

2003

2003 Media Guide

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GEORGE FOX UNIVERSITY

Cross Country



2003

GEORGE FOX
BRUINS
CROSS COUNTRY
GUIDE



Coach Cook

Wes Cook has twice been named National Coach of the Year

Wes Cook enters his 17th season as head coach of the George Fox University cross country and track programs. Each program has been a small-college national power under his leadership. All have recorded top-10 national finishers. In 1992, following the men's fifth-place and women's second-place national finishes, *Cross Country Express* magazine named his cross country program best in the nation at the National Association of Intercollegiate Athletics (NAIA) level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 national title with a record low score of 19.

Cook has been named National Coach of the Year at the NAIA and NCCAA levels. At the district and conference level, he has been named Coach of the Year 12 times,

at least once in each sport he coaches. His most recent was in 2000, when the women's track and field team won the conference championship.

Cook's athletes have won 84 NAIA or NCAA All-America awards and 68 NAIA or NCAA Academic All-America awards.

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a four-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters and helped the mile relay team to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity. In 1961, he graduated from UNC with a degree in physical education and history. He earned a master of arts in teaching degree at Lewis & Clark

College in 1975.

Cook served 26 years as a head coach at five high schools in three states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports three times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

A member of the United States Track Coaches Association, Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of The Athletics Congress (now U.S. Track and Field). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led four international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook and his wife, Donna, live in Dundee, Ore. He has three adult children: Tammy, Toby, and Brad.



CROSS COUNTRY GEORGE FOX UNIVERSITY

Coach Wes Cook

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www.georgefox.edu/athletics/cross-country/index.html

CROSS
COUNTRY
WINNING
TRADITION 2003



1992

NAIA All-American
(13th) **Jon Wright**

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

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
(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.

▶ 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.

▶ 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)



1994

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



1995

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

Principles of the Program

by Coach Wes Cook

I believe very strongly in the importance of three key aspects of our Runnin' Bruin program: (1) Positive Mental Attitude (PMA); (2) Goal awareness and goal setting; (3) Fun/enjoyment!

(1) PMA | It is virtually impossible for a distance runner to reach goals or maintain any consistency with just physical preparation. I believe this one phase, more than any other, has been responsible for our prolonged success. Interestingly enough, the Bible speaks often, and inspirationally, to the runner. The Bible has been a constant resource in our quest for PMA material. One of the greatest lessons to be learned in athletics is that of self-assessment and self-inventory; identifying individual strengths and learning to rely on them, while at the same time identifying weaknesses and constantly working to improve them, is a significant part of building the road to success. The coach needs to ensure that there is a constant reinforcement and athlete awareness of their strongest traits. Many coaches and athletes place too much emphasis on the weaknesses and trying too hard to overcome them while allowing the positives to gradually slip away or become

forgotten in the pursuit of improvement and perfection.

(2) Goal Setting | is paramount. It is one of the great carryover benefits in life to be gained from one's distance running experiences. In any great plan there must be some short-term goals and the opportunity to identify success along the way or the overall goal becomes unattainable "pie in the sky." Too often, lofty goals and expectations are set with no identification of intermediate indicators of success, and important source of motivation to sustain desire and a sense of purpose for that great trek. If a school, state, national, or world record is the only target, and nothing short of that is acceptable, the athlete's experience has a greater tendency to lack success. The concept of success needs to be identified. Every new PR (personal record) is a major achievement, and no matter how finite, we recognize and reward the accomplishment. (It's amazing how important something as inexpensive as a Gummy Bear can become).

(3) Fun | is a nebulous term. It means different things to different people. For the distance runner, fun may not be the most accurate

description of much of what he/she has to go through. Certainly, feeling good about oneself, enjoying those around you, and enjoying what is going on are key contributors to "enjoyment." It is also important to assure the runners that what is being done is purposeful, as they strive to reach their goals. If and when running becomes a tedious or not enjoyable activity, reevaluation is needed. Many coaches and athletes become obsessed with times, records, and winning. This obsession allows for little or no satisfaction in anything short of the ultimate goal. That's a shame! A lot of little successes are more important than one big success, which may be extremely difficult to attain.

Another of our concepts is that running should be a "minor" part of life. It should be just another opportunity for the student-athlete to find out how to be a better person. It shouldn't become an obsession. The ability to compete, and to compete at a top level, is fleeting and short-lived at best. Runners need to be encouraged to ask, "What is there after running?" We want to take advantage of the opportunities we have, and we want to be the best we can be, but we try to keep the bigger picture in perspective.

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 athletics 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 and World* 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. It's nine members are all private 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

Mind, Body, and Soul

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. More than 2,900



students—including 1,500 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.

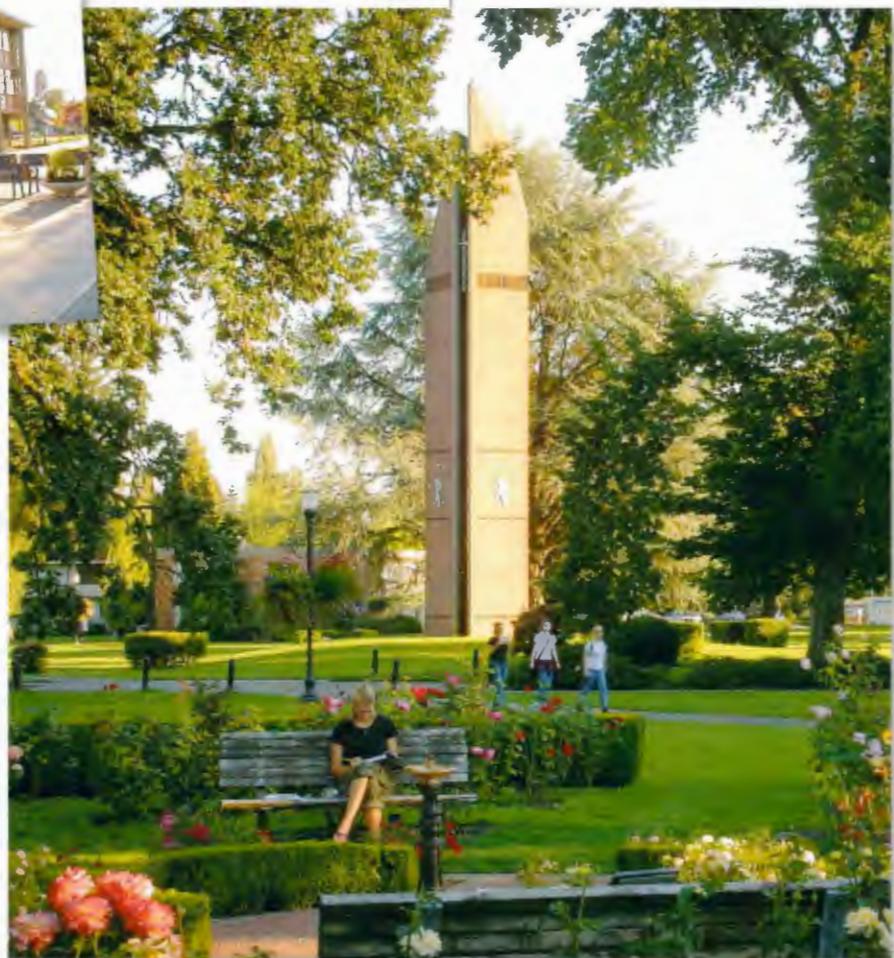
George Fox offers unique programs. Every incoming freshman is provided a laptop computer to use and keep upon graduation. Students also can take advantage of the university's study-abroad program. George Fox pays transportation costs for a three-week

overseas 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 30 majors, degree-completion programs for working adults, a seminary, and 14 master's and doctoral degrees.



GEORGE FOX UNIVERSITY



UNIVERSITY INFORMATION:

Location:Newberg, Oregon (18,750)
 Mailing address:414 N. Meridian St.
 Newberg, OR 97132
 Founded:1891
 Denomination:.....Evangelical Friends (Quaker)
 Enrollment:2,913
 President:David Brandt
 Faculty athletic rep:Becky Ankeny
 Switchboard phone:.....503-538-8383
 Web site:www.georgefox.edu

ATHLETIC INFORMATION:

Nickname:Bruins
 Colors:Navy Blue and Old Gold
 Affiliation:NCAA Division III
 Conference:Northwest Conference
 Director of athletics:Craig Taylor
 Office phone:503-554-2911
 Assoc. dir. of athletics:Pat Bailey
 Office phone:503-554-2914
 Athletics secretary:.....Patty Findley
 Office phone:503-554-2910
 Athletics FAX:503-554-3864

SPORTS INFORMATION OFFICE:

Sports info director:Blair Cash
 Office phone:.....503-554-2926
 Home phone:503-554-8067
 E-mail:bcash@georgefox.edu
 Sports info FAX:503-554-3864
 Sports Hotline:503-554-3868
 Sports Web site:www.georgefox.edu/athletics

COACHING STAFF:

Head coach:Wes Cook (17th yr)
 Alma mater:Northern Colorado '61
 Office phone:503-554-2915
 Assistant coaches:
 John MantalasAlma Mater: George Fox '01
 Jill BealsAlma Mater: George Fox '92

CHAMPOEG STATE HERITAGE AREA

Historic Champoeg State Heritage Area is home for the George Fox University cross country teams.

Champoeg is situated on the bank of the Willamette River seven miles southeast of Newberg, Ore. The course is relatively flat and winds through fields and forest along the banks of the Willamette River. The majority of the course is natural surface.

George Fox hosts the annual Bear Fete Invitational and Bru-Running Alumni Homecoming Event at Champoeg each September.

Prior to 1840, Champoeg's natural prairie was inhabited by the Kalapooya Indians. Champoeg, pronounced "SHAM-poo-ee", is a word with French and Indian origins that is thought to mean "prairie of the blue flowers," referring to the blue flowers of the Camas plant. In 1843, settlers met at Champoeg and voted 52-50 to create a provisional government, the first organized government in the Pacific Northwest.

CROSS
COUNTRY
EVENT
SCHEDULE 2003



SEPTEMBER

6	Sat.	Boxer Rebellion (5K)	Lincoln Park,	10:00 a.m.
			Forest Grove, Ore.	
13	Sat.	Lewis & Clark Invitational	McIver State Park,	10:00 a.m.
			Estacada, Ore.	
6	Sat.	Boxer Rebellion (5K)	Lincoln Park,	10:00 a.m.
20	Sat.	Bear Fete Invitational/ Bru-Running Alumni Homecoming	Champoeg State Park, St. Paul, Ore.	11:00 a.m.
27	Sat.	Pacific Invitational	Lincoln Park,	9:30 a.m.
			Forest Grove, Ore.	

OCTOBER

4	Sat.	Willamette Invitational	Bush's Pasture Park,	10:00 a.m.
			Salem, Ore.	
11	Sat.	Western Washington Invitational	Lake Padden Park, Bellingham, Wash.	10:30 a.m.
18	Sat.	Willamette Short Course	Bush's Pasture Park,	10:00 a.m.
			Salem, Ore.	

NOVEMBER

1	Sat.	Northwest Conference Championships	Lincoln Park, Forest Grove, Ore.	10:00 a.m.
15	Sat.	NCAA Division III West Regional	McIver State Park, Estacada, Ore.	10:00 a.m.
22	Sat.	NCAA Division III National Championships	Hanover College, Hanover, Ind.	8:00 a.m. (11:00 am EST)

Home events in **Bold**

Home events held at Champoeg State Heritage Area

All times Pacific and subject to change

Athletics Dept.: 503-554-2910 • Sports Info: 503-554-2127

Sports Hotline: 503-554-3868 • www.georgefox.edu/athletics