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2003 Roster

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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)

5th: 10/13/03

BEN DORT
6-0* 165 lb Freshman
Philomath, Oregon
Philomath HS '03

HS: Earned 3 letters for coach Joe Fulton at Philomath High... *2002:* All-league; team second in state... *2001:* All-league... earned 2 letters in track... earned 3 letters on swim team and made 1st team All-league junior and senior years

PERSONAL: Born February 17, 1985, in Corvallis, OR... Son of Jim and Cynthia Dort... Father Jim Dort wrestled at Oregon State... Mechanical Engineering major... *Favorite book:* Bible... *Favorite food:* pasta... *Favorite athlete:* Steve Prefontaine... *Hobbies and interests:* Frisbee, working on a farm.

DAVID DELMORE
5-8* 130 lb Freshman
Philomath, Oregon
Philomath HS '03

HS: Earned 3 letters for coach Joe Fulton at Philomath High... *2002:* 2nd 3A State... *2001:* 4th 3A State... *2000:* 2nd 3A State... earned Co-Most Improved... Scholar Athlete 4 years... Perfect Attendance 4 years... Academic All-American.

PERSONAL: Born May 6, 1985 in Corvallis, OR... Son of Steve and Debbie Delmore... Business Administration major... *Favorite book:* Rocket Boys... *Favorite Athlete:* Steve Prefontaine... *Hobbies and interests:* Frisbee, camping.

GRANT FINNEY
5-5* 135 lb Freshman
Tigard, Oregon
Southridge HS '03

HS: Earned 2 letters for coach Doug Fischer at Southridge High... *2002:* Coach's Award... earned 2 letters in track... *2003* Coach's Award for track... earned 3 letters in wrestling... Scholar Athlete Award 2 years.

PERSONAL: Born December 15, 1984, in Portland, OR... Son of Todd and Sandy Finney... Health and Human Performance major... *Favorite book:* Harry Potter... *Favorite movie:* A Walk to Remember... *Hobbies and Interests:* Running.

JEFF FRIESEN
6-1* 155 lb Freshman
Lake Oswego, Oregon
Westside Christian HS '03

HS: Earned 4 letters for coach Scott Ball at Westside Christian High School... *2002:* 2nd in district, 11th in state... *2001:* 1st in district, 32nd in state... *2000:* 2nd in district, 23rd in state... *1999:* 2nd in district, 42nd in state.

PERSONAL: Born December 21, 1984, in Seattle, WA... Son of Gerald and Barbara Friesen... Mechanical Engineering major... *Future plans:* Graduate, get married, die... *Favorite book:* Magnus... *Favorite foods:* Mexican and Chinese... *Favorite Athlete:* Steve Largent... *Greatest Personal Sports Thrill:* Finishing 3rd place in the OR 2A State 3000m run with a school record... *Hobbies and interests:* Playing guitar, singing, ultimate Frisbee.

ADAM GRAY
6-0* 150lb Freshman
Coos Bay, Oregon
Homeschooled '03

HS: Earned 3 letters for coach Michelle Mckeown at Marshfield High School... *2003:* Captain, Outstanding Senior... earned 4 letters in track... earned NHS.

PERSONAL: Born September 30, 1984, in Boulder, CO... Son of William and Glenda Gray... *Favorite book:* Lord of the Rings... *Favorite food:* Clam chowder... *Favorite movie:* Good Will Hunting... *Hobbies and Interests:* Rock climbing, reading, mountain biking.

JAKE MOE

6-0* 145lb Freshman
Anchorage, Alaska
Anchorage Christian School '03

HS: Earned 4 letters for coach Jason Hofacker at Anchorage Christian School...*2002:* 3A State Champion, District Runner of the Year, 1st place Palmer Invite, 1st place Seward Invite...*1999:* 1st place Grace Invite...Good Sport Award 3 years...went to State 4 years...4.00 GPA...National Honor Society Member...Daughters of American Revolution member.

PERSONAL: Born August 7, 1984, in Anchorage, AL...Son of Gaylene Wright and Karl Moe...Engineering major... Distant cousin Tommy Moe won Gold Medal in '99 Olympics for downhill skiing... *Future plans:* To live a Christian life pleasing to God...*Favorite book:* Matthew...*Favorite food:* Breakfast...*Favorite movie:* Chariots of Fire...*Favorite Athletes:* Nolan Ryan and Dave Dravecky...*Greatest personal sports thrill:* Winning State in Cross-Country... *Hobbies and interests:* Collecting baseball cards.

CRAIG PAULIN

5-6* 135lb Freshman
Jerome, Idaho
Jerome HS '03

HS: Earned 4 letters for Tim Dunne at Jerome High School...was involved in track.

PERSONAL: Born March 2, 1985 in Twin Falls, ID...Son of Kevin and Cindy Paulin...Business major.

ADAM WEISHAAR

5-11* 152lb Freshman
Anchorage, Alaska
Heritage HS '03

HS: Earned 3 letters for coach Mick Drick at Heritage High...*2003, 2002:* Most Improved...earned 3 letters in track.

PERSONAL: Born October 18, 1984, in Wichitaw, Kansas...Son of Terry and Noreen Weishaar...Christian Ministries major...Uncle Butch Hart played soccer for George Fox...*Future plans:* Youth pastor...*Favorite book:* Halo...*Favorite food:* Italian...*Favorite movie:* The Born Identity...*Favorite sport:* Hockey...*Hobbies and interests:* Snowboarding.