

2004

### 2004 Roster

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**GEORGE FOX UNIVERSITY "BRUINS"**  
**2004 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (HS/Previous School)</u>
Bethany Adams	5-7	Fr./Fr.	Portland, Ore. (Westside Christian HS)
Jessica Beach	5-7	So./So.	Sherwood, Ore. (Sherwood HS)
Carrie Brain	5-4	Fr./Fr.	Chiloquin, Ore. (Chiloquin HS)
Kaycee Brittian	5-6	Sr./Sr.	Bakersfield, Calif. (Centennial HS/Bakersfield College)
Alexandra Dawson	5-7	So./So.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	So./So.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	So./So.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-5	So./So.	Astoria, Ore. (Astoria HS)
Rachel Giffey-Brohaugh	5-6	Fr./Fr.	Renton, Wash. (Christian Faith HS)
Whittney Harris	5-4	So./So.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	Jr./Jr.	Klamath Falls, Ore. (Henley HS)
Terah Laack	5-8	Fr./Fr.	Carson City, Nev. (Carson HS)
Anna McLain	5-2	Fr./Fr.	Medina, Wash. (Bellevue Christian HS)
Tera Pfremmer	5-6	So./So.	Powell Butte, Ore. (Redmond HS)

**Head Coach:** Wes Cook (18th yr)

**Assistant Coach:** John Mantalas (3rd yr), Jill Jamison Beals (2nd yr)

3rd: 09/03/04

**BETHANY ADAMS**  
5-7 \* Freshman  
Portland, Ore.  
Westside Christian HS '04

**HS:** Ran and lettered four years for coach Scott Ball at Westside Christian High School...2003: MVP, 7th in State, 1st Team All-State...2002: MVP, 1st in Districts, 9th in State...2001: Most Improved, 3rd in Districts...*Track:* Earned three letters, 6th in State for 800m 2004, 2003-2004 District Champion for 800m, 2003 State Champion for 800m, 2002 Coaches' Award...*Basketball:* Earned three letters, 2004 Coaches' Award, 2004 Most Improved, Honorable Mention All-League 2004, 2002 MVP...Scholar Athlete...National Honor Society member.

**PERSONAL:** Born June 24, 1986, in Moscow, Idaho...Daughter of Steve and Chris Adams...Biology major...*Future Plans:* To become an oncologist...*Favorite Book:* Redeeming Love...*Favorite Movie:* Pride and Prejudice...*Favorite Food:* Pizza...*Hobbies and Interests:* Scrapbooking and hanging out with friends...*Greatest Personal Sports Thrill:* Winning State Junior year in the 800m.

**CARRIE BRAIN**  
5-4 \* Freshman  
Chiloquin, Ore.  
Homeschool '04  
Oregon Institute of Technology

**HS:** Never ran Cross-Country, but ran and lettered in Track three years for Chiloquin High School...2004: MVP, went to State in 3k and 1500m...2001: Went to State in 3k and 1500m...2002: MVP, went to State in 3k and 1500m...Broke school record twice...Honor Roll at OIT as a high school senior.

**PERSONAL:** Born December 18, 1985, in Ashland, Oregon...Daughter of Joel and Laurie Brain...*Future Plans:* To get educated, make music, and live abundantly...*Favorite Book:* A Moveable Feast...*Favorite Movie:* That Thing You Do!...*Favorite Food:* Peas, vanilla soymilk, and crunchy peanut butter...*Favorite Sport:* Snowboarding...*Favorite Athlete:* Her 7-year-old brother Will, who snowboards...*Hobbies and Interests:* Snowboarding, writing, music, and reading...*Greatest Personal Sports Thrill:* Three feet of powder and a mountain of trees.

**RACHEL GIFFEY-BROHAUGH**  
5-6 \* Freshman  
Renton, Wash.  
Christian Faith School '04

**HS:** Ran and lettered four years for coach Dennis Creson at Christian Faith School...2003: Most Valuable Athlete, 4th at Tri-Districts, went to State...2002: Most Valuable Athlete...2001: Most Valuable Athlete...*Basketball:* 2003 Coach's Award...Honor Society member for two years.

**PERSONAL:** Born April 7, 1986, in Burlington, Iowa...Daughter of Chris and Christine Giffey-Brohaugh...Sister Acadia Giffey-Brohaugh ran Cross Country for Seattle Pacific University...Pre-Med major with a Biology focus...*Future Plans:* To become a physician's assistant and do some missions work...*Favorite Book:* To Kill A Mockingbird...*Favorite Movie:* Sixteen Candles...*Favorite Food:* Ice cream...*Favorite Athlete:* Steve Prefontaine...*Hobbies and Interests:* Hiking, track, and painting...*Greatest Personal Sports Thrill:* Getting 4th place and a personal record of about a minute at Tri-Districts Senior year and going on to State.

**TERAH LAACK**  
5-8 \* Freshman  
Carson City, Nev.  
Carson HS '04

**HS:** Ran for Carson High School...2003: 1st Team All-Region, All-Carson County team, All-State Academic Team...2002: 1st Team All-Region, All-Carson County team, All-State Academic Team, 4x400m Zone Champions...2001: 1st Team All-Region, All-Carson County team, All-State Academic Team...2000: 1st Team All-Region, All-Carson County team, All-State Academic Team...*Basketball:* Played and lettered four years, All-League Honorable Mention...*Soccer:* Played and lettered one year, 2003 1st Team All-Region...2004 Student Athlete of the Year...Academic Letterman.

**PERSONAL:** Born September 16, 1985, in Carson City, Nevada...Daughter of Gary and Kerri Laack...Health and Human Performance major...*Favorite Book:* Redeeming Love...*Favorite Movie:* Rocky...*Hobbies and Interests:* Track, soccer, basketball, mountain biking, horseback riding, and reading.

**ANNA MCLAIN**  
**5-2 \* Freshman**  
**Medina, Wash.**  
**Bellevue Christian School '04**

**HS:** Ran and lettered four years for coach Ed Sloan at Bellevue Christian School...*2004:* 2nd in State in the 800m, 7th in State in the 400m, 1st in State in the 4x4, Academic Scholastics Award...Also played and lettered four years in Track and Choir.

**PERSONAL:** Born January 10, 1986, in Seattle Washington...Daughter of Bill and Therese McLain...*Future Plans:* To run in the Olympics...*Favorite Book:* The Perfect Mile...*Favorite Movie:* Steve Prefontaine...*Favorite Food:* Cheese...*Favorite Athlete:* Gail Devero...*Hobbies and Interests:* Ultimate frisbee, hanging with friends, and horseback riding...*Greatest Personal Sports Thrill:* Winning 4x4 and giving it all to God.

**TERA PFREMMER**  
**5-5 1/2 \* Sophomore**  
**Powell Butte, Ore.**  
**Redmond HS '03**

**HS:** Ran and lettered four years for coach Davis at Redmond High School...

**PERSONAL:** Born March 17, 1985, in Grand Forks, North Dakota...Daughter of Duane and Sonda Balcom...Elementary Education major...*Future Plans:* To become a teacher...*Favorite Food:* Bacon cheese burgers...*Hobbies and Interests:* Animals, outdoors, and spending time with family...*Greatest Personal Sports Thrill:* Finishing something she thought she never could.