 2001**

**Pre-Season Info: Quick Facts, Schedule, Preliminary Roster**

### **HARRIER NUMBERS SMALL BUT TALENTED FOR 2001 BRUINS**

**NEWBERG, Ore.** --- In years past, George Fox University has had a plethora of cross country runners from which to choose in building a competitive program in the tough Northwest Conference. In 2001, however, veteran coach **Wes Cook**, who enters his 15th season at the helm of the Bruins' ship, will have to rely on a small but talented group in both the men's and women's programs.

For a combination of reason -- concentration on academics, transfers, an inability to remain in school because of finances -- the Bruins find themselves facing the 2001 season with only six men and six women on the rosters, unless some new faces show up from incoming freshmen, current students wanting to run, or transfers.

The women's team has a strong anchor in **Janelle Goeres (So., Sams Valley, Ore.)**, who earned All-West Region honors last year, while **Kirsten Norgaard (Sr., Everett, Wash.)** and **Elizabeth Moyer (So., Camarillo, Calif.)** also returning. **Moyer** was a Junior All-American in the steeplechase at the U.S.A. Track and Field Junior National Championships in Richmond, Va., this summer.

The Bruin women will be without the skills of **Colleen Forbes (Jr., Jackson, Wyo.)**, who finished 98th in the NCAA Division III Nationals last fall, and All-West Region runner **Marisa Merritt (Sr., Portland, Ore.)**, who graduated.

On the men's side, the top returning runners are **Michael Owen (Jr., Anchorage, Alaska)** and the ever-improving **Nathan Paisley (Sr., Salem, Ore.)**. **Steve Willmer (So., Fullerton, Calif.)**, an All-Region, All-NWC Second Team runner, and **Will Vollstedt (Fr., Portland, Ore.)**, another All-Region performer, are the men's top losses, **Willmer** to concentrate on studies and **Vollstedt** for financial considerations.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001MEN'S & WOMEN'S CROSS COUNTRY QUICK FACTS**

**UNIVERSITY INFORMATION**

Location: Newberg, Oregon (18,064)  
Mailing Address: 414 N. Meridian St.  
Newberg, OR 97132  
Founded: 1891  
Denomination: Evangelical Friends (Quakers)  
Enrollment: 2,636  
President: Dr. David Brandt  
Faculty Athletic Rep: Diane Wood  
Switchboard Phone: (503) 538-8383  
Website: www.georgefox.edu

Office Phone: (503) 554-2922  
Athletics FAX: (503) 554-3864

**SPORTS INFORMATION OFFICE**

Sports Info Director: Blair Cash  
Office Phone: (503) 554-2127  
Home Phone: (503) 554-8067  
E-mail: bcash@georgefox.edu  
Student Assistant SIDs: John Felton  
Ernie Sturzinger  
Scott Burkhardt  
Office Phone: (503) 554-2139  
Sports Information FAX: (503) 554-3830

**ATHLETICS INFORMATION**

Nickname: Bruins  
Colors: Navy Blue & Old Gold  
Affiliation (yrs): NCAA Division III (3rd)  
Region: West Region  
Conference (yrs): Northwest Conference (7th)  
Director of Athletics: Craig Taylor  
Office Phone: (503) 554-2911  
Assoc. Dir. of Athletics: Pat Bailey  
Office Phone: (503) 554-2914  
Athletics Secretary: Patty Findley  
Office Phone: (503) 554-2910  
Athletics Trainer: Dale Isaak  
Office Phone: (503) 554-2916  
Assistant Ath.Trainer: Karen Hostetter

**COACHING STAFF**

Head Coach: Wes Cook  
Alma Mater: (Northern Colorado '61)  
Years at GFU: 14  
Office Phone: (503) 554-2912

**TEAM INFORMATION**

Home Course: Champoege State Park,  
St. Paul, Oregon  
2000 NWC Finish: Men 5th, Women 5th  
2000 Region Finish: Men 9th, Women 8th  
2000 National Finish: None  
Letterwinners Back/Lost: Men 3/12, Women 3/15

**Key Returnees (M) Ht., Cl., Hometown Honors**

Michael Owen 5-11, Jr., Anchorage, Alaska

**Key Returnees (W) Ht., Cl., Hometown Honors**

Janelle Goeres 5-4, So., Sams Valley, Ore. All-West Region

Kirsten Norgaard 5-5, Sr., Everett, Wash.

Elizabeth Moyer 5-5, So., Camarillo, Calif.

**Key Losses (M) Ht., Cl., Hometown Honors**

Steve Willmer 6-3, So., Fullerton, Calif. All-West Region, All-NWC 2<sup>nd</sup> Team

Will Vollstedt 5-9, Fr., Portland, Ore. All-West Region

Jackson Esselman 6-1, Jr., Bellevue, Idaho

Forrest Towne 5-10, Jr., Springfield, Ore.

**Key Losses (W) Ht., Cl., Hometown Honors**

Colleen Forbes 5-8, Jr., Jackson, Wyo. NCAA 98th, All-West Region, All-NWC 1<sup>st</sup> Team

Marisa Merritt 5-5, Sr., Portland, Ore. All-West Region

Jamie McElwain 5-5, Sr., Tigard, Ore.

Laurel Starr 5-4, Jr., Yakima, Wash.

Rebecca Rising 5-4, Jr., Sanger, Calif.

Katherine Burley 5-4, So., Portland, Ore.

Mimi Van Hooser 5-10, So., Oxbow, Ore.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S CROSS COUNTRY ROSTER**

(Returning runners & expected newcomers; updated roster to be sent when available)

| <u>Name</u>    | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>      |
|----------------|------------|------------|----------------|--|
| Matt Burg      | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)             |
| Robert Gaslin  |            |            | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)           |
| Chris Kelley   |            |            | Jr./Jr.        | Newberg, Ore. (???)                    |
| Michael Owen   | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS) |
| Nathan Paisley | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)           |
| Zack Smith     |            |            | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)    |

Head Coach: Wes Cook

2nd: 07/17/01

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 WOMEN'S CROSS COUNTRY ROSTER**

(Returning runners & expected newcomers; updated roster to be sent when available)

| <u>Name</u>      | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>       |
|------------------|------------|----------------|---|
| Dana Cavaliere   | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)      |
| Ashley Crisell   |            |                | Woodburn, Ore. (Chr. school in Brooks)  |
| Janelle Goeres   | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)           |
| Heather Montross |            |                | Ft. Collins, Colo. (Friends University) |
| Elizabeth Moyer  | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)         |
| Kirsten Norgaard | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)             |

Head Coach: Wes Cook

2nd: 07/17/01



**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

| <u>DATE</u>      | <u>DAY</u>  | <u>EVENT</u>  | <u>LOCATION</u>                                | <u>TIME</u> |
|------------------|-------------|---|--|-------------|
| <u>September</u> |             |   |  |             |
| 1                | Sat.        | Labor Day Weekend Spokane Area Open (4x4)                         | Whitworth College,<br>Spokane, Wash.           | TBA         |
| 8                | Sat.        | Humboldt Invitational   | Patrick's Point State Park,<br>Arcata, Calif.  | TBA         |
|                  |             | Emerald City Invitational   | Lower Woodland Park,<br>Seattle, Wash.         | TBA         |
|                  |             | Pacific-Nike Invitational   | Nike Campus,<br>Beaverton, Ore.                | TBA         |
| 15               | Sat.        | Clackamas Community College Invitational (4x4)                    | Clackamas CC,<br>Oregon City, Ore.             | TBA         |
| <b>22</b>        | <b>Sat.</b> | <b>BEAR FETE INVITATIONAL /<br/>BRU-RUNNING ALUMNI HOMECOMING</b> | <b>Champoeg State Park,<br/>St. Paul, Ore.</b> | <b>TBA</b>  |
| <u>October</u>   |             |   |  |             |
| 6                | Sat.        | Willamette Invitational   | Bush Park,<br>Salem, Ore.                      | TBA         |
| 13               | Sat.        | Pacific Lutheran Invitational                                     | Ft. Steilacoom Park,<br>Tacoma, Wash.          | TBA         |
| 27               | Sat.        | Northwest Conference Championships                                | Bush Park,<br>Salem, Ore.                      | TBA         |
| <u>November</u>  |             |   |  |             |
| 10               | Sat.        | NCAA Division III West Regional                                   | Bush Park,<br>Salem, Ore.                      | TBA         |
| 17               | Sat.        | NCAA Division III National Championships                          | Augustana College,<br>Rock Island, Ill.        | TBA         |

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletic Dept. 503-554-2910 / Sports Info. 503-554-2127

1st: 06/25/01

Monday, November 26, 2001 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (Fax) 503-554-3830 (H) 503-554-8067  
Sports website: www.georgefox.edu/athletics Sports Hotline: 503-554-3868

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**\* Award Winners Announced for 2001 Season**

### **11/26 – AWARD WINNERS: Bruins Announce Honors for 2001 Running Season**

**NEWBERG, Ore.** – Four members of the George Fox University men's and women's cross country teams received two honors apiece as coach **Wes Cook**, who has completed 15 seasons directing the George Fox program, announced the 2001 post-season award winners for the Bruins.

On the men's team, **Matt Burg (So., Newberg, Ore.)** received both the Most Valuable Person and Most Improved awards, while **Nathan Paisley (Sr., Salem, Ore.)** won the Exemplify award and shared the Four Year Award with **Forrest Towne (Sr., Springfield, Ore.)** as Bruins who have competed for four years.

Other men's winners were **Michael Owen (Jr., Anchorage, Alaska)**, who was named Most Inspirational, and **Kris Clifton (Fr., Sutherlin, Ore.)**, who received the team's Rookie of the Year award.

For the women, **Beth Moyer (So., Camarillo, Calif.)** captured the Most Valuable Person and Most Improved awards, while **Kirsten Norgaard (Sr., Everett, Wash.)** received the Exemplify and Four Year Awards.

**Janelle Goeres (So., Sams Valley, Ore.)** was the Most Inspirational female runner, and **Ashley Crisell (Fr., Woodburn, Ore.)** was the team's Rookie of the Year.

With their smallest and least-experienced squad in coach Cook's 15 years with the George Fox program, the Bruins finished 7th in the Northwest Conference women's race and 8th in the men's race. Norgaard and Moyer earned NCAA Division III All-West Region honors by finishing 32nd and 33rd in the regional meet.

Monday, November 12, 2001 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (Fax) 503-554-3830 (H) 503-554-8067  
Sports website: www.georgefox.edu/athletics Sports Hotline: 503-554-3868

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruins' Norgaard, Moyer Run to All-West Region Honors**

### **THIS WEEK:**

No events scheduled – season concluded

### **LAST WEEK (recap below):**

Nov. 10 – at NCAA Division III West Regionals, Bush's Pasture Park, Salem, Ore.  
(Men – independents / Women – independents)

### **11/10 – NCAA WEST REGIONALS: Two Bruin Women Run to All-West Region Honors**

**SALEM, Ore.** – Two members of the George Fox University women's cross country team, **Kirsten Norgaard (Sr., Everett, Wash.)** and **Beth Moyer (So., Camarillo, Calif.)**, earned All-Region honors with top-35 performances in the NCAA Division III West Regionals, hosted by Willamette University, on Saturday (Nov. 10) here at Bush's Pasture Park.

The Bruins did not compete in the regionals as a team, but only sent their top runners to race as independents. Both the women's 5K race and the men's 8K event were won by Claremont-Mudd-Scripps Colleges, earning berths in the NCAA Division III National Championships on Nov. 17 at Augustana College in Rock Island, Ill. Willamette's men's team, which finished second, also garnered a bid to the nationals.

**Norgaard** ran a 19:32.30 to place 32nd in the women's race, while **Moyer** was right behind in 33rd place with a time of 19:34.00. The top 35 in each race were accorded All-Region recognition. Norgaard's time was only 1.7 seconds off her previous personal best of 19:30.6.

Other Bruin women's times and places were **Rebecca Rising (Sr., Sanger, Calif.)** at 19:55.00 (45th), and **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:07.80.

For the George Fox men, the top time was turned in by **Forrest Towne (Sr., Springfield, Ore.)** at 27:50.90 (51st), followed by **Matt Burg (So., Newberg, Ore.)** at 27:58.00 (54th) and **Nathan Paisley (Sr., Salem, Ore.)** at 29:58.90 (71st).

Complete results are available at the George Fox web site at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics) or at the host institution's web site at [www.willamette.edu](http://www.willamette.edu).

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <b><u>Date</u></b> | <b><u>Event (Distance), Location</u></b>   | <b><u>GFU Finish (Pts)</u></b>             | <b><u>1st or 2nd (Pts)</u></b>             |
|--------------------|--|--|--|
| 9/8                | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                       | M: 6th of 6 (155)<br>W: 2nd of 6 (54)      | Lewis & Clark (29)<br>Lewis & Clark (50)   |
| 9/15               | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon          | M: incomplete<br>W: 6th of 7 (128)         | Willamette (26)<br>Willamette (44)         |
| 9/22               | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon   | M: 4th of 4 (63)<br>W: 2nd (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)              |
| 10/6               | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon               | M: 36th of 39 (979)<br>W: 33rd of 36 (883) | Seacows Track Club (99)<br>Victoria (68)   |
| 10/13              | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34)   |
| 10/27              | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon    | M: 8th of 9 (238)<br>W: 7th of 9 (189)     | Willamette (29)<br>Puget Sound (46)        |
| 11/10              | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon       | M: independents<br>W: independents         | Claremont-Mudd (39)<br>Claremont-Mudd (35) |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

# ***GEORGE FOX UNIVERSITY***

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

***Sunday, November 11, 2001 --- For Immediate Release***

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
(O) 503-554-2127 (H) 503-554-8067 (FAX) 503-554-3830 (Hotline) 503-554-3868

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### ***11/11 – NCAA WEST REGIONALS: Two Bruin Women Run to All-West Region Honors***

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Complete results are available at the George Fox web site at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics) or at the host institution's web site at [www.willamette.edu](http://www.willamette.edu).

WOMEN'S TEAM SCORES: 1. Claremont-Mudd Scripps\* 35; 2. Willamette 84; 3. Puget Sound 111; 4. Whitworth 118; 5. Pacific Lutheran 129; 6. Occidental 146; 7. Pomona-Pitzer 150; 8. Lewis & Clark 164; 9. Colorado College 190; 10. Pacific 283; 11. Cal Lutheran 336.

MEN'S TEAM SCORES: 1. Claremont-Mudd-Scripps\* 39; 2. Willamette\* 58; 3. Puget Sound 85; 4. Pacific Lutheran 123; 5. Colorado College 125; 6. Lewis & Clark 133; 7. Pomona-Pitzer 189; 8. Whittier 206; 9. Pacific 231.

\* NCAA Division III qualifiers

#### WOMEN'S INDIVIDUAL

|                            |                              |                              |             |                 |    |
|----------------------------|------------------------------|------------------------------|-------------|-----------------|----|
| 1                          | 84 Boyle, Dana*              | SR University of Puge        | 5:35        | 17:21.20        | 1  |
| 2                          | 169 Bishop, Laura*           | JR Pomona-Pitzer Coll        | 5:47        | 17:59.90        | 2  |
| 3                          | 34 Haver, Andrea             | JR Claremont-Mudd-Scr        | 5:48        | 18:01.80        | 3  |
| 4                          | 36 Jacquez, Angela           | SO Claremont-Mudd-Scr        | 5:49        | 18:06.10        | 4  |
| 5                          | 109 Fogg, Meredith*          | FR Occidental College        | 5:51        | 18:10.90        | 5  |
| 6                          | 192 Ossiander, Lia*          | SR Pacific Lutheran U        | 5:52        | 18:15.20        | 6  |
| 7                          | 33 Foss, Amy                 | JR Claremont-Mudd-Scr        | 5:52        | 18:15.70        | 7  |
| 8                          | 217 Nelson, Leslie*          | SO Whitworth College         | 5:53        | 18:18.50        | 8  |
| 9                          | 35 Irons, Ellie              | JR Claremont-Mudd-Scr        | 5:53        | 18:18.80        | 9  |
| 10                         | 18 Rodda, Liz*               | SO Willamette Univers        | 5:55        | 18:24.00        | 10 |
| 11                         | 211 Austin, Jessica          | JR Whitworth College         | 5:57        | 18:31.10        | 11 |
| 12                         | 114 Arroyo, Leti             | SR University of La V        | 6:00        | 18:40.60        |    |
| 13                         | 31 Boyle, Soames             | SR Claremont-Mudd-Scr        | 6:02        | 18:45.70        | 12 |
| 14                         | 17 Pierce, Katie             | FR Willamette Univers        | 6:04        | 18:52.30        | 13 |
| 15                         | 210 Abbey, Elizabeth         | JR Whitworth College         | 6:04        | 18:52.90        | 14 |
| 16                         | 20 Wright, Nattalie          | JR Willamette Univers        | 6:04        | 18:53.80        | 15 |
| 17                         | 113 Willis, Jenny            | SO Occidental College        | 6:05        | 18:57.00        | 16 |
| 18                         | 172 McDougall, Stefanie      | SO Pomona-Pitzer Coll        | 6:06        | 18:58.30        | 17 |
| 19                         | 116 Martinez, Monica         | JR University of La V        | 6:07        | 19:02.30        |    |
| 20                         | 30 Alaei, Sarah              | SO Claremont-Mudd-Scr        | 6:08        | 19:05.50        | 18 |
| 21                         | 89 Hickel, Breanne           | JR University of Puge        | 6:08        | 19:06.20        | 19 |
| 22                         | 40 Dickerson, Emily          | JR Colorado College          | 6:10        | 19:10.10        | 20 |
| 23                         | 19 Wright, Bobbi             | FR Willamette Univers        | 6:11        | 19:14.20        | 21 |
| 24                         | 189 Goldner, Tracey          | SO Pacific Lutheran U        | 6:12        | 19:16.50        | 22 |
| 25                         | 41 Fitzgerald, Sarah         | JR Colorado College          | 6:12        | 19:18.60        | 23 |
| 26                         | 73 Weyhmiller, Cassie        | FR Lewis & Clark Coll        | 6:13        | 19:19.00        | 24 |
| 27                         | 15 Holbert, Kari             | FR Willamette Univers        | 6:13        | 19:19.60        | 25 |
| 28                         | 65 Blum, Angela              | FR Lewis & Clark Coll        | 6:13        | 19:21.30        | 26 |
| 29                         | 91 Meyer, Julie              | JR University of Puge        | 6:13        | 19:21.70        | 27 |
| 30                         | 171 Callahan, Heather        | SO Pomona-Pitzer Coll        | 6:14        | 19:24.30        | 28 |
| 31                         | 67 Erwin, Emily              | SR Lewis & Clark Coll        | 6:16        | 19:28.40        | 29 |
| 32                         | <b>205 Norgaard, Kirsten</b> | <b>SR George Fox Univers</b> | <b>6:17</b> | <b>19:32.30</b> |    |
| 33                         | <b>204 Moyer, Elizabeth</b>  | <b>SO George Fox Univers</b> | <b>6:17</b> | <b>19:34.00</b> |    |
| 34                         | 221 Clarke, Samantha         | FR University of Redl        | 6:18        | 19:35.90        |    |
| 35                         | 12 Emery, Amber              | JR Willamette Univers        | 6:18        | 19:36.20        | 30 |
| TOP 35 ARE ALL-WEST REGION |                              |                              |             |                 |    |
| 36                         | 85 Burnet, Sara              | FR University of Puge        | 6:18        | 19:37.00        | 31 |
| 37                         | 187 DeSloover, Breea         | SO Pacific Lutheran U        | 6:19        | 19:40.00        | 32 |
| 38                         | 88 Hagney, Alana             | FR University of Puge        | 6:20        | 19:42.00        | 33 |
| 39                         | 191 Kern, Sheena             | FR Pacific Lutheran U        | 6:20        | 19:42.30        | 34 |
| 40                         | 188 Forbes, Tesia            | SR Pacific Lutheran U        | 6:21        | 19:43.90        | 35 |
| 41                         | 213 Baker, Amanda            | SO Whitworth College         | 6:22        | 19:47.10        | 36 |
| 42                         | 92 Prehn, Jennifer           | FR University of Puge        | 6:22        | 19:48.90        | 37 |
| 43                         | 110 May, Lizzie              | SO Occidental College        | 6:23        | 19:51.10        | 38 |
| 44                         | 48 Samuelson, Kari           | SO Colorado College          | 6:24        | 19:54.60        | 39 |
| 45                         | <b>206 Rising, Rebecca</b>   | <b>SR George Fox Univers</b> | <b>6:24</b> | <b>19:55.00</b> |    |
| 46                         | 59 Crampton, Kelly           | FR Chapman University        | 6:24        | 19:56.00        |    |
| 47                         | 107 Callahan, Colleen        | SO Occidental College        | 6:25        | 19:56.60        | 40 |
| 48                         | 222 Elliott, Caitlin         | JR University of Redl        | 6:25        | 19:58.50        |    |
| 49                         | 72 Weber, Odessa             | SO Lewis & Clark Coll        | 6:26        | 20:00.80        | 41 |

|    |                            |                              |             |                 |    |
|----|----------------------------|------------------------------|-------------|-----------------|----|
| 50 | 164 McClung, Shelan        | FR Pacific University        | 6:26        | 20:01.60        | 42 |
| 51 | 86 Dobson, Hilary          | FR University of Puge        | 6:27        | 20:04.10        | 43 |
| 52 | 71 Hui, Mei-Yen            | FR Lewis & Clark Coll        | 6:28        | 20:05.50        | 44 |
| 53 | 166 Samta, Dace            | JR Pacific University        | 6:28        | 20:06.20        | 45 |
| 54 | 175 Wagner, Erin           | JR Pomona-Pitzer Coll        | 6:28        | 20:06.70        | 46 |
| 55 | 108 Crump, Heather         | FR Occidental College        | 6:28        | 20:07.70        | 47 |
| 56 | 185 Bangerter, Laura       | SO Pacific Lutheran U        | 6:29        | 20:11.20        | 48 |
| 57 | 212 Bailey, Elizabeth      | JR Whitworth College         | 6:30        | 20:12.90        | 49 |
| 58 | 46 McCaffery, Sarah        | FR Colorado College          | 6:30        | 20:13.40        | 50 |
| 59 | 112 Schuette, Asta         | SO Occidental College        | 6:31        | 20:16.10        | 51 |
| 60 | 219 Stirling, Meagan       | SR Whitworth College         | 6:32        | 20:18.20        | 52 |
| 61 | 11 Andrews, Alicia         | FR Willamette Univers        | 6:33        | 20:23.50        | 53 |
| 62 | 39 Robertson, Erin         | JR Claremont-Mudd-Scr        | 6:33        | 20:24.00        | 54 |
| 63 | 66 Epstein, Talia          | FR Lewis & Clark Coll        | 6:34        | 20:26.80        | 55 |
| 64 | 64 Barker, Molly           | FR Lewis & Clark Coll        | 6:35        | 20:29.10        | 56 |
| 65 | 170 Borst, Alexandra       | FR Pomona-Pitzer Coll        | 6:35        | 20:30.00        | 57 |
| 66 | 42 Fuller, Hadley          | SR Colorado College          | 6:37        | 20:34.90        | 58 |
| 67 | 163 Little, Alicia         | SO Pacific University        | 6:42        | 20:51.90        | 59 |
| 68 | 61 Shirley, Nicole         | SO Chapman University        | 6:43        | 20:54.00        |    |
| 69 | 173 Prouty, Ann            | FR Pomona-Pitzer Coll        | 6:44        | 20:55.90        | 60 |
| 70 | 218 Peters, Jenny          | FR Whitworth College         | 6:44        | 20:56.80        | 61 |
| 71 | 128 Lomedico, Gianina      | SO California Luthera        | 6:44        | 20:57.40        | 62 |
| 72 | 43 Hogan, Shea             | SR Colorado College          | 6:44        | 20:57.80        | 63 |
| 73 | <b>203 Crisell, Ashley</b> | <b>FR George Fox Univers</b> | <b>6:48</b> | <b>21:07.80</b> |    |
| 74 | 190 Jacobson, Liz          | FR Pacific Lutheran U        | 6:50        | 21:15.90        | 64 |
| 75 | 45 Jorensen, Jenny         | FR Colorado College          | 6:53        | 21:26.10        | 65 |
| 76 | 131 Pearcy, Jamie          | JR California Luthera        | 6:55        | 21:31.10        | 66 |
| 77 | 161 Cooke, Tiffany         | FR Pacific University        | 6:56        | 21:35.50        | 67 |
| 78 | 126 Fischer, Kristy        | FR California Luthera        | 6:58        | 21:38.90        | 68 |
| 79 | 60 Furlong, Erin           | JR Chapman University        | 7:01        | 21:48.70        |    |
| 80 | 125 Bashaw, Katie          | JR California Luthera        | 7:02        | 21:52.90        | 69 |
| 81 | 165 Ross, Beth             | SO Pacific University        | 7:04        | 21:58.20        | 70 |
| 82 | 62 Stavast, Kelli          | SR Chapman University        | 7:04        | 21:58.50        |    |
| 83 | 153 Turmel, Sherry         | FR Whittier College          | 7:05        | 22:02.30        |    |
| 84 | 151 Tachihata, Kelsey      | FR Whittier College          | 7:10        | 22:18.00        |    |
| 85 | 150 Stowell, Jessica       | FR Whittier College          | 7:21        | 22:52.30        |    |
| 86 | 129 Mooney, Rachel         | SO California Luthera        | 7:24        | 23:00.30        | 71 |
| 87 | 167 Vaura, Janna           | SR Pacific University        | 7:39        | 23:48.80        | 72 |
| 88 | 168 Wilbanks, Viola        | FR Pacific University        | 7:41        | 23:52.30        | 73 |

#### MEN'S INDIVIDUALS

|    |                       |                       |      |          |    |
|----|-----------------------|-----------------------|------|----------|----|
| 1  | 25 Juliano, David     | JR Claremont-Mudd-Scr | 4:57 | 24:38.90 | 1  |
| 2  | 200 Reed, Ryan*       | SR Pacific Lutheran U | 4:59 | 24:50.40 | 2  |
| 3  | 8 Stout, Jacob        | SO Willamette Univers | 5:01 | 24:58.20 | 3  |
| 4  | 95 Flowerree, JR*     | JR University of Puge | 5:01 | 24:59.60 | 4  |
| 5  | 23 Berriel, Will      | JR Claremont-Mudd-Scr | 5:02 | 25:04.50 | 5  |
| 6  | 28 McGrail, Pat       | JR Claremont-Mudd-Scr | 5:03 | 25:09.00 | 6  |
| 7  | 10 Young, Aaron       | SO Willamette Univers | 5:04 | 25:12.60 | 7  |
| 8  | 82 Weare, Neil*       | SR Lewis & Clark Coll | 5:06 | 25:22.70 | 8  |
| 9  | 100 McLean, Dan*      | SO University of Puge | 5:07 | 25:27.60 | 9  |
| 10 | 142 Ibarra, Luis      | SR Whittier College   | 5:08 | 25:31.40 | 10 |
| 11 | 52 Herrera, Jesse     | SO Colorado College   | 5:08 | 25:32.00 | 11 |
| 12 | 194 Bangerter, Floyd  | JR Pacific Lutheran U | 5:09 | 25:40.40 | 12 |
| 13 | 24 Gomez, Jose        | JR Claremont-Mudd-Scr | 5:10 | 25:41.90 | 13 |
| 14 | 220 Shapiro, Ian      | GR Cal Tech Universit | 5:10 | 25:44.00 |    |
| 15 | 29 Phiffer, Dan       | JR Claremont-Mudd-Scr | 5:11 | 25:49.00 | 14 |
| 16 | 3 Hollingshead, Aaron | FR Willamette Univers | 5:11 | 25:50.30 | 15 |
| 17 | 5 O'Brien, Nathan     | SO Willamette Univers | 5:11 | 25:50.90 | 16 |
| 18 | 6 Overby, Scott       | FR Willamette Univers | 5:12 | 25:51.30 | 17 |
| 19 | 27 MacLeod, Matt      | JR Claremont-Mudd-Scr | 5:13 | 25:56.40 | 18 |
| 20 | 96 Grabner, Reagan    | JR University of Puge | 5:14 | 26:01.00 | 19 |
| 21 | 51 Galloway, Brennan  | SO Colorado College   | 5:14 | 26:03.50 | 20 |
| 22 | 26 Kurtz, Nathan      | JR Claremont-Mudd-Scr | 5:15 | 26:06.10 | 21 |

|                            |                           |                              |             |                 |    |
|----------------------------|---------------------------|------------------------------|-------------|-----------------|----|
| 23                         | 178 DeFelice, Nate        | FR Pomona-Pitzer Coll        | 5:15        | 26:06.50        | 22 |
| 24                         | 9 Welsh, Mark             | FR Willamette Univers        | 5:15        | 26:08.40        | 23 |
| 25                         | 74 Cody, Andrew           | SR Lewis & Clark Coll        | 5:17        | 26:19.60        | 24 |
| 26                         | 102 O'Dea, James          | SO University of Puge        | 5:19        | 26:29.30        | 25 |
| 27                         | 54 Martin, Eric           | JR Colorado College          | 5:19        | 26:29.70        | 26 |
| 28                         | 195 Brown, Ben            | SO Pacific Lutheran U        | 5:19        | 26:30.10        | 27 |
| 29                         | 103 Tribbia, John         | FR University of Puge        | 5:20        | 26:32.30        | 28 |
| 30                         | 177 Boice, Braden         | FR Pomona-Pitzer Coll        | 5:21        | 26:36.60        | 29 |
| 31                         | 81 Schoeneman, Brian      | JR Lewis & Clark Coll        | 5:22        | 26:40.90        | 30 |
| 32                         | 76 Kitzerow, Nick         | SR Lewis & Clark Coll        | 5:22        | 26:42.60        | 31 |
| 33                         | 105 Murphy, Ryan          | FR Occidental College        | 5:22        | 26:42.80        |    |
| 34                         | 97 Hallvik, Taylor        | FR University of Puge        | 5:23        | 26:46.00        | 32 |
| 35                         | 55 McKenzie-Young, Ray    | SO Colorado College          | 5:23        | 26:50.30        | 33 |
| TOP 35 ARE ALL-WEST REGION |                           |                              |             |                 |    |
| 36                         | 2 Brown, Brendan          | FR Willamette Univers        | 5:24        | 26:53.20        | 34 |
| 37                         | 57 Shannon, Pat           | SR Colorado College          | 5:25        | 26:56.10        | 35 |
| 38                         | 157 Hoogesteger, Carl     | JR Pacific University        | 5:25        | 26:56.90        | 36 |
| 39                         | 119 Barerra, Cecelio      | FR University of La V        | 5:25        | 26:57.40        |    |
| 40                         | 143 Jackson, Jamaal       | SR Whittier College          | 5:26        | 27:05.00        | 37 |
| 41                         | 120 Garcia, Rogelio       | SO University of La V        | 5:27        | 27:08.80        |    |
| 42                         | 201 Thompson, Payton      | FR Pacific Lutheran U        | 5:28        | 27:10.90        | 38 |
| 43                         | 184 Snape, Paul           | SR Pomona-Pitzer Coll        | 5:31        | 27:26.30        | 39 |
| 44                         | 134 Ham, Tom              | JR California Luthera        | 5:32        | 27:30.40        |    |
| 45                         | 79 Oldham, Derek          | SR Lewis & Clark Coll        | 5:32        | 27:31.90        | 40 |
| 46                         | 154 Bowe, Darren          | JR Pacific University        | 5:32        | 27:33.40        | 41 |
| 47                         | 53 Leivers, Carl          | JR Colorado College          | 5:33        | 27:35.80        | 42 |
| 48                         | 140 Corona, Jhalister     | SR Whittier College          | 5:33        | 27:39.30        | 43 |
| 49                         | 124 Wood, Kelly           | FR University of La V        | 5:34        | 27:45.20        |    |
| 50                         | 198 Houston, Mike         | JR Pacific Lutheran U        | 5:35        | 27:47.50        | 44 |
| 51                         | <b>209 Towne, Forrest</b> | <b>SR George Fox Univers</b> | <b>5:36</b> | <b>27:50.90</b> |    |
| 52                         | 197 DeBeck, Dallas        | SO Pacific Lutheran U        | 5:36        | 27:51.20        | 45 |
| 53                         | 156 Henson, Josh          | FR Pacific University        | 5:37        | 27:55.60        | 46 |
| 54                         | <b>207 Burg, Matthew</b>  | <b>SO George Fox Univers</b> | <b>5:37</b> | <b>27:58.00</b> |    |
| 55                         | 181 Marshall, David       | FR Pomona-Pitzer Coll        | 5:38        | 28:00.20        | 47 |
| 56                         | 106 Wright, Peter         | FR Occidental College        | 5:38        | 28:00.50        |    |
| 57                         | 101 Neuner, Michael       | JR University of Puge        | 5:39        | 28:06.50        | 48 |
| 58                         | 77 Lukhaup, Karl          | FR Lewis & Clark Coll        | 5:41        | 28:16.90        | 49 |
| 59                         | 75 Foote, Adam            | FR Lewis & Clark Coll        | 5:42        | 28:22.30        | 50 |
| 60                         | 202 Warren, Ryan          | SO Pacific Lutheran U        | 5:42        | 28:24.10        | 51 |
| 61                         | 176 Barnett, Andy         | SR Pomona-Pitzer Coll        | 5:43        | 28:26.10        | 52 |
| 62                         | 104 Jones, Clay           | SO Occidental College        | 5:44        | 28:34.80        |    |
| 63                         | 63 Franich, Kerry         | JR Chapman University        | 5:45        | 28:39.70        |    |
| 64                         | 160 Smith, Jason          | FR Pacific University        | 5:46        | 28:41.50        | 53 |
| 65                         | 182 Oken Berg, Jake       | SR Pomona-Pitzer Coll        | 5:47        | 28:46.10        | 54 |
| 66                         | 158 Olguin, Matt          | FR Pacific University        | 5:48        | 28:52.40        | 55 |
| 67                         | 183 Shickich, Dan         | FR Pomona-Pitzer Coll        | 5:49        | 28:59.10        | 56 |
| 68                         | 144 Mendoza, Joseph       | SR Whittier College          | 5:50        | 29:04.00        | 57 |
| 69                         | 137 Siegfried, Scott      | FR California Luthera        | 5:52        | 29:14.00        |    |
| 70                         | 155 Getchell, Russ        | SR Pacific University        | 5:56        | 29:34.60        | 58 |
| 71                         | 208 Paisley, Nathan       | SR George Fox Univers        | 6:01        | 29:58.90        |    |
| 72                         | 135 Kramer, Josh          | SO California Luthera        | 6:09        | 30:35.50        |    |
| 73                         | 147 Schuette, Luc         | JR Whittier College          | 6:09        | 30:37.40        | 59 |
| 74                         | 49 Corrigan, Sean         | SO Colorado College          | 6:24        | 31:52.30        | 60 |
| 75                         | 159 Mollier, Derek        | FR Pacific University        | 6:50        | 33:58.90        | 61 |
| 76                         | 136 Miller, Andy          | FR California Luthera        | 6:55        | 34:23.40        |    |

\* NCAA Division III qualifiers



Monday, October 29, 2001 --- For Immediate Release  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 7th, Men 9th in NWC Championships**  
**West Region Races Coming Up in Two Weeks in Salem**

### **THIS WEEK:**

No events scheduled

**NEXT: Sat., Nov. 10, 9:00 a.m. - at NCAA Division III West Regional,**  
**Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Oct. 27 – at Northwest Conference Championships, Bush's Pasture Park, Salem, Ore.  
(Men – 8th of 9 / Women – 7th of 9)

### **10/27 – NORTHWEST CONFERENCE CHAMPIONSHIPS: Bruin Women 7th, Men 8th**

**SALEM, Ore.** – A 7th-place finish for the women and an 8th-place standing for the men were the results for the **George Fox University Bruins** in the Northwest Conference Cross Country Championships, hosted by Willamette University, on Saturday (Oct. 27) here at Bush's Pasture Park, while the University of Puget Sound and Willamette University took the women's and men's titles respectively.

### **Women**

In the women's 5,000-meter event, Puget Sound returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. The Loggers defeated Willamette by 12 points, 46-58, followed by Pacific Lutheran University with 78, Whitworth College 84, Lewis & Clark College 117, Whitman College 168, **George Fox** 189, Pacific University 211, and Linfield College 249.

Dana Boyle of UPS, who has won every meet she has entered this fall, won the race by almost 50 seconds with a time of 17:32.12. Pacific Lutheran's Lia Ossiander, the defending champion, took second in 18:19.67.

The best George Fox time was 19:16.90 by **Beth Moyer (So., Camarillo, Calif.)**, who finished 17th overall and 17th in placing for team scoring. Other Bruin runners were **Rebecca Rising (Sr., Sanger, Calif.)** at 19:52.79 (29th/27th), **Kirsten Norgaard (Sr., Everett, Wash.)** at 20:05.26 (38th/35th), **Ashley Crisell (Fr., Woodburn, Ore.)** at 20:57.51 (56th/49th), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 32:06.93 (77th/61st).

### **Men**

Willamette's men, running on their 8,000-meter home course, won their first conference title since 1993 with a decisive 29-60 edge over Lewis & Clark. They were followed by Puget Sound with 72, Pacific Lutheran 76, Whitworth 141, Whitman 170, Pacific 196, **George Fox** 238, and Linfield 254.

Lewis & Clark's Neil Weare won the individual title in a time of 24:55.9, edging Linfield's Ryan Reed at 25:01.14. Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

**Forrest Towne (Sr., Springfield, Ore.)** posted the best time for the Bruin men with a 27:30.31, placing 31st overall and 28th for team scoring. Following him were **Matt Burg (So., Newberg, Ore.)** at 27:58.21 (43rd/40th), **Nathan Paisley (Sr., Salem, Ore.)** at 29:43.94

## George Fox Cross Country ... Oct. 29, 2001 ... page 2

(66th/54th), **Kris Clifton (Fr., Sutherlin, Ore.)** at 30:40.60 (71st/57th), **Rob Gaslin (Fr., Tualatin, Ore.)** at 31:34.43 (73rd/59th), and **Chris Kelley (So., Newberg, Ore.)** at 34:44.34 (76th/62nd).

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships on Saturday, Nov. 10. The women's race begins at 9 a.m., with the men's race to follow at 10 a.m. In last year's regional, the Bruin men finished 9th and the women 6th, with Colleen Forbes becoming the first George Fox runner to compete in the NCAA Division III National Cross Country Championships by placing 8th in the region.

### **BRUIN BITS:**

\* Two new personal marks were set by Bruins at the NWC Championships on Oct. 27:

#### **Women's New Personal Record**

**Beth Moyer** 19:16.90 (by 34 seconds)

**Ashley Crisell** 20:57.51 (by 13 seconds)

#### **Men's New Personal Record**

**Chris Kelley** 34:44:34 (by 50 seconds)

\* Both **Rebecca Rising** and **Kirsten Norgaard** set new personal course records at Bush's Pasture Park during the NWC Championships on Oct. 27. **Rising's** time of 19:52.79 was 0.69 better than her previous best in Salem, and **Norgaard's** 20:05.26 was 2.28 seconds better.

\* **Beth Moyer's** 17th-place finish in the NWC Championships meant she missed All-Conference honors by three places. The top 14 finishers receive All-Conference honors.

\* **Sarah Jertberg (Jr., Klamath Falls, Ore.)** started the women's race for the Bruins but dropped out before the first mile marker. "Sarah's had some health problems that can cause dizziness and fatigue, and the spells sometimes hit at inopportune times, as they did Saturday," said Bruin coach **Wes Cook**.

\* **Dana Cavaliere** developed a hip injury during the NWC women's race that caused her to walk a good portion of the 5k course. "Dana's had what they call 'compartment syndrome' in her lower legs for a while, but this was totally unrelated to that," coach **Wes Cook** commented. "It was painful to watch, and I tried to get her to stop, but she was determined to finish the race, and she did. That gave us enough finishers for a team score and we came in ahead of two other teams, so you've got to give her credit for a gritty effort."

\* **Cook's Comments:** "I think we ran about to our talent level in Salem. The seniors performed very well, as did Beth Moyer, who just missed out on All-Conference honors. Now we've got two weeks to get ready for the regionals, and we're probably only going to send the top four women and maybe two men. This is the first year in a long time at George Fox that we haven't been able to send a team that could realistically be competitive, so we're just sending the top individuals to see what they can do. And, when that's over, we'll be busy on the recruiting trail and planning to do better next fall."

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <b><u>Date</u></b> | <b><u>Event (Distance), Location</u></b>   | <b><u>GFU Finish (Pts)</u></b>             | <b><u>1st or 2nd (Pts)</u></b>           |
|--------------------|--|--|--|
| 9/8                | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)      | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15               | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)         | Willamette (26)<br>Willamette (44)       |
| 9/22               | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4th of 4 (63)<br>W: 2nd (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)            |
| 10/6               | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | M: 36th of 39 (979)<br>W: 33rd of 36 (883) | Seacows Track Club (99)<br>Victoria (68) |
| 10/13              | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34) |
| 10/27              | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | M: 8th of 9 (238)<br>W: 7th of 9 (189)     | Willamette (29)<br>Puget Sound (46)      |
| 11/10              | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 a.m.                                  |  |
| 11/17              | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

# **GEORGE FOX UNIVERSITY**

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

**Sunday, October 28, 2001 --- For Immediate Release**

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**SALEM, Ore.** – A 7th-place finish for the women and an 8th-place standing for the men were the results for the George Fox University Bruins in the Northwest Conference Cross Country Championships, hosted by Willamette University, on Saturday (Oct. 27) here at Bush's Pasture Park, while the University of Puget Sound and Willamette University took the women's and men's titles respectively.

#### **Women**

In the women's 5,000-meter event, Puget Sound returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. The Loggers defeated Willamette by 12 points, 46-58, followed by Pacific Lutheran University with 78, Whitworth College 84, Lewis & Clark College 117, Whitman College 168, George Fox 189, Pacific University 211, and Linfield College 249.

Dana Boyle of UPS, who has won every meet she has entered this fall, won the race by almost 50 seconds with a time of 17:32.12. Pacific Lutheran's Lia Ossiander, the defending champion, took second in 18:19.67.

The best George Fox time was 19:16.90 by Beth Moyer, who finished 17th overall and 17th in placing for team scoring. Other Bruin runners were Rebecca Rising at 19:52.79 (29th/27th), Kirsten Norgaard at 20:05.26 (38th/35th), Ashley Crisell at 20:57.51 (56th/49th), and Dana Cavaliere at 32:06.93 (77th/61st).

#### **Men**

Willamette's men, running on their 8,000-meter home course, won their first conference title since 1993 with a decisive 29-60 edge over Lewis & Clark. They were followed by Puget Sound with 72, Pacific Lutheran 76, Whitworth 141, Whitman 170, Pacific 196, George Fox 238, and Linfield 254.

Lewis & Clark's Neil Weare won the individual title in a time of 24:55.9, edging Linfield's Ryan Reed at 25:01.14. Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

Forrest Towne posted the best time for the Bruin men with a 27:30.31, placing 31st overall and 28th for team scoring. Following him were Matt Burg at 27:58.21 (43rd/40th), Nathan Paisley at 29:43.94 (66th/54th), Kris Clifton at 30:40.60 (71st/57th), Rob Gaslin at 31:34.43 (73rd/59th), and Chris Kelley at 34:44.34 (76th/62nd).

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships on Saturday, Nov. 10. The women's race begins at 9 a.m., with the men's race to follow at 10 a.m.

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Oct. 27, 2001

**Puget Sound women, Willamette men win NWC cross country titles**  
**UPS' Dana Boyle, L&C's Neil Weare win individual championships**

SALEM - The University of Puget Sound women and the Willamette University men won Northwest Conference cross country championships Saturday at Bush's Pasture Park.

The Logger women, led by individual champion Dana Boyle, returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. Boyle ran the 5,000-meter course in 17:31.12.

The Bearcat men, running on their home course, won their first conference title since 1993. They were led by the 3-4-5 finish of Jake Stout, Aaron Hollingshead and defending champion Aaron Young. Lewis & Clark's Neil Weare won the individual title in an 8,000-meter time of 24:55.91. Linfield's Ryan Reed was second in 25:01.14.

Boyle, who has won every meet she has entered this fall, won the race by almost 50 seconds. Pacific Lutheran's Lia Osslander, the defending champion, took second in 18:19.67.

The Logger women defeated Willamette by 12 points, 46-58. UPS's Julie Meyer, Alana Hagney and Breanne Hickel finished 8-10-11.

Whitworth's Leslie Nelson took third in front of Bearcats Liz Rodda (fourth) and Nattalie Wright (fifth).

Boyle came close to the Bush's Pasture Park conference record. Pacific Lutheran's Kristy Purdy set the record in 1981 with a time of 17:27.0. Boyle also won the NWC title as a freshman in 1998.

Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

Willamette's men won the race by a comfortable margin over Lewis & Clark, 29-60.

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships (Nov. 10). The women's race begins at 9 a.m., with the men's race to follow at 10 a.m.

**WOMEN'S TEAM SCORES**

1. Puget Sound 46; 2. Willamette 58; 3. Pacific Lutheran 78; 4. Whitworth 84; 5. Lewis & Clark 117; 6. Whitman 168; 7. George Fox 189; 8. Pacific 211; 9. Linfield 249.

**MEN'S TEAM SCORES**

1. Willamette 29; 2. Lewis & Clark 60; 3. Puget Sound 72; 4. Pacific Lutheran 76; 5. Whitworth 141; 6. Whitman 170; 7. Pacific 196; 8. George Fox 238; 9. Linfield 254.

**WOMEN'S INDIVIDUAL RESULTS (5,000 meters)**

|    |                        |                       |      |          |    |
|----|------------------------|-----------------------|------|----------|----|
| 1  | 60 Boyle, Dana         | SR Univ. of Puget sou | 5:38 | 17:32.12 | 1  |
| 2  | 253 Osslander, Lia     | SR Pacific Lutheran U | 5:53 | 18:19.67 | 2  |
| 3  | 226 Nelson, Leslie     | SO Whitworth College  | 5:54 | 18:22.58 | 3  |
| 4  | 53 Rodda, Liz          | SO Willamette Univers | 5:55 | 18:25.42 | 4  |
| 5  | 59 Wright, Nattalie    | JR Willamette Univers | 6:02 | 18:45.12 | 5  |
| 6  | 213 Austin, Jessica    | JR Whitworth College  | 6:02 | 18:46.57 | 6  |
| 7  | 249 Goldner, Tracey    | SO Pacific Lutheran U | 6:05 | 18:54.66 | 7  |
| 8  | 67 Meyer, Julie        | JR Univ. of Puget sou | 6:06 | 18:58.10 | 8  |
| 9  | 181 Erwin, Emily       | SR Lewis&Clark Colleg | 6:06 | 18:59.24 | 9  |
| 10 | 64 Hagney, Alana       | FR Univ. of Puget sou | 6:06 | 18:59.61 | 10 |
| 11 | 65 Hickel, Breanne     | JR Univ. of Puget sou | 6:09 | 19:07.07 | 11 |
| 12 | 27 Andrews, Alicia     | FR Willamette Univers | 6:09 | 19:07.62 | 12 |
| 13 | 212 Abbey, Elizabeth   | JR Whitworth College  | 6:09 | 19:09.10 | 13 |
| 14 | 194 Weyhmiller, Cassie | FR Lewis&Clark Colleg | 6:10 | 19:12.60 | 14 |

|    |     |                      |                       |       |          |    |
|----|-----|----------------------|-----------------------|-------|----------|----|
| 15 | 246 | DeSloover, Breea     | SO Pacific Lutheran U | 6:11  | 19:13.44 | 15 |
| 16 | 61  | Burnet, Sara         | FR Univ. of Puget sou | 6:11  | 19:14.30 | 16 |
| 17 | 109 | Moyer, Elizabeth     | SO George Fox Univers | 6:12  | 19:16.90 | 17 |
| 18 | 40  | Holbert, Kari        | FR Willamette Univers | 6:13  | 19:19.63 | 18 |
| 19 | 58  | Wright, Bobbi        | FR Willamette Univers | 6:14  | 19:22.60 | 19 |
| 20 | 34  | Emery, Amber         | JR Willamette Univers | 6:14  | 19:25.05 | 20 |
| 21 | 128 | Andrews, Ariel       | JR Whitman College    | 6:16  | 19:28.91 | 21 |
| 22 | 39  | Henderson, Amber     | SO Willamette Univers | 6:17  | 19:32.01 | 22 |
| 23 | 50  | Pierce, Katie        | FR Willamette Univers | 6:17  | 19:34.02 |    |
| 24 | 135 | Pfeiffer-Hoyt, Karin | JR Whitman College    | 6:18  | 19:34.75 | 23 |
| 25 | 178 | Blum, Angela         | FR Lewis&Clark Colleg | 6:19  | 19:39.05 | 24 |
| 26 | 215 | Baker, Amanda        | JR Whitworth College  | 6:22  | 19:48.49 | 25 |
| 27 | 248 | Forbes, Tesia        | SR Pacific Lutheran U | 6:22  | 19:48.91 | 26 |
| 28 | 42  | Kennedy, Mariah      | SO Willamette Univers | 6:23  | 19:50.79 |    |
| 29 | 111 | Rising, Rebecca      | SR George Fox Univers | 6:23  | 19:52.79 | 27 |
| 30 | 252 | Kern, Sheena         | FR Pacific Lutheran U | 6:24  | 19:54.79 | 28 |
| 31 | 117 | Samta, Dace          | JR Pacific University | 6:24  | 19:55.09 | 29 |
| 32 | 35  | Enell, Jessie        | FR Willamette Univers | 6:25  | 19:56.84 |    |
| 33 | 115 | McClung, Shelan      | FR Pacific University | 6:25  | 19:57.31 | 30 |
| 34 | 68  | Prehn, Jennifer      | FR Univ. of Puget sou | 6:26  | 20:01.39 | 31 |
| 35 | 62  | Dobson, Hilary       | FR Univ. of Puget sou | 6:26  | 20:02.22 | 32 |
| 36 | 140 | Witnov, Sierra       | FR Whitman College    | 6:27  | 20:02.90 | 33 |
| 37 | 187 | Hui, Mei-Yen         | FR Lewis&Clark Colleg | 6:27  | 20:04.74 | 34 |
| 38 | 110 | Norgaard, Kirsten    | SR George Fox Univers | 6:27  | 20:05.26 | 35 |
| 39 | 193 | Weber, Odessa        | SO Lewis&Clark Colleg | 6:28  | 20:06.20 | 36 |
| 40 | 231 | Stirling, Meagan     | SR Whitworth College  | 6:30  | 20:11.89 | 37 |
| 41 | 93  | Seifert, Kira        | JR Linfield College   | 6:30  | 20:13.37 | 38 |
| 42 | 180 | Epstein, Talia       | JR Lewis&Clark Colleg | 6:33  | 20:21.10 | 39 |
| 43 | 176 | Barker, Molly        | FR Lewis&Clark Colleg | 6:33  | 20:23.44 | 40 |
| 44 | 185 | Harman, Selena       | SO Lewis&Clark Colleg | 6:33  | 20:23.74 |    |
| 45 | 243 | Bangerter, Laura     | SO Pacific Lutheran U | 6:34  | 20:26.60 | 41 |
| 46 | 227 | Peters, Jenny        | FR Whitworth College  | 6:34  | 20:27.11 | 42 |
| 47 | 251 | Jacobson, Liz        | FR Pacific Lutheran U | 6:36  | 20:31.94 | 43 |
| 48 | 214 | Bailey, Elizabeth    | JR Whitworth College  | 6:37  | 20:34.87 | 44 |
| 49 | 133 | Knechtges, Jeanne    | SO Whitman College    | 6:38  | 20:39.03 | 45 |
| 50 | 132 | Foster, Piper        | SR Whitman College    | 6:38  | 20:39.25 | 46 |
| 51 | 94  | Slakovsky, Mary      | FR Linfield College   | 6:39  | 20:41.36 | 47 |
| 52 | 114 | Little, Alicia       | SO Pacific University | 6:41  | 20:48.39 | 48 |
| 53 | 182 | Finnan, Mary         | SO Lewis&Clark Colleg | 6:42  | 20:50.13 |    |
| 54 | 63  | Donnelly, Erin       | FR Univ. of Puget sou | 6:42  | 20:51.49 |    |
| 55 | 245 | Bow, Jennie          | SO Pacific Lutheran U | 6:44  | 20:56.45 |    |
| 56 | 106 | Crisell, Ashley      | FR George Fox Univers | 6:44  | 20:57.51 | 49 |
| 57 | 112 | Cooke, Tiffany       | FR Pacific University | 6:44  | 20:57.89 | 50 |
| 58 | 247 | Dornath, Cadie       | FR Pacific Lutheran U | 6:46  | 21:01.54 |    |
| 59 | 139 | Winters, Libby       | SO Whitman College    | 6:46  | 21:03.81 | 51 |
| 60 | 221 | Huey, Diana          | JR Whitworth College  | 6:47  | 21:06.77 |    |
| 61 | 137 | Scott, Jessie        | SR Whitman College    | 6:48  | 21:10.03 | 52 |
| 62 | 219 | Heinemann, Elaine    | FR Whitworth College  | 6:51  | 21:19.45 |    |
| 63 | 69  | Racine, Kim          | JR Univ. of Puget sou | 6:53  | 21:23.91 |    |
| 64 | 183 | Grossman, Sadie      | SO Lewis&Clark Colleg | 6:54  | 21:26.54 |    |
| 65 | 254 | Trask, Sarah         | SO Pacific Lutheran U | 6:56  | 21:34.93 |    |
| 66 | 134 | Larkin, Florinda     | SO Whitman College    | 7:05  | 22:01.37 |    |
| 67 | 66  | Kacprzyński, Marta   | SO Univ. of Puget sou | 7:08  | 22:10.67 |    |
| 68 | 91  | Prebys, Andrea       | SR Linfield College   | 7:11  | 22:21.58 | 53 |
| 69 | 116 | Ross, Beth           | SO Pacific University | 7:12  | 22:25.25 | 54 |
| 70 | 96  | Syrstad, Kirsten     | SO Linfield College   | 7:16  | 22:35.61 | 55 |
| 71 | 97  | Weimar, Ashlee       | SO Linfield College   | 7:24  | 23:01.27 | 56 |
| 72 | 92  | Schor, Debbie        | SO Linfield College   | 7:31  | 23:24.00 | 57 |
| 73 | 95  | Speroff, Sevda       | FR Linfield College   | 7:34  | 23:32.52 | 58 |
| 74 | 119 | Wilbanks, Viola      | FR Pacific University | 7:39  | 23:46.60 | 59 |
| 75 | 118 | Vaura, Janna         | SR Pacific University | 7:41  | 23:53.70 | 60 |
| 76 | 113 | Hass, Greta          | FR Pacific University | 7:53  | 24:31.32 |    |
| 77 | 105 | Cavaliere, Dana      | JR George Fox Univers | 10:20 | 32:06.93 | 61 |

MEN'S INDIVIDUAL RESULTS (8,000 meters)

|    |                        |                       |      |          |    |
|----|------------------------|-----------------------|------|----------|----|
| 1  | 174 Weare, Neil        | SR Lewis&Clark Colleg | 5:00 | 24:55.91 | 1  |
| 2  | 240 Reed, Ryan         | SR Pacific Lutheran U | 5:01 | 25:01.14 | 2  |
| 3  | 7 Stout, Jacob         | SO Willamette Univers | 5:02 | 25:03.90 | 3  |
| 4  | 4 Hollingshead, Aaron  | FR Willamette Univers | 5:02 | 25:04.57 | 4  |
| 5  | 3 Young, Aaron         | SO Willamette Univers | 5:03 | 25:08.14 | 5  |
| 6  | 72 Flowerree, JR       | JR Univ. of Puget sou | 5:04 | 25:14.46 | 6  |
| 7  | 233 Bangerter, Floyd   | JR Pacific Lutheran U | 5:09 | 25:39.22 | 7  |
| 8  | 13 O'Brien, Nathan     | SO Willamette Univers | 5:11 | 25:45.98 | 8  |
| 9  | 8 Overby, Scott        | FR Willamette Univers | 5:11 | 25:47.97 | 9  |
| 10 | 73 Grabner, Reagan     | JR Univ. of Puget sou | 5:13 | 26:00.75 | 10 |
| 11 | 159 Cody, Andrew       | SR Lewis&Clark Colleg | 5:14 | 26:05.74 | 11 |
| 12 | 11 Welsh, Mark         | FR Willamette Univers | 5:16 | 26:11.40 | 12 |
| 13 | 163 Kitzerow, Nick     | JR Lewis&Clark Colleg | 5:17 | 26:17.98 | 13 |
| 14 | 170 Oldham, Derek      | SR Lewis&Clark Colleg | 5:17 | 26:19.63 | 14 |
| 15 | 9 Ruiz, Carlos         | FR Willamette Univers | 5:17 | 26:19.92 | 15 |
| 16 | 74 Hallvik, Taylor     | FR Univ. of Puget sou | 5:18 | 26:20.97 | 16 |
| 17 | 234 Brown, Ben         | SO Pacific Lutheran U | 5:18 | 26:22.67 | 17 |
| 18 | 80 O'Dea, James        | SO Univ. of Puget sou | 5:19 | 26:25.80 | 18 |
| 19 | 208 Thornton, Adam     | SR Whitworth College  | 5:19 | 26:27.28 | 19 |
| 20 | 2 Brown, Brendan       | FR Willamette Univers | 5:19 | 26:28.45 |    |
| 21 | 142 Burkholder, Braden | SO Whitman College    | 5:20 | 26:32.50 | 20 |
| 22 | 172 Schoeneman, Brian  | JR Lewis&Clark Colleg | 5:20 | 26:33.17 | 21 |
| 23 | 1 Addison, Jimmy       | FR Willamette Univers | 5:21 | 26:39.40 |    |
| 24 | 81 Tribbia, John       | FR Univ. of Puget sou | 5:23 | 26:47.66 | 22 |
| 25 | 123 Hoogesteger, Carl  | JR Pacific University | 5:25 | 26:57.31 | 23 |
| 26 | 242 Warren, Ryan       | SR Pacific Lutheran U | 5:27 | 27:10.22 | 24 |
| 27 | 206 Stevick, Jesse     | SO Whitworth College  | 5:28 | 27:10.50 | 25 |
| 28 | 241 Thompson, Payton   | FR Pacific Lutheran U | 5:30 | 27:21.27 | 26 |
| 29 | 204 Robinson, Ben      | JR Whitworth College  | 5:31 | 27:27.32 | 27 |
| 30 | 5 Konrad, John         | FR Willamette Univers | 5:31 | 27:30.03 |    |
| 31 | 104 Towne, Forrest     | SR George Fox Univers | 5:31 | 27:30.31 | 28 |
| 32 | 147 Flynn, Conor       | FR Whitman College    | 5:32 | 27:31.20 | 29 |
| 33 | 175 Wetzler, Nick      | FR Lewis&Clark Colleg | 5:32 | 27:32.04 | 30 |
| 34 | 201 Goselin, Todd      | JR Whitworth College  | 5:33 | 27:35.85 | 31 |
| 35 | 236 DeBeck, Dallas     | JR Pacific Lutheran U | 5:33 | 27:38.83 | 32 |
| 36 | 165 Lukhaup, Karl      | FR Lewis&Clark Colleg | 5:35 | 27:49.50 | 33 |
| 37 | 238 Houston, Mike      | JR Pacific Lutheran U | 5:36 | 27:50.29 | 34 |
| 38 | 122 Henson, Josh       | FR Pacific University | 5:36 | 27:50.83 | 35 |
| 39 | 79 Neuner, Michael     | JR Univ. of Puget sou | 5:36 | 27:51.97 | 36 |
| 40 | 120 Bowe, Darren       | JR Pacific University | 5:36 | 27:53.31 | 37 |
| 41 | 144 Cade, Patrick      | FR Whitman College    | 5:36 | 27:54.71 | 38 |
| 42 | 203 Houk, Jonathon     | JR Whitworth College  | 5:37 | 27:56.92 | 39 |
| 43 | 98 Burg, Matt          | SO George Fox Univers | 5:37 | 27:58.21 | 40 |
| 44 | 151 Orcutt, Michael    | FR Whitman College    | 5:38 | 28:01.02 | 41 |
| 45 | 143 Byersdorfer, Joel  | SR Whitman College    | 5:38 | 28:04.78 | 42 |
| 46 | 71 Flichtbeil, Scott   | JR Univ. of Puget sou | 5:39 | 28:06.50 | 43 |
| 47 | 156 Voelckers, James   | FR Whitman College    | 5:39 | 28:08.30 | 44 |
| 48 | 235 Corliss, James     | JR Pacific Lutheran U | 5:40 | 28:12.47 |    |
| 49 | 197 Coe, Aaron         | FR Whitworth College  | 5:41 | 28:15.66 | 45 |
| 50 | 161 Foote, Adam        | FR Lewis&Clark Colleg | 5:42 | 28:23.56 |    |
| 51 | 85 Cook, Anthony       | FR Linfield College   | 5:44 | 28:34.15 | 46 |
| 52 | 209 Thornton, Luke     | FR Whitworth College  | 5:45 | 28:35.75 | 47 |
| 53 | 198 Coe, Andy          | SO Whitworth College  | 5:45 | 28:39.31 |    |
| 54 | 239 Lennox, Joshua     | JR Pacific Lutheran U | 5:46 | 28:42.98 |    |
| 55 | 86 Eggers, Aaron       | FR Linfield College   | 5:46 | 28:43.43 | 48 |
| 56 | 146 Choi, Ryan         | FR Whitman College    | 5:47 | 28:46.38 | 49 |
| 57 | 155 Schwartz, Jerome   | JR Whitman College    | 5:47 | 28:47.05 |    |
| 58 | 171 Sanderman, Dan     | FR Lewis&Clark Colleg | 5:47 | 28:48.92 |    |
| 59 | 126 Smith, Jason       | FR Pacific University | 5:49 | 28:59.31 | 50 |
| 60 | 124 Olguin, Matt       | FR Pacific University | 5:51 | 29:09.31 | 51 |

|    |                      |                       |      |          |    |
|----|----------------------|-----------------------|------|----------|----|
| 61 | 88 Olson, Peter      | FR Linfield College   | 5:52 | 29:10.99 | 52 |
| 62 | 207 Suzuki, Ryosuke  | SR Whitworth College  | 5:53 | 29:16.04 |    |
| 63 | 167 Mercer, Logan    | FR Lewis&Clark Colleg | 5:53 | 29:16.91 |    |
| 64 | 205 Sauer, Kristofor | FR Whitworth College  | 5:55 | 29:26.23 |    |
| 65 | 89 Schrepel, Chris   | JR Linfield College   | 5:56 | 29:31.56 | 53 |
| 66 | 103 Paisley, Nathan  | SR George Fox Univers | 5:58 | 29:43.94 | 54 |
| 67 | 237 Fish, Corey      | FR Pacific Lutheran U | 6:00 | 29:53.61 |    |
| 68 | 82 Bentz, Matthew    | SO Linfield College   | 6:04 | 30:09.58 | 55 |
| 69 | 70 Berndt, Tyler     | JR Univ. of Puget sou | 6:05 | 30:16.31 |    |
| 70 | 121 Getchell, Russ   | SR Pacific University | 6:06 | 30:23.01 | 56 |
| 71 | 99 Clifton, Kris     | FR George Fox Univers | 6:10 | 30:40.60 | 57 |
| 72 | 87 Johnson, Carl     | SO Linfield College   | 6:17 | 31:18.92 | 58 |
| 73 | 100 Gaslin, Rob      | FR George Fox Univers | 6:21 | 31:34.43 | 59 |
| 74 | 83 Burmester, Jeff   | SO Linfield College   | 6:21 | 31:38.64 | 60 |
| 75 | 125 Mollier, Derek   | FR Pacific University | 6:52 | 34:08.14 | 61 |
| 76 | 101 Kelley, Chris    | SO George Fox Univers | 6:59 | 34:44.34 | 62 |

END



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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 9th, Men 10th in Pacific Lutheran Meet  
Cavaliere Sets Personal Mark, Moyer Sets Course Mark  
NWC Meet Ahead After a Week Off**

### **THIS WEEK:**

No events scheduled

**NEXT: Sat., Oct. 27, 9:00 a.m. - at Northwest Conference Championships,  
Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Oct. 13 – at Pacific Lutheran Invitational, Ft. Steilacoom Park, Tacoma, Wash.  
(Men – 10th of 12 / Women – 9th of 11)

### **10/13 – PLU INVITATIONAL: Bruin Women 9th, Men 10th in Pacific Lutheran Meet**

**TACOMA, Wash.** – Racing for the final time before the Northwest Conference meet, the George Fox University women finished 9th and the Bruin men were 10th in the PLU Invitational Cross Country Meet, hosted by Pacific Lutheran University here Saturday (Oct. 13) at Ft. Steilacoom Park.

In the women's 5,000 meter event, the University of Washington "B" team took top honors with 34 points, followed by the University of Puget Sound with 66, Whitworth College 75, Pacific Lutheran 85, Lewis & Clark College 119, Western Washington University 160, Pacific University 210, North Idaho College 219, **George Fox** 246, Linfield College 281, and Bellevue Community College 292.

Dana Boyle of Puget Sound won the women's race with a time of 17:23.4. The top runner for the Bruins was **Kirsten Norgaard (Sr., Everett, Wash.)**, who was 41st overall and 29th for team scoring at 19:51.5. She was followed closely by **Beth Moyer (So., Camarillo, Calif.)**, whose 19:55.8 placed her 43rd overall and 31st for scoring. Other Bruins in the meet included **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:26.1 (92nd/56th), **Sarah Jertberg (Jr., Klamath Falls, Ore.)** at 22:57.7 (110th/64th), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 23:10.1 (113th/66th).

The men's 8,000 meter run was won by Simon Fraser University with 44 points, followed by North Idaho with 91, Puget Sound 92, Pacific Lutheran 93, Lewis & Clark 121, Whitworth 122, Central Washington University 146, Pacific 260, Linfield 267, **George Fox** 283, Evergreen State College 285, and Flathead Valley Community College 289.

Richard Mosley of Simon Fraser won the men's race with a time of 25:05.9. Leading the Bruins was **Matt Burg (So., Newberg, Ore.)** at 27:52.3, good for 63rd overall and 37th in team scoring. **Forrest Towne (Sr., Springfield, Ore.)**, in only his second race since rejoining the team at mid-season, ran a 28:01.4 to place 66th overall and 39th in scoring. Other Bruins runners were **Nathan Paisley (Sr., Salem, Ore.)** at 29:37.0 (100th/62nd), **Kris Clifton (Fr., Sutherlin, Ore.)** at 30:27.8 (124th/69th), **Rob Gaslin (Fr., Tualatin, Ore.)** at 32:29.6 (136th/76th), and **Chris Kelley (So., Newberg, Ore.)** at 36:21.3 (148th/81st).

The Bruins take next weekend off before the NWC meet on Saturday, Oct. 27, at Bush's Pasture Park in Salem, Ore. Willamette University is the host institution for this year's conference meet, which will begin at 9:00 a.m. Both George Fox teams finished 5th in the conference races last year.

**BRUIN BITS:**

\* Two new personal marks were set by Bruins at the PLU Invitational on Oct. 13:

**Women's New Personal Record**

**Dana Cavaliere** 23:10.1 (by 10 seconds)

\* **Beth Moyer's** time of 19:55.8 was a new personal course best at Ft. Steilacoom, bettering her mark there last year by almost a minute.

\* **Cook's Comments:** "We'd didn't run as well in Tacoma as we did at the Willamette meet the week before, but then, we haven't run two full-distance back-to-back races very well all season. Ft. Steilacoom is never as fast a race as Salem, anyway; I told the teams not to push too hard, but to back off and get ready for the conference meet. We'll take this week off to rest up and try to make a better showing in the conference race on the 27th."

**GEORGE FOX UNIVERSITY "BRUINS"  
2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <b><u>Date</u></b> | <b><u>Event (Distance), Location</u></b>   | <b><u>GFU Finish (Pts)</u></b>             | <b><u>1st or 2nd (Pts)</u></b>           |
|--------------------|--|--|--|
| 9/8                | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)      | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15               | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)         | Willamette (26)<br>Willamette (44)       |
| 9/22               | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4th of 4 (63)<br>W: 2nd (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)            |
| 10/6               | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | M: 36th of 39 (979)<br>W: 33rd of 36 (883) | Seacows Track Club (99)<br>Victoria (68) |
| 10/13              | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | M: 10th of 12 (283)<br>W: 9th of 11 (246)  | Simon Fraser (44)<br>Washington "B" (34) |
| 10/27              | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | 9:00 a.m.                                  |  |
| 11/10              | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 a.m.                                  |  |
| 11/17              | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

# ***GEORGE FOX UNIVERSITY***

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

***Saturday, October 13, 2001 --- For Immediate Release***

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **10/13 – PLU INVITATIONAL: Bruin Women 9th, Men 10th in Pacific Lutheran Meet**

**TACOMA, Wash.** – Racing for the final time before the Northwest Conference meet, the George Fox University women finished 9th and the Bruin men were 10th in the PLU Invitational Cross Country Meet, hosted by Pacific Lutheran University here Saturday (Oct. 13) at Ft. Steilacoom Park.

In the women's 5,000 meter event, the University of Washington "B" team took top honors with 34 points, followed by the University of Puget Sound with 66, Whitworth College 75, Pacific Lutheran 85, Lewis & Clark College 119, Western Washington University 160, Pacific University 210, North Idaho College 219, George Fox 246, Linfield College 281, and Bellevue Community College 292.

Dana Boyle of Puget Sound won the women's race with a time of 17:23.4. The top runner for the Bruins was Kirsten Norgaard, who was 41st overall and 29th for team scoring at 19:51.5. She was followed closely by Beth Moyer, whose 19:55.8 placed her 43rd overall and 31st for scoring. Other Bruins in the meet included Ashley Crisell at 21:26.1 (92nd/56th), Sarah Jertberg at 22:57.7 (110th/64th), and Dana Cavaliere at 23:10.1 (113th/66th).

The men's 8,000 meter run was won by Simon Fraser University with 44 points, followed by North Idaho with 91, Puget Sound 92, Pacific Lutheran 93, Lewis & Clark 121, Whitworth 122, Central Washington University 146, Pacific 260, Linfield 267, George Fox 283, Evergreen State College 285, and Flathead Valley Community College 289.

Richard Mosley of Simon Fraser won the men's race with a time of 25:05.9. Leading the Bruins was Matt Burg at 27:52.3, good for 63rd overall and 37th in team scoring. Forrest Towne, in only his second race since rejoining the team at mid-season, ran a 28:01.4 to place 66th overall and 39th in scoring. Other Bruins runners were Nathan Paisley at 29:37.0 (100th/62nd), Kris Clifton at 30:27.8 (124th/69th), Robert Gaslin at 32:29.6 (136th/76th), and Chris Kelley at 36:21.3 (148th/81st).

The Bruins take next weekend off before the NWC meet on Saturday, Oct. 27, at Bush's Pasture Park in Salem, Ore. Willamette University is the host institution for this year's conference meet, which will begin at 9:00 a.m. Both George Fox teams finished 5th in the conference races last year.

Monday, October 8, 2001 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**  
**Several Bruins Set Personal Marks in Salem**

### **THIS WEEK:**

**Sat., Oct 13, 10:00 a.m. - at Pacific Lutheran Invitational,**  
**Ft. Steilacoom Park, Tacoma, Wash.**

### **LAST WEEK (recap below):**

Oct. 6 – at Willamette University Invitational, Bush's Pasture Park, Salem, Ore.  
(Men – 36<sup>th</sup> of 39 / Women – 33<sup>rd</sup> of 36)

### **10/6 – WILLAMETTE INVITATIONAL:**

**Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**

**SALEM, Ore. ---** In "the largest meet on the West Coast" – a claim certainly substantiated by 788 runners in the event – the **George Fox University Bruins** finished 33<sup>rd</sup> in the women's 5K race and 36<sup>th</sup> in the men's 8K race at the Willamette University Invitational Cross Country Meet Saturday here at Bush's Pasture Park.

In team scoring for the NCAA Division I schools, the University of Hawaii edged the University of Oregon 42-43 in the women's race, while the University of Portland defeated Portland State University 19-38. In the College/Open division, the University of Victoria finished first with 68 points to 121 for Claremont-Mudd-Scripps Colleges in the women's race, and the Seacows track club edged Eastern Oregon University 99-103 in the men's race. **George Fox** was 33<sup>rd</sup> of 36 teams with 883 points in the women's division, while the men collected 979 points to wind up 36<sup>th</sup> of 39 teams.

Running for the George Fox women were **Rebecca Rising (Sr., Sanger, Calif.)**, who ran a 19:53.48 (167<sup>th</sup> overall/143<sup>rd</sup> in scoring), **Kirsten Norgaard (Sr., Everett, Wash.)** at 20:07.54 (192<sup>nd</sup>/153<sup>rd</sup>), **Ashley Crisell (Fr., Woodburn, Ore.)** at 21:10.36 (280<sup>th</sup>/206<sup>th</sup>), **Sarah Jertberg (Jr., Klamath Falls, Ore.)** at 23:20.41 (362<sup>nd</sup>/248<sup>th</sup>), and **Dana Cavaliere (So., Santa Rosa, Calif.)** at 23:20.81 (363<sup>rd</sup>/249<sup>th</sup>).

For the men, **Matt Burg (So., Newberg, Ore.)** had the top time at 26:45.80 (165<sup>th</sup> overall/135<sup>th</sup> in scoring), followed by **Forrest Towne (Sr., Springfield, Ore.)** at 27:16.80 (209<sup>th</sup>/169<sup>th</sup>), **Kris Clifton (Fr., Sutherlin, Ore.)** at 29:44.40 (342<sup>nd</sup>/239<sup>th</sup>), **Nathan Paisley (Sr., Salem, Ore.)** at 29:46.30 (346<sup>th</sup>/242<sup>nd</sup>), **Rob Gaslin (Fr., Tualatin, Ore.)** at 31:05.50 (370<sup>th</sup>/253<sup>rd</sup>), and **Chris Kelley (So., Newberg, Ore.)** at 35:34.20 (399<sup>th</sup>/268<sup>th</sup>).

Next up for the Bruins is the Pacific Lutheran University Invitational at Ft. Steilacoom Park in Tacoma, Wash., on Saturday, Oct. 13. That is the Bruins' last event before the Northwest Conference championships on Oct. 27 back in Salem.

**BRUIN BITS:**

\* Several Bruins set new personal records Oct. 6 in the Willamette Invitational:

**Men's New Personal Records**

|                      |                          |
|----------------------|--------------------------|
| <b>Matt Burg</b>     | 26:45.80 (by 56 seconds) |
| <b>Forrest Towne</b> | 27:16.80 (by 12 seconds) |
| <b>Kris Clifton</b>  | 29:44.40 (by 42 seconds) |
| <b>Rob Gaslin</b>    | 31:05.50 (by 29 seconds) |
| <b>Chris Kelley</b>  | 35:34.20 (by 17 seconds) |

**Women's New Personal Records**

|                       |                          |
|-----------------------|--------------------------|
| <b>Ashley Crisell</b> | 21:10.36 (by 44 seconds) |
| <b>Dana Cavaliere</b> | 23:20.81 (by 48 seconds) |

\* **Ashley Crisell** set a new personal record at the Willamette Invitational despite running most of the race with a shoe untied. "I talked to her high school coach ... I told him they were supposed to take care of that before they sent her to me!" laughed Bruin coach **Wes Cook**.

\* **Rebecca Rising** (19:53.48) and **Kirsten Norgaard** (20:07.54) set new personal course records at Bush's Pasture Park.

\* While official race results showed **Nathan Paisley** with a time of 29:46.30 and finishes of 346<sup>th</sup> and 242<sup>nd</sup> for team scoring, Coach Cook believes Paisley actually ran closer to 29:13, which would have moved him up to 327<sup>th</sup> overall and 233<sup>rd</sup> in scoring. "That would have altered the team scoring a bit, although I'm not sure it would have affected our place or not," Cook pointed out. "They had a major mix-up in the men's finish chute, which didn't make a ton of difference to us, but it meant a lot of extra time reviewing video and trying to get it right – and they may have missed one or two. But it is nothing to worry about now."

\* Only three men have run faster times in the last two years than **Matt Burg** did in the Willamette Invitational – Brandon Workman in 1999, Steve Willmer and Will Vollstedt in 2000 – and all three were NCAA All-West Region performers. His time was only 14 seconds off the top 15 list for Bruin sophomores.

\* **Forrest Towne** set a new personal mark in his first race since rejoining the Bruins for the fall season.

\* **Janelle Goeres** (So., Sams Valley, Ore.) and **Beth Moyer** (So., Camarillo, Calif.), two of the Bruin women's top runners, missed the Willamette meet, Goeres due to lingering injuries and Moyer because of a visit home for her father's retirement ceremony from military service.

\* **Cook's Comments:** "Overall, it (the Willamette Invitational) was a significant improvement for us ... but our obvious lack of depth and experience is costing us big time. It is encouraging to see how hard our youngsters are working, that they are making progress, and remaining pretty upbeat about what they're doing. Hopefully, a smaller field in Tacoma will encourage further improvement."

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <u>Date</u> | <u>Event (Distance), Location</u>  | <u>GFU Finish (Pts)</u>  | <u>1st or 2nd (Pts)</u>                  |
|-------------|--|--|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)                              | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)                                 | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4 <sup>th</sup> of 4 (63)<br>W: 2 <sup>nd</sup> (T) of 3 (43)   | Clark CC (33)<br>Pacific (35)            |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | M: 36 <sup>th</sup> of 39 (979)<br>W: 33 <sup>rd</sup> of 36 (883) | Seacows Track Club (99)<br>Victoria (68) |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | 10:00 a.m.   |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | 9:00 a.m.  |  |
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NOTE: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled this year due to a short-term health problem for George Fox coach Wes Cook.

# ***GEORGE FOX UNIVERSITY***

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

***Saturday, October 6, 2001 --- For Immediate Release***

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **10/6 – WILLAMETTE INVITATIONAL: Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**






















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In team scoring for the NCAA Division I schools, the University of Hawaii edged the University of Oregon 42-43 in the women’s race, while the University of Portland defeated Portland State University 19-38. In the College/Open division, the University of Victoria finished first with 68 points to 121 for Claremont-Mudd-Scripps Colleges in the women’s race, and the Seacows track club edged Eastern Oregon University 99-103 in the men’s race. George Fox was 33<sup>rd</sup> of 36 teams with 883 points in the women’s division, while the men collected 979 points to wind up 36<sup>th</sup> of 39 teams.

Running for the George Fox women were Rebecca Rising, who ran a 19:53.48 (167<sup>th</sup> overall/143<sup>rd</sup> in scoring), Kristen Norgaard at 20:07.54 (192<sup>nd</sup>/153<sup>rd</sup>), Ashley Crisell at 21:10.36 (280<sup>th</sup>/206<sup>th</sup>), Sarah Jertberg at 23:20.41 (362<sup>nd</sup>/248<sup>th</sup>), and Dana Cavaliere at 23:20.81 (363<sup>rd</sup>/249<sup>th</sup>).

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|              |   |  |
|--------------|---|--|
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| Bcc:         |  Blair Cash  |  |
| Attachments: |  TEAMMEN.xls<br> W_D2.TF<br> OVERMEN.XLS<br> W_TEAM.TF<br> W_RESULT.TF<br> W_D1.TF<br> 2001 WU Inv. story, results  | 68K<br>11K<br>62K<br>12K<br>36K<br>2K<br>32K |

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Oct. 6, 2001

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COMPLETE RESULTS ALSO ON THE WEB AT: <http://run-down.com/bearcats/wu.php>

Cheryl Smith, Jerry Ziak win 27th Willamette University Invitational

SALEM - Cheryl Smith of the University of Hawaii and Jerry Ziak of the University of Victoria were the individual winners Saturday of the 27th annual Willamette University Invitational Cross Country Meet at Bush's Pasture Park.

Smith won the 5,000-meter women's run by nearly half a minute with a time of 16:56.33. Deanna O'Neil, running unattached, placed second in 17:21.41.

Ziak finished the 8,000-meter race in 24:06.46, out-sprinting Ivan Aikenback to the wire. Aikenback, from the Seacows Track Club of Bend, finished in 24:10.11.

In the team scoring for NCAA Division I schools, Smith's Hawaii team edged the University of Oregon, 42-43. In the men's Division I team scoring, Portland defeated Portland State, 19-38.



In the College/Open division, the University of Victoria won the women's side with 68 points. Claremont-Mudd-Scripps was second with 121 points. On the men's side, the Seacows edged Eastern Oregon University 99-103.

The combined 788 finishers from six western states and Canada were the most in the 27-year history of the meet.

Host Willamette finished fifth in the men's race and sixth in the women's event. The Bearcat men, ranked ninth in the latest Division III poll, were paced by Jake Stout. Stout finished ninth out of 400 finishers in 24:34.04, which ranks No. 5 all-time in Willamette history.

The Bearcat women, rated 22nd in the latest poll, were led by Liz Rodda. Rodda placed 23rd out of 388 finishers in a time of 18:20.65, which ranks No. 4 all-time in WU history.

#### TEAM SCORES

##### NCAA DIVISION I WOMEN

1. University of Hawaii 42
2. University of Oregon 43
3. University of Portland 59
4. Portland State Univ. 81

##### NCAA DIVISION I MEN

1. University of Portland 19
2. Portland State Univ. 38

##### COLLEGE/OPEN WOMEN

1. Univ. of Victoria 68
2. Claremont-M-S 121
3. Greater Boise RC 140
4. Utah Valley CC 149
5. Northwest College 175
6. Willamette 250
7. Humboldt State 252
8. Westmont 296
9. Lewis-Clark State 344
10. Pt. Loma Nazarene 372
11. Western Oregon 380
12. Pacific Lutheran 420
13. Team Tye Dye 437
14. CC of Spokane 449
15. Biola 462
16. British Columbia 465
17. Lewis & Clark 482
18. Mt. Hood CC 485
19. Northwest Nazarene 519
20. Team Oregon 520
21. Southern Oregon 538
22. Seattle 558
23. Team GFR 596
24. Chaminade 634
25. Lane CC 691
26. Eastern Oregon 697

- 
27. Warner Pacific 786
  28. Pacific 799
  29. North Idaho 807
  30. Oregon State TC 843
  31. Clark CC 852
  32. Oregon Tech 875
  33. George Fox 883
  34. Linfield 887
  35. Cascade 934
  36. Chemeketa CC 1034

## COLLEGE/OPEN WOMEN

1. Seacows (Bend) 99
2. Eastern Oregon 103
3. Claremont-M-S 131
4. Northwest Nazarene 132
5. Willamette 166
6. Team Eugene 175
7. Univ. of British Col. 258
8. Univ. of Victoria 280
9. Lewis & Clark 328
10. Mt. Hood CC 355
11. Humboldt State 401
12. CC of Spokane 416
13. North Idaho 429
14. Pacific Lutheran 494
15. Team Portland 506
16. Clackamas CC 507
17. Utah Valley CC 512
18. Seattle 519
19. Westmont 537
20. Lewis-Clark State 538
21. Pt. Loma Nazarene 568
22. Southern Oregon 578
23. St. Martin's 638
24. Western Oregon 641
25. Lane CC 649
26. Team Wild Card 681
27. Highline CC 720
28. Clark CC 782
29. Treasure Valley CC 783
30. Chaminade 834
31. Oregon Tech 840
32. Cascade 848
33. Pacific 904
34. Warner Pacific 929
35. Linfield 947
36. Oregon State TC 963
37. Chemeketa CC 993
38. George Fox 1016
39. Evergreen State 1121

## TOP 10 WOMEN (overall, 5,000 meters)

1. Cheryl Smith, Hawaii 16:56.33
2. Deanna O'Neil, unat. 17:21.41
3. Margaret Butler, Kajaks TC 17:29.48
4. Heather MacDonald, B.C. 17:29.74
5. Hanna Bremner, unat. 17:41.12
6. Casey McGuire-Torcott, Hawaii 17:41.50
7. Laura Harmon, Oregon 17:51.55
8. Larissa Managh, Victoria 17:55.28
9. Kim Stone, Northwest 17:56.98
10. Crystal Evans, Northwest 18:01.56

## TOP 10 MEN (overall, 8,000 meters)

1. Jerry Ziak, Victoria 24:06.46
2. Ivan Aikenback, Seacows 24:10.11
3. Aaron Davis, Team Eugene 24:12.65
4. David Milne, British Columbia 24:19.97
5. Francis Kimeli, NNU 24:22.36
6. Dylan Mason, Seacows 24:27.43
7. Jason Finch, Westmont 24:29.97
8. Neil Weare, Lewis & Clark 24:30.48
9. Jake Stout, Willamette 24:34.04
10. Robb Finegan, unat. 24:38.27

WILLAMETTE UNIVERSITY'S TOP SEVEN  
WOMEN

23. Liz Rodda 18:20.65  
(So., St. Francis HS, Sacramento)
53. Katie Pierce 18:44.77  
(Fr., Willits HS, Calif.)
85. Nattalie Wright 19:08.18  
(Jr. Sprague HS)
91. Bobbi Wright 19:13.49  
(Fr., Rogue River HS)
92. Alicia Andrews 19:14.32  
(Fr. Asotin HS, Wash.)
99. Amber Emery 19:17.50  
(Jr. Illinois Valley HS)
112. Amber Henderson 19:23.42  
(So., Kelso HS, Wash.)

## MEN

9. Jake Stout 24:34.04  
(So., Portland Christian HS)
29. Aaron Young 24:51.56  
(So., Marshfield HS)
46. Nathan O'Brien 25:15.84  
(So., Wilsonville HS)
54. Scott Overby 25:22.84  
(Fr., Barlow HS)

- 
66. Aaron Hollingshead 25:34.30  
(Fr., David Douglas HS)
75. John Konrad 25:46.58  
(Fr., Tigard HS)
92. Brendan Brown 26:02.13  
(Fr., Chaminade HS, N.Y.)

END

Monday, September 24, 2001 --- For Immediate Release  
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## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women Tie for 2<sup>nd</sup>, Men 4<sup>th</sup> in Pacific Invitational**  
**Teams Get a Week Off to Prepare for Willamette Invitational on Oct. 6**

### **THIS WEEK:**

No race scheduled

**Next: Sat., Oct 6, 10:00 a.m. - at Willamette Invitational, Bush's Pasture Park, Salem, Ore.**

### **LAST WEEK (recap below):**

Sept. 22 - at Pacific University Invitational, Lincoln Park, Forest Grove, Ore.  
(Men - 4<sup>th</sup> of 4 / Women - 2<sup>nd</sup>, tie, of 3)

### **PACIFIC INVITATIONAL: Bruin Women Tie for 2<sup>nd</sup>, Men are 4<sup>th</sup> in Pacific Invitational**

**FOREST GROVE, Ore. ---** In a "replacement" meet for the cancelled Bear Fete Invitational, the George Fox University women's team finished in a tie for second while the men's team finished fourth in the Pacific University Invitational Saturday (Sept. 22) here at Lincoln Park.

With the Bear Fete races, normally the George Fox "homecoming" event, cancelled due to veteran Bruin coach **Wes Cook's** brief stay in the hospital (the coach is back at work and feeling fine now), the Pacific Invitational was arranged quickly by Pacific coach Ron Tabb. The women's race was a two-mile event, the men's a five-kilometer race.

Host Pacific captured the women's race with 35 points, while **George Fox** and Warner Pacific College tied for second with 43 points. Team Oregon, a club team, was not counted in the scores, while Clark College, a community college in Vancouver, Wash., took an incomplete.

**Beth Moyer (So., Camarillo, Calif.)** finished fifth overall and third among college runners in the race with a time of 12:26, the best showing by a Bruin. **Rebecca Rising (Sr., Sanger, Calif.)** was next for George Fox at 12:34 (7<sup>th</sup>/5<sup>th</sup>), followed by **Ashley Crisell (Fr., Woodburn, Ore.)** at 13:21 (13<sup>th</sup>/9<sup>th</sup>), **Dana Cavaliere (So., Santa Rosa, Calif.)** at 14:12 (24<sup>th</sup>/12<sup>th</sup>), and **Sarah Jertberg (Jr., Klamath Falls, Ore.)** at 14:38 (27<sup>th</sup>/14<sup>th</sup>).

Clark College took the men's race with 33 points, followed by Pacific with 53, Warner Pacific with 62, and **George Fox** with 63. Leading the Bruins was **Matt Burg (So., Newberg, Ore.)** with a time of 16:14, good for third place overall and second among college runners. Other Bruins in the race were **Nathan Paisley (Sr., Salem, Ore.)** at 17:37 (15<sup>th</sup>/11<sup>th</sup>), **Kris Clifton (Fr., Sutherlin, Ore.)** at 18:12 (18<sup>th</sup>/14<sup>th</sup>), **Rob Gaslin (Fr., Tualatin, Ore.)** at 18:51 (20<sup>th</sup>/15<sup>th</sup>), and **Chris Kelley (So., Newberg, Ore.)** at 21:18 (26<sup>th</sup>/21<sup>st</sup>).

The Bruins are off next week, but hit the racecourses again Saturday, Oct. 6, in the Willamette Invitational. The day's events begin at 10:00 a.m. at Bush's Pasture Park in Salem, Ore.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

| <u>Date</u> | <u>Event (Distance), Location</u>  | <u>GFU Finish (Pts)</u>  | <u>1st or 2nd (Pts)</u>                  |
|-------------|--|--|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                         | M: 6th of 6 (155)<br>W: 2nd of 6 (54)                            | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon            | M: incomplete<br>W: 6th of 7 (128)                               | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon     | M: 4 <sup>th</sup> of 4 (63)<br>W: 2 <sup>nd</sup> (T) of 3 (43) | Clark CC (33)<br>Pacific (35)            |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                 | 10:00 am   |  |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington   | TBA  |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon      | 9:00 am  |  |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon         | 9:00 am  |  |
| 11/17       | NCAA D-III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA  |  |

# **GEORGE FOX UNIVERSITY**

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

**Saturday, September 22, 2001 --- For Immediate Release**

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
(O) 503-554-2127 (H) 503-554-8067 (FAX) 503-554-3830 (Hotline) 503-554-3868

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### **PACIFIC INVITATIONAL: Bruin Women Tie for 2<sup>nd</sup>, Men are 4<sup>th</sup> in Pacific Invitational**

**FOREST GROVE, Ore. ---** In a "replacement" meet for the cancelled Bear Fete Invitational, the George Fox University women's team finished in a tie for second while the men's team finished fourth in the Pacific University Invitational Saturday (Sept. 22) here at Lincoln Park.

With the Bear Fete races, normally the George Fox "homecoming" event, cancelled due to veteran Bruin coach Wes Cook's brief stay in the hospital (the coach is back at work and feeling fine now), the Pacific Invitational was arranged quickly by Pacific coach Ron Tabb. The women's race was a two-mile event, the men's a five-kilometer race.

Host Pacific captured the women's race with 35 points, while George Fox and Warner Pacific tied for second with 43 points. Team Oregon, a club team, was not counted in the scores, while Clark College, a community college in Vancouver, Wash., took an incomplete.

Beth Moyer finished fifth overall and third among college runners in the race with a time of 12:26, the best showing by a Bruin. Rebecca Rising was next for George Fox at 12:34 (7<sup>th</sup>/5<sup>th</sup>), followed by Ashley Crisell at 13:21 (13<sup>th</sup>/9<sup>th</sup>), Dana Cavaliere at 14:12 (24<sup>th</sup>/12<sup>th</sup>), and Sarah Jertberg at 14:38 (27<sup>th</sup>/14<sup>th</sup>).

Clark College took the men's race with 33 points, followed by Pacific with 53, Warner Pacific with 62, and George Fox with 63. Leading the Bruins was Matt Burg with a time of 16:14, good for third place overall and second among college runners. Other Bruins in the race were Nathan Paisley at 17:37 (15<sup>th</sup>/11<sup>th</sup>), Kris Clifton at 18:12 (18<sup>th</sup>/14<sup>th</sup>), Rob Gaslin at 18:51 (20<sup>th</sup>/15<sup>th</sup>), and Chris Kelley at 21:18 (26<sup>th</sup>/21<sup>st</sup>).

The Bruins are off next week, but hit the racecourses again Saturday, Oct. 6, in the Willamette Invitational. The day's events begin at 10:00 a.m. at Bush's Pasture Park in Salem, Ore.

et \_\_\_\_\_ Place Pacific University Date 9-22-01  
 ision Men 5K Weather \_\_\_\_\_  
 urse Record \_\_\_\_\_ Held By \_\_\_\_\_ School \_\_\_\_\_

| NAME           | TIME  | SCHOOL | #  | NAME        | TIME  | SCHOOL | #  | NAME | TIME | SCHOOL |
|----------------|-------|--------|----|-------------|-------|--------|----|------|------|--------|
| C. Clancy      | 15:27 | WP     | 23 | A. Magel    | 19:48 | WP     | 45 |      |      |        |
| M. Bartenau    | 16:09 | unatt. | 24 | C. Burtch   | 20:17 | PU     | 46 |      |      |        |
| M. Burg        | 16:14 | GF     | 25 | D. Mollie   | 21:10 | PU     | 47 |      |      |        |
| K. Sharp       | 16:17 | CL     | 26 | C. Kelley   | 21:18 | GF     | 48 |      |      |        |
| A. McCann      | 16:19 | CL     | 27 | M. Amundson | 21:20 | WP     | 49 |      |      |        |
| M. Hulbert     | 16:22 | CL     | 28 | N. Khatafa  | 23:28 | unatt. | 50 |      |      |        |
| C. Hoogesteger | 16:24 | PU     | 29 |             |       |        | 51 |      |      |        |
| M. Beaudoin    | 16:29 | unatt. | 30 |             |       |        | 52 |      |      |        |
| D. Bows        | 16:46 | PU     | 31 |             |       |        | 53 |      |      |        |
| J. New         | 16:52 | unatt. | 32 |             |       |        | 54 |      |      |        |
| E. Dolezal     | 16:57 | CL     | 33 |             |       |        | 55 |      |      |        |
| F. Town        | 16:58 | unatt. | 34 |             |       |        | 56 |      |      |        |
| J. Henson      | 17:04 | PU     | 35 |             |       |        | 57 |      |      |        |
| C. Hartman     | 17:12 | WP     | 36 |             |       |        | 58 |      |      |        |
| N. Paisley     | 17:37 | GF     | 37 |             |       |        | 59 |      |      |        |
| R. Getchell    | 18:02 | PU     | 38 |             |       |        | 60 |      |      |        |
| M. Ksianda     | 18:07 | CL     | 39 |             |       |        | 61 |      |      |        |
| K. Clifton     | 18:12 | GF     | 40 |             |       |        | 62 |      |      |        |
| W. Steel       | 18:42 | unatt. | 41 |             |       |        | 63 |      |      |        |
| R. Gaslin      | 18:51 | GF     | 42 |             |       |        | 64 |      |      |        |
| B. Leel        | 18:52 | WP     | 43 |             |       |        | 65 |      |      |        |
| B. Mueller     | 19:27 | WP     | 44 |             |       |        | 66 |      |      |        |

SCHOOL Pacific University

| Name           | Place        |
|----------------|--------------|
| C. Hoogesteger | 7 (6)        |
| D. Bows        | 9 (7)        |
| J. Henson      | 13 (9)       |
| R. Getchell    | 16 (12)      |
| C. Burtch      | 24 (19)      |
| Score          | <u>58.53</u> |

SCHOOL Warner Pacific

| Name       | Place     |
|------------|-----------|
| C. Clancy  | 1 (1)     |
| C. Hartman | 14 (10)   |
| B. Leel    | 21 (16)   |
| B. Mueller | 22 (17)   |
| A. Magel   | 23 (18)   |
| Score      | <u>62</u> |

SCHOOL George Fox

| Name       | Place       |
|------------|-------------|
| M. Burg    | 3 (2)       |
| N. Paisley | 15 (11)     |
| K. Clifton | 18 (14)     |
| R. Gaslin  | 20 (15)     |
| C. Kelley  | 26 (20)     |
| Score      | <u>67.3</u> |

SCHOOL Clark

| Name       | Place   |
|------------|---------|
| C. Sharp   | 4 (3)   |
| A. McCann  | 5 (4)   |
| M. Hulbert | 6 (5)   |
| E. Dolezal | 11 (8)  |
| M. Ksianda | 17 (13) |

SCHOOL \_\_\_\_\_

| Name | Place |
|------|-------|
|      |       |
|      |       |
|      |       |
|      |       |
|      |       |

SCHOOL \_\_\_\_\_

| Name | Place |
|------|-------|
|      |       |
|      |       |
|      |       |
|      |       |
|      |       |



DIVISION 24113 6-7 FIVE TECHNICAL  
 Course Record                      Held By                      School                     

| #  | NAME          | TIME  | SCHOOL   | #  | NAME         | TIME  | SCHOOL   | #  | NAME | TIME | SCHOOL |
|----|---------------|-------|----------|----|--------------|-------|----------|----|------|------|--------|
| 1  | Kendall White | 11:38 | WP       | 23 | T. Buck      | 14:02 | WP       | 45 |      |      |        |
| 2  | Wendy Bruneau | 11:42 | unatt.   | 24 | D. Cavaliere | 14:12 | GF       | 46 |      |      |        |
| 3  | T. Morales    | 11:52 | WP       | 25 | A. Chapin    | 14:15 | WP       | 47 |      |      |        |
| 4  | A. Tower      | 12:11 | Team OR. | 26 | J. Dalin     | 14:20 | Team OR. | 48 |      |      |        |
| 5  | B. Mayer      | 12:26 | GF       | 27 | S. Jertberg  | 14:38 | GF       | 49 |      |      |        |
| 6  | S. McIlung    | 12:30 | PU       | 28 | J. Vavra     | 14:47 | PU       | 50 |      |      |        |
| 7  | R. Rising     | 12:34 | GF       | 29 | T. Teague    | 15:32 | WP       | 51 |      |      |        |
| 8  | D. Santa      | 12:45 | PU       | 30 | G. Haas      | 15:42 | PU       | 52 |      |      |        |
| 9  | H. Janssen    | 12:54 | Team OR. | 31 |              |       |          | 53 |      |      |        |
| 10 | T. Cook       | 13:11 | PU       | 32 |              |       |          | 54 |      |      |        |
| 11 | T. Ridgway    | 13:17 | Team OR. | 33 |              |       |          | 55 |      |      |        |
| 12 | A. Little     | 13:18 | PU       | 34 |              |       |          | 56 |      |      |        |
| 13 | A. Crisell    | 13:21 | GF       | 35 |              |       |          | 57 |      |      |        |
| 14 | J. Reisinger  | 13:29 | Team OR. | 36 |              |       |          | 58 |      |      |        |
| 15 | S. Perry      | 13:29 | CL       | 37 |              |       |          | 59 |      |      |        |
| 16 | H. Ney        | 13:32 | unatt.   | 38 |              |       |          | 60 |      |      |        |
| 17 | T. Reisinger  | 13:38 | Team OR. | 39 |              |       |          | 61 |      |      |        |
| 18 | B. Ross       | 13:47 | PU       | 40 |              |       |          | 62 |      |      |        |
| 19 | D. Lund       | 13:49 | CL       | 41 |              |       |          | 63 |      |      |        |
| 20 | C. Jackinsky  | 13:52 | Team OR. | 42 |              |       |          | 64 |      |      |        |
| 21 | C. Morfin     | 14:01 | CL       | 43 |              |       |          | 65 |      |      |        |
| 22 | C. Taylor     | 14:01 | CL       | 44 |              |       |          | 66 |      |      |        |

SCHOOL Pacific U.

| Name       | Place   |
|------------|---------|
| S. McIlung | 6 (4)   |
| D. Santa   | 8 (6)   |
| T. Cook    | 10 (7)  |
| A. Little  | 12 (8)  |
| B. Ross    | 18 (10) |
| Score      | 35      |

SCHOOL Team Oregon

| Name         | Place |
|--------------|-------|
| A. Tower     | 4     |
| H. Janssen   | 9     |
| T. Ridgway   | 11    |
| J. Reisinger | 14    |
| T. Reisinger | 17    |
| Score        |       |

SCHOOL Warner Pacific

| Name       | Place   |
|------------|---------|
| K. White   | 1 (1)   |
| T. Morales | 3 (2)   |
| T. Buck    | 23 (11) |
| A. Chapin  | 25 (13) |
| T. Teague  | 29 (16) |
| Score      | 43      |

SCHOOL Unattached

| Name       | Place |
|------------|-------|
| W. Bruneau | 2     |
| H. Ney     | 16    |
| Score      |       |

SCHOOL George Fox

| Name         | Place   |
|--------------|---------|
| B. Mayer     | 5 (3)   |
| R. Rising    | 7 (5)   |
| A. Crisell   | 13 (9)  |
| D. Cavaliere | 24 (12) |
| S. Jertberg  | 27 (14) |
| Score        | 43      |

SCHOOL Clark

| Name      | Place |
|-----------|-------|
| S. Perry  | 15    |
| D. Lund   | 19    |
| C. Morfin | 21    |
| C. Taylor | 22    |
| Score     |       |

Monday, September 17, 2001 --- For Immediate Release  
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Sports website: www.georgefox.edu/athletics Sports Hotline: 503-554-3868

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**  
**Coach Wes Cook Returns to Duty**  
**Bear Fete Cancelled; Bruins to Race in Pacific University Event**

### **THIS WEEK:**

**Sat., Sept. 22, 10:00 a.m. - at Pacific University Event, Forest Grove, Ore.**

### **LAST WEEK (recap below):**

Sept. 15 - at Clackamas Community College Invitational, Oregon City, Ore.  
(Men - incomplete / Women - 6th of 7)

### **Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**

**OREGON CITY, Ore. --- Janelle Goeres (So., Sams Valley, Ore.)** captured seventh place, the best individual showing for a George Fox University women's team that finished sixth, while the Bruin men, with only four runners, took an incomplete in the Clackamas Community College Invitational Cross Country Meet here Saturday morning (Sept. 15).

Willamette University took the women's race, which was actually a distance of 4,100 meters instead of the standard 4,000, with 44 points, followed by the University of Portland with 71, Western Oregon University 79, Mt. Hood Community College 112, Clackamas CC 119, **George Fox** 128, North Idaho College 158, and Lane Community College incomplete.

**Goeres** posted a time of 15:46 for seventh, and she was joined in scoring for the Bruins by **Kirsten Norgaard (Sr., Everett, Wash.)**, 21st at 16:15; **Beth Moyer (So., Camarillo, Calif.)**, 30th at 16:36; **Rebecca Rising (Sr., Sanger, Calif.)**, 31st at 16:37; and **Ashley Crisell (Fr., Wodburn, Ore.)**, 60th at 17:46. Also running for the Bruins were **Dana Cavaliere (So., Santa Rosa, Calif.)**, 72nd at 19:20, and **Sarah Jertberg (Jr., Klamath Falls, Ore.)**, 73rd at 19:29.

The men's race, at 6,100 meters instead of 6,000, was also won by Willamette with 26 points, followed by North Idaho with 71, Mt. Hood CC 77, Clackamas CC 107, Western Oregon 108, Lane 131, and **George Fox** incomplete.

**Matt Burg (So., Newberg, Ore.)** posted the Bruins' top time, finishing 56th with a 21:56.5. Others who ran for the Bruins were **Nathan Paisley (Sr., Salem, Ore.)**, 70th at 23:04; **Rob Gaslin (Fr., Tualatin, Ore.)**, 79th at 24:49; and **Chris Kelley (So., Newberg, Ore.)**, 83rd at 28:07.

"Obviously, having three of our seven runners out nursing nagging injuries didn't help, since you've got to have five to score as a team," said Bruin coach **Wes Cook**, who was back in attendance after missing last week's Boxer Rebellion races due to being hospitalized with an irregular heartbeat and high blood pressure.

### **BRUIN BITS:**

\* Bruin coach **Wes Cook**, who missed a George Fox event for the first time in his 15 years at the school last Saturday, was cleared by doctors to return to normal duties Wednesday, but encouraged to take it easy for a couple of weeks. Cook had been sent to Newberg Providence Hospital over the weekend by Bruin athletic trainer Karen Hostetter after an examination uncovered an irregular heartbeat and high blood pressure on Friday. A stress test on Monday at Newberg Providence, and an angiogram on Tuesday at Good Samaritan Hospital in Portland, revealed nothing out of the ordinary, and Cook was back in his office ready and rarin' to go on Wednesday.

## George Fox Cross Country ... Sept. 17, 2001 ... page 2

\* With **Cook** absent for a few days, the logistics of pulling together the annual Bear Fete Invitational / Bru-Running Homecoming event, set for Saturday, Sept. 22, at Champoege State Park, were crushed by time constraints. As a result, the event has been cancelled. The weekend will not be a total loss, however, as many of the Bruin cross country alumni who usually come back for the Bear Fete races are going to come anyway and have a cookout in their former coach's backyard.

\* Instead of the Bear Fete this weekend, the Bruins will run in the an event Pacific University coach Ron Tabb has arranged to replace the George Fox race. The meet will begin and end at Lincoln Park just north of the Pacific Athletic Center and will circle the campus. The women's two-mile race begins at 10:00 a.m., while the men's 5K race starts at 11:00 a.m.

### GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S & WOMEN'S CROSS COUNTRY RESULTS

| <u>Date</u> | <u>Event, Location</u>  | <u>GFU Finish (Pts)</u>               | <u>1st or 2nd (Pts)</u>                  |
|-------------|---|---------------------------------------|--|
| 9/8         | Boxer Rebellion (M 8k, W 5k)<br>Lincoln Park, Forest Grove, Oregon                                | M: 6th of 6 (155)<br>W: 2nd of 6 (54) | Lewis & Clark (29)<br>Lewis & Clark (50) |
| 9/15        | Clackamas CC Invitation (M 6.1 k, W 4.1 k)<br>Clackamas CC, Oregon City, Oregon                   | M: incomplete<br>W: 6th of 7 (128)    | Willamette (26)<br>Willamette (44)       |
| 9/22        | Pacific University Invitational (M 5k, W 2-mile)<br>Lincoln Park, Forest Grove, Oregon            | 10:00 am                              |  |
| 10/6        | Willamette Invitational (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                        | 10:00 am                              |  |
| 10/13       | Pacific Lutheran Invitational (M 8k, W 5k)<br>Fort Steilacoom Park, Lakewood, Washington          | TBA                                   |  |
| 10/27       | Northwest Conference Championships (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon             | 9:00 am                               |  |
| 11/10       | NCAA Division III West Regional (M 8k, W 5k)<br>Bush's Pasture Park, Salem, Oregon                | 9:00 am                               |  |
| 11/17       | NCAA Division III National Championships (M 8k, W 5k)<br>Augustana College, Rock Island, Illinois | TBA                                   |  |

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE --- CROSS COUNTRY

*Sunday, September 16, 2001 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
(O) 503-554-2127 (H) 503-554-8067 (FAX) 503-554-3830 (Hotline) 503-554-3868

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### **Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**

**OREGON CITY, Ore.** --- Janelle Goeres captured seventh place, the best individual showing for a George Fox University women's team that finished sixth, while the Bruin men, with only four runners, took an incomplete in the Clackamas Community College Invitational Cross Country Meet here Saturday morning (Sept. 15).

Willamette University took the women's race, which was actually a distance of 4,100 meters instead of the standard 4,000, with 44 points, followed by the University of Portland with 71, Western Oregon University 79, Mt. Hood Community College 112, Clackamas CC 119, George Fox 128, North Idaho College 158, and Lane Community College incomplete

Goeres posted a time of 15:46 for seventh, and she was joined in scoring for the Bruins by Kirsten Norgaard, 21st at 16:15; Beth Moyer, 30th at 16:36; Rebecca Rising, 31st at 16:37; and Ashley Crisell, 60th at 17:46. Also running for the Bruins were Dana Cavaliere, 72nd at 19:20, and Sarah Jertberg, 73rd at 19:29.

The men's race, at 6,100 meters instead of 6,000, was also won by Willamette with 26 points, followed by North Idaho with 71, Mt. Hood CC 77, Clackamas CC 107, Western Oregon 108, Lane 131, and George Fox incomplete.

Matt Burg posted the Bruins' top time, finishing 56th with a 21:56.5. Others who ran for the Bruins were Nathan Paisley, 70th at 23:04; Rob Gaslin, 79th at 24:49; and Chris Kelley, 83rd at 28:07.

"Obviously, having three of our seven runners out nursing nagging injuries didn't help, since you've got to have five to score as a team," said Bruin coach Wes Cook, who was back in attendance after missing last week's Boxer Rebellion races due to being hospitalized with an irregular heartbeat and high blood pressure. Tests at both Providence Newberg and Good Samaritan Hospitals proved negative, and Cook was back in his office Wednesday.

However, the logistics of pulling together the annual Bear Fete Invitational / Bru-Running Homecoming event, set for Saturday, Sept. 22, at Champoege State Park were hampered by the absence of Cook for a few days and resulted in the races being cancelled. Pacific University has stepped into the void, however, by scheduling races to replace the lost Bear Fete meet, and the Bruins are expected to compete in those races in Forest Grove on Sept. 22.

# George Fox University

## SPORTS PRESS RELEASE --- CROSS COUNTRY

*Tuesday, September 11, 2001 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **Bruin Coach Cook Moved to Good Samaritan; Bear Fete Cancelled**

**NEWBERG, Ore. ---** Veteran George Fox University coach Wes Cook was transferred today from Providence Newberg Hospital to Good Samaritan Hospital in Portland, where he will undergo an angiogram at 3:00 this afternoon to locate possible blockage in his circulatory system, according to news from Bruin director of athletics Craig Taylor.

"The doctors who ran the stress test on him Monday apparently found something they didn't like, so they're running this procedure to be sure, and then they'll make a recommendation depending on what they find," said Taylor.

Cook and the Bruins were to host their annual Bear Fete Invitational / Bru-Running Homecoming event at Champoeg State Park on Sept. 22, but due to the coach's physical situation and a desire to relieve him of as much stress as possible until he is fully recovered, this year's Bear Fete meet will not be held. Coaches and teams have been alerted by Taylor to the cancellation of the races.

Cook, in his 15th year at George Fox as head coach of the cross country and track and field teams, was admitted to the Newberg hospital Friday afternoon. He had felt a heaviness in his chest and experienced some light-headedness that caused him to visit athletic trainer Karen Hostetter, who diagnosed him with an irregular heartbeat and very high blood pressure and recommended a trip to the hospital.

As a result, Cook missed the Bruins' performances in the Boxer Rebellion cross country races in Forest Grove on Saturday, the first events he has missed as a George Fox coach. Assistant track and field coach Dave Guzman took the teams to the event, and will handle the teams' affairs until Cook returns. The Bruins are to run in the Clackamas Community College Invitational this Saturday (Sept. 15) at 11:00 a.m.

Monday, September 10, 2001 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
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Sports website: www.georgefox.edu/athletics Sports Hotline: 503-554-3868

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Bruins Open Track Season in Boxer Rebellion: Women 2nd, Men 6th**  
**Goeres Honorable Mention for NWC "Women's Runner of the Week"**  
**Rising, Moyer Set Personal Race Records**  
**Coach Wes Cook Hospitalized for Tests**

### **THIS WEEK:**

**Sat., Sept. 15, 11:00 a.m. - at Clackamas Community College Invitational, Oregon City, Ore.**

### **LAST WEEK (recap below):**

Sept. 8 - at Boxer Rebellion, Lincoln Park, Forest Grove, Ore.  
(Men - 6th of 6 / Women - 2nd of 6)

### **Bruins Open Cross Country Season Without Veteran Coach Cook**

**FOREST GROVE, Ore.** --- With veteran coach **Wes Cook** hospitalized for observation, the George Fox University Bruins opened their 2001 cross country season with a second-place finish in the women's 5K race and a sixth-place finish in the men's 8K race in the Boxer Rebellion Saturday morning here at Lincoln Park.

The Boxer Rebellion was hosted by Pacific University. Lewis & Clark College captured the women's title with 50 points, followed by **George Fox** with 54, Pacific 104, Linfield College 112, Warner Pacific College 114, and Clark College 116. The men's race also went to Lewis & Clark with 29 points, then it was Cascade College with 87, Pacific 100, Warner Pacific 119, Linfield 131, and **George Fox** 155.

**Janelle Goeres (So., Sams Valley, Ore.)** led the Bruin women with a time of 19:14.20, good for second to Sheila Perletti of Clark, who ran a 19:01.15. Other scorers for the Bruins were **Rebecca Rising (Sr., Sanger, Calif.)**, 6th in scoring and 8th overall at 19:29.80; **Kirsten Norgaard (Sr., Everett, Wash.)**, 8th and 10th at 19:42.23; **Beth Moyer (So., Camarillo, Calif.)**, 11th and 13th at 19:50.41; and **Ashley Crisell (Fr., Woodburn, Ore.)**, 27th and 41st at 21:54.44. Other Bruins in the race included **Sarah Jertberg (Jr., Klamath Falls, Ore.)**, 32nd and 48th at 22:53.50; and **Dana Cavaliere (Fr., Santa Rosa, Calif.)**, 36th and 58th at 24:08.17.

For the Bruin men, the best time was posted by **Matt Burg (So., Newberg, Ore.)**, who was 19th in scoring and 27th overall with a time of 28:56.65; **Nathan Paisley (Sr., Salem, Ore.)**, 26th and 34th at 29:57.46; **Kris Clifton (Fr., Sutherlin, Ore.)**, 33rd and 41st at 30:26.01; **Rob Gaslin (Fr., Tualatin, Ore.)**, 37th and 47th at 31:26.66; and **Chris Kelley (So., Newberg, Ore.)**, 49th and 61st at 35:19.92. The men's winner was Chris Clancey of Warner Pacific at 25:37.02.

George Fox returns to the races Saturday (Sept. 15) in the Clackamas Community College Invitational in Oregon City, Ore., the races to begin at 11:00 a.m.

### **Bruin Coach Cook Hospitalized for Tests**

**NEWBERG, Ore.** --- Veteran cross country coach **Wes Cook** of George Fox University was resting comfortably and in remarkably good spirits Monday morning after spending the weekend in Newberg Providence Hospital due to high blood pressure.

Early last Friday afternoon, Cook felt a heaviness in his chest area while out shopping and getting gas for his car. "It wasn't really painful," Cook recalls, "but later on I felt light-headed and warm -- not sweaty, but warmer than usual -- so I decided to go home and rest about mid-afternoon."

## George Fox Cross Country ... Sept. 10, 2001 ... page 2

Before leaving, Cook stopped in to see head athletic trainer Karen Hostetter, who quickly diagnosed an irregular heartbeat and skyrocketing blood pressure. An ambulance was called and Cook was taken to the local hospital, where his heartbeat has become more regular and his blood pressure has dropped to a more tolerable level, though it still spikes occasionally.

Cook was to undergo a thorough stress test Monday afternoon, and was hopeful of being released after that, or early Tuesday at the latest. The veteran coach's deepest regret was that he missed a Bruins' cross country event for the first time in his 15 years at George Fox. "I sent 'Gooz' (assistant track coach Dave Guzman) with the teams, and the women came in second without me! I may have to send him along on other trips if they keep doing that!"

### **BRUIN BITS:**

**\* Goeres Honorable Mention for NWC Weekly Honor:** George Fox sophomore **Janelle Goeres** received Honorable Mention for the first Northwest Conference "Women's Runner of the Week" honor in 2001. Goeres finished second overall and had the best senior college women's time in the Boxer Rebellion 5K race on Saturday at Lincoln Park in Forest Grove., Ore., with a time of 19:14.20, leading the Bruins to a second-place finish as a team. "I think she came just short of a personal best," said Bruin coach Wes Cook. "She hadn't actually run quite that well in pre-season practice, but she's obviously learned how to pace herself during the week to be ready for the weekends."

NWC "Women's Runner of the Week" honors went to Dana Boyle of Puget Sound, who was 5th against mostly D-I competition with a time of 18:16 in the Emerald City Invitational. NWC "Men's Runner of the Week" honors went to Carl Hoogesteger of Pacific, who was 8th, the top collegiate finish, in the Boxer Rebellion with a time of 27:01.8 over the 8K course.

**\* New Personal Records:** Two Bruin women set new personal marks for a 5K race in the Boxer Rebellion on Sept. 8. **Rebecca Rising** with a time of 19:29.80 and **Beth Moyer** at 19:50.41 topped their previous best times. **Sarah Jertberg** turned a surprisingly-good time at 22:53.50, considering that it was her first-ever cross country race (she has been a volleyball and softball player for George Fox until this year).

**\* Five is Enough (Barely):** The George Fox men's cross country team had just enough runners (five) to count for a team score in the Boxer Rebellion race on Saturday. **Zach Smith (Fr., East Wenatchee, Wash.)** continues to recover from a foot injury, while **Michael Owen (Jr., Anchorage, Alaska)** is still sidelined with a groin injury that has been slow to heal.

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 WOMEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>      | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>               |
|------------------|------------|----------------|---|
| Dana Cavaliere   | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)              |
| Ashley Crisell   | 5-6        | Fr./Fr.        | Woodburn, Ore. (Willamette Valley Christian HS) |
| Janelle Goeres   | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)                   |
| Sarah Jertberg   | 5-9        | Jr./Jr.        | Klamath Falls, Ore. (Henley HS)                 |
| Beth Moyer       | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)                 |
| Kirsten Norgaard | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)                     |
| Rebecca Rising   | 5-4        | Sr./Sr.        | Sanger, Calif. (Tulare Western HS)              |

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>    | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>           |
|----------------|------------|------------|----------------|---|
| Matt Burg      | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Kris Clifton   | 5-4        | 110        | Fr./Fr.        | Sutherlin, Ore. (Missouri Military Academy) |
| Rob Gaslin     | 6-2        | 165        | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)                |
| Chris Kelley   | 5-10       | 170        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Michael Owen   | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS)      |
| Nathan Paisley | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)                |
| Zach Smith     | 6-0        | 162        | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)         |

**Head Coach:** Wes Cook

# George Fox University

## SPORTS PRESS RELEASE --- CROSS COUNTRY

*Saturday, September 8, 2001 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
(O) 503-554-2127 (H) 503-554-8067 (FAX) 503-554-3830 (Hotline) 503-554-3868

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### **Bruins Open Cross Country Season Without Veteran Coach Cook**

**FOREST GROVE, Ore.** --- With veteran coach Wes Cook hospitalized for observation, the George Fox University Bruins opened their 2001 cross country season with a second-place finish in the women's 3K race and a sixth-place finish in the men's 5K race in the Boxer Rebellion Saturday morning here at Lincoln Park.

The Bruins were without Cook, now in his 14th season with the George Fox program, who was admitted to Newberg Providence Hospital Friday afternoon after experiencing a racing heart and skyrocketing blood pressure. He was examined by university athletic training personnel and dispatched to the hospital, where he continues to suffer irregular heartbeats but appears in no immediate danger, according to Bruin athletics director Craig Taylor.

The Boxer Rebellion was hosted by Pacific University, the first home cross country event for the Boxers in almost two decades. Lewis & Clark College captured the women's title with 50 points, followed by George Fox with 54, Pacific 104, Linfield College 112, Warner Pacific College 114, and Clark College 116. The men's race also went to Lewis & Clark with 29 points, then it was Cascade College with 87, Pacific 100, Warner Pacific 119, Linfield 131, and George Fox 155.

Janelle Goeres led the Bruin women with a time of 19:14.20, good for second to Sheila Perletti of Clark, who ran a 19:01.15. Other scorers for the Bruins were Rebecca Rising, 6th in scoring and 8th overall at 19:29.80; Kirsten Norgaard, 8th and 10th at 19:42.23; Beth Moyer, 11th and 13th at 19:50.41; and Ashley Crisell, 27th and 41st at 21:54.44. Other Bruins in the race included Sarah Jertberg, 32nd and 48th at 22:53.50; and Dana Cavaliere, 36th and 58th at 24:08.17.

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George Fox returns to the races Saturday (Sept. 15) in the Clackamas Community College Invitational in Oregon City, Ore., the races to begin at 11:00 a.m.



Monday, September 3, 2001 --- For Immediate Release  
Contact: Blair Cash, Sports Information Director  
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E-mail: [bcash@georgefox.edu](mailto:bcash@georgefox.edu) Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**Pre-Season Outlook, Updated Rosters and Schedule  
George Fox to Open Track Season Sept. 8 in Boxer Rebellion**

*George Fox University 2001 Cross Country Pre-Season Outlook ---*

### **WITH SMALLEST SQUADS EVER, BRUINS MUST AVOID INJURIES IN '01**

**NEWBERG, Ore.** --- Chalk it up to a number of unavoidable circumstances – injuries, transfers, academics, finances, student teaching, studies abroad, new interests, etc. – but it all adds up to the same thing: **Wes Cook** will have the smallest men's and women's squads in his 15 years as head coach of the George Fox University men's and women's cross country teams.

"Depth is obviously going to be a problem, so we must avoid injuries," says Cook stoically, pointing to a pair of rosters with only seven runners each. "And they are not all of relatively equal talent; we have a wide range of skill levels on both teams. Some are running cross country for the first time ever."

### **Men**

Only three of 15 letterwinners return for the Bruin men, the toughest losses being a pair of NCAA Division III All-West Region racers, academic junior Steve Willmer to a fall internship, and freshman Will Vollstedt to a lack of financial resources.

**Michael Owen (Jr., Anchorage, Alaska)**, a potential All-Northwest Conference performer, will lead the lineup of returning runners that includes **Nathan Paisley (Sr., Salem, Ore.)** and **Matt Burg (So., Newberg, Ore.)**. "Owen has been plagued by an ongoing groin problem," says Cook, "and Burg has been injured two of his last three seasons. He's recovering from a foot problem that caused him to miss track last spring. Paisley is a hard worker who seems to improve every time out and should be a top scorer for us."

"Of our newcomers, only **Zach Smith (Fr., East Wenatchee, Wash.)** has proven talent as a runner right now. He's coming off a stellar track season as a long sprinter. **Chris Kelley (So., Newberg, Ore.)** has never run cross country. **Rob Gaslin (Fr., Tualatin, Ore.)** is young and could blossom into a solid runner for us. **Kris Clifton (Fr., Sutherlin, Ore.)** ran cross country in high school but used it primarily as a conditioner for wrestling."

### **Women**

The Bruin women also have only three letterwinners returning from a squad of 17. Especially missed will be the first George Fox runner to compete in the NCAA Division III National Championships, junior Colleen Forbes, who transferred to the University of Washington to complete her nursing degree. Also missing from last fall's team which finished fifth in the West Regional are Marisa Merritt, an All-West Region performer, and fellow senior Jamie McElwain, both graduated. Another top runner, Katherine Burley, transferred to pursue a dental curriculum at the Oregon Health Sciences University.

**Janelle Goeres (So., Sams Valley, Ore.)** was an All-West Region runner in her rookie season and gives the team a talented threat every time out when she is healthy. **Kirsten Norgaard (Sr., Everett, Wash.)** is back but may miss several races due to required student teaching. **Beth Moyer (So., Camarillo, Calif.)** was an All-American in the steeplechase at the U.S.A. Track and Field Junior National Championships in June in Richmond, Va., but she was unable to train regularly after that due to working two summer jobs and must get back into running shape as the new season progresses.

## George Fox Cross Country ... September 3, 2001 ... page 2

**Rebecca Rising (Sr., Sanger, Calif.)** is a former letterwinner who should help if she can stay healthy; she missed last fall with leg problems and sat out the track season because of a heavy academic load. "Rebecca again has a couple of academic conflicts this fall, but things might work out if she and Norgaard are able to work together around those times," says Cook hopefully.

**Sarah Jertberg (Jr., Klamath Falls, Ore.)**, an all-around athlete who has played both volleyball and softball for the Bruins in previous years and ran track in high school, decided at the last minute to give cross country a try this fall and will give the team some depth.

Rounding out the squad are **Dana Cavaliere (So., Santa Rosa, Calif.)**, a transfer from Santa Rosa Junior College, and **Ashley Crisell (Fr., Woodburn, Ore.)**. Both have high school running experience, but Cavaliere did not compete in cross country in junior college.

### Summary

"I've never had team size affected by so many different things which have all cropped up at the same time," remarks Cook ruefully, "but you've got to play the hand you're dealt. It takes five runners to score as a team, so we can't afford any injuries. We're not very experienced this year, but the athletes we have are great young people who are going to give it 100% every time out, and that's all you can ask for. We'd like to see each individual strive to improve in every race, and as teams, we'll have had great seasons if we can finish anywhere near the middle of the conference pack."

### **BRUINS OPT OUT OF SEPT. 1 OPENER, ENTER BOXER REBELLION ON SEPT. 8**

**NEWBERG, Ore.** --- Hoping to give some pre-season injuries a little more time to heal, the George Fox University men's and women's cross country teams opted out of their originally-scheduled opener, the Labor Day Invitational in Spokane, Wash., on Sept. 1. Instead, the Bruins will open up in the Boxer Rebellion races on Saturday, Sept. 8, hosted by Pacific University in Forest Grove, Ore. The women's 5K race begins at 10:00 a.m., followed by the men's 8K race.

"As small as our squads are, and as banged up as we are with some nagging 'owwies', I didn't think we would derive as much benefit from driving 800 round-trip miles as we would by waiting another week to give our injuries more time to heal," explained veteran Bruins coach Wes Cook, who is starting his 15<sup>th</sup> season at George Fox. "So we'll give 'em another week to get ready and stay a bit closer to home."

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 WOMEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>      | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>               |
|------------------|------------|----------------|---|
| Dana Cavaliere   | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)              |
| Ashley Crisell   | 5-6        | Fr./Fr.        | Woodburn, Ore. (Willamette Valley Christian HS) |
| Janelle Goeres   | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)                   |
| Sarah Jertberg   | 5-9        | Jr./Jr.        | Klamath Falls, Ore. (Henley HS)                 |
| Beth Moyer       | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)                 |
| Kirsten Norgaard | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)                     |
| Rebecca Rising   | 5-4        | Sr./Sr.        | Sanger, Calif. (Tulare Western HS)              |

**Head Coach:** Wes Cook

### **GEORGE FOX UNIVERSITY "BRUINS" 2001 MEN'S CROSS COUNTRY ROSTER**

| <u>Name</u>    | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>           |
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| Matt Burg      | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Kris Clifton   | 5-4        | 110        | Fr./Fr.        | Sutherlin, Ore. (Missouri Military Academy) |
| Rob Gaslin     | 6-2        | 165        | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)                |
| Chris Kelley   | 5-10       | 170        | So./So.        | Newberg, Ore. (Newberg HS)                  |
| Michael Owen   | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS)      |
| Nathan Paisley | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)                |
| Zach Smith     | 6-0        | 162        | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)         |

**Head Coach:** Wes Cook

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

| <u>DATE</u>      | <u>DAY</u> | <u>EVENT</u>  | <u>LOCATION</u>                                | <u>TIME</u>       |
|------------------|------------|---|--|-------------------|
| <u>September</u> |            |   |  |                   |
| 8                | Sat.       | Boxer Rebellion   | Lincoln Park,<br>Forest Grove, Ore.            | 10:00 a.m.        |
| 15               | Sat.       | Clackamas Community College Invitational (4x4)                    | Clackamas CC,<br>Oregon City, Ore.             | 11:00 a.m.        |
| 22               | Sat.       | <b>BEAR FETE INVITATIONAL /<br/>BRU-RUNNING ALUMNI HOMECOMING</b> | <b>Champoeg State Park,<br/>St. Paul, Ore.</b> | <b>10:30 a.m.</b> |
| <u>October</u>   |            |   |  |                   |
| 6                | Sat.       | Willamette Invitational   | Bush Park,<br>Salem, Ore.                      | 10:00 a.m.        |
| 13               | Sat.       | Pacific Lutheran Invitational                                     | Ft. Steilacoom Park,<br>Tacoma, Wash.          | TBA               |
| 27               | Sat.       | Northwest Conference Championships                                | Bush Park,<br>Salem, Ore.                      | 9:00 a.m.         |
| <u>November</u>  |            |   |  |                   |
| 10               | Sat.       | NCAA Division III West Regional                                   | Bush Park,<br>Salem, Ore.                      | 9:00 a.m.         |
| 17               | Sat.       | NCAA Division III National Championships                          | Augustana College,<br>Rock Island, Ill.        | TBA               |

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletics Dept. 503-554-2910 / Sports Info. 503-554-2127

Sports Hotline 503-554-3868 / Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

2nd: 08/21/01

Monday, August 13, 2001 --- For Immediate Release  
Contact: Blair Cash, Sports Information Director  
(O) 503-554-2127 (Fax) 503-554-3830 (H) 503-554-8067  
E-mail: [bcash@georgefox.edu](mailto:bcash@georgefox.edu) Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**George Fox to Rely on Quality, Not Quantity, in 2001**  
**Pre-Season Info: Quick Facts, Schedule, Preliminary Roster**

### **HARRIER NUMBERS SMALL BUT TALENTED FOR 2001 BRUINS**

**NEWBERG, Ore.** --- In years past, George Fox University has had a plethora of cross country runners from which to choose in building a competitive program in the tough Northwest Conference. In 2001, however, veteran coach **Wes Cook**, who enters his 15th season at the helm of the Bruins' ship, will have to rely on a small but talented group in both the men's and women's programs.

For a combination of reason -- concentration on academics, transfers, an inability to remain in school because of finances -- the Bruins find themselves facing the 2001 season with only six men and six women on the rosters, unless some new faces show up from incoming freshmen, current students wanting to run, or transfers.

The women's team has a strong anchor in **Janelle Goeres (So., Sams Valley, Ore.)**, who earned All-West Region honors last year, while **Kirsten Norgaard (Sr., Everett, Wash.)** and **Elizabeth Moyer (So., Camarillo, Calif.)** also returning. **Moyer** was a Junior All-American in the steeplechase at the U.S.A. Track and Field Junior National Championships in Richmond, Va., this summer.

The Bruin women will be without the skills of **Colleen Forbes (Jr., Jackson, Wyo.)**, who finished 98th in the NCAA Division III Nationals last fall, and All-West Region runner **Marisa Merritt (Sr., Portland, Ore.)**, who graduated.

On the men's side, the top returning runners are **Michael Owen (Jr., Anchorage, Alaska)** and the ever-improving **Nathan Paisley (Sr., Salem, Ore.)**. **Steve Willmer (So., Fullerton, Calif.)**, an All-Region, All-NWC Second Team runner, and **Will Vollstedt (Fr., Portland, Ore.)**, another All-Region performer, are the men's top losses, **Willmer** to concentrate on studies and **Vollstedt** for financial considerations.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001MEN'S & WOMEN'S CROSS COUNTRY QUICK FACTS**

**UNIVERSITY INFORMATION**

Location: Newberg, Oregon (18,064)  
Mailing Address: 414 N. Meridian St.  
Newberg, OR 97132  
Founded: 1891  
Denomination: Evangelical Friends (Quakers)  
Enrollment: 2,636  
President: Dr. David Brandt  
Faculty Athletic Rep: Diane Wood  
Switchboard Phone: (503) 538-8383  
Website: www.georgefox.edu

Office Phone: (503) 554-2922  
Athletics FAX: (503) 554-3864

**SPORTS INFORMATION OFFICE**

Sports Info Director: Blair Cash  
Office Phone: (503) 554-2127  
Home Phone: (503) 554-8067  
E-mail: bcash@georgefox.edu  
Student Assistant SIDs: John Felton  
Ernie Sturzinger  
Scott Burkhardt  
Office Phone: (503) 554-2139  
Sports Information FAX: (503) 554-3830

**ATHLETICS INFORMATION**

Nickname: Bruins  
Colors: Navy Blue & Old Gold  
Affiliation (yrs): NCAA Division III (3rd)  
Region: West Region  
Conference (yrs): Northwest Conference (7th)  
Director of Athletics: Craig Taylor  
Office Phone: (503) 554-2911  
Assoc. Dir. of Athletics: Pat Bailey  
Office Phone: (503) 554-2914  
Athletics Secretary: Patty Findley  
Office Phone: (503) 554-2910  
Athletics Trainer: Dale Isaak  
Office Phone: (503) 554-2916  
Assistant Ath.Trainer: Karen Hostetter

**COACHING STAFF**

Head Coach: Wes Cook  
Alma Mater: (Northern Colorado '61)  
Years at GFU: 14  
Office Phone: (503) 554-2912

**TEAM INFORMATION**

Home Course: Champoege State Park,  
St. Paul, Oregon  
2000 NWC Finish: Men 5th, Women 5th  
2000 Region Finish: Men 9th, Women 8th  
2000 National Finish: None  
Letterwinners Back/Lost: Men 3/12, Women 3/15

**Key Returnees (M) Ht., Cl., Hometown Honors**

Michael Owen 5-11, Jr., Anchorage, Alaska

**Key Returnees (W) Ht., Cl., Hometown Honors**

Janelle Goeres 5-4, So., Sams Valley, Ore. All-West Region

Kirsten Norgaard 5-5, Sr., Everett, Wash.

Elizabeth Moyer 5-5, So., Camarillo, Calif.

**Key Losses (M) Ht., Cl., Hometown Honors**

Steve Willmer 6-3, So., Fullerton, Calif. All-West Region, All-NWC 2<sup>nd</sup> Team

Will Vollstedt 5-9, Fr., Portland, Ore. All-West Region

Jackson Esselman 6-1, Jr., Bellevue, Idaho

Forrest Towne 5-10, Jr., Springfield, Ore.

**Key Losses (W) Ht., Cl., Hometown Honors**

Colleen Forbes 5-8, Jr., Jackson, Wyo. NCAA 98th, All-West Region, All-NWC 1<sup>st</sup> Team

Marisa Merritt 5-5, Sr., Portland, Ore. All-West Region

Jamie McElwain 5-5, Sr., Tigard, Ore.

Laurel Starr 5-4, Jr., Yakima, Wash.

Rebecca Rising 5-4, Jr., Sanger, Calif.

Katherine Burley 5-4, So., Portland, Ore.

Mimi Van Hooser 5-10, So., Oxbow, Ore.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S CROSS COUNTRY ROSTER**

(Returning runners & expected newcomers; updated roster to be sent when available)

| <u>Name</u>    | <u>Ht.</u> | <u>Wt.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>      |
|----------------|------------|------------|----------------|--|
| Matt Burg      | 5-10       | 135        | So./So.        | Newberg, Ore. (Newberg HS)             |
| Robert Gaslin  |            |            | Fr./Fr.        | Tualatin, Ore. (Tualatin HS)           |
| Chris Kelley   |            |            | Jr./Jr.        | Newberg, Ore. (???)                    |
| Michael Owen   | 6-0        | 166        | Jr./Jr.        | Anchorage, Alaska (Grace Christian HS) |
| Nathan Paisley | 6-0        | 158        | Sr./Sr.        | Salem, Ore. (North Salem HS)           |
| Zack Smith     |            |            | Fr./Fr.        | East Wenatchee, Wash. (Eastmont HS)    |

Head Coach: Wes Cook

2nd: 07/17/01

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 WOMEN'S CROSS COUNTRY ROSTER**

(Returning runners & expected newcomers; updated roster to be sent when available)

| <u>Name</u>      | <u>Ht.</u> | <u>Yr./El.</u> | <u>Hometown (Previous School)</u>       |
|------------------|------------|----------------|---|
| Dana Cavaliere   | 5-6        | Jr./So.        | Santa Rosa, Calif. (Santa Rosa JC)      |
| Ashley Crisell   |            |                | Woodburn, Ore. (Chr. school in Brooks)  |
| Janelle Goeres   | 5-4        | So./So.        | Sams Valley, Ore. (Crater HS)           |
| Heather Montross |            |                | Ft. Collins, Colo. (Friends University) |
| Elizabeth Moyer  | 5-5        | So./So.        | Camarillo, Calif. (Rio Mesa HS)         |
| Kirsten Norgaard | 5-5        | Sr./Sr.        | Everett, Wash. (Everett HS)             |

Head Coach: Wes Cook

2nd: 07/17/01

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

| <u>DATE</u>      | <u>DAY</u> | <u>EVENT</u>  | <u>LOCATION</u>                                | <u>TIME</u> |
|------------------|------------|---|--|-------------|
| <u>September</u> |            |   |  |             |
| 1                | Sat.       | Labor Day Weekend Spokane Area Open (4x4)                         | Whitworth College,<br>Spokane, Wash.           | TBA         |
| 8                | Sat.       | Humboldt Invitational   | Patrick's Point State Park,<br>Arcata, Calif.  | TBA         |
|                  |            | Emerald City Invitational   | Lower Woodland Park,<br>Seattle, Wash.         | TBA         |
|                  |            | Pacific-Nike Invitational   | Nike Campus,<br>Beaverton, Ore.                | TBA         |
| 15               | Sat.       | Clackamas Community College Invitational (4x4)                    | Clackamas CC,<br>Oregon City, Ore.             | TBA         |
| 22               | Sat.       | <b>BEAR FETE INVITATIONAL /<br/>BRU-RUNNING ALUMNI HOMECOMING</b> | <b>Champoeg State Park,<br/>St. Paul, Ore.</b> | <b>TBA</b>  |
| <u>October</u>   |            |   |  |             |
| 6                | Sat.       | Willamette Invitational   | Bush Park,<br>Salem, Ore.                      | TBA         |
| 13               | Sat.       | Pacific Lutheran Invitational                                     | Ft. Steilacoom Park,<br>Tacoma, Wash.          | TBA         |
| 27               | Sat.       | Northwest Conference Championships                                | Bush Park,<br>Salem, Ore.                      | TBA         |
| <u>November</u>  |            |   |  |             |
| 10               | Sat.       | NCAA Division III West Regional                                   | Bush Park,<br>Salem, Ore.                      | TBA         |
| 17               | Sat.       | NCAA Division III National Championships                          | Augustana College,<br>Rock Island, Ill.        | TBA         |

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletic Dept. 503-554-2910 / Sports Info. 503-554-2127

1st: 06/25/01

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE --- CROSS COUNTRY

*Sunday, September 16, 2001 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **Bruin Women 6th, Men Take Incomplete in Clackamas Invitational**

**OREGON CITY, Ore. ---** Janelle Goeres captured seventh place, the best individual showing for a George Fox University women's team that finished sixth, while the Bruin men, with only four runners, took an incomplete in the Clackamas Community College Invitational Cross Country Meet here Saturday morning (Sept. 15).

Willamette University took the women's race, which was actually a distance of 4,100 meters instead of the standard 4,000, with 44 points, followed by the University of Portland with 71, Western Oregon University 79, Mt. Hood Community College 112, Clackamas CC 119, George Fox 128, North Idaho College 158, and Lane Community College incomplete.

Goeres posted a time of 15:46 for seventh, and she was joined in scoring for the Bruins by Kirsten Norgaard, 21st at 16:15; Beth Moyer, 30th at 16:36; Rebecca Rising, 31st at 16:37; and Ashley Crisell, 60th at 17:46. Also running for the Bruins were Dana Cavaliere, 72nd at 19:20, and Sarah Jertberg, 73rd at 19:29.

The men's race, at 6,100 meters instead of 6,000, was also won by Willamette with 26 points, followed by North Idaho with 71, Mt. Hood CC 77, Clackamas CC 107, Western Oregon 108, Lane 131, and George Fox incomplete.

Matt Burg posted the Bruins' top time, finishing 56th with a 21:56.5. Others who ran for the Bruins were Nathan Paisley, 70th at 23:04; Rob Gaslin, 79th at 24:49; and Chris Kelley, 83rd at 28:07.

"Obviously, having three of our seven runners out nursing nagging injuries didn't help, since you've got to have five to score as a team," said Bruin coach Wes Cook, who was back in attendance after missing last week's Boxer Rebellion races due to being hospitalized with an irregular heartbeat and high blood pressure. Tests at both Providence Newberg and Good Samaritan Hospitals proved negative, and Cook was back in his office Wednesday.

However, the logistics of pulling together the annual Bear Fete Invitational / Bru-Running Homecoming event, set for Saturday, Sept. 22, at Champoeg State Park were hampered by the absence of Cook for a few days and resulted in the races being cancelled. Pacific University has stepped into the void, however, by scheduling races to replace the lost Bear Fete meet, and the Bruins are expected to compete in those races in Forest Grove on Sept. 22.



# **GEORGE FOX UNIVERSITY**

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

**Saturday, September 22, 2001 --- For Immediate Release**

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **PACIFIC INVITATIONAL: Bruin Women Tie for 2<sup>nd</sup>, Men are 4<sup>th</sup> in Pacific Invitational**

**FOREST GROVE, Ore. ---** In a "replacement" meet for the cancelled Bear Fete Invitational, the George Fox University women's team finished in a tie for second while the men's team finished fourth in the Pacific University Invitational Saturday (Sept. 22) here at Lincoln Park.

With the Bear Fete races, normally the George Fox "homecoming" event, cancelled due to veteran Bruin coach Wes Cook's brief stay in the hospital (the coach is back at work and feeling fine now), the Pacific Invitational was arranged quickly by Pacific coach Ron Tabb. The women's race was a two-mile event, the men's a five-kilometer race.

Host Pacific captured the women's race with 35 points, while George Fox and Warner Pacific tied for second with 43 points. Team Oregon, a club team, was not counted in the scores, while Clark College, a community college in Vancouver, Wash., took an incomplete.

Beth Moyer finished fifth overall and third among college runners in the race with a time of 12:26, the best showing by a Bruin. Rebecca Rising was next for George Fox at 12:34 (7<sup>th</sup>/5<sup>th</sup>), followed by Ashley Crisell at 13:21 (13<sup>th</sup>/9<sup>th</sup>), Dana Cavaliere at 14:12 (24<sup>th</sup>/12<sup>th</sup>), and Sarah Jertberg at 14:38 (27<sup>th</sup>/14<sup>th</sup>).

Clark College took the men's race with 33 points, followed by Pacific with 53, Warner Pacific with 62, and George Fox with 63. Leading the Bruins was Matt Burg with a time of 16:14, good for third place overall and second among college runners. Other Bruins in the race were Nathan Paisley at 17:37 (15<sup>th</sup>/11<sup>th</sup>), Kris Clifton at 18:12 (18<sup>th</sup>/14<sup>th</sup>), Rob Gaslin at 18:51 (20<sup>th</sup>/15<sup>th</sup>), and Chris Kelley at 21:18 (26<sup>th</sup>/21<sup>st</sup>).

The Bruins are off next week, but hit the racecourses again Saturday, Oct. 6, in the Willamette Invitational. The day's events begin at 10:00 a.m. at Bush's Pasture Park in Salem, Ore.

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE --- CROSS COUNTRY

*Saturday, September 8, 2001 --- For Immediate Release*

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### **Bruins Open Cross Country Season Without Veteran Coach Cook**

**FOREST GROVE, Ore.** --- With veteran coach Wes Cook hospitalized for observation, the George Fox University Bruins opened their 2001 cross country season with a second-place finish in the women's 3K race and a sixth-place finish in the men's 5K race in the Boxer Rebellion Saturday morning here at Lincoln Park.

The Bruins were without Cook, now in his 14th season with the George Fox program, who was admitted to Newberg Providence Hospital Friday afternoon after experiencing a racing heart and skyrocketing blood pressure. He was examined by university athletic training personnel and dispatched to the hospital, where he continues to suffer irregular heartbeats but appears in no immediate danger, according to Bruin athletics director Craig Taylor.

The Boxer Rebellion was hosted by Pacific University, the first home cross country event for the Boxers in almost two decades. Lewis & Clark College captured the women's title with 50 points, followed by George Fox with 54, Pacific 104, Linfield College 112, Warner Pacific College 114, and Clark College 116. The men's race also went to Lewis & Clark with 29 points, then it was Cascade College with 87, Pacific 100, Warner Pacific 119, Linfield 131, and George Fox 155.

Janelle Goeres led the Bruin women with a time of 19:14.20, good for second to Sheila Perletti of Clark, who ran a 19:01.15. Other scorers for the Bruins were Rebecca Rising, 6th in scoring and 8th overall at 19:29.80; Kirsten Norgaard, 8th and 10th at 19:42.23; Beth Moyer, 11th and 13th at 19:50.41; and Ashley Crisell, 27th and 41st at 21:54.44. Other Bruins in the race included Sarah Jertberg, 32nd and 48th at 22:53.50; and Dana Cavaliere, 36th and 58th at 24:08.17.

For the Bruin men, the best time was posted by Matt Burg, who was 19th in scoring and 27th overall with a time of 28:56.65; Nathan Paisley, 26th and 34th at 29:57.46; Kris Clifton, 33rd and 41st at 30:26.01; Rob Gaslin, 37th and 47th at 31:26.66; and Chris Kelley, 49th and 61st at 35:19.92. The men's winner was Chris Clancey of Warner Pacific at 25:37.02.

George Fox returns to the races Saturday (Sept. 15) in the Clackamas Community College Invitational in Oregon City, Ore., the races to begin at 11:00 a.m.

# ***GEORGE FOX UNIVERSITY***

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

***Saturday, October 13, 2001 --- For Immediate Release***

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### **10/13 – PLU INVITATIONAL: Bruin Women 9th, Men 10th in Pacific Lutheran Meet**

**TACOMA, Wash.** – Racing for the final time before the Northwest Conference meet, the George Fox University women finished 9th and the Bruin men were 10th in the PLU Invitational Cross Country Meet, hosted by Pacific Lutheran University here Saturday (Oct. 13) at Ft. Steilacoom Park.

In the women's 5,000 meter event, the University of Washington "B" team took top honors with 34 points, followed by the University of Puget Sound with 66, Whitworth College 75, Pacific Lutheran 85, Lewis & Clark College 119, Western Washington University 160, Pacific University 210, North Idaho College 219, George Fox 246, Linfield College 281, and Bellevue Community College 292.

Dana Boyle of Puget Sound won the women's race with a time of 17:23.4. The top runner for the Bruins was Kirsten Norgaard, who was 41st overall and 29th for team scoring at 19:51.5. She was followed closely by Beth Moyer, whose 19:55.8 placed her 43rd overall and 31st for scoring. Other Bruins in the meet included Ashley Crisell at 21:26.1 (92nd/56th), Sarah Jertberg at 22:57.7 (110th/64th), and Dana Cavaliere at 23:10.1 (113th/66th).

The men's 8,000 meter run was won by Simon Fraser University with 44 points, followed by North Idaho with 91, Puget Sound 92, Pacific Lutheran 93, Lewis & Clark 121, Whitworth 122, Central Washington University 146, Pacific 260, Linfield 267, George Fox 283, Evergreen State College 285, and Flathead Valley Community College 289.

Richard Mosley of Simon Fraser won the men's race with a time of 25:05.9. Leading the Bruins was Matt Burg at 27:52.3, good for 63rd overall and 37th in team scoring. Forrest Towne, in only his second race since rejoining the team at mid-season, ran a 28:01.4 to place 66th overall and 39th in scoring. Other Bruins runners were Nathan Paisley at 29:37.0 (100th/62nd), Kris Clifton at 30:27.8 (124th/69th), Robert Gaslin at 32:29.6 (136th/76th), and Chris Kelley at 36:21.3 (148th/81st).

The Bruins take next weekend off before the NWC meet on Saturday, Oct. 27, at Bush's Pasture Park in Salem, Ore. Willamette University is the host institution for this year's conference meet, which will begin at 9:00 a.m. Both George Fox teams finished 5th in the conference races last year.

CHECK OUT THE WEB: For more information on Pacific Lutheran volleyball check out the following website --  
<http://www.plu.edu/~phed/volleyball/main.html>

- PLU -

FOR IMMEDIATE RELEASE  
September 17, 2000

MEN'S SOCCER: Lutes host favored Puget Sound in NWC opener

COMING UP: Pacific Lutheran hosts Puget Sound, Wednesday, 5 p.m.; at Pacific, Saturday, 2:30 p.m.; at George Fox, Sunday, 2:30 p.m.

LUTES OPEN NWC ACTION: Pacific Lutheran opens its Northwest Conference slate this week with three matches, including the opener at 5 p.m. Wednesday against cross-town rival Puget Sound. The contest will be played on the PLU campus. The Lutes have compiled a 1-1 non-conference record to open the season, while Puget Sound has already played six matches and is 4-2. Coaches favor the Loggers to win the NWC title. Pacific Lutheran, on the other hand, hopes to exceed the expectations that place them sixth in the preseason poll. All Northwest Conference teams play within the conference on Wednesday.

LUTES TUNE UP WITH 5-1 WIN OVER ALUMNI: Pacific Lutheran has been scoring goals at a solid rate during the early part of the season, and they continued that trend in a 5-1 win over the Alumni on Saturday. Sophomore forward Michael Rosenau (Newberg, Ore. / Newberg HS) had a three-goal "hat trick." The goal of the match, however, went to PLU alum Joe Hampson, whose well-placed second half chip accounted for his team's only tally. Hampson now coaches at Shorewood High School.

CHECK OUT THE WEB: For more information on Pacific Lutheran men's soccer check out the following website --  
<http://www.plu.edu/~phed/msoccer/main.html>

- PLU -

FOR IMMEDIATE RELEASE  
September 17, 2000

CROSS COUNTRY: Bangerter, Ossiander lead Lutes in opener

COMING UP: Pacific Lutheran at Sundodger Invitational, Seattle, 10 a.m.

BANGERTER, REED PACE PLU MEN: Junior Floyd Bangerter (Brier, Wash. / Mountlake Terrace HS) and senior Ryan Reed (Freeland, Wash. / South Whidbey HS) finished third and fourth overall to lead the Pacific Lutheran men at the Saint Martin's College Invitational on Saturday in Lacey. Bangerter finished the 8000-meter course with a time of 26:43.4 and Reed followed close behind in a time of 26:48.8. Reed is the top returnee for the Lutes this year after running in the national meet in 2000. Sophomore Ben Brown (Lakewood, Wash. / Lakes HS) finished 14th overall with a time of 27:59.3, followed by junior Mike Houston (Caldwell, Idaho / Notus HS), 28th overall in a time of 28:41.3, and senior Ryan Warren (Salem, Ore. / Sprague HS), 36th in a time of 29:32.7. Pacific Lutheran finished fourth out of the eight teams participating with 78 points. Seattle University won the event with 52

points, followed by Saint Martin's with 68 and Seattle Pacific with 75.

OSSIANDER IS PLU'S TOP FEMALE PLACER: Senior Lia Ossiander (Chugiak, Alaska / Chugiak HS) was PLU's top finisher in the women's 5000-meter race, placing fourth overall with a time of 19:20.6. Ossiander, incidentally, earned NCAA Division III All-America honors a year ago by placing ninth in the national meet held in Spokane, Wash. Sophomore Tracey Goldner (Beaverton, Ore. / Jesuit HS) finished 12th with a time of 20:05.2, with sophomore Breea DeSloover (Juneau, Alaska / Juneau-Douglas HS) placing 19th with a time of 20:30.0. Rounding out the top five for PLU were freshman Sheena Kern (North Bend, Wash. / Mt. Si HS), 26th with a time of 20:50.2, and senior Tesia Forbes-Hogle (Portland, Ore. / Grant HS), 30th with a time of 21:15.2. The Lutes scored 88 points to place third out of seven teams, finishing behind Seattle Pacific with 45 points and Western Washington with 58.

- PLU -

# **GEORGE FOX UNIVERSITY**

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

**Sunday, October 28, 2001 --- For Immediate Release**

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### **10/27 – NORTHWEST CONFERENCE CHAMPIONSHIPS: Bruin Women 7th, Men 8th in NWC**

**SALEM, Ore.** – A 7th-place finish for the women and an 8th-place standing for the men were the results for the George Fox University Bruins in the Northwest Conference Cross Country Championships, hosted by Willamette University, on Saturday (Oct. 27) here at Bush's Pasture Park, while the University of Puget Sound and Willamette University took the women's and men's titles respectively.

#### **Women**

In the women's 5,000-meter event, Puget Sound returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. The Loggers defeated Willamette by 12 points, 46-58, followed by Pacific Lutheran University with 78, Whitworth College 84, Lewis & Clark College 117, Whitman College 168, George Fox 189, Pacific University 211, and Linfield College 249.

Dana Boyle of UPS, who has won every meet she has entered this fall, won the race by almost 50 seconds with a time of 17:32.12. Pacific Lutheran's Lia Ossianer, the defending champion, took second in 18:19.67.

The best George Fox time was 19:16.90 by Beth Moyer, who finished 17th overall and 17th in placing for team scoring. Other Bruin runners were Rebecca Rising at 19:52.79 (29th/27th), Kirsten Norgaard at 20:05.26 (38th/35th), Ashley Crisell at 20:57.51 (56th/49th), and Dana Cavaliere at 32:06.93 (77th/61st).

#### **Men**

Willamette's men, running on their 8,000-meter home course, won their first conference title since 1993 with a decisive 29-60 edge over Lewis & Clark. They were followed by Puget Sound with 72, Pacific Lutheran 76, Whitworth 141, Whitman 170, Pacific 196, George Fox 238, and Linfield 254.

Lewis & Clark's Neil Weare won the individual title in a time of 24:55.9, edging Linfield's Ryan Reed at 25:01.14. Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

Forrest Towne posted the best time for the Bruin men with a 27:30.31, placing 31st overall and 28th for team scoring. Following him were Matt Burg at 27:58.21 (43rd/40th), Nathan Paisley at 29:43.94 (66th/54th), Kris Clifton at 30:40.60 (71st/57th), Rob Gaslin at 31:34.43 (73rd/59th), and Chris Kelley at 34:44.34 (76th/62nd).

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships on Saturday, Nov. 10. The women's race begins at 9 a.m., with the men's race to follow at 10 a.m.

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Oct. 27, 2001

## **Puget Sound women, Willamette men win NWC cross country titles UPS' Dana Boyle, L&C's Neil Weare win individual championships**

SALEM – The University of Puget Sound women and the Willamette University men won Northwest Conference cross country championships Saturday at Bush's Pasture Park.

The Logger women, led by individual champion Dana Boyle, returned to the winner's circle after a two-year absence. UPS won NWC championships from 1996-98. Boyle ran the 5,000-meter course in 17:31.12.

The Bearcat men, running on their home course, won their first conference title since 1993. They were led by the 3-4-5 finish of Jake Stout, Aaron Hollingshead and defending champion Aaron Young. Lewis & Clark's Neil Weare won the individual title in an 8,000-meter time of 24:55.91. Linfield's Ryan Reed was second in 25:01.14.

Boyle, who has won every meet she has entered this fall, won the race by almost 50 seconds. Pacific Lutheran's Lia Ossiander, the defending champion, took second in 18:19.67.

The Logger women defeated Willamette by 12 points, 46-58. UPS's Julie Meyer, Alana Hagney and Breanne Hickie finished 8-10-11.

Whitworth's Leslie Nelson took third in front of Bearcats Liz Rodda (fourth) and Nattalie Wright (fifth).

Boyle came close to the Bush's Pasture Park conference record. Pacific Lutheran's Kristy Purdy set the record in 1981 with a time of 17:27.0. Boyle also won the NWC title as a freshman in 1998.

Weare's individual crown was the first by a Pioneer since current L&C coach David Fix won back-to-back championships in 1967-68.

Willamette's men won the race by a comfortable margin over Lewis & Clark, 29-60.

All the NWC schools will return to Bush's Pasture Park in two weeks for the NCAA Division III West Region Championships (Nov. 10). The women's race begins at 9 a.m., with the men's race to follow at 10 a.m.

### **WOMEN'S TEAM SCORES**

1. Puget Sound 46; 2. Willamette 58; 3. Pacific Lutheran 78; 4. Whitworth 84; 5. Lewis & Clark 117; 6. Whitman 168; 7. George Fox 189; 8. Pacific 211; 9. Linfield 249.

### **MEN'S TEAM SCORES**

1. Willamette 29; 2. Lewis & Clark 60; 3. Puget Sound 72; 4. Pacific Lutheran 76; 5. Whitworth 141; 6. Whitman 170; 7. Pacific 196; 8. George Fox 238; 9. Linfield 254.

### **WOMEN'S INDIVIDUAL RESULTS (5,000 meters)**

|    |                     |                       |      |          |    |
|----|---------------------|-----------------------|------|----------|----|
| 1  | 60 Boyle, Dana      | SR Univ. of Puget sou | 5:38 | 17:32.12 | 1  |
| 2  | 253 Ossiander, Lia  | SR Pacific Lutheran U | 5:53 | 18:19.67 | 2  |
| 3  | 226 Nelson, Leslie  | SO Whitworth College  | 5:54 | 18:22.58 | 3  |
| 4  | 53 Rodda, Liz       | SO Willamette Univers | 5:55 | 18:25.42 | 4  |
| 5  | 59 Wright, Nattalie | JR Willamette Univers | 6:02 | 18:45.12 | 5  |
| 6  | 213 Austin, Jessica | JR Whitworth College  | 6:02 | 18:46.57 | 6  |
| 7  | 249 Goldner, Tracey | SO Pacific Lutheran U | 6:05 | 18:54.66 | 7  |
| 8  | 67 Meyer, Julie     | JR Univ. of Puget sou | 6:06 | 18:58.10 | 8  |
| 9  | 181 Erwin, Emily    | SR Lewis&Clark Colleg | 6:06 | 18:59.24 | 9  |
| 10 | 64 Hagney, Alana    | FR Univ. of Puget sou | 6:06 | 18:59.61 | 10 |

|    |                          |                       |      |          |    |
|----|--------------------------|-----------------------|------|----------|----|
| 11 | 65 Hickel, Breanne       | JR Univ. of Puget sou | 6:09 | 19:07.07 | 11 |
| 12 | 27 Andrews, Alicia       | FR Willamette Univers | 6:09 | 19:07.62 | 12 |
| 13 | 212 Abbey, Elizabeth     | JR Whitworth College  | 6:09 | 19:09.10 | 13 |
| 14 | 194 Weyhmler, Cassie     | FR Lewis&Clark Colleg | 6:10 | 19:12.60 | 14 |
| 15 | 246 DeSloover, Breea     | SO Pacific Lutheran U | 6:11 | 19:13.44 | 15 |
| 16 | 61 Burnet, Sara          | FR Univ. of Puget sou | 6:11 | 19:14.30 | 16 |
| 17 | 109 Moyer, Elizabeth     | SO George Fox Univers | 6:12 | 19:16.90 | 17 |
| 18 | 40 Holbert, Kari         | FR Willamette Univers | 6:13 | 19:19.63 | 18 |
| 19 | 58 Wright, Bobbi         | FR Willamette Univers | 6:14 | 19:22.60 | 19 |
| 20 | 34 Emery, Amber          | JR Willamette Univers | 6:14 | 19:25.05 | 20 |
| 21 | 128 Andrews, Ariel       | JR Whitman College    | 6:16 | 19:28.91 | 21 |
| 22 | 39 Henderson, Amber      | SO Willamette Univers | 6:17 | 19:32.01 | 22 |
| 23 | 50 Pierce, Katie         | FR Willamette Univers | 6:17 | 19:34.02 |    |
| 24 | 135 Pfeiffer-Hoyt, Karin | JR Whitman College    | 6:18 | 19:34.75 | 23 |
| 25 | 178 Blum, Angela         | FR Lewis&Clark Colleg | 6:19 | 19:39.05 | 24 |
| 26 | 215 Baker, Amanda        | JR Whitworth College  | 6:22 | 19:48.49 | 25 |
| 27 | 248 Forbes, Tesia        | SR Pacific Lutheran U | 6:22 | 19:48.91 | 26 |
| 28 | 42 Kennedy, Mariah       | SO Willamette Univers | 6:23 | 19:50.79 |    |
| 29 | 111 Rising, Rebecca      | SR George Fox Univers | 6:23 | 19:52.79 | 27 |
| 30 | 252 Kern, Sheena         | FR Pacific Lutheran U | 6:24 | 19:54.79 | 28 |
| 31 | 117 Samta, Dace          | JR Pacific University | 6:24 | 19:55.09 | 29 |
| 32 | 35 Enell, Jessie         | FR Willamette Univers | 6:25 | 19:56.84 |    |
| 33 | 115 McClung, Shelan      | FR Pacific University | 6:25 | 19:57.31 | 30 |
| 34 | 68 Prehn, Jennifer       | FR Univ. of Puget sou | 6:26 | 20:01.39 | 31 |
| 35 | 62 Dobson, Hilary        | FR Univ. of Puget sou | 6:26 | 20:02.22 | 32 |
| 36 | 140 Witnov, Sierra       | FR Whitman College    | 6:27 | 20:02.90 | 33 |
| 37 | 187 Hui, Mei-Yen         | FR Lewis&Clark Colleg | 6:27 | 20:04.74 | 34 |
| 38 | 110 Norgaard, Kirsten    | SR George Fox Univers | 6:27 | 20:05.26 | 35 |
| 39 | 193 Weber, Odessa        | SO Lewis&Clark Colleg | 6:28 | 20:06.20 | 36 |
| 40 | 231 Stirling, Meagan     | SR Whitworth College  | 6:30 | 20:11.89 | 37 |
| 41 | 93 Seifert, Kira         | JR Linfield College   | 6:30 | 20:13.37 | 38 |
| 42 | 180 Epstein, Talia       | JR Lewis&Clark Colleg | 6:33 | 20:21.10 | 39 |
| 43 | 176 Barker, Molly        | FR Lewis&Clark Colleg | 6:33 | 20:23.44 | 40 |
| 44 | 185 Harman, Selena       | SO Lewis&Clark Colleg | 6:33 | 20:23.74 |    |
| 45 | 243 Bangerter, Laura     | SO Pacific Lutheran U | 6:34 | 20:26.60 | 41 |
| 46 | 227 Peters, Jenny        | FR Whitworth College  | 6:34 | 20:27.11 | 42 |
| 47 | 251 Jacobson, Liz        | FR Pacific Lutheran U | 6:36 | 20:31.94 | 43 |
| 48 | 214 Bailey, Elizabeth    | JR Whitworth College  | 6:37 | 20:34.87 | 44 |
| 49 | 133 Knechtges, Jeanne    | SO Whitman College    | 6:38 | 20:39.03 | 45 |
| 50 | 132 Foster, Piper        | SR Whitman College    | 6:38 | 20:39.25 | 46 |
| 51 | 94 Slakovsky, Mary       | FR Linfield College   | 6:39 | 20:41.36 | 47 |
| 52 | 114 Little, Alicia       | SO Pacific University | 6:41 | 20:48.39 | 48 |
| 53 | 182 Finnan, Mary         | SO Lewis&Clark Colleg | 6:42 | 20:50.13 |    |
| 54 | 63 Donnelly, Erin        | FR Univ. of Puget sou | 6:42 | 20:51.49 |    |
| 55 | 245 Bow, Jennie          | SO Pacific Lutheran U | 6:44 | 20:56.45 |    |
| 56 | 106 Crisell, Ashley      | FR George Fox Univers | 6:44 | 20:57.51 | 49 |
| 57 | 112 Cooke, Tiffany       | FR Pacific University | 6:44 | 20:57.89 | 50 |
| 58 | 247 Dornath, Cadie       | FR Pacific Lutheran U | 6:46 | 21:01.54 |    |
| 59 | 139 Winters, Libby       | SO Whitman College    | 6:46 | 21:03.81 | 51 |
| 60 | 221 Huey, Diana          | JR Whitworth College  | 6:47 | 21:06.77 |    |
| 61 | 137 Scott, Jessie        | SR Whitman College    | 6:48 | 21:10.03 | 52 |
| 62 | 219 Heinemann, Elaine    | FR Whitworth College  | 6:51 | 21:19.45 |    |
| 63 | 69 Racine, Kim           | JR Univ. of Puget sou | 6:53 | 21:23.91 |    |
| 64 | 183 Grossman, Sadie      | SO Lewis&Clark Colleg | 6:54 | 21:26.54 |    |
| 65 | 254 Trask, Sarah         | SO Pacific Lutheran U | 6:56 | 21:34.93 |    |
| 66 | 134 Larkin, Florinda     | SO Whitman College    | 7:05 | 22:01.37 |    |



|    |                       |                       |       |          |    |
|----|-----------------------|-----------------------|-------|----------|----|
| 67 | 66 Kacprzyński, Marta | SO Univ. of Puget sou | 7:08  | 22:10.67 |    |
| 68 | 91 Prebys, Andrea     | SR Linfield College   | 7:11  | 22:21.58 | 53 |
| 69 | 116 Ross, Beth        | SO Pacific University | 7:12  | 22:25.25 | 54 |
| 70 | 96 Syrstad, Kirsten   | SO Linfield College   | 7:16  | 22:35.61 | 55 |
| 71 | 97 Weimar, Ashlee     | SO Linfield College   | 7:24  | 23:01.27 | 56 |
| 72 | 92 Schor, Debbie      | SO Linfield College   | 7:31  | 23:24.00 | 57 |
| 73 | 95 Speroff, Sevda     | FR Linfield College   | 7:34  | 23:32.52 | 58 |
| 74 | 119 Wilbanks, Viola   | FR Pacific University | 7:39  | 23:46.60 | 59 |
| 75 | 118 Vaura, Janna      | SR Pacific University | 7:41  | 23:53.70 | 60 |
| 76 | 113 Hass, Greta       | FR Pacific University | 7:53  | 24:31.32 |    |
| 77 | 105 Cavaliere, Dana   | JR George Fox Univers | 10:20 | 32:06.93 | 61 |

# MEN'S INDIVIDUAL RESULTS (8,000 meters)

|    |                        |                       |      |          |    |
|----|------------------------|-----------------------|------|----------|----|
| 1  | 174 Weare, Neil        | SR Lewis&Clark Colleg | 5:00 | 24:55.91 | 1  |
| 2  | 240 Reed, Ryan         | SR Pacific Lutheran U | 5:01 | 25:01.14 | 2  |
| 3  | 7 Stout, Jacob         | SO Willamette Univers | 5:02 | 25:03.90 | 3  |
| 4  | 4 Hollingshead, Aaron  | FR Willamette Univers | 5:02 | 25:04.57 | 4  |
| 5  | 3 Young, Aaron         | SO Willamette Univers | 5:03 | 25:08.14 | 5  |
| 6  | 72 Flowerree, JR       | JR Univ. of Puget sou | 5:04 | 25:14.46 | 6  |
| 7  | 233 Bangerter, Floyd   | JR Pacific Lutheran U | 5:09 | 25:39.22 | 7  |
| 8  | 13 O'Brien, Nathan     | SO Willamette Univers | 5:11 | 25:45.98 | 8  |
| 9  | 8 Overby, Scott        | FR Willamette Univers | 5:11 | 25:47.97 | 9  |
| 10 | 73 Grabner, Reagan     | JR Univ. of Puget sou | 5:13 | 26:00.75 | 10 |
| 11 | 159 Cody, Andrew       | SR Lewis&Clark Colleg | 5:14 | 26:05.74 | 11 |
| 12 | 11 Welsh, Mark         | FR Willamette Univers | 5:16 | 26:11.40 | 12 |
| 13 | 163 Kitzerow, Nick     | JR Lewis&Clark Colleg | 5:17 | 26:17.98 | 13 |
| 14 | 170 Oldham, Derek      | SR Lewis&Clark Colleg | 5:17 | 26:19.63 | 14 |
| 15 | 9 Ruiz, Carlos         | FR Willamette Univers | 5:17 | 26:19.92 | 15 |
| 16 | 74 Hallvik, Taylor     | FR Univ. of Puget sou | 5:18 | 26:20.97 | 16 |
| 17 | 234 Brown, Ben         | SO Pacific Lutheran U | 5:18 | 26:22.67 | 17 |
| 18 | 80 O'Dea, James        | SO Univ. of Puget sou | 5:19 | 26:25.80 | 18 |
| 19 | 208 Thornton, Adam     | SR Whitworth College  | 5:19 | 26:27.28 | 19 |
| 20 | 2 Brown, Brendan       | FR Willamette Univers | 5:19 | 26:28.45 |    |
| 21 | 142 Burkholder, Braden | SO Whitman College    | 5:20 | 26:32.50 | 20 |
| 22 | 172 Schoeneman, Brian  | JR Lewis&Clark Colleg | 5:20 | 26:33.17 | 21 |
| 23 | 1 Addison, Jimmy       | FR Willamette Univers | 5:21 | 26:39.40 |    |
| 24 | 81 Tribbia, John       | FR Univ. of Puget sou | 5:23 | 26:47.66 | 22 |
| 25 | 123 Hoogesteger, Carl  | JR Pacific University | 5:25 | 26:57.31 | 23 |
| 26 | 242 Warren, Ryan       | SR Pacific Lutheran U | 5:27 | 27:10.22 | 24 |
| 27 | 206 Stevick, Jesse     | SO Whitworth College  | 5:28 | 27:10.50 | 25 |
| 28 | 241 Thompson, Payton   | FR Pacific Lutheran U | 5:30 | 27:21.27 | 26 |
| 29 | 204 Robinson, Ben      | JR Whitworth College  | 5:31 | 27:27.32 | 27 |
| 30 | 5 Konrad, John         | FR Willamette Univers | 5:31 | 27:30.03 |    |
| 31 | 104 Towne, Forrest     | SR George Fox Univers | 5:31 | 27:30.31 | 28 |
| 32 | 147 Flynn, Conor       | FR Whitman College    | 5:32 | 27:31.20 | 29 |
| 33 | 175 Wetzler, Nick      | FR Lewis&Clark Colleg | 5:32 | 27:32.04 | 30 |
| 34 | 201 Goselin, Todd      | JR Whitworth College  | 5:33 | 27:35.85 | 31 |
| 35 | 236 DeBeck, Dallas     | JR Pacific Lutheran U | 5:33 | 27:38.83 | 32 |
| 36 | 165 Lukhaup, Karl      | FR Lewis&Clark Colleg | 5:35 | 27:49.50 | 33 |
| 37 | 238 Houston, Mike      | JR Pacific Lutheran U | 5:36 | 27:50.29 | 34 |
| 38 | 122 Henson, Josh       | FR Pacific University | 5:36 | 27:50.83 | 35 |
| 39 | 79 Neuner, Michael     | JR Univ. of Puget sou | 5:36 | 27:51.97 | 36 |
| 40 | 120 Bowe, Darren       | JR Pacific University | 5:36 | 27:53.31 | 37 |
| 41 | 144 Cade, Patrick      | FR Whitman College    | 5:36 | 27:54.71 | 38 |
| 42 | 203 Houk, Jonathon     | JR Whitworth College  | 5:37 | 27:56.92 | 39 |
| 43 | 98 Burg, Matt          | SO George Fox Univers | 5:37 | 27:58.21 | 40 |
| 44 | 151 Orcutt, Michael    | FR Whitman College    | 5:38 | 28:01.02 | 41 |
| 45 | 143 Byersdorfer, Joel  | SR Whitman College    | 5:38 | 28:04.78 | 42 |
| 46 | 71 Flichtbeil, Scott   | JR Univ. of Puget sou | 5:39 | 28:06.50 | 43 |
| 47 | 156 Voelckers, James   | FR Whitman College    | 5:39 | 28:08.30 | 44 |
| 48 | 235 Corliss, James     | JR Pacific Lutheran U | 5:40 | 28:12.47 |    |
| 49 | 197 Coe, Aaron         | FR Whitworth College  | 5:41 | 28:15.66 | 45 |
| 50 | 161 Foote, Adam        | FR Lewis&Clark Colleg | 5:42 | 28:23.56 |    |
| 51 | 85 Cook, Anthony       | FR Linfield College   | 5:44 | 28:34.15 | 46 |
| 52 | 209 Thornton, Luke     | FR Whitworth College  | 5:45 | 28:35.75 | 47 |
| 53 | 198 Coe, Andy          | SO Whitworth College  | 5:45 | 28:39.31 |    |

|    |                      |                       |      |          |    |
|----|----------------------|-----------------------|------|----------|----|
| 54 | 239 Lennox, Joshua   | JR Pacific Lutheran U | 5:46 | 28:42.98 |    |
| 55 | 86 Eggers, Aaron     | FR Linfield College   | 5:46 | 28:43.43 | 48 |
| 56 | 146 Choi, Ryan       | FR Whitman College    | 5:47 | 28:46.38 | 49 |
| 57 | 155 Schwartz, Jerome | JR Whitman College    | 5:47 | 28:47.05 |    |
| 58 | 171 Sanderman, Dan   | FR Lewis&Clark Colleg | 5:47 | 28:48.92 |    |
| 59 | 126 Smith, Jason     | FR Pacific University | 5:49 | 28:59.31 | 50 |
| 60 | 124 Olguin, Matt     | FR Pacific University | 5:51 | 29:09.31 | 51 |
| 61 | 88 Olson, Peter      | FR Linfield College   | 5:52 | 29:10.99 | 52 |
| 62 | 207 Suzuki, Ryosuke  | SR Whitworth College  | 5:53 | 29:16.04 |    |
| 63 | 167 Mercer, Logan    | FR Lewis&Clark Colleg | 5:53 | 29:16.91 |    |
| 64 | 205 Sauer, Kristofor | FR Whitworth College  | 5:55 | 29:26.23 |    |
| 65 | 89 Schrepel, Chris   | JR Linfield College   | 5:56 | 29:31.56 | 53 |
| 66 | 103 Paisley, Nathan  | SR George Fox Univers | 5:58 | 29:43.94 | 54 |
| 67 | 237 Fish, Corey      | FR Pacific Lutheran U | 6:00 | 29:53.61 |    |
| 68 | 82 Bentz, Matthew    | SO Linfield College   | 6:04 | 30:09.58 | 55 |
| 69 | 70 Berndt, Tyler     | JR Univ. of Puget sou | 6:05 | 30:16.31 |    |
| 70 | 121 Getchell, Russ   | SR Pacific University | 6:06 | 30:23.01 | 56 |
| 71 | 99 Clifton, Kris     | FR George Fox Univers | 6:10 | 30:40.60 | 57 |
| 72 | 87 Johnson, Carl     | SO Linfield College   | 6:17 | 31:18.92 | 58 |
| 73 | 100 Gaslin, Rob      | FR George Fox Univers | 6:21 | 31:34.43 | 59 |
| 74 | 83 Burmester, Jeff   | SO Linfield College   | 6:21 | 31:38.64 | 60 |
| 75 | 125 Mollier, Derek   | FR Pacific University | 6:52 | 34:08.14 | 61 |
| 76 | 101 Kelley, Chris    | SO George Fox Univers | 6:59 | 34:44.34 | 62 |

END

# **GEORGE FOX UNIVERSITY**

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

**Saturday, October 6, 2001 --- For Immediate Release**

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
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### **10/6 – WILLAMETTE INVITATIONAL: Bruin Women Finish 33<sup>rd</sup>, Men 36<sup>th</sup> in Willamette Invitational**

**SALEM, Ore. ---** In "the largest meet on the West Coast" - a claim certainly substantiated by 788 runners in the event - the George Fox University Bruins finished 33<sup>rd</sup> in the women's 5K race and 36<sup>th</sup> in the men's 8K race at the Willamette University Invitational Cross Country Meet Saturday here at Bush's Pasture Park.

In team scoring for the NCAA Division I schools, the University of Hawaii edged the University of Oregon 42-43 in the women's race, while the University of Portland defeated Portland State University 19-38. In the College/Open division, the University of Victoria finished first with 68 points to 121 for Claremont-Mudd-Scripps Colleges in the women's race, and the Seacows track club edged Eastern Oregon University 99-103 in the men's race. George Fox was 33<sup>rd</sup> of 36 teams with 883 points in the women's division, while the men collected 979 points to wind up 36<sup>th</sup> of 39 teams.

Running for the George Fox women were Rebecca Rising, who ran a 19:53.48 (167<sup>th</sup> overall/143<sup>rd</sup> in scoring), Kristen Norgaard at 20:07.54 (192<sup>nd</sup>/153<sup>rd</sup>), Ashley Crisell at 21:10.36 (280<sup>th</sup>/206<sup>th</sup>), Sarah Jertberg at 23:20.41 (362<sup>nd</sup>/248<sup>th</sup>), and Dana Cavaliere at 23:20.81 (363<sup>rd</sup>/249<sup>th</sup>).

For the men, Matt Burg had the top time at 26:45.80 (165<sup>th</sup> overall/135<sup>th</sup> in scoring), followed by Forrest Towne at 27:16.80 (209<sup>th</sup>/169<sup>th</sup>), Kris Clifton at 29:44.40 (342<sup>nd</sup>/239<sup>th</sup>), Nathan Paisley at 29:46.30 (346<sup>th</sup>/242<sup>nd</sup>), Rob Gaslin at 31:05.50 (370<sup>th</sup>/253<sup>rd</sup>), and Chris Kelley at 35:34.20 (399<sup>th</sup>/268<sup>th</sup>).

Next up for the Bruins is the Pacific Lutheran University Invitational at Ft. Steilacoom Park in Tacoma, Wash., on Saturday, Oct. 13. That is the Bruins' last event before the Northwest Conference championships on Oct. 27 back in Salem.

## Volleyball

## Final Standings:

|               | NWC  | GW | GL | All  | GW | GL |
|---------------|------|----|----|------|----|----|
| Puget Sound   | 14-2 | 45 | 14 | 17-4 | 54 | 22 |
| Whitworth     | 14-2 | 46 | 9  | 21-6 | 71 | 21 |
| George Fox    | 11-5 | 36 | 20 | 19-5 | 60 | 26 |
| Pac. Lutheran | 10-6 | 36 | 23 | 17-7 | 58 | 30 |
| Linfield      | 10-6 | 33 | 23 | 13-8 | 45 | 30 |
| Whitman       | 6-10 | 23 | 35 | 8-16 | 35 | 54 |
| Willamette    | 4-12 | 16 | 37 | 7-14 | 27 | 45 |
| Pacific       | 3-13 | 11 | 42 | 3-19 | 14 | 60 |
| Lewis & Clark | 0-16 | 5  | 48 | 0-22 | 8  | 66 |

## Last Week's Results:

Nov. 9: NCAA West Regional at Hayward, Calif. - La Verne (Calif.) d. Whitworth 30-25, 30-28, 30-19.

**Notes:** Whitworth lost its first-ever NCAA Tournament match to the champions of the SCIAC . . .

[www.nwcsports.com/Volleyball/NWCVolleyball.htm](http://www.nwcsports.com/Volleyball/NWCVolleyball.htm)

## Cross-Country

## Last Week's NCAA West Region Championship Results (From Bush's Pasture Park - Salem, Ore.):

Women's Scores - 1. Claremont-Mudd Scripps\* 35; 2. Willamette 84; 3. Puget Sound 111; 4. Whitworth 118; 5. Pacific Lutheran 129; 6. Occidental 146; 7. Pomona-Pitzer 150; 8. Lewis & Clark 164; 9. Colorado College 190; 10. Pacific 283; 11. Cal Lutheran 336.

Women's Individual Results (top 10 - 5k) - 1. *Boyle, Dana (SR, UPS) 17:21.20*; 2. Bishop, Laura (JR, Pomona-Pitzer) 17:59.90; 3. Haver, Andrea (JR, C-M-S) 18:01.80; 4. Jacquez, Angela (SO, C-M-S) 18:06.10; 5. Fogg, Meredith (FR, Occidental) 18:10.90; 6. *Ossiander, Lia (SR, PLU) 18:15.20*; 7. Foss, Amy (JR, C-M-S) 18:15.70; 8. *Nelson, Leslie (SO, Whitworth) 18:18.50*; 9. Irons, Ellie (JR C-M-S) 18:18.80; 10. *Rodda, Liz (SO, Willamette) 18:24.00*.

Men's Scores - 1. Claremont-Mudd-Scripps\* 39; 2. *Willamette\* 58*; 3. Puget Sound 85; 4. Pacific Lutheran 123; 5. Colorado College 125; 6. Lewis & Clark 133; 7. Pomona-Pitzer 189; 8. Whittier 206; 9. Pacific 231.

Men's Individual Results (top 10 - 8k) - 1. Juliano, David (JR, C-M-S) 24:38.90; 2. *Reed, Ryan (SR, PLU) 24:50.40*; 3. *Stout, Jacob (SO, Willamette) 24:58.20*; 4. *Flowerree, JR (JR, UPS) 24:59.60*; 5. Berriel, Will (JR, C-M-S) 25:04.50; 6. McGrail, Pat (JR, C-M-S) 25:09.00; 7. *Young, Aaron (SO, Willamette) 25:12.60*; 8. *Weare, Neil (SR, L&C) 25:22.70*; 9. *McLean, Dan (SO, UPS) 25:27.60*; 10. Ibarra, Luis (SR, Whittier) 25:31.40.

**Notes:** NWC finishers listed in italics have qualified for the NCAA Championships next Saturday in Rock Island, Illinois, which will be hosted by Augustana College . . The Loggers' Dana Boyle remained unbeaten this season, heading into the NCAA Championships as one of the key individual title contenders . . . Willamette's men advance to the NCAA championships as a team, as two West Region men's teams qualify . . . Boyle came within 0.09 of tying the Bush's Pasture Park record of 17:21.11 set by Hawaii's Cheryl Smith four weeks ago at the Willamette Invitational.

<http://www.nwcsports.com/cross-country/nwccrosscountry.htm>

## Men's Basketball

**This Week's Schedule:** Nov. 16 - Pacific Lutheran vs. St. Marys (Minn.) (at UPS Tip-Off Classic), 4:00 p.m.; Whitman vs. Trinity (at Lopata Classic - St. Louis), 6:00 p.m.; Willamette vs. Northwest Christian (at WBC Fibromyalgia Tournament), 6:00 p.m.; Cascade at Lewis & Clark, 7:30 p.m.; Linfield at Pomona-Pitzer, 7:30 p.m.; Warner Pacific at Pacific, 7:30 p.m.; Puget Sound vs. Claremont-Mudd-Scripps (at UPS Tip-Off Classic), 8:00 p.m.

Nov. 17 - Pacific Lutheran vs. Claremont-Mudd-Scripps (at UPS Tip-Off Classic), 4:00 p.m.; Walla Walla at Whitworth, 7:00 p.m.; George Fox at Cascade, 7:30 p.m.; Linfield at LaVerne, 7:30 p.m.; Willamette vs. TBD (at WBC Fibromyalgia Tournament), 6 or 8 p.m.; Multnomah at Pacific, 8:00 p.m.; Puget Sound vs. St. Mary's (Minn.) (at UPS Tip-Off Classic), 8:00 p.m.; Whitman vs. TBD (at Lopata Classic - St. Louis), TBD.

**Notes:** Linfield is the defending champion . . . Lewis & Clark advanced to the NCAA Regionals last season before losing at the University of Chicago . . . The Pioneers are a near-unanimous favorite to win the NWC title this year, according to the pre-season coaches' poll.

## Women's Basketball

**This Week's Schedule:** Nov. 16 - Pacific Lutheran vs. Evergreen State (at WWU Tournament), 5:00 p.m.; Willamette vs. Cal Lutheran (at CSU-Hayward Tournament), 5:00 p.m.; Puget Sound vs. Eastern Oregon (at UPS Tip-Off Tournament), 6:00 p.m.; Lewis & Clark vs. Western Washington (at WWU Tournament), 7:00 p.m.; Pacific vs. CSU-Hayward (at CSU-Hayward Tournament), 7:00 p.m.; Linfield at UC-Santa Cruz, TBD.

Nov. 17 - Pacific vs. Cal Lutheran (at CSU-Hayward Tournament), 5:00 p.m.; George Fox at Warner Pacific, 5:30 p.m.; Willamette vs. CSU-Hayward (at CSU-Hayward Tournament), 7:00 p.m.; Whitworth at Occidental, 7:00 p.m.; Pacific Lutheran and Lewis & Clark at WWU Tournament, TBD; Puget Sound vs. Trinity (TX) or St. Mary's (MN), TBD; Linfield at UC-Santa Cruz, TBD.

**Notes:** George Fox is the defending champion . . . The Bruins advanced to the NCAA second round last season before losing at home to St. Thomas . . . Pacific Lutheran is a narrow favorite to unseat George Fox this season, according to a pre-season poll of NWC coaches.

## Cross-Country

### Last Week's NWC Championship Results (From Bush's Pasture Park - Salem, Ore.):

Women's Scores - 1. Puget Sound 46; 2. Willamette 58; 3. Pacific Lutheran 78; 4. Whitworth 84; 5. Lewis & Clark 117; 6. Whitman 168; 7.

George Fox 189; 8. Pacific 211; 9. Linfield 249.

Women's Individual Results (top 10 - 5k) - 1. Boyle, Dana (Sr., Carbondale, Colo., Puget Sound) 17:32.1; 2. Ossiander, Lia (Pacific Lutheran) 18:19.7; 3. Nelson, Leslie (Whitworth) 18:22.6; 4. Rodda, Liz (Willamette) 18:25.4; 5. Wright, Nattalie (Willamette) 18:45.1; 6.

Austin, Jessica (Whitworth) 18:46.6; 7. Goldner, Tracey (Pacific Lutheran) 18:54.7; 8. Meyer, Julie (Puget Sound) 18:58.1; 9. Erwin, Emily (Lewis & Clark) 18:59.2; 10. Hagney, Alana (Puget Sound) 18:59.6.

Men's Scores - 1. Willamette 29; 2. Lewis & Clark 60; 3. Puget Sound 72; 4.

Pacific Lutheran 76; 5. Whitworth 141; 6. Whitman 170; 7.

Pacific 196; 8. George Fox 238; 9. Linfield 254.

Men's Individual Results (top 10 - 8k) - 1. Weare, Neil (Sr., Santa Rita, Guam, Lewis & Clark) 24:55.9; 2. Reed, Ryan (Pacific Lutheran)

25:01.1; 3. Stout, Jacob (Willamette) 25:03.9; 4. Hollingshead, Aaron

(Willamette) 25:04.6; 5. Young, Aaron (Willamette) 25:08.1; 6.

Flowerree, JR (Puget Sound) 25:14.5; 7. Bangerter, Floyd (Pacific Lutheran)

25:39.2; 8. O'Brien, Nathan (Willamette) 25:46.0; 9. Overby,

Scott (Willamette) 25:48.0; 10. Grabner, Reagan (Puget Sound) 26:00.8.

**Notes:** Puget Sound won the women's NWC title for the first time since 1998 . .

. The Loggers. Dana Boyle remained unbeaten this

season, knocking off defending individual champion Lia Ossiander of PLU . . .

Willamette's men won their first NWC title since 1993,

knocking off defending champion UPS . . . Neil Weare became the first Pioneer to win an NWC individual cross country title since current

L&C head coach David Fix won in 1968 . . . The NCAA Division III West Regionals

will be run over the same course in two weeks.

<http://www.nwcsports.com/cross-country/nwccrosscountry.htm>

## Northwest Conference Weekly Release

Oct. 28, 2001

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George Fox Lewis & Clark Linfield Pacific Lutheran  
Pacific Puget Sound Whitman Whitworth Willamette

### Cross-Country

#### Last Week's NWC Championship Results (From Bush's Pasture Park - Salem, Ore.):

Women's Scores - 1. Puget Sound 46; 2. Willamette 58; 3. Pacific Lutheran 78; 4. Whitworth 84; 5. Lewis & Clark 117; 6. Whitman 168; 7. George Fox 189; 8. Pacific 211; 9. Linfield 249.

Women's Individual Results (top 10 - 5k) - 1. Boyle, Dana (Sr., Carbondale, Colo., Puget Sound) 17:32.1; 2. Osslander, Lia (Pacific Lutheran) 18:19.7; 3. Nelson, Leslie (Whitworth) 18:22.6; 4. Rodda, Liz (Willamette) 18:25.4; 5. Wright, Nattalie (Willamette) 18:45.1; 6. Austin, Jessica (Whitworth) 18:46.6; 7. Goldner, Tracey (Pacific Lutheran) 18:54.7; 8. Meyer, Julie (Puget Sound) 18:58.1; 9. Erwin, Emily (Lewis & Clark) 18:59.2; 10. Hagney, Alana (Puget Sound) 18:59.6.

Men's Scores - 1. Willamette 29; 2. Lewis & Clark 60; 3. Puget Sound 72; 4. Pacific Lutheran 76; 5. Whitworth 141; 6. Whitman 170; 7. Pacific 196; 8. George Fox 238; 9. Linfield 254.

Men's Individual Results (top 10 - 8k) - 1. Weare, Neil (Sr., Santa Rita, Guam, Lewis & Clark) 24:55.9; 2. Reed, Ryan (Pacific Lutheran) 25:01.1; 3. Stout, Jacob (Willamette) 25:03.9; 4. Hollingshead, Aaron (Willamette) 25:04.6; 5. Young, Aaron (Willamette) 25:08.1; 6. Flowerree, JR (Puget Sound) 25:14.5; 7. Bangert, Floyd (Pacific Lutheran) 25:39.2; 8. O'Brien, Nathan (Willamette) 25:46.0; 9. Overby, Scott (Willamette) 25:48.0; 10. Grabner, Reagan (Puget Sound) 26:00.8.

**Notes:** Puget Sound won the women's NWC title for the first time since 1998 . . . The Loggers' Dana Boyle remained unbeaten this season, knocking off defending individual champion Lia Osslander of PLU . . . Willamette's men won their first NWC title since 1993, knocking off defending champion UPS . . . Neil Weare became the first Pioneer to win an NWC individual cross country title since current L&C head coach David Fix won in 1968 . . . The NCAA Division III West Regionals will be run over the same course in two weeks.

<http://www.nwcsports.com/cross-country/nwccrosscountry.htm>

### Volleyball

#### Current Standings:

|               | NWC  | GW | GL | All  | GW | GL |
|---------------|------|----|----|------|----|----|
| Puget Sound   | 13-1 | 40 | 11 | 16-3 | 49 | 19 |
| Whitworth     | 11-2 | 37 | 7  | 18-5 | 62 | 16 |
| George Fox    | 9-5  | 30 | 20 | 17-5 | 54 | 26 |
| Pac. Lutheran | 9-5  | 33 | 19 | 16-6 | 55 | 26 |
| Linfield      | 8-6  | 27 | 23 | 11-8 | 39 | 30 |
| Whitman       | 6-7  | 22 | 26 | 8-13 | 34 | 45 |
| Willamette    | 3-11 | 13 | 33 | 6-13 | 24 | 41 |
| Pacific       | 3-11 | 10 | 36 | 3-17 | 13 | 54 |
| Lewis & Clark | 0-14 | 5  | 42 | 0-20 | 8  | 60 |

#### This Week's Schedule:

Oct. 31: Whitworth at Whitman, 6:00 p.m.;  
Willamette at Linfield

Nov. 2: Linfield at Lewis & Clark; Pacific at  
George Fox; Whitworth at Puget Sound; Whitman at  
Pacific Lutheran

Nov. 3: Whitworth at Pacific Lutheran, 3:00 p.m.;  
Willamette at Pacific, 4:00 p.m.; Whitman at Puget  
Sound, 5:00 p.m.; Lewis & Clark at George Fox.

Matches begin at 7:00 p.m., unless otherwise noted.

[www.nwcsports.com/Volleyball/NWCVolleyball.htm](http://www.nwcsports.com/Volleyball/NWCVolleyball.htm)

#### Last Week's Results:

Oct. 23: Puget Sound d. at Pacific Lutheran 30-26, 30-19, 31-33, 28-30, 15-13  
Oct. 24: at Pacific d. Lewis & Clark 24-30, 30-16, 30-24, 31-29  
Oct. 26: Puget Sound d. at Willamette 30-27, 26-30, 30-16, 30-24; Pacific  
Lutheran d. at Lewis & Clark 28-30, 30-8, 30-20, 30-24; at Whitworth d. Pacific  
30-12, 30-16, 30-17; at Linfield d. George Fox 22-30, 30-27, 30-21, 30-27

Oct. 27: at Whitman d. Pacific 28-30, 30-26, 30-23, 30-24; at Willamette d.  
Lewis & Clark 30-25, 30-17, 30-21; at George Fox d. Pacific Lutheran 30-21, 24-  
30, 30-26, 25-30, 15-9; Puget Sound d. at Linfield 30-22, 30-14, 30-21

**NWC Player of the Week:** Karen Elmgren (UPS, Jr., MB, Monroe, Wash.) led  
the Loggers to a 3-0 week by recording 77 kills (hitting .400) and 32 digs.

Honorable Mention: Nicole Bostic (George Fox, OH) finished with 42 kills and  
57 digs in two matches; Denise Kirstein (Whitman, OH) recorded 18 kills, 13 digs  
and three blocks in the Missionaries' win; Kristen Turner (Whitworth, MB) had 11  
kills, five blocks and two aces in the Pirates' win; Sara Kaiser (Linfield, OH)  
finished with 23 kills and eight blocks in two matches; Holly Nottingham (PLU,  
MB) registered 40 kills as the Lutes went 1-2; Lauren Thompson (Willamette, MH)  
totaled 22 kills and 12 digs in two matches; Rachel Larson (Pacific, OH) had 34  
kills, 36 digs and four aces as the Boxers went 1-2.

**Notes:** Puget Sound fell to 13th in last week's AVCA Coaches' Poll, while  
Whitworth dropped to 20th and George Fox was listed among "others receiving  
votes" . . . Whitworth plays at Puget Sound with a chance to tie the Loggers for the  
conference lead on Friday night . . . UPS is aiming for its second consecutive NWC  
title.

## Women's Soccer

## Current Standings:

|               | NWC Pts. | GF | GA | All    | GF | GA |
|---------------|----------|----|----|--------|----|----|
| Puget Sound   | 12-0 36  | 24 | 1  | 15-1   | 41 | 6  |
| Willamette    | 11-1 33  | 42 | 4  | 13-1   | 48 | 6  |
| Linfield      | 9-3 27   | 23 | 16 | 12-4   | 32 | 19 |
| Whitman       | 4-8 12   | 15 | 26 | 8-8    | 29 | 28 |
| Whitworth     | 4-8 12   | 13 | 23 | 6-10   | 17 | 29 |
| Pacific       | 3-8-1 10 | 13 | 32 | 4-10-1 | 17 | 38 |
| Pac. Lutheran | 3-8-1 10 | 11 | 19 | 3-10-2 | 12 | 23 |
| George Fox    | 1-11 3   | 8  | 28 | 4-12   | 14 | 33 |

## This Week's Schedule:

Oct. 26: Whitman at George Fox; Pacific Lutheran at Willamette; Whitworth at Pacific; Puget Sound at Linfield.

Oct. 27: Puget Sound at Willamette; Whitman at Pacific; Whitworth at George Fox; Pacific Lutheran at Linfield.

(All Matches begin at noon.)

**Last Week's Results:** Oct. 17: Whitman 2, at Whitworth 0; at Puget Sound 1, Pacific Lutheran 0; at Willamette 4, Linfield 0; Pacific 2, at George Fox 1.

Oct. 20: at Willamette 2, Whitworth 0; at Pacific Lutheran 1, George Fox 0; at Puget Sound 1, Pacific 0; at Linfield 5, Whitman 0.

Oct. 21: at Linfield 2, Whitworth 1; at Puget Sound 3, George Fox 0; at Pacific Lutheran 0, Pacific 0 (2ot); at Willamette 3, Whitman 1.

**Player of the Week:** Anne Merten (Willamette, So., F, Corvallis, Ore.) scored four goals and added an assist to lead the Bearcats to a 3-0 week.

Honorable Mention: Bryn Devlin (Linfield, F) scored three goals to lead the Wildcats to a 3-0 week; Tera Anderson (UPS, M) scored a goal and added two assists to lead the Loggers to a 3-0 week; Kim Bosley (PLU, GK) allowed only one goal and stopped 16 shots in 197 minutes of play as the Lutes went 1-1-1; Julia Makowski (Whitman, F) scored a pair of goals in the win over Whitworth.

**Notes:** Puget Sound moved up to #4 while Willamette remained at #9 in last week's NSCAA poll. . . Linfield was listed with "others receiving votes" . . . Bryn Devlin set Linfield's single-season goal record with ten this year . . . Puget Sound will have to earn its second consecutive NWC title by winning at Linfield and Willamette this weekend . . . Willamette is 45-0-5 in its last 50 home matches.

<http://www.nwcsports.com/WomensSoccer/NWCWomsoccer.htm>

## Men's Soccer

## Current Standings:

|               | NWC Pts. | GF | GA | All    | GF | GA |
|---------------|----------|----|----|--------|----|----|
| Whitworth     | 9-1-1 28 | 17 | 5  | 12-2-1 | 24 | 6  |
| Linfield      | 7-4 21   | 16 | 9  | 10-6   | 29 | 16 |
| Willamette    | 6-5 18   | 14 | 14 | 7-5    | 18 | 16 |
| George Fox    | 6-5 18   | 16 | 14 | 7-7-1  | 35 | 26 |
| Puget Sound   | 5-5-1 16 | 16 | 12 | 9-7-1  | 33 | 18 |
| Pac. Lutheran | 4-5-2 14 | 18 | 21 | 5-6-2  | 23 | 24 |
| Whitman       | 2-7-2 8  | 10 | 21 | 4-9-3  | 17 | 27 |
| Pacific       | 1-8-2 5  | 5  | 16 | 4-8-2  | 12 | 18 |

## This Week's Schedule:

Oct. 26: Whitman at George Fox; Pacific Lutheran at Willamette; Whitworth at Pacific; Puget Sound at Linfield.

Oct. 27: Puget Sound at Willamette; Whitman at Pacific; Whitworth at George Fox; Pacific Lutheran at Linfield.

(All Matches begin at 2:30 p.m.)

## Last Week's Results:

Oct. 20: Whitworth 2, at Willamette 0; at Linfield 3, Whitman 0; at Pacific Lutheran 3, George Fox 1; at Puget Sound 2, Pacific 0.

Oct. 21: Pacific 2, at Pacific Lutheran 2 (2ot); at Puget Sound 3, George Fox 2; at Willamette 3, Whitman 2; at Linfield 2, Whitworth 0.

**Player of the Week:** Shanon Hopkins (Linfield, Sr., F, Hilo, Hawaii) scored three goals in two Wildcat wins, including both goals vs. Whitworth.

Honorable Mention: Patrick O'Neill (PLU, MF) scored three goals, including two vs. George Fox, as the Lutes won one and tied one; Justin Hughes (UPS, MF) scored a pair of goals, including the game-winner vs. Pacific; Merrick Brownlee (George Fox, MF) scored two goals in the Bruins' 3-2 loss at Puget Sound.

**Notes:** Whitworth moved up to 16th in last week's NSCAA coaches' poll . . . The Pirates saw their 11-match unbeaten streak end at Linfield on Sunday . . . The Pirates entered the week leading the nation in goals-against average (0.30) . . . Linfield must win all three of its remaining game and Whitworth must lose all three in order for the Wildcats to overtake the Pirates in the standings.

<http://www.nwcsports.com/MensSoccer/NWCMensoccer.htm>

## Cross-Country

**Last Week's Results:** Big Foot Invitational Women's Scores: Team Spokane 34, CC of Spokane 50, Gonzaga 78, Whitman 81, Flathead 118, Whitworth 126; Men's Scores: CC of Spokane 29, Team Spokane 34, E. Washington 84, Gonzaga 100, Whitman 124, Whitworth 178.; Willamette at Oregon State Invitational (Corvallis, Ore.).

**This Week's Schedule:** Oct. 27 - Northwest Conference Championships at Bush Pasture Park in Salem, Oregon.

**Notes:** Puget Sound is the two-time defending men's champions. UPS can expect to be challenged this year by Willamette, Pacific Lutheran and Lewis & Clark.

Aaron Young of Willamette is the defending individual men's champion. Young, a sophomore, will try to defend his championship against Dan McLean of UPS and Bearcat teammate Jake Stout, among others.

Willamette is the defending women's champion. The Bearcat women will try to defend their title by defeating Puget Sound, Whitworth and Pacific Lutheran.

Lia Ossiander, a senior from PLU, is the defending women's individual champion. Ossiander will attempt to defend her title against Dana Boyle of UPS, who has not lost a race this year.



## Northwest Conference Weekly Release Oct. 14, 2001

### Cross-Country

**Last Week's Results:** Pacific Lutheran Invitational Women's Results - 1. Washington "B" 34, 2. Puget Sound 66, 3. Whitworth 75, 4.

Pacific Lutheran 85, 5. Lewis & Clark 119, 6. W. Washington 160, 7. Pacific 210, 8. N. Idaho 219, 9. George Fox 246, 10. Linfield 281,

11. Bellevue CC 292. Men's Results - 1. Simon Fraser 44, 2. N. Idaho 91, 3. Puget Sound 92, 4. Pacific Lutheran 93, 5. Lewis & Clark

121, 6. Whitworth 122, 7. C. Washington 146, 8. Pacific 260, 9. Linfield 167, 10. George Fox 283, 11. Evergreen St. 285, 12. Flathead

Valley CC 289. Willamette at Clark College Invitational; Warrior Island Invitational Women's Score: Lewis-Clark St. 15, Whitman 46;

Men's Score: Lewis-Clark St. 22, Whitman 34.

**This Week's Schedule:** Willamette at Oregon State Invitational (Corvallis, Ore.); Whitworth, Whitman at Big Foot Invitational (Spokane, Wash.), 10:00 a.m.

**Women's Runner of the Week:** Dana Boyle (UPS, Sr., Carbondale, Colo.) won the Pacific Lutheran Invitational in a course and meet

record time of 17:23.4 over the 5k course, leading the Loggers to a second place team finish.

Honorable Mention: Liz Rodda (Willamette) finished 5th overall at the Clark College Invite in a time of 19:26 to lead the Bearcats to the

team victory; Leslie Nelson (Whitworth) took 12th at the PLU Invite in a season-best time of 18:17.7.

**Men's Runner of the Week:** Dan McLean (UPS, Sr., Seattle, Wash.) finished 3rd at the PLU Invitational in a time of 25:21.8, leading the

Loggers to a 3rd-place team finish.

Honorable Mention: Aaron Hollingshead (Willamette) finished 6th at the Clark College meet in a time of 25:52;

Braden Burkholder

(Whitman) was third at the LCSC meet in a season-best time of 26:33.

<http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

**Northwest Conference Weekly Release Oct. 7, 2001**

**Cross-Country**

**Last Week's Results:** Willamette Invitational Women's Open Results - 1. Victoria 68, 2. Claremont-M-S 121, 3. Boise RC 140, 4. Utah

Valley 149, 5. Northwest 175, 6. Willamette 250, 12. Pacific Lutheran 420, 17. Lewis & Clark 482, 28. Pacific 799, 33. George Fox 883,

34. Linfield 887 (36 teams). Men's Open Results - 1. Seacows 99, 2. E. Oregon 103, 3. Claremont-M-S 131, 4. NW Nazarene 132, 5.

Willamette 166, 9. Lewis & Clark 328, 14. Pacific Lutheran 494, 33. Pacific 904, 35. Linfield 947, 38. George Fox 1016 (39 teams).

**This Week's Schedule:** Oct. 13 George Fox, Lewis & Clark, Linfield, Pacific, Whitworth, Puget Sound at Pacific Lutheran Invitational

(Tacoma, Wash.), 10:00 a.m.; Willamette at Mt. Hood CC Invitational (Gresham, Ore.); Whitman at Warrior Island Invitational (Lewiston, Idaho).

**Women's Runner of the Week:** Lia Ossiander (Pacific Lutheran, Sr., Chugiak, Alaska) was the top NWC finisher at the Willamette

Invitational. She ran the 5k course in 18:16.18. There were 388 runners in the race.

Honorable Mention: Liz Rodda (Willamette) finished 23rd in a time of 18:20.65, which ranks fourth all-time in Bearcat history.

**Men's Runner of the Week:** Neil Weare (Lewis & Clark, Sr., Santa Rita, Guam) finished 8th at the Willamette Invitational, the highest

place among NWC runners. His 8k time of 24:30.5 set a new Pioneer record. There were 400 runners in the competition.

Honorable Mention: Jake Stout (Willamette) finished 9th in a time of 24:34.04, which ranks fifth all-time in Bearcat history.

<http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

## Cross-Country

**Last Week's Results:** Sept. 28: Augustana Invitational (IA) - Men's Results (UPS 11th); Women's Results (UPS 7th)

Sept. 29: North Idaho Invitational - Women's results: Whitworth 17, Gonzaga 55, North Idaho 75, Flathead Valley 96; Men's results:

North Idaho 30, Wild Cards 55, Whitworth 60, Gonzaga 94, Flathead Valley 124.

Pacific University Open (PDF) - Men's results: Lewis &

Clark 17, Pacific 44; Women's results: Lewis & Clark 16, Pacific 47. Whitman at

Big Cross Invitational (Pasco, Wash.); Linfield at Trask

Mountain Assault (Yamhill, Ore.); Willamette at Western Oregon Invitational

(Monmouth, Ore.).

**This Week's Schedule:** Oct. 6: George Fox, Lewis & Clark, Linfield, Pacific

Lutheran, Pacific, Puget Sound at Willamette Invitational,

10:00 a.m.; Whitman at SF State Invitational (San Francisco, Calif.), 9:30 a.m.

**Women's Runner of the Week:** Dana Boyle (UPS, Sr., Carbondale, Colo.) won the

Augustana Invitational, essentially a national

championship preview, in a 5k time of 17:23, defeating defending NCAA Div. III

national champion Johanna Olson of Luther College.

The Logger women finished 7th out of 34 teams.

Honorable Mention: Leslie Nelson (Whitworth) won the Silverwood/NIC

Invitational in a 5k time of 19:14.5, leading the Pirates to a team

victory; Cassie Weyhmiller (L&C) finished first in the dual meet with Pacific in

a 5k time of 19:29; Shelan McClung (Pacific) finished 5th

in the dual meet with L&C in a time of 19:53.

**Men's Runner of the Week:** Dan McClean (Puget Sound, So., Seattle, Wash.)

finished 3rd at the Augustana Invitational in a time of

25:02, leading the Loggers to an 11th place finish out of 32 teams.

Honorable Mention: Neil Weare (L&C) finished first in the dual meet with

Pacific in a time of 26:02, leading the Pioneers to victory;

Nathan Love (Willamette) finished third at the Western Oregon Invitational in a

4 mile time of 21:06; Carl Hoogesteger (Pacific) finished

sixth in the dual meet with L&C in a time of 26:39.

<http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

## Cross-Country

**Last Week's Results:** Sept. 22 Sundodger Invitational (Seattle, Wash.) - Women's Results (PDF)

1. Northwest 70, 2. Willamette 128, 3.

W. Washington 137, 4. Seattle Pacific 143, 5. Simon Fraser 149, 6. Puget Sound 160, 8. Lewis & Clark 228, 10. Pacific Lutheran 262 (out

of 17 teams). Men's Results (PDF) 1. NW Nazarene 51, 2. British Columbia 97, 3. Simon Fraser

112, 4. Willamette 115, 5. C. Washington

179, 9. Lewis & Clark 266, 10. Puget Sound 286, 11. Pacific Lutheran 306 (out of 18 teams).

Pacific meet - Women's Results: Pacific 35, George Fox 43, Warner Pacific 43; Men's Results:

Clark CC 33, Pacific 53, Warner

Pacific 62, George Fox 63.

**This Week's Schedule:** Sept. 28 Puget Sound at Augustana Invitational (IA) at Credit Island GC in Davenport, IA , 5:00 p.m.

Sept. 29: Whitworth at North Idaho Invitational (Silverwood, Idaho), 10:00 a.m.; Whitman at Big Cross Invitational (Pasco, Wash.),

10:00 a.m.; Pacific University Open (Forest Grove, Ore.), 10:00 a.m.; Linfield at Trask Mountain Assault (Yamhill, Ore.); Willamette at

Western Oregon Invitational (Monmouth, Ore.).

**Women's Runner of the Week:** Dana Boyle (UPS, Sr., Carbondale, Colo.) won the open division at the Sundodger Invitational in a time

of 17:31 over 5 kilometers, which was a personal record.

Honorable Mention: Lia Ossiander (PLU) finished 12th at the Sundodger (18:24); Liz Rodda

(Willamette) finished 22nd at the Sundodger

(18:45), leading the Bearcats to a 2nd-place team finish; Emily Erwin (L&C) finished 34th at

Sundodger (18:55).

**Men's Runner of the Week:** Dan McLean (UPS, So., Seattle, Wash.) was the top NWC finisher at the Sundodger meet, placing 5th in the

8k race in a personal record time of 24:43.

Honorable Mention: Jake Stout (Willamette) placed 6th at Sundodger in a time of 24:47; Neil

Weare (L&C) placed 9th at Sundodger

(24:48); Ryan Reed (PLU) placed 16th at Sundodger (25:13).

<http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

## **Cross-Country**

**Last Week's Results:** Whitman Invitational - Women's Results: Lewis-Clark State 33, Whitworth 43, NW Nazarene 68, Whitman 82,

Eastern Oregon 130. Men's Results: NW Nazarene 16, Eastern Oregon 42, CC of Spokane 100, Whitworth 114, L-C State 128, Whitman 168, Treasure Valley 200.

Clackamas CC Invitational - Women's Results: Willamette 44, Portland 71, Western Oregon 79, Mt. Hood CC, Clackamas CC,

George Fox 128, N. Idaho 158. Men's Results: Willamette 26, N. Idaho 71, Mt. Hood CC 77, Clackamas CC 107, Western Oregon 108,

Lane CC 131, George Fox inc.

Lewis & Clark Invitational - Men's Results: Lewis & Clark 18; Southern Oregon 56; Cascade 78; Pacific 95; Linfield 133. Women's

Results: Lewis & Clark 28; Southern Oregon 54; Pacific 69; Linfield 81.

**This Week's Schedule:** Sept. 22 Lewis & Clark, Pacific Lutheran, Puget Sound, Willamette at Sundodger Invitational (Seattle, Wash.),

10:00 a.m.; Linfield, Pacific, Willamette at Bear Fete Invitational (St. Paul, Ore.), 10:30 a.m.

**Women's Runner of the Week:** Leslie Nelson (Whitworth, So., Omak, Wash.) finished second at the Whitman Invitational in a time of

18:51.7 (5k) to lead the Pirates to a second place finish.

Honorable Mention: Kira Seifert (Linfield, Jr.) finished 4th at the Lewis & Clark Invite in a time of 20:14.9; Shelan McClung (Pacific, Fr.)

ran 20:34.7 to place 8th at the L&C meet.

**Men's Runner of the Week:** Carl Hoogesteger (Pacific, Jr., Gold Beach, Ore.) finished 8th in the Lewis & Clark Invitational in a time of

27:47.4 <http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

## **Northwest Conference Weekly Release Sept. 9, 2001**

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George Fox Lewis & Clark Linfield Pacific Lutheran

Pacific Puget Sound Whitman Whitworth Willamette

### **Women's Soccer**

#### **Current Standings:**

NWC Pts. GF GA All GF GA

George Fox 0-0 0 0 0 3-0 6 2

Whitman 0-0 0 0 0 2-0 3 1

Willamette 0-0 0 0 0 1-0 3 0

Puget Sound 0-0 0 0 0 3-1 17 3

Whitworth 0-0 0 0 0 2-1 3 2

Linfield 0-0 0 0 0 2-1 4 3

Pacific 0-0 0 0 0 0-1 0 4

Pac. Lutheran 0-0 0 0 0 0-2 1 4

#### **This Week's Schedule:**

Sept. 11: George Fox at Western Oregon, 4:30 p.m.

Sept. 12: Eastern Oregon at Whitman, 4:00 p.m.

Sept. 14: Pacific at UC-Santa Cruz, 11:00 a.m.;

MSU-Billings at Whitworth, 2:00 p.m.; Puget Sound at Southwestern (TX), 5:00 p.m.

Sept. 15: Cascade at Linfield, Noon; Willamette at Whittier, 7:00 p.m.

Sept. 16: MSU-Billings at Whitman, 10:00 a.m.;

Pacific vs. CSU-Hayward (at Santa Cruz, CA), 11:00 a.m.; Puget Sound at Trinity (TX), 11:00 a.m.;

Willamette at La Verne, 1:00 p.m.

#### **Last Week's Results:**

Sept. 3: at UC-Santa Cruz 2, Linfield 1; Trinity Western 2, at Willamette 1 (Exhibition); Whitworth 1, CSU-Hayward 0 (at Santa Cruz, CA).

Sept. 7: at Concordia 4, Pacific 0; at George Fox 2, UC-Santa Cruz 1; Whitman 1, at Whittier 0; Claremont-Mudd-Scripps 2, at Pacific Lutheran 1; at Chapman 3, Puget Sound 1

Sept. 8: at George Fox 2, CSU-Hayward 0; Whitman 2, at Occidental 1

Sept. 9: Pacific vs. Simon Fraser (at Portland); at Willamette 3, UC-Santa Cruz 0; Puget Sound 3, at Cal Lutheran 1; Carroll 2, at Whitworth 1 (2ot); Linfield 2, Claremont-Mudd Scripps 1 (at PLU)

**Player of the Week:** Brooke Pitner (George Fox, So., MF, Vancouver, Wash.) scored the game winning goal in both Bruin wins last week.

Honorable Mention: Nanette Langston (Whitman, F) scored a goal in each of Whitman's wins last week; Buffy Morris (Willamette, F) had a goal and an assist in Willamette's 3-0 win over UC-Santa Cruz.

**Notes:** Whitman College has already doubled its win total from the 2000 season! . . . Puget Sound will play at 2000 NCAA Semi-finalist Trinity (TX) on Sunday . . . UC-Santa Cruz, an NCAA Tournament qualifier in 2000, is 1-3 against NWC teams in 2001. . . Willamette is ranked 5th in the NSCAA pre-season Division III coaches poll, while UPS is 17th . . .

<http://www.nwcsports.com/WomensSoccer/NWCWomsoccer.htm>

### **Cross-Country**

**Last Week's Results:** Sept. 7: Univ. of Idaho Invitational (Moscow, Idaho) Men's Results: Whitworth 22, Whitman 33; Clackamas CC

22, Whitworth 35; Lewis-Clark State 24, Whitworth 31; LCSC 22, Whitman 33; Clackamas 17, Whitman 41. Women's Results: Whitworth

25, Lewis-Clark St. 32; LCSC 23, Whitman 32; Whitworth 25, Clackamas CC 36; Whitman 25, Clackamas CC 33; Whitworth 21, Whitman 34.

Sept. 8: Pacific Rebellion Women's Results: Lewis & Clark 50, George Fox 54, Pacific 104, Linfield 112, Warner Pacific 114, Clark

116; Men's Results: Lewis & Clark 29, Cascade 87, Pacific 100, Warner Pacific 119, Linfield 131, George Fox 155.

**This Week's Schedule:** Sept. 15: Whitworth at Whitman Invitational (Walla Walla, Wash.); Pacific Lutheran, Puget Sound at St. Martin's

Invitational (Lacey, Wash.); George Fox, Willamette at Clackamas CC Invitational (Oregon City, Ore.); Linfield, Pacific at Lewis & Clark

Invitational (Estacada, Ore.).

**Women's Runner of the Week:** Dana Boyle (UPS, Sr., Carbondale, Colo.) finished 5th (18:16) at the Emerald City Invite, competing

against mostly NCAA Division I competition. Honorable Mention: Leslie Nelson (Whitworth) finished 8th (15:39) at the University of

Idaho Invitational, to lead the Pirates to the women's non-Division I title; Janelle Goeres (George Fox) finished second (19:14.2) at the

Boxer Rebellion to lead the Bruins to a second place finish.

**Men's Runner of the Week:** Carl Hoogesteger (Pacific, Jr., Gold Beach, Ore.) finished 8th, top collegiate finish, at Boxer Rebellion in

27:01.08 over five miles. <http://www.nwcsports.com/Cross-Country/NWCCrossCountry.htm>

## Men's Soccer

### Last Week's Results:

Sept. 3: Whitworth 3, CSU-Hayward 0 (at Santa Cruz, Calif.); Linfield 2, at UC-Santa Cruz 1; at Willamette 1, Trinity Western 0 (exhib.); at Pacific 2, Cascade 1

Sept. 4: at Pacific 3, Simon Fraser 1; Puget Sound 4, at North Park (Ill.) 1

Sept. 7: at Colorado College 2, George Fox 1; at Pacific Lutheran 3, Evergreen

St. 0; at Pacific 2, Western Baptist 0; Whitman 2, at Whittier 1

Sept. 8: Claremont-Mudd-Scripps 3, Linfield 2 (at Tacoma, Wash.); Simon Fraser 1, at Whitworth 0; George Fox vs. Nebraska Wesleyan (at Colorado Springs, Colo.); at Willamette 4, Western Baptist 2; at Puget Sound 2, St. Johns (MN) 0;

Whitman 1, at Occidental 0

Sept. 9: St. John's (Minn.) 1, Linfield 0 (at Tacoma, Wash.); Claremont-Mudd-Scripps 2, at Puget Sound 1.

**Player of the Week:** Chris Raymond (UPS, Jr., F, University Place, Wash.) scored three goals and added an assist to lead the Loggers to two wins in three matches.

Honorable Mention: Duston Sackett (Pacific, F) scored three goals in two matches, to help Pacific start 3-0 this season; Ricardo Sanchez (Willamette, F)

scored a goal and added two assists in the Bearcats' season-opening win.

**Notes:** Linfield, defending NWC champion, is ranked #3 in the pre-season NSCAA coaches poll. . . .

<http://www.nwcsports.com/MensSoccer/NWCMensoccer.htm>

### Current Standings:

NWC Pts. GF GA All GF GA

Pacific 0-0 0 0 0 3-0 7 2

Willamette 0-0 0 0 0 1-0 4 2

Whitman 0-0 0 0 0 3-1 5 3

Whitworth 0-0 0 0 0 2-1 4 1

Linfield 0-0 0 0 0 2-2 10 7

Puget Sound 0-0 0 0 0 2-2 7 4

Pac. Lutheran 0-0 0 0 0 1-1 5 3

George Fox 0-0 0 0 0 1-1 6 6

### This Week's Schedule:

Sept. 11: Puget Sound at Northwest Nazarene, 4:00 p.m.; Willamette at Cascade, 5:30 p.m.

Sept. 14: Pacific vs. CSU-Hayward (at Santa Cruz, Calif.), 10:00 a.m.; Walla Walla at George Fox, 3:30 p.m.; Montana State-Billings at Whitworth, 4:30 p.m.

Sept. 15: Colorado College at Whitman, 1:00 p.m.;

Cascade at Linfield, 2:30 p.m.

Sept. 16: Whitworth vs. Colorado College (at Walla Walla, Wash.), 10:00 a.m.; Pacific vs. Chapman

(at Santa Cruz, Calif.), Noon; Montana State-Billings at Whitman, Noon; Willamette at Whittier, 7:00 p.m.