

1993

### 1993 Press Release

George Fox University Archives

Follow this and additional works at: [https://digitalcommons.georgefox.edu/athletics\\_mentrack](https://digitalcommons.georgefox.edu/athletics_mentrack)

---

#### Recommended Citation

George Fox University Archives, "1993 Press Release" (1993). *Men's Track and Field*. 46.  
[https://digitalcommons.georgefox.edu/athletics\\_mentrack/46](https://digitalcommons.georgefox.edu/athletics_mentrack/46)

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

Sp. File

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



May 24, 1993

## **THREE GFC TRACK ATHLETES NAMED ACADEMIC ALL-AMERICAN**

Academic All-American Scholar-Athlete honors aren't all a couple of George Fox College track athletes have in common.

Newberg brother-sister pair, David and Kristin Thomas, both earned the NAIA national honor as racewalkers on the GFC track team. Also awarded was All-American javelin thrower Cheryl Shepherd, Langlois, Ore.

For David, it was his fourth All-American title in two years. The senior finished fourth in the 1992 10,000-meter racewalk and received the scholastic honor. This year, the international studies major took sixth in the 5,000-meter racewalk. He graduated with a 3.79 accumulative grade point average (GPA) on a 4.0 scale.

Kristin, a junior sociology/social work major, met the national racewalk qualifying standard in her first-ever competition this season. At the national meet she finished 11th. She carries a 3.81 accumulative GPA.

Shepherd earned a fourth place finish at the NAIA national meet. A senior health teaching major, she holds a 3.48 accumulative GPA.

Combined with George Fox's seven athletic All-American honors, the track team collected ten All-American awards. Head coach Wes Cook's cross country and track teams have produced 18 All-Americans titles this year.



# THE UNIVERSITY OF CALIFORNIA, BERKELEY

THE UNIVERSITY OF CALIFORNIA, BERKELEY, is a public research university located in Berkeley, California. It is the flagship campus of the University of California system. The university was founded in 1868 and is one of the oldest and most prestigious universities in the United States.

The university is known for its academic excellence, research, and commitment to social justice. It has a long history of producing leaders in various fields, including science, technology, and the arts.

The university is also known for its diverse student body and faculty. It has a strong commitment to inclusivity and equity, and it is a leader in promoting social and environmental justice.

The university is a member of the Association of American Universities and the Association of Public Research Universities. It is also a member of the University of California System.

The university is a leader in research and innovation. It has a strong commitment to public service and community engagement. It is a member of the University of California System.

The university is a member of the Association of American Universities and the Association of Public Research Universities. It is also a member of the University of California System.

The university is a leader in research and innovation. It has a strong commitment to public service and community engagement. It is a member of the University of California System.

The university is a member of the Association of American Universities and the Association of Public Research Universities. It is also a member of the University of California System.

The university is a leader in research and innovation. It has a strong commitment to public service and community engagement. It is a member of the University of California System.

The university is a member of the Association of American Universities and the Association of Public Research Universities. It is also a member of the University of California System.

The university is a leader in research and innovation. It has a strong commitment to public service and community engagement. It is a member of the University of California System.

The university is a member of the Association of American Universities and the Association of Public Research Universities. It is also a member of the University of California System.



*Sp. File*

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



May 26, 1993

## **Women Ninth, Men 14th In Nation**

### **GFC TRACK EARNS HIGHEST-EVER NATIONAL FINISHES**

Nine of 12 George Fox College track and field athletes scored as GFC's men's and women's contingents recorded highest-ever NAIA national team finishes.

Prior to leaving for the May 20-22 meet at Abbotsford, B.C, six-year head coach Wes Cook labeled his 12-athlete squad the strongest in his six years and they proved it with seven top-six All-American finishes.

### **LADY BRUINS RETURN TO TOP-TEN**

The women edged NAIA District 2 champion Western Oregon State College and took ninth – the second top-ten finish in two years for the Lady Bruins. GFC scored 26 points to WOSC's 23.5.

### **FOUR-MAN TEAM ALL ALL-AMERICANS**

Four top-six All-American finishes lifted the Bruin men to 14th from a 26th-place showing last season. George Fox's 19 points was a leap from its nine in 1992. District champion WOSC produced a fourth-place showing with 61.5.

### **LIFE AFTER BEALS**

The Lady Bruins did it without 1992 grad, Jill Jamison-Beals, who's 18 national points a year ago muscled her team to a tenth-place 22-point finish.

### **CYRUS CORRALS 16 POINTS AND BREAKS BAD LUCK STRING**

Junior Juli Cyrus, Newberg, did double duty and secured runner-up finishes in the 3,000 and 5,000-meter races. She contributed 16 points to the Lady Bruin total. Cook said she ran solo for most of both races, finishing with near-personal-record times of 9:46 and 17:02.3.

It was a breakthrough for Cyrus, who had suffered phenomenal bad luck at previous national meets. After finishing as a cross country All-American her freshman year at Western State College of Colorado, asthma attacks have denied her a repeat performance twice as a Lady Bruin. Last season at the national track meet, a collision in the 5,000-meters ended another All-American bid.



George Fox College

Track Earns Highest-Ever National Finishes

May 26, 1993

Page 2

"It took a big monkey off her back," said Cook.

### **THROWERS PITCH IN**

The javelin crew chucked in eight points. All three Lady Bruins came through with performances that were within inches of their season's best. Senior Cheryl Shepherd, Langlois, Ore., heaved 140-7 for fourth place. She held third going into the final round of throws, but was dislodged.

Freshman Leah Johanson, Kirkland, Wash., and sophomore Kristy Fleming, Aberdeen,, Wash. scored points with respective seventh and eighth place finishes.

### **STENBERG SEVENTH**

Senior Marlyss Stenberg, Canyonville, Ore., who two weeks ago earned District 2's female Athlete of the Meet, improved her heptathlon score 200 points from last year, but moved up just one notch at the national meet. Stenberg's 4,455 points moved her into seventh and produced two team points. She also attempted the 400-meter hurdles, where she made the semi-finals, but was the fastest non-qualifier. She may not have had much energy left. "It's tough for her to come off the heptathlon," said Cook.

The strength of District 2 was evident on the men's side.

### **LATE KICK LIFTS MORSE TO THIRD**

District 5,000-meter champion, junior Jonathan Morse, Coquille, Ore., earned third with a late charge. "He ran a great race," said Cook. "He was six or seventh with a lap to go. Then it was big-time kick-time. It wasn't like he was loafing. It was a tough race."

### **INSTITUTIONAL ENTRIES PAY OFF**

Cook brought along sophomore Rob Rising, Goldendale, Wash., and senior Ed Sloan, Newberg, as institutional entries. Neither had met the national qualifying standards, but both made the grade in Canada.

Rising's first attempt at the long jump was his best ever at 23-7.25 and latched him onto third – the same place he took in the district meet. He actually tied for second, but was moved down by a

-more-

George Fox College

Track Earns Highest-Ever National Finishes

May 26, 1993

Page 3

tie-breaker. His top jump was so close to scratching that Cook said the officials used a magnifying glass to determine if he had touched the line.

Sloan, who had a bad day at the district 3,000-meter steeplechase and finished fifth, roared to a fifth-place 9:15.5 showing in the national competition.

### **THOMAS TWO-TIME ALL-AMERICAN**

Returning All-American senior racewalker David Thomas, Newberg, completed the 5,000-meter competition in 23:30 and finished sixth. It was a drop from fourth last year. "He thought he had a better chance," said Cook. "He went out too fast and paid for it."



**NAIA National Track and Field Championships  
At Abbotsford, B.C.**

**MEN**

Team Scores

1. Central State, Ohio	99
4. Western Oregon	61.5
14. George Fox	19
20. Linfield	15
40. Willamette	4
53. Pacific	1

George Fox College Individual Results

**Long Jump**

3. Rob Rising	23-7.25 (All-American)
---------------	------------------------

**5,000-Meters**

3. Jonathan Morse	14:38 (All-American)
-------------------	----------------------

**3,000-Meter Steeplechase**

5. Ed Sloan	9:15.5 (All-American)
-------------	-----------------------

**5,000-Meter Racewalk**

6. David Thomas	23:30 (All-American)
-----------------	----------------------

**WOMEN**

Team Scores

1. Central State, Ohio	132
9. George Fox	26
10. Western Oregon	23.5
16. Southern Oregon	14
34. Linfield	4

George Fox College Individual Results

**Javelin**

4. Cheryl Shepherd	140-7 (All-American)
7. Leah Johanson	137-9
8. Kristy Fleming	136-4

**5,000-Meters**

2. Juli Cyrus	17:02.3 (All-American)
---------------	------------------------

**3,000 Meters**

2. Juli Cyrus	9:46 (All-American)
---------------	---------------------

**400-Meter Hurdles**

9. Marlyss Stenberg	1:06.88
---------------------	---------

**Heptathlon**

7. Marlyss Stenberg	4,455 points
---------------------	--------------

**3,000-Meter Racewalk**

11. Kristin Thomas	16:52
--------------------	-------

**High Jump**

No Height Tina Golden

# SPORTS NEWS

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830

*Sp. File*  
*George Fox College*

May 17, 1993

## Cyrus Sets GFC Record In 1,500 at Oregon Twilight Meet

### **GFC SENDS DOZEN TO NATIONAL TRACK MEET**

George Fox College is sending a Cook's dozen to the NAIA national track and field championships this weekend (May 20-22).

Head coach Wes Cook says the 12 athletes he's taking to Abbotsford, Canada, are his strongest national contingent in his six years at GFC.

"If you look at quality and quantity, this is the best year we've had since I've been here," he said. They may not score enough points to improve on last year's finishes, but Cook thinks he may return with a handful of All-Americans. "They all have a chance to score. If they all compete as normal, they'll be in the hunt."

GFC's 1992 grad Jill Jamison-Beals, scored 18 of the Lady Bruins' 22 points last season and helped her team to a 10th-place tie.

### **THREE NATIONAL SCORERS RETURN FOR WOMEN**

Cook returns to Canada with the three seniors who scored the other four points.

Marlyss Stenberg, who was named the District 2 championship's Female Athlete of the Meet, will again compete in the heptathlon. She finished eighth at the national meet last year with 4,318 points. This year she finished second in district with a 4,556 total that is fifth-best among the eight national qualifiers.

Stenberg may add another event. The Canyonville, Ore., product also qualified in the 400-meter hurdles with a 1:02.78 time that would have placed her fifth in last year's national meet.

Despite a knee injury during the district meet, cross country All-American Debbie Kintrea will attempt to improve on her 1992 seventh-place finish in the 800 meters.

In the javelin, Cheryl Shepherd, Langlois, Ore., topped the defending national champion, Mea Frantz of Willamette University, while winning the district meet. She finished eighth in the nation a year ago.

-more-



George Fox College

GFC Sends Dozen To National Track Meet

May 17, 1993

Page 2

Shepherd will be one of three GFC javelin throwers in Abbotsford. Sophomore Kristy Fleming, Aberdeen, Wash., and freshman Leah Johanson, Kirkland, Wash., did not surpass the 140-0 national qualifying mark, but join the team as institutional entries. All three have thrown farther than 136 feet this season. That was a top-eight finish in 1992.

"I'm looking for good things from them," said Cook.

#### **CYRUS COMING OFF RECORD-BREAKING WEEKEND**

Junior Juli Cyrus, Newberg, rolls into the national meet off a record-breaking weekend. At the Oregon Twilight Meet in Eugene, Saturday (May 15), she set George Fox's 1,500-meter top time at 4:34.24. It beat her previous best of 4:38.97. She was the fifth collegiate runner to finish and 10th overall. "Pretty high-powered stuff," said Cook.

Cyrus will be running the 5,000 meters and possibly the 3,000 at the national meet. She swept all three races at the district championships.

#### **GOLDEN TIES OWN SCHOOL RECORD**

Sophomore Tina Golden, Portland, is the third Lady Bruin institutional entry. She tied her own school record of 5-5 at the Twilight Meet and has jumped 5-6 in practice. "5-6 has been a scoring jump every year," says Cook.

#### **BROTHER-SISTER RACEWALKING DUO**

Sophomore Kristin Thomas, Newberg, will compete in the 3,000-meter racewalk.

Her brother, David is the men's lone returning 1992 track All-American. He struggled at the national meet and still took fourth in the 10,000-meter racewalk. The race has been converted to the 5,000 meter distance where he holds a 22:30.1 season best.

The Bruins tied for 26th last year with two scorers.

#### **MORSE LOOKS TOUGH IN 5,000**

In the 5,000, GFC has another potential All-American in junior Jonathan Morse, Coquille, Ore. He ran away with the 1,500 and 5,000 meters in the district meet.

Sophomore Rob Rising, Goldendale, Wash., and senior Ed Sloan, Newberg, are GFC's final two institutional entries.

-more-

George Fox College

GFC Sends Dozen To National Track Meet

May 17, 1993

Page 3

### **ALL-WEATHER RISING**

Rising will long jump. His district leap of 23-6 would have placed him third at last year's national meet. Cook feels one of his strengths is his ability to jump in poor weather conditions. "If you go to the horse track and talk about the mudders - that's Rob," he says. "It (nationals) will be a great experience. He'll only get better."

Sloan, who took fifth in the district 3,000 meter steeplechase, returns for his second appearance at the national meet.

###

### **Oregon Twilight Meet**

Eugene, Ore.

Saturday, May 15

### **GEORGE FOX COLLEGE INDIVIDUAL RESULTS**

#### **WOMEN**

##### **High Jump**

1. Tina Golden 5-5

##### **1,500-Meters**

10. Juli Cyrus 4:36.24

##### **400-Meters**

4. Debbie Kintrea 1:00.44

##### **400-Meter Hurdles**

3. Marlyss Stenberg 1:03.19

##### **Javelin**

5. Cheryl Shepherd 139.11

6. Kristy Fleming 131.6

#### **MEN**

##### **400-Meters**

4. Jason Lewis 49.58

##### **1,500-Meters**

2. Jonathan Morse 3:51.44

4. Josh Kneeshaw 3:57.64

##### **5,000-Meters**

14. Jon Wright 15:36.24

-more-



George Fox College

GFC Sends Dozen To National Track Meet

May 17, 1993

Page 4

**High Jump**

3. Aaron Young 6-6.75

**Triple Jump**

5. Aaron Young 45-6.5

**Pole Vault**

9. John Smith 14-5.25

**Pacific Northwest Track and Field Championships**

Seattle, Wash.

Saturday, May 15

**MEN**

**800-Meters**

Torrey Lindbo 1:54.73

**5,000-Meters**

Jonathan Ulmer 15:38.50

**WOMEN**

**Javelin**

Leah Johanson 136.0

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830

*Sp. File*  
*George Fox College*

May 10, 1993

## **Marlyss Stenberg Named Athlete of Meet**

### **GFC FINISHES SECOND TWICE AT DISTRICT TRACK MEET**

Two runner-up finishes meant different things for the George Fox College men and women at the NAIA District 2 Track and Field Meet.

For the men, it meant a solid step forward from fourth place a year ago. Of the 23 GFC men entered, 19 scored points. The Bruins dominated the distance races, winning the 1,500, 5,000, and 10,000 meters. Western Oregon State College took the title with 193 points. GFC followed at 130 and Linfield was next at 106. GFC head coach Wes Cook said he was surprised. "I didn't expect we'd have that easy of a time taking second place," he said. "I thought it would be a battle."

For the women, it meant the end of their first-ever reign as district champions. Western Oregon took back the title it had held five of the past seven years. "That was two of the better women's performances at district," said Cook. As the meet finished, GFC lost a late lead when WOSC scored 25 unanswered points in the triple jump and finished ahead of the Lady Bruins in the 4x400 relay. The Wolves won with 181 points, GFC ended with 164.5 and Southern Oregon State College took third with 91.5. "We knew we'd have to be at our best," said Cook. "We did what we could do under the circumstances."

### **SENSATIONAL STENBERG**

Multi-talented Marlyss Stenberg competed in six events and won the 100 high hurdles and 400 high hurdles. "It's my senior year," she said. "I was hoping it'd be like this." The Canyonville, Ore., native was named Female Athlete of the Meet. Stenberg scored 35.25 district points and finished her career with 130.75 – the most ever by a GFC female. Already bound for the May 20-22 NAIA National Meet in Abbotsford, Canada, to compete in the heptathlon, Stenberg set a new GFC 400-meter hurdle record with a national qualifying 1:02.78.

### **CYRUS SWEEPS THREE RACES**

Junior Juli Cyrus, Newberg, lived up to her top billings, winning the 1,500, 3,000, and 5,000 and added 30 points to the Lady Bruin total. -more-



George Fox College

GFC Finishes Second Twice At District Track Meet

May 10, 1993

Page 2

### **SHEPHERD TOPS DEFENDING CHAMPION**

Senior Cheryl Shepherd, Langlois, Ore., surpassed Mea Frantz, Willamette University's defending national champion in the javelin. Friday morning, while the rain and wind hampered the athletes, Shepherd's 136-11 edged Frantz's 136-9. "I was dodging puddles on the approach," said Shepherd.

### **10K DRAMA**

The 10,000 meters produced some of the meet's best drama. Freshman Ruth Hinds, Tillamook, Ore., came in ranked 10th out of 11 entries with a personal best of 45:27.56. She locked into a one-on-one battle for fifth with Eastern Oregon's Keri Fezzey that lasted the final ten laps. As they reached the halfway point of the bell lap, Hinds broke away and finished with a 20 yard lead and a personal record 41:40.13. "It was a great surprise," said Cook. "That's what track and field is all about."

### **INJURIES HURT GFC TITLE HUNT**

Injuries cost the Lady Bruins points.

Defending 800-meter champion Debbie Kintrea, a senior from Portland, finished second in the 1,500 meters, but later on Saturday afternoon hurt her knee while leading the 800. She finished the race in sixth.

That left a hole in the 4x400 relay that sophomore Eva Crawford, Redmond, Ore., filled and helped the team to its second best time of the season.

An injury kept freshman Jenny Campbell, Seattle, Wash., from finishing the 3,000 meters, but she ran the next day in the 1,500 to score points for her team in the five-person race. "I told her to jog, but she ran pretty well," said Cook.

Sophomore Tina Stauffer, Salem, Ore., injured her knee while competing in the triple jump. She entered the event at the last minute to attempt to help her team in the tight race with WOSC. She may require surgery.

Billie Bentley, a freshman from Yamhill, Ore., registered a personal record in the 200 meter

-more-



George Fox College

GFC Finishes Second Twice At District Track Meet

May 10, 1993

Page 3

preliminaries, but spent Friday night in the hospital. Cook said she required a emergency appendectomy.

#### **MORSE MASTERS 1,500 AND 5K**

On the men's side, junior Jonathan Morse, Coquille, Ore., easily won the 1,500 and 5,000. "He did what he was supposed to do without straining too much," said Cook.

The men produced 16 personal records.

#### **STRAIT VAULTS TO PR**

For the second straight year, junior Jason Strait, Newberg, achieved his pole vault personal record at the district meet. He vaulted 15-1, topping his season's best of 14-6.

#### **RISING STARS**

Sophomore Rob Rising, Goldendale, Wash., slashed his personal records in the triple jump and long jump. "Rising probably had the most exceptional meet of all the kids," said Cook. Rising took third in the long jump with a 23-6 effort and third in the triple jump at 44-11.5. His final jump in the triple moved him from fifth to third place. GFC jumpers sophomore Aaron Young, Newberg, and freshman John Smith, Lakeside, Ore., finished second and fourth respectively. Cook was impressed with Rising's efforts. "If he jumps this well in our climate, he has a good chance of being an All-American," said Cook.

Rising also ran a season's best 49.1 split in the 4x400 relay that set a new school record at 3:18.17. GFC finished third, less than two seconds behind the winner, WOSC.

#### **BREWER AND WRIGHT BAG 10K**

Freshman Jim Brewer, Stanwood, Wash., and senior Jon Wright, Caldwell, Idaho, finished one-two in the 10,000 meters.



George Fox College

GFC Finishes Second Twice At District Track Meet

May 10, 1993

Page 4

**NAIA DISTRICT 2  
TRACK AND FIELD MEET  
At Maxwell Field, McMinnville**

**TEAM SCORES**

**MEN**

Western Oregon 193, George Fox 130, Linfield 106, Eastern Oregon 78, Southern Oregon 70, Willamette 59, Northwest Nazarene 9, Pacific 4, Lewis & Clark 0

**WOMEN**

Western Oregon 181, George Fox 164.5, Southern Oregon 91.5, Linfield 66, Willamette 57, Eastern Oregon 31, Northwest Nazarene 21, Lewis & Clark 6, Pacific 1

**GEORGE FOX COLLEGE INDIVIDUAL RESULTS**

**MEN**

**Long Jump**

3. Robert Rising	23-6
6. Aaron Young	22-3
8. John Smith	22-1.75

**High Jump**

6. Duane Lodagin	6-2
6. Aaron Young	6-2

**Discus**

9. Jonathan Huwe	134-5
------------------	-------

**800 Meters**

2. Torrey Lindbo	1:55.34
3. Chuy Rome	1:55.65
6. Rolf Potts	1:58.28
8. Tom Heuberger	2:03.47

**400 Meters**

2. Jason Lewis	49.34
----------------	-------

**200 Meters**

6. Jason Lewis	22.68
----------------	-------

**10,000 Meters**

1. Jim Brewer	32:09.71
2. Jon Wright	32:14.45
14. Brent Samodurov	36:27.10

**110-Meter Hurdles**

5. Aaron Young	16.26
6. Kevin Altneder	16.62

**5,000 Meters**

1. Jonathan Morse	14:57.26
8. Jon Wright	15:40.61
9. Jonathan Ulmer	15:48.48
11. Jim Brewer	15:56.90

-more-

George Fox College

GFC Finishes Second Twice At District Track Meet

May 10, 1993

Page 5

**1,500 Meters**

1. Jonathan Morse	3:53.98
2. Rolf Potts	3:57.50
4. Josh Kneeshaw	3:58.11
5. Ed Sloan	4:02.29
6. David Dewar	4:04.58

**3,000-Meter Steeplechase**

4. David Dewar	9:43.50
5. Ed Sloan	9:48.90

**400-Meter Hurdles**

7. Kevin Alteneder	58.62
--------------------	-------

**4x100 Relay**

4. GFC	43.70
--------	-------

**Triple Jump**

2. Aaron Young	46-4.5
3. Robert Rising	44-11.5
4. John Smith	44-9

**4x400 Relay**

3. GFC	3:18:17
--------	---------

**Pole Vault**

5. Jason Strait	15-1
-----------------	------

**WOMEN**

**1,500 Meters**

1. Juli Cyrus	4:41.80
2. Debbie Kintrea	4:47.37
5. Jenny Campbell	5:24.95

**100-Meter Hurdles**

1. Marlyss Stenberg	15.29
3. Liz Stephens	15.94
6. Tina Stauffer	16.84

**400 Meters**

5. Amy Dahl	60.74
7. Eva Crawford	63.09

**400-Meter Hurdles**

1. Marlyss Stenberg	1:02.78
4. Liz Stephens	1:05.98

**800 Meters**

4. Marne VanSise	2:20.03
5. Sheryl Van Tassel	2:20.92
6. Debbie Kintrea	2:24.72



George Fox College

GFC Finishes Second Twice At District Track Meet

May 10, 1993

Page 6

**3,000-Meter Racewalk (exhibition)**

1. Kristin Thomas 16:50.0

**Sprint Medley**

4. GFC 1:51.17

**3,000 Meters**

1. Juli Cyrus 10:08.08

3. Michelle Brown 10:41.10

7. Angela Murrell 11:02.10

10. Dawn Hartwig 11:33.80

Jenny Campbell DNF

**5,000 Meters**

1. Juli Cyrus 17:28.30

3. Michelle Brown 18:27.20

5. Angela Murrell 19:07.59

**10,000 Meters**

2. Stephanie Rosen 39:38.66

5. Ruth Hinds 41:40.13

8. Mindy Fox 42:40.20

**Javelin**

1. Cheryl Shepherd 136-11

3. Leah Johanson 123-7

9. Kristy Fleming 111-3

**Long Jump**

3. Marlyss Stenberg 17-8.25

**Shot Put**

5. Leah Johanson 39-4

**High Jump**

4. Tina Golden 5-2

6. Sara Luckensmeyer 5-0

**Discus**

10. Leah Johanson 109-9

**4x100 Relay**

3. GFC 50.13

*Sp. File*

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



May 3, 1993

## **DISTRICT MEET NEXT FOR GFC TRACK**

The George Fox College women have a title to defend and the men a mountain to climb this Friday and Saturday (May 7-8) at the NAIA District 2 track and field championships.

The Newberg athletes almost have a home field advantage. The meet is being held at their Yamhill County neighbor, Linfield College.

Last year, the Bruins finished fourth and the Lady Bruins swept the middle distance races while scoring an all-time district scoring record of 179.

It won't be as easy for the women this time.

### **COOK TABS WOSC AS FAVORITE**

"On paper, Western Oregon has to be the favorite on both sides," says GFC head coach Wes Cook.

Injuries have set back both GFC teams. "We'll have 40 points sitting back home," says Cook.

### **LADY BRUIN LEADERS**

He still has plenty of national-calibre athletes with the ability to ring up plenty of points. Senior Marlyss Stenberg,, Canyonville, Ore., is GFC's all-time leading district scorer. She's helped the women to a district-leading 18 points already this season, taking second in the heptathlon. GFC finished 2-3-4 in the contest.

She'll be contending for titles in the long jump, both hurdles and the 4x100 and 4x400 relays.

Cook's counting on Juli Cyrus, a junior Newberg runner, for another batch of points. She'll probably run in the events in which she's nationally qualified: the 1,500, 3,000, and 5,000 meter races.

Two other Lady Bruins own the district's best times in their events. Senior Debbie Kintrea, Portland, was a national scorer in the 800 meters last year. She'll be running there and in the 1,500

-more-



George Fox College

District Meet Next for Track

May 3, 1993

Page 2

meters and 4x400 relay. Freshman Liz Stephens, Bellevue, Wash., holds the top time in the 100 meter hurdles and will compete in the 400 meter hurdles as well.

### **BRUIN FAVORITES**

On the men's side, Cook feels the men can do their damage from the 400 meters on up.

Sophomore Torrey Lindbo, Colfax, Wash., has the district's top time in the 800 meters and has a shot at qualifying for nationals. Four other Bruins make up the top eight.

Jonathan Morse, a senior from Salem, could be a run-away winner in the 5,000 and a favorite in the 1,500. He should have plenty of help from his teammates in the 1,500, but injuries have hurt George Fox's opportunities in the 5,000.

Off the track, the Bruins should make a better showing than last year. "Our jump crew is much improved," says Cook.

He'll have the multi-talented sophomores Aaron Young, Newberg, and Rob Rising, Goldendale, Wash. competing in the long jump and triple jump. Young will also make showings in the high jump and high hurdles. Rising probably will race in the 200 meters and 4x400 relays as well. Freshman Jon Smith, Lakeside, Ore., give the Bruins even more firepower at the long jump and triple jump and joins junior Jason Strait, Newberg, at the pole vault.

The Bruins have just one hope in the throwing areas.

Junior Jonathan Huwe, Bigfork, Mont., took second in the district discus last year, but is battling an inner ear infection that severely affects his balance. Cook says they are trying to find proper medication to help solve his problem.

George Fox College Track and Field  
NAIA District 2 and National Qualifiers  
As of: 5-3-93

---

Event (District Qualifying Time/ National Qualifying Time)  
Qualifier, Season's Best

**Women:**

**3,000 METER RACEWALK (N/A / 17:45.24):**

Kristin Thomas, 17:22.4, \*National\*  
Liz Evon, 17:42.4, \*National\*

**100 METERS (13.4 / 12.24):**

Billie Bentley, 12.64

**100 HH (17.04 / 14.84):**

Liz Stephens, 15.46  
Marlyss Stenberg, 15.61  
Tina Stauffer, 16.84

**200 METERS (27.24 / 24.94):**

Billie Bentley, 26.85  
Marlyss Stenberg, 26.94

**400 METERS (1:02.84 / 56.84):**

Amy Dahl, 1:00.96  
Debbie Kintrea, 1:01.29  
Sheryl Van Tassell, 1:01.84

**400 LH (1:10.64 / 1:03.44):**

Marlyss Stenberg, 1:04.44  
Liz Stephens, 1:06.28  
Marne VanSise, 1:08.54  
Eva Crawford, 1:09.14  
Tina Stauffer, 1:11.0  
Heather Burns, 1:10.41

**800 METERS (2:23.54 / 2:16.04):**

Debbie Kintrea, 2:14.74 \*National\*  
Hannah Smith, 2:20.34  
Juli Cyrus 2:22.58  
Marne VanSise, 2:22.82  
Sheryl Van Tassel, 2:23.04  
Marlyss Stenberg, 2:23.14

**1,500 METERS (4:58.54 / 4:41.74):**

Juli Cyrus, 4:40.54 \*National\*  
Michelle Brown, 4:50.84  
Debbie Kintrea, 4:52.72  
Jenny Campbell, 4:54.77  
Sandy Taylor, 4:55.34

**3,000 METERS (11:09.94 / 10:20.24):**

Juli Cyrus, 9:59.94 \*National\*  
Michelle Brown, 10:15.20 \*National\*  
Angela Murrell, 10:47.55  
Sandy Taylor, 10:51.14  
Jenny Campbell, 10:51.74  
Stephanie Rosen, 10:56.24  
Dawn Hartwig, 11:00.00  
Marne VanSise, 11:03.00

-more-



George Fox College Track and Field  
NAIA District 2 and National Qualifiers  
Women (cont.)

**5,000 METERS (19:41.14 / 17:47.24):**

Juli Cyrus, 17:01.87 \*National\*  
Michelle Brown, 18:25.54  
Angela Murrell, 18:46.70  
Jenny Campbell, 18:49.01  
Dawn Hartwig, 19:09.14  
Stephanie Rosen, 19:17.14  
Mindy Fox, 19:38.04

**HEPTATHLON (N/A / 4,000 pt. min – max 16 entrants):**

Marlyss Stenberg, 4,556 \*National\*

**JAVELIN (122-0 / 140-0):**

Cheryl Shepherd, 140-9.5 \*National\*  
Leah Johanson, 137-5  
Kristy Fleming, 136-4

**SHOT PUT (35-7 / 43-5 1/2):**

Leah Johanson, 39-0.75  
Cheryl Shepherd, 36-0.5

**LONG JUMP (16-6 / 18-6):**

Marlyss Stenberg, 17-6.75

**HIGH JUMP (4-11 / 5-6):**

Tina Golden, 5-4  
Sara Luckensmeyer, 5-2  
Marlyss Stenberg, 5-0.5

George Fox College Track and Field  
NAIA District 2 and National Qualifiers

**MEN:**

**5,000 METER RACEWALK (N/A / 25:30.24):**

David Thomas, 22:30.1 \*National\*

**110 HIGH HURDLES (15.94 / 14.64):**

Aaron Young, 15.64  
Kevin Altneder, 15:81

**200 METERS (23.14 / 21.64):**

Tim Robinson, 22.84  
Rob Rising, 22.94  
Jason Lewis, 23.14

**400 METERS (50.84 / 47.94):**

Jason Lewis, 49.88  
Torrey Lindbo, 50.24

**800 METERS (1:58.14 / 1:53.24):**

Torrey Lindbo, 1:54.94  
Jonathan Morse, 1:56.84  
Rolf Potts, 1:57.24

-more-

George Fox College Track and Field  
NAIA District 2 and National Qualifiers  
Men (cont.)

Chuy Rome, 1:57.94  
Josh Kneeshaw, 1:58.11

**1,500 METERS (4:02.24 / 3:53.54):**

Jonathan Morse, 3:54.54  
Rolf Potts, 3:56.87  
Josh Kneeshaw, 3:58.78

**3,000 METER STEEPLECHASE (9:50.44 / 9: 20.24):**

Ed Sloan, 9:24.52

**5,000 METERS (15:28.94 / 14:52.24):**

Jonathan Morse, 14:31.7 \*National\*  
Jonathan Ulmer, 15:20.63

**MARATHON (N/A / 2:40:00):**

Geoff Olson, 1:13.02 (half marathon) \*National\*

**HALF MARATHON (N/A / 1:14:30):**

Geoff Olson, 1:13.02 \*National\*

**LONG JUMP (21-7 / 23-11 1/2):**

Rob Rising, 23-3  
Aaron Young, 21-11.75  
John Smith, 21-7.25

**TRIPLE JUMP (42-11 / 48-4 1/2):**

Aaron Young, 47-7  
John Smith, 45-11.25  
Rob Rising 44-4.25

**HIGH JUMP (6-1 / 6-10 3/4):**

Aaron Young, 6-8  
Duane Longadin, 6-2

**POLE VAULT (13-0 / 15-7):**

John Smith, 15-0  
Jason Strait, 14-6

**DISCUS (134-8 / 158-0):**

Jonathan Huwe, 154-11

**DECATHLON (N/A / 6,000 pt. min – max. 16 entrants):**

Aaron Young, 6,076  
John Smith, 6,072



1. The first part of the paper is devoted to a general discussion of the problem of the origin of life. It is shown that the problem is not only a scientific one, but also a philosophical one. The author discusses the various theories of the origin of life, and shows that the most plausible one is the theory of spontaneous generation.

2. The second part of the paper is devoted to a detailed discussion of the theory of spontaneous generation. The author shows that this theory is based on the assumption that life is a necessary consequence of the laws of chemistry and physics.

3. The third part of the paper is devoted to a discussion of the various objections to the theory of spontaneous generation. The author shows that these objections are based on a misunderstanding of the theory, and that the theory is in fact a very plausible one.

4. The fourth part of the paper is devoted to a discussion of the various experiments which have been conducted in order to test the theory of spontaneous generation. The author shows that these experiments have all failed to disprove the theory.

5. The fifth part of the paper is devoted to a discussion of the various applications of the theory of spontaneous generation. The author shows that the theory has many important applications, and that it is a very valuable tool for the study of the origin of life.

6. The sixth part of the paper is devoted to a discussion of the various philosophical implications of the theory of spontaneous generation. The author shows that the theory has many important philosophical implications, and that it is a very valuable tool for the study of the philosophy of science.

7. The seventh part of the paper is devoted to a discussion of the various historical aspects of the theory of spontaneous generation. The author shows that the theory has a long and interesting history, and that it is a very valuable tool for the study of the history of science.

8. The eighth part of the paper is devoted to a discussion of the various future prospects of the theory of spontaneous generation. The author shows that the theory has many important future prospects, and that it is a very valuable tool for the study of the future of science.

9. The ninth part of the paper is devoted to a discussion of the various conclusions which can be drawn from the theory of spontaneous generation. The author shows that the theory has many important conclusions, and that it is a very valuable tool for the study of the origin of life.

10. The tenth part of the paper is devoted to a discussion of the various references which are given in the paper. The author shows that the references are very valuable, and that they are a very important part of the paper.

11. The eleventh part of the paper is devoted to a discussion of the various acknowledgments which are given in the paper. The author shows that the acknowledgments are very valuable, and that they are a very important part of the paper.

12. The twelfth part of the paper is devoted to a discussion of the various appendices which are given in the paper. The author shows that the appendices are very valuable, and that they are a very important part of the paper.

13. The thirteenth part of the paper is devoted to a discussion of the various indexes which are given in the paper. The author shows that the indexes are very valuable, and that they are a very important part of the paper.

14. The fourteenth part of the paper is devoted to a discussion of the various tables which are given in the paper. The author shows that the tables are very valuable, and that they are a very important part of the paper.

15. The fifteenth part of the paper is devoted to a discussion of the various figures which are given in the paper. The author shows that the figures are very valuable, and that they are a very important part of the paper.

*Sp. File*

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



May 3, 1993

## **GFC TRACK ONE NATIONAL AND FOUR DISTRICT QUALIFYING MARKS**

A partial-squad off George Fox College's track and field team made good on the final regular season meet by producing one national and four district qualifying marks Saturday (May 1) at the Western Oregon Open.

GFC was senior-less in Monmouth because it was graduation day back on the Newberg campus. "We had a lot of kids not there because of commencement," said head coach Wes Cook.

Still, the results were impressive. "We had 16 PRs (personal records) or season's bests," he said.

Junior Juli Cyrus, Newberg, raced for the first time since mid-April and came up with national calibre results. Her 1,500 meter time of 4:40.54 was best among the two heats and good enough to qualify her in her third national event. She already had national qualifying times in the 3,000 and 5,000 meters.

Cyrus also turned in a first place 2:22.58 performance in the 800-meter run that qualified her for the district race. She probably won't need it. Cook says she'll stick to the longer races.

Three George Fox men earned the right to compete in events at the NAIA District 2 championships May 7-8 at Linfield College.

Sophomore Rob Rising, Goldendale, Wash., qualified in the triple jump with a 44-4.25 effort in his first and only attempt. He finished fourth, one place behind sophomore teammate Aaron Young, Newberg, who jumped 47-7. Rising's main concentration was the long jump where he leapt a 22-6 for third.

Freshman Jonathan Ulmer, Seattle, registered himself for his first post season competition with a second place 15:20.63 in the 5,000 meters. He was just two seconds slower than the winner.

The third men's qualifier was sophomore Kevin Alteneader, Newberg. Alteneader won the 110-hurdles with a 15.81 effort.

-more-



George Fox College

Western Oregon Open Track and Field Meet

George Fox College Results

May 3, 1993

Page 2

## **MEN**

### **1,500 meters (heat 1):**

8. Brent Samodurov 4:27.28

### **1,500 meters (heat 2):**

3. Chuy Rome 4:02.7
5. Jon Ulmer 4:07.3
6. Dave Dewar 4:07.5

### **110 meter hurdles (heat 1):**

1. Kevin Alteneder 15:81

### **Triple jump:**

3. Aaron Young 47-7
4. Rob Rising 44-4.25

### **800 meters (heat 1):**

6. Brent Samodurov 2:18.30

### **800 meters (heat 2):**

7. Tom Heuberger 2:00.54

### **Javelin:**

11. John Smith 149-7
12. Andrew Glover 147-2
13. Rob Rising 141-9

### **400 meter hurdles (heat 1):**

2. Aaron Young 59.30

### **400 meter hurdles (heat 2):**

4. Kevin Alteneder 57.93

### **Long jump:**

3. Rob Rising 22-6

### **5,000 meter run:**

2. Jon Ulmer 15:20.63

### **Pole vault:**

5. John Smith 15-0

### **Discus:**

5. Jon Huwe 139-7

-more-

George Fox College

Western Oregon Open Track and Field Meet

George Fox College Results

May 3, 1993

Page 3

## **WOMEN**

### **High jump:**

3. Sara Luckensmeyer 5-2

### **1,500 meters (heat 1):**

5. Emily Bergman 5:20.95

### **1,500 meters (heat 2):**

1. Juli Cyrus 4:40.54 (NAIA qualifying mark)

### **Shot put:**

6. Leah Johanson 36-2.75

### **800 meters (heat 2):**

1. Juli Cyrus 2:22.58
3. Sheryl Van Tassel 2:23.65

### **5,000 meters:**

9. Ruth Hinds 20:56.75

### **Javelin:**

2. Kristy Fleming 131-2
4. Leah Johanson 127-7

### **400 meters:**

2. Val Vanlandingham 1:03.11

### **Discus:**

8. Leah Johanson 115-5.5
20. Rachael Lewis 93-1.5



1990-1991 (1991)

1991-1992 (1992)

1992-1993 (1993)

1993-1994 (1994)

1994-1995 (1995)

1995-1996 (1996)

1996-1997 (1997)

1997-1998 (1998)

1998-1999 (1999)

1999-2000 (2000)

2000-2001 (2001)

2001-2002 (2002)

2002-2003 (2003)

2003-2004 (2004)

2004-2005 (2005)

2005-2006 (2006)

2006-2007 (2007)

2007-2008 (2008)

2008-2009 (2009)

2009-2010 (2010)

2010-2011 (2011)

2011-2012 (2012)

2012-2013 (2013)

2013-2014 (2014)

2014-2015 (2015)

2015-2016 (2016)

2016-2017 (2017)

2017-2018 (2018)

2018-2019 (2019)

2019-2020 (2020)

2020-2021 (2021)

2021-2022 (2022)

2022-2023 (2023)

2023-2024 (2024)

2024-2025 (2025)

2025-2026 (2026)

2026-2027 (2027)

2027-2028 (2028)

2028-2029 (2029)

2029-2030 (2030)

2030-2031 (2031)

2031-2032 (2032)

2032-2033 (2033)

2033-2034 (2034)

2034-2035 (2035)

2035-2036 (2036)

2036-2037 (2037)

2037-2038 (2038)

2038-2039 (2039)

2039-2040 (2040)

2040-2041 (2041)

2041-2042 (2042)

2042-2043 (2043)

Sp. File

# SPORTS NEWS

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



April 26, 1993

## Kintrea Earns Return Trip To National 800 Meter Race

### **STENBERG SETS THREE GFC TRACK RECORDS IN SIX DAYS**

Marlyss Stenberg had quite a week.

The senior from Canyonville, Ore., broke three George Fox College track records in six days. Four days after establishing the school heptathlon mark, Stenberg knotted two more in the GFC record book while competing at the Super 8 Motel Track and Field Challenge, Saturday (April 24) at Southern Oregon State College.

Stenberg blazed to a 1:04.2 meet record in the 400 meter hurdles and aided the 4x100 relay to a first place 49.2 finish. She took second in the NAIA District 2 heptathlon competition held April 19-20.

"Marlyss had a remarkable week," said GFC head coach Wes Cook.

Stenberg played a part in what was a big day for the George Fox women. "The women did really well," said Cook. "If it had been scored, we would have won." Also competing were Central Oregon Community College, Chico State University, Humboldt State University, Willamette University and Southern Oregon.

### **KINTREA CANADA-BOUND**

Defending district champion, senior Debbie Kintrea, Portland, will return to the scene of her 1992 seventh-place 800 meter national finish. The national track and field championships will again be held in Abbotsford, B.C., Canada, May 20-22. In Ashland, Kintrea wrote a new meet record with her 2:14.5 time.

Kintrea narrowly held off the district heptathlon champ, Southern Oregon's Jennifer Harman for the win.

### **RECORD-BREAKERS**

Terri Gortler, a junior from Florence, Ore., edged Harman in the last leg of the record-breaking 4x100 relay. Gortler and Stenberg were joined by senior Mame VanSise, Portland, and junior Hannah Smith, Lakeside, Ore.

-more-



George Fox College

Stenberg Sets Three GFC Track Records

April 26, 1993

Page 2

### **DISTRICT-QUALIFYING DUO**

The Lady Bruins picked up two more district qualifying marks in the 400 meters. Freshman Sheryl Van Tassel, Hong Kong, and sophomore Eva Crawford, Redmond, Ore., are in. Van Tassel finished second in the meet at 1:01.6, edging Crawford at 1:01.7.

### **GOLDEN MOMENT**

Sophomore Tina Golden, Portland, topped the high jump competition by four inches with a season's best effort of 5-4. She established the GFC school record of 5-5 during her freshman year.

### **SHEPHERD LAUNCHES SEASON'S BEST**

Senior Cheryl Shepherd, Langlois, Ore., continues to improve in the javelin. She already has qualified to a trip to the national meet where she took eighth last year. Saturday, she lofted a season's best throw of 140-9.5, good for second place.

### **BENTLEY BREAKS MEET RECORD**

Billie Bentley, a freshman from Yamhill, Ore., collected a meet record with her 12.4 run in the 100 meters.

### **CHUY JOINS DISTRICT CONTINGENT**

On the men's side, the Bruins added a new district qualifier. Freshman Chuy Rome, Hermiston, Ore., registered himself in the 800 meters. His fifth place 1:57.7 finish was behind earlier qualifiers sophomore Torrey Lindbo, Colfax, Wash., and senior Rolf Potts, Wichita, Kan.

### **YOUNG RUNS**

Trying something new, Newberg jumper Aaron Young nearly qualified in the 400 hurdles. In the sophomore standout's first ever try at the race, he finished third at 57.5. The district qualifying mark is 56.5.

### **LAST CHANCE**

While some teammates will be back in Newberg graduating this Saturday (May 1), a few GFC track athletes will be making last ditch-efforts to qualify for district and national meets. The Western Oregon State College Invitational is the last meet before the District 2 championships, May 7-8 at Linfield College in McMinnville, Ore. -more-



George Fox College

Stenberg Sets Three GFC Track Records

April 26, 1993

Page 3

## **WOMEN'S TRACK TAKES EARLY LEAD IN DISTRICT CHAMPIONSHIPS**

The George Fox College women took an early lead in the 1993 NAIA District 2 track championships with second, third and fourth place finishes in the heptathlon.

The district meet will be held May 7-8 at Linfield College, but the multi-events were held at Linfield Monday and Tuesday (April 19-20).

### **SENSATIONAL STENBERG**

GFC senior Marlyss Stenberg, Canyonville, Ore., finished second with a GFC record 4,556 points. The winner was defending champion Jennifer Harman of Southern Oregon, who scored 4,597. "The 200 meters was the difference," said GFC head coach Wes Cook. Stenberg's 26.7 was a little more than a second slower than Harman's 25.6. The difference gave Harman 94 points more than Stenberg in the event.

Stenberg produced personal records in the 100 high hurdles, high jump, 200 meters and javelin enroute to the improving her old record of 4,473, set this season. Her 2:22.9 in the 800 meters and 200 meters time both met district qualifying standards. Stenberg finished eighth in the heptathlon at last year's national meet.

Stenberg's versatility has made her the most productive Lady Bruin ever at district meets. Her eight second-place points give her the GFC career district scoring record. Her 103 1/2 points edges the 103 of 1992 grad Jill Beals. Her total should grow. She has qualified in four district events and will run relays.

### **STEPHENS STARTS STRONG**

In her first collegiate heptathlon, freshman Liz Stephens, Bellevue, Wash., grabbed third with 3,870. Fourth went to sophomore Tina Stauffer, Salem, who scored 3,834.

"That's very good for Tina," said Cook. "It's a good start for Liz."

GFC, the defending district champion, earned 18 points, SOSC 10, Eastern Oregon 2, and Western Oregon 1.



George Fox College

Stenberg Sets Three GFC Track Records

April 26, 1993

Page 4

## **GFC DECATHLETE DUO**

In the decathlon, two GFC men scored five district points in their first complete competition. Newberg sophomore Aaron Young took fourth out of 11 competitors with 6,076 points, and freshman John Smith, Lakeside, Ore., finished sixth at 6,072. Western Oregon's Shane Hargett won with 6,962 points.

"They were gutsy efforts for both of them," Cook said of his athletes. Both have been nursing injuries throughout the season. "John has very tender knees," said Cook. "He was hobbling at the end of every event."

In the 110 high hurdles, Young tied for first with a district qualifying time of 15.4.

-30-

Super 8 Motel Track and Field Challenge  
Southern Oregon State College  
Raider Stadium, Ashland, Ore.  
Saturday, April 24

George Fox College Track and Field Results

## **Women**

### **High Jump**

1. Tina Golden 5-4 \*
3. Sarah Luckensmeyer 4-10

### **Javelin**

2. Cheryl Shepherd 140-9.5 \*\*
3. Leah Johanson 126-1 \*
4. Kristy Fleming 121-1

### **5,000 Meters**

6. Dawn Hartwig 19:52
- DNP Stephanie Rosen  
DNP Mindy Fox  
DNP Angela Murrell

### **4x100 Relay**

1. (Bentley, Stenberg, Golden, Gortler) 49.2

### **Long Jump**

5. Terri Gortler 15-8

-more-

## George Fox College

### Stenberg Sets Three GFC Track Records

April 26, 1993

Page 5

#### Shot Put

2. Leah Johanson 37-8 \*
3. Cheryl Shepherd 35-9 \*

#### 1,500 Meters

2. Sandy Taylor 4:57
6. Jenny Campbell 5:14.5

#### 100 Meters

1. Billie Bentley 12.4 MR\*
4. Terri Gortler 13.0

#### 400 Meters

2. Sheryl VanTassel 1:01.6 \*
3. Eva Crawford 1:01.7 \*
5. Val VanLandingham 1:03.5

#### Discus

4. Leah Johanson 110-5
- Rachel Lewis 109-1

#### 400 Meter Hurdles

1. Marlyss Stenberg 1:04.2 MR\*
5. Marne VanSise 1:08.3 \*
6. Eva Crawford 1:08.9 \*

#### 800 Meters

1. Debbie Kintrea 2:14.5 MR\*\*
3. Hannah Smith 2:22.5

#### Triple Jump

5. Tina Stauffer 31-10.5

#### 4x400 Relay

2. (Stenberg, VanSise, Smith, Kintrea) 4:03.97
4. (VanTassell, VanLandingham, Burns, Stauffer) 4:14

## Men

#### Long Jump

2. Rob Rising 21-10

#### Javelin

6. John Smith 166-6

#### 1,500 Meters

1. Josh Kneeshaw 4:02.4
3. David Dewar 4:07.2
5. Ed Sloan 4:13.4

#### Shot Put

- DNP Jon Huwe 41-9.5

-more-



**George Fox College**

**Stenberg Sets Three GFC Track Records**

April 26, 1993

Page 6

**110 Meter High Hurdles**

4. Kevin Alteneder 15.9

**400 Meters**

4. Jason Lewis 50.2 \*

**Pole Vault**

2. John Smith 14-0 \*

3. Jason Strait 13-6 \*

**800 Meters**

2. Torrey Lindbo 1:54.7 \*

3. Rolf Potts 1:56.6 \*

5. Chuy Rome 1:57.7

DNP tom Heuberger 1:59.5

**200 Meters**

DNP Rob Rising

**400 Hurdles**

3. Aaron Young 57.5

**5,000 Meters**

3. Jon Ulmer 15:58.8

4. Ed Sloan 16:18

**Discus**

3. Jon Huwe 137-11.5 \*

**4x400 Relay**

2. GFC 3:20.5

5. GFC 3:32

\* NAIA District 2 Qualifying Mark

\*\* NAIA National Qualifying Mark

MR Meet Record

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



April 22, 1993

## **George Fox College Track and Field NAIA District 2 and National Qualifiers As of: 4-19-93**

---

Event (District Qualifying Time/ National Qualifying Time)  
Qualifier, Season's Best

### **Women:**

#### **3,000 METER RACEWALK (N/A / 17:45.24)**

Kristin Thomas, 17:22.4, \*National\*

Liz Evon, 17:42.4, \*National\*

#### **100 METERS (13.4 / 12.24)**

Billie Bentley, 12.7

#### **100 HH (17.04 / 14.84)**

Marlyss Stenberg, 15.61

Liz Stephens, 15.46

Tina Stauffer, 16.6

#### **200 METERS (27.24 / 24.94)**

Billie Bentley, 26.85

Marlyss Stenberg, 26.94

#### **400 METERS (1:02.84 / 56.84)**

Amy Dahl, 1:00.96

Debbie Kintrea, 1:01.29

#### **400 LH (1:10.64 / 1:03.44)**

Marlyss Stenberg, 1:05.54

Liz Stephens, 1:06.28

Marne VanSise, 1:09.04

Eva Crawford, 1:10.0

Tina Stauffer, 1:10.11

Heather Burns 1:10.41

#### **800 METERS (2:23.54 / 2:16.04)**

Debbie Kintrea, 2:16.17

Hannah Smith, 2:20.34

Sheryl Van Tassel, 2:22.8

Marne VanSise, 2:22.82

Marlyss Stenberg 2:22.9

#### **1,500 METERS (4:58.54 / 4:41.74)**

Juli Cyrus, 4:42.25

Michelle Brown, 4:50.59

Debbie Kintrea, 4:52.72

Jenny Campbell, 4:54.77

Sandy Taylor, 4:55.10

-more-



**George Fox College Track and Field  
NAIA District 2 and National Qualifiers  
Women (cont.)**

**3,000 METERS (11:09.94 / 10:20.24)**

Juli Cyrus, 10:09.76 \*National\*  
Michelle Brown, 10:15.20 \*National\*  
Angela Murrell, 10:47.55  
Sandy Taylor, 10:50.9  
Jenny Campbell, 10:54.4  
Stephanie Rosen, 10:56.25  
Dawn Hartwig, 11:00.00  
Marne VanSise, 11:03.00

**5,000 METERS (19:41.14 / 17:47.24)**

Juli Cyrus, 17:01.87 \*National\*  
Michelle Brown, 18:25.3  
Angela Murrell, 18:46.70  
Jenny Campbell, 18:49.01  
Dawn Hartwig, 19:08.9  
Stephanie Rosen, 19:16.90  
Mindy Fox, 19:37.76

**HEPTATHLON (N/A / 4,000 pt. min – max 16 entrants)**

Marlyss Stenberg, 4,473 \*National\*

**JAVELIN (122-0 / 140-0)**

Cheryl Shepherd, 140-2 \*National\*  
Leah Johanson, 137-5  
Kristy Fleming, 136-4

**SHOT PUT (35-7 / 43-5 1/2)**

Leah Johanson, 39-0.75  
Cheryl Shepherd, 35-10

**LONG JUMP (16-6 / 18-6)**

Marlyss Stenberg, 17-6.75

**HIGH JUMP (4-11 / 5-6)**

Tina Golden, 5-2  
Sara Luckensmeyer, 5-2

**George Fox College Track and Field  
NAIA District 2 and National Qualifiers  
MEN:**

**5,000 METER RACEWALK (N/A / 25:30.24)**

David Thomas, 22:30.1 \*National\*

**110 HIGH HURDLES (15.94 / 14.64)**

Aaron Young 15.4

**200 METERS (23.14 / 21.64)**

Tim Robinson, 22.6  
Rob Rising, 22.9  
Jason Lewis 22.9

**George Fox College**

**NAIA District 2 and National Qualifiers  
Men (cont.)**

**400 METERS (50.84 / 47.94)**

Jason Lewis, 49.68

Torrey Lindbo, 49.99

**800 METERS (1:58.14 / 1:53.24)**

Torrey Lindbo, 1:55.54

Jonathan Morse, 1:57.0

Rolf Potts, 1:57.85

Josh Kneeshaw, 1:58.11

**1,500 METERS (4:02.24 / 3:53.54)**

Jonathan Morse, 3:54.3

Josh Kneeshaw, 3:58.78

Rolf Potts, 3:56.87

**3,000 METER STEEPLECHASE (9:50.44 / 9: 20.24)**

Ed Sloan, 9:24.52

**5,000 METERS (15:28.94 / 14:52.24)**

Jonathan Morse, 14:31.7 \*National\*

**MARATHON (N/A / 2:40:00)**

Geoff Olson, 1:13.02 (half marathon) \*National\*

**HALF MARATHON (N/A / 1:14:30)**

Geoff Olson, 1:13.02 \*National\*

**LONG JUMP (21-7 / 23-11 1/2)**

Rob Rising, 23-3

Aaron Young, 21-11.75

John Smith, 21-7.25

**TRIPLE JUMP (42-11 / 48-4 1/2)**

Aaron Young, 46-11

John Smith, 45-11.25

**HIGH JUMP (6-1 / 6-10 3/4)**

Aaron Young, 6-8

Duane Longadin, 6-2

**POLE VAULT (13-0 / 15-7)**

Jason Strait, 14-6

John Smith, 14-0

**DISCUS (134-8 / 158-0)**

Jonathan Huwe, 155-6

**DECATHLON (N/A / 6,000 pt. min – max. 16 entrants)**



1. The first step in the process of creating a business plan is to conduct a market research. This involves identifying the target market, understanding the needs and preferences of the customers, and analyzing the competitive landscape.

2. The second step is to develop a business model. This involves determining the revenue streams, the cost structure, and the overall value proposition of the business.

3. The third step is to create a marketing strategy. This involves identifying the target audience, selecting the appropriate marketing channels, and developing a promotional plan.

4. The fourth step is to develop a financial plan. This involves estimating the startup costs, projecting the revenue, and determining the break-even point.

5. The fifth step is to create a management team. This involves identifying the key personnel, their roles, and their responsibilities.

6. The sixth step is to develop a legal plan. This involves identifying the legal requirements, obtaining the necessary licenses, and protecting the intellectual property.

7. The seventh step is to create a risk management plan. This involves identifying the potential risks, assessing their impact, and developing mitigation strategies.

8. The eighth step is to develop a contingency plan. This involves identifying the potential scenarios, assessing their impact, and developing response strategies.

9. The ninth step is to create a monitoring and evaluation plan. This involves identifying the key performance indicators, establishing a reporting system, and conducting regular reviews.

10. The tenth step is to develop a communication plan. This involves identifying the key messages, selecting the appropriate communication channels, and developing a communication strategy.

11. The eleventh step is to create a financial control system. This involves identifying the key financial metrics, establishing a reporting system, and conducting regular reviews.

12. The twelfth step is to develop a human resources plan. This involves identifying the key personnel, their roles, and their responsibilities.

13. The thirteenth step is to create a risk management plan. This involves identifying the potential risks, assessing their impact, and developing mitigation strategies.

14. The fourteenth step is to develop a contingency plan. This involves identifying the potential scenarios, assessing their impact, and developing response strategies.

15. The fifteenth step is to create a monitoring and evaluation plan. This involves identifying the key performance indicators, establishing a reporting system, and conducting regular reviews.

16. The sixteenth step is to develop a communication plan. This involves identifying the key messages, selecting the appropriate communication channels, and developing a communication strategy.

17. The seventeenth step is to create a financial control system. This involves identifying the key financial metrics, establishing a reporting system, and conducting regular reviews.

18. The eighteenth step is to develop a human resources plan. This involves identifying the key personnel, their roles, and their responsibilities.

19. The nineteenth step is to create a risk management plan. This involves identifying the potential risks, assessing their impact, and developing mitigation strategies.

20. The twentieth step is to develop a contingency plan. This involves identifying the potential scenarios, assessing their impact, and developing response strategies.

21. The twenty-first step is to create a monitoring and evaluation plan. This involves identifying the key performance indicators, establishing a reporting system, and conducting regular reviews.

22. The twenty-second step is to develop a communication plan. This involves identifying the key messages, selecting the appropriate communication channels, and developing a communication strategy.

23. The twenty-third step is to create a financial control system. This involves identifying the key financial metrics, establishing a reporting system, and conducting regular reviews.

24. The twenty-fourth step is to develop a human resources plan. This involves identifying the key personnel, their roles, and their responsibilities.

25. The twenty-fifth step is to create a risk management plan. This involves identifying the potential risks, assessing their impact, and developing mitigation strategies.

26. The twenty-sixth step is to develop a contingency plan. This involves identifying the potential scenarios, assessing their impact, and developing response strategies.

27. The twenty-seventh step is to create a monitoring and evaluation plan. This involves identifying the key performance indicators, establishing a reporting system, and conducting regular reviews.

28. The twenty-eighth step is to develop a communication plan. This involves identifying the key messages, selecting the appropriate communication channels, and developing a communication strategy.

29. The twenty-ninth step is to create a financial control system. This involves identifying the key financial metrics, establishing a reporting system, and conducting regular reviews.

30. The thirtieth step is to develop a human resources plan. This involves identifying the key personnel, their roles, and their responsibilities.

April 22, 1993

## GFC WOMEN'S TRACK TAKES EARLY LEAD IN DISTRICT CHAMPIONSHIPS

The George Fox College women have an early lead in the 1993 NAIA District 2 track championships with second, third and fourth place finishes in the heptathlon.

The district meet will be held May 7-8 at Linfield College, but the multi-events were held at Linfield Monday and Tuesday (April 19-20).

### SENSATIONAL STENBERG

GFC senior Marlyss Stenberg, Canyonville, Ore., finished second with a GFC record 4,556 points. The winner was defending champion Jennifer Harman of Southern Oregon, who scored 4,597. "The 200 meters was the difference," said GFC head coach Wes Cook. Stenberg's 26.7 was a little more than a second slower than Harman's 25.6. The difference gave Harman 94 points more than Stenberg in the event.

Stenberg produced personal records in the 100 high hurdles, high jump, 200 meters and javelin enroute to the improving her old record of 4,473, set this season. Her 2:22.9 in the 800 meters and 200 meters time both met district qualifying standards. Stenberg finished eighth in the heptathlon at last year's national meet.

Stenberg's versatility has made her the most productive Lady Bruin ever at district meets. Her eight second-place points give her the GFC career district scoring record. Her 103 1/2 points edges the 103 of 1992 grad Jill Beals. Her total should grow. She has qualified in four district events and will run relays.

### STEPHENS STARTS STRONG

In her first collegiate heptathlon, freshman Liz Stephens, Bellevue, Wash., grabbed third with 3,870. Fourth went to sophomore Tina Stauffer, Salem, who scored 3,834.

"That's very good for Tina," said Cook. "It's a good start for Liz."

GFC, the defending district champion, earned 18 points, SOSC 10, Eastern Oregon 2, and Western Oregon 1.

-more-



George Fox College

District Championships

April 22, 1993

Page 2

### **GFC DECATHLETE DUO**

In the decathlon, two GFC men scored five district points in their first complete competition. Newberg sophomore Aaron Young took fourth out of 11 competitors with 6,076 points, and freshman John Smith, Lakeside, Ore., finished sixth at 6,072. Western Oregon's Shane Hargett won with 6,962 points.

"They were gutsy efforts for both of them," Cook said of his athletes. Both have been nursing injuries throughout the season. "John has very tender knees," said Cook. "He was hobbling at the end of every event."

In the 110 high hurdles, Young tied for first with a district qualifying time of 15.4.

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



April 19, 1993

## **GFC'S SHEPHERD LOFTS NATIONAL QUALIFYING THROW**

Cold wind and rain did not keep George Fox College from qualifying one national and five district qualifiers at Saturday's (April 17) Shotwell Invitational track and field competition at University of Puget Sound in Tacoma.

"They did pretty well," said coach Wes Cook. "I appreciate the fact that they're still in there battling. The weather has been pretty depressing."

### **SHEPHERD SET FOR RETURN TO NATIONALS**

Senior Cheryl Shepherd, Langlois, Ore., led the Bruins' efforts with a national-qualifying javelin throw of 140-2, beating the national mark by two inches. Shepherd finished eighth at the national meet last season.

### **FOUR LADY BRUINS QUALIFY FOR DISTRICT**

Senior Angela Murrell and freshman Jenny Campbell qualified for the NAIA District 2 championship meet in the 5,000 meters. Murrell, from Salem, finished fourth at 18:46.70. Campbell, from Seattle, finished close behind with a fifth place 18:49.01 effort.

Qualifying in the quarter mile events for the women were seniors Marne VanSise and Debbie Kintrea, both of Portland's Madison High School. Kintrea qualified in the 400 meters in 1:01.29. VanSise ran the 400 meter hurdles for the first time in two years for a district qualifying time of 1:09.04 and a third place finish. Redmond, Ore., sophomore Eva Crawford improved her district time to 1:10.00 in the same event for a fourth place finish.

### **KNEESHAW 800 METER DISTRICT QUALIFIER**

Josh Kneeshaw qualified on the men's side in the 800 meters. Kneeshaw, a sophomore from Colfax, Wash., ran the half mile in 1:57.9.

Cook praised many already-qualified athletes who performed at UPS.

"Billie Bentley is running really well," Cook said of his Lady Bruin sprinter.

Bentley, a freshman from Yamhill, Ore., took third place in the 200 meters with a season best time of 26.85. Bentley also placed fourth in the 100 meters at 13.01 and came out of the blocks for



George Fox College

Shepherd Lofts National Qualifying Throw

April 19, 1993

Page 2

the 400 meter relay. Newberg senior Amy Dahl, Portland junior Tina Golden, and Lane Community College transfer Terri Gortler, joined Bentley for a season's best time of 50.62.

#### **STEPHENS SECOND BEST EVER IN GFC 100 METER HURDLES**

Freshman Liz Stephens, Bellevue, Wash., placed third in the 100 meter hurdles with a season's best of 15.46. The time is the second fastest ever at GFC.

Newberg sophomore Stephanie Rosen ran the 10,000 meters for the first time, finishing second with a 40:15.3 effort.

"She ran very, very well," said Cook.

#### **RISING RECORD**

Sophomore Rob Rising, Goldendale, Wash., won the long jump with a personal record and GFC sophomore class record of 23-3.

Despite running in the wrong heat of the 800 meters, Colfax sophomore Torrey Lindbo's second place time of 1:55.50 was his fastest ever. In last week's District 2 rankings, Lindbo led the district.

Lindbo also ran on the men's second place 1,600 meter relay team. After barely beating Western Oregon at the April 3 dual meet, Lindbo's anchor leg of 49.1 was not enough to beat the Wolves again. The Bruins (Jason Lewis, Kneeshaw, Rising and Lindbo) finished in 3:22.08, while Western Oregon finished in 3:21.86.

David Dewar placed second in the 3,000 meter steeplechase, finishing in 9:50.84.

"I think he ran a very good race," Cook said.

#### **WRIGHT STUFF**

Jon Wright ran a season's best in the 5,000 meters after running 10,000 meters Thursday night at the Mt. Sac Invitational. A Caldwell, Idaho, senior, Wright crossed the finish line at 15:40.53. Jim Brewer finished third in the same race at 15:46.08.

The women's 1,600 meter relay team of Newberg senior Amy Dahl, Lakeside junior Hannah Smith, Stephens, and Kintrea, breezed to a first place finish with a time of 4:06.24.

-more-

George Fox College

Shepherd Lofts National Qualifying Throw

April 19, 1993

Page 3

### **JOHANSON HEAVES TEN-FOOT PERSONAL BEST**

Kirkland, Wash., freshman Leah Johanson beat her previous best in the javelin by more than ten feet with a 137-5 effort. The mark is fourth best in GFC history. Johanson placed third in the meet. Kristy Fleming, a junior from Aberdeen, Wash., placed fourth with a throw of 126-8. In the 800 meters, Smith placed third with a time of 2:22.79. Freshman Sandy Taylor, Eagle, Idaho, had a seventh-place time and season's best of 2:28.59. Hong Kong freshman Sheryl VanTassel ran 1:02.85 in the 400 meters, missing the district qualifying mark by one one-hundredth of a second. Trenton, Mich., freshman Dawn Hartwig placed fourth in the 3,000 meters at 11:06.87.

### **STENBERG LEADS GFC MULTI-EVENTS SQUAD**

George Fox has its first opportunity to earn district meet points at Monday and Tuesday's (April 19-20) District 2 multi-events finals at Linfield College.

Senior Marlyss Stenberg leads the district with a national-qualifying and school record mark of 4,473 in the heptathlon going into the competition. Stenberg, Canyonville, Ore., finished eighth in the nation last year in the event. Stephens and sophomore Tina Stauffer, Salem, will join Stenberg in the multi-events finals.

Sophomore Aaron Young, Newberg and freshman John Smith, Lakeside, Ore., will compete in the decathlon.

GFC heads south Friday (April 23 ) for its next to last regular season competition. GFC will compete at the Southern Oregon Invitational in Ashland on Saturday.





**SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



April 16, 1993

## CYRUS AND MORSE MAKE STRONG SHOWINGS AMONG DIV. I RUNNERS

Running alongside some of the country's elite distance runners, two George Fox College athletes fit right in.

Jonathan Morse and Juli Cyrus both finished eighth in their 5,000 meter races at the April 15-17 Mt. San Antonio College (Mt. SAC) Invitational. "It's the country's elite distance event," said GFC head coach Wes Cook. He said Mt. SAC participants came from NCAA Division I schools such as Kentucky, Southern Alabama, DePaul, and BYU.

Cyrus was the fastest small college athlete and Morse was the third collegiate runner to finish.

"They ran well," said GFC head coach Wes Cook. Both were in fifth place coming into the final lap.

"It was all we could expect," said of his runners who have struggled with early season injuries.

Cyrus, a Newberg junior, finished behind two club team members and five Division I runners at 17:01.87, a personal best. "She ran extremely well," said Cook. Her time is nearly a minute and a half faster than the previous best among NAIA District 2 runners. "Juli's time may be the best in the NAIA," said Cook.

Morse, a Salem senior, finished in 14:31.17, a season's best. He already held the district's top time at 14:51.84.

Jon Wright, a senior from Caldwell, Idaho, also made the trip, running the 10,000 meters in 32:58.4.

It gives him the second-fastest time in district.

**Mt. San Antonio College (Mt. SAC) Invitational (Walnut, Calif.) April 15-17  
Thursday's results**

**Men's 5,000 meters**

**8. Jonathan Morse (George Fox College) 14:31.17**

**Men's 10,000 meters**

**DNP Jon Wright (George Fox College) 32:58.4**

**Women's 5,000 meters**

**8. Juli Cyrus (George Fox College) 17:01.87**





# SPORTS NEWS

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



April 12, 1993

## Despite Weather, GFC Track Continues To Tally District Qualifiers

The George Fox College track and field teams exited Easter weekend with one national and 14 new district qualifying marks. Team members competed in two different time zones. While most journeyed to the Bob Gibb Invitational at Boise State University on Friday and Saturday (April 9 and 10), some stayed behind to compete at the Willamette Invitational.

"For being 500 miles apart, it was quite a bit of success," said coach Wes Cook.

Weather has not been cooperative this season. "We're doing well for the kind of year we've had," Cook said. "Last year, we had a lot of good weather, but this year we have had virtually none. While the weather has held out for some of the meets, we need that kind of weather in order to practice like we'd like."

The Willamette Invitational, held at Linfield College because of remodeling work in Salem, produced the national qualifier. First-year racewalker Liz Evon met the national mark for the 3,000 meter racewalk. Evon, a freshman from Bethel, Alaska, won the event in 17:42.4.

Three others qualified for districts and another won her event at the same meet. Junior Tina Golden, Portland, won the high jump, leaping 5-2. She had previously met the 4-11 district standard. Eva Crawford, a sophomore from Redmond, Ore., won the 400-meter hurdles with a district-qualifying 1:10.2. Hong Kong freshman Sheryl Van Tassel won the 800 meters with a district-qualifying mark of 2:22.8. Junior Duane Londagin, Bandon, Ore., qualified for district in the high jump with a leap of 6-2.

At the Western Washington Invitational, freshman Dawn Hartwig, Trenton, Mich. qualified for the district 5,000 meter race with a 19:08.9 effort.

A state away, 12 women and nine men placed in the Idaho meet.

Debbie Kintrea and Juli Cyrus won their events at the meet, which consisted of mostly NCAA Division 1 teams. Kintrea, a senior from Portland, missed national qualifying by three one-hundredths of a second in the 800 meters, with a winning time of 2:16.17. Kintrea also qualified for district in the 1,500 meters in the preliminaries on Friday with a time of 4:52.72.

-more-



George Fox College

Track Continues to Tally District Qualifiers

April 12, 1993

Page 2

Cyrus, a junior from Newberg, also barely missed the national mark by one half second in winning the 1,500 meter finals. She won her race at 4:42.25. In the same race, freshmen Sandy Taylor and Jenny Campbell placed fifth and sixth. Campbell, from Seattle, Wash., finished at 5:01.48. Taylor, from Eagle, Idaho, crossed the line at 5:10.91.

The Lady Bruins had seven placers and district qualifying times in seven events in the middle distances and short sprints. Lakeside junior Hannah Smith placed sixth in the 800 meters at 2:20.34. Portland senior Marnie VanSise placed ninth in the same event with her 2:22.82 district qualifying mark.

Three Lady Bruins placed in the 400-meter hurdles. Freshman Liz Stephens, Bellevue, Wash., was the first GFC finisher, at fifth with a personal best of 1:06.28. Tina Stauffer, a Salem sophomore, placed seventh at 1:10.11. Stauffer also qualified for district in the 100-meter hurdles with a time of 16.99 in the preliminaries. Still in the 400-meter hurdles, Heather Burns, a senior from Gresham, Ore., finished ninth at 1:10.41. Senior Amy Dahl, from Newberg, met the district mark in the 400-meters with an eleventh place mark of 1:00.96. Dayton freshman Val VanLandingham placed thirteenth at 1:05.24.

Freshman Billie Bentley met two district qualifying marks in the preliminaries on Friday. Bentley, from Yamhill, ran the 100-meters in 12.7 and the 200-meters in 27.19 to qualify. The women's 1600-meter relay team also placed fifth at 4:05.92.

In the field events, Kristy Fleming and Leah Johanson placed third and fourth in the javelin. Fleming, a sophomore transfer from Lower Columbia College, threw the spear 132-5. Johanson, a freshman from Kirkland, Wash., qualified for districts in the event with a 127-1 effort. Canyonville, Ore., senior Marlyss Stenberg finished eighth in the long jump with a leap of 17-3 and one-fourth. Stenberg also placed sixth in the 100-meter hurdles with a season's best time of 15.61.

The Lady Bruins placed well in the longer distance events. Michelle Brown, a junior from Sherwood, Ore., placed fifth in the 3,000-meters, finishing in 10:31.22. Salem senior Angela Murrell ran the same event in 10:47.55, for an eighth place finish. In the 10,000-meters, Newberg

-more-



## George Fox College

### Track Continues To Tally District Qualifiers

April 12, 1993

Page 3

sophomore Mindy Fox placed fifth at 41:09.67. Tillamook freshman Ruth Hinds placed eighth at 45:27.56.

The Bruin men grabbed fifteen places at the Boise meet.

In the throwing events, Jonathan Huwe placed in both the discus and shot put. Huwe, a junior from Bigfork, Mont., placed 11th in the discus with a toss of 135-5 and ninth in the shot put with a ninth place, 42-2 effort. Corvallis freshman Jason McKee placed 14th in the shot put with a throw of 35-2. Jason Bingham, a junior from Medford, Ore., placed fifth in the javelin with a 158-11 throw. Rob Rising and Aaron Young continue to lead the Bruins in the jumping events. Rising, a sophomore from Goldendale, Wash., placed fourth in the long jump at 23-0 1/2. Young, a sophomore from Newberg, placed eighth and qualified for district in the same event at 21-11 3/4. Newberg junior Jason Strait placed fifth in the pole vault with a 14-6 effort.

Distance events continued to be a strength for the Bruins. Jonathan Morse, Josh Kneeshaw, and Rolf Potts placed second, third and fourth in the 1500-meters. Morse, a Salem senior, finished in 3:54.51. Kneeshaw, a sophomore from Colfax, Wash., finished in 3:58.78. Potts, a senior from Wichita, Kans., finished in a district qualifying time of 4:00.34. Potts also qualified for districts in the 800-meters with a seventh place time of 1:57.85. Canby freshman David Dewar finished 15th in the same race at 2:02.08.

Jon Wright ran the 5,000-meters in a season's best time of 15:43.90. Wright, a senior from Caldwell, Idaho, placed fifth overall. Jonathan Ulmer, a freshman from Seattle, Wash., placed seventh at 15:51.54.

In the sprints, the Bruins had five placers. Jason Lewis, a Portland junior, placed second in the 400-meters at 49.88. Rising placed sixth at 51.41. Newberg sophomore Kevin Alteneder placed eighth in the 400-meter hurdles at 59.07. Sophomore Tim Robinson, from Goldendale, Wash., placed seventh in the 200-meters at 23.50.

Three GFC athletes will travel to the Mt. Sac Invitational this Thursday (April 15). Cyrus and Morse will run the 5,000 meters. Wright will compete in the 10,000 meters.

-more-



George Fox College

Track Continues to Tally District Qualifiers

April 12, 1993

Page 4

"It's the most elite distance event in the country," Cook said. "All three are coming off injuries and slow starts, but it's a good chance to see where they're at."

They will meet the rest of the team in Tacoma on Saturday (April 17) where the Bruins will compete in the Shotwell Invitational.

April 5, 1993

## GFC Track Downs WOSC Twice In Dual Meet

George Fox College's track and field teams grabbed the top three finishes in eight events enroute to sweeping Western Oregon State College in a dual meet Saturday (April 3) in Monmouth.

"It wasn't head-to-head competition sometimes," said GFC head coach Wes Cook. "We traded events. They're strong where we are weak and we're strong where they're weak."

The Bruin men beat the Wolves 89-74, while sweeping the top three places in six events, five coming in the distance events.

GFC's women, the defending NAIA District 2 champions, came from behind in the final event to edge perhaps their top district challenger, 70-66.

Cook said Western Oregon was hampered by eligibility problems and without some of its athletes.

The Bruins swept the 400, 800, 1,500, 3,000-meter steeplechase, 5,000, and the 1,600-meter relay.

In the 400 meters, Jason Lewis and Torrey Lindbo qualified for the district meet, placing first and second. Lewis, a junior from Portland, Ore., finished the lap in 49.68, while Lindbo, a sophomore from Colfax, Wash., finished at 49.99. Rob Rising, from Goldendale, Wash., placed third at 50.92.

Along with Anchorage, Alaska., sophomore Tim Robinson, Lewis, Lindbo and Rising also took the 1,600-meter relay by just one one-hundredth of a second, edging the Wolves at 3:21.71. It was a season's best for GFC. Robinson also placed second in the 100 and 200 at 11:08 and 22:68. Lewis placed third in the 200 at 22.9.

Senior Rolf Potts, sophomore Josh Kneeshaw, and freshman Tom Heuberger finished one, two and three in the 800 meters. Potts, from Wichita, Kans., crossed the line at 1:58.68, followed by Kneeshaw of Colfax, Wash., at 1:59.09. Heuberger, Hood River, Ore., finished in 2:02.00.



George Fox College

Track Downs WOSC Twice in Dual Meet

April 5, 1993

Page 2

Salem senior Jonathan Morse took the 1,500 at 3:54.3. Kneeshaw qualified for district at 3:59.8, placing second. Freshman Chuy Rome, Hermiston, Ore., placed third at 4:09.82.

Freshman David Dewar, from Canby, Ore., won the 3,000-meter steeplechase with a time of 10:02.33, followed by Potts at 10:12.12. Freshman Brent Samodurov, Seattle, placed third at 11:01.83.

In a final show of distance dominance, freshman Tim Tank of Portland won the 5,000 meters at 16:04.55. Senior Jon Wright, from Caldwell, Idaho, placed second at 16:08.16. Freshman Alin Ifrim of Newberg placed third at 17:13.55.

Sophomores Aaron Young and Rising led the Bruins in the jumping events. Young, from Newberg, won the triple jump at 45-10 and tied for first in the high jump at 6-6. Rising won the long jump at 22-9 and placed second in the triple jump at 42-8.

The jumps were not the only field events where the Bruins scored. Junior Jonathan Huwe, Bigfork, Mont., missed qualifying for the national meet by just six inches, winning the discus competition with a throw of 137-6. Huwe also placed second in the shot put at 40-11.75. Freshman Jason McKee, from Corvallis, Ore., placed third in the shot put with a throw of 36-11. Freshman John Smith, from Lakeside, Ore., took third in the pole vault with a 14-0 performance. Sophomore Sam Morrow, from Canyon Lake, Calif., placed third in the hammer with a 121-8 toss.

Hurdler Kevin Alteneder, a sophomore from Newberg, finished second in the 110-meter hurdles at 15.94.

On the women's side, the meet came down to the final event. WOSC held a 66-65 point advantage going into the 1,600 meter relay.

The GFC relay team, composed of Hannah Smith, Marlyss Stenberg, Amy Dahl, and Debbie Kintrea finished in a season's best 4:03.99, less than two seconds ahead of WOSC, to give GFC the meet victory.

Stenberg, a senior from Canyonville, Ore., was a double winner for the Lady Bruins in the hurdle events. Stenberg won the 110-meter hurdles and 400-meter hurdles at 15.44 and 1:05.22.

-more-



George Fox College

Track Downs WOSC Twice in Dual Meet

April 5, 1993

Page 3

Stenberg also placed second in the long jump with a 16-9 effort. Freshman Liz Stephens produced district qualifying times in the same events. She placed second in the 100-meter hurdles at 15.64 and third in the 400-meter hurdles at 1:09.04.

The Lady Bruins swept the 1,500 and the 3,000 meter races. Freshman Sandy Taylor, Eagle, Idaho, qualified for district in both races. She crossed the line in the 1,500 at 4:55.10 for third place. She finished second place in the 3,000 with a time of 10:50.9. Juli Cyrus won both events. Cyrus, a junior from Newberg, ran the 1,500 in 4:44.56 and the 3,000 in 10:20.52. Junior Michelle Brown, from Sherwood, placed second in the 1,500 at 4:50.59. Senior Angela Murrell, from Salem, placed third in the 3,000 at 10:56.61.

Sophomores Stephanie Rosen and Mindy Fox qualified for districts in the 5,000 meters. Rosen, from Newberg, won the event at 19:16.90. Fox, from Caldwell, Idaho, crossed the line at 19:37.76, placing second.

Kintrea and Smith placed first and third in the 800 meters. Kintrea, a senior from Portland, finished in 2:20.26. Smith, a junior from Lakeside, Ore., crossed the finish at 2:22.79.

Senior Amy Dahl placed second in the 400 meters and sophomore Eva Crawford placed third. Dahl, from Newberg, ran the lap in 1:02.74. Crawford, from Redmond, finished in 1:03.78.

In the short sprints, junior Terri Gortler placed third in the 100 meters, and freshman Billie Bentley placed third in the 200 meters. Gortler, a transfer from Lane Community College, finished in 13.15. Bentley, from Yamhill, Ore., finished in 27.32. The 400-meter relay team of Stenberg, Dahl, Tina Golden, and Stephens won their race at 52.23. The Wolves were disqualified when a handoff wasn't made.

Freshman Sara Luckensmeyer qualified for district in the high jump with a 5-2 effort in her first collegiate competition. Luckensmeyer, from Cashmere, Wash., has spent the beginning of the season recuperating from knee surgery.

In the rest of the field events, four other Lady Bruins placed in the top three. Sophomore Kristy Fleming, from Aberdeen, Wash., won the javelin with a 136-4 effort. She edged her teammate,

-more-



George Fox College

Track Downs WOSC Twice in Dual Meet

April 5, 1993

Page 4

senior Cheryl Shepherd, from Langlois, Ore., who threw 132-9.

Leah Johanson placed second in the shot put and third in the discus. Johanson, a freshman from Kirkland, Wash., threw 38-5.25 in the shot and 114-4 in the discus. Sophomore Tina Stauffer, from Salem, Ore., placed third in the long jump at 16-3.

The George Fox track teams are leaving Thursday (April 8) morning for Saturday's Boise State Invitational.

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830

March 29, 1993

## **Cyrus Qualifies For National 3,000 Meters At Stanford Meet**

A fourth place finish in the 3,000 meter run at the Stanford University Track and Field Festival, earned Newberg's Juli Cyrus a return to the NAIA national meet.

Cyrus, a junior on the George Fox College track team, finished in 10:09.76, besting the 10:20.24 national standard.

It wasn't a personal best for Cyrus who ran for the Lady Bruins at the national meet last season. "She's been sick and struggling," said GFC head coach Wes Cook. "Her time was pretty good for right now."

Cyrus was one of more than two dozen GFC athletes who competed at the Stanford meet Friday-Saturday (March 26-27).

George Fox's highest finish in a meet dominated by NCAA Division I teams came from senior Cheryl Shepherd, Langlois, Ore. She took second in Friday's javelin competition with a season's best throw of 137-3. The NAIA national qualifying standard is 140-0.

Two GFC women qualified for the NAIA District 2 meet. One week after qualifying for the national heptathlon, senior Marlyss Stenberg, Canyonville, Ore., topped the district standard in the 400 meter low hurdles. She finished in 1:06.45. Stenberg also produced a season best in the 100 meter high hurdles at 15.8.

Junior Michelle Brown, Sherwood, Ore., qualified in the 5,000 meters with a 18:25.3 time. In the same race, sophomore Stephanie Rosen, Newberg, just missed the 19:40.9 qualifying time with a 19:41.3 effort.

Junior Jonathan Huwe, Bigfork, Mont., threw the discus 147-7, under the national standard of 158-0.

Jason Bingham, a junior from Medford, Ore., tossed the javelin 158-4 for an eighth place finish, but it wasn't among his best. "They were throwing off grass and it was wet," said Cook.



George Fox College

Cyrus Qualifies for National 3,000 Meters

March 29, 1993

Page 2

In the pole vault, freshman John Smith continues to surprise. He produced a personal record 13-9 and fifth place finish. Junior teammate Jason Strait, Newberg, took sixth at 13-2.5.

Both GFC distance medley teams finished fifth. The women ran in a field of seven and the eight teams competed on the men's side. "We were the only small college in the relays," said Cook. The women's team of senior Marne VanSise, Portland; junior Hannah Smith, Lakeside, Ore.; senior Debbie Kintrea, Portland; and Cyrus finished in 12:41.5. The men's time of 10:15.6 was produced by sophomore Torrey Lindbo, Colfax, Wash.; senior Jason Lewis, Portland; senior Rolf Potts, Wichita, Kan.; and senior Jonathan Morse, Coquille.

Saturday, the sprint medley teams ran to fourth place finishes before the weather turned wet.

The women finished in 4:25.7, using a team of senior Amy Dahl, Newberg; Stenberg; Vansise; and Smith.

Lindbo and Lewis combined with junior Dennis Sinclair, Eugene, and sophomore Josh Kneeshaw, Colfax, Wash., to complete their race in 3:36.6.

Despite the pouring rain, the women took fifth in the two mile relay with a time of 9:47.43. "It was a monsoon," said Cook. VanSise, Smith, Kintrea, and Sheryl Van Tassel, Hong Kong, made up the team.

The men's two mile relay team of Potts, Lindbo, Kneeshaw and Morse finished in seventh in 7:54.56. "They had good solid efforts," said Cook.

As the weather worsened, Cook said he recommended they not beat themselves up by entering additional races. They took his advice. "I haven't been this wet in years," he said afterwards.

Saturday, sophomore Tina Stauffer, Salem, scored 3,408 points and finished sixth of 13 in the Linfield Heptathlon. She finished second in the 800 meters and shot put.



*Sp. File*

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



March 22, 1993

## **Stenberg Sets New GFC Heptathlon Record**

### **GFC Track Starts Spring By Qualifying Two For Nationals**

With athletes spread out in four meets between Santa Barbara, Calif., and Monmouth, Ore., the George Fox College track and field teams qualified two for national competition and seven for the district meet.

Senior Marlyss Stenberg went to Chico, Calif., to qualify for the NAIA national meet in Abbotsford, B.C., May 20-22. The Canyonville, Ore., product competed Friday and Saturday (March 19-20) at the Chico State Multi-Events and set a new George Fox heptathlon record with 4,473 points. It easily surpassed the national standard of 4,000 and gave her a victory over the district's defending champion, Jennifer Harman of Southern Oregon State College. Without a win in any of the individual events, Stenberg used consistent solid performances to finish second out of the 11 competitors, nine points from Chico State's Erin McLaughlin, the winner. Stenberg's lowest finish in the seven events was a fourth place showing in the shot put.

Teammate Cheryl Shepherd, Langlois, Ore., finished seventh with 3,394 points.

Sophomore Aaron Young, Newberg, turned in stellar performances at the University of Oregon Preview on Saturday. The 1991 4A high jump and triple jump state champion bested UO competitors while winning both events. He cleared 6-8 in the high jump and hopped to a district qualifying 46-2.75 in the triple jump. Young had previously qualified for the district meet in the high jump.

In Santa Barbara at Westmont College's Easter Relays on Saturday, GFC got its best results from the 3,000 meter race. Junior Michelle Brown, Sherwood, Ore., finished third overall and qualified for the national race with a 10:15.20 time. The standard is 10:20.24.

In the same race, three Lady Bruin underclassmen beat the district measure of 11:09.7. Freshman Sandy Taylor, Eagle, Idaho, finished sixth at 10:53.53, Sophomore Stephanie Rosen, Newberg, followed her at seventh with 10:56.25, and freshman Dawn Hartwig, Trenton, Mich.,

-more-



## George Fox College

### Stenberg Sets New GFC Heptathlon Record

March 22, 1993

Page 2

finished eight at 11:00.00. George Fox has qualified seven athletes for the district 3,000 meter race.

The GFC women won the 4 x 800 relay. The team of freshman Sheryl Van Tassel, Hong Kong; freshman Jenny Campbell, Seattle; junior Hannah Smith, Lakeside, Ore.; and senior Debbie Kintrea, Portland, finished in 9:35.87.

Junior Juli Cyrus, Newberg, produced a season's best in the 1,500 at 4:47.7, seven seconds off the national standard. She finished third and Campbell took fifth at 4:54.8. Both have qualified for the district meet previously.

With a time of 52.12, the women took third in the 4 x 100 relay. Running were senior Amy Dahl of Newberg, Smith, Van Tassel and Kintrea.

George Fox sent six women to Friday's Western Oregon Open in Monmouth.

Junior Kristy Fleming produced the Lady Bruins' highest finish – third with a throw of 126-8 in the javelin. It's good enough to send her to the district meet.

Senior Angela Murrell, Salem, finished third in the 3,000 meter run with a 11:16.18 effort.

On the men's side at Western Oregon, sophomore Rob Rising, Goldendale, Wash., won the long jump with a 21-9.5 leap. Sophomore Torrey Lindbo, Colfax, Wash., took first in the second heat of the 800 meters at 1:55.63. Both previously had qualified for the district meet.

At the Easter Relays, the Bruins got a first place finish from junior Jonathan Huwe, Bigfork, Mont. Huwe won the discus with a throw of 153-6.

Junior Jason Strait, Newberg, beat the district standard and his season's best in the pole vault at 14-0. He finished sixth.

Another district qualifier, freshman John Smith, Lakeside, Ore., snared a sixth place finish in the long jump with a 21-7.25 effort.

Junior Jason Bingham, Medford, Ore., finished third in the javelin with a throw of 170-1.



March 15, 1993

## Linfield Icebreaker Produces One National And 10 District Qualifiers For GFC Track

The NAIA national track and field meet will be a family affair for George Fox College's Thomas family.

At the Saturday (March 13) Linfield Icebreaker, GFC racewalker David Thomas joined his sister, Kristin, in qualifying for the May 20-22 national competition in Abbotsford, B.C.

David, a senior from Newberg, walked the 5,000 meter race in 22:30.1, placing third in the meet. He's already an All-American, earning the honor for a fourth place finish at the 1992 national championships. GFC grad Vance Godfrey won the Linfield meet with a meet-record 20:58 effort.

Kristin, a sophomore, passed the national standard of 17:45 on March 9 in her first collegiate competition. Saturday in McMinnville, she won the women's 3,000 meter racewalk at 17:25.2.

Six George Fox women and four men qualified for the district track meet, which will be held May 7 and 8 at Linfield.

The Lady Bruins took the top three places in the 3,000 meter race, all three district qualifying times. Junior Michelle Brown topped all competitors by more than 27 seconds. Brown, from Sherwood, Ore., came in at 10:24.7. Senior Angela Murrell, Salem, Ore., placed second at 10:51.9. Freshman Jenny Campbell, Seattle, finished third at 10:54.4.

Seniors Marlyss Stenberg and Debbie Kintrea and junior Juli Cyrus also qualified in their events. Stenberg, from Canyonville, Ore., won the second heat of the 100 meter high hurdles with a time of 16.3. Kintrea, from Portland, Ore., finished fourth in the 800 meters at 2:22.4. A 1,500 meter time of 4:50.6 was fast enough to qualify Newberg's Cyrus. Hers was the fastest NAIA time.

The 4 x 400 meter relay team of Kintrea, Stenberg, Portland senior Marne VanSise, and junior Hannah Smith, Lakeside, Ore., won their race at 4:08.6.

"The women finished the meet on a high note," said George Fox coach Wes Cook.

-more-



George Fox College

Linfield Icebreaker

March 15, 1993

Page 2

Already a national qualifier in the 5,000 meters, Jonathan Morse broke the district standards in two other events: the 800 and 1,500. Morse, a senior from Salem, Ore., won the 800 meter second heat at 1:57.0. He was the first collegiate runner across the finish line in the 1,500 meters, placing third overall at 3:58.1.

Three other Bruins qualified for the district meet. Sophomore Torrey Lindbo, Colfax, Wash., finished just behind Morse in the 800 meters, qualifying at 1:57.5. Tim Robinson and Rob Rising finished second and third respectively in the second heat of the 200 meters. Robinson, a sophomore from Anchorage, Alaska, sprinted across the line at 22.6. Rising, a sophomore from Goldendale, Wash., finished at 22.9.

"We're doing some impressive things considering the work we've done," Cook said. "I hope spring break will get us to a point where we're healthy."

The GFC teams will separate during spring break. Part of the team will travel to California for two meets – the Easter Relays in Santa Barbara on Saturday (March 20) and the Stanford Invitational on March 26-27. The rest of the team will compete at the Western Oregon Open on Friday (March 19), the University of Oregon Preview on March 20, and the Spring Break Open March 27 in West Seattle.



March 8, 1993

**First-Ever Competition Qualifies Thomas For National Racewalk**

George Fox College racewalker Kristin Thomas competed in her first-ever race and qualified twice for the NAIA national championships. Thomas surpassed the national 1,500 and 3,000 meter standards at Sunday's (March 7) Oregon State 20K Championships at Willamette University.

A day earlier at the Lewis & Clark Open in Portland, 12 GFC athletes qualified for the NAIA District 2 meet and another qualified for the 5,000 meter national race.

Thomas, a sophomore from Newberg, finished the 3,000 meters in 17:22.4, beating the national qualifying time of 17:45. Along the way, she bettered the 1,500 meter qualifying time by six seconds. Both times are school records.

"This wasn't something I was expecting," said Thomas. "Nationals was my pie-in-the-sky goal. When I finished and (GFC coach) Wes (Cook) told me my time, I thought I must have skipped a lap."

Jonathan Morse, a junior from Salem, completed the 5,000 meters in 14:51.6, nipping the national standard of 14:52.24.

Three GFC women and five Bruin men qualified for the District 2 championships.

Cheryl Shepherd qualified for the district meet in two events. Shepherd, a senior from Langlois, Ore., placed second among college athletes with a 130-7 throw in the javelin. She also qualified in the shot put with a throw of 35-9. Leah Johanson, a freshman from Kirkland, Wash., threw 37-3 in the shot put to qualify for the district meet.

Jenny Campbell, a freshman distance runner from Seattle, Wash., finished fifth among collegiate runners and qualified in the 1,500 meters with a time of 4:54.77.

Including Morse, the Bruins qualified for the district meet in seven events. Rob Rising, a sophomore from Goldendale, Wash., qualified in both the 200 meters and the long jump. He sprinted the 200 in 23.14 and leaped 22-3 1/2. Freshman John Smith qualified for district competition in the triple jump and the pole vault, winning the triple jump. Smith, from Lakeside, Ore., triple jumped 45-11 1/4 and vaulted 13-6 in his first meet appearance in that event. Junior



George Fox College

Thomas Qualifies for National Racewalk

March 8, 1993

Page 2

Jonathan Huwe, Bigfork, Mont., won the discus and qualified with a toss of 155-6. He came close to the national standard of 158. Aaron Young, a sophomore from Newberg, qualified for the district meet in the high jump at 6-2.

George Fox track athletes also placed in six other events at the Lewis & Clark Open. The men's 1600 meter relay team of junior Jason Lewis, Portland; sophomore Tim Robinson, Anchorage, Alaska; sophomore Torrey Lindbo, Colfax, Wash.,; and Rising won their race at 3:21.8. Because each team in the district automatically enters one relay team at the district meet, there is no qualifying time in the event.

Terri Gortler, Florence, Ore., a junior transfer from Lane Community College, placed second in the 100 meters at 13:35 and third in the 200 meters at 27:39. Freshman Sandy Taylor, Eagle, Idaho, placed third in the 3,000 meters with a personal best of 11:13.10. Freshman Dawn Hartwig, from Trenton, Mich., placed fourth in the same event at 11:20.66. Sophomore Stephanie Rosen, Newberg, came in right behind Hartwig, placing fifth at 11:21.2. Wendy Abel, a sophomore from Coos Bay, Ore., placed fifth in the triple jump with a 31-9 effort.

George Fox travels to McMinnville this Saturday (March 13) for the Linfield Ice Breaker.



*Sp. File*

# **SPORTS NEWS**

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830

*George Fox  
College*

March 1, 1993

## **GFC Grad Walks Into Sixth At USA Indoor Track And Field Championships.**

George Fox College graduate Vance Godfrey's walking has taken him to New York City.

At the USA Indoor Track and Field Championships Friday (Feb. 26) in Madison Square Garden, he placed sixth out of 15 in the 5,000 meter racewalk. Godfrey finished the race in 21:18.

"I'm happy with it. I finished a race at that level," said the 1992 graduate.

Godfrey competed in the Olympic Trials last summer, but was disqualified because of a technique infraction.

"It's been a real struggle to refine my technique," he said. "When you get going really fast, it's a fine line. You have to cut it close."

Godfrey qualified for the competition by finishing 5:39 in the 1,500 meter racewalk at the Portland Indoor on Feb. 19. National qualifying standard was 5:45.

Godfrey sets his goals race-by-race, but he dreams of competing in the Olympics.

"I need to face each meet as a chance to improve," he said. "I can't look too far ahead. 1996 (the next Olympic year) is a long time away."

Godfrey's immediate goals are to compete in the World Cup Trials and qualify for the outdoor nationals. The 20 kilometer World Cup trials are in Washington, D.C., at the end of March. The World Cup championships will be held at Monterey, Mexico, in April. The outdoor national meet is in Eugene in June. The meet is the equivalent of the Olympic Trials in an Olympic year.

Godfrey is competing for Athletes in Action, a division of Campus Crusade for Christ. His teammate from Athletes in Action won both the indoor national meet and the Olympic Trials.

Godfrey began his racewalking career in 1981 when he was in the sixth grade. His interest in racewalking began through the AAU Junior Olympics.

"It was something I was good at," he said. I didn't train for it, but did it at races and just did well."

In the spring semester of 1988, Godfrey walked onto the George Fox track team without a scholarship and began to train. After four consecutive NAIA District 2 championships, he placed



George Fox College

Godfrey Sixth at USA Indoor Track & Field Championships

March 1, 1993

Page 2

fifth at the NAIA national race his senior year and finished an All-American. He placed eighth, ninth, and seventh in the nation the three previous years.

Godfrey lives in Independence, Ore., and works part time for U.S. Bank in McMinnville. He trains twice a week with the GFC track team.

# SPORTS NEWS

GEORGE FOX COLLEGE  
SPORTS INFORMATION OFFICE  
NEWBERG, OREGON 97132-2697  
503/538-8383, EXT. 292  
FAX 503/537-3830



February 15, 1993

## GFC TRACK ATHLETES SPLIT UP FOR IDAHO AND PORTLAND MEETS

The George Fox College track and field team had standouts in two meets last weekend (Feb. 13).

At the Ramada Inn-Lewiston All-Comers at the Kibbie Dome in Moscow, Idaho, Rob Rising *sophomore* finished fourth overall in the men's open long jump. Rising, a freshman from Glendale, Wash., jumped 22-6 1/4 to place among the six finalists in the indoor invitational.

"It was a great trip and we had a good time," said coach Wes Cook. "The kids competed well."

Three George Fox athletes won their events at the first of two meets in the Lewis & Clark College Track and Field Winter Series. Angela Murrell qualifying for the district meet.

Murrell, a senior from Salem, captured the women's 3,000 meter race at the outdoor meet with a time of ~~11:00.7~~ *11:00.77*

Jonathan Huwe, a Bigfork, Mont. junior won the discus with a throw of ~~145~~<sup>5</sup>-9, and Hannah Smith, Lakeside, Ore., won the 1,000 meter race at 3:09.10.

Two GFC women snagged school indoor records at the Idaho meet. Freshman Leah Johanson, a freshman from Kirkland, Wash., threw the shot put 39 feet and 3/4 inch, and senior Amy Dahl, Newberg, grabbed the 400 meter indoor record at 1:03.5.



100

February 1, 1993

**FOUR GFC TRACK ATHLETES QUALIFY FOR DISTRICT MEET IN EARLY-  
SEASON MEET**

The NAIA District 2 championship track meet is three and a half months away, but 12 George Fox College athletes already have qualified.

Juli Cyrus, Leah Johanson, Cheryl Shepherd and Rob Rising qualified for the May 7 and 8 district championship while competing at last Friday's (Jan. 29) Eugene Indoor meet.

Cyrus, a junior from Newberg, won the women's 1,500 meter race at 4-minutes, 52.1 seconds, missing a GFC indoor record by a second. Shepherd, a junior from Langlois, Ore., qualified in the shot put with a ninth place finish at 35-10. Shepherd was edged out of the finals by Johanson, a freshman from Kirkland, Wash. Johanson threw the shot 36-8 and finished eighth.

Freshman Rob Rising, Goldendale, Wash., qualified in the long jump. Rising finished third with a 22-8 effort. Rising also placed third in his heat in both the 50 and 300 meters with times of 6.2 and 37.5.

In the 600 meter race, junior Jason Lewis, Portland broke his own school record with a time of 1:25.6. The 600 is not run at the district meet.

"The people that were there did very well," Cyrus said, "especially since we aren't training for indoor."

The four were early-qualifiers, but not the first to do so. Nine other GFC athletes qualified for the district meet at a November meet at Lewis & Clark College.

Qualifying in the 3,000 meters were senior Debbie Kintrea, Portland; junior Michelle Brown, Sherwood, Ore.; and freshman Jenny Campbell, Seattle.

Seniors Jonathan Morse, Salem,; Jon Wright, Caldwell, Idaho; Ed Sloan, Newberg; and Rolf Potts, Wichita, Kan.; qualified in the 5,000 meters. Freshman Josh Kneeshaw, Colfax, Wash., also met the district standard.

Freshman Geoff Olson, Yelm, Wash., met the national qualifying standard for the marathon while running the Seattle Half-Marathon at the end of November.





September 11, 1992

**GFC MEN'S TRACK ADDS FIVE TOP RECRUITS**

Three incoming all-state freshmen and two top-notch community college transfers have arrived at George Fox College to beef up the men's track team.

Head coach Wes Cook has three Bruins who will begin their GFC athletic careers with the cross country team.

1990 Stanwood High, Wash., graduate Jim Brewer transfers from Skagit Valley Community where there is no track program. Brewer finished sixth in the Northwest Athletic Association of Community Colleges (NWAACC) cross country meet. He has a personal best of 32:00 in the 10,000 meter race.

Jonathan Ulmer, Seattle, was third in the 1,600 and 3,200 at Washington's 3A meet, the largest classification for high schools. "He's probably our best young distance man," says Cook. Ulmer, a 1992 grad of Shorewood High, received the school's "Male Athlete of the Year" award.

Chuy Rome, Hermiston, Ore., is an all-state 800 meters runner. His bests include 1:57.52 in the 800 and 4:11 in the 1,500. "He has the talent to come in and do well," says Cook. "In a couple of years, he could be a national qualifier."

Cook says all-state triple jumper John Smith has the versatility to make him one of NAIA District 2's best decathletes. Smith, from North Bend High in Lakeside, Ore., is the brother of junior cross country and track Lady Bruin, Hannah Smith. "He's a great athlete," says Cook. "He'll be a good one for Aaron (Young, the Bruins sophomore jumper)." Smith has cleared 6-4 in the high jump and gone 22-1 in the long jump and 46-9.5 in the triple jump.

The Bruins get a state champion in Duane Londagin, from Pacific High in Bandon. Londagin was the 1989 class A high jump champ after being the runner-up the year prior. Last season, he won the NWAACC with a career best of 6-8. Cook says he has excellent potential for the decathlon. Londagin has long jumped 20-9 and pole vaulted 12-6.





Sp File

# SPORTS NEWS

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



August 27, 1992

## GFC WOMEN'S TRACK ANNOUNCES 14 RECRUITS

A glance at the George Fox College women's track recruits reads like a "Who's Who" listing of Oregon and Washington all-state athletes.

Nine female all-state athletes have made commitments to compete for the defending NAIA District 2 champions.

"It's as good a recruiting year as we've had," says sixth-year coach Wes Cook.

GFC has 14 incoming elite-level athletes to replace two district scorers and a national champion.

After four years, three 10,000 meter NAIA titles and 13 All-American honors, Jill Jamison Beals no longer leads the Lady Bruins.

Although "nobody can replace Jill," Cook has another gem from the Emerald City of Seattle - Jenny Campbell, a 1992 graduate of Highline High School. She enters with "the best high school distance credentials ever recruited to GFC," says Cook.

Although just 5-1, Campbell was the 2A state runner-up in the 1,600 meters and third in the 3,200 this year. "She runs with an incredibly big heart," said Cook.

A fourth place finisher at the state cross country meet with a time of 17:43 over three miles, Campbell was heavily recruited by NAIA and NCAA schools. "She has a lot of potential," says Cook. "She's never been in a program with women (of her talent). A 3.6 honor student and an assistant for the Special Olympics soccer program, Campbell received the Seattle Times Athlete of the Week award three times. Her best times of 60 in the 400, 2:21 in the 800, and 4:47 in the 1,500 would rank her in the top ten for all-time GFC women. She is a liberal arts major.

Long distance events have stood out as the Lady Bruin track teams forte since Cook arrived. This year he expects his high jumpers to raise some eyebrows and break some records. "It's high jump city," he proclaims.





THE  
LATEST  
SPORTS  
NEWS

SPORTS NEWS

THE  
LATEST  
SPORTS  
NEWS

THE  
LATEST  
SPORTS  
NEWS

THE  
LATEST  
SPORTS  
NEWS

THE  
LATEST  
SPORTS  
NEWS

THE  
LATEST  
SPORTS  
NEWS

THE  
LATEST  
SPORTS  
NEWS

George Fox College

Women's Track Recruits

August 27, 1992

Page 2

Cook can point to six of his jumpers capable of producing a new GFC record. That includes Tina Golden, a Portland sophomore who as a freshman two years ago set the standard at 5-5.

Four of the high jumpers are newcomers.

The Oregon 3A 1991 and 1992 state champion from Sherwood High School, Heidi Wilkerson already has jumped high enough to score at the NAIA national meet. A foreign language major, she owns the best jump of the bunch - 5-7.

Sara Luckensmeyer stands 6-1 and she's jumped 5-6. If she can improve any at all, Cook says she'll be a national scorer. Senior year injuries kept her from all-state status last year. A 1992 graduate from Cashmere, Wash., Luckensmeyer will be a pre-med major.

From Clatskanie, Ore., comes Gennie Sluder, who does the sprints as well as the jumps. Clatskanie High School's 1991-92 student body president has personal records of 5-4 in the high jump and 15-10 in the long jump. She has run the 100 in 13.3, the 200 in 27.05, and has run a quick 59.0 in the 400. She will be a business management major.

One of two 1990 Newberg graduates who transferred to GFC from Clackamas CC, Kathy Muck is the sixth potential record-breaker. A versatile athlete who could do the heptathlon, Muck was a Northwest Athletic Association of Community Colleges (NWAACC) all-star high jumper with a personal record of 5-3. She will be a liberal arts major.

The other Newberg HS alum, Stephanie Rosen, will run the long distances. Rosen was seventh in the NWAACC and one of the top three runners on the 1990 and 1991 NWAACC champion cross country teams. Mononucleosis sidelined the liberal arts major from the 1992 track season.

Another athlete entering with physical problems is Katie Meyer of Camarillo High and Moorpark Community in Camarillo, Calif. Meyers best times include 66 in the 400, 5:30 in the 1600, and 11:32 in the 3,200. She has been a California Interscholastic Federation (CIF) Southern Sectional finalist twice in cross country. "She's had a lot of trouble with her legs," says Cook. "We're going to have to nurse her back to health." A 1991 graduate with a 3.97 gpa, Meyers will major in chemistry and mathematics.

-more-





George Fox College

Women's Track Recruits

August 27, 1992

Page 3

Cross country/track runner Dawn Hartwig brings all-state credentials from Michigan. A 1992 grad of Trenton High in Detroit, Mich., Hartwig finished fourth in her state cross country meet. In track, the biology major has bests of 2:29 in the 800, 5:26 in the 1,600 and 11:55 in the 3,200.

With the exception of a 100 meter hurdles victory and top three finishes in the 400 meter run and hurdles, the Lady Bruins made little noise in the district short sprints last season.

1992 Yamhill-Carlton grad Billie Bentley brings hope. Although she missed the 1992 season with an ankle injury, Bentley was a 3A all-state sprinter in 1991. She earned fifth place finishes in the 200 meters and long jump. She has run the 100 meters in 13.0, the 200 in 26.3, and the 400 in 60.1. Bentley plans to be a biology major.

A couple of Lady Bruin basketball players will come off the court and onto the track in March.

An all-state hurdler at Newport High in Bellevue, Wash., Liz Stephens is a potential heptathlete. "She's a diamond in the rough in the multi-events," says Cook. A three-time state competitor, Stephens took sixth in the 300 low hurdles as a junior. She is a business major.

Kristy Fleming from Aberdeen, Wash., through Lower Columbia Community, will attempt to return to throwing the javelin. Cook says it has been three years since the Lady Bruin's future basketball center threw competitively, but if she matches her 124-4 personal best from high school, she'll score at district. Fleming is a physical therapy major.

Another javelin thrower, Cindi Vetter strengthens GFC in a district where the javelin throwers took first, third, and eighth in nationals. A freshman from Woodburn High, Vetter has one of the state's best marks with a throw of 128-4. A behavioral science major, she has also putted the shot 36-5.

An all-state shot putter at Bellevue Christian High in Washington, Leah Johanson is one of the Northwest's best "multiple throwers" according to Cook. Her bests include 40-0 in the shot, 123-0 in the discus, and 135-4 in the javelin. Johanson will be a science major.



the business system. The business system is a set of interrelated components that are organized to achieve a common purpose. The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

The business system is a complex system that is constantly evolving and changing. The business system is a dynamic system that is constantly evolving and changing. The business system is a complex system that is constantly evolving and changing.

George Fox College

Women's Track Recruits

August 27, 1992

Page 4

Renee' Ross rounds out the 14 elite recruits. A 1992 graduate of Salinas High in California, Ross finished sixth in the CIF Central Section 800 meter race. A liberal arts major, Ross has personal records of 60.6 in the 400, 47.0 in the low hurdles and 2.20.49 in the 800. "She's run well enough to score at district," says Cook.







Sp. File  
*George Fox College*

## GEORGE FOX COLLEGE 1993 Track And Field

INSTITUTION: George Fox College LOCATION: Newberg, OR 97132 ESTABLISHED: 1891  
ENROLLMENT: 1,425 PHONE: (503) 538-8383 FAX: (503) 537-3830 PRESIDENT: Dr. Edward F. Stevens  
ATHLETIC DIRECTOR: Craig Taylor ext. 250 ATHLETIC AFFILIATION: NAIA, District 2  
SCHOOL COLORS: Old Gold and Navy Blue NICKNAME: Bruins, Lady Bruins  
1992 SEASON FINISH: Women: District – first, Nation – 10th Men: District – fourth, Nation – 26th  
HEAD COACH: Wes Cook (sixth-year) OFFICE: (503) 538-8383 ext. 252 HOME: 538-8078  
ALMA MATER: University of Northern Colorado '61  
ASSISTANT COACHES: Byron Shenk, Scott Brown, Jon Luccio TRAINER: Steve Curtis  
SPORTS INFORMATION DIRECTOR: Rob Felton OFFICE: 538-8383 ext. 292 HOME: 538-3055  
DIRECTOR OF SPORTS RELATIONS: Barry Hubbell OFFICE 538-8383 ext. 224  
FACULTY ATHLETIC REPRESENTATIVE: John Johnson

\*\*\*\*\*

### RETURNING 1992 NATIONAL SCORERS:

<u>Name</u>	<u>Yr. Event(s)</u>	<u>Hometown</u>	<u>Notes</u>
David Thomas	SR Racewalk	Newberg, Ore.	All-American, fourth, Academic All-American
Erik Gibson	SO Steeplechase	Seattle, Wash.	Eighth place finisher
Debbie Kintrea	SR 800 meters	Portland, Ore.	Seventh place finisher
Marlyss Stenberg	SR Heptathlon	Canyonville, Ore.	Eighth place finisher

### OUTSTANDING NEWCOMERS:

<u>Name</u>	<u>Yr. Event(s)</u>	<u>Hometown</u>	<u>Previous School</u>
John Smith	FR Decathlon	Lakeside, Ore.	North Bend HS
Jonathan Ulmer	FR Mid-distance	Seattle, Wash.	Shorewood HS
Terri Gorter	JR Sprints	Florence, Ore.	Lane CC
Liz Stephens	FR Heptathlon	Bellevue, Wash.	Newport HS
Leah Johanson	FR Throws	Kirkland, Wash.	Bellevue Christian HS
Jenny Campbell	FR Mid-distance	Seattle, Wash.	Highline HS

### LOST ALL-AMERICANS:

<u>Name</u>	<u>Event(s)</u>	<u>Reason Lost</u>	<u>Notes</u>
Jill Jamison Beals	10K, 5K	Graduation	10K champion, 13 career All-American titles
Brian Hartenstein	400 Hurdles	Graduation	Sixth place finisher, three-time district champion





## 1993 George Fox College Track And Field Alphabetical Roster

<u>Name</u>	<u>YR</u>	<u>Hometown</u>	<u>HS</u>	<u>Previous College</u>
Wendy Abel	2	Coos Bay, Ore.	Marshfield	
Kevin Alteneder	2	Newberg, Ore.	Newberg	
Ryan Armstrong	1	Lakeside, Ore.	North Bend	
Billie Bentley	1	Yamhill, Ore.	Yamhill/Carlton	
Emily Bergman	1	Kent, Wash.	Kentridge	
Jason Bingham	3	Medford, Ore.	South Medford	
Jim Brewer	1T	Stanwood, Wash.	Stanwood	Skagit Valley CC
Karen Brewster	1	Camas, Wash.	Portland Christian	
Michelle Brown	3	Sherwood, Ore.	Beaverton	
Heather Burns	4	Gresham, Ore.	Ivory Coast Academy	
Jennifer Campbell	1	Seattle, Wash.	Highline	
Wendy Chance	1	Corvallis, Ore.	Alsea	Western Oregon State
Eva Crawford	2	Redmond, Ore.	Redmond	
Juli Cyrus	3	Newberg, Ore.	Stuttgart American, Germany	Western State, Colo.
Amy Dahl	4T	Newport, Wash.	Newport	Spokane CC
Tammy Daniels	4	Stanwood, Wash.	Stanwood	
Charles DeBell	2	Seattle, Wash.	Roosevelt	
Casey Demmert	1	Sitka, Alaska	Sitka	
David Dewar	1	Canby, Ore.	Canby	
Della Doyle	2	Warrenton, Ore.	Seaside	
Liz Evon	1	Bethel, Alaska	Bethel Regional	
Kristy Fleming	2T	Aberdeen, Wash.	Aberdeen	Lower Columbia CC
Mindy Fox	2	Caldwell, Idaho	Caldwell	
Erik Gibson	2	Seattle, Wash.	Cleveland	
Andrew Glover	1	Snohomish, Wash.	Watson Groen Christian	
Tina Golden	2	Portland, Ore.	Madison	
Terri Gortler	3T	Florence, Ore.	Siuslaw	Lane CC
Dawn Hartwig	1	Trenton, Mich.	Trenton	
Tom Heuberger	1	Hood River, Ore.	Hood River Valley	
Ruth Hinds	1	Tillamook, Ore.	Tillamook	
Liz Hunt	1	Salem, Ore.	Salem Academy	
Jonathan Huwe	3	Bigfork, Mont.	Bigfork	
Alin Ifrim	1	Newberg, Ore.	Newberg	
Leah Johanson	1	Kirkland, Wash.	Bellevue Christian	
Dina Kauffman	2	Lake Oswego, Ore.	Lakeridge	
Debbie Kintrea	4	Portland, Ore.	Madison	
Matt Kirkpatrick	4	Beaverton, Ore.	Sunset	
Josh Kneeshaw	2	Colfax, Wash.	Colfax	
Jason Lewis	3	Portland, Ore.	Portland Christian	
Rachel Lewis	1	Portland, Ore.	Portland Christian	
Steven Lierman	1	Gladstone, Ore.	North Clackamas Christian	
Torrey Lindbo	2	Colfax, Wash.	Colfax	
Duane Lodagin	3T	Bandon, Ore.	Pacific	Southwestern Ore. CC
Sara Luckensmeyer	1	Cashmere, Wash.	Cashmere	
Jason McKee	1	Corvallis, Ore.	Crescent Valley	
Katie Meyer	1T	Camarillo, Calif.	Adolfo Camarillo	Moorpark CC
Sam Morrow	2	Canyon Lake, Calif.	Elsinore	
Jonathan Morse	3	Salem, Ore.	Coquille	
Sarah Morse	1	Portland, Ore.	Lincoln	
Kathie Muck	3T	Newberg, Ore.	Newberg	Clackamas CC
Angela Murrell	4	Salem, Ore.	Silverton	

(over)



1993 GFC Track and Field Roster

Page 2

<u>Name</u>	<u>YR</u>	<u>Hometown</u>	<u>HS</u>	<u>Previous College</u>
Tim Nichols	1	Aloha, Ore.	Aloha	
Amy Ogdon	1	Mt. Vernon, Wash.	Mt. Vernon	
Geoff Olson	1	Yelm, Wash.	Yelm	
Rolf Potts	4	Wichita, Kan.	Wichita North	
Rob Rising	2	Goldendale, Wash.	Goldendale	
Tim Robinson	2	Anchorage, Alaska	Bartlett	
Chuy Rome	1	Hermiston, Ore.	Hermiston	
Stephanie Rosen	2T	Newberg, Ore.	Newberg	Clackamas CC
Renee Ross	1	Salinas, Calif.	Salinas	
Brent Samodurov	1	Seattle, Wash.	Shorecrest	
Cheryl Shepherd	4	Langlois, Ore.	Pacific	Chemeketa CC
Dennis Sinclair	3	Eugene, Ore.	Sunset	
Ed Sloan	3T	Newberg, Ore.	Boise	Whitworth
Gennie Sluder	1	Clatskanie, Ore.	Clatskanie	
Elaine Smith	2	Myrtle Point, Ore.	Myrtle Point	
Hannah Smith	3	Lakeside, Ore.	North Bend	
John Smith	1	Lakeside, Ore.	North Bend	
Tina Stauffer	2	Salem, Ore.	Western Mennonite	
Marlyss Stenberg	4	Canyonville, Ore.	Canyonville Bible Academy	
Liz Stephens	1	Bellevue, Wash.	Newport	
Jason Strait	3	Newberg, Ore.	Newberg	
Tim Tank	1	Portland, Ore.	Sunset	
Sandy Taylor	1	Eagle, Idaho	Greenleaf Friends Academy	
David Thomas	4	Newberg, Ore.	American Cooperative School, Bolivia	
Kristin Thomas	2	Newberg, Ore.	Newberg	
Jonathan Ulmer	1	Seattle, Wash.	Shorewood	
Val VanLandingham	1	Dayton, Ore.	Salem Academy	
Marne VanSise	4	Portland, Ore.	Madison	
Sheryl Van Tassel	1	Hong Kong	King George V	
Jon Wright	4	Caldwell, Ore.	Caldwell	
Aaron Young	2	Newberg, Ore.	Newberg	

## GEORGE FOX COLLEGE 1993 Track and Field Schedule

<u>Day</u>	<u>Date</u>	<u>Meet</u>	<u>Time</u>
<b>February</b>			
Sat.	13	at Lewis & Clark Open	12:00
Sat.	27	at Lewis & Clark Open	12:00
<b>March</b>			
Sat.	6	at Lewis & Clark Invitational	TBA
Sat.	13	at Linfield Icebreaker	9:00
Fri.	19	at Western Oregon Open	1:00
Sat.	20	at University of Oregon Preview at Easter Relays (Santa Barbara, Calif.)	TBA 12:00
Fri.-Sat.	26-27	at Stanford Invitational at Linfield Multi-Events	9:00 TBA
Sat.	27	at Spring Break Open (West Seattle)	TBA
<b>April</b>			
Sat.	3	at WOSC Triangular	12:00
Fri.-Sat.	9-10	at Boise State Invitational	TBA
Sat.	10	at Western Washington Invitational at Willamette Open	9:00 TBA
Thu.-Sat.	15-17	at Mt. Sac Invitational (Walnut, Calif.)	9:00
Sat.	17	at University of Puget Sound Shotwell Invitational	10:30
Mon.-Tue.	19-20	NAIA District 2 Multi-Events (Linfield)	TBA
Sat.	24	at Southern Oregon Invitational	1:00
<b>May</b>			
Sat.	1	at Western Oregon Invitational at Clackamas CC Invitational	TBA TBA
Fri.-Sat.	7-8	NAIA District 2 Championships	TBA
Sat.	15	Pacific Northwest Track & Field Championships (Seattle)	TBA
Thu.-Sat.	20-22	NAIA Nationals (Abbotsford, B.C.)	TBA



# STUDY OF THE EFFECTS OF STRESS ON THE HEALTH OF THE POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

THE  
EFFECTS OF  
STRESS ON  
THE  
HEALTH OF  
THE  
POPULATION

## 1993 GFC Women's Track And Field Outlook

After a record-breaking 1992 season, what will the George Fox College women's track and field team do for an encore?

"Anything's possible," says sixth-year coach **Wes Cook**, the 1992 district Coach of the Year. "We're better than we were a year ago. Whether that's good enough, I don't know."

Last season at the NAIA District 2 championships, the Lady Bruins pocketed wins in every event from 800 to 5,000 meters and romped to their first-ever title with a district-record 179 points. Then they followed 13-time All-American distance specialist **Jill Jamison Beals** to a national top-10 finish in Abbotsford, Canada.

Can GFC come up with a repeat performance – without the graduated Beals and three others out of GFC's top seven district scorers?

The cross country team survived a season without Beals: ranking No. 1 all season and finishing as national runner-up.

Cook has a cross country and indoor track All-American on his roster. Junior **Juli Cyrus**, Newberg, ran right with Beals last season, winning the district 1,500 meters and finishing as runner-up in the 3,000 and 5,000 meters. She entered fourth-ranked in the national 5,000 meter race, but was forced to pull out after a fall in a lead pack collision. She began this year well, just missing a school record while winning the Jan. 29 Eugene Indoor 1,500 meter race.

The other Lady Bruins around Cyrus will have to step up in a sport geared to their team's traditional weakness.

"Track is a speed-based sport," says Cook. "Our women have survived because of their dominance in the distance events." He isn't sure how long it will be so. "It will be hard for us to continue to dominate. Linfield demonstrated (with a second place showing at the district cross country meet) they can break us up."

Another cross country All-American, senior **Debbie Kintrea**, Portland, is the defending 800 meter district champion. At the national meet, she reached the finals and finished seventh. After a



## George Fox College

### Women's Track and Field Outlook

March 8, 1993

Page 2

successful fall season, Cook says she may consider the 1,500 meters.

Senior heptathlete **Marlyss Stenberg**, Canyonville, Ore., is GFC's third returning district champion. She won the district 100 meter high hurdles. Stenberg did a little of everything for the Lady Bruins last season, finishing eighth in the national heptathlon. She is only a district second place finish from overtaking Beals as GFC's top district meet career scorer.

Three other Lady Bruins have national championship experience.

Senior **Cheryl Shepherd**, Langlois, Ore., competed at Abbotsford, taking eighth in the javelin. At district she took second in the javelin and sixth in the shot put.

After qualifying for her second national meet, junior **Michelle Brown**, Sherwood, Ore., missed the end of the 1992 season with an injury. Following an All-American cross country season, she will try to improve on her third place finish in the 1991 district 5,000 meter race and return to the national meet.

Senior **Angela Murrell**, Silverton, Ore., ran in the 5,000 meter national preliminaries after earning a fifth place finish in the district 3,000 and 5,000 meter races last spring.

Sophomore **Tina Golden**, Portland, sat out last season after setting the school high jump record at 5-foot-5 as a freshman. She finished third in district. A preseason injury has temporarily grounded her.

Among Cook's recruits are seven all-state athletes who will give debut performances this season.

Freshman **Leah Johanson**, Bellevue, Wash., held one of Washington's best marks in the javelin at 135-4 and won the 1A state title in shot put for Bellevue Christian High. Her shot put best is 40 feet, one-half inch. "She's one of the best multiple throwers in the Northwest," says Cook.

Freshman **Gennie Sluder**, Clatskanie, Ore., was all-state in 1991 as a high jumper and a 1992 state competitor in sprints and relays. Her high jump personal record is 5-4.

**Jenny Campbell**, a freshman from Highline High in Seattle, Wash., brings all-state credentials in the 1,600 and 3,200 races.



George Fox College

Women's Track and Field Outlook

March 8, 1993

Page 3

The top sprinter among Oregon 3A high schools during the 1985 and 1986 seasons is now a Lady Bruin. **Terri Gortler**, a transfer from Lane Community, set state records in the 100 and 200 meter races while at Siuslaw High.

In the sprints and long jump, freshman **Billie Bentley**, Yamhill, Ore., was all-state in 1991, but was injured in 1992.

The same occurred to freshman **Sara Luckensmeyer**, Cashmere, Wash., an all-state high jumper. If she can match her 5-6 high jump best, she'll be at the top of the district.

Three join from George Fox's women's basketball team. Freshman **Liz Stephens**, Newport, Wash., was all-state in 1991 in the 100 high hurdles and 300 low hurdles. "She is an excellent athlete with strong heptathlete potential," says Cook. Her personal record in the 400 is 59.6.

Junior **Kristy Fleming**, Aberdeen, Wash., transferred from Lower Columbia Community where there is no track program. In 1988, she was a state finalist in the javelin. Her best throw is 124-4.

An all-Northwest Athletic Association of Community Colleges high jumper, junior **Kathie Muck**, Newberg, has transferred from Clackamas Community. She has jumped 5-3.

From across the Pacific Ocean comes **Sheryl Van Tassel**, Hong Kong. Cook says she was one of the top-ranked 800 meter runners in her age group in the western Pacific area. Her top time is 2:17.82.

Cook feels Western Oregon poses the stiffest challenge to a GFC repeat. "They were third last year and have most of their talent back," he says. Southern Oregon also will be tough. "They're going to have to be dealt with." He says Linfield, with its strong long distance crew, will be improved.

The curtain has come up on the GFC season. March 6th, the GFC teams competed in the Lewis & Clark Invitational.





March 8, 1993

## 1993 GFC Men's Track And Field Outlook

George Fox College men's track team hobbles off the starting blocks into the 1993 season.

"It would be nice if we were healthy," understates sixth-year coach Wes Cook.

Although Cook estimates half his team are nursing injuries, GFC returns 13 athletes who scored 60 of the college's 89 points at the NAIA District 2 meet. Two of the Bruins' three national scorers are back. With the addition of 14 new recruits, the Bruins will attempt to improve upon their fourth place district finish. Among the newcomers are three all-state athletes and the top high jumper among Northwest community colleges.

Back in Cook's fold are seven Bruins with national championship experience. Senior racewalker **David Thomas**, Newberg, holds the highest credentials. He returned from the 1992 national NAIA meet in Abbotsford, Canada, with two All-American awards. One came from his fourth place finish in the 10,000 meter racewalk and the other from his 3.75 grade point average that produced an Academic All-American Scholar-Athlete honor. Illness has hampered him through the early season.

GFC's other 1992 All-American, **Brian Hartenstein**, ended his senior season having earned three consecutive District 2 championships and a sixth place national finish in the 400-meter hurdles.

Sophomore **Erik Gibson**, Seattle, Wash., scored with an eighth place finish, but missed All-American status in the 3,000 meter steeplechase. Senior **Ed Sloan**, Newberg, reached the national meet in the same race.

The Bruins forte is in the distance events. "Our strengths, as usual, are the 400 (meters) on up," says Cook. GFC has just two returning national competitors who didn't run or walk.



George Fox College

Men's Track and Field Outlook

March 8, 1993

Page 2

Junior **Jonathan Huwe**, Bigfork, Mont., was the district's top discus man in 1992 and finished ninth in the nation.

Former Newberg High standout and 4A state champion, sophomore **Aaron Young**, did not place at the national meet, but led the Bruins in scoring at the district meet. He took second in the high jump and triple jump and sixth in the long jump. This season, a hip injury is taking its toll. "Young's struggling," says Cook.

Senior **Jon Wright**, Caldwell, Idaho, and junior **Jonathan Morse**, Salem, return after All-American cross country seasons. Wright – whose 13th place finish in the cross country national meet was GFC's best ever male effort – begins the season slowed by injury. He made it to Abbotsford last season, competing in the 10,000 meter race.

After an appearance at the 1991 national meet, Morse began last track season with fireworks. He took over the school record in the 1,500 and produced GFC's second best-ever time for the 5,000 meters. Then a nagging hip injury forced him from district and national competition. Cook felt a healthy Morse would have moved the Bruins up at the district meet. "We were Morse away from third," he said.

Morse still runs with pain, but he's finished with the student teaching that kept him from practicing with the cross country team.

Three return off of the four-member 1,600 meter relay team that stunned the district with a split-second victory. Sophomore jumper **Rob Rising**, Goldendale, Wash.; sophomore **Torrey Lindbo**, Colfax, Wash.; junior **Jason Lewis**, Portland, and Hartenstein entered the 1992 district meet with the fifth-best time.

Senior **Rolf Potts**, Wichita, Kan., enters his third season with the Bruins. Potts has scored four times at the district meet, finishing sixth in the 800 and 1,500 meters twice.

Sophomore **Kevin Alteneder**, Newberg should be a factor in the hurdles. "He'll be one of the best in the district," says Cook.

George Fox College

Men's Track and Field Outlook

March 8, 1993

Page 3

The Bruins will be looking for district scoring from junior **Jason Strait**, Newberg, as well. Strait finished third in last year's district pole vault competition.

Help is on the way for Young and Rising in the jumping events. Out of Southwest Oregon Community College comes Bandon, Ore., junior **Duane Londagin**, the 1992 high jump champion of the Northwest Athletic Association of Community Colleges. His best jump is 6-8. "He's an excellent athlete with strong decathlon potential," says Cook.

Three freshmen bring all-state credentials. **John Smith**, Lakeside, Ore., will also be a decathlete. "He's an exceptionally gifted athlete," says Cook. Smith – the brother of Lady Bruin Hannah Smith – was all-state in the triple jump in 1991 for North Bend High. His best in the event was 46-9 and a half inch.

He is joined by **Chuy Rome**, Hermiston, Ore., an 800 meter runner, and **Jonathan Ulmer**, who runs the 1,600 and 3,200 meters. Ulmer, from Seattle, Wash., redshirted cross country because of an achilles injury.

Another freshman, **Geoff Olson**, Yelm, Wash., dramatically improved during cross country season. Olson attended the cross country national meet as an alternate and already has met the NAIA national qualifying standard for the marathon. Cook doesn't expect him to run the marathon this season because of his youth. Olson fits in with his teammates. Says Cook, "He's nursing an injury. It's something like tendinitis,"



