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GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, November 11, 2000 --- For Immediate Release

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FORBES TO RUN IN NATIONALS; FIVE BRUINS EARN ALL-REGION

CHINO, Calif. -- Colleen Forbes became the first George Fox University cross country runner to earn a spot in the NCAA National Championships, and four other Bruins joined her on the All-Region Teams with strong performances in the NCAA Division III West Regional races Saturday morning (Nov. 11) here at Prado Park.

In the team standings, the George Fox women placed 6th out of 14 teams, and the men were 9th out of 13.

Women's Results

Members of the winning team and the top six runners not on that team earn the right to compete in the Nationals. Forbes placed 8th in the women's 5,000 meter run with a time of 19:09.8, but Willamette University won the event with two of its runners in the top eight, giving her the final spot. A number of Bruins competed in national events while George Fox was still a member of the NAIA, but this is only the second year of NCAA eligibility for the school.

Joining Forbes on the All-Region Women's Team for the Bruins were Janelle Goeres, who placed 21st with a time of 19:28.1, and Marisa Merritt, who was 26th at 19:33.5. The top 35 earn All-Region honors.

Also running for the Bruins were Jamie McElwain, who just missed All-Region with a 37th-place finish at 19:58.2; Kirsten Norgaard, 39th at 20:03.0; Katherine Burley, 45th at 20:17.1; and Elizabeth Moyer, 65th at 21:26.8.

Lia Ossianer of Pacific Lutheran University was the women's winner at 18:20.3. Team-wise, Willamette had 71 points, followed by Claremont-Mudd-Scripps Colleges with 76, Whitman College 87, Whitworth 100, PLU 120, and George Fox was 6th with 122. Fourteen teams and 100 runners competed in the women's race.

Men's Results

For the Bruin men, Steve Willmer placed 15th at 26:59.8 in the 8,000 meter race and Will Vollstedt was 34th at 27:52.2, giving George Fox two more All-Region members. Michael Owen just missed All-Region with a 37th-place finish at 28:00.4.

Other Bruin runners included Will Howard, 54th at 29:01.4; Forrest Towne, 69th at 29:44.5; Jackson Esselman, 71st at 29:53.7; and Matt Burg, 80th at 30:23.7.

Eli Klovee-Smith of first-place Claremont-Mudd-Scripps won the men's event at 26:16.8. CMS edged the University of Puget Sound 53-58 to win the race, followed by Willamette with 75, Lewis & Clark College with 110, PLU 139, Whittier College 140, Pomona-Pitzer Colleges 174, Colorado College 184, and George Fox was 9th at 197. A total of 13 teams and 100 runners ran in the men's race.

Coach Cook's Comments

"I'd say that, overall, our women had their best race of the year, and the men did about as well as could be expected, given that so many of them just have not been healthy," George Fox coach Wes Cook praised his teams.

"We weren't sure about Colleen's place when the race ended. At first we thought she might have finished 9th, but then she was given a backup card that had 7th on it, and we knew that wasn't right. The officials finally went to the videotape to make certain, and it showed her 8th, so with two Willamette girls finishing ahead of her, we'll be taking Colleen to Spokane next week as our first NCAA cross country competitor. We're very proud of her.

"I think it's also interesting to note that, in the women's race, five of the top six teams were all members of the Northwest Conference, and in the men's race, five of the top nine. Our conference as a whole has much to be proud of -- and it also shows what tough competition we have in the Pacific Northwest!"

The NCAA Division III National Championships are set for Saturday, Nov. 18, at the Wandermere Golf Course in Spokane, Wash., with Whitworth as the host school.

Northwest Conference Weekly Release**Dec. 17, 2000****2000 Northwest Conference Fall Sports All-Americans****Football –**

Chad Johnson (PLU, Sr., QB, Puyallup, Wash.): AFCA First Team; D3Football.com First Team; Hewlett Packard 2nd Team.

Sky Blake (Whitworth, Sr., DE, Lynnwood, Wash.): AFCA First Team; D3Football.com First Team; Hewlett Packard 3rd Team.

Alex Rix (Linfield, Sr., DB, Newberg, Ore.): D3Football.com First Team; Hewlett Packard 3rd Team.

Volleyball –

Karen Elmgren (UPS, So., MB, Monroe, Wash.): AVCA First Team.

Lindsie Weber (UPS, Sr., S, Selah, Wash.): AVCA First Team.

Men's Soccer –

Chris McDonald (Linfield, Jr., F, Seaside, Ore.): NSCAA Second Team.

Ryan Wittstruck (UPS, Jr., GK, Spokane, Wash.): NSCAA Second Team.

Women's Soccer –

Laura Grinstead (UPS, Sr., D, Casper, Wyo.): NSCAA First Team.

Cross-Country –

Lia Ossiander (PLU, Jr., Chugiak, Alaska): 9th Place NCAA Championships.

Northwest Conference Weekly Release**Nov. 5, 2000**

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

Women's Soccer**Current Women's Soccer Standings:**

	NWC Pts.	GF	GA	All	GF	GA
Puget Sound	13-1 39	40	7	15-2-1	45	9
Willamette	12-2 36	43	5	19-2-1	47	6
George Fox	11-3 33	36	17	13-5	45	23
Linfield	5-7-2 17	17	20	6-9-3	23	24
Whitworth	4-9-1 13	16	23	6-10-2	26	27
Pac. Lutheran	4-10 12	17	26	5-13	22	31
Pacific	4-10 12	13	37	4-12-1	21	44
Whitman	1-12-1 4	5	52	1-14-1	6	67

This Week's Schedule:

Nov. 11 or 12 NCAA Quarterfinal: Willamette at Trinity (TX).

Last Week's Results:

Nov. 4: NCAA West Regionals at Salem, Ore: Chapman (CA) 2, Puget Sound 1 (ot); Willamette 2, Cal Lutheran 0.

Nov. 5: NCAA West Regional Finals at Salem: Willamette 1, Chapman 0.
Notes: The date for Willamette's game at Trinity has not been set, it will either be Saturday (11th) or Sunday (12th) . . . Willamette was ranked 8th in the latest NSCAA Coaches poll, while Trinity was ranked 2nd . . . Puget Sound finishes its outstanding season with a 15-2-1 record . . . The Loggers were ranked 3rd in the most recent poll . . .

For statistics and a full schedule, check out www.nwcsports.com on the internet.

Cross-Country

The Northwest Conference will compete at the NCAA West Regional Championships on Saturday morning . . . The meet will take place at Prado Park in Chino, California (not China, Calif. as written here last week). Pomona-Pitzer is the host school . . . The winning team and the top six individual finishers not on the winning team will qualify for the NCAA National Championships November 18th in Spokane, Washington . . . Whitworth College will host the NCAA Championships at Wandermere Golf Course . . . Willamette's women and Puget Sound's men are the defending NWC champions . . . UPS is also the defending men's West Region champion.

Football**Current Football Standings:**

	NWC	PF	PA	All	PF	PA
Linfield	4-0	165	76	8-0	305	152
Pac. Lutheran	3-1	172	84	7-1	357	155
Whitworth	2-2	74	66	5-3	177	150
Puget Sound	2-2	74	107	5-3	148	168
Lewis & Clark	1-3	94	195	3-5	162	282
Willamette	0-4	56	107	3-6	149	220

This Week's Schedule:

Nov. 11: Pacific Lutheran at Puget Sound, 1:00 p.m.;
Whitworth at Lewis & Clark, 1:00 p.m.;
Willamette at Linfield, 1:00 p.m.

Last Week's Results:

Nov. 4: Lewis & Clark 33, at Willamette 30;
Linfield 24, at Whitworth 21;
Pacific Lutheran 33, at Southern Oregon 0;
Puget Sound 7, at Eastern Oregon 3.

For statistics and a full schedule, check out nwcsports.com on the internet.

Offensive Player of the Week: Shipley Ennis (PLU, Sr., RB, Edmonds, WA) touched the ball five times and finished with 165 yards and three touchdowns. He had three rushes for 91 yards, including a 78-yard score, and caught two passes for 14 and 62 yard touchdowns in the 33-0 win at SOU.

Honorable Mention: John Noster (Linfield, WR) caught four passes for 117 yards and a pair of touchdowns (from 35 and 67 yards) in the win at Whitworth; Chad Mahoe (UPS, RB) ran for 139 yards on 21 carries in the win at EOU; Trent Thompson (L&C, QB) threw for 206 yards and three touchdowns and ran for 46 yards and a score in the win at Willamette; Ty McGregor (Whitworth, WR) caught 8 passes for 116 yards and a touchdown in the loss to Linfield.

Defensive Player of the Week: Will Lanthrop (UPS, Sr., LB, Joseph, OR) recorded 17 total tackles, including four for losses of 19 yards and two sacks for 12 yards. He killed EOU's last scoring threat with a sack late in the game.

Honorable Mention: Benji Sonnichsen (PLU, S) had six tackles, including two for losses of six yards, and three pass deflections; Hans Evenson (Linfield, LB) recorded 11 tackles, 8 primary; Casey Lawrence (Whitworth, LB) had a game-high 14 tackles and a fumble recovery; David Hurt (L&C, LB) had nine solo tackles, including three for losses of 11 yards and a sack.

Notes: PLU and Linfield moved up to 8th and 10th respectively in last week's (Oct. 30) AFCA Top-25 poll . . . PLU recorded its first shoutout since 1992 with the win at SOU . . . UPS clinched its first winning season since 1987 with its win at EOU . . . Lewis & Clark earned its first NWC road win since 1996 and first back-to-back road wins since 1995 . . . The Northwest Conference finished the 2000 season with a 20-6 record vs. non-conference opponents . . . This weekend is the only one this season in which all the NWC teams are playing conference games.

For statistics and a full schedule, check out nwcsports.com on the internet.

Northwest Conference Weekly Release**Oct. 29, 2000**

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

Cross-Country

NWC Championship Results: (Men's Scores) Puget Sound 29, Lewis & Clark 66, Willamette 69, Pacific Lutheran 95, George Fox 122, Whitworth 148, Whitman 210, Linfield 226, Pacific 243. (Women's Scores) Willamette 50, Whitman 63, Whitworth 72, Pacific Lutheran 76, George Fox 114, Puget Sound 171, Lewis & Clark 187, Linfield 203, Pacific 277.

Individual Men's Results: (Top 7 - All NWC; 8-14 - Honorable Mention) 1. Young, Aaron Fr - WU 25:30.30; 2. Berg, Sam Sr - UPS 25:59.85; 3. McLean, Dan Fr - UPS 26:05.30; 4. Grabner, Reagan So - UPS 26:06.12; 5. O'Brien, Nathan Fr - WU 26:09.61; 6. Reed, Ryan Jr - PLU 26:12.73; 7. Davis, Paul Sr - LIN 26:13.47; 8. Mulry, Brian Sr - UPS 26:16.93; 9. Mayer, Chris Sr - L&C 26:18.34; 10. Willmer, Steve So - GFU 26:23.17; 11. Ault, Andrew Sr - L&C 26:23.72; 12. Flowerree, JR So - UPS 26:25.93; 13. Wear, Neil Jr - L&C 26:29.92; 14. Davics, Alan Jr - PLU 26:32.49.

Individual Women's Results: 1. Osslander, Lia Jr - PLU 18:08.11; 2. George-Milles, Maree Sr - PLU 18:31.87; 3. Boyle, Dana Jr - UPS 18:52.20; 4. Wood, Jennie Sr - WMN 18:59.44; 5. Rodda, Liz Fr - WU 19:00.81; 6. Forbes, Colleen So - GFU 19:03.83; 7. Weiler, Holly Sr - WWC 19:04.21; 8. Lucas, Julia Sr - WWC 19:07.17; 9. Wright, Natalie So - WU 19:08.77; 10. Starkey, Lisa Sr - WU 19:10.69; 11. Strickler, Amber Jr - WU 19:12.42; 12. Koertje, Heather Sr - WMN 19:17.45; 13. Scott, Annie Sr - WWC 19:18.35; 14. Briggs, Liz Sr - WMN 19:19.23.

This Week's Meet: None.

Notes: Puget Sound wins its second consecutive men's championship... Willamette dethroned defending champion Whitman... In the most recent Cross-Country Coaches' poll, the Willamette women were ranked 20th... The Bearcat men were 18th. Puget Sound was 23rd and Lewis & Clark was 24th... The NWC next competes at the NCAA West Region Championships, November 11th in China, California... The top men's team and top women's team qualifies for the NCAA Championships, along with the top six individuals not from the winning teams... Whitworth College is hosting the NCAA Championships November 18th at Wandermere Golf Course in Spokane, Washington.

Football**Current Football Standings:**

	NWC	PF	PA	All	PF	PA
Linfield	3-0	141	55	7-0	281	131
Pac. Lutheran	3-1	172	84	6-1	324	155
Whitworth	2-1	53	42	5-2	156	126
Puget Sound	2-2	74	107	4-3	141	165
Willamette	0-3	26	74	3-5	119	187
Lewis & Clark	0-3	61	165	2-5	129	252

This Week's Schedule:

Nov. 4: Lewis & Clark at Willamette, 1:00 p.m.;
Linfield at Whitworth, 1:00 p.m.;
Pacific Lutheran at Southern Oregon, 1:00 p.m.;
Puget Sound at Eastern Oregon, 1:00 p.m.

Last Week's Results:

Oct. 28: Lewis & Clark 31, at Colorado Coll. 13;
at Linfield 42, Puget Sound 7;
at Pacific Lutheran 48, Willamette 12;
at Whitworth 17, Eastern Oregon 13.

For statistics and a full schedule, check out
nwcsports.com on the internet.

Offensive Player of the Week: Chad Johnson (PLU, Sr., QB, Puyallup, WA) threw for 343 yards and four touchdowns while completing 27 of 34 passes in the win over Willamette.

Honorable Mention: Trent Thompson (L&C, QB) completed 26 of 43 passes for 297 yards and four touchdowns in a win at Colorado College; Ty McGregor (Whitworth, WR) caught nine passes for 144 yards and the game winning touchdown vs. EOU; Sonte Wong (Linfield, WR) caught five passes for 59 yards and a touchdown and returned three punts for 40 yards.

Defensive Player of the Week: Hans Evenson (Linfield, Jr., LB, Forest Grove, OR) had 11 tackles, including one sack of 7 yards and six other tackles for losses of 16 yards in the win over UPS.

Honorable Mention: Doug Edmonson (Whitworth, LB) had 12 tackles including two for losses of three yards; Barry Friedman (L&C, LB) had eight tackles, including two for loss; Christian Foreman (PLU, DL) forced two fumbles and had three tackles.

Notes: PLU and Linfield remained 9th and 12th respectively in last week's (Oct. 23) AFCA Top-25 poll... Lewis & Clark ended a 10-game road losing streak with its win at Colorado College... Whitworth secured its first winning season since 1990 with its win over Eastern Oregon... Linfield is within two wins of its first NWC title since 1994... The Northwest Conference is 18-6 vs. non-conference opponents after Whitworth's and L&C's wins Saturday, for an impressive .750 winning percentage.

For statistics and a full schedule, check out nwcsports.com on the internet.

George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, October 28, 2000 --- For Immediate Release

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FORBES, WILLMER EARN ALL-NWC AS BRUINS FINISH 5TH IN X-C RACES

WALLA WALLA, Wash. --- Colleen Forbes earned First Team All-Conference honors and Steve Willmer was Second Team, highlighting George Fox University's 5th-place finishes in the Northwest Conference Cross Country Championships Saturday morning (Oct. 28) here in the wet, windy conditions at Ft. Walla Walla Park.

The top seven finishers earn First Team honors and the 7th-14th runners are named Second Team. Forbes placed 6th with a time of 19:03.83 in the women's 5,000 meter run, while Willmer was 10th with a time of 26:23.17 over the men's 8,000 meter course.

In team performances, the University of Puget Sound defended its men's title, while Willamette University won the women's crown.

Women's Results

The Willamette women, who tied for second in last year's championships, won with 50 team points, unseating a defending champion Whitman College team that took second place this time around with 63 points. Whitworth College was third with 72 points, four points ahead of Pacific Lutheran University. Following the top four were George Fox, 5th with 114 points; the University of Puget Sound, 6th with 171; Lewis & Clark College, 7th with 187; Linfield College, 8th with 203; and Pacific University, 9th with 277.

Lia Ossianer, a PLU junior who placed second a year ago, won the women's race in 18:08.11. Maree George-Milles, a PLU senior who placed fifth in the 1998 NCAA DIII national championships, took second in 18:31.87. Following in order and earning First Team All-Conference honors were Dana Boyle of UPS, Jennie Wood of Whitman, Willamette's Liz Rodda, George Fox's Forbes, and Whitworth's Holly Weiler. Second Team honors went to Julia Lucas and Annie Scott of Whitworth; Natalie Wright, Lisa Starkey and Amber Strickler of Willamette; and Heather Koertje and Liz Briggs of Whitman.

Also scoring for the George Fox Bruins were Jamie McElwain, 23rd in 19:41.98; Marisa Merritt, 24th in 19:50.40; Janelle Goeres, 29th in scoring and 31st overall in 20:08.60; and Kirsten Norgaard, 32nd in scoring and 34th overall in 20:13.38.

Men's Results

With runners placing second, third and fourth, UPS was a decisive winner in the men's race, grabbing the team title with 29 points for its top five runners, who were all in the first 12 places. Lewis & Clark was a distant second with 66 points, three points ahead of third-place Willamette. Following the top three were Pacific Lutheran, 4th with 95 points; George Fox, 5th with 122; Whitworth, 6th with 148; Whitman, 7th with 210; Linfield, 8th with 226; and Pacific, 9th with 243.

Aaron Young, a Willamette freshman, won the men's race in 25:30.30, finishing a whopping 30 seconds ahead of his nearest competitor. Sam Berg, a UPS senior, was second in 25:59.85. Rounding out the men's top seven and earning First Team All-Conference honors were UPS' Dan McLean and Reagan Grabner, Willamette's Nathan O'Brien, PLU's Ryan Reed, and Paul Davis of Linfield. Joining Willmer for Second Team honors were Brian Mulry and J.R. Flowerree of UPS; Chris Mayer, Andrew Ault and Neil Weare of Lewis & Clark; and Alan Davies of PLU.

Other Bruins who scored points were Will Howard, 19th in 26:57.74; Will Vollstedt, 21st in 27:05.90; Michael Owen, 32nd in 27:42.89; and Jackson Esselman, 40th in scoring and 43rd overall in 28:17.35.

Northwest Conference Weekly Release

Oct. 22, 2000

Women's Soccer

Current Women's Soccer Standings:

	NWC Pts.	GF	GA	All	GF	GA
Puget Sound	11-1 33	36	7	13-1-1	40	7
Willamette	10-2 30	32	5	15-2-1	44	6
George Fox	10-2 30	33	13	12-4	42	19
Linfield	5-5-2 17	16	15	6-7-3	22	19
Whitworth	3-8-1 10	14	21	5-9-2	24	25
Pacific	3-9 9	11	29	4-10-1	20	33
Pac. Lutheran	3-9 9	11	24	4-12	16	29
Whitman	1-10-1 4	5	44	1-12-1	6	59

This Week's Schedule:

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

Oct. 28: Whitworth at Puget Sound; Pacific at Willamette; Whitman at Pacific Lutheran; George Fox at Linfield.

Matches begin at Noon unless otherwise noted.

Last Week's Results:

Oct. 16: at Willamette 1, Wheaton (Ill.) 0.

Oct. 18: Puget Sound 3, at Pacific Lutheran 0; Whitworth 3, at Whitman 0; George Fox 2, at Pacific 1; Willamette 3, at Linfield 0.

Oct. 21: at Whitworth 1, Pacific 0; Willamette 2, at Pacific Lutheran 0; George Fox 5, at Whitman 1; at Puget Sound 2, Linfield 0.

Oct. 22: at Puget Sound 1, Willamette 0 (ot); Linfield 2, at Pacific Lutheran 1 (ot); at Whitman 1, Pacific 0; George Fox 2, at Whitworth 1 (2ot).

Player of the Week: Brooke Pitner (George Fox, Fr., M., Vancouver, WA) scored two goals and added two assists as the Bruins went 3-0 this week.

Honorable Mention: Brianna Hultgren (UPS, F) scored the winning goal against #4 Willamette; Rena Parcells (Whitman, GK) allowed one goal in two matches to lead the Missionaries to their first win of the season.

Notes: With its win over Willamette on Sunday, UPS is in good position to win its first NWC title and end a seven year streak in which the Bearcats have won or tied for every championship . . . Last week's NSCAA poll (Oct. 16) saw Willamette move back up from 5th to 4th . . . Puget Sound moved up from #11 to #9 . . . In the west region poll the Bearcats and Loggers remained #1 and #2, followed by George Fox at #5 (up from #7) and Linfield at #9 . . . Willamette defeated Wheaton (Ill.), the top ranked team in the nation, 1-0 on Monday

For statistics and a full schedule, check out www.nwcsports.com on the internet.

Men's Soccer

Current Men's Soccer Standings:

	NWC Pts.	GF	GA	All	GF	GA
Linfield	10-0-1 31	25	7	15-0-1	46	10
Puget Sound	7-3-1 22	12	7	10-5-2	22	16
Whitworth	6-3-2 20	24	14	10-4-2	33	17
Willamette	4-5-2 14	21	19	8-7-2	37	29
Whitman	4-7 12	9	21	7-10	16	36
Pac. Lutheran	4-7 12	16	19	5-10	18	25
George Fox	3-7-1 10	15	22	7-8-1	27	28
Pacific	2-8-1 7	8	20	4-11-1	15	28

This Week's Schedule:

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

Oct. 28: Whitworth at Puget Sound; Pacific at Willamette; Whitman at Pacific Lutheran; George Fox at Linfield.

Matches begin at 2:30 p.m. unless otherwise noted.

Last Week's Results:

Oct. 21: at Whitworth 4, Pacific 1; at Pacific Lutheran 4, Willamette 3 (ot); at Whitman 1, George Fox 0; Linfield 1, at Puget Sound 0.

Oct. 22: at Puget Sound 1, Willamette 0; Linfield 1, at Pacific Lutheran 0; at Whitman 1, Pacific 0; at Whitworth 4, George Fox 0.

Player of the Week: Brian Hein (Whitworth, Jr., MF, Richland, WA) scored four goals in his only match this week, a 4-0 win over George Fox, coming within one of the Whitworth single game record.

Honorable Mention: Travis Ekstrom (Whitman, GK) made 18 saves while recording a pair of shutouts to lead the Missionaries to two wins; Chris McDonald scored both match-winning goals in the Wildcats' two wins.

Notes: In the latest (Oct. 16) NSCAA top-25 poll Linfield moved up one spot to 5th . . . The Wildcats were 1st in the west region, while Puget Sound was 9th . . . Linfield has clinched at least a tie for the NWC title with its win at PLU . . . Tye Tolentino set a UPS record by recording his 12th career game-winning goal vs. Willamette . . . Whitworth has won five of six matches.

For statistics and a full schedule, check out nwcsports.com on the internet.

Cross-Country

Last Week's Results: Oct. 21: Bigfoot Open Men's Results: 1. EOU 46, 2. CC Spokane 128, 3. Clackamas CC 128, 12. Whitman 314, 14. Whitworth 334; Women's Results: 1. CC Spokane Alumni 72, 2. LC State 78, 3. Whitworth 80, 4. EOU 95, 7. Whitman 172.

This Week's Schedule: Oct. 28: Northwest Conference Championship Meet, 10:00 a.m. at Whitman (Ft. Walla Walla Park).

Notes: Jennie Wood (Whitman, Sr.) was the top individual NWC finisher at the Big Foot Invite, but neither Whitworth or Whitman competed with full squads for men or women.

Willamette, which is ranked 20th in the NCAA Coaches' poll, is a heavy favorite for the women's conference title. . . Pacific Lutheran and Whitworth will challenge the Bearcats . . . The men's race will likely come down to Willamette, Lewis & Clark and Puget Sound . . . The Bearcats are ranked 19th in the coaches' poll, while the Pioneers are 22nd and the Loggers are 23rd.

Whitman is the defending women's champion, while UPS is the defending men's champion.

Northwest Conference Weekly Release

Oct. 15, 2000

Women's Soccer

Current Women's Soccer Standings:

	NWC Pts.		GF GA		All	GF GA	
Willamette	8-1	24	27	4	12-1-1	44	6
Puget Sound	8-1	24	30	7	10-1-1	34	7
George Fox	7-2	21	24	10	9-4	33	16
Linfield	4-3-2	14	14	9	5-5-3	20	13
Pacific	3-6	9	10	25	4-7-1	19	29
Pac. Lutheran	3-6	9	10	17	4-9	15	22
Whitworth	1-7-1	4	9	19	3-8-2	19	23
Whitman	0-8-1	1	3	36	0-10-1	3	51

This Week's Schedule:

Oct. 18: Puget Sound at Pacific Lutheran;
Whitworth at Whitman, 2:00 p.m.; George Fox at
Pacific, 3:00 p.m.; Willamette at Linfield, 4:00 p.m.
Oct. 21: Pacific at Whitworth; Willamette at Pacific
Lutheran; George Fox at Whitman; Linfield at Puget
Sound.

Oct. 22: Willamette at Puget Sound; Linfield at
Pacific Lutheran; Pacific at Whitman; George Fox at
Whitworth.

Matches begin at Noon unless otherwise noted.

Current Men's Soccer Standings:

	NWC Pts.	GF	GA	All	GF	GA
Linfield	8-0-1 25	23	7	13-0-1	44	10
Puget Sound	6-2-1 19	11	6	9-4-2	21	15
Whitworth	4-3-2 14	16	13	8-4-2	25	16
Willamette	4-3-2 14	18	14	8-5-2	34	24
George Fox	3-5-1 10	15	17	7-6-1	27	23
Pacific	2-6-1 7	7	15	4-9-1	14	23
Whitman	2-7 6	7	21	5-10	14	36
Pac. Lutheran	2-7 6	12	15	3-10	14	21

This Week's Schedule:

Oct. 21: Pacific at Whitworth; Willamette at Pacific
Lutheran; George Fox at Whitman; Linfield at Puget
Sound.

Oct. 22: Willamette at Puget Sound; Linfield at
Pacific Lutheran; Pacific at Whitman; George Fox at
Whitworth.

Matches begin at 2:30 p.m. unless otherwise noted.

Last Week's Results:

Oct. 14: at George Fox 4, Pacific Lutheran 0; at Willamette 5, Whitman 0; Puget
Sound 4, at Pacific 2; at Linfield 4, Whitworth 0.

Oct. 15: Whitman 2, at Linfield 2; Puget Sound 1, at George Fox 0; at Willamette
1, Whitworth 0; Pacific Lutheran 3, at Pacific 0.

Player of the Week: Jenny Bellone (Willamette, Sr., M. Lake Oswego, Ore.)
scored two goals and added two assists to lead the Bearcats to a pair of wins.

Honorable Mention: Alison Brennan (PLU, F) scored all three goals in the Lutes'
win at Pacific; Dusty Marcell (UPS, F/M) scored a goal and added two assists as
the Loggers went 2-0 on the road; Cherish Knaa (Linfield, M) scored a pair of goals.
Notes: Last week's NSCAA poll (Oct. 9) saw Willamette fall from #3 to #5 after
the Bearcats' loss to George Fox. . . Puget Sound moved up from #12 to #11 . . . In
the west region poll the Bearcats and Loggers remained #1 and #2, followed by
George Fox at #5 (up from #7) and Pacific at #8 . . . PLU's Brennan scored a hat
trick to lead the Lutes to 3-0 wins each of the past two Sunday's . . . Willamette
will play at Puget Sound on Sunday in a match that could determine the NWC
titlist. . . Willamette won the first meeting 2-1 in overtime in Salem.

For statistics and a full schedule, check out www.nwcsports.com on the internet.

Men's Soccer

Last Week's Results:

Oct. 14: Pacific Lutheran 3, at George Fox 2; at Willamette 2, Whitman 1; Puget
Sound 2, at Pacific 0; at Linfield 1, Whitworth 0.

Oct. 15: at Linfield 2, Whitman 0; Puget Sound 2, at George Fox 1; Whitworth 3,
at Willamette 2 (ot); Pacific Lutheran 3, at Pacific 0.

Player of the Week: Shane Norris (Linfield, Sr., M, Gresham, OR) scored a goal
in one match and added an assist in the other as the Wildcats went 2-0 last week.

Honorable Mention: Brandon Carlson (Whitworth, MF) scored two goals in his
only match this weekend, leading to a win at Willamette; Tye Tolentino (UPS, F)
scored a goal and had an assist in a win at Pacific; Bryan Erickson (George Fox, F)
had two goals and an assist in two losses.

Notes: The latest (Oct. 9) NSCAA top-25 poll had Linfield ranked #6 for the third
straight week . . . The Wildcats were 1st in the west region, while George Fox was
8th. . . Linfield faces perhaps its toughest challenge to an undefeated season when
the Wildcats travel to Puget Sound on Saturday . . . For the second consecutive
week Whitworth won a match in overtime while playing with only 10 players
when the Pirates won at Willamette.

For statistics and a full schedule, check out nwcsports.com on the internet.

Cross-Country

Last Week's Results: Oct. 14: Pacific Lutheran Invitational Women's Results: 1. CWU 40, 2. Pacific Lutheran 104, 3. SFU 114, 4.
Whitworth 123, 5. SOU 138, 6. Whitman 162, 7. George Fox 167, 11. Linfield 322, 12. Lewis & Clark 327, 13. Puget Sound 342; Men's
Results: 1. Simon Fraser 57, 2. Puget Sound 75, 3. Lewis & Clark 111, 4. CWU 129, 5. NNU 156, 6. Pacific Lutheran 176, 7. Whitworth
188, 9. George Fox 224, 13. Linfield 386, 14. Whitman 395. Mt. Hood Invitational Men's Results: Willamette 15, Mt. Hood CC 48,
Clackamas CC inc; Women's Results: Willamette 19, Clackamas CC 53, Mt. Hood CC 66.

This Week's Schedule: Oct. 21: Pacific 5k Road Race, 9:00 a.m. (Forest Grove, Ore.); Whitman, Whitworth at Bigfoot Open, 10:00
a.m. (Spokane Falls CC - Spokane, Wash.)

Women's Runner of the Week: Lia Osslander (PLU, Jr., Chugiak, AK) was the top Division III finisher and placed 4th overall (of
154 finishers) at the Pacific Lutheran Invitational in a 5k time of 17:56.6.

Honorable Mention: Lisa Starky (Willamette, Sr.) won the 5,300 meter Mt. Hood Invitational in a time of 19:22.

Men's Runner of the Week: Paul Davis (Linfield, Sr., Corvallis, OR) was the top collegiate finisher (3th place overall) at the Pacific
Lutheran Invitational, running an 8k time of 25:01.3.

Honorable Mention: Aaron Young (Willamette, Fr.) won the Mt. Hood Invitational in an 8k time of 26:17.

Northwest Conference Weekly Release

Oct. 8, 2000

Women's Soccer

Current Women's Soccer Standings:

	NWC Pts.	GF	GA	All	GF	GA
Willamette	6-1 18	21	4	10-1-1	38	6
Puget Sound	6-1 18	16	5	8-1-1	29	5
George Fox	6-1 18	20	9	8-3	29	15
Linfield	3-3-1 10	8	7	4-5-2	14	11
Pacific	3-4 9	8	18	4-5-1	17	22
Pac. Lutheran	2-5 6	7	13	3-8	12	18
Whitworth	1-5-1 4	9	14	3-6-2	19	18
Whitman	0-7 0	1	29	0-9	1	44

This Week's Schedule:

Oct. 14: Pacific Lutheran at George Fox; Whitman at Willamette; Puget Sound at Pacific; Whitworth at Linfield.

Oct. 15: Whitman at Linfield; Puget Sound at George Fox; Whitworth at Willamette; Pacific Lutheran at Pacific.

Matches begin at Noon unless otherwise noted.

Last Week's Results:

Oct. 7: Puget Sound 3, at Whitworth 0; Pacific Lutheran 1, at Whitman 0; at George Fox 2, Linfield 1 (2ot); Willamette 5, at Pacific 0.

Oct. 8: at George Fox 1, Willamette 0; Pacific Lutheran 3, at Whitworth 0; Puget Sound 6, at Whitman 0; Linfield 3, at Pacific 1.

Player of the Week: Allison Brennan (PLU, Sr., F, Gig Harbor, WA) scored three goals and added an assist, leading the Lutes to a pair of wins. She had a hat trick against Whitworth.

Honorable Mention: Dusty Marcell (UPS, F/M) scored three goals in the first 26 minutes of the Loggers' win at Whitman; Gloria Cefali (PLU, GK) made 14 saves enroute to recording a pair of shutouts; Cori Wulf (George Fox, GK) recorded six saves in Bruins' win over Willamette and allowed one goal in two matches; Lauren Millhollin (Linfield, F) scored two goals in two matches.

Notes: Last week's NSCAA poll (Oct. 2) saw Willamette ranked #3 and Puget Sound ranked #12... In the west region poll the Bearcats and Loggers remained #1 and #2, followed by George Fox at #7 and Pacific at #8... Halfway through NWC play there is a three-way tie for the conference lead between the Willamette, Puget Sound and George Fox... It may be a first, two different players (Brennan, Marcell) record a rare soccer hat trick on the same day.

For statistics and a full schedule, check out www.nwcsports.com on the internet.

Men's Soccer

Current Men's Soccer Standings:

	NWC Pts.	GF	GA	All	GF	GA
Linfield	6-0-1 19	20	7	11-0-1	41	10
Puget Sound	4-2-1 13	7	5	7-4-2	17	14
Whitworth	3-2-2 11	13	10	7-3-2	22	13
Willamette	3-2-2 11	14	10	7-4-2	30	20
George Fox	3-3-1 10	12	12	7-4-1	24	22
Pacific	2-4-1 7	7	10	4-7-1	14	18
Whitman	2-5 6	6	17	5-8	13	32
Pac. Lutheran	1-6 3	6	13	2-9	8	19

This Week's Schedule:

Oct. 14: Pacific Lutheran at George Fox; Whitman at Willamette; Puget Sound at Pacific; Whitworth at Linfield.

Oct. 15: Whitman at Linfield; Puget Sound at George Fox; Whitworth at Willamette; Pacific Lutheran at Pacific.

Matches begin at 2:30 p.m. unless otherwise noted.

Last Week's Results:

Oct. 7: at Whitworth 2, Puget Sound 0; at Whitman 1, Pacific Lutheran 0; Linfield 2, at George Fox 1; Willamette 1, at Pacific 1.

Oct. 8: Willamette 4, at George Fox 2; at Whitworth 2, Pacific Lutheran 1 (ot); Puget Sound 2, at Whitman 1; Linfield 3, at Pacific 1.

Player of the Week: Ricardo Sanchez (Willamette, Fr., F, Woodburn, OR) scored three goals in Bearcats' 4-2 win at George Fox.

Honorable Mention: Shanon Hopkins (Linfield, F) scored a pair of goals in two Wildcats wins; Herbert Barbosa (Whitworth, F) scored two goals in a pair of Pirate victories; Brendan Hanc (UPS, MF) scored both goals in 2-1 win at Whitman.

Notes: The latest (Oct. 2) NSCAA top-25 poll had Linfield still ranked #6... The Wildcats were 1st in the west region, while George Fox was 8th and Puget Sound was tied for 10th... In the quickest schedule turnaround of the season, all teams face rematches this weekend against their opponents of Sept. 30 and Oct. 1, including a rematch of the 3-3 tie between Whitworth and Linfield...

For statistics and a full schedule, check out nwcsports.com on the internet.

Cross-Country

Last Week's Results: Oct. 7: Willamette Invitational Men's Results: 1, Northwest Elite 20, 2, Humboldt St. 139, 3, Willamette 142, 5, Eastern Oregon 189, 6, Lewis & Clark 198, 12, Pacific Lutheran 386, 24, George Fox 591, 27, Linfield 776, 30, Pacific 822; Women's Results: 1, U. of Oregon 23, 2, Boise Running Club 51, 3, Willamette 135, 4, Northwest Coll. 166, 5, Pacific Lutheran 181, 6, Eastern Oregon 191, 10, George Fox 323, 18, Linfield 488, 25, Pacific 764. Warrior Island Invitational (L-C State) Women's Results: Whitman 28, LCSC 42, NNU 50; Men's Results: NNU 26, LCSC 35, Whitman 69.

This Week's Schedule: Oct. 14: George Fox, Lewis & Clark, Pacific, Puget Sound, Whitman, Whitworth at Pacific Lutheran Invitational, 11:00 a.m. (Ft. Steilacoom Park - Lakewood, Wash.); Willamette at Mt. Hood Invitational, 10:00 a.m. (Blue Lake Park - Troutdale, Ore.)

Women's Runner of the Week: Lia Ossianer (PLU, Jr., Chugiak, AK) was the top Division III finisher and placed 8th overall (of 255 finishers) at the Willamette Invitational in a 5k time of 17:59.47.

Honorable Mention: Jennie Wood (Whitman, Sr.) won the Warrior Island Invitational in a 5k time of 19:25.75; Natalie Wright (Willamette, So.) placed 12th at the Willamette Invite, leading the Bearcats to a 3rd place finish.

Men's Runner of the Week: Neil Weare (L&C, Jr., Santa Rosa, CA) placed 10th (of 307) at the Willamette Invitational in a personal-best 8k time of 24:41.7.

Honorable Mention: Jacob Stout (Willamette, Fr.) finished 14th at the Willamette Invite in a time of 24:50.5.

Northwest Conference Weekly Release**Oct. 1, 2000****Women's Soccer****Current Women's Soccer Standings:**

	NWC Pts.	GF	GA	All	GF	GA
Willamette	5-0 15	16	3	9-0-1	33	5
Puget Sound	4-1 12	16	5	6-1-1	20	5
George Fox	4-1 12	17	8	6-3	26	14
Pacific	3-2 9	7	10	4-3-1	16	13
Linfield	2-2-1 7	4	4	3-4-2	10	8
Whitworth	1-3-1 4	9	8	3-4-2	19	12
Pac. Lutheran	0-5 0	3	13	1-8	8	18
Whitman	0-5 0	1	22	0-7	1	37

This Week's Schedule:

Oct. 7: Puget Sound at Whitworth; Pacific Lutheran at Whitman; Linfield at George Fox; Willamette at Pacific.

Oct. 8: Willamette at George Fox; Pacific Lutheran at Whitworth; Puget Sound at Whitman; Linfield at Pacific.

Matches begin at Noon unless otherwise noted.

Last Week's Results:

Sept. 30: Pacific 1, at Pacific Lutheran 0; Willamette 2, at Whitworth 0; at Puget Sound 3, George Fox 2; Linfield 3, at Whitman 0.

Oct. 1: Linfield 0, at Whitworth 0; at Puget Sound 6, Pacific 1; Willamette 6, at Whitman 1; George Fox 3, at Pacific Lutheran 2 (2 ot).

Player of the Week: Jessica Gabbert (Linfield, Jr., GK, Colorado Springs, CO) recorded a pair of shutouts at Whitman and Whitworth to lead the Wildcats to a win and a tie on the road.

Honorable Mention: Michelle Moore (UPS) scored four goals in two wins, including a hat-trick against Pacific; Buffy Morris (Willamette, F) scored four goals and added two assists in a pair of Bearcat road wins; Karli Holub (George Fox, F) scored all three goals in 3-2 win at PLU.

Notes: In the Sept. 25th NSCAA coaches' poll, Willamette was ranked 4th, while UPS was ranked #13. . . In the regional poll, the Bearcats and the Loggers were ranked #1-2, while George Fox was #7 and Pacific checked in for the first time this season at #10. . .

For statistics and a full schedule, check out www.nwcsports.com on the internet.

Men's Soccer**Current Men's Soccer Standings:**

	NWC Pts.	GF	GA	All	GF	GA
Linfield	4-0-1 13	15	5	9-0-1	35	7
George Fox	3-1-1 10	9	6	7-2-1	21	14
Puget Sound	3-1-1 10	5	2	6-3-2	15	10
Willamette	2-2-1 7	9	7	6-4-1	25	17
Pacific	2-3 6	5	6	4-6	12	13
Whitworth	1-2-2 5	9	9	5-3-2	18	12
Whitman	1-4 3	4	15	4-7	11	30
Pac. Lutheran	1-4 3	5	10	2-7	7	16

This Week's Schedule:

Oct. 7: Puget Sound at Whitworth; Pacific Lutheran at Whitman; Linfield at George Fox; Willamette at Pacific.

Oct. 8: Willamette at George Fox; Pacific Lutheran at Whitworth; Puget Sound at Whitman; Linfield at Pacific.

Matches begin at 2:30 p.m. unless otherwise noted.

Last Week's Results:

Sept. 30: Pacific 2, at Pacific Lutheran 1; Willamette 2, at Whitworth 2; George Fox 0, at Puget Sound 0; Linfield 6, at Whitman 0.

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

Player of the Week: Chris McDonald (Linfield, Jr., F, Seaside, OR) scored two goals and added two assists as the Wildcats went 1-0-1 on the road.

Honorable Mention: Brian Hein (Whitworth, MF) scored three goals in two matches as the Pirates tied twice at home; Ricardo Sanchez (Willamette, F) scored a pair of goals and added an assist as the Bearcats went 1-0-1 on the road.

Notes: In the Sept. 25th NSCAA Coaches' poll, Linfield moved up one spot to 6th in the national rankings. . . In the regional poll the Wildcats were #1, while George Fox was ranked 5th and Puget Sound was among others receiving votes. . . Linfield played with a man advantage during both overtime periods in its tie with Whitworth. . . PLU broke a seven match losing streak with its win over George Fox. . .

For statistics and a full schedule, check out nwcsports.com on the internet.

Cross-Country

Last Week's Results: Sept. 29: National Preview Meet Women's Results: St. Olaf 41, Neb. Wesleyan 64, Pacific Lutheran 87, Whitworth 97, Whitman 114, Grinnell 139, Puget Sound 186, Lewis & Clark 211; Men's Results: North Central 55, Neb. Wesleyan 65, Lewis & Clark 71, MIT 101, Grinnell 106, Puget Sound 144, Pacific Lutheran 176, Whitworth 210, Whitman 279.

This Week's Schedule: Oct. 7: George Fox, Lewis & Clark, Linfield, Pacific, Pacific Lutheran, Puget Sound at Willamette Invitational, 10:00 a.m. (Bush's Pasture Park - Salem, Ore.); Whitman at Warrior Island Invitational hosted by L-C State College, 10:00 a.m. (Chief Timothy State Park - Clarkston, Wash.)

Women's Runner of the Week: Dana Boyle (UPS, Jr., Carbondale, Colo.) finished 2nd at the NCAA Preview meet, running the 5k course in a time of 18:13.8.

Honorable Mention: Lia Osslander (PLU) was 3rd at the Preview meet, in a personal-best 5k time of 18:23.6; Jennie Wood (Whitman) finished 5th in a personal-best 5k time of 18:35.6.

Men's Runner of the Week: Chris Meyer (L&C, Sr., Ashland, Ore.) finished 4th at the NCAA Preview meet in a time of 25:03.8 over the 8k course. He was the top NWC finisher, leading his team to a 3rd place finish.

Northwest Conference Weekly Release**Sept. 24, 2000****Cross-Country**

Last Week's Results: Sept. 23: George Fox Bear Fete Invite Men's Results: Whitworth 54, Northwest Nazarene 59, George Fox 62, Bruin Track Club 97, Pacific 139, Linfield 146, Warner Pacific 175; Women's Results: Whitworth 36, George Fox 44, Northwest Nazarene 58, Linfield 112, Bruin TC 126, Pacific 184; Lewis & Clark Invitational Women's Results: Lewis & Clark 29, St. Martins 37, Cascade 54; Men's Results: Lewis & Clark 15, St. Martins 56, Cascade 69; Pier Park Invitational Men's Results: Portland 30, Utah St. 63, Southern Utah 76, Willamette 105, Auburn 114, Boise St. 142, Clackamas 192; Women's Results: Utah St. 37, Auburn 45, Southern Utah 83, Boise St. 96, Portland 103, Willamette 135; Puget Sound, Whitman at Sundodger Invitational, (Lincoln Park - Seattle, Wash.).

This Week's Schedule: Sept. 29: George Fox, L&C, Pacific, PLU, UPS, Whitworth, Whitman at National Preview Meet, 10:00 a.m. (Wandermer Golf Course - Spokane, Wash.)

Women's Runner of the Week: Dana Boyle (UPS, Jr., Carbondale, Colo.) finished 2nd at the Sundodger Invitational, running the 6K course in a time of 22:16. She competed in the open race against mostly Division I athletes.

Honorable Mention: Holly Weiler (Whitworth, Sr.) led the Pirates to a team victory at the George Fox Bear Fete Invitational by placing second in the 4k race. Other top NWC finishers: Janell Goeres (George Fox, Fr.) was third at the Bear Fete Invitational; Jennie Wood (Whitman, Sr.) placed 13th at the Sundodger Invitational; Selena Harmon (L&C, Fr.) won the Lewis & Clark Invitational, leading the Pioneers to a team victory; Nattalie Wright (Willamette, So.) finished 19th at the Pier Park Invitational - 17 of the runners in front of her were Division I.

Men's Runner of the Week: Neil Weare (L&C, Jr., Santa Rita, Guam) led the Pioneers to a perfect 15-point score at the L&C Invitational by winning the 8k race in a time of 25:31.

Honorable Mention: Paul Davis (Linfield, Sr.) finished third at the Bear Fete Invitational; Jacob Stout (Willamette, Fr.) was 18th at the Pier Park Invitational, behind 15 Div. I runners; Sam Berg (UPS, Sr.) was 9th in the open division of the Sundodger Invite. Other top NWC finishers: Steve Willmer (George Fox, So.) was fourth at the Bear Fete Invitational; Josh Shervin (Whitworth, Fr.) led the Pirates to a team victory at the Bear Fete Invitational with a fifth-place finish.

Northwest Conference Weekly Release**Sept. 17, 2000****Cross-Country**

Last Week's Results: Sept. 16: Whitman Invitational Men's Results: Lewis & Clark 17, CC of Spokane 51, George Fox 85, Whitworth 89, Whitman 143; Women's Results: Whitworth 32, Whitman 42, George Fox 67, Lewis & Clark 99, CC of Spokane 129; Willamette Open Women's Results: Willamette 17, Warner Pacific 59, Pacific 68, Mills 94; Men's Results: Oregon 29, Willamette 33, Cascade 74, Warner Pacific 100; New Balance Festival Men's Results: Clackamas 35, North Idaho 71, Pacific Lutheran 75, Clark 88, Western Washington 111; Women's Results: Pacific Lutheran 19, North Idaho 68, Western Washington 87, Clackamas 105, Linfield 109.

This Week's Schedule: Sept. 23: Linfield, Pacific, Whitworth at George Fox Bear Fete Invite (Champoeg State Park – St. Paul, Ore.); Lewis & Clark Invitational (McIver Park – Estacada, Ore.); Puget Sound, Whitman at Sundodger Invitational, 10:30 a.m. (Lincoln Park – Seattle, Wash.); Willamette at Pier Park Invitational, TBA (Portland, Ore.)

Women's Runner of the Week: Marcc George-Milles (PLU, Sr., Gig Harbor, Wash.) won the New Balance Festival 5k at Clackamas with a time of 18:50.7 on the two-week anniversary of her wedding.

Honorable Mention: Jennic Wood (Whitman, Sr.) won the 5k Whitman Invitational with a time of 19:10.8, in only her second career race; Nattalie Wright (Willamette, Jr.) won the 4k Willamette Open with a time of 15:00.6; Other top NWC finishers: Janelle Goeres was 2nd at the Whitman Invite (19:17.0); Holly Weiler (Whitworth, Sr.) was 3rd at the Whitman Invite (19:19.0); Salena Harmon (L&C, Fr.) was fifth at the Whitman Invite (19:43.6); Kari Newby (Linfield, Jr.) was 10th at the New Balance Festival.

Men's Runner of the Week: Chris Mayer (L&C, Sr., Ashland, Ore.) led the Pioneers to a dominating victory at the Whitman Invitational. He the 8k race in a time of 25:41.7, leading a 1, 2, 3, 4, 7 L&C finish.

Honorable Mention: Jake Stout (Willamette, Fr.) finished fourth at the Willamette Open, behind three runners from the Univ. of Oregon, in a 4-mile time of 20:23.6; Paul Davis (Linfield, Sr.) finished third at the New Balance Festival with an 8k time of 25:58.1; Other top NWC finishers: Steve Willmer (George Fox, So.) was 5th at the Whitman Invitational (25:41.7); Floyd Bangertter (PLU, So.) was 8th at the New Balance Festival (26:43.3).

Northwest Conference Weekly Release**Sept. 10, 2000****Cross-Country****Last Week's Results:**

Sept. 8: Univ. of Idaho Invitational Men's Results: WSU 45, Idaho 61, Whitworth 83, Clackamas CC 107, Lewis-Clark St. 120, Gonzaga 148, Portland St. 153, Whitman 199; Women's Results: Idaho 39, WSU 43, PSU 107, Whitworth 117, Eastern Wash. 125, Gonzaga 129, Whitman 169, I.C.S.C. 169

Sept. 9: Emerald City Invitational Women's Results: Washington 28, SPU 44, Northwest 73, Puget Sound 106, Western Wash. 120, Seattle 178; Men's Results: Washington 15, Puget Sound 68, Western Wash. 87, St. Martin's 109, SPU 120, Seattle 162, Cascade 183. Linfield at Pacific, unscored.

This Week's Schedule:

Sept. 16: George Fox, Lewis & Clark, Whitworth at Whitman Invitational, 11:00 a.m. (Ft. Walla Walla Park); Pacific at Willamette Open, 11:00 a.m. (Bush's Pasture Park - Salem, Ore.); Linfield, Pacific Lutheran at New Balance Festival, 10:00 a.m. (Clackamas College - Molalla, Ore.)

Women's Runner of the Week: Dana Boyle (UPS, Jr.) finished fourth at the U. of Washington Emerald City Invitational with a time of 18:26 over five kilometers.

Honorable Mention: Jennie Wood (Whitman) placed 10th at the University of Idaho Invitational, running 15:39 over 4k, making a transition from soccer to cross-country for her senior season; Terry Hall (Linfield) finished first at the unscored Linfield-Pacific dual meet.

Men's Runner of the Week: Paul Davis (Linfield) won the men's portion of the Linfield-Pacific Dual, completing the 5k course in 16:38.

Honorable Mention: Sam Berg (UPS) placed 9th at the Emerald City Invitational, finishing in a time of 27:13.

Cross-Country

[3]

Last Week's Results:

Sept. 2: George Fox at Pacific Univ. Open (No report); Lake Coeur d'Alene Challenge Women's Results: WSU 20, Gonzaga 46, Whitworth 79, N. Idaho 92; Men's Results: CC Spokane 31, N. Idaho 42, WSU 76, Whitworth 89, Gonzaga 142.

This Week's Schedule:

Sept. 8: Whitman, Whitworth at Univ. of Idaho Invitational, 5:00 p.m. (U of I G.C. – Moscow, Idaho)

Sept. 9: Puget Sound at Emerald City Invitational, 10:00 a.m. (Lower Woodland Park – Seattle, Wash.)

Monday, May 21, 2001 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

**Eight Bruin Harriers, Women's Team Receive USTCA All-Academic Honors
Forbes Named to Academic All-District VIII Team**

EIGHT BRUINS AND WOMEN'S TEAM RECEIVE ACADEMIC HONORS FROM USTCA

NEWBERG, Ore. --- Eight runners on the George Fox University cross country teams, and the Bruin women's team as a whole, have received All-Academic honors for the 2000 season from the United States Track Coaches Association.

Of the 108 women's teams that were named All-Academic teams with cumulative grade point averages of 3.00 or better, George Fox posted the highest average of all with a superb mark of 3.970.

Contributing to that average and cited by the USTCA as All-Academic scholar-athletes were **Colleen Forbes** (Jr., Jackson, Wyo., 4.0 gpa), **Elizabeth Moyer** (Fr., Camarillo, Calif., 4.0 gpa), **Jamie McElwain** (Sr., Tigard, Ore., 4.0 gpa), **Janelle Goeres** (Fr., Sams Valley, Ore., 4.0 gpa), **Katherine Burley** (So., Portland, Ore., 3.94 gpa), **Kirsten Norgaard** (Jr., Everett, Wash., 4.0 gpa), and **Marisa Merritt** (Sr., Portland, Ore., 3.82 gpa).

For the Bruin men, **Will Vollstedt** (Fr., Portland, Ore.) received All-Academic honors with a 3.87 grade point average.

A complete list of all cross country schools and individuals honored as All-Academic by the USTCA can be obtained at the University of Wisconsin-Oshkosh website at <http://www.titans.uwosh.edu/CrossCountry/HonorRoll.html>.

FORBES NAMED TO VERIZON/CoSIDA ACADEMIC ALL-DISTRICT TEAM

NEWBERG, Ore. -- **Colleen Forbes**, the first George Fox University runner to earn a spot in the NCAA Division III National Cross Country Women's Championships, has been named to the 2000-01 Verizon/CoSIDA Academic All-District VIII Women's College Division Fall/Winter At-Large Team.

Forbes, a junior from Jackson, Wyo., who ran cross country for the first time in the fall semester, placed 98th out of 211 runners in the national race on Nov. 18 at the Wandermere Golf Course in Spokane, Wash. She earned All-Northwest Conference honors with a 6th-place finish in the NWC meet and All-West Region honors by finishing 8th in the NCAA Division III West Region race. She scored points for George Fox in all seven of her races in the fall, with a top time of 19:00.4, the 17th-best mark in Bruin history. In the classroom, the nursing major has compiled a 3.98 grade point average.

Verizon is in its first year as the sponsor of the Academic All-America Teams which are selected by the nation's college sports information directors. District VIII of the College Sports Information Directors of America (CoSIDA) consists of all schools in the NCAA Divisions II and III and the NAIA in the states of Oregon, Washington, California, Hawaii, Alaska, Idaho, Arizona, Nevada, and Utah, and the Canadian province of British Columbia.

-more-

**2000-01 Verizon/CoSIDA Academic All-District VIII Women's Fall-Winter At-Large Team
(College Division)**

**Includes 11 student-athletes as a result of a tie for the tenth spot*

<u>NAME, SPORT</u>	<u>SCHOOL</u>	<u>YR</u>	<u>HOMETOWN</u>	<u>GPA</u>	<u>MAJOR</u>
Angela Crowell, soccer	Westmont	SR	Beverly, MA	3.88	Psychology
Katie DeFriesse, cross country	Chapman	SR	Anaheim, CA	3.89	Business
Colleen Forbes, cross country	George Fox	JR	Jackson, WY	3.98	Nursing
Jennifer Hanisits, swimming	CSU-Bakersfield	SR	Sacramento, CA	3.80	Biology
Elizabeth Hughes, soccer	UC San Diego	JR	Stanford, CA	3.67	Psychology
Jenny Hunt, cross country	Sonoma State	JR	Oak View, CA	3.83	Economics
Lindsey Meeks, swimming	UC San Diego	JR	Fairfield, CA	3.78	Biochemistry
Larissa Patterson, swimming	Redlands	SR	Tacoma, WA	3.80	Liberal Studies
Lehua Simmons, soccer	Chapman	GR	Huntington Beach, CA	4.00	Teaching/Educ.
Audrey Sung, cross country	UC San Diego	SO	Phoenix, AZ	4.00	Biochemistry
Jennifer Tomczik, soccer	Sonoma State	SR	Mission Viejo, CA	3.55	Nursing

chances than they had in most of their previous six matches but had trouble finishing. Taking and making good on scoring chances is a concern for the Lutes, who have only three goals after seven matches.

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

- PLU -
FOR IMMEDIATE RELEASE
September 25, 2000

WOMEN'S SOCCER: Lutes welcome Pacific, George Fox

COMING UP: Pacific Lutheran hosts Pacific, Saturday, noon; hosts George Fox, Sunday, noon.

LUTES SEEK NWC VICTORIES: After three Northwest Conference road matches last week, the PLU women's soccer team is happy to be back on familiar turf this weekend. The Lutes host Pacific on Saturday and George Fox on Sunday in conference matches that kick off at noon. Both opponents have winning conference records, Pacific at 2-1 and George Fox at 3-0.

LAST WEEK'S SUMMARY: The Lutes were 0-3 on the road last week, losing 3-0 at Puget Sound, 1-0 in overtime at Linfield and 5-1 at Willamette. The Linfield result was particularly disappointing as the Lutes battled the host Wildcats on even terms, PLU finishing with 13 shots to Linfield's 15. Senior goalkeeper Gloria Cefali (Gardnerville, Nev. / Douglas HS) had a solid game in goal with nine saves. The Lutes forced seven saves from the opposing keeper. Freshman midfielder Maja Pederson (Fairbanks, Alaska / West Valley HS) tallied PLU's goal against Willamette, giving her a team-best two for the season.

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

- PLU -
FOR IMMEDIATE RELEASE
September 25, 2000

CROSS COUNTRY: Lutes run at National Course Preview Meet

COMING UP: Pacific Lutheran at National Course Preview Meet, Friday, 10 a.m.

SITE OF DIVISION III NATIONALS: The Lutes will get to test out the site of this year's NCAA Division III national cross country meet when they compete this Friday in the National Course Preview Meet at Wandermere Golf Club in Spokane. The meet, which starts at 10 a.m., will be hosted by Whitworth College, also the host for nationals. PLU had last weekend off after opening the season Sept. 16 at the New Balance Festival in Clackamas, Ore. The Lute women won the New Balance Festival title with senior Marée George-Milles (Gig Harbor, Wash. / Peninsula HS) and juniors Lia Ossiander (Chugiak, Alaska / Chugiak HS) and Lisa Lindsay (Monmouth, Ore. / Central HS) finishing first through third. The PLU men are paced by sophomore Floyd Bangerter (Brier, Wash. / Mountlake Terrace HS) and junior Ryan Reed (Freeland, Wash. / South Whidbey HS).

CHECK OUT THE WEB: For more information on Pacific Lutheran men's soccer check out the following website --

PACIFIC LUTHERAN UNIVERSITY LUTES

2000 CROSS COUNTRY SCHEDULE

(Tentative)

DATE		DAY	EVENT	LOCATION	TIME
September	9	Saturday	LUTERUN 5000	PLU Campus / Tacoma, Wash.	TBA
	16	Saturday	New Balance Festival	Clackamas / Molalla, Ore.	TBA
	23	Saturday	Open		
	29	Friday	National Course Preview	Wandermere / Spokane, Wash.	TBA
October	7	Saturday	Willamette Invitational	Bush Park / Salem, Ore.	10 a.m.
	14	Saturday	PLU INVITATIONAL	PLU Campus / Tacoma, Wash.	10 a.m.
	21	Saturday	Open		
	28	Saturday	NWC Championships	Walla Walla, Wash.	TBA
November	4	Saturday	Open		
	11	Saturday	NCAA III West Regional	Prado Park / Chino, Calif.	TBA
	18	Saturday	NCAA III Championships	Wandermere / Spokane, Wash.	TBA

HOME MEET IN BOLD CAPS

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Puget Sound returns to NWC action next weekend as they host George Fox University on Saturday, September 30th and Pacific University on Sunday, October 1st.

CROSS COUNTRY

LOGGERS TO COMPETE IN NCAA PREVIEW MEET: The Puget Sound Cross Country team travels to Spokane, Washington this week to compete in the NCAA Preview Meet. The race is on Friday, September 29th, with the men's race starting at 10:00am and women's starting at 11:00am. The Loggers will be competing against numerous NWC institutions along side M.I.T. (Boston), Nebraska Wesleyan and North Central College, the 1997, 1998 & 1999 NCAA division III National Champions.

PUGET SOUND FAIRS WELL AT SUNDODGER INVITATIONAL: Puget Sound put up impressive times this weekend at the Sundodger Invitational held in Lincoln Park in Seattle, Washington. The Loggers participated in the "Open" portion of the run along side Division I, II, III and independant athletes. The Invitational portion was limited to Division I athletes only. The Men's team placed 4th overall (117 pts) on the 8000 meter course behind University of Alaska (39 pts.), Simon Fraser University(69pts.) and the University of British Columbia (108 pts.). The Loggers had three men place in the top 20 including senior, Sam Berg (9th-25:54), freshman, Dan McLean (12th-26:01) and senior, Brian Mulry (16th-26:13). Berg finished less than a minute behind the winner, Johnathon Swason representing FILA in 24:58. Other runners who placed for Puget Sound included sophomore, JR Flowerree (21st-26:24) and junior, Jarrod Larson (59th-27:33). Berg, McLean, Larson and sophomore Cody Leary (109th-29:57) all ran personal bests.

The Women's team finished in 12th place (325 pts.) as Seattle Pacific University (40pts.) won the event. The top finisher for Puget Sound was junior, Dana Boyle who finished the 6000 meter course in 2nd place (22:16), just :26 seconds behind the winner Rachel Ross from Seattle Pacific. Other top finishers for the Loggers were sophomore Julie Meyer (53rd-24:37), sophomore, Bree Hickel (82nd-25:31), freshman, Gina Collignan (91st-25:58) and freshman, Tessa Huson (97th-26:24).

BOYLE PICKED AS NWC WOMEN'S RUNNER-OF-THE-WEEK: Junior Dana Boyle (Carbondale, CO) was selected as the Northwest Conference Women's Runner-of-the-Week for her performance in the Sundodger Invitational, held in Lincoln Park in Seattle, Washington. Boyle finished the 6K course in 2nd place in a time of 22:16.

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LOGGERS TO RUN FOR HABITAT FOR HUMANITY: The Loggers will run in the Habitat Alumni Run this Saturday in Tacoma, Washington to raise money for the Habitat for Humanity project. The run will be an up-tempo workout for the Loggers as they prepare for their next race, the Sundodger Invitational held in Lincoln Park on September 23rd.

MEN FINISH 2ND, WOMEN 4TH AT EMERALD CITY OPEN: The Puget Sound Cross Country team had a successful first meet of the season held in Lower Woodland Park in Seattle, Washington. The men came in 2nd place behind University of Washington and the women came in 4th place behind University of Washington, Seattle Pacific University and Northwest College. The top finisher for the men was senior Sam Berg (Laurel, Montana) who came in 9th with a time of 27:13. Senior Brian Mulry (S. San Francisco, California) was right behind him as he finished 10th in 27:16, an improvement from his 27:33 finish in 1999. Other Logger men finishers in the top 20 were sophomore Reagan Grabner (Bickelton, Washington) in 13th place and freshman Dan McLean (Seattle, Washington) in 14th place, both in a time of 27:45. The top finisher for the women was junior Dana Boyle (Carbondale, Colorado) who came in 4th with a time of 18:26. The other top 20 finisher for the Logger women was junior Kyra Patterson (San Luis Obispo, California) with a time of 19:38, an improvement of 17 seconds from last season.

BOYLE NAMED ATHLETE-OF-THE-WEEK: Junior Dana Boyle was selected as the Northwest Conference Women's Cross Country Athlete-of-the-Week for her 4th place finish in the Emerald City Invitational.
WOMEN'S RESULTS- Top 20

ovrl	team	plc	plc	no	name team	time		
1		1		164	Kate Bradshaw	UW	17:25	
2		2		199	Rachel Ross	SPU	17:55	
3		3		175	Susan Werner	UW	18:20	
4		4		54	Dana Boyle	UPS	18:26	
5		5		172	Jen Schindler	UW	18:39	
6		6		167	Liza English	UW	18:40	
7		7		83	Danyel Longmire	NWC	18:41	
8		8		202	Jamie Witt	SPU	18:42	
9		9		193	Christie Goering	SPU	18:46	
10		-		227	Kristen Mora	Un	18:48	
11		10		86	Kim Stone	NWC	18:57	
12		11		194	Amber Higgins	SPU	19:07	
13		12		82	Crystal Evans	NWC	19:11	
14		13		171	Emily Mullen	UW	19:15	
15		14		192	Dana Cantrell	SPU	19:17	
16		15		173	Kate Spigel	UW	19:25	
17		16		168	Amy King	UW	19:28	
18		17		272	Megan Clancy	WWU	19:32	

19	-	170	Samantha Michel	UW	19:35
20	18	65	Kyra Patterson	UPS	19:38

Other Logger Finishers

26	23	63	Julie Meyer	UPS	20:21
40	29	57	Bree Hickel	UPS	21:18
50	33	62	Lisa Matson	UPS	22:00
52	34	66	Kim Racine	UPS	22:27
53	35	60	Mary Kotschwar	UPS	22:27
55	-	58	Tessa Huson	UPS	22:33
60	-	59	Marta Kacprzyński	UPS	23:31
71	-	61	Michelle Lee	UPS	26:53

WOMEN'S TEAM SCORES

1	Washington	28
2	Seattle Pacific	44
3	Northwest	73
4	Puget Sound	106
5	Western Washington	120
6	Seattle	178

MEN'S RESULTS- Top 20

ovrl	team				
plc	plc	no	name	team	time
1	1	98	John Russell	UW	25:37
2	2	94	Eric Garner	UW	25:48
3	3	156	Morgan Thompson	UW	25:58
4	4	95	Mike Hill	UW	25:59
5	5	97	Geoff Perry	UW	26:03
6	-	91	Phil Olson	NWC	26:04
7	6	96	Ben Koss	UW	26:06
8	7	99	Dan Schruth	UW	26:29
9	-	163	Matt Topping	Un	27:06
10	8	246	Zach Boteilho	WWU	27:08
11	9	67	Sam Berg	UPS	27:13
12	10	76	Brian Mulry	UPS	27:16
13	11	219	Nate Carlson	SMC	27:20
14	-	158	Todd Arnold	Un	27:23
15	12	203	Kelsey Backen	SPU	27:34
16	-	159	Preston Brashears	Un	27:36
17	13	70	Reagan Grabner	UPS	27:45
18	14	75	Dan McLean	UPS	27:45
19	15	253	Karl Meller	WWU	27:47
20	16	1207	Steve Manos	SU	27:58

Other Logger Finishers

28	22	69	JR Floweree	UPS	28:33
42	30	79	James O'Day	UPS	29:29
44	32	78	Michael Neuher	UPS	29:32
46	-	81	Brett Venn	UPS	29:45
49	-	80	Tyler Sellon	UPS	29:57
51	-	73	Jarrold Larson	UPS	30:03
52	-	72	Andy Jacoby	UPS	30:04
73	-	70	Justin Garland	UPS	31:35
74	-	74	Cody Leary	UPS	31:55

84 - 74 Paul McClaskey UPS 33:06

MEN'S TEAM SCORES

1	Washington	15	
2	Puget Sound	68	
3	Western Washington	87	
4	Saint Martin's	109	
5	Seattle Pacific	120	
6	Seattle	162	
7	Cascade	183	

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the load of the rushing game.

The offensive line returns all starters from the 1999 campaign. Leading the offensive line is Senior, Kyle Freeman, Bainbridge Island a four-year starter and was selected as a second team All-Conference in 1999. Ben Rosenthal and Mark Varnum both have started 19 games for the Loggers. Also protecting Knapp and opening up the gaps for the running backs will be Senior Joe Crum, Anchor Point, Alaska a honorable mention All-Conference selection in 1999.

Although veterans return to the offensive core, the Logger defense will be tested again as the team will face a rebuilding year with the loss of five starters from last season. Most significantly will be the absence of experience in the secondary. However, David Sugihara returns after missing the entire 1999 season due to injury. Micah Tanaka will be counted on to play 2 way-player until the young secondary develops. Coach Elliott hopes that transfer Sky Kitaoka from Laverne will fill the void in the secondary.

One of the bright spots for third year Defensive Coordinator Coach Ken Garland is the three Senior Linebackers returning. Leading the way and filling the gaps for the Loggers are Cullen Pang, Kailua, Hawaii, Senior Wil Lathrop, Joseph, Oregon and Kyle Malloy, Molalla, Oregon. The defensive line is very young but has great potential and Coach Elliott is looking for solid play from Sophomores, Matt Hall, Joe Carter, Melvin Ravenell and Eric Chaput.

Look for the Loggers to lean on their offensive experience, controlling the tempo of the game with long sustained drives. The success of the team will depend upon the play of the Logger defense, the health of Craig Knapp and his receiving corp and how well the underclassmen are able to contribute in a positive manner.

PUGET SOUND CROSS COUNTRY

MEN'S AND WOMEN'S CROSS COUNTRY BEGIN THE SEASON: Both the Men's and Women's Cross Country teams will begin their 2000 campaign by running in the Emerald City Invitational this coming Saturday, September 9th. The event is held at Lower Woodland Park, in Seattle, Washington. The women are set to compete at 10:15am with the men racing at 11:00am. Racing this year in the event will be various Division I, II and III teams as well as several club teams including the University of Washington, Seattle University, Western Washington University and Central Washington University. Last year Dave Davis took the title in 23:42.3 time. The next best finisher for the Loggers was Brian Mulry with a time of 27:33, finishing 15th. On the Women's side it was Kyra Patterson who led the Loggers finishing in a time of 19:55 placing 11th.

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George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, October 7, 2000 --- For Immediate Release

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BRUIN WOMEN 9TH, MEN 22ND IN CROWDED WILLAMETTE INVITATIONAL

SALEM, Ore. --- In this year's "largest collegiate cross country meet in the West", the 26th Annual Willamette University Invitational that featured almost 700 runners, the George Fox University women finished 9th and the Bruin men were 22nd in the small college/club division of the race held Saturday morning (Oct. 7) here at Bush's Pasture Park.

The University of Oregon captured both the men's 8,000 meter and women's 5,000 meter major college division races, the men with 31 points and the women with 15. In the small college/club divisions, the Northwest Elite club team was first in the men's race with 20 points and the Greater Boise Track Club was first in the women's race with 29. The top small college teams each were second, Humboldt State University in the men's race with 124 points and Willamette University in the women's race with 100.

George Fox's women tallied 276 points in their 9th-place finish, led by Colleen Forbes, who was 36th with a time of 19:18.45. Other Bruin scorers were Jamie McElwain, 52nd with a 19:46.02; Janelle Goeres, 53rd with a 19:46.34; Marisa Merritt, 56th with a 19:49.52; and Kirsten Norgaard, 79th with a 20:08.48.

In the men's race, the Bruins totaled 557 points to finish 22nd. The top men's finisher was Will Vollstedt, who was 77th among scorers and 99th overall with a 26:29.21. The other four George Fox scorers were Michael Owen, 95th (126th overall) with a 26:54.46; Will Howard, 111th (149th overall) with a 27:13.71; Matt Burg, 133rd (181st overall) with a 27:40.97; and Jackson Esselman, 141st (194th overall) with a 27:58.79.

The Bruins return to the races next Saturday (Oct. 14), participating in the Pacific Lutheran Invitational at Ft. Steilacoom Park in Lakewood (Tacoma), Wash.

Monday, May 21, 2001 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

**Eight Bruin Harriers, Women's Team Receive USTCA All-Academic Honors
Forbes Named to Academic All-District VIII Team**

EIGHT BRUINS AND WOMEN'S TEAM RECEIVE ACADEMIC HONORS FROM USTCA

NEWBERG, Ore. --- Eight runners on the George Fox University cross country teams, and the Bruin women's team as a whole, have received All-Academic honors for the 2000 season from the United States Track Coaches Association.

Of the 108 women's teams that were named All-Academic teams with cumulative grade point averages of 3.00 or better, George Fox posted the highest average of all with a superb mark of 3.970.

Contributing to that average and cited by the USTCA as All-Academic scholar-athletes were **Colleen Forbes** (Jr., Jackson, Wyo., 4.0 gpa), **Elizabeth Moyer** (Fr., Camarillo, Calif., 4.0 gpa), **Jamie McElwain** (Sr., Tigard, Ore., 4.0 gpa), **Janelle Goeres** (Fr., Sams Valley, Ore., 4.0 gpa), **Katherine Burley** (So., Portland, Ore., 3.94 gpa), **Kirsten Norgaard** (Jr., Everett, Wash., 4.0 gpa), and **Marisa Merritt** (Sr., Portland, Ore., 3.82 gpa).

For the Bruin men, **Will Vollstedt** (Fr., Portland, Ore.) received All-Academic honors with a 3.87 grade point average.

A complete list of all cross country schools and individuals honored as All-Academic by the USTCA can be obtained at the University of Wisconsin-Oshkosh website at <http://www.titans.uwosh.edu/CrossCountry/HonorRoll.html>.

FORBES NAMED TO VERIZON/CoSIDA ACADEMIC ALL-DISTRICT TEAM

NEWBERG, Ore. -- **Colleen Forbes**, the first George Fox University runner to earn a spot in the NCAA Division III National Cross Country Women's Championships, has been named to the 2000-01 Verizon/CoSIDA Academic All-District VIII Women's College Division Fall/Winter At-Large Team.

Forbes, a junior from Jackson, Wyo., who ran cross country for the first time in the fall semester, placed 98th out of 211 runners in the national race on Nov. 18 at the Wandermere Golf Course in Spokane, Wash. She earned All-Northwest Conference honors with a 6th-place finish in the NWC meet and All-West Region honors by finishing 8th in the NCAA Division III West Region race. She scored points for George Fox in all seven of her races in the fall, with a top time of 19:00.4, the 17th-beset mark in Bruin history. In the classroom, the nursing major has compiled a 3.98 grade point average.

Verizon is in its first year as the sponsor of the Academic All-America Teams which are selected by the nation's college sports information directors. District VIII of the College Sports Information Directors of America (CoSIDA) consists of all schools in the NCAA Divisions II and III and the NAIA in the states of Oregon, Washington, California, Hawaii, Alaska, Idaho, Arizona, Nevada, and Utah, and the Canadian province of British Columbia.

-more-

**2000-01 Verizon/CoSIDA Academic All-District VIII Women's Fall-Winter At-Large Team
(College Division)**

**Includes 11 student-athletes as a result of a tie for the tenth spot*

<u>NAME, SPORT</u>	<u>SCHOOL</u>	<u>YR</u>	<u>HOMETOWN</u>	<u>GPA</u>	<u>MAJOR</u>
Angela Crowell, soccer	Westmont	SR	Beverly, MA	3.88	Psychology
Katie DeFrieze, cross country	Chapman	SR	Anaheim, CA	3.89	Business
Colleen Forbes, cross country	George Fox	JR	Jackson, WY	3.98	Nursing
Jennifer Hanisits, swimming	CSU-Bakersfield	SR	Sacramento, CA	3.80	Biology
Elizabeth Hughes, soccer	UC San Diego	JR	Stanford, CA	3.67	Psychology
Jenny Hunt, cross country	Sonoma State	JR	Oak View, CA	3.83	Economics
Lindsey Meeks, swimming	UC San Diego	JR	Fairfield, CA	3.78	Biochemistry
Larissa Patterson, swimming	Redlands	SR	Tacoma, WA	3.80	Liberal Studies
Lehua Simmons, soccer	Chapman	GR	Huntington Beach, CA	4.00	Teaching/Educ.
Audrey Sung, cross country	UC San Diego	SO	Phoenix, AZ	4.00	Biochemistry
Jennifer Tomczik, soccer	Sonoma State	SR	Mission Viejo, CA	3.55	Nursing

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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Forbes Finishes 98th of 211 in NCAA D-III National Championship Race

COMING UP:

End of season

LAST WEEK:

Sat., Nov. 18 -- NCAA Division III National Championships, at Wandermere Golf Course, Spokane, Wash.

FORBES PLACES 98TH AT NCAA NATIONAL CHAMPIONSHIP

SPOKANE, Wash. -- Colleen Forbes, the first George Fox University runner to earn a spot in the NCAA nationals, placed 98th out of 211 competitors in the NCAA Division III National Cross Country Women's Championship race Saturday morning (Nov. 18) here on the Wandermere Golf Course.

Forbes, a sophomore from Jackson, Wyo., ran a time 19:21.2 over the 5,000 meter course, almost a minute-and-a-half behind the winning time of 17:54.4 by Johanna Olson of Luther College.

"For the first mile or so, Colleen hung around the 40th spot or so, but nothing really came together for her the rest of the race," said Bruin coach Wes Cook. "For a while, she ran with Ember Brosius, who was with us last year on a consortium from Gordon College and who is now back there." Brosius finished 58th at 19:02.9.

A number of Bruins competed in national events while George Fox was still a member of the NAIA, but this is only the second year of NCAA eligibility for the school.

Middlebury College captured the women's title with 103 points to runner-up Williams College with 123. Willamette University, the Northwest Conference champion, finished 22nd out of 24 full teams with 483 points.

The men's 8,000 meter run was won by Calvin College with 65 points to 87 for second-place Keene State College. The University of Puget Sound, the NWC champion, had an incomplete score. The individual champion was Tim McCoskey of North Central College with a time of 24:47.8.

Complete results of the 2000 NCAA Division III National Cross Country Championships are available at the website of the host school, the NWC's Whitworth College, at www.whitworth.edu/athletics/XCChampionships.

Monday, November 13, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Forbes to Compete in National Championship on Nov. 18
Five Bruins Earn All-West Region Honors
George Fox Women Finish 6th, Men 9th in West Region Races

COMING UP:

Sat., Nov. 18 -- NCAA Division III National Championships, at Wandermere Golf Course, Spokane, Wash.

LAST WEEK:

Nov. 11 -- NCAA Division III West Regionals, at Prado Park, Chino, Calif.
(Men -- 9th of 14 / Women -- 6th of 13)

FORBES TO RUN IN NATIONALS; FIVE BRUINS EARN ALL-REGION

CHINO, Calif. -- Colleen Forbes (Jr., Jackson, Wyo.) became the first George Fox University cross country runner to earn a spot in the NCAA National Championships, and four other Bruins joined her on the All-Region Teams with strong performances in the NCAA Division III West Regional races Saturday morning (Nov. 11) here at Prado Park.

Forbes will represent George Fox in the NCAA Division III National Championships on Saturday, Nov. 18, at the Wandermere Golf Course in Spokane, Wash., where fellow Northwest Conference member Whitworth College will serve as the host school. A number of Bruins competed in national events while George Fox was still a member of the NAIA, but this is only the second year of NCAA eligibility for the school.

In the West Regional team standings, the George Fox women placed 6th out of 14 teams, and the men were 9th out of 13.

Women's Results

Members of the winning team and the top six runners not on that team earn the right to compete in the Nationals. **Forbes** placed 8th in the women's 5,000 meter run with a time of 19:09.8, but Willamette University won the event with two of its runners in the top eight, giving her the final spot.

Joining Forbes on the All-Region Women's Team for the Bruins were **Janelle Goeres (Fr., Sams Valley, Ore.)**, who placed 21st with a time of 19:28.1, and **Marisa Merritt (Sr., Portland, Ore.)**, who was 26th at 19:33.5. The top 35 earn All-Region honors.

Also running for the Bruins were **Jamie McElwain (Sr., Tigard, Ore.)**, who just missed All-Region with a 37th-place finish at 19:58.2; **Kirsten Norgaard (Jr. Everett, Wash.)**, 39th at 20:03.0; **Katherine Burley (So., Portland, Ore.)**, 45th at 20:17.1; and **Elizabeth Moyer (Fr., Camarillo, Calif.)**, 65th at 21:26.8.

Lia Osslander of Pacific Lutheran University was the women's winner at 18:20.3. Team-wise, Willamette had 71 points, followed by Claremont-Mudd-Scripps Colleges with 76, Whitman College 87, Whitworth 100, PLU 120, and George Fox was 6th with 122. Trailing the Bruins were Occidental College with 214 points, Colorado College with 217, the University of Redlands with 238, Pomona-Pitzer Colleges with 239, Lewis & Clark College with 280, California Lutheran University with 335, Chapman University with 395, and the California Institute of Technology with 410.

Fourteen teams and 104 runners competed in the women's race.

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Men's Results

For the Bruin men, **Steve Willmer (So., Fullerton, Calif.)** placed 15th at 26:59.8 in the 8,000 meter race and **Will Vollstedt (Fr., Portland, Ore.)** was 34th at 27:52.2, giving George Fox two more All-Region members. **Willmer** made the All-Region Team last year as well. **Michael Owen (So., Anchorage, Alaska)** just missed All-Region with a 37th-place finish at 28:00.4.

Other Bruin runners included **Will Howard (Fr., Caldwell, Idaho)**, 54th at 29:01.4; **Forrest Towne (Jr., Springfield, Ore.)**, 69th at 29:44.5; **Jackson Esselman (Jr., Bellevue, Idaho)**, 71st at 29:53.7; and **Matt Burg (Fr., Newberg, Ore.)**, 80th at 30:23.7.

Eli Klovee-Smith of first-place Claremont-Mudd-Scripps won the men's event at 26:16.8. CMS edged the University of Puget Sound 53-58 to win the race, followed by Willamette with 75, Lewis & Clark College with 110, PLU 139, Whittier College 140, Pomona-Pitzer Colleges 174, Colorado College 184, and George Fox was 9th at 197. Other teams in the race were Whitman with 314 points, Chapman with 327, California Lutheran with 364, and California Tech with 368.

A total of 13 teams and 100 runners ran in the men's race.

Coach Cook's Comments

"I'd say that, overall, our women had their best race of the year, and the men did about as well as could be expected, given that so many of them just have not been healthy," George Fox coach **Wes Cook** praised his teams.

"We weren't sure about Colleen's place when the race ended. At first we thought she might have finished 9th, but then she was given a backup card that had 7th on it, and we knew that wasn't right. The officials finally went to the videotape to make certain, and it showed her 8th, so with two Willamette girls finishing ahead of her, we'll be taking Colleen to Spokane next week as our first NCAA cross country competitor. We're very proud of her.

"I think it's also interesting to note that, in the women's race, five of the top six teams were all members of the Northwest Conference, and in the men's race, five of the top nine. Our conference as a whole has much to be proud of -- and it also shows what tough competition we have in the Pacific Northwest!"

George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, November 11, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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FORBES TO RUN IN NATIONALS; FIVE BRUINS EARN ALL-REGION

CHINO, Calif. -- Colleen Forbes became the first George Fox University cross country runner to earn a spot in the NCAA National Championships, and four other Bruins joined her on the All-Region Teams with strong performances in the NCAA Division III West Regional races Saturday morning (Nov. 11) here at Prado Park.

In the team standings, the George Fox women placed 6th out of 14 teams, and the men were 9th out of 13.

Women's Results

Members of the winning team and the top six runners not on that team earn the right to compete in the Nationals. Forbes placed 8th in the women's 5,000 meter run with a time of 19:09.8, but Willamette University won the event with two of its runners in the top eight, giving her the final spot. A number of Bruins competed in national events while George Fox was still a member of the NAIA, but this is only the second year of NCAA eligibility for the school.

Joining Forbes on the All-Region Women's Team for the Bruins were Janelle Goeres, who placed 21st with a time of 19:28.1, and Marisa Merritt, who was 26th at 19:33.5. The top 35 earn All-Region honors.

Also running for the Bruins were Jamie McElwain, who just missed All-Region with a 37th-place finish at 19:58.2; Kirsten Norgaard, 39th at 20:03.0; Katherine Burley, 45th at 20:17.1; and Elizabeth Moyer, 65th at 21:26.8.

Lia Osslander of Pacific Lutheran University was the women's winner at 18:20.3. Team-wise, Willamette had 71 points, followed by Claremont-Mudd-Scripps Colleges with 76, Whitman College 87, Whitworth 100, PLU 120, and George Fox was 6th with 122. Fourteen teams and 100 runners competed in the women's race.

Men's Results

For the Bruin men, Steve Willmer placed 15th at 26:59.8 in the 8,000 meter race and Will Vollstedt was 34th at 27:52.2, giving George Fox two more All-Region members. Michael Owen just missed All-Region with a 37th-place finish at 28:00.4.

Other Bruin runners included Will Howard, 54th at 29:01.4; Forrest Towne, 69th at 29:44.5; Jackson Esselman, 71st at 29:53.7; and Matt Burg, 80th at 30:23.7.

Eli Klove-Smith of first-place Claremont-Mudd-Scripps won the men's event at 26:16.8. CMS edged the University of Puget Sound 53-58 to win the race, followed by Willamette with 75, Lewis & Clark College with 110, PLU 139, Whittier College 140, Pomona-Pitzer Colleges 174, Colorado College 184, and George Fox was 9th at 197. A total of 13 teams and 100 runners ran in the men's race.

Coach Cook's Comments

"I'd say that, overall, our women had their best race of the year, and the men did about as well as could be expected, given that so many of them just have not been healthy," George Fox coach Wes Cook praised his teams.

"We weren't sure about Colleen's place when the race ended. At first we thought she might have finished 9th, but then she was given a backup card that had 7th on it, and we knew that wasn't right. The officials finally went to the videotape to make certain, and it showed her 8th, so with two Willamette girls finishing ahead of her, we'll be taking Colleen to Spokane next week as our first NCAA cross country competitor. We're very proud of her.

"I think it's also interesting to note that, in the women's race, five of the top six teams were all members of the Northwest Conference, and in the men's race, five of the top nine. Our conference as a whole has much to be proud of -- and it also shows what tough competition we have in the Pacific Northwest!"

The NCAA Division III National Championships are set for Saturday, Nov. 18, at the Wandermere Golf Course in Spokane, Wash., with Whitworth as the host school.

Monday, October 30, 2000 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruins Finish 5th in Both Men's and Women's NWC Races
Forbes, Willmer Earn All-Conference Honors
Bruins to Compete Next in NCAA West Regionals in California

COMING UP:

Open Date this week
Sat., Nov. 11 -- NCAA Division III West Regionals, at Prado Park, Chino, Calif.

LAST WEEK:

Oct. 28 -- Northwest Conference Championships, Ft. Walla Walla Park, Walla Walla, Wash.
(Men -- 5th of 9 / Women -- 5th of 9)

FORBES, WILLMER EARN ALL-NWC AS BRUINS FINISH 5TH IN X-C RACES

WALLA WALLA, Wash. --- Colleen Forbes (Jr., Jackson, Wyo.) earned First Team All-Conference honors and **Steve Willmer (So., Fullerton, Calif.)** was Second Team All-Conference, highlighting George Fox University's 5th-place finishes in the Northwest Conference Cross Country Championships Saturday morning (Oct. 28) here in the wet, windy conditions at Ft. Walla Walla Park.

The top seven finishers earn First Team honors and the 7th-14th runners are named Second Team. **Forbes** placed 6th with a time of 19:03.83 in the women's 5,000 meter run, while **Willmer** was 10th with a time of 26:23.17 over the men's 8,000 meter course.

In team performances, the University of Puget Sound defended its men's title, while Willamette University won the women's crown.

Women's Results

The Willamette women, who tied for second in last year's championships, won with 50 team points, unseating a defending champion Whitman College team that took second place this time around with 63 points. Whitworth College was third with 72 points, four points ahead of Pacific Lutheran University. Following the top four were **George Fox**, 5th with 114 points; the University of Puget Sound, 6th with 171; Lewis & Clark College, 7th with 187; Linfield College, 8th with 203; and Pacific University, 9th with 277.

Lia Osslander, a PLU junior who placed second a year ago, won the women's race in 18:08.11. Maree George-Milles, a PLU senior who placed fifth in the 1998 NCAA DIII national championships, took second in 18:31.87. Following in order and earning First Team All-Conference honors were Dana Boyle of UPS, Jennie Wood of Whitman, Willamette's Liz Rodda, George Fox's **Forbes**, and Whitworth's Holly Weiler. Second Team honors went to Julia Lucas and Annie Scott of Whitworth; Natalie Wright, Lisa Starkey and Amber Strickler of Willamette; and Heather Koertje and Liz Briggs of Whitman.

Also scoring for the George Fox Bruins were **Jamie McElwain (Sr., Tigard, Ore.)**, 23rd in 19:41.98; **Marisa Merritt (Sr., Portland, Ore.)**, 24th in 19:50.40; **Janelle Goeres (Fr., Sams Valley, Ore.)**, 29th in scoring and 31st overall in 20:08.60; and **Kirsten Norgaard (Jr., Everett, Wash.)**, 32nd in scoring and 34th overall in 20:13.38.

-more-

Others who ran for George Fox were **Katherine Burley** (So., Portland, Ore.), 20:17.54; **Elizabeth Moyer** (Fr., Camarillo, Calif.), 20:55.72; **Rosie Oftstie** (Jr., Amity, Ore.), 22:06.73; **Melissa McKenzie** (So., Colorado Springs, Colo.), 22:40.64; and **Cheri Laulainen** (Fr., Ridgefield, Wash.), 23:50.43.

Men's Results

With runners placing second, third and fourth, UPS was a decisive winner in the men's race, grabbing the team title with 29 points for its top five runners, who were all in the first 12 places. Lewis & Clark was a distant second with 66 points, three points ahead of third-place Willamette. Following the top three were Pacific Lutheran, 4th with 95 points; **George Fox**, 5th with 122; Whitworth, 6th with 148; Whitman, 7th with 210; Linfield, 8th with 226; and Pacific, 9th with 243.

Aaron Young, a Willamette freshman, won the men's race in 25:30.30, finishing a whopping 30 seconds ahead of his nearest competitor. Sam Berg, a UPS senior, was second in 25:59.85. Rounding out the men's top seven and earning First Team All-Conference honors were UPS' Dan McLean and Reagan Grabner, Willamette's Nathan O'Brien, PLU's Ryan Reed, and Paul Davis of Linfield. Joining **Willmer** for Second Team honors were Brian Mulry and J.R. Flowerree of UPS; Chris Mayer, Andrew Ault and Neil Weare of Lewis & Clark; and Alan Davies of PLU.

Other Bruins who scored points were **Will Howard** (Fr., Caldwell, Idaho), 19th in 26:57.74; **Will Vollstedt** (Fr., Portland, Ore.), 21st in 27:05.90; **Michael Owen** (So., Anchorage, Alaska), 32nd in 27:42.89; and **Jackson Esselman** (Jr., Bellevue, Idaho), 40th in scoring and 43rd overall in 28:17.35.

Also representing the Bruins in the race were **Bjorn Doskeland** (Fr., Boise, Idaho), 28:34.87; **Matt Burg** (Fr., Newberg, Ore.), 28:35.79; **Forrest Towne** (Jr., Springfield, Ore.), 28:48.35; **Nathan Paisley** (Jr., Salem, Ore.), 29:36.92; and **Silas Towne** (So., Springfield, Ore.), 30:11.29.

BRUIN BITS:

*** **Colleen Forbes** became only the third George Fox women's runner to earn First Team All-Conference honors since the Bruins joined the Northwest Conference in 1995. Only six women have been First or Second Team. Her time of 19:03.83 was the 3rd-fastest time for a Bruin in the NWC championship races, and the 7th-best ever at Ft. Walla Walla. "Considering that Colleen has been ill with a cold since last Wednesday, it was a whale of an effort for her," Bruins coach **Wes Cook** said in praise of her performance.

*** **Steve Willmer**, who was 4th in the conference race a year ago, placed 10th this time despite a year-long battle with back problems. He is the 11th Bruin men's runner to make First or Second Team All-Conference since 1995. His time of 26:23.17 was the 2nd-best ever for a Bruin at Ft. Walla Walla. "Quite a performance, with the kind of season and preparation struggles he's gone through," said Cook.

*** Six Bruin women and five men ran better times in the NWC meet than in their previous race at Ft. Walla Walla Park back on Sept. 16: **Forbes** (by 1:02), **Merritt** (by 0:40), **Burley** (by 1:24), **Moyer** (by 0:42), and **Norgaard** (by 0:12) for the women, and **Willmer** (by 0:14), **Howard** (by 0:59), **Vollstedt** (by 0:33), **Esselman** (by 1:08), and **Burg** (by 1:29). "Our teams had the best improvement of any team in the race over the last time," noted Cook. "Considering how the conditions negatively impacted the speed of the racing, our improvement is much better. The top 10 women in the conference race beat the winning time from the September race when it was a hard and dry surface; this was wet, muddy in places, and slick."

*** The George Fox women have one 2nd, one 4th, two 5ths, one 6th and one 7th in six years in the Northwest Conference. The men have two 2nds, two 4ths, and two 5ths.

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BRUINS HAVE TWO WEEKS TO PREPARE FOR WEST REGIONALS IN CALIFORNIA

The George Fox men's and women's cross country teams will take this coming weekend to rest and recover from their 5th-place finishes in the Northwest Conference Championships on Oct. 28 in Walla Walla, Wash., and will prepare for the NCAA Division III West Regionals at Prado Park in Chino, Calif., on Saturday, Nov. 11.

The men's 8,000 meter race begins at 9:00 a.m., followed by the women's 5,000 meter run at 10:00 a.m.

Leading the Bruin men will be **Steve Willmer**, who placed 10th in the NWC race to earn Second Team All-Conference honors and who was an All-Regional runner last year in the race at McIver State Park in Estacada, Ore. The Bruin women will feature First Team All-Conference runner **Colleen Forbes**, who placed 6th in the NWC Championship.

In addition to the Bruins, other Northwest Conference teams expected to compete are the University of Puget Sound (NWC men's champion), Willamette University (NWC women's champion), Lewis & Clark College, Pacific Lutheran University, Whitman College, and Whitworth College.

Teams from the host state that will run for the regional championships include the California Institute of Technology, California Lutheran University, California State University-Hayward, Chapman University, Claremont-Mudd-Scripps Colleges, Mills College, Occidental College, Pomona-Pitzer Colleges, La Verne University, the University of Redlands, and Whittier College. Colorado College is another school from a long way off that can be counted on to make a strong showing.

Regional winning teams and top individuals earn the right to compete in the NCAA Division III National Championships on Nov. 18 at Wandermere Golf Course in Spokane, Wash., hosted by NWC member Whitworth.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, October 28, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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FORBES, WILLMER EARN ALL-NWC AS BRUINS FINISH 5TH IN X-C RACES

WALLA WALLA, Wash. --- Colleen Forbes earned First Team All-Conference honors and Steve Willmer was Second Team, highlighting George Fox University's 5th-place finishes in the Northwest Conference Cross Country Championships Saturday morning (Oct. 28) here in the wet, windy conditions at Ft. Walla Walla Park.

The top seven finishers earn First Team honors and the 7th-14th runners are named Second Team. Forbes placed 6th with a time of 19:03.83 in the women's 5,000 meter run, while Willmer was 10th with a time of 26:23.17 over the men's 8,000 meter course.

In team performances, the University of Puget Sound defended its men's title, while Willamette University won the women's crown.

Women's Results

The Willamette women, who tied for second in last year's championships, won with 50 team points, unseating a defending champion Whitman College team that took second place this time around with 63 points. Whitworth College was third with 72 points, four points ahead of Pacific Lutheran University. Following the top four were George Fox, 5th with 114 points; the University of Puget Sound, 6th with 171; Lewis & Clark College, 7th with 187; Linfield College, 8th with 203; and Pacific University, 9th with 277.

Lia Osslander, a PLU junior who placed second a year ago, won the women's race in 18:08.11. Maree George-Milles, a PLU senior who placed fifth in the 1998 NCAA DIII national championships, took second in 18:31.87. Following in order and earning First Team All-Conference honors were Dana Boyle of UPS, Jennie Wood of Whitman, Willamette's Liz Rodda, George Fox's Forbes, and Whitworth's Holly Weiler. Second Team honors went to Julia Lucas and Annie Scott of Whitworth; Natalie Wright, Lisa Starkey and Amber Strickler of Willamette; and Heather Koertje and Liz Briggs of Whitman.

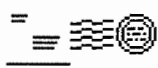
Also scoring for the George Fox Bruins were Jamie McElwain, 23rd in 19:41.98; Marisa Merritt, 24th in 19:50.40; Janelle Goeres, 29th in scoring and 31st overall in 20:08.60; and Kirsten Norgaard, 32nd in scoring and 34th overall in 20:13.38.

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With runners placing second, third and fourth, UPS was a decisive winner in the men's race, grabbing the team title with 29 points for its top five runners, who were all in the first 12 places. Lewis & Clark was a distant second with 66 points, three points ahead of third-place Willamette. Following the top three were Pacific Lutheran, 4th with 95 points; George Fox, 5th with 122; Whitworth, 6th with 148; Whitman, 7th with 210; Linfield, 8th with 226; and Pacific, 9th with 243.

Aaron Young, a Willamette freshman, won the men's race in 25:30.30, finishing a whopping 30 seconds ahead of his nearest competitor. Sam Berg, a UPS senior, was second in 25:59.85. Rounding out the men's top seven and earning First Team All-Conference honors were UPS' Dan McLean and Reagan Grabner, Willamette's Nathan O'Brien, PLU's Ryan Reed, and Paul Davis of Linfield. Joining Willmer for Second Team honors were Brian Mulry and J.R. Flowerree of UPS; Chris Mayer, Andrew Ault and Neil Weare of Lewis & Clark; and Alan Davies of PLU.

Other Bruins who scored points were Will Howard, 19th in 26:57.74; Will Vollstedt, 21st in 27:05.90; Michael Owen, 32nd in 27:42.89; and Jackson Esselman, 40th in scoring and 43rd overall in 28:17.35.



Saturday, October 28, 2000 1:58:57 PM

Message

From:  holden@whitman.edu

Subject: News Release: NWC X-C Championships

To:  bcash@georgefox.edu
 pstewart@lclark.edu
 kbird@linfield.edu
 timmbr@pacificu.edu
 dawsonen@plu.edu
 rhamilton@ups.edu
 sflegel@whitworth.edu
 cvoliva@willamette.edu

Bcc:  Blair Cash

Below is a copy of the news release that will go to the news media later this afternoon.

I'm not sure if Jay Babbitt, my student helper, has emailed the complete results to you yet, but if not, they should be coming soon.

We also have the complete results posted on Whitman's athletic website.

Any questions, let me know. Here's the news release text:

Saturday, Oct. 28, 2000

UPS DEFENDS MEN'S NWC X-C TITLE; WILLAMETTE WINS WOMEN'S CROWN

WALLA WALLA, Wash. -- The University of Puget (UPS) defended its men's title while Willamette University won the women's crown at the Northwest Conference Cross Country Championships Saturday morning in wet, windy conditions at Ft. Walla Walla Park.

With runners placing second, third and fourth, UPS was a decisive winner in the men's 8,000 meters, grabbing the team title with 29 place points for its top five runners. Lewis & Clark College was a distant second with 66 points, three points ahead of the third-place Willamette men.

The Willamette women, who tied for second in last year's championships, won the 5,000 meters with 50 teams points, unseating a defending champion Whitman team that took second place this time around with 63 points. The Whitworth College women were third with 72 points, four points in front of the fourth-place Pacific Lutheran University (PLU) women.

Aaron Young, a Willamette freshman, won the men's race in 25:30.30, finishing a whopping 30 seconds ahead of his nearest competitor. Sam Berg, a UPS senior, was second in 25:59.85. Two of Berg's teammates, Dan McLean and Reagan Grabner, placed third and fourth respectively.

Rounding out the men's top seven, and earning first-team all-conference honors, were Willamette's Nathan O'Brien in fifth, PLU's Ryan Reed in sixth, and Paul Davis of Linfield College in seventh.

Lia Ossiander, a PLU junior who placed second a year ago, won the women's race in 18:08.11. Maree George-Milles, a PLU senior who placed fifth in the 1998 NCAA DIII national championships, took second in Saturday's race in 18:31.87.

Dana Boyle, a UPS junior who won the women's NWC title two years ago, finished third in 18:52.20. Whitman senior Jennie Wood, running her first season of cross country after three years of varsity soccer, placed fourth in 18:59.44.

Other runners earning first-team honors by placing in the top seven in the women's race were Willamette's Liz Rodda in fifth, Colleen Forbes of George Fox University in sixth, and Whitworth's Holly Weiler in seventh.

Following UPS, Lewis & Clark and Willamette, the order of finish in the men's team scoring was PLU, 4th, 95 points; George Fox, 5th, 122; Whitworth, 6th, 148; Whitman, 7th, 210; Linfield, 8th, 226; and Pacific University, 9th, 243.

The order of finish in the women's team scoring, following Willamette, Whitman, Whitworth and PLU, was George Fox, 5th, 114 points; UPS, 6th, 171; Lewis & Clark, 7th, 187; Linfield, 8th, 203; and Pacific, 9th, 277.

Runners who finished eighth through 14th in Saturday's two races earned second-team all-NWC honors. There were 77 runners in the women's race and 79 in the men's race.

- 30 -

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Monday, October 16, 2000 --- For Immediate Release
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Athletic Website: www.georgefox.edu/athletics

GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruin Harriers Run Strongest Races of the Season at PLU Invitational

COMING UP:

Open Date this week

**Sat., Oct. 28 -- Northwest Conference Championships at Ft. Walla Walla Park,
Walla Walla, Wash. (Whitman College, host)**

LAST WEEK:

Oct. 14 -- Pacific Lutheran Invitational, at Ft. Steilacoom Park, Lakewood, Wash.
(Men -- 9th of 16 / Women -- 7th of 15)

BRUIN WOMEN 7TH, MEN 9TH IN PACIFIC LUTHERAN INVITATIONAL

LAKEWOOD, Wash. --- In what coach Wes Cook called "a great day of racing, especially for the ladies", the George Fox University women finished 7th and the men 9th in the 25th Annual Pacific Lutheran University Invitational Cross Country Meet Saturday (Oct. 14) at Ft. Steilacoom Park here in the Tacoma suburbs.

Women's Results

Central Washington University took first in the women's 5K race with 40 points, followed by host Pacific Lutheran with 104, Simon Fraser University 114, Whitworth College 123, Southern Oregon University 138, Whitman College 162, George Fox 167, Lewis-Clark State University 180, Northwest Nazarene University 198, Western Oregon University 302, Linfield College 322, Lewis & Clark College 327, the University of Puget Sound 342, St. Martin's College 393, and Seattle University 408.

Scoring for the Bruins were **Colleen Forbes (So., Jackson, Wyo.)**, 21st and 26th overall at 19:00.4; **Janelle Goeres (Fr., Sams Valley, Ore.)**, 33rd and 39th overall at 19:21.0; **Marisa Merritt (Sr., Portland, Ore.)**, 36th and 42nd overall at 19:28.2; **Kirsten Norgaard (Jr., Everett, Wash.)**, 38th and 44th overall at 19:30.6; and **Jamie McElwain (Sr., Tigard, Ore.)**, 39th and 45th overall at 19:39.6.

Pointing to the times of the Bruins' five scorers plus a time of 19:54.0 for **Katherine Burley (So., Portland, Ore.)**, Cook noted that "this is the first time since 1995 that our women have had six ladies under 20:00 in the same race, and the first time since 1993 this has happened on a course other than the traditionally-fast Willamette course. Both those teams were very good - the '93 team finished 11th at the NAIA nationals and the '95 team was 14th.

"We also beat two top 25 NAIA teams in Lewis-Clark State and Northwest Nazarene, Central Washington is a top ten D-II team, and Simon Fraser has been top five in the NAIA in both the men's and women's sides. It was a very good meet for us."

Forbes' time was the 17th-best all-time and 11th-best for a sophomore. Forbes, Burley, and Norgaard posted personal bests, while Merritt and McElwain had their season's best times.

Men's Results

Simon Fraser captured the men's 8K event with 57 points, followed by Puget Sound 75, Lewis & Clark 111, Central Washington 129, Northwest Nazarene 156, Pacific Lutheran 176,

-more-

George Fox Cross Country ... Oct. 16, 2000 ... page 2

Whitworth 188, Western Oregon 206, George Fox 224, Lewis-Clark State 246, Southern Oregon 263, the Parkland Harriers club team 275, Linfield 386, Whitman 395, Highline Community College 402, and St. Martin's 404.

George Fox scorers were **Steve Willmer (So., Fullerton, Calif.)**, 13th and 18th overall at 26:04.8; **Will Vollstedt (Fr., Portland, Ore.)**, 25th and 31st overall at 26:28.0; **Will Howard (Fr., Caldwell, Idaho)**, 45th and 52nd overall at 26:54.0; **Forrest Towne (Jr., Springfield, Ore.)**, 64th and 77th overall at 27:28.9; and **Jackson Esselman (Jr., Bellevue, Idaho)**, 77th and 100th overall at 28:06.4.

"The guys who ran did very well," said Cook. "We didn't run a couple of our top runners, **Michael Owen (So., Anchorage, Alaska)** and **Matt Burg (Fr., Newberg, Ore.)**, because of nagging little 'owies' that we want to get better by conference time. Willmer can run tough; even though he isn't very well prepared because of his back problems, he was still a top 20 finisher in a very fast race. As much as he's missed compared to where he was at this time last fall, and to still run only 15 seconds or slower than at that time, well, that's pretty tough."

Willmer's time was the 10th-best for a sophomore and Vollstedt improved on his 12th-best time ever for a freshman. Esselman's time was his best ever at the Lakewood course. Vollstedt, Howard, and Towne posted personal bests, as did **Nathan Paisley (Jr., Salem, Ore.)** at 28:55.5, **Nick Ryland (So., Cheyenne, Wyo.)** at 30:05.0, and **Matt Gerber (So., LaGrande, Ore.)** at 35:47.6.

"It was the most enjoyable weekend this season for me personally," admitted Cook. "It was just one of those days that went the way things are supposed to go, and other than having to hold out two of our top five guys, we had a very good day."

The Bruins are off this coming weekend, then return to the races with the Northwest Conference Championships on Saturday, Oct. 28, at Ft. Walla Walla Park in Walla Walla, Wash. Whitman College is this year's NWC host.

Monday, October 9, 2000 --- For Immediate Release
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Athletic Website: www.georgefox.edu/athletics

GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruin Women 8th, Men 18th in Willamette Invitational

THIS WEEK:

Sat., Oct. 14 -- Pacific Lutheran Invitational, at Ft. Steilacoom Park, Lakewood, Wash.

LAST WEEK:

Oct. 7-- Willamette Invitational, at Bush's Pasture Park, Salem, Ore.
(Men -- 18th / Women -- 8th)

BRUIN WOMEN 8TH, MEN 18TH IN CROWDED WILLAMETTE INVITATIONAL

SALEM, Ore. --- In this year's "largest collegiate cross country meet in the West", the 26th Annual Willamette University Invitational that featured almost 700 runners, the George Fox University women finished 8th among small college teams and the Bruin men were 18th among small colleges in races held Saturday morning (Oct. 7) here at Bush's Pasture Park.

The University of Oregon captured both the men's 8,000 meter and women's 5,000 meter major college division races, the men with 31 points and the women with 15. In the small college /club divisions, the Northwest Elite club team was first in the men's race with 20 points and the Greater Boise Track Club was first in the women's race with 29. The top small college teams each were second, Humboldt State University in the men's race with 124 points and Willamette University in the women's race with 100.

George Fox's women tallied 276 points in finishing 9th overall in the small college/club division, and 8th among small college teams only. The Bruins were led by **Colleen Forbes (Jr., Jackson, Wyo.)**, who was 36th with a time of 19:18.45, setting a new personal 5K mark and posting the 25th best all-time mark for a Bruin. Other Bruin scorers were **Jamie McElwain (Sr., Tigard, Ore.)**, 52nd with a 19:46.02; **Janelle Goeres (Fr., Sams Valley, Ore.)**, 53rd with a 19:46.34; **Marisa Merritt (Sr., Portland, Ore.)**, 56th with a 19:49.52; and **Kirsten Norgaard (Jr., Everett, Wash.)**, 79th with a 20:08.48.

Also setting personal bests were **Katherine Burley (So., Portland, Ore.)** with a 20:15.19 and **Emily Martinez (Fr., Gresham, Ore.)** with a 33:41.12, while **Elizabeth Moyer (Fr., Camarillo, Calif.)** had her season's best with a 20:49.25.

In the men's race, the Bruins totaled 557 points to finish 22nd overall in the small college/club division, and 18th among small college teams only. The top men's finisher was **Will Vollstedt (Fr., Portland, Ore.)**, who was 77th among scorers and 99th overall with a 26:29.21. His time was the 12th-best ever for a Bruin freshman in an 8K race. The other four George Fox scorers were **Michael Owen (So., Anchorage, Alaska)**, 95th (126th overall) with a 26:54.46; **Will Howard (Fr., Caldwell, Idaho)**, 111th (149th overall) with a 27:13.71; **Matt Burg (Fr., Newberg, Ore.)**, 133rd (181st overall) with a 27:40.97; and **Jackson Esselman (Jr., Bellevue, Idaho)**, 141st (194th overall) with a 27:58.79. Owens, Howard, and Burg all posted personal best times, while Esselman had his best this season.

Four other Bruins also set personal bests, including **Forrest Towne (Jr., Springfield, Ore.)** with a 28:01.09, **Bjorn Doskeland (Fr., Boise, Idaho)** with a 28:08.89, **Nathan Paisley (Jr., Salem, Ore.)** with a 29:18.84, and **Matt Gerber (So., LaGrande, Ore.)** with a 37:11.40.

"We had some pretty good times with so many people setting new personal records," said Bruins coach Wes Cook, "but we're still not up to where we need to be if we're going to be competitive with the top teams in our conference. Our top four women are among the better

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George Fox Cross Country ... Oct. 9, 2000 ... page 2

runners we've had here, but they're still not up to where I think they ought to be. McElwain has been sick and has been practice teaching, so this was her first full race, and Goeres has had a sore foot for a week. Our men might have done better had **Steve Willmer (So., Fullerton, Calif.)** been available, but he's still day-to-day with his back problems."

The Bruins return to the races next Saturday (Oct. 14), participating in the Pacific Lutheran Invitational at Ft. Steilacoom Park in Lakewood (Tacoma), Wash.

George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, October 7, 2000 --- For Immediate Release

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BRUIN WOMEN 9TH, MEN 22ND IN CROWDED WILLAMETTE INVITATIONAL

SALEM, Ore. --- In this year's "largest collegiate cross country meet in the West", the 26th Annual Willamette University Invitational that featured almost 700 runners, the George Fox University women finished 9th and the Bruin men were 22nd in the small college/club division of the race held Saturday morning (Oct. 7) here at Bush's Pasture Park.

The University of Oregon captured both the men's 8,000 meter and women's 5,000 meter major college division races, the men with 31 points and the women with 15. In the small college/club divisions, the Northwest Elite club team was first in the men's race with 20 points and the Greater Boise Track Club was first in the women's race with 29. The top small college teams each were second, Humboldt State University in the men's race with 124 points and Willamette University in the women's race with 100.

George Fox's women tallied 276 points in their 9th-place finish, led by Colleen Forbes, who was 36th with a time of 19:18.45. Other Bruin scorers were Jamie McElwain, 52nd with a 19:46.02; Janelle Goeres, 53rd with a 19:46.34; Marisa Merritt, 56th with a 19:49.52; and Kirsten Norgaard, 79th with a 20:08.48.

In the men's race, the Bruins totaled 557 points to finish 22nd. The top men's finisher was Will Vollstedt, who was 77th among scorers and 99th overall with a 26:29.21. The other four George Fox scorers were Michael Owen, 95th (126th overall) with a 26:54.46; Will Howard, 111th (149th overall) with a 27:13.71; Matt Burg, 133rd (181st overall) with a 27:40.97; and Jackson Esselman, 141st (194th overall) with a 27:58.79.

The Bruins return to the races next Saturday (Oct. 14), participating in the Pacific Lutheran Invitational at Ft. Steilacoom Park in Lakewood (Tacoma), Wash.

Monday, October 2, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruins Take a Weekend Off to Rest and Give Injuries Time to Heal

THIS WEEK:

Sat., Oct. 7 -- Willamette Invitational, at Bush Park, Salem, Ore., 9:00 a.m.

LAST WEEK:

Bruins did not run in any events.

BRUINS TAKE A BREAK FROM COMPETITION, RESUME RUNNING THIS WEEKEND

NEWBERG, Ore. --- With both his men's and women's teams suffering various aches and pains, George Fox University cross country coach **Wes Cook** opted to withhold his Bruins from competition this past weekend.

The Bruins were originally scheduled to participate in the National Preview Meet Friday (Sept. 29) at the Wandermere Golf Course in Spokane, Wash., where Whitworth College will host the NCAA Division III national races on Nov. 18, but Cook decided to hold the men out of that race and send the women's team to the Big Cross Invitational in Pasco, Wash., on Saturday (Sept. 30). One of the team's top runners, Jamie McElwain (Sr., Tigard, Ore.), is student teaching this semester and would have been unable to make the Spokane trip, but would have been able to make it to Pasco in time. However, with several of the women's team recuperating from minor problems, Cook decided at the last minute to allow them to rest as well.

"We've got two big meets coming up the next two weekends that are hosted by conference schools," Cook pointed out, "and I think giving our teams a little extra time to rest and recover will benefit them in the long run. We've had a few foot problems, some sore backs and muscles, and several runners have been sick the past week or two, so this just seemed to be the best thing at this time for everyone."

The Bruins will hit the trails again next Saturday (Oct. 7) at the Willamette Invitational at Bush Park in Salem, Ore. They have the Pacific Lutheran Invitational the following Saturday, Oct. 14, then take another break before competing in the Northwest Conference Championships on Oct. 28 in Walla Walla, Wash.

George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Friday, September 29, 2000 --- For Immediate Release

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BRUINS TAKE A BREAK FROM ALL COMPETITION THIS WEEKEND

NEWBERG, Ore. --- With both his men's and women's teams suffering various aches and pains, George Fox University cross country coach Wes Cook has opted to withhold his Bruins from competition this weekend.

The Bruins were originally scheduled to participate in the National Preview Meet Friday (Sept. 29) at the Wandermere Golf Course in Spokane, Wash., where Whitworth College will host the NCAA Division III national races on Nov. 18, but Cook decided to hold the men out of that race and send the women's team to the Big Cross Invitational in Pasco, Wash., on Saturday (Sept. 30). One of the team's top runners, Jamie McElwain, is student teaching this semester and would have been unable to make the Spokane trip, but would have been able to make it to Pasco in time. However, with several of the women's team recuperating from minor problems, Cook decided at the last minute to allow them to rest as well.

"We've got two big meets coming up the next two weekends that are hosted by conference schools," Cook pointed out, "and I think giving our teams a little extra time to rest and recover will benefit them in the long run. We've had a few foot problems, some sore backs and muscles, and several runners have been sick the past week or two, so this just seemed to be the best thing at this time for everyone."

The Bruins will hit the trails again next Saturday (Oct. 7) at the Willamette Invitational at Bush Park in Salem, Ore.

Monday, September 25, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruin Women 2nd, Men 3rd in Bear Fete/Bru-Running Alumni Homecoming Event
Schedule Change: Men Take a Break, Women to Run in Big Cross Race Saturday

THIS WEEK:

Sat., Sept. 30 -- Big Cross Invitational, Tri-Cities International Cross Country Course,
Pasco, Wash. (GFU women only, 5K race at 10:00 a.m.)

LAST WEEK:

Sept. 23 -- Bear Fete Invitational / Bru-Running Alumni Homecoming
(Women 2nd of 6; Men 3rd of 7)

WHITWORTH SWEEPS BEAR FETE; BRUIN WOMEN SECOND, MEN THIRD

ST. PAUL, Ore. --- Whitworth College won both the women's 4,000-meter run and the men's four-mile run in close cross country races here at Champoege State Park Saturday morning (Sept. 23) in George Fox University's Bear Fete Invitational / Bru-Running Alumni Homecoming.

In the women's race, the victorious Pirates scored 36 points to 44 for the host Bruins, with Northwest Nazarene University third (58), Linfield College fourth (112), the Bruin Track Club composed of former George Fox runners fifth (126), and Pacific University sixth (184). The men's race was even closer, Whitworth scoring 54 points to 59 for Northwest Nazarene and 62 for George Fox, followed by the Bruin Track Club fourth (97), Pacific fifth (139), Linfield sixth (146), and Warner Pacific College seventh (175).

Kristi Lund of Northwest Nazarene captured the women's title with a time of 15:17, with Holly Weiler of Whitworth second at 15:19 and **Janelle Goeres (Fr., Sams Valley, Ore.)** of George Fox third at 15:21. Other George Fox women who scored were **Colleen Forbes (Jr., Jackson, Wyo.)** at 15:33, 5th in scoring and 7th overall; **Jamie McElwain (Sr., Tigard, Ore.)** at 15:54, 11th in scoring and 13th overall; **Marisa Merritt (Sr., Portland, Ore.)** at 16:02, 12th in scoring and 15th overall; and **Kirsten Norgaard (Jr., Everett, Wash.)** at 16:05, 13th in scoring and 16th overall.

The George Fox women's team time of 78:55 was their 9th-best all-time at Champoege. **Goeres'** time was the 14th-best for a Bruin ever at Champoege and 8th-best for a freshman, while **Forbes'** time was 20th-best all-time and 7th-best for a sophomore.

McElwain, running her first race of the season after missing the team's first two races due to student teaching commitments, set a course personal best, as did **Katherine Burley (So., Portland, Ore.)** at 16:07, **Rosie Ofstie (Jr., Amity, Ore.)** at 16:56, and **Melissa McKenzie (So., Colorado Springs, Colo.)** at 17:40, more than two minutes better than her previous best.

Shawn Beitelstacher, a former University of Arkansas runner, won the men's event as an unattached competitor with a time of 20:15. The top three scorers for teams entered in the race were Brandon Workman of the Bruin Track Club, second overall at 20:43, Paul Davis of Linfield, third at 20:46, and **Steve Willmer (So., Fullerton, Calif.)** of George Fox, fourth at 21:03. Other George Fox men who scored were **Will Vollstedt (Fr., Portland, Ore.)** at 21:30, 11th in scoring and 14th overall; **Will Howard (Fr., Caldwell, Idaho)** at 21:46, 14th in scoring and 17th overall; **Michael Owen (So., Anchorage, Alaska)** at 22:07, 16th in scoring and 19th overall; and **Forrest Towne (Jr., Springfield, Ore.)** at 22:17, 18th in scoring and 21st overall.

Willmer's time was the 18th-best ever for a Bruin in a four-mile race at Champoege, and bettered his previous best there by 23 seconds. **Vollstedt** had the 9th-best time ever for a

-more-

freshman there. Other Bruins who recorded personal bests were **Owen, Towne, Jackson Esselman (Jr., Bellevue, Idaho), Nicholas Ryland (So., Cheyenne, Wyo.), and Matt Gerber (So., LaGrande, Wyo.)** Ryland and Gerber were both over two minutes better than their previous bests.

"We did all right, although we still have a few gaps we've got to get help from," admitted Bruins coach Wes Cook. "Janelle Goeres led most of her race before a couple of people caught her in the last leg, and Jamie McElwain did fine for her first race. Once again, both of the Wills (Vollstedt and Howard), both freshmen, ran well for us.

"I think it is also interesting that, in the men's race, we had two Division III schools finish ahead of Northwest Nazarene, which is ranked 23rd this week in the NAIA and is going to Division II with scholarships. That says a lot, I believe, for the strength of both our program and Whitworth's."

BRUIN MEN TO TAKE A BREAK, WOMEN TO RUN IN BIG CROSS MEET SATURDAY

A last-minute schedule change for the George Fox Bruins will find the men's cross country team sitting home this week while the women's team will participate in the Big Cross Invitational in Pasco, Wash., on Saturday, Sept. 30.

The Bruins' original schedule had the teams going to the National Preview Meet on Friday, Sept. 29, which is being run at the Wandermere Golf Course in Spokane, Wash. Fellow Northwest Conference member Whitworth College in Spokane is the host for this year's NCAA Division III Cross Country Championships set for Nov. 18.

"Our men's team is just not at full strength right now," Bruins coach Wes Cook explained, "and we felt they would benefit more by taking a break at this point in the season and recuperating for the second half. **Steve Willmer**, our top runner, is still having some problems with his back, and **Bjorn Doskeland (Fr., Boise, Idaho)** has been sick for a couple of weeks; he'll help us when we get him healthy again.

"**Jamie McElwain**, our top women's runner from last year, is student teaching on Fridays this semester, and she wouldn't have been able to make the Preview meet in Spokane. By switching to the Big Cross, we can leave on Friday after she's through teaching and make it to Pasco for Saturday's race."

The Big Cross Invitational is held at the Tri-Cities International Cross Country Course in Pasco and features seven different races. The College Women's 5K race in which the George Fox team will compete is the first race of the day, starting at 10:00 a.m. Race results will be posted on the internet at www.pasco.wednet.edu/staff/crawford/bigcross.html.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- CROSS COUNTRY

Saturday, September 23, 2000 --- For Immediate Release

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WHITWORTH SWEEPS BEAR FETE; BRUIN WOMEN SECOND, MEN THIRD

ST. PAUL, Ore. --- Whitworth College won both the women's 4,000-meter run and the men's four-mile run in close cross country races here at Champoege State Park Saturday morning (Sept. 23) in George Fox University's Bear Fete Invitational / Bruin-Running Alumni Homecoming.

In the women's race, the victorious Pirates scored 36 points to 44 for the host Bruins, with Northwest Nazarene University third (58), Linfield College fourth (112), the Bruin Track Club composed of former George Fox runners fifth (126), and Pacific University sixth (184). The men's race was even closer, Whitworth scoring 54 points to 59 for Northwest Nazarene and 62 for George Fox, followed by the Bruin Track Club fourth (97), Pacific fifth (139), Linfield sixth (146), and Warner Pacific College seventh (175).

Kristi Lund of Northwest Nazarene captured the women's title with a time of 15:17, with Holly Weiler of Whitworth second at 15:19 and Janelle Goeres of George Fox third at 15:21.

Other George Fox women who scored were Colleen Forbes at 15:33, 5th in scoring and 7th overall; Jamie McElwain at 15:54, 11th in scoring and 13th overall; Marisa Merritt at 16:02, 12th in scoring and 15th overall; and Kirsten Norgaard at 16:05, 13th in scoring and 16th overall.

Shawn Beitelstacher, a former University of Arkansas runner, won the men's event as an unattached competitor with a time of 20:15. The top three scorers for teams entered in the race were Brandon Workman of the Bruin Track Club, second overall at 20:43, Paul Davis of Linfield, third at 20:46, and Steve Willmer of George Fox, fourth at 21:03.

Other George Fox men who scored were Will Vollstedt at 21:30, 11th in scoring and 14th overall; Will Howard at 21:46, 14th in scoring and 17th overall; Michael Owen at 22:07, 16th in scoring and 19th overall; and Forrest Towne at 22:17, 18th in scoring and 21st overall.

BEAR FETE INVITATIONAL CROSS COUNTRY EVENT

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BRU-RUNNING ALUMNI HOMECOMING

**Saturday, September 23, 2000
Champoeg State Park
St. Paul, Oregon
Hosted by George Fox University**

**Women's 4,000 Meter Run -- 10:30 a.m.
Men's 4 Mile Run -- 11:00 a.m.**

Individual and Team Results

(meet story to follow shortly)

Bear Fete '00
4000 meters

Champoeg State Park
Division: Women

Sept. 23, 2000
Event # 1

***** RESULTS BY ORDER OF FINISH *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----					
Pos	Entrant #	Name	GR	Affiliation	Score Time
1	55	Kristi Lund	2	Northwest Nazarene Univ.	1 15:17
2	83	Holly Weiler	4	Whitworth College	2 15:19
3	12	Janelle Goeres	1	George Fox University	3 15:21
4	139	Wendy Bruneau		Apex Track Club	15:27
5	54	AnnMarie Wiggins	1	Northwest Nazarene Univ.	4 15:30
6	100	Kendel White		Warner Pacific	15:32
7	2	Colleen Forbes	2	George Fox University	5 15:33
8	120	Stephanie Morrow		Bruin Track Club	6 15:34
9	81	Annie Scott	4	Whitworth College	7 15:35
10	78	Julia Lucas	4	Whitworth College	8 15:36
11	72	Beth Abbey	2	Whitworth College	9 15:40
12	153	Pam Johnson	3	Whitworth College	10 15:53
13	5	Jamie McElwain	4	George Fox University	11 15:54
14	156	Smith		Unattached	16:00
15	7	Marisa Merritt	4	George Fox University	12 16:02
16	9	Kirsten Norgaard	3	George Fox University	13 16:05
17	56	Mary Glaze	4	Northwest Nazarene Univ.	14 16:06
18	1	Katherine Burley	2	George Fox University	15 16:07
19	98	Tyana Morales		Warner Pacific	16:09
20	30	Terry Hall	1	Linfield College	16 16:11
21	63	Heather Esposito	2	Northwest Nazarene Univ.	17 16:12
22	74	Elizabeth Bailey	2	Whitworth College	18 16:14
23	79	Tara Milliken	2	Whitworth College	19 16:15
24	73	Jessica Alley	4	Whitworth College	16:20
25	34	Andrea Prebys	3	Linfield College	20 16:24
26	75	Amanda Baker	1	Whitworth College	16:25
27	82	Meagan Stirling	3	Whitworth College	16:26
28	32	Kari Newby	3	Linfield College	21 16:33
29	59	Jana Harris	2	Northwest Nazarene Univ.	22 16:35
30	84	Laura Zemke	3	Whitworth College	16:43
31	14	Beth Moyer	1	George Fox University	23 16:47
32	53	Rachelle Cronrath	1	Northwest Nazarene Univ.	24 16:52
33	58	Erica Madison	2	Northwest Nazarene Univ.	25 16:55
34	10	Rosie Ofstie	3	George Fox University	16:56
35	76	Diana Huey	2	Whitworth College	16:57
36	77	Adalie Hulbert	1	Whitworth College	17:01
37	122	Mindy Fox Mickelson		Bruin Track Club	26 17:02
38	57	Mindy Meier	2	Northwest Nazarene Univ.	17:05
39	31	Maegan Jossy	4	Linfield College	27 17:18
40	38	Ashlee Weimar	1	Linfield College	28 17:22
41	61	Katie Childs	1	Northwest Nazarene Univ.	17:31
42	62	Beth Folkstad	1	Northwest Nazarene Univ.	17:32
43	28	Kamalei Adams	1	Linfield College	29 17:32
44	6	Melissa McKenzie	2	George Fox University	17:40
45	158	Elaine Heasley		Bruin Track Club	30 17:43
46	123	Karen Gibbs		Bruin Track Club	31 17:51
47	39	Beth Ross	1	Pacific University	32 17:53
48	119	Melanie Mock		Bruin Track Club	33 17:57
49	126	Angela DeBell		Bruin Track Club	34 18:00
50	96	Tiana Buck		Warner Pacific	18:01
51	130	Caleb Larson		Unattached	18:02
52	37	Kirsten Syrstad	1	Linfield College	35 18:07
53	35	Debbie Schor	1	Linfield College	18:35
54	42	Alicia Little	1	Pacific University	36 18:39
55	45	Mai-Lee Eriksson	1	Pacific University	37 18:40
56	127	Julie M. Forehand		Bruin Track Club	38 18:48
57	13	Cheri Laulainen	1	George Fox University	19:22
58	46	Janna Vavra	1	Pacific University	39 19:24

Bear Fete '00
4000 meters

Champoeg State Park
Division: Women

Sept. 23, 2000
Event # 1

***** RESULTS BY ORDER OF FINISH *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----					
Pos	Entrant #	Name	GR	Affiliation	Score Time
59	41	Kristy DeYong	1	Pacific University	40 19:34
60	99	Daisy West		Warner Pacific	20:30
61	4	Emily Martinez	2	George Fox University	27:20

Bear Fete '00
4000 meters

Champoeg State Park
Division: Women

Sept. 23, 2000
Event # 1

***** TEAM SCORING SUMMARY *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----									
Place	Affiliation	Total	1	2	3	4	5	(6	7)
1	Whitworth College	36 =	2	7	8	9	10	18	19
2	George Fox University	44 =	3	5	11	12	13	15	23
3	Northwest Nazarene Univ.	58 =	1	4	14	17	22	24	25
4	Linfield College	112 =	16	20	21	27	28	29	35
5	Bruin Track Club	126 =	6	26	30	31	33	34	38
6	Pacific University	184 =	32	36	37	39	40		

Bear Fete '00
4 miles

Champoeg State Park
Division: Men

Sept. 23, 2000
Event # 2

***** RESULTS BY ORDER OF FINISH *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----					
Pos	Entrant #	Name	GR	Affiliation	Score Time
1	152	Shawn Beitelstacher		Unattached	20:15
2	106	Brandon Workman		Bruin Track Club	1 20:43
3	147	Paul Davis	4	Linfield College	2 20:46
4	27	Steve Willmer	2	George Fox University	3 21:03
5	64	Aaron Matthias	2	Northwest Nazarene Univ.	4 21:04
6	107	John Mantalas		Bruin Track Club	5 21:13
7	65	Ben Wornell	2	Northwest Nazarene Univ.	6 21:14
8	92	Josh Sherven	2	Whitworth College	7 21:15
9	157	Tom Moritz		Unattached	21:17
10	128	Noah Megowan		Unattached	21:20
11	66	Zach Dwello	1	Northwest Nazarene Univ.	8 21:23
12	91	Ben Robinson	2	Whitworth College	9 21:26
13	93	Jesse Stevick	1	Whitworth College	10 21:28
14	18	Will Vollstedt	1	George Fox University	11 21:30
15	101	Matt Barreau		Warner Pacific	12 21:39
16	90	Peter Metcalf	3	Whitworth College	13 21:43
17	17	Will Howard	1	George Fox University	14 21:46
18	89	Jon Houk	2	Whitworth College	15 21:58
19	22	Michael Owen	2	George Fox University	16 22:07
20	68	Brice Roncace	2	Northwest Nazarene Univ.	17 22:15
21	25	Forrest Towne	3	George Fox University	18 22:17
22	95	Adam Thornton	3	Whitworth College	19 22:22
23	87	Justin Davis	4	Whitworth College	20 22:23
24	52	Carl Hoogesteger	2	Pacific University	21 22:24
25	47	Darren Bowe	2	Pacific University	22 22:28
26	88	Todd Goselin	2	Whitworth College	22:35
27	19	Jackson Esselman	3	George Fox University	23 22:36
28	69	Nathan Wilkinson	1	Northwest Nazarene Univ.	24 22:38
29	144	David Harding		Apex Track Club	22:41
30	70	Nathan Bankston	4	Northwest Nazarene Univ.	25 22:54
31	16	Matt Burg	1	George Fox University	26 23:02
32	150	Chris Schrepel	2	Linfield College	27 23:04
33	94	Leo Suzuki	3	Whitworth College	23:05
34	86	Andy Coe	1	Whitworth College	23:09
35	48	Russ Getchell	3	Pacific University	28 23:21
36	143	James DeRosso		Apex Track Club	23:23
37	114	Scott Ball		Bruin Track Club	29 23:30
38	112	Ryan Chaney		Bruin Track Club	30 23:32
39	67	Lincoln Hagood	1	Northwest Nazarene Univ.	31 23:34
40	110	Eric Thompson		Bruin Track Club	32 23:35
41	51	Jessie Jimenez	1	Pacific University	33 23:40
42	129	Jim Sweeney		Unattached	23:45
43	20	James Eubank	2	George Fox University	23:46
44	117	Torrey Lindbo		Bruin Track Club	34 23:47
45	49	Tiam Reilly	2	Pacific University	35 23:49
46	135	Jeremy Weddell		Unattached	24:01
47	132	Robert Towne		Bear Pa's	24:08
48	23	Nathan Paisley	3	George Fox University	24:14
49	159	Scott Oswald		Bruin Track Club	36 24:15
50	145	Matthew Bentz	1	Linfield College	37 24:16
51	24	Nick Ryland	2	George Fox University	24:20
52	118	Larry Mock		Bruin Track Club	24:52
53	26	Silas Towne	2	George Fox University	25:06
54	137	Tevin Taylor		Unattached	25:09
55	136	Doug Christ		Unattached	25:45
56	142	Jim Satterfield		Apex Track Club	25:58
57	148	Carl Johnson	1	Linfield College	38 26:08
58	155	Brett Zeisler		Warner Pacific	39 26:09

Bear Fete '00
4 miles

Champoeg State Park
Division: Men

Sept. 23, 2000
Event # 2

***** RESULTS BY ORDER OF FINISH *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----					
Pos	Entrant #	Name	GR	Affiliation	Score Time
59	102	Luke Kolb		Warner Pacific	40 26:10
60	154	Matt Angove		Warner Pacific	41 26:15
61	113	Dave Dewar		Bruin Track Club	26:28
62	115	Charles DeBell		Bruin Track Club	27:05
63	134	Dave McKenzie		Bear Pa's	27:20
64	109	Ed Sloan		Bruin Track Club	27:51
65	111	Jeff Larson		Bruin Track Club	27:51
66	146	Jeff Burmester	1	Linfield College	42 28:07
67	138	Keith Christiansen		Unattached	28:31
68	21	Matt Gerber	2	George Fox University	29:42
69	105	Cody Stanton		Warner Pacific	43 30:55
70	133	Skip Norgaard		Bear Pa's	32:34
71	103	Vern Pierce		Warner Pacific	44 35:46

Bear Fete '00
4 miles

Champoeg State Park
Division: Men

Sept. 23, 2000
Event # 2

***** TEAM SCORING SUMMARY *****

----- Clerk of the Course™ (c)1993 Tournament Specialists -----									
Place	Affiliation	Total	1	2	3	4	5	(6	7)
1	Whitworth College	54 =	7	9	10	13	15	19	20
2	Northwest Nazarene Univ.	59 =	4	6	8	17	24	25	31
3	George Fox University	62 =	3	11	14	16	18	23	26
4	Bruin Track Club	97 =	1	5	29	30	32	34	36
5	Pacific University	139 =	21	22	28	33	35		
6	Linfield College	146 =	2	27	37	38	42		
7	Warner Pacific	175 =	12	39	40	41	43	44	

Monday, September 18, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

Bruin Men and Women Finish Third in Whitman Invitational
Willmer, Goeres Receive Honorable Mention for NWC Runners of the Week
Bear Fete/Bru-Running Alumni Homecoming Event Set for Saturday

THIS WEEK:

Sat., Sept. 23 -- Bear Fete Invitational / Bru-Running Alumni Homecoming, at Champoege State Park, St. Paul, Ore. (Women at 10:30 a.m., Men at 11:00 a.m.)

LAST WEEK:

Sept. 16 -- Whitman Invitational at Ft. Walla Walla Park, Walla Walla, Wash.
(Men - 3rd of 5 / Women - 3rd of 5)

BRUINS THIRD IN WHITMAN INVITATIONAL; BEAR FETE NEXT

WALLA WALLA, Wash. --- Getting their first look at several of their Northwest Conference cross country opponents this season, the George Fox University men's and women's teams both finished third in their respective divisions in the Whitman Invitational held here Saturday morning (Sept. 16) at Ft. Walla Walla Park.

Lewis & Clark College captured the men's race with 17 points, followed by the Community College of Spokane with 51, the Bruins with 85, Whitworth College with 89, and Whitman College with 143. In the women's section, it was Whitworth College first with 32 points, Whitman College second with 42, the Bruins third with 67, Lewis & Clark College fourth with 99, and the Community College of Spokane fifth with 129. CC of Spokane was the only non-NWC team in the meet.

Steve Willmer (So., Fullerton, Calif.) was the top men's runner for George Fox with a time of 26:36.79 in the 8K race, good for 4th place behind winner Chris Mayer of Lewis & Clark, who ran a 25:41.70. **Willmer**, whose time was 3rd-best ever for a Bruin over this course, received Honorable Mention for NWC Men's Runner of the Week for his efforts. Other Bruin scorers were **Michael Owen (So., Anchorage, Alaska)**, 14th at 27:19.43; **Will Vollstedt (Fr., Portland, Ore.)**, 17th at 27:38.76; **Will Howard (Fr., Caldwell, Idaho)**, 22nd at 27:56.65; and **Forrest Towne (Jr., Springfield, Ore.)**, 27th at 28:27.07. Owen had the 9th-best George Fox time at Ft. Walla, Vollstedt the 13th-best, and Howard the 20th-best.

Four Bruin men set personal records on the day, including **Owen, Howard, Nathan Paisley (Jr., Salem, Ore.)** at 29:55.2, and **Matt Gerber (So., LaGrande, Ore.)** at 38:46.

Janelle Goeres (Fr., Sams Valley, Ore.) of the Bruins ran a 19:17.01 over the women's 5K course, finishing second only to Jennie Wood of Whitman, who ran a 19:10.83. Goeres' time was the 10th-best ever for the Bruins at Ft. Walla Walla, and her performance earned her an Honorable Mention for NWC Women's Runner of the Week. Also scoring for George Fox were **Colleen Forbes (Jr., Jackson, Wyo.)**, 10th at 20:05.48 and 21st-best for a Bruin on this course; **Kirsten Norgaard (Jr., Everett, Wash.)**, 15th at 20:24.44; **Marisa Merritt (Sr., Portland, Ore.)**, 16th at 20:29.64; and **Rosie Oftung (Jr., Amity, Ore.)**, 24th at 21:36.83.

-more-

GEORGE FOX CROSS COUNTRY ... Sept. 18, 2000 ... page 2

Emily Martinez (So., Gresham, Ore.), though not scoring for the Bruins, set a personal 5K record with a time of 36:17.8.

"Not a bad day," admitted Bruins coach Wes Cook, "although there's still room for improvement, especially if we want to compete with the top teams in the conference. Willmer has been bothered by back problems and hasn't run a competitive race in a while, so I'd have to say he did an admirable job despite getting sick and having the 'dry heaves' on the course. He still managed to pass a couple of folks there at the end!

"Janelle Goeres, to be as small in stature as she is, is one of those runners who just won't give up. She did a good job, and she's only going to improve as she gets a little stronger."

BEARFETE / BRU-RUNNING SET FOR SATURDAY

The Bruins have their only home event this Saturday, Sept. 23, with the Bear Fete Invitational / Bru-Running Alumni Homecoming at Champoeg State Park in nearby St. Paul, Ore. The women's race begins at 10:30 a.m., followed by the men's race at 11:00 a.m., with six colleges expected to be represented.

George Fox running alumni are invited to come back to the school, participate in the races, and get to know this year's Bruin athletes. Following the runs, a barbeque will be held at the park for the teams and the alumni. For more information about the Bear Fete day, contact George Fox cross country coach Wes Cook at (503) 554-2915) or E-mail him at wcook@georgefox.edu.

Monday, September 11, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

HIGHLIGHTS:

**Small Squad of Bruins Open Season in Humboldt Invitational
Preparations Under Way for Bear Fete Event on Sept. 23**

THIS WEEK:

Sat., Sept. 16 -- Whitman Invitational at Ft. Walla Walla Park, Walla Walla, Wash.

LAST WEEK:

Sept. 9 -- at Humboldt Invitational, Patrick's Point State Park, Arcata, Calif.
(Men - 3rd of 3 / Women - 2nd of 3)

BRUINS OPEN IN CALIFORNIA WITH GOOD EFFORTS

ARCATA, Calif. --- It was a week later than originally planned, but the George Fox University men's and women's cross country teams finally got their 2000 seasons under way, finishing second and third respectively against a limited field in the Humboldt Invitational Cross Country Meet at Patrick's Point State Park near here Saturday (Sept. 9).

In the men's race, Humboldt State University, the host school, out-pointed George Fox 15-50, capturing the top seven scoring places. The race was won by HSU's Peter Clusener with a time of 25:15 over the five-mile course, three seconds ahead of Fergus Breck of the Humboldt Track Club.

The Bruins captured scoring places 8-12, with times of 27:29 by **Will Vollstedt (Fr., Portland, Ore.)**, 27:35 by **Michael Owen (So., Anchorage, Alaska)**, 28:16 by **Willy Howard (Fr., Caldwell, Idaho)**, 28:31 by **Forrest Towne (Jr., Springfield, Ore.)**, and 29:09 by **Jackson Esselman (Jr., Bellevue, Idaho)**. Other George Fox times included 29:14 by **Bjorn Doskeland (Fr., Boise, Idaho)**, 29:26 by **Silas Towne (So., Springfield, Ore.)**, 29:37 by **Matt Burg (Fr., Newberg, Ore.)**, and 30:26 by **Nathan Paisley (Jr., Salem, Ore.)**.

In the women's 5K race, Division II teams Humboldt State with 30 points and Sonoma State University with 37 points passed George Fox's 50 points. The event winner was Sonoma State's Kathleen Leno at 17:53. Leading the Bruins, in the 10th counting spot, was **Janelle Goeres (Fr., Sams Valley, Ore.)** with a time of 19:17. She was followed by **Kirsten Norgaard (Jr., Everett, Wash.)** in 12th (19:35), **Marisa Merritt (Sr., Portland, Ore.)** in 13th (19:37), **Colleen Forbes (Jr., Jackson, Wyo.)** in 14th (19:38), **Katherine Burley (So., Portland, Ore.)** in 18th (20:28), and **Rosie Ofstie (Jr., Amity, Ore.)** in 20th (20:52). **Melissa McKenzie (So., Colorado Springs, Colo.)** ran a 22:09 but did not place.

"Because of injuries to some runners and a couple of other commitments, we took only a few people to California, but I liked what I saw," said veteran Bruins coach **Wes Cook**. "We knew we'd be competing against Division II schools and didn't really expect to win, but it was a good warm-up for the rest of the season."

Steve Willmer (So., Fullerton, Calif.), the top returning men's runner and an All-Northwest Conference and All-West Region member last year, ran only the first couple of miles before dropping out with a recurring back problem. **Jamie McElwain (Sr., Tigard, Ore.)**, the women's leading runner last season, missed the opener due to a practice teaching assignment.

"When we get 'em all back and healthy, we'll be a little more competitive," Cook admitted. "We had two freshmen leading the way for both teams, and that's encouraging, plus several people set new personal times."

George Fox Cross Country ... Sept. 11, 2000 ... page 2

Goeres' time was the 23rd best all-time for a George Fox runner in the 5K and 11th best ever by a freshman. Setting personal bests were **Norgaard, Forbes, Burley, and Ofstie** for the women, and **Vollstedt, Howard, Dorskeland, and Burg** for the men.

The Bruins had been set to open on Sept. 2 at the Pacific Invitational, but it was cancelled. As a substitute, the Bruins were invited to participate in the Humboldt Invitational.

BEAR FETE INVITATIONAL /ALUMNI HOMECOMING SET FOR SEPT. 23

The only home event for the George Fox cross country teams this year is the annual Bear Fete Invitational / Bru-Running Alumni Homecoming, set for Saturday, Sept. 23, at Champoege State Park near St. Paul, Ore.

Races are run in the morning, with several colleges invited to participate, along with independent runners who wish to compete. Numerous George Fox cross country alumni return to race and meet current Bruin athletes. A picnic lunch for George Fox cross country supporters and the teams is also held following the races.

For more information, or to sign up to run in the event, contact George Fox cross country coach Wes Cook at 503-554-2915.

Monday, August 21, 2000 --- For Immediate Release
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GEORGE FOX CROSS COUNTRY

BRUINS OPEN NEW RUNNING SEASON ON SEPT. 2 IN HILLSBORO

NEWBERG, Ore. --- With an eye toward moving up in the Northwest Conference races, the George Fox University men's and women's cross country teams kick-start the 2000 season on Saturday, Sept. 2, in the Pacific University Opener at Rood Bridge Park in Hillsboro, Ore.

A step up for the men's team would mean a conference championship, as the Bruins were NWC runners-up to the University of Puget Sound in last year's title chase at McIver State Park in Estacada, Ore. The Bruins lost four seniors to graduation, including All-Conference and All-West Region runner Brandon Workman. Leading the way this fall are junior Steve Willmer, who earned All-Conference and All-West Region honors, and sophomore James Eubank, who finished just one place short of both All-NWC and All-Region status.

The women's team was hampered by injuries last year, including a stress fracture in the foot to top runner Marisa Merritt, and finished fifth in the NWC race, which was won by Whitman College. Jamie McElwain stepped into the breach left by Merritt and turned in several impressive performances. Both Merritt and McElwain return as the team's only seniors on a squad that will benefit from the experience of 13 returning letterwinners.

The Bruins will compete in six regular-season events, including the annual Bear Fete Invitational / Bru-Running Alumni Homecoming on Sept. 23 at Champoege State Park in nearby St. Paul, Ore. Another highlight will be the National Preview Meet on Sept. 29 at the Wandermere Golf Course in Spokane, Wash., hosted by Whitworth College. Wandermere and Whitworth will host this year's NCAA Division III National Championships on Nov. 18.

The Northwest Conference Championships are set for Oct. 28 at Ft. Walla Walla Park in Walla Walla, Wash., and the NCAA Division III West Regional is scheduled for Nov. 11 at Prado Park in Chino, Calif.

For more information, contact the George Fox sports information office (503-554-2127) or the athletic department (503-554-2910).

George Fox University

SPORTS PRESS RELEASE --- CROSS COUNTRY

Friday, September 29, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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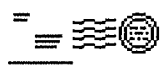
BRUINS TAKE A BREAK FROM ALL COMPETITION THIS WEEKEND

NEWBERG, Ore. --- With both his men's and women's teams suffering various aches and pains, George Fox University cross country coach Wes Cook has opted to withhold his Bruins from competition this weekend.

The Bruins were originally scheduled to participate in the National Preview Meet Friday (Sept. 29) at the Wandermere Golf Course in Spokane, Wash., where Whitworth College will host the NCAA Division III national races on Nov. 18, but Cook decided to hold the men out of that race and send the women's team to the Big Cross Invitational in Pasco, Wash., on Saturday (Sept. 30). One of the team's top runners, Jamie McElwain, is student teaching this semester and would have been unable to make the Spokane trip, but would have been able to make it to Pasco in time. However, with several of the women's team recuperating from minor problems, Cook decided at the last minute to allow them to rest as well.


"We've got two big meets coming up the next two weekends that are hosted by conference schools," Cook pointed out, "and I think giving our teams a little extra time to rest and recover will benefit them in the long run. We've had a few foot problems, some sore backs and muscles, and several runners have been sick the past week or two, so this just seemed to be the best thing at this time for everyone."

The Bruins will hit the trails again next Saturday (Oct. 7) at the Willamette Invitational at Bush Park in Salem, Ore.



























Saturday, September 09, 2000 12:33:46 PM

Message

From:  hsuajacks@humboldt.edu

Subject: **HSU Cross Country 9/9/00**

To:

 ncjour@northcoast.com
 kiem-tv@humboldt1.com
 eye@humboldt1.com
 johnsonl@laurel.humboldt.edu
 pwd7001@axe.humboldt.edu
 kjc7002@humboldt.edu
 kimberlee13@hotmail.com
 mlefkw@cctimes.com
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 sportstick@aol.com
 largesteven@yahoo.com
 bdunn81@hotmail.com
 mss7002@axe.humboldt.edu
 bdalziel@ackerley.com
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 mitch.cox@sonoma.edu
 bcash@georgefox.edu

Bcc:  Blair Cash

Attachments:  body.htm

23K

Sept. 9, 2000
Humboldt State Cross Country
For Immediate Release

Jacks race away from competition at home meet

TRINIDAD - Making the most of their only chance to race at home this year, the Humboldt State men's and women's cross country teams posted impressive victories in their respective events at Patrick's Point State Park on Saturday.

Humboldt State's women used a tight pack to overcome up-front running by Sonoma State, defeating the Cossacks 30-37 and also bettering George Fox University's 67 points. The individual title was won by Sonoma's Kathleen Lenno with a time of 17 minutes, 53 seconds on the 5K course.

While Sonoma State took the first three positions, Humboldt grouped in the fourth through ninth spots. Rachael Wiseman led the pack, placing fourth with a time of 18:49.

³We had a day of many pleasant surprises and Rachael was certainly one of them,² Humboldt State head coach Dave Wells said. ³She has been having good workouts, but nothing that would have indicated she'd be our No. 1 runner today.²

Only 25 seconds separated Humboldt's first through sixth runners, another reason for early season optimism, Wells said. Molly Alles took fifth in 18:52, Danielle Jacobs was sixth in 18:53, Veronica Vega was seventh in 19:01 and Nicole Campbell placed eighth in 19:11 to round out the scoring for HSU.

³That's a definite strength of this group, that they are able to run so well together,² Wells said.

In the men's race, Humboldt's Pete Clusener hooked up in a tough battle with former Jack star and alumni Fergus Breck, who no competes for the Humboldt Track Club. After the pair exchanged the lead at least five times during the five-mile race, Clusener pulled ahead for the victory with a time of 25:15.

In winning, Clusener, a junior, posted the second-fastest time ever raced on the Jacks' home course. HSU also claimed the next four scoring positions to post a shutout 15-50 victory over George Fox University.

Supplementing Clusener's leadership, Humboldt's strength again came from its pack. Louie White took third overall in 25:48, Greg Phillips was fifth in 26:05, Adam Hall was sixth in 26:11 and Nick Gai was seventh in 26:50.

³We'll have to wait until we compete in some larger meets to see if Pete is just that far ahead of everyone or if our pack needs to improve that much to close the gap with Pete,² Wells said. ³Either way, it was encouraging to see so many of them running together today.²

Humboldt Invitational 00 Patrick's Point St. Park
Sept. 9, 2000
College Women's 5K Division: Col. Women
Event # 3

***** RESULTS BY ORDER OF FINISH *****

Pos	Entrant #	Name	GR Affiliation	Score
Time				
1	146	Kathleen Lenno	Sonoma State University	1
17:53				
2	148	Jenny Hunt	Sonoma State University	2
18:09				
3	147	Melissa Smith	Sonoma State University	3
18:25				
4	138	Rachael Wiseman	Humboldt State	4
18:49				
5	123	Molly Alles	Humboldt State	5

18:52					
6	130	Danielle Jacobs	Humboldt State	6	
18:53					
7	137	Veronica Vega	Humboldt State	7	
19:01					
8	125	Nicole Campbell	Humboldt State	8	
19:11					
9	124	Faye Brickwedel	Humboldt State	9	
19:14					
10	155	Janelle Gores	George Fox University	10	
19:17					
11	129	Tammy Hunt	Humboldt State	11	
19:19					
12	157	Kristen Norgaard	George Fox University	12	
19:35					
13	159	Marisa Merrit	George Fox University	13	
19:37					
14	156	Colleen Forbes	George Fox University	14	
19:38					
15	149	Jessica Peterson	Sonoma State University	15	
19:39					
16	153	Sandra Wetterer	Sonoma State University	16	
19:48					
17	136	Katherine Stepenson	Humboldt State		
19:55					
18	150	Anderea Woodcock	Sonoma State University	17	
20:02					
19	128	Elizabeth Gower	Humboldt State		
20:15					
20	160	Katherine Burley	George Fox University	18	
20:28					
21	151	Andera Guibao	Sonoma State University	19	
20:29					
22	154	Kelly Russell	Sonoma State University		
20:31					
23	131	Crystal Johnson	Humboldt State		
20:36					
24	135	Liz Spurlock	Humboldt State		
20:39					
25	141	Jean Cochran	Humboldt Track Club		
20:48					
26	162	Rosie Ofstie	George Fox University	20	
20:52					
27	142	Janet Seman	Humboldt Track Club		
21:00					
28	134	Sadie Solem	Humboldt State		
21:34					
29	163	Melissa McKenzie	George Fox University	21	
22:09					
30	133	Melissa Mata	Humboldt State		
23:48					

***** TEAM SCORING SUMMARY *****

Place	Affiliation	Total	1	2	3	4	5	(6
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[illegible]

Pos	Entrant #	Name	GR Affiliation	Score
Time				
1	103	Peter Clusener	Humboldt State	1
25:15				
2	174	Fergus Breck	Humboldt Track Club	
25:18				
3	121	Louie White	Humboldt State	2
25:48				
4	175	Jason Walker	Humboldt Track Club	
25:53				
5	115	Gregory Phillips	Humboldt State	3
26:05				
6	109	Adam Hall	Humboldt State	4
26:11				
7	107	Nick Gai	Humboldt State	5
26:50				
8	100	Ronald Anderson	Humboldt State	
26:55				
9	113	Lehrin Morey	Humboldt State	7
26:58				
10	165	Will Vollstedt	George Fox University	8
27:29				
11	114	Josh Otto	Unattached	
27:30				
12	119	Stephen Kile Taylor	Unattached	
27:34				
13	166	Michael Owen	George Fox University	
27:35				
14	110	Brian Janes	Humboldt State	
27:46				
15	104	Jared Cockrum	Humboldt State	
27:53				
16	105	Jason DeSelle	Humboldt State	
27:54				
17	181	Dutch Yerton	Humboldt Track Club	
27:56				
18	182	Brian Parodi	Humboldt Track Club	
28:05				

19	101	Colin Begell	Humboldt State	
28:10				
20	167	Will Howard	George Fox University	10
28:16				
21	120	Alec Tune	Unattached	
28:20				
22	168	Forrest Towne	George Fox University	11
28:31				
23	169	Jackson Esselman	George Fox University	12
29:09				
24	170	Bjorn Doskeland	George Fox University	13
29:14				
25	118	Dan Sutton-Kane	Unattached	
29:16				
26	173	Silas Towne	George Fox University	14
29:26				
27	171	Matt Burg	George Fox University	
29:37				
28	176	Richard Roybal	Humboldt Track Club	
29:48				
29	180	Eric Hagen	Humboldt Track Club	
30:14				
30	179	Doug Nelson	Humboldt Track Club	
30:19				
31	172	Nathan Paisley	George Fox University	
30:26				
32	178	Andrew Jones	Humboldt Track Club	
30:37				
33	122	Rafael Weber	Unattached	
31:16				
34	184	Mark Dube	Humboldt Track Club	
31:36				

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