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2007 Track and Field



**GEORGE FOX
UNIVERSITY**



**TRACK AND FIELD
GEORGE FOX UNIVERSITY**

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**2007 TRACK AND FIELD
SEASON
HIGHLIGHTS**

The 2006 Season

Five out of six Bruins at NCAA Championships come home as All-Americans

It was another outstanding season for the George Fox Bruins as they came home with five more All-Americans from the 2006 NCAA Division III National Track and Field Championships in Lisle, Ill.

The Bruins had six athletes entered in the national events, half of them decathletes, and none of them disappointed. Seth Harris (Jr., Boise, Idaho) finished fifth in the decathlon with 6,743 points; Josh Priester (Sr., Walla Walla, Wash.) came in seventh with 6,471; and Ryan Forbes (Fr., Jackson, Wyo.) was eighth with 6,317. All earned All-America honors for placing in the top eight. Remarkably, the Bruins were without the efforts of the 2005 national decathlon runner-up, Ben Dillow, who missed the entire season with a knee injury. He will return as a junior in 2006-07.

Joel Krebs (So., Salem, Ore.) provided the team's most unexpected success, climbing from 15th nationally entering the weekend to third place in the javelin with a throw of 207 feet, 6 inches — a personal improvement of 14-11 and second on the school's all-time list only to 2004 NCAA champion Matt Gassaway's 215-10. All told, the Bruin men scored 13 points in the nationals to tie for 17th place.

Lindsey Blankenship (Jr., Washtucna, Wash.), the Bruins' only female entry at nationals, garnered

All-America status when she placed eighth in the women's hammer with a distance of 164-3. Her one point left the George Fox women's team tied for 70th.

Zeb Udell (Fr., Dallas, Ore.) was the sixth Bruin at nationals, and he missed All-America by one place, finishing ninth with a vault of 15-5.5. He did set a Bruin record in the pole vault during the season, clearing 16-0 in the Pt. Loma Invitational. Blankenship broke her own George Fox and Northwest Conference hammer record when she posted a throw of 172-4 in the NWC Championships in Salem, Ore.

In addition to Blankenship's hammer title, other conference winners were Udell in the pole vault (14-11), Harris in the decathlon (6,552 points) and the long jump (22-11.75), and the 4x400 men's relay team of Brad Bates (Sr., Stayton, Ore.), Harris, Garrett Blizzard (Fr., Las Vegas, Nev.), and Forbes (3:20.17). Harris was named Co-Athlete of the Meet at the NWC Championships.

Other All-Conference performers for the men were Harris, second in the 110-meter hurdles (15.23); Forbes, third in the 200-meter dash (22.45); Blizzard, third



in the 400-meter dash (50.58); and the 4x100 meter relay team of Blizzard, Drew Maves (Jr., Twin Falls, Idaho), Bates, and Forbes (43.86). Other All-Conference women were Katie Alaimo (So., The Dalles, Ore.), second in the high jump (5-25/1.56m); Rachel Giffey-Brohaugh (So., Renton, Wash.), third in the 1500-meter run (4:51.78); and the 4x400 meter relay team of Jessica Beach (So., Sherwood, Ore.), Kelly Bladorn (So., Turner, Ore.), Giffey-Brohaugh, and Terah Laack (So., Carson City, Nev.), which was third (4:10.07).

TRACK AND FIELD WINNING TRADITION 2007



Curt Ankeny was named 1973 NAIA District 2 Athlete of the Year for all sports. He was a three-time track and field NAIA national meet competitor, finishing third in the 1974 marathon. He twice finished 17th at the national cross country meet.



1973



1961

Roy Heater won the pole vault competition at the 1905 National Amateur Athletic Union (AAU) Track and Field Championships, beating the world record holder.

Steve Blikstad was George Fox's first NAIA national champion (steeplechase). He won NAIA All-American awards three times in track and once in cross country.



1979



1964

Janet (Johnson) McClug won the 1964 U.S. Track and Field Federation 100- and 220-yard national championships. She finished sixth in the pentathlon at the 1967 Pan Am Games, and her 1967 400-yard time of 53.6 ranked ninth in the world.

Bob Hadlock was George Fox's first NAIA track All-American (third in shot put) and he was drafted by the Detroit Lions of the National Football League.



1970

Jill (Jamison) Beals was a three-time 10,000-meter national NAIA champion and set the national meet record. In her track and cross country career, she won a dozen NAIA All-American awards and also made the GTE Academic All-American At-Large First Team. She helped George Fox's women's cross country team to its first-ever No. 1 national ranking. She went on to win the 1992 Seattle Marathon in her first try and was inducted into the NAIA Hall of Fame.



1992

Becci Harper won back-to-back NAIA national javelin titles in 1996 and 1997.



1997



1997

Ryan Chaney (1993-97) won the 1997 indoor and outdoor NAIA 400-meter titles and was named the spring at-large GTE Academic All-American of the Year. Chaney's best 400-meter time of 45.98 was the fastest by an Oregon college athlete—at all levels. He finished his track career with eight NAIA All-American awards and seven school records. He went on to compete in the 1997 USA Track and Field Championships.



1966

Aaron Young won the NAIA national triple jump competition. He also was a national high jump competitor, an event he had won at the Oregon Class 4A high school meet.

Matt Gassaway, a two-time All-American in the javelin, became the first Bruin to win an NCAA individual title with a school-record throw of 215-10 at the national meet in 2004.



2004

Nancy Rissmiller (1994-98) was named the 1996 NAIA Female Athlete of the Year for all sports by *College Sports* magazine. During her four-year career, she won two NAIA national high jump titles and earned 11 All-American awards as a track and basketball athlete. She earned four high jump NAIA All-American honors, two 4x400 relay NAIA All-American Scholar-Athlete honors, one NAIA Div. II basketball All-American listing and a place on the GTE Academic All-American spring at-large team.



1998

Coach Smith

Head Coach

Following a rich history of success forged by longtime coaches Rich Allen (1969-1987) and Wes Cook (1987-2006), former George Fox University athlete and assistant coach John Smith ushers in a new era in Bruin cross country and track and field as he assumes head coaching duties of the programs.

A 1996 graduate of George Fox, Smith spent eight seasons as an assistant coach, joining the staff in 1998 after a year as an assistant at Cascade College.

A native of Lakeside, Ore., Smith was a football and track athlete at North Bend High School, earning all-state and district honors in both sports and setting a school record in the triple jump. At George Fox, he changed his focus from the jumps to the challenges of the decathlon. He was a national qualifier in the decathlon three times and twice in the pole vault, claiming NAIA All-American status in the decathlon in 1994 and 1995. At the time of graduation, he held top-10 marks in eight events at George Fox, including a school record in the decathlon (7,138 points) and a second-place mark in the pole vault (15 feet, 7 inches).

After earning a bachelor's degree in health and human performance, Smith posted a U.S. national ranking in the decathlon. While competing for Oregon

International, he won the University of Oregon Invitational and took second at the Rocky Mountain Invitational in the decathlon before suffering a career-ending injury. He began a coaching career and worked toward a master's degree in sport science, which he completed in 2004.

Smith's primary responsibility for the Bruins was working with the team's jumps, javelin, and multi-event athletes. Under his tutelage, the Bruins had the NCAA Division III national runner-up in the decathlon (Ben Dillow) and the women's high jump (Michelle Forbes) in 2005. The team followed that up with three All-American decathletes (Seth Harris, fifth; Josh Priester, seventh; and Ryan Forbes, eighth) in 2006. The jumps group has earned multiple Northwest Conference championships in the long jump (six), triple jump (six), and high jump (three). All told, Smith has coached 31 NCAA Division III national meet qualifiers, three national runner-ups, and 12 All-Americans at George Fox.



"The success of our program is a true testament to the athletes we have," says Smith. "I am continually amazed at the level of dedication and work the athletes are willing to put in to reach that next level."

Smith is also quick to credit his assistants: "I believe that my staff will be the reason this program will continue to uphold the Bruin track and field tradition. I am confident that they could coach at any level, and they have the knowledge to help us become a nationally recognized team."

"We are pleased to be able to move John into the position of head coach," says Athletic Director Craig Taylor. "John's work with the multi-events gives him a well-rounded knowledge of everything it takes to run a successful track program. We believe our track and cross country programs will continue to be in capable hands for years to come with Coach Smith."

Smith resides in Newberg and is married to former Bruin track and cross country All-American Dawn Hartwig, also a 1996 George Fox graduate. John and Dawn have three children, Davis (7), Jaci (5), and Blake (3).

Three Key Elements

by John Smith

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

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

As an athlete, being able to develop goals is only part of the

picture. You must be able to do all the work in between to be successful in achieving those goals. This takes a strong commitment and determination to see the work through from beginning to end. As a Bruin, you will be exposed to a coaching staff that believes there is great potential for improvement in every athlete. It is our desire to

bring every athlete up to the next level, and we are fully committed to that mission. We expect to pass that sense of commitment on to each athlete and help them to uncover their true potential.

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



ments, and the family environment that you experience on our team creates a supportive environment to you as a student. Spiritually, it is our desire to intertwine every aspect of life with the faith that George Fox University embraces. True success in life cannot be achieved without that relationship with Jesus Christ.

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

Excellence in Academics and Athletics

The Northwest Conference and NCAA Division III Experience

National Collegiate Athletic Association Division III

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

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

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



The Northwest Conference

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

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

Formed in 1926, the conference is one of the oldest athletic alliances in the western United States. Its nine members are all private colleges or universities located in Oregon or Washington.



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

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



UNIVERSITY INFORMATION:

Location:Newberg, Oregon (20,565)
 Mailing address:414 N. Meridian St.
 Newberg, OR 97132
 Founded:1891
 Denomination:Evangelical Friends (Quaker)
 Enrollment:3,185
 President:David Brandt
 Faculty athletic rep:Dr. Melanie Hulbert
 Switchboard phone:503-538-8383
 Website:georgefox.edu

ATHLETIC INFORMATION:

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

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 Sports info fax:503-554-3864
 Sports website:gfubruins.edu

COACHING STAFF:

Head Coach:John Smith (1st yr)
 Alma Mater:George Fox '96
 Office Phone:503-554-2915
 Assistant Coaches:
 Josh Priester (1st yr) ..Alma Mater: George Fox '06
 Doug Beatty (1st yr) ..Alma Mater: George Fox '05
 Michelle Forbes (2nd yr) Alma Mater: George Fox '05
 Mike Hickey (1st yr) Alma Mater: Washington State '98

FRANK C. COLCORD MEMORIAL FIELD

Athletic events of every kind have been played on what is now known as Frank C. Colcord Memorial Field, home to the George Fox University men's and women's track and field teams, almost since the day the institution opened in 1891. The site was the long-time home of George Fox football, and was officially dedicated as Colcord Field in halftime ceremonies at the homecoming game on Nov. 2, 1968, shortly before the program folded. Field hockey, soccer, and other sporting events, including many of the school's intramural competitions, have been held there.

The renovation and dedication of Colcord Field was a major part of \$2.5 million-plus program from 1976-80 that included construction of the Wheeler Sports Center, adjacent to the field to the east, and extensive upgrades to the softball, baseball, and soccer fields across the street on the north side of Fulton Avenue.

A new rubberized surface was installed at Colcord Field in the mid-1980s and was completely replaced in 2002.

Colcord Field was named in honor of the late Frank C. Colcord, a former two-term mayor of Newberg and a 35-year member of the board of trustees of George Fox. He was the school's treasurer at the time of his death in 1967. A 1920 graduate of what was then Pacific Academy, Colcord was an All-Conference player on a basketball team which twice defeated Oregon Agricultural College, now Oregon State University. He also served as student body treasurer, president of the Men's Athletic Association, and associate editor of the student newspaper, *The Crescent*. In 2001, he was elected to the George Fox Sports Hall of Fame for meritorious service.





INTERCOLLEGIATE ATHLETICS

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



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

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

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



Consider the growing legacy:

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