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Bruin women earn 10th at NAIA Nationals

Behind the record-shattering efforts of Newberg senior Jill Jamison Beals, the George Fox College women's track team claimed its first-ever top-10 national finish.

Beals' third 10,000 meter title and runner-up finish in the 5,000 meter competition scored 18 of the Lady Bruins' 22 points in the NAIA Outdoor Track and Field Championships Thursday through Saturday in Abbotsford, British Columbia.

GFC women tied for 10th with Point Loma Nazarene of San Diego, Calif. One more point would have moved GFC into a tie for eighth.

Sprinter-heavy Central State University, Ohio, won the meet with 140 points. Of the District 2 entries, Willamette finished 17th, Western Oregon, 20th and Southern Oregon, 42nd.

Two All-American performances by the Bruin men earned them a tie for 26th nationally. The Bruins scored nine points.

Beals produced her 11th and 12th All-American designations in two of the most dramatic finishes of the international event.

Both ended in final-lap, one-on-one duels and broke previous national meet records.

By the 10th lap of the 25-lap 10,000 meter race, Beals ran with a leader pack of four. The numbers dwindled to three and then, with six laps to go, Beals was alone at the front with Terry Villarreal of Adams State, Colo. Villarreal, the 1990 10K champion, entered the competition with the nation's top time and hung right off Beals' right elbow for the next five laps. As the bell rang for the final lap, Beals extended her lead to five yards at the first turn, 10 at the back stretch, and charged her way to a new national meet record of 34:25.5. The previous record of 35:06.51 was held by Erin Gillespie of Hillsdale College, Mich. Villarreal finished in 34:27.02.

"It was the most perfect race of my life," said Beals. "Today I felt bad. My body wasn't ready. I gave it to God. I said, 'this is Yours.' He's the reason I did what I did!"

GFC coach Wes Cook had praise for Beals. "It just proves she's the most outstanding long distance runner the NAIA has

ever had," he said.

Two days later, Beals finished her collegiate career in a 5K showdown with the 1992 national cross country champion Amy Gibson, also of Adams State. A late charge by Beals came up a second short. Beals broke the previous national meet record of 16:47.38 with her time of 16:45.75, but couldn't beat Gibson's 16:44.48.

Between the two finals, Beals; Newberg sophomore Juli Cyrus; junior Phaydra Newport; and junior Angela Murrell; had to run the 5,000 meter race on Friday to qualify. Murrell and Newport did not make the cut, but Cyrus moved to the finals with Beals.

There, Cyrus went down in a collision on the second lap. "She was hit from behind," said Cook. After falling on her right knee, which earlier underwent surgery, Cyrus continued for two laps more, then pulled up. Going into nationals, Cyrus had the fourth-best reported 5,000 meter time in the NAIA.

Due to an earlier injury, the Lady Bruins were without the services of sixth-ranked sophomore Michelle Brown.

The Lady Bruins received scoring contributions from juniors Marlyss Stenberg, Debbie Kintrea and Cheryl Shepherd.

Kintrea survived the preliminary and semifinals in the 800 meter dash before taking seventh. She ran 2:13.59 in the semifinals and 2:15.86 in the finals.

A toss of 136 feet, 1 inch earned Shepherd a point in national competition and eighth place in the javelin.

In the final event of the heptathlon, Stenberg won her heat of the 800 meter dash and squeaked into eighth. Her total of 4,318 points set a new George Fox record.

Also competing was junior Melissa Wilson Conley, who ran 4:47.44 in the first round of the 1,500 meter race.

Newberg racewalker David Thomas, a junior, was the highest finisher for GFC men, taking fourth in the 10,000 meter racewalk to earn All-American status. At 49:36.92 Thomas finished behind three walkers from Wisconsin-Parkside.

The other GFC All-American, three-time District 2 champ Brian Hartenstein, a sen-

ior, ran 53.06 in the 400-meter hurdles and earned sixth.

A near miss as an All-American was freshman Erik Gibson. He got to the 3,000 meter steeplechase finals and finished eighth at 9:18.7.

Junior Mike Murphy ran a personal record 9:10.31 in the preliminaries, but took 10th at 9:34.8 in the finals.

Freshman Phil Hughes and Newberg junior Ed Sloan competed, but did not make it to the steeplechase finals.

Senior Ron Marsh did not advance past the 1,500 meter preliminaries.

Newberg freshman Aaron Young cleared the opening height of 6-8 in the high jump, but did not go higher.

Sophomore Jonathan Huwe had a solid throw of 152 feet in the discus, but missed the eight-man finals by nine inches.

Junior Jon Wright ran 32.00.7 in the 10,000 meters, good for 17th.

Junior Jon Morse fourth-ranked in the 1,500 meters and seventh-ranked in the 5,000 meters, did not run because of an injury.

National champion from GFC



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GFC's Godfrey headed to Olympic Trials

By Tracy Sumner
Sports Editor

Former George Fox College racewalker Vance Godfrey has had some big races in his life, taking first in the NAIA District 2 race four years in a row and placing in the top 10 in the NAIA Nationals all four times he qualified.

But all of those races are dwarfed in comparison by what he will be facing next week in New Orleans when he attempts to make the United States Olympic Team Track and Field team as a 20K racewalker.

Godfrey, a 1987 graduate of Central High School in Independence, will compete in the U.S. Olympic Track & Field Trials next Wednesday needing to win the trials or meet the Olympic qualifying time of 1 hour, 24 minutes.

"I'm going to give it my best shot," Godfrey said. "This is a dream come true. My goals have been reached. Now I just want to re-evaluate and set new goals for the trials, but they will just be the icing on the cake.

Godfrey, who placed eighth, ninth, seventh and fifth in the nation his four years at GFC, qualified for the Olympic Trials earlier this spring when he walked a 1:29:27.9 time in the Oregon 20K Qualifier racewalk at Lewis & Clark College.

In qualifying for the trials that day, he trimmed more than three minutes off his previous personal record at the 20K distance. He just missed qualifying for the Olympic Trials when he finished in 1:32:39 in a meet in Long



Vance Godfrey

Gary Allen/Graphic

Beach.

To qualify for the Olympic team, the 22-year-old Godfrey would have to take another 4:27.9 off his personal record, a feat he doesn't think will happen for anybody in the heat and humidity of New Orleans.

"I don't think that will happen in

the trials because it will be so hot and humid," Godfrey said. "So far, there are no Americans who have done that anywhere."

Although Godfrey would love to make the U.S. Olympic team this year, he said he could take another crack at making the team in 1996.

"As long as I can compete — if God allows it — I would like to keep training and try for the 1996 team," Godfrey said. "That would be closer to my physical peak. I'll be close to 27 years old by then."

Godfrey said he centers his decisions about competition around his Christian faith, which has led him to compete with Athletes in Action, a Christian ministry athletic team.

Godfrey said he joined AIA after he graduated from GFC when he wanted to keep competing.

"I wrote to different clubs," Godfrey said. "I wrote to Nike Oregon International and Nike Portland, but they didn't seem interested."

"Athletes in Action responded in three days. They asked me for information, and after I sent my information form, they said they were interested because they needed a racewalker."

So Godfrey joined AIA, which provides no financial support for its athletes, who in fact must pay a \$10-per-month fee to compete.

Godfrey said he likes the opportunity AIA gives its athletes to compete and share their faith in Christ. In addition to having athletes in meets around the world, AIA also sets up information booths at the meets so people can see what they are about.

"I think that's needed," Godfrey said. "I hadn't been given much of an opportunity to do much of that kind of thing in college, because in college we're really pushed for time."

Godfrey said he hasn't had much

of an opportunity to share his at meets, but that he expected would come.

"I'm very inexperienced when it comes to the ministry part," he said. "I just need to get some experience at it. For now, if anybody's interested, I'll talk to them. Someone might tell me what Athletes in Action is, then I can talk to them about

Godfrey said he wasn't interested just being good in his sport while in Athletes in Action, but good in the ministry part too.

"I think you have to be good at (sharing your faith) all the time," he said.

Godfrey started racewalking in sixth grade, mostly because he was very good at other events in track and field.

"I had tried everything, but I was a lousy jumper and not a very fast runner," he said.

Godfrey won the state meet in Portland in sixth grade in the 100-meter racewalk, but didn't race again until his sophomore year in high school. In high school (there was no racewalking event in Oregon school track and field), Godfrey placed sixth in the nation in the 3K race in a TAC (The Athletics Congress) meet in Seattle.

Godfrey did some racewalking in his junior year in high school, but gave up because of sore knees and didn't do it again until his senior year, when he applied to George Fox College.

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Junior Mike Murphy ran a personal record 9:10.31 in the preliminaries, but took 10th at 9:34.8 in the finals.

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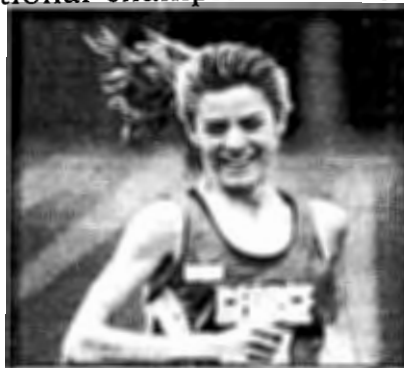
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Junior Jon Morse fourth-ranked in the 1,500 meters and seventh-ranked in the 5,000 meters, did not run because of an injury.

National champion from GFC



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NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/537-3830

*George Fox
College*

May 29, 1992

GFC'S BEALS AND THOMAS NAMED ALL-AMERICAN SCHOLAR-ATHLETES

An All-American title, ordinarily, is a rare reward.

Jill Jamison Beals, however, now has collected a dozen NAIA All-American honors during her remarkable running career at George Fox College.

Beals, a senior, and Bruin racewalker David Thomas, have received 1992 NAIA All-American Scholar-Athlete awards for outdoor track and field. Both live in Newberg.

For Beals, a mathematics major, it is her fourth mention as a Scholar-Athlete. In the past four years in the classroom, the Seattle native earned a 3.83 grade point average.

She earned the eight other All-American honors strictly at the finish line. Her most recent came at the NAIA Outdoor Track and Field Championships May 21-23 in Abbotsford, British Columbia, as she led her Lady Bruin team to a best-ever 10th place tie. There she won her third 10,000 meter national title and finished as runner-up in the 5,000 meter race. Beals also became an All-American in 1991 with a third-place finish in the 5,000.

The top runner for the Lady Bruin cross country team that headed the national polls this year also owns three cross country All-American awards for top-25 national finishes.

Thomas received his first two All-American honors this year.

A junior international studies major who grew up in Bolivia, Thomas raised his accumulative grade average to 3.74 with a 3.75 spring semester. At the national meet he finished fourth in the 10,000 meter racewalk.

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May 26, 1992

BEALS WINS 10,000 METER RACE AS LADY BRUINS FINISH 10TH IN NATION
TWO EARN ALL-AMERICAN IN MEN'S COMPETITION

Behind the record-shattering efforts of Newberg senior Jill Jamison Beals, the George Fox College women's track team claimed its first-ever top-ten national finish.

Beals' third 10,000 meter title and runner-up finish in the 5,000 meter competition scored 18 of the Lady Bruins' 22 points in the NAIA Outdoor Track and Field Championships Thursday through Saturday (May 21-23) in Abbotsford, British Columbia.

GFC women tied for tenth with Point Loma Nazarene of San Diego Calif. One more point would have moved GFC into a tie for eighth.

Sprinter-heavy Central State University, Ohio, won the meet with 140 points. Of the District 2 entries, Willamette finished 17th, Western Oregon 20th, and Southern Oregon 42nd.

Two All-American performances by the Bruin men earned them a tie for 26th nationally. The Bruins scored nine points.

Beals produced her 11th and 12th All-American designations in two of the most dramatic finishes of the international event. Both ended in final-lap, one-on-one duels and broke previous national meet records.

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George Fox College

Beals Wins 10,000 Meter Race;
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By the 10th lap of the 25-lap 10,000 meter race, Beals ran with a leader pack of four. The numbers dwindled to three and then, with six laps to go, Beals was alone at the front with Terry Villarreal of Adam's State, Colo. Villarreal, the 1990 10K champion, entered the competition with the nation's top time and hung right off Beals' right elbow for the next five laps. As the bell rang for the final lap, Beals extended her lead to five yards at the first turn, ten at the back stretch, and charged her way to a new national meet record of 34:25.5. The previous record of 35:06.51 was held by Erin Gillespie of Hillsdale College, Mich. Villarreal finished in 34:27.02.

"It was the most perfect race of my life," said Beals. "Today I felt bad. My body wasn't ready. I gave it to God. I said, 'this is yours.' He's the reason I did what I did."

GFC coach Wes Cook had praise for Beals. "It just proves she's the most outstanding long distance runner the NAIA has ever had," he said.

Two days later, Beals finished her collegiate career in a 5K showdown with the 1992 national cross country champion Amy Gibson, also of Adams State. A late charge by Beals came up a second short. Beals broke the previous national meet record of 16:47.38 with her time of 16:45.75, but couldn't beat Gibson's 16:44.48.

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Beals Wins 10,000 Meter Race;
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Between the two finals, Beals; Newberg sophomore Juli Cyrus; junior Phaydra Newport, Sitka, Alaska; and junior Angela Murrell, Salem; had to run the 5,000 meter race on Friday to qualify. Murrell and Newport did not make the cut, but Cyrus moved to the finals with Beals.

There, Cyrus went down in a collision on the second lap. "She was hit from behind," said Cook. After falling on her right knee, which earlier underwent surgery, Cyrus continued for two laps more then pulled up. Going into nationals, Cyrus had the fourth-best reported 5,000 meter time in the NAIA.

Due to an earlier injury, the Lady Bruins were without the services of sixth-ranked sophomore Michelle Brown, Beaverton.

The Lady Bruins received scoring contributions from juniors Marlyss Stenberg, Canyonville, Ore.; Debbie Kintrea, Portland; and Cheryl Shepherd, Salem.

Kintrea survived the preliminary and semifinals in the 800 meter dash before taking seventh. She ran 2:13.59 in the semifinals and 2:15.86 in the finals.

A toss of 136-1 earned Shepherd a point in national competition and eighth place in the javelin.

In the final event of the heptathlon, Stenberg won her heat of the 800 meter dash and squeaked into eighth. Her total of 4,318

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set a new George Fox record.

Also competing was junior Melissa Wilson Conley, Salem, who ran 4:47.44 in the first round of the 1,500 meter race.

Newberg racewalker David Thomas, a junior, was the highest finisher for GFC men, taking fourth in the 10,000 meter racewalk to earn All-American status. At 49:36.92 Thomas finished behind three walkers from Wisconsin-Parkside.

The other GFC All-American, three-time District 2 champ Brian Hartenstein, a senior from Colton, Ore., ran 53.06 in the 400-meter hurdles and earned sixth.

A near miss as an All-American was Erik Gibson, a freshman from Seattle. He got to the 3,000 meter steeplechase finals and finished eighth at 9:18.7.

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George Fox College

May 18, 1992

NATIONAL MEET NEXT FOR GFC TRACK TEAMS

With the Lady Bruins a dark horse contender for a team trophy, 15 members of the George Fox College track teams head for the NAIA national track championship this week.

The meet is in Abbotsford, British Columbia, Thursday through Saturday (May 21-23).

The Lady Bruins, owners of the 1992 District 2 women's track title, have a good shot at a top ten finish and an outside chance of placing in the top four, according to GFC coach Wes Cook. He says the scenario looks something like this. The first three trophies appear to be sewn up by a trio of dominant track programs, but after that it's up for grabs. "The teams that finish four through ten will be in a cluster," says Cook.

Last year, the Lady Bruins scored 18 points and finished 12th. "If we score in the mid-twenties it'll be a top ten score," says Cook.

Newberg senior Jill Jamison Beals will play a big part in the Lady Bruins' chances. A two-time winner of the 10,000 meter race, Beals hopes to break the national meet record of 35:06. The NAIA's second-ranked runner could do that if she comes close to her top time of 34:44.

"Nationals isn't something to be scared about," says the nine-time All-American. "If you're prepared, there's nothing to worry about."

She says she's not worried about Terry Villareal, the 1990 10K champion from Adams State in Colorado who enters the race with the top time in the country.

"There are a lot of people who go in with the intention of winning," Beals says. "I'll be watching her, but she won't be the only one I'll watch."

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George Fox College

National Meet Next for GFC Track Team

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The Seattle native also will run in the 5,000 meters, a race in which she finished third last year and enters ranked the same.

Beals scored all but two of George Fox's points last year but should get more help this year.

Newberg junior Juli Cyrus, a transfer from Western State of Colorado, takes a fourth place ranking into the 5,000 meter race. She has qualified in two other races but will stick to the 5K.

The Lady Bruins' third entry in the 5K race will be junior Phaydra Newport, Sitka, Alaska. She enters with the nation's seventh-best time.

The top eight finishers in each event score and the best six receive All-American honors.

In the 800 meters, the Lady Bruins will send tenth-ranked junior Debbie Kintrea, Portland.

Junior Cheryl Shepherd, Salem, Ore., could score as well. She owns the fifth-farthest throw in the javelin.

Heptathlete Marlyss Stenberg, a junior from Canyonville, Ore., enters 14th-ranked. "She's been so steady, she's ready to bust a good one," says Cook. Stenberg took 12th last year.

The men, who finished 27th last year, should get points from a source that wasn't available until now.

Junior race walker David Thomas, Newberg, finally gets to participate in a meet that scores his event. The district discontinued racewalking as a scoring event after last season so Thomas has focused his whole season on the national meet.

A non-factor in district competition, he has a good chance of leading his team in national scoring. Thomas is the top-ranked Bruin with the second-best 10,000 meter time in the NAIA.

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George Fox College

National Meet Next for GFC Track Team

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GFC's next highest ranked Bruin, Jonathan Morse, Beaverton, Ore., is a question mark even to participate.

Morse is ranked fourth in the 1,500 and seventh in the 5,000 but is questionable because of a groin pull.

Three Bruins earned a trip to national competition at the absolute final opportunity in the Oregon Twilight Meet.

The event, held Saturday (May 16) in Eugene, earned berths for freshman Aaron Young, Newberg, junior Mike Murphy, Monmouth, Ore., and senior Ron Marsh, Salem.

Young won the high jump with a personal best 6-10 1/4. The two inch season best put Young sixth in the NAIA. As well as high jumping, the Newberg High School alum will triple jump in the national meet.

In the 800 meter race, Marsh took fourth at 1:52.51, good for the 12th best time in the NAIA. He is also ranked ninth in the 1,500 and will have to choose between the two races on Wednesday.

Murphy, who finished 13th at nationals last year, will return with a rank of 12th this year. He'll be back thanks to a 9:19.9 run in the 3,000 meter steeplechase, 13th in the Eugene meet.

George Fox has four athletes ranked in the nations top 13 in the steeplechase. Top Bruin is junior Ed Sloan, Newberg, eighth. At 11th is freshman Erik Gibson, Seattle, Murphy at 12th, and freshman Phil Hughes, Oak Harbor, Wash., at 13th.

Rounding out the Bruin contingent in Canada will be senior Brian Hartenstein, Colton, Ore., sixth in the intermediate hurdles in the NAIA, freshman Jonathan Huwe, Big Fork, Mont., seventh in the discus, and junior Jon Wright, Caldwell, Idaho, a top-15 10,000 meter runner.



May 11, 1992

LADY BRUIN TRACK TEAM TAKES NAIA DISTRICT 2 TITLE; GFC MEN FINISH FOURTH

George Fox College's absolute domination of the middle distance races produced the Lady Bruins' first-ever NAIA District 2 track and field title.

In the 24 scoring places available in the 800 through the 5,000 meter races, only seven went to runners not wearing the George Fox blue uniforms.

"Somebody asked me if I had just entered my cross country team," said GFC Wes Cook. "There was a lot of blue."

Running in three and four races, the women distance runners helped the Lady Bruins not only win the district title, but produce a scoring record. Their total of 179 points is an all-time high for a district champion. The previous high of 175 was set by Western Oregon in 1985. Second at the meet was Southern Oregon with 156.

The George Fox women turned out 11 individual personal records and two school records.

Cook was named district women's track Coach of the Year.

While the women's squad was winning the title, the Bruin men were finishing fourth in the district championship meet held Friday and Saturday (May 8 and 9) at Lewis & Clark in Portland.

"We competed well," said Cook. "We did about what I thought we'd do."

The Lady Bruins got an emotional lift off the first race of the day. Senior Dianne Petersen, Entiat, Wash., who had been injured since January, took a surprise third in the 10,000 meter race. She came in at 40:02.7, just edging Caldwell, Idaho, freshman teammate Mindy Fox's 40:03.84. Petersen finished seventh in the nation at that distance last year, but was sidelined with a hip problem until three weeks ago. "It was an indication of the size of her heart for her to do what she did with no base," said Cook.

Junior Marlyss Stenberg, Canyonville, Ore., leaped to a school record in the long jump. Her 17-11 1/4 effort earned her second place at the meet.

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George Fox College

Lady Bruin Track Take NAIA District 2 Title
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The multi-talented Stenberg also placed third in the 400 hurdles at 1:06.2 and won the 100 hurdles with a season best 15.66. Stenberg, who two weeks prior had taken second in the heptathlon, has earned 95 and 1/2 points for the Lady Bruins in her three district meets.

By comparison, nine-time NAIA All-American distance runner Jill Jamison Beals has 103 points in four years. Beals finished her district scoring with victories in the 5,000 and 3,000 meter races and a fourth-place finish in the 1,500.

Beals, who won the 3K with a time of 9:59.39, just edged sophomore teammate Juli Cyrus, Newberg, at 9:59.99. "It was a real battle," said Cook. "Juli has a real high back-kick and Jill got spiked." Junior Phaydra Newport, Sitka, Alaska, took third at 10:22.09.

Beals at 17:43.09 and Cyrus at 17:43.10 had to be separated by a camera in the 5K but it was a more peaceful finish. "They tried to tie," said Cook. Newport took fourth at 18:18.11 and junior Angela Murrell, Salem, Ore., finished fifth with a personal record 18:20 effort.

Cyrus took the 1,500 meters with a time of 4:38.97. Personal records by junior Debbie Kintrea, Portland, at 4:42.29 and senior Melissa Wilson Conley, Salem, at 4:42.58 earned them second and third finishes. Beals came in fourth at 4:44.49.

The 800 meter race went to Kintrea at 2:17.40. Right behind her was Conley at 2:18.65. Junior Marne VanSise, Portland, took fourth at 2:20.06 and fifth was sophomore Hannah Smith, Lakeside, Ore., at 2:21.15.

Kintrea made up 10 meters in final 100 of the 1,600 relay to nearly overtake Western Oregon for a school record 4:00.69. The team made up of freshman Eva Crawford, Redmond, Ore., senior Ginean Lewis, Pomona, Calif., VanSise, and Kintrea took third.

Lewis also earned second in the 400 meters at 58.23.

With her 137-8 heave of the javelin, junior Cheryl Shepherd, Salem, Ore., finished second.

On the men's side, Southern Oregon held off WOSC 168-160 while Linfield took third at 108. The Bruins produced 14 personal records enroute to their 89 point showing.

George Fox College

Lady Bruin Track Take NAIA District 2 Title

May 11, 1992

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Senior Brian Hartenstein, Colton, Ore., won his third straight district championship by taking the 400 hurdles at 53.10.

The Bruin 1,600 meter relay team, which entered with the district's worst time, finished the meet off with a surprising GFC win. Sophomore Jason Lewis, Portland, freshmen Rob Rising, Goldendale, Wash., and Torrey Lindbo, Colfax, Wash., and Hartenstein cut more than six seconds of their previous best to finish at 3:19.89. "It was a great race," said Cook. "Lewis got us the lead and we were out front coming off the turn with Hartenstein at anchor. There were four battling at the end and he held on."

Lewis also produced a third place finish in the 400 meters at 49.83.

Jon Morse, Beaverton, who finished seventh at nationals last year in the 1,500 meters, has been struggling with injuries and finished fifth in the district race. Senior Ron Marsh, Salem, who also has been fighting injury, took second with a 3:53.36 personal record. He also took fourth in the 800 meters.

Newberg junior Jason Strait tied last year's pole vault district champion with a personal best and earned a surprise third place. His 14-11 vault beat four higher-ranked opponents.

Freshman Jonathan Huwe, Big Fork, Mont., took second in the discus with a throw of 149-6.

Former Newberg High School standout, Aaron Young roped a couple of second place finishes. Young, a freshman, went over the bar at 6-8 to take second in the high jump and triple jumped 46-11 1/4. Young also set a season best with a sixth-place, 21-10 1/4 leap in the long jump.

Peaking just in time for national competition, junior David Thomas, Newberg, racewalked to a 22:31.78 personal best in the exhibition 5,000 meter racewalk.

George Fox will send about 16 athletes to Abbotsford, British Columbia, for the NAIA national championships on May 21-23. Last year, the women finished 12th and the men 27th.

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NEWBERG, OREGON 97132-2697
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FAX 503/537-3830

May 4, 1992

FOUR MORE FROM GFC QUALIFY FOR NAIA DISTRICT 2 CHAMPIONSHIP MEET

In a last attempt to qualify even more athletes for this week's NAIA District 2 track and field meet, the George Fox College track squad sent nearly 30 members to the Western Oregon Open in Monmouth.

Four previous GFC qualifiers made good use of Saturday's (May 2) final regular season meet. Already bound for the district meet held at Lewis & Clark on Friday and Saturday (May 8 and 9), the quartet squeaked in the door for additional events.

Meanwhile, George Fox's seniors traded in their normal Saturday attire of cleats and shorts for caps and gowns. Coach Wes Cook gave the rest of his athletes the option of competing or supporting their teammates at the college's commencement exercises.

The freshman-heavy Bruin contingent at WOSC churned out some impressive results.

Competing in four events, freshman Rob Rising, Goldendale, Wash., had a career day. Rising broke into the district meet with a 11:24.7 effort in the 100 meter dash. He finished sixth overall and third among NAIA runners.

Personal record's came in the 200 meters and long jump. In winning the third heat of the 200 meters, Rising missed the district mark by a 100th of a second, 23:15. Rising took second at the long jump, where he had already qualified, but made the third-best leap in GFC history, 22-11.5. In addition, Rising ran with GFC's 4 X 100 relay that cruised to a time of

George Fox College

Track Qualify Four More

May 4, 1992

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43.74, this season's best.

Already a district qualifier in the steeplechase, junior Mike Murphy, Monmouth, Ore., made himself eligible for two district races with a win the 5,000 meter race at 15:31.56.

Heptathlete Marlyss Stenberg ran the school's second-fastest 400 meter hurdles race in her first try at the event this year. With a time of 1:05.6 the junior from Canyonville, Ore., took third behind two NCAA runners in the first heat.

Freshman Eva Crawford, Redmond, Ore., took a close second in heat two of the same event. Her time of 1:09.44 gives her another district event to go with her previously-qualified 400 meter dash.

Newberg freshman Aaron Young came within six inches of qualifying for the NAIA national meet with a 47-10.5 effort in the triple jump. Already qualified for districts, Young's second-place leap was third best ever at GFC. The former Newberg High standout set a personal record in the 110 hurdles at 15.5 and at fourth was the fastest NAIA runner. Young also got a season best in the high jump at 6-8.25.

Team awards are out for the 1992 Bruins. Winners of the "Exemplify" award from Cook are distance runner Jill Jamison Beals, a senior from Newberg, and junior Jonathan Morse, Beaverton, Ore.

Recipients of the "Most Inspirational" awards are sophomore Hannah Smith, Lakeside, Ore.; junior David Thomas, Newberg; and seniors Debbie Kintrea, Portland; Brian Hartenstein, Colton, Ore.; and Ron Marsh, Salem, Ore.

March 23, 1992

GODFREY COMPLETES 20-Kilometer RACEWALK DEBUT

(Long Beach, Calif.[Cal. State, Long Beach] 3/22/92)

Vance Godfrey, 22, a 1987 Central High School grad and former George Fox College track & field star competed in his first attempt to qualify for the 1992 U.S.Olympic Track & Field Trials scheduled for June in New Orleans, Louisiana.

Training and specializing in the Racewalk, Godfrey completed a successful transition from the 10,000m Racewalk on the track to the 20,000m Racewalk in this competition in which he placed 3rd. The Olympic Trials standard for 20-Kilos. is 1:30:00.0 . Unfortunately, Godfrey's performance was 1:32:39. Despite not qualifying for the trials at this point, the effort does group him among the top 20 Racewalkers in the U.S. at 20-Kilos. More races are scheduled in an effort to eclipse the qualifying mark before June.

Now competing for Athletes in Action, a Christian Ministry athletic team, Godfrey has opportunities to compete against some of the best Racewalkers in the world. In this competition, Athletes in Action swept the first 3 places as top-ranked U.S. walker Allen James, El Toro, CA, won with a 1992 U.S. best for 20K of 1:25:04. Second place was secured by David Marchese, Palo Alto, CA, with a time of 1:28:34. Both James and Marchese qualified for the Olympic Trials with their efforts.

Godfrey, now living in Buena Vista since completing studies at GFC in December, has competed at the collegiate NAIA level for the past 4 years. His accomplishments include winning the NAIA District II 10,000m Racewalk title for four consecutive years, GFC record for 10,000m and 5,000m of 45:40.5 and 21:51.3 respectively as well as all other distances. NAIA District II meet record of 46:11.57. Nationally, 8th in 1988, 9th in 1989, 7th in 1990, and 5th in 1991 (All-American). The list does not stop there as Godfrey has bested his records this spring in all distances. (10,000m = 43:23.2 and 5,000m = 21:14.7).

There are a few more chances for Godfrey to compete in a TAC sanctioned 20K Racewalk before the Trials in an effort to qualify. Barring injury or illness, chances are good that this Polk County native could be striding in June for a ticket to the Barcelona Games. For now, a good first attempt at this longer distance is another great racing experience to savor, but not to be satisfied with!

Godfrey will attempt to qualify again on April 18th at Lewis & Clark College in Portland, if necessary, another high-powered race is scheduled for San Francisco in late May.

**** For more info contact R.or K. Godfrey 838-1206 ****

April 19, 1992

GODFREY QUALIFIES FOR U.S. OLYMPIC TRACK & FIELD TRIALS!

(Portland, OR [Lewis & Clark College] 4/18/92)

Vance Godfrey, 22, the 1987 Central High School graduate and recent George Fox College track & field star, now competing for *Athletes in Action*, attained his goal of qualifying for the 1992 U.S. Olympic Track & Field Trials in the 20K Racewalk scheduled to take place in late June at New Orleans, Louisiana.

Less than a month ago in Long Beach, CA, Godfrey completed his first 20K Racewalk in 1:32:39 near the qualifying standard of 1:30:00.0. In the mean time, his personal records for shorter distances were significantly trimmed. For 3000m, 12:18 in Monmouth on April 4th (a 27 second improvement). At the Western Washington Invite at WWU in Bellingham, WA, on April 11th, Godfrey shattered his 5000m mark of 21:14.7 to set a new best of 20:44.8 in route to a second place finish to the American Track record holder for the 50K Racewalk, Herman Nelson of *Club Northwest* (his time was 20:36.4).

Godfrey officially qualified for the U.S. Olympic Track & Field Trials last Saturday (4/18/92) at the Oregon 20k Qualifier race held at Lewis & Clark College. The standard for the Trials was met as Godfrey walked off with a time of 1:29:27.9 (an improvement of over 3 minutes). This performance is expected to group him among the top 10 U.S. Racewalkers for 20K at this point in time.

Godfrey responded to his effort after the race, "... I am completely elated! This is a dream come true, my goals have been reached! Now I just want to re-evaluate and set new goals for the Trials, but they will just be icing on the cake. ... God, my family, and so many others have sacrificed so much to help me see this through. I am encouraged and inspired to continue competing for only three reasons though. These are simply to do my best, be satisfied with my efforts, and ultimately to give the glory to God for everything!"

With the standard now attained, Godfrey hopes to focus on training and less competitions before the Trials. The only official race expected for him to compete in between now and then is a 5000m Racewalk exhibition during the NAIA District II meet at Lewis & Clark College, Portland, on May 9th. The 20K Racewalk at the Olympic Trials is scheduled for June 24th.

**** For more info contact R. or K. Godfrey at 838-1206 ****
**** or Wes Cook at 538-8383 ext. 252 ****

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SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/537-3830



April 27, 1992

TRACK BRUINS HAVE "GREATEST DAY" AS RECORDS FALL

George Fox College track coach Wes Cook is giving a "Greatest Day" label to the April 25 performance by his 1992 athletes.

The fifth-year Bruin boss, acknowledging GFC's overwhelming 1979 men's team championship, calls Saturday's performances at two sites the best-ever day for combined individual achievements. Competing at the University of Oregon Invitational in Eugene and at the Lewis & Clark Open in Portland, the Bruins, by Cook's count:

- * qualified seven athletes for the NAIA national championships,
- * set three school records,
- * recorded 30 personal marks,
- * tallied 15 seasons bests
- * placed 14 individuals in GFC's all-time top ten in their events.

Sophomore Jonathan Morse flirted with the once-magical four-minute mile as he chopped three seconds off the 1,500-meter record he set earlier this spring. Morse, from Beaverton, finished the U of O race at 3:46.25, with 3:45 the equivalent to a four-minute mile.

Seventh in the 1991 NAIA national championships last spring, Morse has one of the top five times reported so far this season in the NAIA. Just one second separated Morse from third place in the race, as he finished seventh. His time compares to the national qualifying standard of 3:52.3 and the district standard of 4:04.0.

Joining Morse in setting new George Fox, personal and season records were Newberg sophomore Juli Cyrus and Portland junior Debbie Kintrea. Their records also came in Eugene.

Cyrus ran the women's 1,500 in 4:38.78, bettering the 4:40.0 national qualifying time. The GFC transfer already is qualified in the 3,000 and 5,000 meter distances.

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George Fox College

April 25 - "Greatest Day"

April 27, 1992

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In setting the new school record Cyrus erased one of four owned by Newberg senior Jill Beals. Cyrus shaved six seconds off her previous best, eclipsing Beals' previous record of 4:40.92 set when she was a freshman.

Kintrea, after a year out of competition, broke her own two-year-old record in the 800 meters, setting the mark at 2:13.44 as she won her heat. Her previous record was 2:14.54. National qualifying is 2:14.8 and district qualifying is 2:39.9.

At the same distance, junior Marne VanSise ran a 2:21.94. Back in Portland, teammate Hannah Smith, a sophomore from Lakeside, ran a nearly identical 2:21.97 for a new personal record and a meet win.

Newberg freshman Aaron Young earned the highest finish by any Bruin in the competition at the University of Oregon when he took third in the triple jump at 46-7 1/2, four inches shy of his season's best.

Senior hurdler Brian Hartenstein, Colton, ran his fastest 400-meter hurdles ever at 52.7. The fourth-place showing in Eugene is well inside national qualifying 53.7. It's the second fastest time ever recorded in the distance by a Bruin.

In the same even in Portland, Newberg freshman Kevin Alteneder recorded a district-qualifying 56.34 for a second place finish.

Perhaps GFC's biggest surprise came in the 3,000-meter steeplechase where two Bruins ran better than the national qualifying mark of 9:15. Newberg junior Ed Sloan took 18 seconds off his previous personal record to finish at 9:11.54, second fastest ever at GFC. Just behind was Erik Gibson, a freshman from Seattle. His 9:14.94 was 12 seconds faster than his previous best. National qualifying is 9:15.0. Meeting the district-qualifying standard of 9:59.4 was freshman Phil Hughes, Oak Harbor, Wash., who finished in a personal record 9:32.04.

Defending District 2 discus champion Jonathan Huwe was back in near top form, taking sixth in Eugene at 154-5. After two weeks off to nurse a sore shoulder, Huwe easily bettered the national qualifying distance of 158-0, but was still four feet short of a March throw in the Stanford Invitational.

High jumper Scott Murphy, a junior transfer from Olympia, jumped 6-6 3/4, his best as a Bruin, to finish sixth in the Hayward Field competition. District qualifying is 6-1.

George Fox College

April 25 - "Greatest Day"

April 27, 1992

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The remaining GFC marks came in Portland.

Cheryl Shepherd, a junior from Salem, has one of the best javelin throws in the NAIA this season. She unleashed a 145-7 effort, her personal record and the third best effort ever at GFC as she finished second on Saturday.

Shepherd also was second in the shot at 37-2 1/2 and set a personal record in the triple jump at 32 -7 1.2, a district-qualifying distance.

Tina Stauffer, a Salem freshman, ran a district-qualifying 1:10.79 in the 400-meter hurdles, her first-ever effort in the event as she finished second.

Freshman Shelly Walton, Hood River, won the high jump at 5-2, her season's best and three inches above district qualifying.

Junior Ginean Lewis took second in the 200 distance with a 26:22.2, meeting district qualifying standard of 27.1.

GFC's 4 X 400 relay team ran to a season best 4:05.61 and to a meet win.

Freshman Rob Rising, Goldendale, Wash., won the long jump at 21-10 1/2. He also hit a district qualifying time of 50:94 in the 400 meters, and ran the 200 distance for the first time, just missing that standard of 23.14 when he was clocked at 23.20.

Senior Brian Nienaber, Bellevue, Wash., ran a personal best of 4:01.05 in the 1,500 meters to qualifying for district.

Freshman Torrey Lindbo, Colfax, Wash., edged Rising in the 400 meters with a district-meeting time of 50:91. He was a step behind Rising in the 200 at 23.41, a season's best.

The Bruins have another try at qualifying for district spots in their regular season finale Saturday (May 2) at Western Oregon State starting at noon.

NAIA District 2 championships are May 8-9 at Lewis & Clark.

April 20, 1992

GFC RACEWALKING STANDOUT GODFREY EARNS U.S. OLYMPIC TRIALS SLOT

George Fox College's four-time NAIA District 2 champion racewalker Vance Godfrey could be running this summer in the Olympics.

The Bruin standout who completed his classes in December, qualified Saturday (April 18) for the United States Olympic Track & Field Trials starting June 24 in New Orleans.

Godfrey, 22, walked a 1:29:27.9 in the Oregon 20K Qualifier racewalk at Lewis & Clark College, trimming more than three minutes off his previous best at the distance. He just missed qualifying when he posted a 1:32:39 effort in his first attempt March 22 in Long Beach, placing third in the race.

His new time is expected to put him among the top 10 in American 20K racewalkers.

"I am completely elated," said Godfrey, who was an NAIA All-American last spring for his fifth place in the national 10K distance. "This is a dream come true, my goals have been reached. Now I just want to reevaluate and set new goals for the Trials, but they will just be icing on the cake."

He said he continues to compete for three reasons: "to do my best, be satisfied with my efforts, and ultimately to give the glory to God for everything."

Next up for Godfrey, in addition to his focused training, is an exhibition 5,000-meter racewalk as part of the NAIA District 2 championship meet at Lewis & Clark May 9.

Godfrey, now competing for Athletes in Action, a Christian ministry athletic team, finished eighth, ninth, seventh and fifth in his NAIA national walks. He set George Fox College records for the 10,000 meters at 45:40.5 and for the 5,000 meters at 21:51.3. Since graduating he has improved those times with personal bests of 43:23.2 in the 10,000 distance and 20:44.8 in the 5,000 walk. He holds the NAIA District 2 meet record at 46:11.57.

Godfrey is a 1987 graduate of Central High School in Independence.

April 21, 1992

GFC DISTANCE RUNNERS SHOW WELL IN CALIFORNIA COMPETITION

Competition in one of the nation's most prestigious distance racing events has produced some prestigious times for George Fox College runners.

Competing in the Mt. SAC Relays in Walnut, Calif., Thursday (April 16), four GFC athletes set records, near records and national qualifying times at the 5,000 and 10,000 distances.

Senior Jill Beals established a new George Fox record in the 10,000^{10K} meters moving the mark to 34:44.6. She broke her own previous record of 35:13.3 set in 1991 in Bellingham, Wash.

On her way to the record Beals was faster than individual event national qualifying standards in two other events. Her 3,000 meter split was 10:14 (qualifying is 10:15), and she was timed at 17:14 at the 5,000-meter distance (qualifying is 17:40).

The reigning NAIA national champion at the distance, Beals was seventh overall, topped by just two other collegiate runners. Newberg sophomore Juli Cyrus was on a pace to break Beals' school record in the 5,000 but struggled in the last 400 meters, finishing at 17:06.4. Beals holds GFC's record at 16:53. "She ran an excellent race, very competitive and was running fourth until she had a bit of difficulty at the end," said GFC coach Wes Cook. Cyrus, who finished eighth overall, was faster than the national qualifying mark for the 3,000 when she was clocked at 10:00.1. Her personal record is 9:56 at the distance.

In just his second "serious race" at the distance, Beaverton sophomore Jonathan Morse, finished 11th in the 5,000 at 14:28.8, just seconds off the school record of 14:22.4. On the way he was 8:39 after 3,000 meters and 9:16 at two miles. Both are No. 2 all-time at George Fox, both set by All-American Steve Blikstad, who recorded 8:35 and 9:07, respectively.

Junior Jonathan Wright, from Caldwell, Idaho, ran the 10,000 meters in 31:45.0, just missing the national qualifying time of 31:20. His time was the second best recorded in NAIA District 2 this season, and just short of his personal record of 30:46.

George Fox College

Distance Runners Show Well in California

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In a quick turnaround, Beals won the 5,000 meters in Saturday's J.D. Shotwell Invitational at the University of Puget Sound. She recorded a 17:10.61.

The only other Bruin first place finish in the competition went to Newberg junior Ed Sloan, who captured the 3,000 meter steeplechase at 9:30.60:

He was followed by teammate Mike Murphy, a junior from Monmouth, who finished at 9:49.10. Another second went to senior Brian Hartenstein, Colton, who was timed at 54.43 in the 400 meter hurdles. The defending district champion was edged by the 54:21 of Goreal Hudson of Central Washington.

In the triple jump, Newberg freshman Aaron Young was second with a season-best 46-11 1/2. At 6-4 he had the third best height in the high jump, but was fifth overall with three jumpers at 6-6.

Freshman Rob Rising, Goldendale, Wash., took third in the long jump at 22-3 1/2.

For the Lady Bruins, Portland junior Debbie Kintrea was second in the 1,500 meters at 4:46.34. She was fourth in the 400 meters at 4:46.34.

Melissa Conley, a junior from Salem, was third in the 800 at 2:20.50.

The Lady Bruin 4 X 400 meter relay team was third in the event at 4:09.29.

This Saturday (April 25) GFC has competitors at the Lewis & Clark Open starting at noon and at the University of Oregon Invitational that starts at 9 a.m.

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SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/537-3830



April 6, 1992

TRACK BRUINS FALL TO WESTERN OREGON, LINFIELD

Some have predicted Western Oregon State College to win the men's and women's NAIA District 2 track and field title for the third consecutive year, with George Fox and Linfield vying for second. An early-season test Saturday (April 4) in Monmouth showed the outlook may be correct.

The Bruin teams took a back seat twice to the host Wolves, the men falling 88-75, the women swamped 94-42. In the battle between the predicted second-place squads, George Fox men were edged 84-81 by Linfield while the women went down 69-47.

What the final scores do not show is the GFC dominance in men's competition, where the Bruins were first in 8 of 19 events with Western Oregon taking 6 wins and Linfield 5. In women's scoring, the Lady Bruins took five first, to two by Linfield. The Lady Wolves picked off nine.

"It was good competition," said GFC head Coach Wes Cook. "The efforts were commendable."

On the men's side, George Fox senior Brian Hartenstein, Colton, won the 400 meter hurdles with a time of 54.1. Freshman Charles DeBell, Seattle, was third at 57.5.

Newberg freshman Aaron Young won the 110 meter hurdles at 16.1 with junior Nate Moffet, Eagle River, Alaska, second at 16.2.

Last season's district scoring leader in soccer, Bruin freshman Greg Pfleger, Battle Ground, Wash., won the 200 meters at 22.4.

Middle and long distances were dominated by the Bruin men. Junior Jon Morse, Beaverton, won the 800 meters with a time of 1:53.9. Runner-up at 1:55.9 was Rolf Potts, a GFC junior from Wichita, Kansas.

Freshman Erik Gibson, Seattle, won the 1,500 meters with a 4:04.9. Jon Wright, a junior from Caldwell, Idaho, took third at 4:10.9. Newberg junior Ed Sloan finished second in the 5,000 meters at 16:01.4.

Junior Mike Murphy, running in his hometown, captured the 3,000 meter steeplechase in 9:28.6 for a victory. Freshman Phil Hughes, Oak Harbor, Wash.,

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George Fox College

Track Bruins Fall to WOSC & Linfield
April 6, 1992
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finished third at 9:38.7.

GFC freshman Rob Rising, Goldendale, Wash., took the long jump with his leap of 22-1 1/4. The effort is fifth best ever at George Fox. Young took second at 21-9. The multi-talented Young also took third in the high jump at 6-2 1/4.

Jon Huwe, a sophomore from Bigfork, Montana, won the discus at 148-5. Newberg sophomore Jason Strait's 14 foot effort in the pole vault for fourth place put him third on GFC's all-time list.

In women's competition, George Fox junior Ginean Lewis, Pomona, Calif., won the 400 meters at 1:00.4. Freshman Eva Crawford, Redmond, took third at 1:02.7.

Debbie Kintrea, a Portland junior, won the 800 at 2:19.7, and sophomore Hannah Smith, Lakeside, was third at 2:23.3.

The Lady Bruins swept the 1,500 meters. Kintrea won with a 4:46.8 clocking, followed by Phaydra Newport, a junior from Sitka, Alaska, at 4:50.3, then Newberg senior Jill Beals at 4:52.4.

The 3,000 meter run also was dominated by George Fox. Sophomore Michelle Brown, Beaverton, won at 10:25.3 with teammate Angie Murrell, a junior from Salem, second at 10:48.6.

Cheryl Shepherd, a junior from Salem, won the javelin with her throw of 137-1 1/2. Freshman Kerrie Holleman, Everson, Wash., was second in the long jump at 15-2 1/2.

The Bruin squads travel north for weekend action, competing Friday and Saturday (April 10-11) in the Western Washington University Invitational in Bellingham.

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NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/537-3830



March 23, 1992

GFC RUNNER BREAKS 13-YEAR OLD RECORD

While most George Fox College students used last week's campus spring break to relax, Jonathan Morse was putting out a record-breaking effort.

For Morse it paid off with a school record in the 1,500 meter run. Running with a major college field, the senior from Beaverton, Ore. placed third in last Saturday's (Mar. 21) Oregon Track and Field Preview at Eugene. His time of 3:49.53 clipped two-tenths of a second off a GFC record set 13 years ago by Wendell Otto. It also qualified Morse for national competition.

"It felt fast," he said. "I haven't done much speed work yet this season."

Competing in the fast heat with eight others, Morse said the group ran as a pack. After hanging back for most of the race, he took the lead with 200 meters to go and held it until the final 50. "I was tired, my legs were burning," he said. The winner, Shannon Lemora from the University of Oregon, passed him to finish at 3:48.26.

Two other GFC athletes found the Oregon Preview a productive spring break spot.

Cheryl Shepherd used the time to set a personal record in the javelin. The junior from Salem heaved her javelin 142-10 - good for a fifth-place finish. A nationally qualifying toss, the distance was a foot farther than her previous best.

Sophomore Juli Cyrus, Newberg, notched this season's best district 3,000 meter time with a 10:04.16 effort. Already an 1992 indoor track All-American, Cyrus qualified to compete at nationals for her sixth All-American designation. She finished third, two seconds behind second place. Nicole Woodward, from

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George Fox College

GFC Runner Breaks 23 Year Old Record

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Oregon, won the race with a time of 9:41.23.

One day earlier in Monmouth, senior Brian Hartenstein, Colton, Ore., and junior Phaydra Newport, Sitka, Alaska, led a squad of six men and five women at the Western Oregon Invitational in Monmouth.

Hartenstein, running in the second heat of the 400 meter hurdles, tied for first at 55.3. His time qualifies him to defend his District 2 title.

A cross country All-American, Newport missed qualifying for the national 3,000 meter race by a little more than four seconds when she finished at 10:19.2. She completed the race more than 25 seconds in front of the next finisher.

The muscle of the GFC women's cross country team that finished fourth in the nation continues to be flexed. The Lady Bruin track squad entered last week with the top-ranked district runners in the 800, 1,500, 3,000, and 5,000 meter races. For the 10,000 meter competition, the Lady Bruins have an ace-in-the-hole. Senior Jill Jamison Beals, Newberg, is the defending NAIA champion.

GFC's next track meet will be held at Linfield on March 26-27.

March 9, 1992

NEWBERG RUNNER JULI CYRUS EARNS ALL-AMERICAN INDOOR HONORS

And now she has five.

Juli Cyrus, a George Fox College sophomore from Newberg, collected her fifth All-American title Saturday (Mar. 7) at the NAIA National Indoor Track and Field meet in Kansas City.

In the finals of the 1,000 yard run Cyrus finished sixth at 2:44.55. A day earlier she narrowly made the final cut for the finals with a run of 2:49.53. "It was hairy," said Bruin coach Wes Cook, who accompanied Cyrus and Newberg junior runner Ed Sloan to the meet. "She ran much better in the finals," he said. Cyrus led the pack at the half way point. "That's what we thought she had to do," said Cook. A transfer from Western State College of Colorado, Cyrus has entered the national race twice previously, placing third in 1990 and fifth in 1991.

The race was won by Ruth Hamilton of Lubbock Christian, Texas, with a time of 2:37.52, a second off the meet record.

Cook said Cyrus began thinking about entering the indoor championships just three weeks ago. Since indoor track is not a sport at GFC, Cyrus had to pay her own way. Cook said the late decision meant she couldn't properly prepare herself for the distance. "She ran an excellent race. I'm really pleased under the circumstances," he said.

Cyrus is George Fox's first female Indoor All-American and the sixteenth athlete to achieve All-American honors since Cook came to GFC four and a half years ago.

Sloan participated in the preliminary two mile race and finished 11th of 20 runners. The top eight runners advanced. "Ed ran well, also," said Cook. "He was running against All-Americans from cross country."

Running competitively for the first time on a slanted indoor track, Sloan finished in 9:39.77.

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FAX 503/537-3830

March 9, 1992

GFC TRACK ATHLETES TO HOLD "JOG-THROW-JUMP-A-THON" FOR COLCORD FIELD

George Fox College track and field athletes - all 84 of them - will stage a "Jog-Throw-Jump-A-Thon" Wednesday (Mar. 11) on the college's Colcord Field.

The 3:30 p.m. fund-raising event is being sponsored as a student effort to assist in a \$200,000 project to resurface the track and improve other field facilities. It precedes a city-wide campaign for improvements to begin in May.

Calling it the kick-off for the "Renaissance of Colcord Field," the students have planned the activity to take advantage of student athletic skills. Each person will participate according to his or her primary event, asking donations for each lap run or each foot of distance covered in throwing or jumping. The basis will be laps run in 30 minutes or distance covered in 10 throws or jumps. Donors are asked to pledge a minimum of 25 cents per lap, throw or jump. Direct donations also are being accepted.

The George Fox track was completed in 1980, with the surface intended to last for a six to eight year period. The rubberized surface is now worn, with students fearing lower leg injuries and Coach Wes Cook finding it difficult to attract track opponents to home meets. This year GFC has none, all meets on the road.

Student spokesman Jeff Larson, a senior captain from La Grande, said students are conducting the fund-raiser "to show the administration and community we're really behind our track program."

Marne VanSise, a junior captain from Portland, said the track athletes "want to help out however we can. We want to do our part."

Students are contacting parents, other relatives, neighbors, friends, classmates, and community residents seeking pledges.

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February 3, 1992

NEWBERG'S AARON YOUNG SETS GFC FRESHMEN RECORD AT OREGON INDOOR

Newberg High School graduate Aaron Young jumped higher than any George Fox College freshman had soared before when he cleared 6-6 Saturday (Feb. 1) at the Oregon Indoor track and field meet in Portland's Memorial Coliseum.

He had a good teacher. GFC high jump coach Tim Hagen, a former Bruin, won the event with a leap of 6-8. Young received sixth place.

Young was one of 15 George Fox athletes who competed in the open meet for participants college-age and older.

Members of the powerhouse 1991 Lady Bruin cross country team produced some promising results for the upcoming track season. Newberg sophomore Juli Cyrus snared a school record for the 1,000-yard run. She placed fourth at 2:50.5.

All-American track and cross country senior standout Jill Beals took second in the 3,000 meter run at 10:17.2.

In the same race, Phaydra Newport cut 25 seconds off of her time of a year ago. Newport, a junior from Sitka Alaska, finished fourth at 10:27.8.

Melissa Wilson Conley, a Newberg senior, earned third in the 1,500 meters at 50.26.

Bruin coach Wes Cook said he was pleased with his athletes' early season efforts. "We used a lot of new kids," he said. "It was a very positive experience."

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503/538-8383, EXT. 224
FAX 503/538-7234



June 3, 1991

TRACK BRUINS GETTING A DOZEN TO BOLSTER NAIA STANDINGS

Distance competitors carried George Fox College track teams to 12th and 27th place NAIA national finishes this spring.

Now GFC coach Wes Cook has 12 recruits to help the Bruins not only run and walk, but to jump and throw with the nation's best.

Cook has recruited six to give even more depth to George Fox's powerful cross country and long distance track teams. And the Bruins are getting another half dozen athletes to alleviate the Bruins' achilles heel, the field events.

Of the 16 George Fox competitors who went to the NAIA nationals in May, just 3, a heptathlete and 2 race walkers, weren't runners.

Topping George Fox's newcomers is Oregon high school standout Aaron Young of Newberg. Young won state high jump and triple jump titles in the AAAA competition this spring (see separate news release).

Young will team with Goldendale, Wash., freshman Robert Rising to convert GFC's jumping program from nearly non-existent to front-running. Rising scored 24 points in the Washington State class A meet in 1990 when he won the triple jump, finished second in the long jump, and placed third in the 400.

This spring he scored 26 points while winning the long jump and finishing as runner up in the triple jump and 400 meter dash. The National Honor Society member has personal bests of 44-11 in the triple jump, 21-10 in the long jump and has run the 400 meter dash in 50.2. A 3.7 student, Rising will major in engineering at George Fox.

Cook also has signed three double-duty runners. Competing for both the track and cross country teams will be Whitworth College transfer junior Ed Sloan, Boise, Idaho; freshmen Erik Gibson, Seattle; and Josh Kneeshaw of Colfax, Wash.

Gibson comes highly touted by Cook. "He's one of the best additions we're getting," he said. "He's our best distance kid coming out of high school." Gibson is a three-year all-

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state cross country runner for Cleveland High School and placed second in the 2A Washington meet this year. Gibson has times of 9:18 in the 3,200, 4:17 in the 1,600, and 1:56 in the 800 meters. He plans to major in elementary education.

Kneeshaw, a National Honor Society member with a 3.86 grade average, was the Washington State Class A 800 meter runner-up last year and has a personal record of 1:56.3 at that distance. Kneeshaw has run 9:30 in the 3,200 meters and 4:17 in the 1,600. A liberal arts major, Kneeshaw holds a 15:32 personal record in the 5,000 meter cross country distance.

Sloan will join his parents, GFC professors Paul and Toni Sloan, on the Newberg campus. Sloan's 3,000 meter steeplechase time of 9:43 will make him a scoring threat in NAIA District 2 with his time matching the third best this year. An elementary education major, Sloan has run the 8.000 meter cross country distance in 27:01.

Kevin Alteneder, a 1988 Newberg High graduate, will return to school in his hometown after sitting out for three years. Alteneder has high school times of 14.7 in the high hurdles, 38.5 in the intermediate hurdles, and a 21-11 personal best in the long jump. Cook says Alteneder also may help in the sprints.

He will be a elementary education major at George Fox.

The Lady Bruins should improve greatly in the javelin with the addition of Chemeketa Community College transfer Cheryle Shepherd, Port Orford, and freshman recruit Angie Poulsen of Woodland, Wash. Their best throws this year would have placed them second and third in the NAIA District 2 championships this spring. Shepherd, who also competes in the heptathalon, has a personal record of 138-11 and Poulsen has thrown 138-0. In the 1991 Northwest Athletic Association of Community College meet Shepherd placed second in the javelin and third in the heptathalon. She also took fifth in the shot put with a 38-1 effort. A 3.58 student, Shepherd will major in physical education.

Poulsen won the Washington Class A state meet in javelin this year after placing fifth as a freshman and third as a junior. She was fifth in the long jump this spring. A four-year starter on the Woodland High basketball team, Poulsen has a 3.87 grade average and will major in physical education.

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Track Recruits

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Julia Harshbarger, a two time Oregon state competitor in discus and javelin, also will attend George Fox. Harshbarger, from Sherwood, has thrown 112-19 in the discus and 101-0 in the javelin. She will be a liberal arts major.

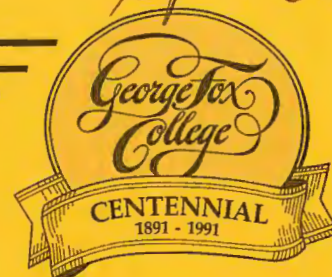
When Denise Carlson graduated this spring, the Lady Bruins lost their only district qualifying sprinter. Cook looked to Spokane Community College for a replacement, signing Newport, Wash., native Amy Shukle. She has a 61 second 400 meter dash time. Newport High's top female athlete award winner in 1989, Schukle has run 13.2 and 27.0 in the 100 and 200 meter dashes. The 3.5 grade average liberal arts major has a personal best of 16-2 in the long jump. She also will run on the GFC cross country team. She has run the 5k distance in 21:47.

The two-time District 2 cross country champion Lady Bruins will get help defending their title from a couple of Idaho track competitors. Mindy Fox of Caldwell and Cressie Anderson of Post Falls will compete in both sports. The 5-3 Fox should stand tall if she comes close to her 19:17 personal record in the 5,000 meters that would have placed her 49th in the NAIA national meet. In Idaho state Class A-1 competition she was an All-State competitor with an 11th place finish. In track, Fox has personal bests of 5:45 and 11:54 in the 1,600 and 3,200 meter runs. She will be a liberal arts major.

Anderson placed fifth in the 800 at the Idaho A-1 State meet last year and this year took fourth with a 2:23.10 personal record. The liberal arts major has a cross country time of 21:20 in the 5,000. "She's going to be better than that," says Cook.

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GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/538-7234



June 3, 1991

OREGON TRACK PREP STAR AARON YOUNG TO ATTEND GEORGE FOX

Aaron Young, the Newberg High track star who jumped his way to two Oregon Class 4A state titles, is landing across town at George Fox College.

Bruin coach Wes Cook Tuesday (June 4) announced the state's best prep high jumper and triple jumper has chosen George Fox for his collegiate career.

This spring Young went 47-8 1/4 in the triple jump and cleared 6-10 in the high jump. Both are tops in the state this season. In the 110 high hurdles, Young has the Oregon's fourth fastest high school time at 14.6. The Oregon Trail decathlon champion also has gone 21-11 in the long jump.

Young's high jump height this year would have earned him fourth in the NAIA national championship meet.

A two-time Oregon All-State cross country runner, Young also may run for the NAIA District 2 champion Bruins, either competitively or "just to develop a base for the decathlon. Young says he will talk with Cook about his possibilities.

Cook calls Young "the most talented recruit out of high school since I've been here; he can place in the nationals."

Young said he chose George Fox for its atmosphere and "good track program."

"Everything there is really strong," he said. "It was competitive with my other college interests." Before selecting George Fox, Young said he narrowed his choices to the University of Oregon, Linfield and Clackamas Community. Young said it was the "Christian atmosphere" that put George Fox on top.

Young has been involved in All-State Choir and school musicals.

Young plans on competing in the decathlon and triple jump at George Fox. He said his collegiate goal is to compete in the NAIA nationals.

Young's finishes this spring would have placed him first in the District 2 jump, second in the triple jump and fourth in the long jump.

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George Fox College

Aaron Young to Attend GFC

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At George Fox, Young will follow in the footsteps of another Newberg High product, Tim Hagen, who broke the NAIA District 2 high jump record by going 7-0 1/2 inch last spring. Hagen, who became an NAIA All-American, was three-time district champion at GFC after transferring from Pacific Lutheran. Young said he met several times with Hagen and that partially influenced his choice of George Fox.

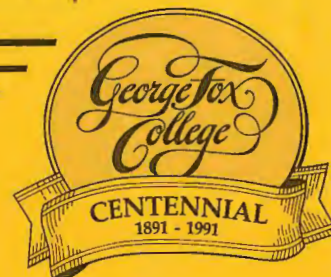
Young becomes an important field event addition for the Bruin track program. In May, Cook took his men's and women's teams to the nationals on the strength of distance runners. The women placed 12th the men 27th, scoring only in the distance running and walking events. Young's arrival strengthens George Fox in where the Bruins have not been as strong.

Young, who plans to live on the Newberg campus and major in history, is receiving GFC's Academic Achievement Award for a 3.29 GPA. He is the son of Donald and Pamela Young, Newberg.

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FAX 503/538-7234



August 5, 1991

GEORGE FOX GETS NAIA ALL-AMERICAN CYRUS FOR CROSS COUNTRY/TRACK

With the help of one All-American, George Fox College's women's cross country team finished sixth in the nation last season. Now, the Lady Bruins have two.

Juli Cyrus, an All-American from last year's NAIA national champion cross country team, has announced she will run this fall for George Fox.

The No. 1 or 2 runner at Western State of Colorado for most of the season, Cyrus placed 23rd in the 1990 national race, running the 5,000 meter distance in 18:32. Jill Jamison Beals, George Fox's top runner, finished 19th, four seconds faster.

Cyrus not only is "the best transfer we've ever had," according to GFC coach Wes Cook, but she also has three years of eligibility in both cross country and track since she sat out one season of both.

George Fox's landing of Cyrus from talent-rich Western State was not through recruitment but influenced by academics and a desire for family unity, according to Cyrus.

She says her parents, Gene and Judy, moved to Newberg from jobs in Europe while she was at Western State. "Colorado is a lot farther from home (in Newberg) than it seemed from Germany," she said. Her parents asked her to come talk to Cook, whom she had met before her freshman year.

Cyrus, who went to Stuttgart American High School in Germany, said George Fox, is a better choice for her academically and geographically.

Beals, George Fox's No. 1 runner since her arrival three years ago and first in the district last fall, says she is preparing herself for a change in roles. "I expect her to be faster than me," Beals says. "It will be good competition for both of them," says Cook.

Cyrus, a two time NAIA indoor track All-American, also will compete in track for the Lady Bruins. She placed third as a freshman and fifth last year in the 1,000-yard run. Cook

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says she will run anything from the 800 meters up. Although she ran the 800, 1,500 and 3,000 in high school, Cyrus says she is better in the 5,000.

Western State had the right to refuse to allow Cyrus to compete this upcoming season, but last week sent George Fox Athletic Director Craig Taylor a waiver granting permission.

Cyrus will be a physical education major.

SPORTS NEWS

GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 224
FAX 503/537-3830



May 11, 1992

LADY BRUIN TRACK TEAM TAKES NAIA DISTRICT 2 TITLE; GFC MEN FINISH FOURTH

George Fox College's absolute domination of the middle distance races produced the Lady Bruins' first-ever NAIA District 2 track and field title.

In the 24 scoring places available in the 800 through the 5,000 meter races, only seven went to runners not wearing the George Fox blue uniforms.

"Somebody asked me if I had just entered my cross country team," said GFC Wes Cook. "There was a lot of blue."

Running in three and four races, the women distance runners helped the Lady Bruins not only win the district title, but produce a scoring record. Their total of 179 points is an all-time high for a district champion. The previous high of 175 was set by Western Oregon in 1985. Second at the meet was Southern Oregon with 156.

The George Fox women turned out 11 individual personal records and two school records.

Cook was named district women's track Coach of the Year.

While the women's squad was winning the title, the Bruin men were finishing fourth in the district championship meet held Friday and Saturday (May 8 and 9) at Lewis & Clark in Portland.

"We competed well," said Cook. "We did about what I thought we'd do."

The Lady Bruins got an emotional lift off the first race of the day. Senior Dianne Petersen, Entiat, Wash., who had been injured since January, took a surprise third in the 10,000 meter race. She came in at 40:02.7, just edging Caldwell, Idaho, freshman teammate Mindy Fox's 40:03.84. Petersen finished seventh in the nation at that distance last year, but was sidelined with a hip problem until three weeks ago. "It was an indication of the size of her heart for her to do what she did with no base," said Cook.

Junior Marlyss Stenberg, Canyonville, Ore., leaped to a school record in the long jump. Her 17-11 1/4 effort earned her second place at the meet.

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The multi-talented Stenberg also placed third in the 400 hurdles at 1:06.2 and won the 100 hurdles with a season best 15.66. Stenberg, who two weeks prior had taken second in the heptathlon, has earned 95 and 1/2 points for the Lady Bruins in her three district meets.

By comparison, nine-time NAIA All-American distance runner Jill Jamison Beals has 103 points in four years. Beals finished her district scoring with victories in the 5,000 and 3,000 meter races and a fourth-place finish in the 1,500.

Beals, who won the 3K with a time of 9:59.39, just edged sophomore teammate Juli Cyrus, Newberg, at 9:59.99. "It was a real battle," said Cook. "Juli has a real high back-kick and Jill got spiked." Junior Phaydra Newport, Sitka, Alaska, took third at 10:22.09.

Beals at 17:43.09 and Cyrus at 17:43.10 had to be separated by a camera in the 5K but it was a more peaceful finish. "They tried to tie," said Cook. Newport took fourth at 18:18.11 and junior Angela Murrell, Salem, Ore., finished fifth with a personal record 18:20 effort.

Cyrus took the 1,500 meters with a time of 4:38.97. Personal records by junior Debbie Kintrea, Portland, at 4:42.29 and senior Melissa Wilson Conley, Salem, at 4:42.58 earned them second and third finishes. Beals came in fourth at 4:44.49.

The 800 meter race went to Kintrea at 2:17.40. Right behind her was Conley at 2:18.65. Junior Marne VanSise, Portland, took fourth at 2:20.06 and fifth was sophomore Hannah Smith, Lakeside, Ore., at 2:21.15.

Kintrea made up 10 meters in final 100 of the 1,600 relay to nearly overtake Western Oregon for a school record 4:00.69. The team made up of freshman Eva Crawford, Redmond, Ore., senior Ginean Lewis, Pomona, Calif., VanSise, and Kintrea took third.

Lewis also earned second in the 400 meters at 58.23.

With her 137-8 heave of the javelin, junior Cheryl Shepherd, Salem, Ore., finished second.

On the men's side, Southern Oregon held off WOSC 168-160 while Linfield took third at 108. The Bruins produced 14 personal records enroute to their 89 point showing.

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Senior Brian Hartenstein, Colton, Ore., won his third straight district championship by taking the 400 hurdles at 53.10.

The Bruin 1,600 meter relay team, which entered with the district's worst time, finished the meet off with a surprising GFC win. Sophomore Jason Lewis, Portland, freshmen Rob Rising, Goldendale, Wash., and Torrey Lindbo, Colfax, Wash., and Hartenstein cut more than six seconds of their previous best to finish at 3:19.89. "It was a great race," said Cook. "Lewis got us the lead and we were out front coming off the turn with Hartenstein at anchor. There were four battling at the end and he held on."

Lewis also produced a third place finish in the 400 meters at 49.83.

Jon Morse, Beaverton, who finished seventh at nationals last year in the 1,500 meters, has been struggling with injuries and finished fifth in the district race. Senior Ron Marsh, Salem, who also has been fighting injury, took second with a 3:53.36 personal record. He also took fourth in the 800 meters.

Newberg junior Jason Strait tied last year's pole vault district champion with a personal best and earned a surprise third place. His 14-11 vault beat four higher-ranked opponents.

Freshman Jonathan Huwe, Big Fork, Mont., took second in the discus with a throw of 149-6.

Former Newberg High School standout, Aaron Young roped a couple of second place finishes. Young, a freshman, went over the bar at 6-8 to take second in the high jump and triple jumped 46-11 1/4. Young also set a season best with a sixth-place, 21-10 1/4 leap in the long jump.

Peaking just in time for national competition, junior David Thomas, Newberg, racewalked to a 22:31.78 personal best in the exhibition 5,000 meter racewalk.

George Fox will send about 16 athletes to Abbotsford, British Columbia, for the NAIA national championships on May 21-23. Last year, the women finished 12th and the men 27th.