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2006 Media Guide

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2006 Cross Country



GEORGE FOX
UNIVERSITY



CROSS COUNTRY
GEORGE FOX UNIVERSITY

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Coaches Smith and Hickey

John Smith

Head Coach

Former George Fox University athlete and assistant coach John Smith ushers in a new era in



Bruin cross country and track and field as he assumes head coaching duties of the programs this year. A 1996 graduate of George Fox, Smith spent eight seasons as an assistant coach, joining the staff in 1998. During that time, he coached 31 NCAA Division III national meet qualifiers, three national runner-ups, and 12 All-Americans.

At George Fox, Smith was a national qualifier in the decathlon three times and twice in the pole vault, claiming NAIA All-American status in the decathlon in both 1994 and 1995. At the time of graduation, he held top-10 marks in eight events at George Fox, including a school record in the decathlon (7,138 points) and second in the pole vault (15 feet, 7 inches).

After completing his bachelor's degree in health and human performance, Smith earned a U.S. national ranking in the decathlon, winning the University of Oregon Invitational and taking second at the Rocky Mountain Invitational before a career-ending injury sidelined him from the sport.

Smith and his wife, former Bruin All-American Dawn Hartwig reside in Newberg, Ore., and have three children, Davis (7), Jaci (5), and Blake (3).

Mike Hickey

Associate Head Coach

New George Fox University coach John Smith wasted little time putting his own stamp on the programs he inherited in August 2006, naming Mike Hickey as his associate head coach for cross country.

Hickey, a level II USATF certified coach, comes to the Bruins after four years as an assistant coach for both cross country and track and field at Portland State University from 2001-2005. Prior to that, he was head cross country coach and assistant track and field coach at Clackamas (Ore.) Community College from 1998-2001.

During Hickey's tenure at PSU, the Viking women placed 11th in the NCAA Division I Cross Country West Regional in 2002, while the 2004 Viking men were ranked 11th in the West Region at the end of the season. Working primarily with Viking distance runners in track, Hickey coached one NCAA Division I West Regional Championship qualifier and two U.S. Track and Field Championship qualifiers. In 2005, PSU teams earned 45 points at the Big Sky

Conference indoor track championships and 28 at the Big Sky Conference outdoor championships, with four athletes earning All-Big Sky honors.

At Clackamas, Hickey coached 20 junior college All-Americans in three years. He was named Coach of the Year three times in the Northwest Athletic Association of Community Colleges Conference and twice in the Southern Region. The 1999 and 2000 men's cross country teams and the 2000 women's team under his direction won conference championships. In 2001, he coached the nation's top 1500 meter, 3000 meter, and 5000 meter junior college runners.

Hickey attended Clackamas Community College, the University of Oregon, and Washington State University, where he competed as a Division I runner in both cross country and track. He graduated from Washington State in 1998 with a bachelor's degree in business administration, and earned a master's degree in education from Portland State University in 2005.

Hickey resides in Beaverton, Ore., where he teaches business and marketing at Beaverton High School, with his daughter Haidan Elizabeth, age 8, and son Michael Conlan, age 6.



**CROSS
COUNTRY
WINNING
TRADITION**

1988-2006



13-time All-American, NCCAA national champion, and NAIA national runner-up Jill (Jamison) Beals (1988-92) won the 1992 Seattle Marathon and was named to the NAIA National Hall of Fame.



1988



1992

NAIA All-American (13th) Jon Wright

➤ *George Fox's women's cross country has won seven district or conference titles since 1988.*

1992



NAIA All-American (19th) Jon Morse

➤ *John Mantalas ('00) and Brandon Workman ('01) ran on the team that won the 198-mile Hood-to-Coast Relay in 2003, 2004, and 2005*

George Fox cross country has had 18 All-Americans and 36 Academic All-Americans at the NCCAA, NAIA, and NCAA levels.

1994



NAIA All-American (25th) Erik Gibson

The George Fox men's team has finished first or second in its district or conference eight times since 1989.

NAIA All-American (23rd) Stephanie (Rosen) Morrow



1994

Cross Country Express magazine named George Fox the top NAIA cross country program in the nation in 1992 after the men finished fifth and the women second in the nation. (George Fox is now a member of the NCAA)

1995



NAIA All-American (7th) Dawn (Hartwig) Smith



Three Key Elements

by John Smith

The Bruin track and field and cross country programs are built on three key elements: enjoyment, commitment, and development. At George Fox, we believe this combination leads to athletic, academic, and personal success.

Every athlete has had a different experience in athletics – some good, some bad. As a Bruin, you will experience an atmosphere that is fueled by a true enjoyment of the sport. From practice to competition, we believe that it should be an atmosphere that is fun and filled with camaraderie and support from your teammates. Whether we are out running in a downpour, or enjoying the sunny beaches of Santa Barbara on our annual spring break trip, we create great memories and develop relationships that will last a lifetime. It is these relationships that help you to truly enjoy every experience as a Bruin. The enjoyment is contagious and will help change the way you view workouts and competition.

As an athlete, being able to develop goals is only part of the picture. You must be able to do all

the work in between to be successful in achieving those goals. This takes a strong commitment and determination to see the work through from beginning to end. As a Bruin, you will be exposed to a coaching staff that believes there is

great potential for improvement in every athlete. It is our desire to bring every athlete up to the next level, and we are fully committed to that mission. We expect to pass that sense of commitment on to each athlete and help them to uncover their true potential.

ments, and the family environment that you experience on our team creates a supportive environment to you as a student. Spiritually, it is our desire to intertwine every aspect of life with the faith that George Fox University embraces.



The final aspect that our program embraces is development. Not only will you develop your body as an athlete through the latest training techniques and personal attention, but you will also develop your mind and spirit as well. Academic success is just as important to us as your athletic achieve-

ments, and the family environment that you experience on our team creates a supportive environment to you as a student. Spiritually, it is our desire to intertwine every aspect of life with the faith that George Fox University embraces.

True success in life cannot be achieved without that relationship with Jesus Christ.

George Fox University is a unique place, and the track and cross country programs present great opportunities to gain athletic success with a group of people who will feel like family once you're here. Come see what we are all about and you will discover why we're all proud to wear the blue and gold of George Fox!



Excellence in Academics and Athletics

The Northwest Conference and NCAA Division III Experience

National Collegiate Athletic Association Division III



Colleges and universities in the National Collegiate Athletic Association (NCAA) Division III place their highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. Division III institutions seek to establish and maintain an environment in which a student-athlete's athletic activities are conducted as an integral part of the student-athlete's educational experience.

Division III consists of more than 400 institutions, making it the largest division in the NCAA. All Division III institutions award no athletically related financial aid to any students. Division III sponsors 13 national championships in men's sports, 14 in women's, and eight national collegiate championships that are combined with other divisions.

George Fox University has been a member of the NCAA since 1995 when – along with the other institutions in the Northwest Conference – it elected to transfer its membership from the National Association of Intercollegiate Athletics (NAIA).



The Northwest Conference

The nine colleges and universities in the Northwest Conference are known for their academics and athletics.

The conference is building a reputation as one of the most competitive NCAA Division III alliances in the country. In the academic arena, every Northwest Conference institution has been ranked by *U.S. News & World Report* as a top-tier school in its category.

Formed in 1926, the conference is one of the oldest athletic alliances in the western United States. Its nine members are all pri-

vate colleges or universities located in Oregon or Washington.

George Fox left the Cascade Collegiate Conference to join the Northwest Conference in 1995, shortly before the Northwest Conference shifted national affiliation from the NAIA to the NCAA. Leaving behind years of success at the NAIA level, the conference embraced the move as one that would foster equity, sportsmanship, and genuine concern for the student-athlete in all endeavors of competition.



- George Fox University, Newberg, Ore.*
- Lewis & Clark College, Portland, Ore.*
- Linfield College, McMinnville, Ore.*
- Pacific University, Forest Grove, Ore.*
- Pacific Lutheran University, Tacoma, Wash.*
- University of Puget Sound, Tacoma, Wash.*
- Whitman College, Walla Walla, Wash.*
- Whitworth College, Spokane, Wash.*
- Willamette University, Salem, Ore.*

George Fox University

A matter of mind and spirit

George Fox University is a Christian university of the liberal arts, sciences, and professional studies ranked by *U.S. News & World Report* as a "Best Value" and as a top-tier master's university in the West. Nearly 3,200 students –

study tour led by professors. Past trips have gone to every continent but Antarctica.

George Fox University was established in 1885 by Quaker settlers as Friends Pacific Academy. Herbert Hoover, the 31st president of the United States, attended the academy

before it became a college in 1891. The George Fox name honors the founder of the Friends (Quaker) church.

George Fox offers bachelor's degrees in more than 35 majors, degree-completion programs for working adults, a seminary, and 16 master's and doctoral degrees.



including 1,600 traditional undergraduates attend classes at the Newberg campus and at teaching sites in Oregon and Idaho. The George Fox faculty includes a former U.S. Senator, the 2000 Oregon Professor of the Year, and three Fulbright Scholars.

George Fox offers unique programs. Every incoming freshman is provided a laptop computer to use and keep upon graduation. Students also can take advantage of the university's study-abroad program. George Fox pays transportation costs for a three-week overseas



INTERCOLLEGIATE ATHLETICS

are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, of course, are accompanied by a proper balance between academics and athletics. At George Fox University, student-athletes compete for conference and national titles at a Christ-centered university where professors and coaches help them grow in mind, body, and spirit. Intercollegiate athletics competition provides for practical application of what is learned in the classroom and at practice.



At George Fox, the values of athletics are integrated with the goals of Christian higher education in a process that includes:

- Physical conditioning
- Managing emotions
- Courage
- Teamwork
- Cooperation
- Graciousness in winning and losing



THE UNIVERSITY fields teams in 14 varsity sports, eight for women (golf, volleyball, soccer, cross country, basketball, softball, tennis, and track and field) and six for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition at the same time.

Consider the growing legacy:

- George Fox has earned district or conference titles 19 times during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 12 coaches on staff have been named Coach of the Year at various levels a total of 26 times.
- George Fox coaches have held their positions for an average of 10 years, and together have accumulated more than 1,500 collegiate wins.