

2003

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GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD/CROSS COUNTRY – Thursday, June 24, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

6/24 – ACADEMIC ALL-AMERICA: Bruins' Salisbury, Goeres Named Cross Country/Track Academic All-Americans

NEWBERG, Ore. – Two George Fox University runners – women's cross country runner **Janelle Goeres** and men's track and field sprinter **Ben Salisbury** – have been named to the College Division Track & Field/Cross Country Academic All-America Women's and Men's Second Teams as voted on nationally by members of the College Sports Information Directors of America (CoSIDA).

Both Goeres and Salisbury were nominated for Academic All-America honors by virtue of being named to the Academic All-District VIII (West Region) Women's and Men's First Teams. Salisbury repeated as a Second Team choice, while Goeres was Third Team last year.

Goeres, a senior from Gold Hill, Ore., earned NCAA Division III All-West Region honors this past fall by finishing 22nd (23:21.14) in the West Regional race. During the regular season, she scored in 8 races for the Bruins, placing 2nd three times and 3rd another time. She came in 5th among all D-III runners in the prestigious Triton Classic in San Diego. As a junior, she finished 1st for George Fox in all 8 of her race, earning team MVP honors, and was All-Northwest Conference with a 5th-place showing in the NWC Championships. She was a CoSIDA Academic All-District and Third Team Academic All-American as a junior, and was named All-Academic by the Division III Cross Country Coaches Association. As a freshman, she was All-West Region by finishing 21st. She had a 4.00 grade point average while earning her degree in elementary education.

Salisbury, a senior from Bellingham, Wash., earned All-American status for the second year in a row with a second consecutive 7th-place finish in the 200 meter dash at the NCAA National Championships. After placing 1st in the Northwest Conference Championships in the 100, 200, 4x100 relays and 4x400 relays, he was named NWC Men's Athlete of the Year after tying for the honor last year. During the season, he won the 200 four times, the 100 twice, the 4x100 three times, and the 4x400 four times. He was a four-time NWC champion in the 200, and won in the 4x100 and 4x400 as a freshman. He was a 2003 CoSIDA Academic All-District First Team and Academic All-America Second Team selection, and was an All-Academic honoree in his sophomore and junior seasons by the USTCA. He graduated this spring with a 3.766 grade point average in biology.

The Academic All-America Teams are voted on by over 1,000 members of CoSIDA throughout the United States and Canada.

ACADEMIC ALL-AMERICA® TEAM

S E L E C T E D B Y C O S I D A

2003–2004 CoSIDA ACADEMIC ALL-ALL-AMERICA® COLLEGE DIV. MEN'S TRACK & FIELD/CROSS COUNTRY

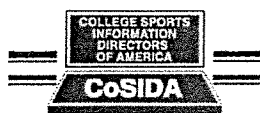
(Please observe the release date of Tuesday, June 22, 2004)

FIRST TEAM

NAME	SCHOOL	DIST	YR	HOMETOWN	GPA/MAJOR(S)
Sharath Alampur ²	Rensselaer Polytechnic	I	SR	Ossining, NY	4.0/Mathematics
Tim Avery	Calvin College	IV	SR	Rochester, NY	3.81/English/Secondary Education
Will Copeland ¹	University of the South	IV	SR	Ooltewah, TN	4.16 (4.0)/Economics
Stephen Handler	Gustavus Adolphus College	V	SR	Shellsburg, IA	3.99/Biology
Phil Hageedorn	Emory University	III	SR	Atlanta, GA	3.61/English
Skip Ivery ²	Wittenberg University	IV	SR	Columbus, OH	3.80/Management
Curt Johnson	Wisconsin–Stevens Point	V	SR	DeForest, WI	3.92/Chemistry/Biology
Ryan Koch	St. Cloud State	V	SO	Madison, WI	4.00/Computer Science
Hendrik Kok	Calvin College	IV	SR	Lynden, WA	3.65/Biology
Chris Nehls ³	Emory University	III	SR	Boulder, CO	3.58/Economics
Uzoma Orii	M.I.T.	I	SO	Matawan, NJ	3.92/Electrical Engineering
Andrew Rock ¹	Wisconsin–La Crosse	V	SR	Stratford, WI	3.61/Finance
Kevin Semanick ³	The College of New Jersey	II	SR	Lansdale, PA	3.753/Finance/Statistics
Brent Showalter ¹	Wartburg College	VII	SR	Wellman, IA	3.973/Business Administration
Marc Steckler ¹	North Dakota State	VII	SR	Fargo, ND	4.00/Mechanical Engineering

SECOND TEAM

NAME	SCHOOL	DIST	YR	HOMETOWN	GPA/MAJOR(S)
Nathan Beerling	Minnesota–Duluth	V	SR	St. Peter, MN	3.93/Exercise Science/Biology
John Paul Blankenship	Concord College	II	JR	Athens, WVA	3.81/Travel Management
Adam Booth	Grinnell College	VII	SR	Homer, MI	3.82/Physics
Cody Brotherton	McMurray University	VI	JR	Stratford, TX	3.39/Communication
Richard Chmielecki	U.S. Coast Guard Academy	I	SR	Colchester, CT	3.95/Operations Research
Kevin Doe	South Dakota State	VII	SR	Stillwater, MN	4.00/Electrical Engineering
Nick Johnson ²	Augustana College (IL)	V	JR	New Lenox, IL	3.99/Mathematics
Jared Markowitz	Carnegie Mellon University	II	SR	Macungie, PA	3.81/Physics
Dan McLean	University of Puget Sound	VIII	SR	Seattle, WA	3.59/History & Economics
Matt Molski	The College of New Jersey	II	JR	Sparta, NJ	3.834/Chemistry
Marcus Murphy	Loras College	VII	SR	Ankeny, IA	3.912/Accounting & Economics
Joseph Otto	Rensselaer Polytechnic	I	JR	West Seneca, NY	3.80/Electrical Engineering
Ben Salisbury	George Fox University	VIII	SR	Bellingham, WA	3.766/Biology
Scott Sargrad	Haverford College	II	SR	Glenside, PA	3.80/Mathematics
Keith Veldhuis	Lock Haven University	II	SR	Thamesford, Ontario	3.968/Health/Physical Education



THIRD TEAM

<u>NAME</u>	<u>SCHOOL</u>	<u>DIST</u>	<u>YR</u>	<u>HOMETOWN</u>	<u>GPA/MAJOR(S)</u>
Andrew Aakre	North Dakota State	VII	SR	Stephen, MN	3.8/Civil Engineering
Adam Brunfeldt	Emory University	III	SR	Lawrence, KS	3.81/Chemistry
Matt Edwards	Calvin College	IV	SR	Grand Blanc, MI	3.40/Engineering
Jesse Fugitt	North Central College	V	SR	Mapleton, IL	4.00/Computer Science
Tyler Kemmerer	Harding University	VI	SR	Lancaster, OH	3.83/Management
Brad Lowery	South Dakota State	VII	JR	Pierre, SD	3.836/Physics
Paul Mach	Seattle Pacific University	VIII	SR	Seattle, WA	3.72/Computer Science
Phil McCollum	Bemidji State	V	SR	Idaho Falls, ID	4.00/Design Technology/Biology
Matt Meurer	Carnegie Mellon University	II	SR	Cincinnati, OH	3.84/Industrial Design
Jason Parks	Anderson University	V	SR	Wabash, IN	3.94/English/History
Ryder Peacock	McMurry University	VI	SO	Woodson, TX	3.48/Multidisciplinary Studies
Jeremy Rea	Lebanon Valley College	II	SR	Yardley, PA	3.972/Music Education/Music
Brian Strandberg	University of Rochester	I	GR	Reading, MA	3.90 (3.75)/Applied Math & Opti (Mechanical Engineering)
Michael Styczynski	Ithaca College	I	SR	Clarksville, MD	3.79/Journalism
Darius Viet	Washington University (Mo.)	VII	SR	Decorah, IA	3.94/Civil Engineering

¹Indicates 2003 CoSIDA Academic All–America® first team member

²Indicates 2003 CoSIDA Academic All–America® second team member

³Indicates 2003 CoSIDA Academic All–America® third team member

Academic All–American of the Year: Will Copeland, University of the South

**2003–2004 COSIDA ACADEMIC ALL-ALL-AMERICA®
COLLEGE DIV. MEN'S TRACK & FIELD/CROSS COUNTRY
(Please observe the release date of Tuesday, June 22, 2004)**

FIRST TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Sharath Alampur² Rensselaer Polytechnic I SR Ossining, NY 4.0/Mathematics
Tim Avery Calvin College IV SR Rochester, NY 3.81/English/Secondary Education
Will Copeland¹ University of the South IV SR Ooltewah, TN 4.16 (4.0)/Economics
Stephen Handler Gustavus Adolphus College V SR Shellsburg, IA 3.99/Biology
Phil Hagedorn Emory University III SR Atlanta, GA 3.61/English
Skip Ivery² Wittenberg University IV SR Columbus, OH 3.80/Management
Curt Johnson Wisconsin–Stevens Point V SR DeForest, WI 3.92/Chemistry/Biology
Ryan Koch St. Cloud State V SO Madison, WI 4.00/Computer Science
Hendrik Kok Calvin College IV SR Lynden, WA 3.65/Biology
Chris Nehls³ Emory University III SR Boulder, CO 3.58/Economics
Uzoma Orii M.I.T. I SO Matawan, NJ 3.92/Electrical Engineering
Andrew Rock¹ Wisconsin–La Crosse V SR Stratford, WI 3.61/Finance
Kevin Semanick³ The College of New Jersey II SR Lansdale, PA 3.753/Finance/Statistics
Brent Showalter¹ Wartburg College VII SR Wellman, IA 3.973/Business Administration
Marc Steckler¹ North Dakota State VII SR Fargo, ND 4.00/Mechanical Engineering

SECOND TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Nathan Beerling Minnesota–Duluth V SR St. Peter, MN 3.93/Exercise Science/Biology
John Paul Blankenship Concord College II JR Athens, WVA 3.81/Travel Management
Adam Booth Grinnell College VII SR Homer, MI 3.82/Physics
Cody Brotherton McMurray University VI JR Stratford, TX 3.39/Communication
Richard Chmielecki U.S. Coast Guard Academy I SR Colchester, CT 3.95/Operations Research
Kevin Doe South Dakota State VII SR Stillwater, MN 4.00/Electrical Engineering
Nick Johnson² Augustana College (IL) V JR New Lenox, IL 3.99/Mathematics
Jared Markowitz Carnegie Mellon University II SR Macungie, PA 3.81/Physics
Dan McLean University of Puget Sound VIII SR Seattle, WA 3.59/History & Economics
Matt Molski The College of New Jersey II JR Sparta, NJ 3.834/Chemistry
Marcus Murphy Loras College VII SR Ankeny, IA 3.912/Accounting & Economics
Joseph Otto Rensselaer Polytechnic I JR West Seneca, NY 3.80/Electrical Engineering
Ben Salisbury George Fox University VIII SR Bellingham, WA 3.766/Biology
Scott Sargrad Haverford College II SR Glenside, PA 3.80/Mathematics
Keith Veldhuis Lock Haven University II SR Thamesford, Ontario 3.968/Health/Physical Education

THIRD TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Andrew Aakre North Dakota State VII SR Stephen, MN 3.8/Civil Engineering
Adam Brunfeldt Emory University III SR Lawrence, KS 3.81/Chemistry
Matt Edwards Calvin College IV SR Grand Blanc, MI 3.40/Engineering
Jesse Fugitt North Central College V SR Mapleton, IL 4.00/Computer Science
Tyler Kemmerer Harding University VI SR Lancaster, OH 3.83/Management
Brad Lowery South Dakota State VII JR Pierre, SD 3.836/Physics
Paul Mach Seattle Pacific University VIII SR Seattle, WA 3.72/Computer Science
Phil McCollum Bemidji State V SR Idaho Falls, ID 4.00/Design Technology/Biology
Matt Meurer Carnegie Mellon University II SR Cincinnati, OH 3.84/Industrial Design
Jason Parks Anderson University V SR Wabash, IN 3.94/English/History
Ryder Peacock McMurry University VI SO Woodson, TX 3.48/Multidisciplinary Studies
Jeremy Rea Lebanon Valley College II SR Yardley, PA 3.972/Music Education/Music
Brian Strandberg University of Rochester I GR Reading, MA 3.90 (3.75)/Applied Math & Optics
(Mechanical Engineering)
Michael Styczynski Ithaca College I SR Clarksville, MD 3.79/Journalism
Darius Viet Washington University (Mo.) VII SR Decorah, IA 3.94/Civil Engineering
¹Indicates 2003 CoSIDA Academic All–America® first team member
²Indicates 2003 CoSIDA Academic All–America® second team member
³Indicates 2003 CoSIDA Academic All–America® third team member

Academic All–American of the Year: Will Copeland, University of the South

**2004 Academic All-America® College Division Women's Track/Cross County Team
(please observe the release date of Thursday, June 24!)**

FIRST TEAM

Name School Dist. Yr. Hometown GPA Major(s)

Marissa Clapp Springfield I Sr. Charlton, Mass. 3.95 Sports management
Allison Donnelly Stevens Tech II Gr. Wyckoff, N.J. 4.0 Engineering mgt., systems engineering
Manda Geerts Augustana (Ill.) V Sr. Morrisson, Ill. 4.00 Communication sciences and disorders
Rachel Goetz Emporia State VII Sr. Ottawa, Kan. 3.93 Economics
Kate Hamera Missouri-Rolla VII Sr. Easton, Mo. 4.00 Aerospace engineering
Heather Hamilton Minnesota-Duluth V Sr. St. Paul, Minn. 4.0 Psychology, women's studies
Emily Herring Wilmington IV Sr. Harpster, Ohio 4.0 Secondary English education
Amanda Laytham Ithaca I Sr. Otego, N.Y. 3.995 Exercise science
Karyn McCready Slippery Rock II Sr. Johnstown, Pa. 3.91 Health and physical education
Gina Morgan Nebraska Wesleyan VII Sr. Lincoln, Neb. 4.00 Biology
Raegan Schultz Central VII Sr. Barnum, Iowa 3.91 Business management
Kristen Shields Whitworth VIII Sr. Grand Coulee, Wash. 4.00 Mathematics
Mary Still Missouri Southern State VII Sr. Carthage, Mo. 3.98 English, psychology
Laura Verdegan Wisconsin-Stout V Jr. Tony, Wis. 3.991 Dietetics
Liz Woodworth Wisconsin-Oshkosh V Sr. Marinette, Wis. 3.627 Medical technology

Academic All-America of the Year®: Kristen Shields, Whitworth

SECOND TEAM

Martha Buckley Mass. Inst. Tech. I Sr. Washington, D.C. 3.90 Mathematics, physics
Melanie Cluss Denison IV Sr. Uniontown, Pa. 3.87 Physics
Langhan Dee Mount Holyoke I Sr. St. Paul, Minn. 3.57 Mathematics
Katie Eckley Abilene Christian VI Jr. Cottonwood, Calif. 3.79 Education
Kelly Foley Wartburg VII Sr. Tipton, Iowa 3.99 Psychology
Janelle Goeres George Fox VIII Sr. Gold Hill, Ore. 4.00 Elementary education
Laura Hamilton Calvin IV Jr. Downers Grove, Ill. 3.91 Chemical engineering
Julie Hufnagel Denison IV Sr. Ann Arbor, Mich. 3.94 Physics
Carissa VanGundy Marshall Pittsburg State VII Sr. Americus, Kan. 4.00 Recreation
Kay Mikolajczak Wisconsin-Oshkosh V Sr. Franklin, Wis. 3.925 Biology
Leslie Nelson Whitworth VIII Sr. Omak, Wash. 3.98 English
Jessica Pentz Indiana (Pa.) II Gr. Indiana, Pa. 4.0 Exercise science
Melissa St. Clair Elizabethtown II Jr. Chambersburg, Pa. 3.86 Communications
Emily Shoop Concordia-St. Paul (Minn.) V Sr. Mankato, Minn. 4.0 Finance
Kelly Stewart Shippensburg II Sr. Glenmoore, Pa. 3.941 Psychology

THIRD TEAM

Kristin Anderson Central Missouri State VII Jr. Richfield, Ohio 3.96 Marketing
Elizabeth Canfield Rochester I Sr. Pittsford, N.Y. 3.91 French
Kylee Daeger Heidelberg IV Sr. Van Wert, Ohio 4.0 Accounting, public relations
Anna Doherty Cornell (Iowa) VII Jr. Stillwater, Minn. 4.00 English, Spanish
Maria Ewersmann S. Illinois-Edwardsville V Sr. St. Paul, Mo. 4.000 Speech pathology
Val Gorter Abilene Christian VI Jr. Byron Center, Mich. 3.75 English
Kristen Igielski Carroll (Wis.) V Sr. Waukesha, Wis. 3.836 Nursing
Jessie Lair Calvin IV Sr. West Bloomfield, Mich. 3.70 Education, art
Carrie Larsen Pacific Lutheran VIII Sr. Bellingham, Wash. 3.96 Computer science, Spanish
Rebecca Lock Rensselaer Poly. Inst. I Jr. Ellsworth, Maine 3.96 Biochemistry and biophysics
Kim Marino Richard Stockton II Sr. Middletown, N.J. 3.485 History, education
Laura Matsen Whitman VIII Sr. Seattle, Wash. 3.714 Biology
Abbey Oshel Pittsburg State VII Sr. Clay Center, Kan. 3.97 Biology (pre-medicine)
Nicole Robinson Indianapolis V Sr. Royal Center, Ind. 4.000 Human biology (pre-medicine)
Chelsea Smith Brigham Young-Hawaii VIII So. Mead, Wash. 3.86 Exercise and sport science
Penny Welch Henderson State VI Sr. Texarkana, Texas 4.00 Family & consumer sci.

SIDs: Please make sure that the majors are correct for your student-athlete(s). If Millsport is not informed about a change prior to making the national team announcement, your institution will be responsible for the cost of reproducing a corrected award.

ACADEMIC ALL-AMERICA TEAM
S E L E C T E D B Y C O S I D A

DATE: June 2, 2004
TO: Selected CoSIDA District VIII members and Academic All-America® Committee Members
FROM: Kevin Juday, District VIII Coordinator
RE: 2004 Academic All-America® College Division Women's Track & Field/Cross Country All-District VIII Team

Here is the 2004 Academic All-District VIII College Division Women' Track & Field/Cross Country Team. I want to thank all of those who voted and the SIDs who nominated candidates for this contest. Congratulations to the winners. The first-team selections will advance to the national ballot. Official release date for the District teams is **Thursday, June 3, 2004**.

2004 COLLEGE DIVISION ACADEMIC ALL-AMERICA® DISTRICT VIII TRACK & FIELD/CROSS COUNTRY TEAM
(Please observe the release date of Thursday, June 3)

FIRST TEAM

LINDA BLAKE, Seattle Pacific University, VIII, Sophomore

3.96, Chemistry

Great Northwest Athletic Conference champion and NCAA provisional qualifier in heptathlon with best score of 4,593...All-conference and Academic all-conference...Won one hurdles and one high jump meet title, and was second in two other meets in each event...Dean's List for five quarters...All-Conference as freshman, taking second in GNAC heptathlon and third in 100 hurdles...Won four meet titles (two hurdles, two high jumps) as freshman...Richland, Wash.

MICHELLE FORBES, George Fox University, VIII, Junior

3.967, Political Science & History

Placed 19th at the NCAA Championships in the high jump...Ranked seventh nationally prior to the NCAA Championships in the high jump after clearing 5-6.5...Named Team MVP...All-Northwest Conference in the triple jump by placing second...NWC Women's Athlete of the Week (Mar. 8-14) with a first place win in the high jump and second place finish in the triple jump at the NWC 6-Way...Placed first in the high jump four times this season...placed first in the triple jump once and second twice this year...2003 NCAA Championships participant in the high jump...All-NWC in the high jump by placing second in 2003...USTCA All-Academic in 2003...All-NWC in the 4x100 relay with a third place finish in 2002...Jackson Hole, Wyo.

JANELLE GOERES, George Fox University, VIII, Senior

4.00, Elementary Education

Earned NCAA Division III All-West Region honors with a 22nd place finish (23:21.14) in West Regionals...Placed fifth among Division III runners at Triton Classic in San Diego...Scored for GFU in eight races, placing second for the Bruins in three races and third another...Earned All-Northwest Conference honors in 2002 after finishing fifth at NWC Championships...Top GFU finisher in all eight meets in which she raced in 2002...Posted two third-place, one fifth, one sixth and one seventh overall finish in 2002...2002 Team MVP...Named All-Academic by Division III Cross Country Coaches Association in 2002...CoSIDA Academic All-American® third team and All-District first team pick last year...Earned All-West Region honors in 2000 with a 21st place finish...Has career best times of 18:48.36 (5K) and 23:04.6 (6K)...Gold Hill, Ore.

CARRIE LARSEN, Pacific Lutheran University, VIII, Senior

3.96, Computer Science & Spanish

Four-time NCAA Division III outdoor championship meet competitor in 400 meter hurdles (2001-04)...Earned All-American honors in event in 2001 and 2004...Northwest Conference Champion in 400 meter hurdles in 2002 and 2004...Named the Most Outstanding Track Events athlete on PLU women's team all four years. Voted as Most Inspirational two years...Track and Field Coaches Association All-American Scholar-Athlete all four years...Named co-winner of PLU's Senior Athlete Award in 2003-04...Named to PLU Dean's List six semesters...Bellingham, Wash.

LAURA MATSEN, Whitman College, VIII, Senior

3.714 Biology

All-American at NCAA DIII Cross Country Championships by placing ninth...Set new course record in winning the West Regional...Set meet/course record in winning the Northwest Conference Championships...Won a total of four races during the season...Earned Academic Distinction (3.5 or higher) seven semesters, graduating cum laude...Accepted to Medical School at Oregon Health Sciences University...Plans career as physician utilizing Spanish language skills...Volunteered in migrant health care clinic, bilingual first grade class...Helped Whitman win women's B Division Team Time Trial at National Collegiate Road Cycling Championships...Placed second in road race, third overall in individual scoring...Won a national age group triathlon title...Seattle, Wash.

(Over)

FIRST TEAM (Continued)

LESLIE NELSON, Whitworth College, VIII, Senior

3.98, English

Became Whitworth's first-ever All-American in cross country by placing 14th at the NCAA Division III Championships...Was the Northwest Conference and West Region runner-up in cross country...All-American in the 10,000 meters by placing sixth at NCAA Division III Championships...NWC track champion in the 5,000 and 10,000 meters...Qualified for the NCAA Championships in the 10,000 meters with a school record time of 36:23.88...Academic All-District VIII in 2003...Qualified for the NCAA cross country championships three years in a row...Won the NWC 10,000 meters three consecutive years...Placed 12th at the 2003 NCAA Outdoor Championships in the 10,000 meters...Selected as Whitworth's Women's Senior Athlete of the Year...Omak, Wash.

AMANDA OLIVER, California State University-Stanislaus, VIII, Senior

3.62, Mathematics

2004 All-American in heptathlon, scored season-best 4689 for 7th place...NCAA Woman of the Year candidate...CSU Stanislaus Female Athlete of the Year...Four-year USTCA Scholar All-Academic award winner...SAAC Vice-President for 3 years...Graduated Magna Cum Laude...Four-time All-American in outdoor track (high jump in 2000 & 2002, heptathlon in 2001 & 2004)...All-CCAA in 2002 (high jump), 2001 (heptathlon & high jump) and in 2000 (heptathlon & high jump)...CCAA Champion in both high jump and heptathlon in 2000...School record holder in indoor high jump and 4x400 relay and outdoor high jump...Ranks 9th in 200 meters, 8th in 800 meters, 8th in 100 hurdles, 5th in 400 hurdles, 6th in long jump, 8th in triple jump, 2nd in heptathlon, 4th in 4x100 relay and 3rd on 4x400 relay on CSU Stanislaus All-time top 10 lists...also an All-CCAA volleyball player...Visalia, Calif.

KRISTEN SHIELDS, Whitworth College, VIII, Senior

4.00 Mathematics

NCAA Division III national champion in the 100 meters...Also an All-American in the 200 meters by placing sixth...Had the fastest 100 meters time in Division III with a time of 11.70..Northwest Conference Women's Athlete of the Meet after winning the 100 meters, 200 meters and anchoring the winning 4x100 relay...Also qualified for NCAA Championships in the 4x100 relay...Set school records in both the 100 meters (11.70) and 200 meters (25.06)...Third Team CoSIDA Academic All-American@ in 2003...Academic All-District VIII in 2003...All-American in the 100 meters at the 2003 NCAA Championships...Participated in the 200 meters and 4x100 relay at the 2003 NCAA Championships...Awarded Whitworth's Spurlock Award by athletic department...Earned President's Cup Award for graduating with a 4.0 GPA...Grand Coulee, Wash.

CHELSEA SMITH, Brigham Young University-Hawaii, VIII, Sophomore

3.86, Exercise and Sport Science

Won NCAA Division II cross country national championship...Named West Region Runner of the Year...Honda Award finalist for cross country...set new school record in every race she ran all year...Ran 20:33 at 6K national championships to win by 25 seconds...BYU-Hawaii Female Athlete of the Year ... BYU-Hawaii Women's cross country scholar athlete...Is a former walk-on...Mead, Wash.

JAMIE WITT, Seattle Pacific University, VIII, Junior

3.85, English

GNAC conference champion in the indoor mile...All-Conference in indoor track and cross country...Finished second in conference cross country meet...Placed 12th at West Regional and finished among top three in six of seven cross country meets...Academic All-conference...Dean's List for 11 quarters...Won two 5,000-meter track events as a sophomore...NCAA provisional qualifier in the 5,000 meters as a freshman and sophomore...Provisional qualifier in the 3,000 meters as a freshman...All-conference in cross country as a freshman...Placed sixth at conference cross country meet as a sophomore...Third in the 3,000 meters in conference as a sophomore after returning from injury...Academic all-conference as a sophomore...team cross country captain as a sophomore...Folsom, Calif.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Tuesday, March 2, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (Fax) 503-554-3864 (Hotline) 503-554-3868 (H) 503-554-8067

3/2 – NCAA ALL-ACADEMIC: Both Bruin Teams and Women's Runner Goeres Earn All-Academic Accolades

NEWBERG, Ore. – Both George Fox University cross country teams and women's runner **Janelle Goeres** have received All-Academic recognition for the 2003 season as announced by the NCAA Division III Cross Country Coaches Association

The Bruin men's team posted a collective 3.35 grade point average, ranking 21st among 63 schools cited for having a cumulative 3.0 or better. The women's team was 30th out of 81 schools with a 3.46 grade point average. The top men's team was Carnegie Mellon University at 3.57, and the top women's team was Goucher College at 3.764.

Goeres was one of 130 women's runners honored as All-Academic for having a grade point average of 3.5 or better, and was one of only 11 athletes with a perfect 4.0 average. A Third Team Verizon/CoSIDA Academic All-American last year, Goeres capped off her senior season by finishing 22nd in the NCAA Division III West Regional on Nov. 15 at McIver State Park in Estacada, Ore., and earning All-West Region honors. She is an elementary education major and hails from Gold Hill, Ore.

Northwest Conference Runners of the Week

Oct. 19

NWC Men's Runner of the Week: Dan McLean (UPS, Sr., Seattle, Wash.) led the Loggers to the team title at the Lewis & Clark Open by winning the 8 kilometer race in 25:36.2.

Honorable Mention: Jake Stout (Willamette) won the two-team Willamette Open, covering 6.4 kilometers in 19:36.06; Joe Ginanni (Linfield) finished fourth at L&C in 26:33; Braden Burkholder (Whitman) was 11th at the Bigfoot meet, running 8k in 27:03. NWC

Women's Runner of the Week: Laura Matsen (Whitman, Sr., Seattle, Wash.) won the individual title at the Bigfoot Open, covering the five kilometers in 18:25.

Honorable Mention: Dayna Rumore (Willamette) won the Willamette Open, running five kilometers in 18:04.2; Leslie Nelson (Whitworth) finished second at the Bigfoot (18:39); Odessa Weber (L&C) finished fourth at the L&C Open, running 6k in 22:50.1; Meryl Witt (Linfield) finished seventh at L&C (23:02); Sara Burnet (UPS) finished 9th at L&C (23:12.9); Katherine Lichtenwalter (Pacific) finished 16th at L&C (23:58.9).

Oct. 12

NWC Men's Runner of the Week: Competing against mostly NCAA Division I and II runners, Michael Owen (George Fox, Sr., Newberg, Ore.) finished 36th out of 185 and 1st among Division III competitors at the Triton Classic, covering 8 kilometers in 27:07.5, leading the Bruins to a Division III title.

Honorable Mention: Joe Ginanni (Linfield) was 7th at the Clark Invitational, running 8k in 26:31; Braden Burkholder (Whitman) was 11th at EOU, running 4k in 13:04.5.

NWC Women's Runner of the Week: Competing against mostly NCAA Division I and II runners, Leighann Fischer (George Fox, F, Molalla, Ore.) finished 39th overall and 1st among Division III athletes at UCSD, covering 6 kilometers in 24:18 and leading the Bruins to the Division III victory. Honorable Mention: Leslie Nelson (Whitworth) finished 1st at NNU, running 5k in 19:44.99; Laura Matsen (Whitman) was 1st at EOU, covering 3.2k in 11:37.17; Meryl Witt (Linfield) was 4th at the Clark Invite, running 5k in 19:28.

Oct. 5

NWC Men's Runner of the Week: Jacob Stout (Willamette, Sr., Brush Prairie, Wash.) finished fifth at the Willamette Invitational, covering the 8 kilometer race in 24:26. He led all Division III runners.

Honorable Mention: Dan McLean (UPS) finished 9th at Willamette in 24:34.

NWC Women's Runner of the Week: Danya Rumore (Willamette, Fr., Sagle, Idaho) finished 12th at the Willamette Invite, running the 6 kilometers in 18:15 and finishing as the top Division III runner.

Honorable Mention: Odessa Weber (L&C) was 41st at Willamette in 18:44; Meryl Witt (Linfield) was 44th at Willamette in 18:46.

Sept. 28

Co-NWC Men's Runners of the Week: Dan McLean (UPS) finished fourth at the Sundodger Invite (203 runners), running the 8 kilometers in 24:54; Nathan May (Pacific, Fr., Phoenix, Ore.) won the

men's competition (52 runners) at the Pacific Invitational, covering the 8 kilometer course in 26:25.81. Honorable Mention: Michael Chuol (Whitworth) finished second at Pacific in 26:33.05; Conor Flynn (Whitman) was 7th at Pacific (27:16.38); Ben Brown (PLU) was 47th at Sundodger (26:21).

NWC Women's Runner of the Week: Leslie Nelson (Whitworth, Sr., Omak, Wash.) won the women's competition (44 runners) at the Pacific Invitational, covering the 6 kilometer course in 22:43.79. Honorable Mention: Laura Matsen (Whitman) was second at Pacific in 23:10.62; Ashley Jamieson (PLU) was 25th (of 204 runners) at the Sundodger Invite, running 5 kilometers in 18:47; Courtney Hibbard (L&C) finished 27th at Sundodger in 18:49.

Sept. 21

NWC Men's Runner of the Week: Michael Owen (George Fox, Sr., Newberg, Ore.) finished third at the Bear Fete Invitational, covering the 4 mile course in 20:44.77 and leading the Bruins to a second place team finish.

Honorable Mention: Jesse Stevick (Whitworth, Sr., Olympia, Wash.) finished fourth at the Central Washington Invitational, covering the 6.4 kilometer course in 21:47; Braden Burkholder (Whitman) finished 7th at CWU in 21:50.

NWC Women's Runner of the Week: Leslie Nelson (Whitworth, Sr., Omak, Wash.) finished second at the CWU Invitational, running the 5 kilometer racecourse in 19:31.

Honorable Mention: Laura Matsen (Whitman) was 3rd at CWU in 19:34; Leighann Fischer (George Fox) was 6th at the Bear Fete, running 4k in 15:32.75.

Sept. 14

NWC Men's Runner of the Week: Nathan May (Pacific, Fr., Phoenix, Ore.) had the highest NWC finish at the Lewis & Clark Invite, finishing third in the 8k race in 26:09.7.

Honorable Mention: Matt Burg (George Fox) finished 5th at L&C (26:19.8); Braden Burkholder (Whitman) finished 10th at L&C (26:48); Michael Chuol (Whitworth) was 6th at the Pirate/Sasquatch Invite, covering four miles in 20:30.5.

NWC Women's Runner of the Week: Sadie Grossman (L&C, Sr., Wilmot, NH) led the Pioneers to a second place finish in their Invitational by placing third overall with a 6k time of 22:29.4.

Honorable Mention: Leslie Nelson finished second at the Pirate/Sasquatch Invite, running the 4k in 14:42.7; Laura Matsen (Whitman) finished 6th at L&C (22:49.7); Katherine Lichtenwalter (Pacific) set a Boxer school record for 8k (24:05.5) while finishing 21st at L&C.

Sept. 7

NWC Men's Runner of the Week: Nathan May (Pacific, Fr., Phoenix, Ore.) had the highest NWC finish at the Boxer Rebellion, finishing second in the 8k race in 26:42.66.

Honorable Mention: Joe Ginanni (Linfield) finished fourth at Pacific's meet (27:48); Micheal Chuol (Whitworth) finished 8th at the Whitman Invitational (highest NWC finish) in 27:19; Conor Flynn (Whitman) finished 11th (28:05) at the Missionaries' meet.

NWC Women's Runner of the Week: Leslie Nelson (Whitworth, Sr., Omak, Wash.) finished 3rd at the Whitman Invitational, the highest NWC finish, in a 6k time of 23:18.44.

Honorable Mention: Meryl Witt (Linfield) finished second at the Boxer Rebellion (23:30); Laura Matsen (Whitman) finished 5th (23:49.12) at Whitman.

Monday, November 17, 2003 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu (O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
Sports Website: www.georgefox.edu/athletics

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WHAT'S BRUIN: **GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY**

HIGHLIGHTS:

- * Women 6th, Men 7th in Season-Ending West Regionals
- * Bruins' Fischer, Goeres, Paulin Earn All-Region Honors
- * One Personal, Nine Course Records Set by Bruins in Regionals

THIS WEEK:

No events scheduled – Season concluded.

LAST WEEK – (Recap below):

Nov. 15 – at NCAA Division III West Regionals, McIver State Park, Estacada, Ore.
(Women – 6th of 19 / Men – 7th of 18)

COACH WES COOK (Northern Colorado '61) has completed his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

LAST WEEK – (Recap below):

11/15 – WEST REGIONALS: Three Bruins Earn All-Region as George Fox Women Place 6th, Men 7th

ESTACADA, Ore. – Sparked by three All-Region performances, the George Fox University Bruins placed 6th in the women's 6,000 meter race and the men finished 7th in the 8,000 meter race at the NCAA Division III West Regionals, hosted by Lewis & Clark College, Saturday morning here at rain-soaked McIver State Park.

Freshman Leighann Fischer (Fr., Molalla, Ore. / Molalla HS) and senior Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS) earned All-Region honors for the Bruin women, Fischer placing 9th and Goeres 22nd, while freshman Craig Paulin (Fr., Jerome, Idaho / Jerome HS) finished 26th in the men's race to make All-Region. The top 35 finishers in each race qualify for All-Region.

Nationally-ranked Willamette University, a member of the Northwest Conference as is George Fox, won both races.

Women

Willamette placed 1st in the women's race with 45 points and will represent the West in the NCAA Division III National Championships next Saturday (Nov. 22) in Hanover, Ind., hosted by Hanover College. In 2nd was Claremont-Mudd Scripps with 79 points, followed by Whitworth with 90, Linfield 98, Lewis & Clark 151, George Fox 170, Puget Sound 171, Pomona-Pitzer 188, Colorado College 232, Redlands 236, Whitman 281, California-Santa Cruz 327, California Lutheran 336, Chapman 360, and California Tech 448. Pacific Lutheran, Occidental, Pacific, and La Verne took incompletes. Lauren Matsen of Whitman was the champion with a time of 21:44.2.

Continuing an outstanding rookie season, Fischer was the top Bruin runner for the 8th time in as many races with a mark of 22:54.1, finishing 9th and missing by only two places a chance to compete in the nationals. Goeres was 22nd overall and 20th for team scoring with a time of 23:21.4.

Also scoring for the Bruins were Whitney Harris (Fr., Baker City, Ore. / Baker HS) at 24:01.0 (44th/41st), Kaycee Brittian (Jr., Bakersfield, Calif. / Bakersfield College) at 24:08.4 (48th/44th), and Beth Jertberg (So., Klamath Falls, Ore. / Henley HS) at 24:34.4 (60th/56th). Other Bruin runners were Beth Moyer

(Jr., Camarillo, Calif. / Rio Mesa HS) at 25:02.9 (71st/65th) and Alex Dawson (Fr., West Linn, Ore. / West Linn HS) at 26:35.0 (92nd/85th).

Men

Willamette tallied 41 points in winning the men's race, followed by Puget Sound with 59, Colorado College 72, Pomona-Pitzer 105, Whitworth 133, Claremont-Mudd-Scripps 174, **George Fox** 225, Whitman 270, Lewis & Clark 273, Linfield 287, La Verne and Occidental 293 each, California Lutheran 310, and California Tech 339. Pacific Lutheran, Pacific, Chapman, and Whittier took incompletes. Willamette, Puget Sound, and Colorado College will represent the West in the Nationals. Jacob Stout of Willamette was the individual champion with a time of 25:23.1.

Paulin, finishing as the top Bruin runner for the 2nd straight race, was 26th with a mark of 26:46.2. Others who scored for the Bruins were **Matt Burg** (Sr., Newberg, Ore. / Newberg HS) at 27:18.3 (40th/39th), **Michael Owen** (Sr., Newberg, Ore. / Grace Christian HS-Alaska) at 27:30.0 (48th/45th), **Jake Moe** (Fr., Anchorage, Alaska / Anchorage Christian HS) at 27:42.0 (55th/52nd), and **Jeff Friesen** (Fr., Lake Oswego, Ore. / Westside Christian HS) at 28:05.1 (67th/63rd). Also running were **Ben Dort** (Fr., Philomath, Ore. / Philomath HS) at 28:19.5 (72nd/68th) and **Ed Guelfi** (Fr., Ocean Park, Wash. / Ilwaco HS) at 28:58.0 (84th/79th).

Complete results of the NCAA Division III West Regionals are available on the George Fox web site at www.georgefox.edu/athletics.

BRUIN BITS:

* Jertberg Sets 6K Personal Record; Eight Others Set Course Marks

George Fox women's runner **Beth Jertberg** set her own personal record for a 6,000 meter race, helping the Bruins to a 6th-place finish in the NCAA Division West Regional on Saturday, Nov. 15, at McIver State Park in Estacada, Ore. Her time of 24:35 was 17 seconds better than her previous mark at McIver, and brought her in 60th overall and 56th for team scoring.

Several other Bruins also set personal course records at McIver, although only Jertberg set a career record. The Bruins ran at McIver in the Lewis & Clark Invitational on Sept. 13, and usually run at least one race each season at the state park course. Other new course marks included:

Women (6K)

Leighann Fischer – 22:55 (+58 seconds)

Janelle Goeres – 23:22 (+20 seconds)

Whittney Harris – 24:01 (+28 seconds)

Kaycee Brittan – 24:09 (+47 seconds)

Beth Moyer – 25:03 (+6 seconds)

Men (8K)

Craig Paulin – 26:48 (+50 seconds)

Ben Dort – 28:20 (+87 seconds)

Ed Guelfi – 28:58 (+25 seconds)

* Cook Praises Young Bruins for Good Seasons

Despite a decided "youth movement" on the part of both the men's and women's cross country teams, George Fox University coach **Wes Cook** was justifiably proud of his teams' performances during the 2003 season. The women's team featured 8 freshmen and only 2 seniors among its 12 runners, while the men's team was composed entirely of 10 freshmen and 2 seniors.

"I'm especially pleased with the way the women ran in the regional meet," said Cook. "Finishing 6th was quite an accomplishment for such a young team, and that bodes extremely well for the coming seasons. We've got to improve in our conference, however – the Northwest Conference had five of the top six teams!"

Cook noted in particular the efforts of freshman Leighann Fischer, who was 9th in the regional, commenting that "our region, the West, only gets one team in the nationals, plus the next four individuals who are not on the championship team. Had Claremont, the runner-up in the regional, also been able to be invited, Leighann would have made it to the nationals, because two of the girls who finished ahead of her were from Claremont, in addition to three from the winning Willamette team."

The men's performances in the regional were not as strong, Cook pointing out that "in the conference race, we finished only 3 points behind Whitworth, but in this meet, we were almost 100 behind. Still, we had some good individual efforts, and I am encouraged by our progress throughout the year."

2003 Honors:

Michael Owen – Northwest Conference Men's Runner of the Week (Sept. 15-21; Oct. 6-12)

Craig Paulin – All-NCAA Division III Men's West Region (26th)

Leighann Fischer – Northwest Conference Women's Runner of the Week (Oct. 6-12); All-Northwest Conference Women's Second Team (12th); All-NCAA Division III Women's West Region (9th)

Janelle Goeres – All-NCAA Division III Women's West Region (22nd)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
<u>September</u>				
6	Sat.	Boxer Rebellion (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 4th of 7 (88) M: did not run	Lewis & Clark (42)
13	Sat.	Lewis & Clark Invitational (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 9 (138) M: 3rd of 10 (97)	Claremont-Mudd (30) Western Oregon (35)
20	Sat.	BEAR FETE INVITATIONAL (W 4k/M 4M) Champoeg State Park, St. Paul, Ore.	W: 3rd of 7 (71) M: 2nd of 6 (44)	Southern Oregon (29) Willamette (31)
<u>October</u>				
4	Sat.	Willamette Invitational Bush's Pasture Park, Salem, Ore.	W: 16th of 27 (443) M: 18th of 26 (454)	Chico State (42) Chico State (45)
11	Sat.	Triton Classic (W 6k/M 8k) Univ. of Calif.-San Diego, San Diego, Calif.	W: 1st of 3 (34) M: 1st of 2 (17)	Johns Hopkins (42) Johns Hopkins (38)
18	Sat.	Willamette Open (W 5k/M 6436m) Bush's Pasture Park, Salem, Ore.	W: 2nd of 3 (45) M: 2nd of 2 (50)	Willamette (17) Willamette (15)
<u>November</u>				
1	Sat.	Northwest Conference Championships (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 6th of 9 (147) M: 4th of 9 (118)	Willamette (33) Willamette (25)
15	Sat.	NCAA Division III West Regional (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 19 (170) M: 7th of 18 (225)	Willamette (45) Willamette (41)
22	Sat.	NCAA Division III National Championships	Hanover College, Hanover, Ind.	8:00 a.m.

Home events in BOLD CAPS

All event times Pacific and subject to change

Athletics Dept: 503-554-2910 / Sports Hotline: 503-554-3864

Sports Info: 503-554-2926 / Sports Info Fax: 503-554-3864

Web site: www.georgefox.edu/athletics

Monday, November 3, 2003 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu (O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
Sports Website: www.georgefox.edu/athletics

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WHAT'S BRUIN: **GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY**

HIGHLIGHTS:

- * **Coming Up: NCAA Division III West Regional on Nov. 15**
- * **Last Week: Men 4th, Women 6th in NWC Championships**
- * **Fischer Earns Women's 2nd Team All-NWC with 12th-Place Finish**
- * **Fischer Sets Freshman 6K Record as 17 Bruins Set Personal Marks**
- * **Cook: "Men Have an Outside Shot at Nationals"**

THIS WEEK:

No events scheduled. Next:

Sat., Nov. 15, 10:00 am – at NCAA Division III West Regionals, McIver State Park, Estacada, Ore.

LAST WEEK – (Recap below):

Sat., Nov. 1 – at Northwest Conference Championships, Lincoln Park, Forest Grove, Ore.
(Women – 6th of 9 / Men – 4th of 9)

COACH WES COOK (Northern Colorado '61) is in his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

LAST WEEK – (Recap below):

11/1 – NWC CHAMPIONSHIPS: Bruins Make Great Strides as Men Finish 4th, Women 6th in NWC Races

FOREST GROVE, Ore. – Showing significant improvement over last year despite having two very young teams, the George Fox University Bruins finished 4th in the men's race and 6th in the women's competition in the Northwest Conference Cross Country Championships Saturday morning here at Lincoln Park.

Favored Willamette University came up just one individual champion short of a clean sweep of the competition, winning both the men's 8K and the women's 6K races and the men's individual title.

Men

Willamette, led by individual champion Jacob Stout, placed their top six runners in the top ten to win the meet with 25 points. It is the third straight championship for the Bearcats and the 14th in school history. The University of Puget Sound finished second with 50 points, followed by Whitworth College with 115, George Fox 118, Linfield College 127, Pacific Lutheran University 146, Whitman College 178, Lewis & Clark College 207, and host Pacific University 217. The Bruins jumped four spots from last year's 8th-place finish.

Stout led a front pack of five runners, dominated by Bearcats, for most of the race. The pack held together until just after the fourth mile when Stout and teammate Aaron Hollingshead surged to build a 10-second lead. Stout held the pace over the final loop and took away the championship by running the course in 24:57.69. Hollingshead was second in 25:06.85 and Puget Sound's Dan McLean finished third in 25:13.26. Willamette's Aaron Young, who was vying for his third NWC championship in four years, was fifth in 25:25.25.

For the Bruins, **Craig Paulin (Fr., Jerome, Idaho / Jerome HS)**, **Owen (Sr., Newberg, Ore. / Grace Christian HS-Alaska)**, and **Matt Burg (Sr., Newberg, Ore. / Newberg HS)** narrowly missed All-Conference honors (which go to the top 14 runners in the NWC meet) by finishing 15th, 16th, and 18th respectively overall. Paulin ran a 26:01.50, Owen a 26:02.81, and Burg a 26:08.10. Also scoring for the Bruins were **Jake Moe (Fr.,**

Anchorage, Alaska / Anchorage Christian HS), 37th at 27:08.48, and Jeff Friesen (Fr., Lake Oswego, Ore. / Westside Christian HS), 38th at 27:09.54.

Other Bruins in the race included Ben Dort (Fr., Philomath, Ore. / Philomath HS), 47th at 27:41.58; Ed Guelfi (Fr., Ocean Park, Wash. / Ilwaco HS), 57th at 28:01.73; David Delmore (Fr., Philomath, Ore. / Philomath HS), 62nd at 28:09.58; Adam Gray (Fr., Coos Bay, Ore. / Marshfield HS), 77th at 29:05.84; and Adam Weishaar (Fr., Anchorage, Alaska / Heritage Christian HS), 78th at 29:12.49.

Women

Willamette's women placed their top five runners in the top 11 to finish with a Bearcat team score of 33. Whitworth finished second with 79 points, followed by Lewis & Clark with 100, Linfield 106, Puget Sound 139, George Fox 147, Pacific Lutheran 154, Whitman 181, and Pacific 234. The Bruins improved three places from 2002's 9th-place finish.

The women's race saw a close one between three runners that broke away from the pack early and competed the entire race for the championship. Whitman's Laura Matsen led the breakaway most of the way and surged at the end to win the race in a conference meet and course record 21:36.78. Whitworth's Leslie Nelson finished just behind Matsen in 21:39.42 for her second straight NWC runner-up finish. Willamette's Kari Holbert, who won last year's meet, was third in 21:41.86.

Leighann Fischer (Fr., Molalla, Ore. / Molalla HS) led the Bruins for the 7th event in a row and earned Second Team All-Conference honors by placing 12th overall with a time of 22:42.96. Other Bruins who counted for the team score were Kaycee Brittan (Jr., Bakersfield, Calif. / Bakersfield College), 25th at 23:31.56; Whitney Harris (Fr., Baker City, Ore. / Baker HS), 31st at 23:39.82; Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS), 38th at 24:02.59; and Beth Moyer (Jr., Camarillo, Calif. / Rio Mesa HS), 52nd at 24:55.16.

Filling out the Bruin field were Beth Jertberg (So., Klamath Falls, Ore. / Henley HS), 53rd at 24:59.19; Jessica Beach (Fr., Sherwood, Ore. / Sherwood HS), 59th at 25:15.50; Kara Geertz (Fr., Astoria, Ore. / Astoria HS), 60th at 25:32.54; Alex Dawson (Fr., West Linn, Ore. / West Linn HS), 67th at 25:57.30; and Kim Carrick (Fr., Saitama-Ken, Japan / Japan Christian Academy), 68th at 26:05.84.

Awards

Matsen and Stout were both recognized as the conference's Athletes of the Year in an awards ceremony that followed the meet in the Pacific Athletic Center. Willamette's Matt McGuirk was recognized as Men's Coach of the Year. Willamette's Kelly Sullivan was honored as Women's Coach of the Year.

Willamette will be the favorite as all nine teams meet their other Division III brethren from the west in the NCAA West Regional Championships, which will be held Saturday, Nov. 15, at McIver State Park in Estacada, Ore.

Complete results of the Northwest Conference Championships are available on the George Fox web site at www.georgefox.edu/athletics.

BRUIN BITS:

* Fischer Earns Women's 2nd Team All-NWC with 12th-Place Finish

George Fox University's outstanding freshman runner, Leighann Fischer, earned All-Northwest Conference Women's Cross Country Second Team honors by finishing 12th in the NWC Championships on Saturday, Nov. 1, at Lincoln Park in Forest Grove, Ore.

Fischer posted a time of 22:42.96 in the 6K race, finishing as the top Bruin runner for the 7th time in as many races in which she has competed this season. The top seven finishers earned First Team All-NWC honors, with the next seven garnering Second Team.

Janelle Goeres was a First Team All-NWC performer for the Bruins last year when she placed 5th, but she was hampered this year by a severe cut just below her knee that she suffered in a fall while practicing three days earlier. The gash required three stitches and was still very sore on the day of the NWC race.

Three Bruin men just missed All-Conference honors: Craig Paulin was 14th, Michael Owen 15th, and Matt Burg 18th. Owen made All-West Region last year by finishing in the top 35 at 29th, and the Bruins will aim for that on Nov. 15 in the West Regional at McIver State Park in Estacada, Ore.

* Fischer Sets Freshman 6K Record as 17 Bruins Set Personal Marks

Eight of the 10 Bruin men and 7 of the 10 Bruin women who competed in the Northwest Conference Cross Country Championships on Nov. 1 at Lincoln Park in Forest Grove, Ore., set new personal marks for the men's 8K and women's 6K races, and Leighann Fischer set a new freshman record for the women's 6K.

“OK, so we’ve got a lot of freshmen and they haven’t run that many 8K or 6K races, plus 6K is the new national standard for the women,” admitted George Fox head coach **Wes Cook**. “Still, for such a young team, it’s a good sign that they are progressing, and that bodes well for the future of our program.”

(For the record, the Bruins have only 2 seniors and 10 freshmen on the men’s team, and 4 upper classmen and 8 freshmen on the women’s team.)

George Fox men who posted new personal 8K times and their improvements were:

Craig Paulin – 26:01.5 (+0:24)
Michael Owen – 26:02.9 (+0:18)
Matt Burg – 26:08.1 (+0:06)
Jeff Friesen – 27:09.6 (+0:12)
Ben Dort – 27:41.6 (+0:49)
Ed Guelfi – 28:01.8 (+ 1:07)
Adam Gray – 29:05.9 (+0.28)
Adam Weishaar – 29:12.5 (+1:09)

Paulin’s time made him the 7th-best freshman ever at George Fox in an 8K race, while Owen’s time put him at 15th among seniors and Burg’s was the 16th best by a senior.

George Fox women who posted new personal 6K times and their improvements were:

Leighann Fischer – 22:43.0 (+1:10)
Kaycee Brittian – 23:31.6 (+1:25)
Whittney Harris – 23:39.9 (+0:48)
Beth Moyer – 24:55.2 (+0:14)
Kara Geertz – 25:32.6 (+2:24)
Alex Dawson – 25:57.3 (+0:17)
Kim Carrick – 26:05.9 (+0.09)

Fischer’s time was a new record among freshmen at GFU and the 2nd-best ever, Brittian’s time was the 2nd-best for a junior and 4th-best ever, Harris’s time was the 2nd-best by a freshman and 5th-best all-time, Goeres’s time of 24:02.6 was the 2nd-best by a senior, Moyer had the 3rd-best time for a senior, and Geertz had the 5th-best time by a freshman.

*** Cook: “Men Have an Outside Shot at Nationals”**

The George Fox Bruins showed significant improvement over their 2002 performances in the men’s and women’s Northwest Conference Cross Country Championships on Nov. 1, the men progressing from 8th to 4th and the women from 9th to 6th. Such efforts have the Bruins and veteran coach **Wes Cook** eagerly anticipating the upcoming NCAA Division III West Regionals at McIver State Park in Estacada, Ore., on Saturday, Nov. 15.

“Our men were only three points behind Whitworth for 3rd place,” Cook points out (115 for Whitworth, 118 for George Fox), “and with a little bit of improvement, our men might have an outside shot at the nationals. I know our two seniors, **Michael Owen** and **Matt Burg**, felt as though they should have done better and are looking forward to the regional.”

The Bruins are among the long shots at qualifying for the National Championships, which will be run at Hanover College in Hanover, Ind., on Saturday, Nov. 22. The West Region boasts of 3 nationally-ranked teams, according to the Oct. 28 national poll on www.raceberryjam.com, including Willamette (#5), Colorado College (#21), Puget Sound (#25), and Pomona-Pitzer was ranked until two weeks ago.

“It’s a tough field, and we’ll have to run our very best,” Cook admits, “but McIver is a course we are familiar with and that may give us a slight edge over some of the teams who haven’t run it in a while.”

The women’s odds are much longer, of course, with Willamette (#13) and Claremont-Mudd-Scripps (#15) among the favorites.

In addition to the top teams in the region, the next four individuals who are not on any of the teams that qualify for the nationals receive invitations to the National Championships. The top 35 in the regional races earn All-Region honors, which Owen earned by placing 29th in the men’s race last fall.

2003 Honors:**Michael Owen** – Northwest Conference Men’s Runner of the Week (Sept. 15-21; Oct. 6-12)**Leighann Fischer** – Northwest Conference Women’s Runner of the Week (Oct. 6-12); All-Northwest Conference Women’s Second Team (12th)

**GEORGE FOX UNIVERSITY “BRUINS”
2003 MEN’S & WOMEN’S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
<u>September</u>				
6	Sat.	Boxer Rebellion (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 4th of 7 (88) M: did not run	Lewis & Clark (42)
13	Sat.	Lewis & Clark Invitational (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 9 (138) M: 3rd of 10 (97)	Claremont-Mudd (30) Western Oregon (35)
20	Sat.	BEAR FETE INVITATIONAL (W 4k/M 4M) Champoeg State Park, St. Paul, Ore.	W: 3rd of 7 (71) M: 2nd of 6 (44)	Southern Oregon (29) Willamette (31)
<u>October</u>				
4	Sat.	Willamette Invitational Bush’s Pasture Park, Salem, Ore.	W: 16th of 27 (443) M: 18th of 26 (454)	Chico State (42) Chico State (45)
11	Sat.	Triton Classic (W 6k/M 8k) Univ. of Calif.-San Diego, San Diego, Calif.	W: 1st of 3 (34) M: 1st of 2 (17)	Johns Hopkins (42) Johns Hopkins (38)
18	Sat.	Willamette Open (W 5k/M 6436m) Bush’s Pasture Park, Salem, Ore.	W: 2nd of 3 (45) M: 2nd of 2 (50)	Willamette (17) Willamette (15)
<u>November</u>				
1	Sat.	Northwest Conference Championships (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 6th of 9 (147) M: 4th of 9 (118)	Willamette (33) Willamette (25)
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.

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Sports Info: 503-554-2926 / Sports Info Fax: 503-554-3864

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**GEORGE FOX UNIVERSITY “BRUINS”
2003 MEN’S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Matt Burg	5-10	135	Sr./Sr.	Newberg, Ore. (Newberg HS)
David Delmore	5-8	130	Fr./Fr.	Philomath, Ore. (Philomath HS)
Ben Dort	6-0	165	Fr./Fr.	Philomath, Ore. (Philomath HS)
Grant Finney	5-5	135	Fr./Fr.	Tigard, Ore. (Southridge HS)
Matt Fosket	6-1	150	Fr./Fr.	Juneau, Alaska (Juneau Douglas HS)
Jeff Friesen	6-1	155	Fr./Fr.	Lake Oswego, Ore. (Westside Christian HS)
Adam Gray	6-0	150	Fr./Fr.	Coos Bay, Ore. (Marshfield HS)
Ed Guelfi	6-0	150	Fr./Fr.	Ocean Park, Wash. (Ilwaco HS)
Jake Moe	6-0	145	Fr./Fr.	Anchorage, Alaska (Anchorage Christian HS)
Michael Owen	6-0	166	Sr./Sr.	Newberg, Ore. (Grace Christian HS)
Craig Paulin	5-6	135	Fr./Fr.	Jerome, Idaho (Jerome HS)
Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittian	5-6	Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)
Marissa Darling	5-7	Fr./Fr.	Leavenworth, Wash. (Cascade HS)
Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	Fr./Fr.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-4	Fr./Fr.	Astoria, Ore. (Astoria HS)
Janelle Goeres	5-4	Sr./Sr.	Gold Hill, Ore. (Crater HS)
Whittney Harris	5-4	Fr./Fr.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	So./So.	Klamath Falls, Ore. (Henley HS)
Beth Moyer	5-5	Sr./Sr.	Camarillo, Calif. (Rio Mesa HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

Monday, October 13, 2003 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu (O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
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WHAT'S BRUIN: GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY

HIGHLIGHTS:

- * Coming Up: Willamette Open to be Last Bruin Races before NWC Meet
- * Last Week: Women 1st, Men 1st in D-III Division of Triton Classic
- * Owen, Fischer Win NWC Runner of the Week Honors

THIS WEEK:

Sat., Oct. 18, 10:00 am – at Willamette Open, Bush's Pasture Park, Salem, Ore.

LAST WEEK – (Recap below):

Sat., Oct. 11 – at Triton Classic, University of California-San Diego, San Diego, Calif.
(Women – 1st of 3 in Division III / Men – 1st of 2 in Division III)

COACH WES COOK (Northern Colorado '61) is in his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

LAST WEEK – (Recap below):

10/11 – TRITON CLASSIC: Bruin Men and Women Finish First in D-III Portion of UCSD Triton Classic

SAN DIEGO, Calif. – Both the men's and women's teams for George Fox University finished first in the Division III portions of the Triton Classic cross country meet held here Saturday morning (Oct. 11) at the University of California-San Diego.

The Triton Classic featured 384 runners (199 women and 185 men) and was divided up into Divisions I, II, III, IV, and V, the latter two for junior colleges and unattached runners.

Women

The Bruin women had 34 points to defeat Johns Hopkins University with 42 points and the University of Redlands with 45 points in a 6,000 meter race. Leighann Fischer (Fr., Molalla, Ore. / Molalla HS) topped the Bruins for the fifth time in as many races this season, finishing 1st among D-III runners with a time of 24:18.3. She was 39th overall. Also scoring for the Bruins were Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS) at 25:13.1 (68th overall/5th in D-III), Whitney Harris (Baker City, Ore. / Baker HS) at 25:31.4 (77th/8th), Kaycee Brittian (Fr., Bakersfield, Calif. / Bakersfield College) at 25:36.4 (80th/9th), and Jessica Beach (Fr., Sherwood, Ore. / Sherwood HS) at 26:05.3 (94th/11th).

Men

The George Fox men outdueled Johns Hopkins 17 points to 38 in an 8,000 meter contest, capturing the top four D-III spots, plus the 7th. Leading the way from the Bruins were Michael Owen (Sr., Newberg, Ore. / Grace Christian HS-Alaska) at 27:07.5 (36th overall, 1st in D-III scoring), Craig Paulin (Jerome, Idaho / Jerome HS) at 27:31.9 (50th/2nd), Jake Moe (Anchorage, Alaska / Anchorage Christian HS) at 27:54.3 (64th/3rd), Matt Burg (Sr., Newberg, Ore. / Newberg HS) at 27:54.4 (65th/4th), and Jeff Friesen (Lake Oswego, Ore. / Westside Christian HS) at 28:31.9 (83rd/7th).

Bruin assistant coach John Mantalas, running as an unattached, placed 33rd overall with a time of 27:00.3.

For complete results of the Triton Classic, visit the George Fox cross country web site at www.georgefox.edu/athletics/cross_country.

BRUIN BITS:

*** Owen, Fischer Win NWC Runner of the Week Honors:**

First-place finishes in the Division III portions of the Triton Classic on Oct. 11 have earned **Michael Owen** and **Leighann Fischer** Northwest Conference Men's and Women's Runners of the Week for Oct. 6-12. It was Owen's second NWC honor this fall, having also earned it for Sept. 15-21 with a strong performance in the Bear Fete Invitational.

Owen finished 36th out of 185 runners overall and 1st among all D-III runners in the 8K race at the University of California-San Diego with a time of 27:07.5. His effort enabled the Bruins to out-duel Johns Hopkins 17-38 for the division title.

Fischer led all Bruin runners for the 5th time in as many races while finishing 39th overall and 1st among Division III athletes in the 6K race. The Bruins edged Johns Hopkins and Redlands 34-42-45 in the division behind Fischer's fine showing performance.

*** Willamette Open to be Final Bruin Tuneup for NWC Championships**

George Fox coach **Wes Cook** isn't sure of his exact lineup for the upcoming Willamette Open cross country meet on Saturday, Oct. 18, at Bush's Pasture Park in Salem, Ore. The event, hosted by Willamette University, begins at 10:00 a.m., and Cook says this will be the Bruins' last races before the Northwest Conference championships.

"We have a few runners a bit banged up right now, and they need some time to rest if we're going to be at full strength for the conference races," says Cook.

Of particular concern is **Beth Jertberg** (So., Klamath Falls, Ore. / Henley HS), who tried to go in the Triton Classic on Oct. 11 but ran one of her slower races and did not score for the Bruins.

"Beth thought she could make a go of it in California, but it was obvious she was hurting," noted Cook. "I just hope she'll be ready for the conference meet."

Pacific University is set to host the NWC Championships at Lincoln Park in Forest Grove, Ore., on Saturday, Nov. 1.

2003 Honors:

Michael Owen – Northwest Conference Men's Runner of the Week (Sept. 15-21; Oct. 6-12)

Leighann Fischer – Northwest Conference Women's Runner of the Week (Oct. 6-12)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
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13	Sat.	Lewis & Clark Invitational (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 9 (138) M: 3rd of 10 (97)	Claremont-Mudd (30) Western Oregon (35)
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<u>October</u>				
4	Sat.	Willamette Invitational Bush's Pasture Park, Salem, Ore.	W: 16th of 27 (443) M: 18th of 26 (454)	Chico State (42) Chico State (45)

11	Sat.	Triton Classic (W 6k/M 8k) Univ. of Calif.-San Diego, San Diego, Calif.	W: 1st of 3 (34) M: 1st of 2 (17)	Johns Hopkins (42) Johns Hopkins (38)
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18	Sat.	Willamette Open	Bush's Pasture Park, Salem, Ore.	10:00 a.m.
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November

1	Sat.	Northwest Conference Championships	Lincoln Park, Forest Grove, Ore.	10:00 a.m.
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15	Sat.	NCAA Division III West Regional	McIver State Park, Estacada, Ore.	10:00 a.m.
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22	Sat.	NCAA Division III National Championships	Hanover College, Hanover, Ind.	8:00 a.m.
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4th: 09/22/03

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Matt Burg	5-10	135	Sr./Sr.	Newberg, Ore. (Newberg HS)
David Delmore	5-8	130	Fr./Fr.	Philomath, Ore. (Philomath HS)
Ben Dort	6-0	165	Fr./Fr.	Philomath, Ore. (Philomath HS)
Grant Finney	5-5	135	Fr./Fr.	Tigard, Ore. (Southridge HS)
Jeff Friesen	6-1	155	Fr./Fr.	Lake Oswego, Ore. (Westside Christian HS)
Rob Gaslin	6-2	165	Jr./Jr.	Tualatin, Ore. (Tualatin HS)
Adam Gray	6-0	150	Fr./Fr.	Coos Bay, Ore. (Marshfield HS)
Ed Guelfi	6-0	150	Fr./Fr.	Ocean Park, Wash. (Ilwaco HS)
Jake Moe	6-0	145	Fr./Fr.	Anchorage, Alaska (Anchorage Christian HS)
Michael Owen	6-0	166	Sr./Sr.	Newberg, Ore. (Grace Christian HS)
Craig Paulin	5-6	135	Fr./Fr.	Jerome, Idaho (Jerome HS)
Zach Smith	6-0	170	Jr./Jr.	East Wenatchee, Wash. (Eastmont HS)
Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittian	5-6	Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)

Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	Fr./Fr.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-4	Fr./Fr.	Astoria, Ore. (Astoria HS)
Janelle Goeres	5-4	Sr./Sr.	Gold Hill, Ore. (Crater HS)
Whittney Harris	5-4	Fr./Fr.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	So./So.	Klamath Falls, Ore. (Henley HS)
Beth Moyer	5-5	Sr./Sr.	Camarillo, Calif. (Rio Mesa HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

Monday, October 6, 2003 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu (O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067

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WHAT'S BRUIN:

GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY

HIGHLIGHTS:

- * Coming Up: Bruin to Run in Triton Classic in San Diego
- * Last Week: Women 16th, Men 18th in Willamette Invitational
- * 13 Bruins Set Personal Records in Willamette Meet
- * Bear Fete Meet on Sept. 20 was Longer Than Planned!

THIS WEEK:

Sat., Oct. 11, 8:30 am – at Triton Classic, University of California-San Diego, San Diego, Calif.

LAST WEEK – (Recap below):

Sat., Oct. 4 – at Willamette Invitational, Bush's Pasture Park, Salem, Ore.
(Women – 18th of 26 / Men – 16th of 27)

COACH WES COOK (Northern Colorado '61) is in his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

LAST WEEK – (Recap below):

10/4 – WILLAMETTE INVITATIONAL: Bruin Women Place 16th, Men 18th in Huge Willamette Invitational

SALEM, Ore. – In what has been for several years the largest cross country event on the West Coast, the Willamette University Invitational here at Bush's Pasture Park, the George Fox University Bruins placed 16th in the women's 5K college division race while the men were 18th in the men's 8K college division competition.

The Willamette meet this year featured 874 runners, with men's and women's Open divisions for Division I college athletes and track clubs and individuals, and the two College division races.

Women

The George Fox women scored 443 points to finish 16th out of 27 teams. Leighann Fischer (Fr., Molalla, Ore. / Molalla HS) was the top Bruin finisher with a time of 18:37.14, good for 29th overall and 28th for team scoring. Other Bruin scorers were Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS) at 19:32.40 (93rd/81st), Whitney Harris (Baker City, Ore. / Baker HS) at 19:44.81 (99th/85th), Beth Moyer (Jr., Camarillo, Calif. / Rio Mesa HS) at 20:01.61 (126th/108th), and Kara Geertz (Astoria, Ore. / Astoria HS) at 21:06.80 (188th/141st).

Chico State University, an NCAA Division II team, won the race with 42 points and the top two finishers, including winner Katie Lee with a time of 17:48.29.

Men

The George Fox men totaled 454 points in placing 18th out of 26 teams. Matt Burg (Sr., Newberg, Ore. / Newberg HS) led the Bruins with a time of 26:13.93, placing 69th overall and 64th for team scoring. Also making points for the Bruins were Craig Paulin (Jerome, Idaho / Jerome HS) at 26:25.28 (85th/74th), Michael Owen (Sr., Newberg, Ore. / Grace Christian HS-Alaska) at 26:48.44 (108th/94th), Jake Moe (Anchorage, Alaska / Anchorage Christian HS) at 27:03.41 (125th/107th), and Jeff Friesen (Lake Oswego, Ore. / Westside Christian HS) at 27:22.31 (138th/115th).

Chico State made it a complete sweep by taking the men's event with 45 points, and again had the top two runners, with Tyler Graff taking first in a time of 24:15.97, less than a half a second ahead of teammate Patrick Boivin at 24:16.25.

For complete results on the Willamette Invitational, visit the George Fox cross country web site at www.georgefox.edu/athletics.

BRUIN BITS:

*** Cook Lauds Young Bruins for Willamette Performances:**

George Fox coach Wes Cook gave his men's and women's cross country teams high marks for their fine performances in the Willamette Invitational at Bush's Pasture Park in Salem, Ore., on Oct. 4.

"I was particularly pleased with the performance of our young men and women in a huge and high-powered competition," praised Cook. "They showed considerable savvy in their individual races. Most of the men were better than, at, or very close to their high school personal records for 5000 meters en route to their 8K finish on Saturday. Four of the first five frosh showed amazing consistency with only a few seconds' variance (range 14-17 seconds for the four) between their fastest and slowest mile splits at Willamette."

Freshman **Leighann Fischer**, who has paced the Bruin women in all four of their races thus far, posted a time of 18:37.2 (two minutes better than her best high school time), making her the 8th-fastest woman ever for GFU at the Willamette Invitational – and all but one of the seven ahead of her earned All-American status at some time in their careers. Her time ranks her as #6 all-time for freshmen and #13 all-time overall. Only Dawn Hartwig's 18:14.9 in 1995 was a better time in the last 10 years. She was also the 3rd-highest Northwest Conference finisher in the race.

"**Craig Paulin** had the race of his young college career," marveled Cook, "finishing only 11 seconds behind our number one finisher, **Matt Burg**. Craig has been a consistent number four runner to this point in the season. His time ranks him as the #11 all-time frosh performer. Burg's time just missed the #15 spot on the all-time senior list.

"Our men showed significant improvement over the L&C Invitational three weeks ago. PR's were led by a 2:05 by **David Delmore (Philomath, Ore. / Philomath HS)**, 83 seconds for **Adam Weishaar (Anchorage, Alaska / Heritage Christian HS)**, 75 seconds for **Ben Dort (Philomath, Ore. / Philomath HS)**, 72 seconds for Paulin, 70 seconds for **Adam Gray (Coos Bay, Ore. / Marshfield HS)**, 31 seconds for **Grant Finney (Tigard, Ore. / Southridge HS)**, 27 for **Jeff Friesen**, 22 for **Jake Moe**, and 6 seconds for Burg. The men's team time was over two minutes faster than the effort at LC three weeks ago.

"It was the first chance for the women to compare with their high school PR's, since it was the first 5K of the season. We ran without six of the 13 women and will hopefully be in better shape for the trip to San Diego this week. Fischer admittedly had the most significant improvement (over two minutes) while **Kara Geertz** had a 47 second PR and **Whitt Harris** 46 seconds. **Jessica Beach (Sherwood, Ore. / Sherwood HS)**, **Harris**, **Kim Carrick (Saitama-Ken, Japan / Japan Christian Academy)**, **Alex Dawson (West Linn, Ore. / West Linn HS)** and **Kaycee Brittan (Bakersfield, Calif. / Bakersfield College)** have all been battling a health bug, while **Rosemary Fama (Colton, Ore. / Colton HS)** and **Beth Jertberg (Klamath Falls, Ore. / Henley HS)** have been struggling with leg injuries. We really were missing the middle of our team at Willamette."

*** Bear Fete Meet on Sept. 20 was Longer than Planned!**

A number of men's runners at the George Fox-hosted Bear Fete Invitational Cross Country meet on Sept. 20 were puzzled as to why their times in the 4th mile of the 4-mile course were significantly slower than their average time over the first three miles. As it turned out, there was a very good reason for the discrepancies – the supposed 4-mile course at Champoeg State Park in St. Paul, Ore., was actually 4 miles and 288 yards!

"Several people asked me about the differences in their times," said George Fox coach and meet host **Wes Cook**, "so I went back over my figures and sure enough, there it was – 288 extra yards this time – accounting for almost 50 seconds slower times than what probably would have been at 4 miles even.

"There's not much we can do to reconfigure the course, and it doesn't ever have to be 'exact', but it does change the perspective of the times considerably. For example, **Michael Owen** would have had a 19:56 4-mile time, and we've not had many athletes in the history of our runs at Champoeg, over a legitimate 4-mile course, under 20 minutes, so this was a fast day of racing.

“As it turned out, it was an excellent day for us ... We would have had the two seniors (Owen and **Matt Burg**) and two frosh (**Jake Moe** and **Craig Paulin**) under 26 minutes for an 8k at the pace they were running, and three more frosh (**Ed Guelfi**, **Jeff Friesen**, and **Grant Finney**) under 27 minutes ... That’s awfully good!”

2003 Honors:

Michael Owen – Northwest Conference Men’s Runner of the Week (Sept. 15-21)

**GEORGE FOX UNIVERSITY “BRUINS”
2003 MEN’S & WOMEN’S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
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11	Sat.	Triton Classic	Univ. of California-San Diego, San Diego, Calif.	8:30 a.m.
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4th: 09/22/03

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Jake Moe	6-0	145	Fr./Fr.	Anchorage, Alaska (Anchorage Christian HS)
Michael Owen	6-0	166	Sr./Sr.	Newberg, Ore. (Grace Christian HS)
Craig Paulin	5-6	135	Fr./Fr.	Jerome, Idaho (Jerome HS)
Zach Smith	6-0	170	Jr./Jr.	East Wenatchee, Wash. (Eastmont HS)
Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittan		Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)
Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	Fr./Fr.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-4	Fr./Fr.	Astoria, Ore. (Astoria HS)
Janelle Goeres	5-4	Sr./Sr.	Gold Hill, Ore. (Crater HS)
Whittney Harris	5-4	Fr./Fr.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	So./So.	Klamath Falls, Ore. (Henley HS)
Beth Moyer	5-5	Sr./Sr.	Camarillo, Calif. (Rio Mesa HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

Monday, September 22, 2003 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu (O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
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** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!*

WHAT'S BRUIN:

GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY

HIGHLIGHTS:

- * Bruin Men 2nd, Women 3rd in Bear Fete Invitational
- * Owen Named NWC Men's Runner of the Week; Fischer HM for Women's Honor
- * Schedule Update: Bruins Opt Out of Pacific Invitational, Add Triton Classic on Oct. 11

THIS WEEK:

No event scheduled. Next:

Sat., Oct. 4, 10:00 am – at Willamette Invitational, Bush's Pasture Park, Salem, Ore.

LAST WEEK – (Recap below):

Sat., Sept. 20 – Bear Fete Invitational / Bru-Running Alumni Homecoming, Champoeg State Park, St. Paul, Ore.
(Women – 3rd of 7 / Men – 2nd of 6)

COACH WES COOK (Northern Colorado '61) is in his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

BRUIN BITS:

*** Owen Named NWC Men's Runner of the Week; Fischer HM for Women's Honor**

Michael Owen (Sr., Newberg, Ore. / Grace Christian HS, Alaska) was named the Northwest Conference Men's "Runner of the Week" while **Leighann Fischer (Fr., Molalla, Ore. / Molalla HS)** received Honorable Mention for the women's award for Sept. 15-21 for their performances in the Bear Fete Invitational on Sept. 20. **Owen** finished 3rd overall and 2nd for team scoring purposes in the 4-mile men's race at Champoeg State Park in St. Paul, Ore., posting a time of 20:44.77. **Fischer** was the top Bruin women's runner, placing 6th overall and 5th for team scoring with a time of 15:32.75 over the 4,000-meter course.

*** Schedule Update: Bruins Opt Out of Pacific Invitational, Add Triton Classic on Oct. 11:**

Citing a need to not over-schedule with too many race weekends in a row, George Fox cross country coach Wes Cook has decided to hold his young men's and women's teams out of the Pacific Invitational that the Bruins were originally planning to run in on Sept. 27 in Forest Grove, Ore. The Bruins will run the first three weekends in October before resting another week prior to the Northwest Conference meet on Nov. 1.

The Bruins have also picked up another race for Oct. 11 after the Pacific Lutheran Invitational was cancelled due to the unavailability of Ft. Steilacoom Park in Tacoma, Wash., on that date. The Bruins were considering the Western Washington Invitational for a while, but have opted instead for the Triton Classic at the University of California-San Diego, an event which begins at 8:30 a.m.

Also, the George Fox schedule has been updated below to include the expected start times for each of the Bruins' remaining cross country dates.

LAST WEEK – (Recap below):

9/20 – BEAR FETE INVITATIONAL: Southern Oregon Women, Willamette Men Win Bear Fete Runs

ST. PAUL, Ore. – In a pair of close races, Southern Oregon University won the women's 4,000 meter run and Willamette University was victorious in the men's 4-mile run at the 14th Annual Bear Fete Invitational / Bru-

Running Alumni Homecoming cross country event, hosted by George Fox University, here at Champoeg State Park Saturday morning (Sept. 20).

Women

By capturing places 1, 2, 6, 9, and 11, Southern Oregon was able to edge Linfield College 29-44 in the women's 4K. Host George Fox was 3rd with 71 points, followed by an independent team, Team Gfr, with 105, Willamette with 111, Warner Pacific College with 158, and Western Baptist College with 198.

SOU's Brynn Cogdill won the event over teammate Hadley Roe with a time of 14:51.87 to 15:04.47. Linfield's Meryl Witt (15:13.37) and Terry Hall (15:26.28) were 3rd and 5th, sandwiched around Stephanie Morrow (15:23.56) of the Bruin Track Club.

The best time for a George Fox runner was **Leighann Fischer's** 15:32.75, good for 6th overall and 5th in team scoring. Other Bruin scorers were **Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS)** at 16:06.85 (17th/14th), **Beth Moyer (Jr., Camarillo, Calif. / Rio Mesa HS)** at 16:13.64 (18th/15th), **Beth Jertberg (So., Klamath Falls, Ore. / Henley HS)** at 16:18.00 (20th/17th), and **Jessica Beach (Sherwood, Ore. / Sherwood HS)** at 16:31.66 (23rd/20th).

Men

Willamette was threatened by host George Fox but pulled out a 31-44 advantage in the men's 4-mile by taking spots 1, 3, 5, 6, and 16. Southern Oregon was 3rd with 78 points, followed by Linfield with 93, the independent Bruin Track Club (former GFU runners) with 143, and Western Baptist with 145.

Nick Symonds, who won a couple of track and field events in the NCAA National Championships for Willamette last year, took the race with a time of 20:26.04, just over nine seconds faster than Sean Peterson, running unattached, at 20:35.74. **Michael Owen** of George Fox was 3rd (2nd in team scoring) at 20:44.77, Willamette's **Brendan Brown** was 4th/3rd at 20:54.11, and the Bruins' **Matt Burg (Sr., Newberg, Ore. / Newberg HS)** was 5th/4th at 20:57.21.

Besides Owen and Burg, other Bruins who counted in the scoring were **Jake Moe (Anchorage, Alaska / Anchorage Christian HS)** at 21:32.96 (13th/11th), **Craig Paulin (Jerome, Idaho / Jerome HS)** at 21:34.39 (14th/12th), and **Ed Guelfi (Ocean Park, Wash. / Ilwaco HS)** at 22:04.35 (18th/15th).

For complete results on the Bear Fete Invitational, visit the George Fox cross country web site at www.georgefox.edu/athletics.

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
<u>September</u>				
6	Sat.	Boxer Rebellion (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 4th of 7 (88) M: did not run	Lewis & Clark (42)
13	Sat.	Lewis & Clark Invitational (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 9 (138) M: 3rd of 10 (97)	Claremont-Mudd (30) Western Oregon (35)
20	Sat.	BEAR FETE INVITATIONAL / BRU-RUNNING ALUMNI HOMECOMING	W: 3rd of 7 (71) M: 2nd of 6 (44)	Southern Oregon (29) Willamette (31)
<u>October</u>				
4	Sat.	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10:00 a.m.
11	Sat.	Triton Classic	Univ. of California-San Diego, San Diego, Calif.	8:30 a.m.

18	Sat.	Willamette Short Course	Bush's Pasture Park, Salem, Ore.	10:00 a.m.
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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.

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletics Dept: 503-554-2910 / Sports Hotline: 503-554-3864

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4th: 09/22/03

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Matt Burg	5-10	135	Sr./Sr.	Newberg, Ore. (Newberg HS)
David Delmore	5-8	130	Fr./Fr.	Philomath, Ore. (Philomath HS)
Ben Dort	6-0	165	Fr./Fr.	Philomath, Ore. (Philomath HS)
Grant Finney	5-5	135	Fr./Fr.	Tigard, Ore. (Southridge HS)
Jeff Friesen	6-1	155	Fr./Fr.	Lake Oswego, Ore. (Westside Christian HS)
Rob Gaslin	6-2	165	Jr./Jr.	Tualatin, Ore. (Tualatin HS)
Adam Gray	6-0	150	Fr./Fr.	Coos Bay, Ore. (Marshfield HS)
Ed Guelfi	6-0	150	Fr./Fr.	Ocean Park, Wash. (Ilwaco HS)
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Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittian		Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)
Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	Fr./Fr.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-4	Fr./Fr.	Astoria, Ore. (Astoria HS)

Janelle Goeres	5-4	Sr./Sr.	Gold Hill, Ore. (Crater HS)
Whittney Harris	5-4	Fr./Fr.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	So./So.	Klamath Falls, Ore. (Henley HS)
Beth Moyer	5-5	Sr./Sr.	Camarillo, Calif. (Rio Mesa HS)

Head Coach: Wes Cook (17th yr)

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Monday, September 15, 2003 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
(O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
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WHAT'S BRUIN: **GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY**

HIGHLIGHTS:

- * George Fox to Host Annual Bear Fete Invitational Saturday at Champoeg
- * Bruins Open Men's Season with Strong 3rd in L&C Invitational; Women 6th
- * Burg Honorable Mention for NWC Men's Runner of the Week
- * 16 Bruins Set Personal Bests at L&C Meet

THIS WEEK:

Sat., Sept. 20 – Bear Fete Invitational / Bru-Running Alumni Homecoming,
Champoeg State Park, St. Paul, Ore.
(Women – 4K at 11:00 am / Men – 4 Mile at 11:45 am)

LAST WEEK – (Recap below):

Sept. 13 – at Lewis & Clark Invitational, McIver State Park, Estacada, Ore.
(Women – 6K, 6th of 9 / Men – 8K, 3rd of 10)

COACH WES COOK (Northern Colorado '61) is in his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

9/15 – BEAR FETE INVITATIONAL: Bruins to Host Annual Bear Fete Invitational Saturday at Champoeg

NEWBERG, Ore. – George Fox University's 14th Annual Bear Fete Cross Country Invitational and Bru-Running Alumni Homecoming Event will take place this Saturday, Sept. 20, at its traditional site at Champoeg State Park in nearby St. Paul, Ore.

Veteran George Fox coach Wes Cook, now in his 17th season at the university, invites all college and amateur track teams and individuals to come run for the competition or just for the fun of it. Team entry fees are \$35 per team (\$70 for both men's and women's teams) and \$5 per individual. Teams and runners may enter by calling coach Cook at 503-554-2915 or by e-mailing him at wcook@georgefox.edu.

The women will run a 4,000 meter race at 11:00 a.m., while the men will run a 4-milerace at 11:45 a.m. College teams that are expected to enter include George Fox, Warner Pacific College, Cascade College, Linfield College, Southern Oregon University, and possible a contingent from Willamette University. Linfield won last year's women's race while Pacific University was the men's winner. George Fox finished 4th in the women's race and the Bruin men were 5th.

George Fox cross country alumni are also expected back and will join this year's Bruin teams for a picnic and social after the awards ceremonies.

LAST WEEK - (Recap):

9/13 – LEWIS & CLARK INVITATIONAL: Bruin Men Finish a Strong 3rd, Women 6th in L&C Invite

ESTACADA, Ore. – Led by strong performances from seniors **Matt Burg (Sr., Newberg, Ore. / Newberg HS)** and **Michael Owen (Sr., Newberg, Ore. / Grace Christian HS, Anchorage, Alaska)**, the George Fox University men's cross country team placed 3rd, while the Bruin women came in 6th, in the Lewis & Clark Invitational at McIver State Park here Saturday morning (Sept. 13).

Burg finished 5th in the men's 8K race with a time of 26:19.8, while Owen was 11th at 26:53.9. Also scoring for the Bruins were Jake Moe (**Fr., Anchorage, Alaska / Anchorage Christian HS**), 23rd at 27:25.8; Craig

Paulin (Fr., Jerome, Idaho / Jerome HS), 27th at 27:36.9; and **Jeff Friesen (Fr., Lake Oswego, Ore. / Westside Christian HS)**, 33rd overall and 31st in scoring, at 27:49.7. It was the season-opening race for the men's team.

Western Oregon University captured the event with 35 points, led by race winner Chase Wells at 25:36.1. Claremont-Mudd-Scripps Colleges was 2nd with 57 points, followed by George Fox with 97, Linfield College 144, host Lewis & Clark College 146, Whitman College 149, Eastern Oregon University 154, Pacific University 159, Western Baptist College 226, and Cascade College took an incomplete.

The top women's runner for the Bruins in the 6K race was **Leighann Fischer (Fr., Molalla, Ore. / Molalla HS)** for the second meet in a row, placing 17th at 23:53.2. Other women's scorers were **Whitney Harris (Fr., Baker City, Ore. / Baker HS)**, 29th overall and 28th in scoring, at 24:28.8; **Janelle Goeres (Sr., Gold Hill, Ore. / Crater HS)**, 32nd and 30th, at 24:39.6; **Beth Jertberg (So., Klamath Falls, Ore. / Henley HS)**, 34th and 31st, at 24:51.8; and **Jessica Beach (Fr., Sherwood, Ore. / Sherwood HS)**, 35th and 32nd, at 24:53.1.

Claremont-Mudd-Scripps, led by race winner Jeannine Liang at 22:08.3, won the women's event easily with 30 points, well ahead of runner-up Lewis & Clark with 70. Eastern Oregon was 3rd with 101 points, followed by Western Oregon with 109, Linfield 126, George Fox 138, Whitman 173, Pacific 203, and Western Baptist 209.

BRUIN BITS:

*** Burg Honorable Mention for NWC Men's Runner of the Week:**

Matt Burg (Sr., Newberg, Ore. / Newberg HS) earned Honorable Mention for Northwest Conference Men's Runner of the Week with an outstanding performance in the Lewis & Clark Invitational Cross Country Meet on Saturday, Sept. 13, at McIver State Park in Estacada, Ore. He placed 5th overall in the 8K race with a personal best time of 26:19.8, outdistancing every other NWC runner in the event except Pacific University's Nathan May. Burg's showing led the Bruins to a 3rd-place finish out of 10 teams in the race.

*** Cook All Smiles After L&C Performances:**

The cross country fortunes of the George Fox Bruins, for many years a national power in the NAIA, haven't been quite as high in their five-year tenure as full-time NCAA Division III members, but the situation is certainly looking brighter after the men's and women's teams turned in some outstanding performances in the Lewis & Clark Invitational on Sept. 13 at McIver State Park in Estacada, Ore.

Veteran coach **Wes Cook**, now in his 17th season with the Bruins, was beaming as he noted that "we had really very good efforts by our kids. There were significant improvements by almost all of the ladies over last week, and this is a considerably more difficult course in terms of footing and time comparisons.

"For the guys, Mike Owen struggled with intestinal difficulties after the first mile (he still finished 11th), and Burg ran the race of his career, beating a national qualifier from last season, Burkholder from Whitman. The frosh guys were particularly impressive in their first time at 8k – that's a 40% increase in their normal race distance from high school – and they were awe-inspiring in their consistency. We talk in terms of having a great race if your fastest and slowest mile splits are within 15-20 seconds, and all but two of the frosh accomplished this. **Jeff Friesen (Fr., Lake Oswego, Ore. / Westside Christian HS)** managed a variance of only seven seconds. They will be a force to be reckoned with down the road in another year or two. Willamette, ranked number two in the country in the first national poll, and the other three Washington schools will offer a stiff test for our neophyte-laden crew, but it is exciting to see us back in the mix."

*** 16 Personal Bests Set at L&C Invitational:**

It was a personal record-setting day for six of the women and 10 of the 11 men who ran for the George Fox Bruins in the Lewis & Clark Invitational on Saturday, Sept. 13, at McIver State Park in Estacada, Ore. The list of new individual highs included:

<u>Women</u>	<u>6K time</u>
Leighann Fischer	23:53.2
Whitney Harris	24:28.8
Beth Moyer	25:08.5
Alex Dawson	26:13.7
Kim Carrick	26:14.7
Rosemary Fama	27:57.3

<u>Men</u>	<u>8K time</u>
Matt Burg	26:19.8
Jake Moe	27:25.8
Craig Paulin	27:36.9
Jeff Friesen	27:49.7
Grant Finney	28:02.9
Ed Guelfi	29:22.5
Ben Dort	29:46.8
David Delmore	29:59.6
Adam Gray	30:44.2
Adam Wieshaar	31:44.9

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S & WOMEN'S CROSS COUNTRY RESULTS**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>GFU Finish (Pts)</u>	<u>1st or 2nd (Pts)</u>
<u>September</u>				
6	Sat.	Boxer Rebellion (W 6k/M 8k) Lincoln Park, Forest Grove, Ore.	W: 4th of 7 (88) M: did not run	Lewis & Clark (42)
13	Sat.	Lewis & Clark Invitational (W 6k/M 8k) McIver State Park, Estacada, Ore.	W: 6th of 9 (138) M: 3rd of 10 (97)	Claremont-Mudd (30) Western Oregon (35)
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, Forest Grove, Ore.	9:30 a.m.
<u>October</u>				
4	Sat.	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10:00 a.m.
11	Sat.	Western Washington Invitational	Lake Padden Park, Bellingham, Wash.	10:30 a.m.
18	Sat.	Willamette Short Course	Bush's Pasture Park, Salem, Ore.	10:00 a.m.
<u>November</u>				
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.

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**GEORGE FOX UNIVERSITY "BRUINS"
 2003 MEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
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Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Jamison Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
 2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittan		Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)
Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
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(O) 503-554-2926 (Fax) 503-554-3864 (H) 503-554-8067
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WHAT'S BRUIN: **GEORGE FOX MEN'S & WOMEN'S CROSS COUNTRY**

HIGHLIGHTS:

- * Pre-Season Preview, Quick Facts, Schedule, Rosters
- * Bruin Women Finish 4th in Season-Opening Boxer Rebellion; Men Open This Week
- * Schedule Changes: Bruins Enter WWU Invitational, Drop All Events on Oct. 25

THIS WEEK:

Sat., Sept. 13 – at Lewis & Clark Invitational, McIver State Park, Estacada, Ore.
(Women – 6K at 10:00 am / Men – 8K at 11:00 am)

LAST WEEK – (Recap below):

Sept. 6 – at Boxer Rebellion, Lincoln Park, Forest Grove, Ore.
(Women – 6K, 4th of 7)

COACH WES COOK (Northern Colorado '61) begins his 17th season as the head coach of the men's and women's cross country and track and field teams at George Fox. He has been named Coach of the Year at the conference or district level 12 times, at least once in each of his four sports. His combined men's and women's cross country program was named Best in the Nation at the NAIA level by *Cross Country Express* magazine in 1992. He was National Coach of the Year in women's cross country by the NCCAA in 1988 and by the NAIA in 1992.

--- *George Fox 2003 Men's & Women's Cross Country Preview* ---

BRUINS HOPING TO MAKE BIGGER STRIDES IN 2003 WITH MORE RUNNERS AND MORE TALENT

It was a severe lack of talented depth that dropped the George Fox University cross country teams to the lower ends of the Northwest Conference in 2002. The Bruin men finished 8th despite having an All-Region runner, and the women were 9th despite an All-Conference performer.

A new day appears to be dawning for the Bruins, however, according to veteran coach **Wes Cook**, who is entering his 17th season at George Fox. Says Cook with a laugh, "Hey, we've gotta be better; we had nowhere else to go!" Then, on a more serious note, he adds, "With the larger numbers out for the teams this fall, and a greater number of talented athletes, I can tell you that we will be considerably more competitive."

Men

The Bruin men return three letterwinners, led by All-NCAA West Region runner **Michael Owen** (Sr., Newberg, Ore.), a fifth-year senior who placed 29th in the regional meet. **Matt Burg** (Sr., Newberg, Ore.) gives the Bruin men a strong one-two punch at the top of the order; "they'll be right up front in every race and are strong team leaders," says Cook.

Rob Gaslin (Jr., Tualatin, Ore.) is the only other Bruin with much experience. **Zach Smith** (Jr., East Wenatchee, Wash.) ran for the Bruins two years ago but has fought injuries and now asthma, perhaps as a result of his hazardous summer job as a forest firefighter!

Among the newcomers, Cook is particularly high on **David Delmore** and **Ben Dort**, a pair of freshmen who scored in the state meet for Philomath (Ore.) High, last year's state second-place team. Delmore was First Team All-League, Dort Second Team. Another whom Cook says "will push our two older guys" is top prospect **Jake Moe** (Fr., Anchorage, Alaska), last year's small school state champion in Alaska.

Others freshmen who made strong showings in the high school ranks last year include **Grant Finney** (Fr., Tigard, Ore.), who was the No. 3 runner for Southridge High (the top two went to state) in only his second year of competitive racing; **Jeff Friesen** (Fr., Lake Oswego, Ore.), a district champion and state runner-up for Westside Christian; **Ed Guelfi** (Fr., Ocean Park, Wash.), a two-time state qualifier for Ilwaco High; and **Craig Paulin** (Fr., Jerome, Idaho), who ran 6th in his class in the state meet last year.

Adam Gray (Fr., Coos Bay, Ore.) and **Adam Weishaar** (Fr., Anchorage, Alaska) round out this year's 14-man squad, almost double the size of last year's team.

Women

Janelle Goeres (Sr., Gold Hill, Ore.), an All-Conference performer who finished 5th in the NWC race, was the Bruins' top runner in all eight of her races last year, and is poised for an outstanding senior season. She was also a Third Team Verizon Academic All-American with a 4.00 grade point average.

Joining her as a returning runner is **Beth Jertberg** (So., Klamath Falls, Ore.), who ran second to Goeres in most of the Bruins' race last fall and should continue to improve after only two years of competitive cross country racing. **Beth Moyer** (Sr., Camarillo, Calif.) also returns after missing last fall while studying overseas.

Cook is excited about his class of women recruits, several of whom participated in state championships last year. The most impressive performer in early workouts has been **Leighann Fischer** (Fr., Molalla, Ore.), who qualified for the state last year in both cross country and the 800. **Whitney Harris** (Fr., Baker City, Ore.) was a Third Team All-State selection for the state championship team. **Rosemary Fama** (Fr., Colton, Ore.) was a state qualifier, while **Kara Geertz** (Fr., Astoria, Ore.) led her team to its first state appearance in 12 years. **Jessica Beach** (Fr., Sherwood, Ore.) qualified for the state championships in both cross country and the 800 in track last spring.

Cook points to **Kim Carrick** (Fr., Saitama-Ken, Japan) as one who "could be a sleeper", and **Alexandra Dawson** (Fr., West Linn, Ore.), whose expertise includes jumping show horses, could be another pleasant surprise. The only new upperclassman on the team is **Kaycee Brittian** (Jr., Bakersfield, Calif.), a juco transfer from Bakersfield College who has good credentials but has not run for a couple of years.

Summary

With squads almost twice the size of last year, and the considerable skills of many of the new runners, Cook acknowledges that "we're going to get better and better, there's no doubt about that. They've been working hard and are anticipating a good season, though we're perhaps too young to challenge the top teams in the league just yet. Middle of the pack maybe? That would be a good goal for this year's teams."

LAST WEEK - (Recap):

9/6 - BOXER REBELLION: Bruin Women Open Cross Country Season with 4th-Place Finish

FOREST GROVE, Ore. - Despite going without their top runner, the George Fox University Bruins opened their 2003 women's cross country season with a 4th-place finish in the 6K Boxer Rebellion, hosted by Pacific University here at Lincoln Park, on Saturday morning (Sept. 6).

With Janelle Goeres, the Bruins' All-Northwest Conference runner, still working her way into shape, the Bruins relied on a quartet of newcomers for their top four places and earned 88 points. Lewis & Clark College won the event with 42 points, followed by Linfield College with 46, Western Oregon University with 74, George Fox, host Pacific with 134, Warner Pacific College with 159, and Western Baptist College with 201.

The top runner for George Fox was Leighann Fischer, who placed 11th (10th in scoring) with a time of 24:35.58. Whitney Harris was 16th (15th in scoring) at 24:52.07, Jessica Beach was 17th (16th in scoring) at 24:52.41, and Kaycee Brittian was 28th (23rd in scoring) at 25:58.10).

Beth Moyer, who ran for the Bruins two years ago but was studying overseas last fall, came in 29th (24th in scoring) at 26:08.53. Immediately behind her in 30th was another returning athlete, Beth Jertberg, who was 30th at 26:16.63.

The George Fox men decided to sit this one out to continue training for the upcoming Lewis & Clark Invitational at McIver State Park in Estacada on Saturday, Sept. 13. The women will run in a 6K at 10:00 a.m., followed by the men's 8K race at 11:00 a.m.

BRUIN BITS:

*** Bruins Make Schedule Changes:**

Because the Pacific Lutheran Invitational that was scheduled for Oct. 11 was cancelled due to the unavailability of Ft. Steilacoom Park on that date, the George Fox Bruins have switched to another cross country meet. The Bruins will instead run in the Western Washington Invitational at Western Washington University in Bellingham, Wash., on that date.

Also, the Bruins have dropped out of two events they were considering for Oct. 25, the Pacific Invitational or the Oregon State Invitational, in order to have two weeks of rest instead of just one before the Northwest Conference Championships on Nov. 1. Pacific University is set to be the host at Lincoln Park in Forest Grove, Ore.

**GEORGE FOX UNIVERSITY "BRUINS"
2003 MEN'S & WOMEN'S CROSS COUNTRY QUICK FACTS**

UNIVERSITY INFORMATION

Location: Newberg, Oregon (18,750)
Mailing Address: 414 N. Meridian St.
Newberg, OR 97132
Founded: 1891
Denomination: Evangelical Friends (Quaker)
Enrollment: 2,725
President: Dr. David Brandt
Faculty Athletic Rep: Becky Ankeny
Switchboard Phone: 503-538-8383
Website: www.georgefox.edu

ATHLETICS INFORMATION

Nickname: Bruins
Colors: Navy Blue & Old Gold
Affiliation (yrs): NCAA Division III (5th)
Region: West Region
Conference (yrs): Northwest Conference (9th)
Director of Athletics: Craig Taylor
Office Phone: 503-54-2911
Assoc. Dir. of Athletics: Pat Bailey
Office Phone: 503-554-2914
Athletics Secretary: Patty Findley
Office Phone: 503-554-2910
Ath. Training Ed. Dir.: Dale Isaak
Office Phone: 503-554-2916
Head Athletic Trainer: Karen Hostetter
Office Phone: 503-554-2922
Ast. Athletic Trainer: Byron Shenk
Office Phone: 503-554-2912
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
Student Assistant SIDs: Sarah Troyer
Amber Wentworth
Amanda Newman

Sports Info FAX: 503-554-3864
 Sports Hotline: 503-554-3868
 Sports Website: www.georgefox.edu/athletics

COACHING STAFF

Head Coach: Wes Cook (17th yr)
 Alma Mater: (Northern Colorado '61)
 Years at GFU: 16
 Total Years: 16
 Office Phone: 503-554-2915
 Assistant Coach: John Mantalas (2nd yr)
 Alma Mater: George Fox '01
 Assistant Coach: Jill Beals (1st yr)
 Alma Mater: George Fox '92

TEAM INFORMATION

Home Course: Champoeg State Park,
 St. Paul, Oregon
 2002 NWC Finish: Men 8th, Women 9th
 2002 Region Finish: None
 2002 National Finish: None
 Letterwinners Back/Lost: Men 3/5, Women 2/7

<u>Key Returnees (M)</u>	<u>Ht., Cl., Hometown</u>	<u>Honors</u>
Michael Owen	5-11, Sr, Newberg, Ore.	All-West Region (29th)
Matt Burg	5-10, Sr, Newberg, Ore.	

<u>Key Losses (M)</u>	<u>Ht., Cl., Hometown</u>	<u>Honors</u>
Silas Towne	5-10, Sr, Springfield, Ore.	

<u>Key Returnees (W)</u>	<u>Ht., Cl., Hometown</u>	<u>Honors</u>
Janelle Goeres	5-4, Sr, Gold Hill, Ore.	All-NWC (5th), Academic All-America 3rd Team
Beth Jertberg	5-5, So, Klamath Falls, Ore.	
Beth Moyer	5-5, Sr, Camarillo, Calif.	studied overseas in fall of '02

<u>Key Losses (W)</u>	<u>Ht., Cl., Hometown</u>	<u>Honors</u>
Gloria Gomez	5-6, Jr, Victorville, Calif.	
Ashley Crisell	5-6, Jr, Woodburn, Ore.	

**GEORGE FOX UNIVERSITY "BRUINS"
 2003 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>
<u>September</u>				
6	Sat.	Boxer Rebellion	Lincoln Park, Forest Grove, Ore.	TBA
13	Sat.	Lewis & Clark Invitational	McIver State Park, Estacada, Ore.	TBA
20	Sat.	BEAR FETE INVITATIONAL / BRU-RUNNING ALUMNI HOMECOMING	Champoeg State Park, St. Paul, Ore.	TBA
27	Sat.	Pacific Invitational	Lincoln Park, Forest Grove, Ore.	TBA

October

4	Sat.	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	TBA
11	Sat.	Western Washington Invitational	Western Washington Univ., Bellingham, Wash.	TBA
18	Sat.	Willamette Short Course	Bush's Pasture Park, Salem, Ore.	TBA

November

1	Sat.	Northwest Conference Championships	Lincoln Park, Forest Grove, Ore.	TBA
15	Sat.	NCAA Division III West Regional	McIver State Park, Estacada, Ore.	tba
22	Sat.	NCAA Division III National Championships	Hanover College, Hanover, Ind.	TBA

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletics Dept: 503-554-2910 / Sports Hotline: 503-554-3864

Sports Info: 503-554-2926 / Sports Info Fax: 503-554-3864

Web site: www.georgefox.edu/athletics

GEORGE FOX UNIVERSITY "BRUINS" 2003 MEN'S CROSS COUNTRY ROSTER

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Matt Burg	5-10	135	Sr./Sr.	Newberg, Ore. (Newberg HS)
Bob Burton			Fr./Fr.	Bay City, Ore. (Neah-Kah-Nie HS)
David Delmore	5-8	130	Fr./Fr.	Philomath, Ore. (Philomath HS)
Ben Dort	6-0	165	Fr./Fr.	Philomath, Ore. (Philomath HS)
Grant Finney	5-5	135	Fr./Fr.	Tigard, Ore. (Southridge HS)
Jeff Friesen	6-1	155	Fr./Fr.	Lake Oswego, Ore. (Westside Christian HS)
Rob Gaslin	6-2	165	Jr./Jr.	Tualatin, Ore. (Tualatin HS)
Adam Gray	6-0	150	Fr./Fr.	Coos Bay, Ore. (Marshfield HS)
Ed Guelfi			Fr./Fr.	Ocean Park, Wash. (Ilwaco HS)
Jake Moe	6-0	145	Fr./Fr.	Anchorage, Alaska (Anchorage Christian HS)
Michael Owen	6-0	166	Sr./Sr.	Newberg, Ore. (Grace Christian HS)
Craig Paulin	5-6	135	Fr./Fr.	Jerome, Idaho (Jerome HS)
Zach Smith	6-0	170	Jr./Jr.	East Wenatchee, Wash. (Eastmont HS)
Adam Weishaar	5-11	152	Fr./Fr.	Anchorage, Alaska (Heritage Christian HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Beals (1st yr)

**GEORGE FOX UNIVERSITY "BRUINS"
2003 WOMEN'S CROSS COUNTRY ROSTER**

<u>Name</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
Jessica Beach	5-7	Fr./Fr.	Sherwood, Ore. (Sherwood HS)
Kaycee Brittan		Jr./Jr.	Bakersfield, Calif. (Bakersfield College)
Kim Carrick	5-4	Fr./Fr.	Saitama-Ken, Japan (Japan Christian Academy)
Alex Dawson	5-7	Fr./Fr.	West Linn, Ore. (West Linn HS)
Rosemary Fama	5-3	Fr./Fr.	Colton, Ore. (Colton HS)
Leighann Fischer	5-7	Fr./Fr.	Molalla, Ore. (Molalla HS)
Kara Geertz	5-4	Fr./Fr.	Astoria, Ore. (Astoria HS)
Janelle Goeres	5-4	Sr./Sr.	Gold Hill, Ore. (Crater HS)
Whitney Harris	5-4	Fr./Fr.	Baker City, Ore. (Baker HS)
Beth Jertberg	5-5	So./So.	Klamath Falls, Ore. (Henley HS)
Beth Moyer	5-5	Sr./Sr.	Camarillo, Calif. (Rio Mesa HS)

Head Coach: Wes Cook (17th yr)

Assistant Coach: John Mantalas (2nd yr), Jill Beals (1st yr)