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GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 20, 2004

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11/20 – NCAA CHAMPIONSHIPS: Bruins' McLain Finishes 95th in Women's 6K National Race

COLFAX, Wisc. – Anna McLain, only the second George Fox University cross country runner to compete in the NCAA Division III National Championships, finished 95th out of 215 competitors in the 2004 national women's 6,000 meter race Saturday morning here at the Whitetail Golf Course.

McLain joined Colleen Forbes, who qualified for the nationals in the Bruins' second year of full NCAA eligibility in 2000, as George Fox national entries. Forbes placed 98th that year in what was then a 5K race.

McLain posted a time of 23:12.9, about 2:50 behind national champion Missy Buttry of Wartburg College, who ran a 20:22.0. It was her best 6K time of the year, and capped a solid year for the freshman from Medina, Wash., who began the season on the injured list and ended it in the nationals.

The men's 8K national championship was won by Josh Moen of Wartburg with a time of 24:28.7. Team titles were won by Williams College over Middlebury College 110-129 in the women's division, and by Calvin College over North Central College 107-137 in the men's competition.

The University of Wisconsin-Eau Claire was the host for this year's NCAA national championships. Complete results are available at the UWEC web site at <http://www.uwec.edu/athletics/mcc/0405/04Championship/index.htm>, or at the George Fox web site at http://www.georgefox.edu/athletics/cross_country/index.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 13, 2004

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11/13 – WEST REGIONALS: Bruins' McLain Earns NCAA Women's Berth, Three Men Make All-Region

CHINO, Calif. – Anna McLain finished 10th overall and won a spot in the women's national competition coming up in a week, while three Bruin men – Michael Chuol, Jake Moe, and David Mathiang – earned All-Region honors at the NCAA Division III West Regional Cross Country Championships Saturday morning here at Prado Park.

Women

McLain posted a time of 23:24.9 in the women's 6,000 meter race to place 10th (6th for team scoring purposes), earning the 7th and final at-large berth that goes to runners who are not on the top two teams. She also won All-Region honors by finishing among the top 35 runners.

Willamette University out-distanced Colorado College 43 points to 53 as the 1st and 2nd-place teams, while Sara Smith of Pacific University took the individual title with a time of 22:26.8. George Fox finished 6th out of 15 teams with 186 points.

Whitney Harris narrowly missed All-Region honors for the Bruins, finishing 37th (31st in team scoring) with a time of 24:27.9. Also figuring in the Bruins' point total were Rachel Giffey-Brohaugh at 24:49.9 (47th/40th), Leighann Fischer at 25:05.2 (53rd/46th), and Beth Jertberg at 25:51.9 (70th/63rd). Other Bruin runners were Jessica Beach at 25:55.5 (72nd/65th) and Alexandra Dawson at 26:06.1 (75th/68th).

Men

Chuol placed 9th overall and for team scoring with a time of 26:14.6 in the 8,000 meter men's race, Moe was 32nd/32nd at 27:34.2, and Mathiang was 35th/35th at 27:40.8, all garnering All-Region honors by finishing in the top 35. Chuol was the 6th-best runner among those not on the top two teams, missing an NCAA berth by two places, as only four at-large spots were available for men from the West Region.

The men's race was a good three-team competition, with Willamette claiming the championship with 59 points, followed by Pomona-Pitzer Colleges with 69 and the University of Puget Sound with 73. The individual title went to Frank Prince of Puget Sound with a time of 25:29.5. George Fox placed 7th out of 14 teams with 172 points.

Also scoring for the Bruins were Grant Finney at 27:46.4 (38th/38th) and Bryan Cobb at 28:44.9 (59th/58th). Other Bruin runners were David Delmore at 28:46.3 (61st/60th) and Ben Dort at 29:29.0 (74th/73rd). The Bruins were without two of their better runners for the race as Craig Paulin, usually the team's #2 runner, was out with an achilles injury, and Troy Fridley, who had run his best race of the season two weeks ago in the Northwest Conference Championships, was ill and unable to make the trip.

Complete West Regional results are available at the web site of the host school, Occidental College, at http://departments.oxy.edu/athletics/cross-country/team_schedules.html, or at George Fox's web site at http://www.georgefox.edu/athletics/cross_country/index.html.

Next: The top two teams in each division, as well as the top seven women's at-large qualifiers (including McLain) and top four men's at-large qualifiers, will compete for national honors in the 2004 NCAA Division III National Cross Country Championships on Saturday, Nov. 20, at the Whitetail Golf Course in Colfax, Wisc. The University of Wisconsin-Eau Claire is the host institution for this year's national meet, which features the men's 8K race at 11:00 a.m., and the women's 6K race at 12:00 noon.

Thursday, November 4, 2004 --- For Immediate Release

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11/4 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: NCAA West Regional in California on Nov. 13**
- * **Last Week: Bruins Finish 4th in NWC Men's and Women's Races**
- * **McLain's No. 2 Finish Best for a Bruin in NWC since 1995**
- * **NCAA Division III West Regional Info**

COMING UP:

Sat., Nov. 13 - NCAA Division III West Regional Championships at Prado Park, Chino, Calif.
--- 9:00 a.m. - Men's 8K / 10:00 a.m. - Women's 6K

LAST WEEK (click on links for releases and results):

- * Oct. 30 - Northwest Conference Championships at Wandermere Golf Course, Spokane, Wash.
--- Men - 4th of 9 / Women - 4th of 9

[NWC Championships Press Release](#)

[NWC Championships Results \(Men\)](#)

[NWC Championships Results \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **McLain's No. 2 Finish Best for a Bruin in NWC since 1995**

Not since Dawn Hartwig in 1995 has a George Fox University cross country runner placed as high in the Northwest Conference Championships as **Anna McLain** did last weekend. The freshman from Medina, Wash., demonstrated her trademark strong finishing kick over the final third of the race to move from the middle of the pack into 2nd place at the end of the 6,000 meter race at the Wandermere Golf Course in Spokane, Wash.

"That is probably the best individual performance we've had since George Fox joined the Northwest Conference in 1995," head coach **Wes Cook** said in praise of McLain's effort.

McLain posted a time of 21:14.5, about 16 seconds behind the mark of 21:25.8 by winner Sarah Smith of Pacific University. In doing so, she earned First Team All-Conference honors, and was a major reason the Bruins as a team improved from 6th last year to 4th this year.

Hartwig ran an 18:25.3 over a 5,000 meter course for the Bruins in 1995 for her 2nd-place finish. The best finish for a George Fox men's individual since joining the NWC was a 3rd-place showing by Erik Gibson in 1995.

"Anna began the year injured and has come on like gangbusters," noted Cook. "If she can run like that in the upcoming regionals, she has a good chance of qualifying for the nationals."

Another potential qualifier for the NCAA Division III National Championships would include **Michael Chuol**, a sophomore from McKenna, Wash., who is originally from Sudan. Chuol, a two-time NWC Men's Runner of the Week this season, qualified for the nationals last year while a freshman at Whitworth College and wound up 95th in the championship race.

"Michael was sick all week and did not run one of his better races at the conference meet because of it," Cook explained of Chuol's 19th-place finish and 8,000 meter time of 27:19.6. "He should be recovered with an extra week off before the regionals, and could challenge for one of the qualifying spots once again if he's healthy."

*** West Regional Info - Nov. 13 at Prado Park, Chino, Calif.**

Occidental College will be the host institution for the 2004 NCAA Division III West Regional cross country races coming up on Saturday, Nov. 13, at Prado Park in Chino, Calif.

The men's 8,000 meter race begins at 9:00 a.m., followed by the women's 6,000 meter race at 10:00 a.m. Based on past results in the national events, the West Region will qualify two men's teams and two women's teams for this year's nationals on Nov. 20 at the University of Wisconsin-Eau Claire. In addition to the two teams from each division, there will be four individuals who are not on either of the top two teams qualifying for the men's nationals, and seven additional qualifiers for the women.

The course at Prado Park is relatively flat, mostly grass and dirt with a few road crossings. The regionals were last run on the course in 2002, so among the current Bruins, only **Beth Jertberg** on the women's team has any experience there.

Final results will be posted on the Occidental athletics web site at <http://departments.oxy.edu/athletics/cross-country/WestRegion.htm>, and on the George Fox web site at http://www.georgefox.edu/athletics/cross_country/index.html as soon as they are available.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)
All-Northwest Conference Women's First Team - Anna McLain (2nd)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 30, 2004

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10/30 – NWC CHAMPIONSHIPS: McLain Places 2nd in Women's 6K as Both Bruin Teams Finish 4th

SPOKANE, Wash. – Demonstrating what is fast becoming her trademark, a strong closing kick, Anna McLain pulled out a second-place finish in the women's 6,000 meter race, highlighting fourth-place finishes for the George Fox University Bruins in the men's and women's divisions of the Northwest Conference Cross Country Championships Saturday morning here at the Wandermere Golf Course.

Willamette University rolled to convincing victories in both competitions, and Bearcat senior Aaron Hollingshead captured the men's 8,000 meter title. However, Pacific University freshman Sarah Smith prevented a clean sweep of all four championships by the Bearcats by winning the women's race.

Women

Willamette's women placed five runners in the top 12 to finish with 36 points. Host Whitworth College was well behind in second place with 81 points, and the University of Puget Sound rounded out the top three with 93 points. George Fox took fourth with 116, Pacific Lutheran University fifth with 133, Pacific sixth with 150, Whitman College seventh with 176, Lewis & Clark College eighth with 183, and Linfield College ninth with 216.

Pacific's Smith battled with Willamette's Danya Rumore for the first two-thirds of the women's race, but when Smith made her move, Rumore faded back to the pack and the Boxer freshman finished in 21:25.8, setting a new course record by default. The previous races on the Wandermere course, including the 2000 NCAA Division III Championships, were all 5,000 meter races.

McLain moved up strongly over the final third of the race to take second place in 21:41.5, with Bethany De Vilbiss of Pacific Lutheran following closely in third at 21:42.5. Also scoring for the Bruins were Leighann Fischer with a time of 22:35.8 (18th overall/18th in scoring), Whitney Harris at 22:50.9 (25th/25th), Rachel Giffey-Brohaugh at 23:16.3 (34th/32nd), and Beth Jerberg at 23:51.3 (43rd/39th). Others were Alexandra Dawson at 24:06.1 (51st/45th), Jessica Beach at 24:13.4 (56th/47th), Carrie Brain at 25:21.2 (66th), Tera Pfremer at 25:22.5 (67th), and Bethany Adams at 26:13.4 (71st).

The top seven runners earn First Team All-Conference and the next seven make Second Team All-NWC, giving McLain First Team honors, the only Bruin in either race to make All-Conference this year.

Men

In taking positions 1-4-5-6-7, Willamette collected 23 points to easily defeat second-place Puget Sound, which finished with 52. Whitworth was third with 99 points and George Fox in fourth totaled 112. Lewis & Clark was fifth with 123, followed by Linfield sixth with 176, Whitman seventh with 185, Pacific Lutheran eighth with 206, and Pacific ninth with 259.

Hollingshead out-distanced men's runner-up Doug Blackburn of Whitworth 25:39.7 to 25:49.0. Blackburn led at the one mile mark, but Hollingshead pulled ahead soon after and was never threatened. Blackburn and Puget Sound's Frank Prince battled closely for second place until Blackburn pulled away over the final 1,000 meters, with Prince finishing third at 25:59.40.

Leading the Bruins were Craig Paulin and Michael Chuol, who were 18th (16th in team scoring) and 19th (17th) at 27:12.9 and 27:19.6 respectively. Also scoring for George Fox were Jake Moe at 27:47.0 (28th/25th), Troy Fridley at 27:50.9 (29th/26th), and David Mathiang at 28:01.9 (31st/28th). Other Bruin competitors were Grant Finney at 28:09.7 (37th/33rd), Ben Dort at 28:42.6 (42nd/38th), David Delmore at 29:11.1 (56th), and Bryan Cobb at 29:40.4 (62nd).

Complete results of the 2004 Northwest Conference Cross Country Championships are available at the NWC web site at <http://www.nwcsports.com/sports/crosscountry/>, or at the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/index.html.

NEXT: Northwest Conference members will now compete in the NCAA West Region Championships on Nov. 13 at Prado Park in Chino, Calif. Individual and team berths to the NCAA Championships on Nov. 20 at the University of Wisconsin-Eau Claire will be decided at the regional meet.

Thursday, October 28, 2004 --- For Immediate Release

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10/28 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

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HIGHLIGHTS:

- * **Coming Up: Northwest Conference Championships on Oct. 30**
- * **Last Week: Bruins Close Regular Season in Nike/Danner Invitational**
- * **Preview of NWC Championships and Key Runners for Bruins**
- * **Five Bruins Set Personal Marks in Nike/Danner Races**

COMING UP:

Sat., Oct. 30 - Northwest Conference Championships at Wandermere Golf Course, Spokane, Wash.

--- **10:00 a.m. - Men's 8K / 11:00 a.m. - Women's 5K**

LAST WEEK (click on links for releases and results):

- * Oct. 16 - Nike/Jim Danner Invitational at Blue Lake Park, Troutdale, Ore.
- Men - 7th of 8 / Women - 5th of 11

[Nike/Danner Invitational Press Release](#) /
[Nike/Danner Invitational Results \(Men\)](#) /
[Nike/Danner Invitational Results \(Women\)](#) /

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Willamette Favored in NWC Races but Bruins Hope to Finish Well**

SPOKANE, Wash. - The 2004 Northwest Conference Cross Country Championships return to Spokane, Washington, for the first time since 1995 on Saturday, Oct. 30, and the Willamette Bearcats come in as heavy favorites in both the men's and women's competitions. In fact, some observers believe Willamette has a good chance to sweep all four individual and team titles for the second time in three years.

The Willamette men are ranked 7th in the most recent (Oct. 26) NCAA Division III cross country poll. The Bearcats have won three straight NWC titles and return three of their top five scorers from 2003. Aaron Hollingshead was the runner-up behind teammate Jacob Stout last fall. Also back are Travis Harris and Brendan Brown. Nick Symmonds is also running well for the Bearcats.

If any team figures to challenge the Willamette men, it would be Puget Sound, ranked third in the NCAA West Region. Frank Prince finished fourth in the conference last season and has led the Loggers this fall.

George Fox finished fourth last year with a very young team and hopes to climb a place or two with a year's worth of experience and the addition of top runner **Michael Chuol**, who could challenge for the individual title. Chuol qualified for the national championship last year as a freshman at Whitworth, but transferred to George Fox this fall after sitting out last semester. He has been the Bruins' top runner in all five of his races this season.

Craig Paulin has been the Bruins' No. 2 runner in four of five races this year, while **Jake Moe** has been third in four races, second in another, and was the Bruins' top runner in the Nike/Danner Invitational in the team's last race. **David Mathiang**, a fellow countryman of Chuol's from Sudan, has shown marked improvement as the season has progressed.

The Willamette women are equally strong favorites to three-peat as NWC champions. Kari Holbert, Danya Rumore and Natalie Muren finished third through fifth, respectively, in last fall's race and are the top returning individuals. In fact, all five of last season's top finishers return for the Bearcats, who are currently ranked 8th in the nation.

Willamette's top challenge figures to come from Puget Sound and Whitworth, who tied for third in the NCAA West Region. Sarah Burnett returns as an All-NWC runner for the Loggers, while Kristi Dickey has led the Whitworth women all season.

The women's individual championship figures to be a little more wide open. Other individuals who could challenge for the conference title include Sarah Smith of Pacific, Meryl Witt of Linfield, Sierra Witnov of Whitman.

George Fox, which placed sixth last year, hopes to climb a few places on the strength of top runners **Leighann Fischer** and **Anna McLain** and a middle tier of runners of almost equal ability. Fischer was the leading Bruin in five of six races while McLain, a strong finisher, was third in one race, second in two, and first in another.

Whittney Harris, Rachel Giffey-Brohaugh, Beth Jertberg, Bethany Adams, Carrie Brain, and Alexandra Dawson could finish in almost any order, and coach **Wes Cook** hopes they will finish high enough to lift his team several spots in the standings.

Though this is the third time that Whitworth has hosted the conference championship meet, it is the first time the meet will take place at Wandermere Golf Course north of campus. The race course at Wandermere was established in 2000 when Whitworth hosted the NCAA Division III Championships.

The men's 8,000 meter race will begin at 10:00 a.m., followed by the women's 6,000 meter race at 11:00 am. Admission to the public is free. Complete race results will be posted on the conference web site at www.nwcsports.com as soon as possible after the races.

*** Five Bruins Set Personal Marks in Nike/Danner Races**

Rachel Giffey-Brohaugh set a personal record in the 5,000 meter race with a time of 19:22.4 in the Nike/Jim Danner Invitational on Oct. 16 at Blue Lake Park in Troutdale, Ore., moving into 15th on the all-time GFU freshman list with that time. She topped her previous 5K best by 42 seconds.

Four Bruin men also set personal marks in the men's 4-mile (6,436 meters) race on Oct. 16. **Jake Moe** at 21:24.3, **David Mathiang** at 21:24.7, **Troy Fridley** at 22:07.1, and **David Delmore** at 22:29.2 all top their previous career bests at that distance while finishing as the Bruins' top four runners in the race.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 16, 2004

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10/16 – NIKE/JIM DANNER INVITATIONAL: Bruin Men 7th, Women 5th with Small Squads in Danner Invite

TROUTDALE, Ore. – Running without their full squads, the George Fox University women finished 5th out of 11 teams while the Bruin men were 7th out of 8 in the Nike/Jim Danner Invitational cross country event Saturday morning here at Blue Lake Park.

Women

The Bruins totaled 153 points to finish 5th in the 5K race. Willamette University won the event with 36 points, followed by the University of Portland "B" team with 55, Pacific Lutheran University with 122, the Oregon State University "B" team with 144, George Fox, Clackamas Community College with 163, the University of Oregon Running Club with 166, Clark College with 185, Highline Community College with 214, Lane Community College with 216, and Team GFR with 230.

Leighann Fischer was the Bruins' top runner, placing 21st overall and 16th for team scoring with a time of 19:04.32. She was followed by Rachel Giffey-Brohaugh at 19:22.34 (29th/22nd), Whitney Harris at 20:04.71 (44th/28th), Alexandra Dawson at 20:12.96 (52nd/34th), and Carrie Brain at 21:06.33 (75th/53rd), providing the rest of the team's points.

Also competing for George Fox were Jessica Beach at 21:10.93 (80th/56th), Tera Pfremer at 21:32.16 (87th/61st), and Rosemary Fama at 22:13.70 (97th). Three other Bruins who usually finish high – Anna McLain, Beth Jertberg, and Kaycee Brittian – sat this one out.

Men

The Bruin men garnered 180 points in the 4-mile (6,436 meters) race. The University of Portland captured the title with 29 points, followed by Willamette with 45, Clackamas CC with 121, the UO Running Club with 128, Highline CC and Lane CC with 130 each, George Fox, and Pacific Lutheran with 187.

Jake Moe led the Bruins with a time of 21:24.23 to finish 45th overall and 26th for team scoring, followed immediately by David Mathiang at 21:24.63 (46th/27th). Also scoring for the Bruins were Troy Fridley at 22:07.01 (64th/35th), David Delmore at 22:29.17 (75th/40th), and Jeff Friesen at 25:12.52 (98th/52nd).

The Bruins were without the services of Michael Chuol and Craig Paulin, who are usually the Bruins' top two finishers.

Complete results of the Nike/Jim Danner Invitational are available at the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/index.html.

NEXT: The Bruins take a week off, then head for the Northwest Conference Championships on Oct. 30 at Wandermere Golf Course in Spokane, Wash.

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10/14 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

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HIGHLIGHTS:

- * **Coming Up: Nike/Danner Meet Last One before NWC Championships**
- * **Last Week: Bruins Repeat as Triton Classic Winners**
- * **Chuol, McLain Honorable Mention for NWC Runners of the Week**
- * **Bruins Proved Competitive against Big-Time Competition in San Diego**
- * **McLain Takes 6th Spot All-Time in 6K Races**
- * **Clark County Festival Races Included Four Bruins**

COMING UP:

Sat., Oct. 16 - Nike/Jim Danner Invitational at Blue Lake Park, Troutdale, Ore.
--- 10:00 a.m. - Men's 6400K (4-mile) / 10:30 a.m. - Women's 5K

LAST WEEK (click on links for releases and results):

- * Oct. 9 - Triton Classic at University of California-San Diego
--- Men - 8th of 20 (1st in D-III) / Women - 11th of 27 (1st in D-III)
- * Oct. 9 - Clark County Festival at Battle Ground, Ore. (4 Bruins entered)

[Triton Classic Press Release - original](#) / [Triton Classic Results - divided \(Men\)](#) / [Triton Classic Results - divided \(Women\)](#) / [Triton Classic Results - composite \(Men\)](#) / [Triton Classic Results - composite \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Chuol, McLain Honorable Mention for NWC Runners of the Week**

Michael Chuol (So., McKenna, Wash.) and **Anna McLain** (Fr., Medina, Wash.) received honorable mention for Northwest Conference Men's and Women's Runners of the Week for Oct. 4-10 after their fine performances in the Triton Classic on Oct. 9 at the University of California-San Diego.

Chuol placed 12th overall and 1st among D-III runners as he ran the 8K race in 26:41.2 on the hilly terrain at UCSD, leading the Bruins to an 8th-place overall finish and 1st among D-III teams. Chuol was NWC Runner of the Week for Aug. 30-Sept. 5 and Sept. 6-12.

McLain placed 24th out of 221 runners and 1st among D-III competitors, posting a 6K time of 23:43.0 and becoming the Bruins' top runner instead of **Leighann Fischer** for the first time in the Bruins' last 12 races.

*** Coming Up: Nike/Danner Meet Last One before NWC Championships**

With an option to go one of two places on Oct. 16, the George Fox Bruins have decided to participate in the Nike/Jim Danner Invitational at Blue Lake Park in Troutdale, Ore.

"We've already run in Estacada once this year, so the Danner meet is an opportunity to run at a different place, with a larger field that will certainly provide us with challenging competition," said George Fox coach **Wes Cook** in explaining why his teams opted for the Nike/Danner event instead of the Lewis & Clark Open at McIver State Park.

The men's 6,400-meter (4-mile) race is set for 10:00 a.m., followed by the women's 5,000-meter race at 10:30 a.m.

"We won't have a full contingent at the meet," said Cook, pointed to a number of runners who are tending to various aches and pains. "We ran hard at San Diego, and some of our athletes are still recovering from the effects. We may or may not have enough to score as a team, but with this being the last regular-season meet, we don't want to take a chance on further injury. We're pointing toward the (West Regional) meet four weeks away and want to be completely ready for that one."

The Bruins will take next weekend off before entering the Northwest Conference Championships on Saturday, Oct. 30, at Wandermere Golf Course in Spokane, Wash. Both teams have high hopes of improving upon last year's 4th-place finish by the men and 6th place by the women.

*** Bruins Proved Competitive against Big-Time Competition in San Diego**

Both George Fox cross country teams repeated as champions in the NCAA Division III portion of the Triton Classic at the University of California-San Diego on Oct. 9, although as coach **Wes Cook** readily admitted, "We really had little competition for the only other D-III school competing, Westminster College from Salt Lake City."

What really had Cook excited was how his athletes fared against the teams from higher divisions. The Bruin men placed 8th overall out of 20 teams and the women were 11th out of 27.

"In the men's race, one Division I team finished ahead of us, and we beat four others," Cook pointed out. "Two teams that were in front of us were nationally ranked in the NAIA (Concordia-Irvine, 9th) and D-II (Cal-San Diego, 14th), and the defending California Community College team from Orange Coast won the whole thing.

"In the women's race, there were seven D-I teams ahead of us, including such powers as Oklahoma State, Portland, and UCLA, which were the top three finishers, and we beat four others. Two other teams that finished ahead of us were ranked in D-II (Cal-San Diego, 10th) and in the NAIA (Concordia-Irvine, 3rd). All in all, we held our own against some very strong competition on a tough and challenging course."

*** McLain Takes 6th Spot All-Time in 6K Races**

Anna McLain's performance in the Triton Classic, in which she placed 24th out of 221 runners with a time of 23:43.0, moved her into 6th place all-time at George Fox in the list of 6K runners. She also ran the 3rd-best time for any Bruin freshman, and set her own personal record for a 6K event.

No other Bruins set personal marks, but four others who ran in San Diego last year broke their own course records, including **David Delmore** (29:30.4) in the men's 8K, and **Whittney Harris** (25:09.6), **Kaycee Brittan** (25:35.6), and **Alexandra Dawson** (25:54.9) in the women's 6K race.

*** Clark County Festival Races Included Four Bruins**

With most of their teammates in California, four Bruins who stayed home participated in the Clark County Festival races in Battle Ground, Wash., on Oct. 9. **Grant Finney** placed 5th with a time of 27:25 and **Jonathan Davis** was 24th with a 29:49 in the 8K men's race. In the women's 5K, **Tera Pfremer** was 20th at 22:53 and **Rosemary Fama** was 21st at 22:55.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 9, 2004

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10/9 – TRITON CLASSIC: Bruin Men 8th, Women 11th Overall, but Tops in D-III in UCSD Events

SAN DIEGO, Calif. – Producing what head coach Wes Cook called “good solid efforts on a very challenging course”, the George Fox University men finished 8th overall and the women 11th, but both were the best NCAA Division III teams, in the Triton Classic cross country event Saturday morning here at the University of California-San Diego.

Men

The Bruin men were 8th out of 20 complete teams in the 8K race, but took the top four spots to defeat Westminster College-Salt Lake City 16 points to 45. Michael Chuol was the leading Bruin, placing 12th overall and 1st in D-III with a time of 26:41.2 on the hilly on-campus course. He was followed by Craig Paulin at 27:41.6, David Mathiang at 28:10.5, and Jake Moe at 28:14.2 in the 2-3-4 slots, and Troy Fridley was 6th at 29:11.5.

Also running for the Bruins were David Delmore, 8th at 29:30.4; Bryan Cobb, 9th at 29:38.5; and Ben Dort, 11th at 29:52.6.

Women

In the women's 6K race, the Bruins finished 11th out of 27 complete teams, and won the D-III division with 15 points, taking the top seven places, to 50 for Westminster-SLC. Anna McLain was 24th overall and won the D-III section with a time of 23:43.0, while Leighann Fischer finished 2nd at 25:00.7, the first time in 12 career races that Fischer has not been the Bruins' top runner.

Taking spots 3-7 (the top five counted for team scoring) for George Fox were Whitney Harris at 25:09.6; Rachel Giffey-Brohaugh at 25:26.0; Kaycee Brittan at 25:35.6; Alexandra Dawson at 25:54.9; and Bethany Adams at 27:25.0.

Complete results of the Triton Classic are available at the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/index.html.

NEXT: The George Fox teams will compete in their final regular-season races of the season on Saturday, Oct. 16, in the Lewis & Clark Open at McIver Stae Park in Estacada, Ore. The first race is set for 10:00 a.m. The Bruins will be off the following week to rest up for the Northwest Conference Championships on Oct. 30 at Wandermere Golf Course in Spokane, Wash.

Wednesday, October 6, 2004 --- For Immediate Release

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10/6 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: Triton Invitational for Most, Clark Invitational for Some**
- * **Last Week: Revised Willamette Results Show GFU Women 13th, Men 15th**
- * **Cooks Says Willamette Results Best for Bruins in Several Years**
- * **14 Bruins Set Personal Marks in Willamette Races**
- * **Ex-Bruins Fare Well in Willamette Open vs. D-I Runners**

COMING UP:

Sat., Oct. 9 - Triton Invitational at University of California-San Diego, San Diego, Calif. (top 8)

--- 8:30 a.m. - Men's 8K / 9:30 a.m. - Women's 6K

Sat., Oct. 9, TBA - Clark County Festival at Lewisville Park, Battle Ground, Wash. (Clark College, host)

--- 1:00 p.m. - Men's 8K / 1:45 p.m. - Women's 5K

LAST WEEK (click on links for releases and results):

* Oct. 2 - Charles Bowles Willamette Invitational, Bush's Pasture Park, Salem, Ore.

--- Men - 15th of 31 / Women - 13th of 28

[Willamette Invitational Press Release - original](#) / [Willamette Invitational Results - \(Men\)](#) / [Willamette Invitational Results - revised \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Coming Up: Triton Invitational for Most, Clark Invitational for Some**

The George Fox Bruins will take the top eight runners from each of their men's and women's teams to the Triton Invitational cross country meet this Saturday, Oct. 9. Remaining team members will participate in the Clark County Festival at Lewisville Park in Battle Ground, Wash., which is hosted by Clark College from Vancouver, Wash.

The Triton Invitational is split into divisions for D-I and small colleges. The Bruins came away with the titles in both the men's 8K and women's 5K small college races last year.

*** Revised Willamette Results Show Bruin Women 13th, Men 15th**

SALEM, Ore. - Due to the inadvertent switching of two strings of finishers in the College Division women's race at the Charles Bowles Willamette cross country event at Bush's Pasture Park here on Saturday, Oct. 2, the results as originally released had the George Fox University team finishing 12th. The correct results now put the Bruins in 13th. The men's results were all correct.

Men

The Bruin men placed 15th out of 28 teams with 377 points in the College 8K. The top runner for George Fox was **Michael Chuol**, who was 40th overall and 37th for team scoring with a time of 25:33.19. Other scorers for the Bruins were **Jake Moe** (74th/68th) at 26:13.27, **Craig Paulin** (93rd/82nd) at 26:31.84, **Grant Finney** (105th/90th) at 26:44.09, and **David Mathiang** (120th/100th) at 26:51.81. Also competing were **Bryan Cobb** (157th/133rd) at 27:31.21, **David Delmore** (161st/135th) at 27:34.87, **Troy Fridley** (171st) at 27:42.73, **Ben Dort** (194th) at 28:14.53, **Jonathan Davis** (213th) at 28:46.07, and **Brandon Craven** (250th) at 30:56.50.

Chico State University was the easy winner with 33 points to 117 for runner-up Edinboro University, putting five runners in the top 10. The individual crown went to Eric Griffiths of Eastern Oregon University in a time of 24:09.55.

Women

George Fox tallied 373 points in finishing 13th out of 31 teams in the women's College 5K race. **Leighann Fischer** was the top Bruin runner for the 12th time in as many career races, placing 40th overall and for team scoring with a time of 18:45.49. **Anna McLain** (43rd/42nd) closed fast to finish second for the Bruins at 18:46.72. The other three Bruins with counting points were **Whittney Harris** (84th/77th) at 19:24.97, **Beth Jertberg** (118th/105th) at 19:59.59, and **Rachel Giffey-Brohaugh** (126th/109th) at 20:03.65. Also running for the Bruins were **Alexandra Dawson** (130th/112th) at 20:06.92, **Bethany Adams** (173rd/143rd) at 20:50.46, **Jessica Beach** (179th) at 20:58.81, and **Rosemary Fama** (229th) at 22:12.92. Adams, Beach, and Fama were Bruins whose time and places were adjusted.

Chico State also won the women's race with 48 points, well ahead of Edinboro with 82. Kristina Rody of the University of Guelph in Ontario, Canada, was the individual winner in 17:15.38.

*** Cooks Says Willamette Results Best for Bruins in Several Years**

Looking at the collective results of his George Fox Bruins in the Charles Bowles Willamette Invitational on Oct. 2, head cross country coach **Wes Cook** remarked, "It's the best team efforts we've had since 1995, with one exception on each side."

"Our women were 13th and our men 15th, but that doesn't tell the whole story; the competition we faced was exceptional. Of the 12 women's teams ahead of us, four are ranked in Division II, two in Division III, two in the NAIA, two received votes in the NAIA, and Guelph is No. 1 in Canada. Of the 14 men's teams that finished better than us, four are ranked in D-II, one in D-III, three in the NAIA, and Guelph again is No. 1 in Canada."

*** 14 Bruins Set Personal Marks at Willamette Races**

Five George Fox women and nine Bruin men set new personal records in the Charles Bowles Willamette Invitational on Oct. 2 at Bush's Pasture Park in Salem, Ore.

In the women's 5K, new marks were set by **Anna McLain** (18:46.8), **Whittney Harris** (19:25.0), **Beth Jertberg** (19:59.6), **Rachel Giffey-Brohaugh** (20:30.7), and **Alexandra Dawson** (20:07.0). Fischer's time was 10 seconds faster than she ran it last year and puts her #7 on the all-time George

Fox 5K list for sophomores, while McLain's time places her #9 on the freshman list and #14 overall for a 5K race.

"Considering we don't run the 5K distance much any more, it is quite an accomplishment," said GFU coach **Wes Cook**. "The gals don't get very many shots at that record board."

In the men's 8K race, new personal marks were set by **Michael Chuol** (25:33.2), **Jake Moe** (26:13.3), **Grant Finney** (26:44.7), **David Mathiang** (26:51.9), **Bryan Cobb** (27:31.3), **David Delmore** (27:34.9), **Troy Fridley** (27:42.8), **Jonathan Davis** (28:46.1), and **Brandon Craven** (30:56.5). Chuol and Moe took over the #5 and #14 spots on the all-time GFU list for sophomores in the 8K, while posting the #14 and #34 all-time marks. **Craig Paulin** (26:31.9) came in #44 and Finney was #46 all-time at GFU. **Ben Dort** (28:14.6) bettered his mark for this race from last year.

*** Ex-Bruins Fare Well in Willamette Open vs. D-I Runners**

Open races were also run for Division I schools, independent running clubs, and unattached runners who wanted some competition. In the men's 8K, the University of California-Davis edged Team XO 70-72. Team XO is composed of former cross country runners from colleges around Oregon, and two ex-Bruins, **Brandon Workman** and **John Mantalas**, ran for them. Workman placed 33rd overall and 25th for scoring at 25:01.16, while Mantalas, now a George Fox assistant coach, was 55th overall and 39th in scoring at 25:26.21. **Matt Burg**, who is in graduate school at George Fox and has used up his cross country eligibility but will compete for the Bruins in track in the spring, represented the Bruin Track Club and placed 141st at 27:13.92

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 2, 2004

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10/2 – WILLAMETTE INVITATIONAL: Bruin Men 15th, Women 12th in Preliminary Willamette Race Results

SALEM, Ore. – Preliminary results from the races run in the Charles Bowles Willamette cross country event here Saturday at Bush's Pasture Park indicate that the George Fox University men's team finished 15th in the College 8K race and the Bruin women placed 12th in the College 5K competition. Those results could change, however, after a review of the races by meet officials due to the possibility of several runners' results being accidentally switched at the finish lines.

Men

The Bruin men placed 15th out of 28 teams with 377 points in the College 8K. The top runner for George Fox was Michael Chuol, who was 40th overall and 37th for team scoring with a time of 25:33.19. Other scorers for the Bruins were Jake Moe (74th/68th) at 26:13.27, Craig Paulin (93rd/82nd) at 26:31.84, Grant Finney (105th/90th) at 26:44.09, and David Mathiang (120th/100th) at 26:51.81. Also competing were Bryan Cobb (157th/133rd) at 27:31.21, David Delmore (161st/135th) at 27:34.87, Troy Fridley (171st) at 27:42.73, Ben Dort (194th) at 28:14.53, Jonathan Davis (213th) at 28:46.07, and Brandon Craven (250th) at 30:56.50.

Chico State University was the easy winner with 33 points to 117 for runner-up Edinboro University, putting five runners in the top 10. The individual crown went to Eric Griffiths of Eastern Oregon University in a time of 24:09.55.

Women

George Fox tallied 373 points in finishing 12th out of 31 teams in the women's College 5K race. Leighann Fischer was the top Bruin runner for the 12th time in as many career races, placing 40th overall and for team scoring with a time of 18:45.49. Anna McLain (43rd/42nd) closed fast to finish second for the Bruins at 18:46.72. The other three Bruins with counting points were Whittney Harris (84th/77th) at 19:24.47, Beth Jertberg (118th/105th) at 19:59.59, and Rachel Giffey-Brohaugh (126th/109th) at 20:03.65. Also running for the Bruins were Alexandra Dawson (130th/112th) at 20:06.92, Rosemary Fama (196th/158th) at 21:20.86, Bethany Adams (220th) at 21:54.97, and Jessica Beach (226th) at 22:03.13.

Chico State also won the women's race with 48 points, well ahead of Edinboro with 82. Kristina Rody of the University of Guelph in Ontario, Canada, was the individual winner in 17:15.38.

Ex-Bruins

Open races were also run for Division I schools, independent running clubs, and unattached runners who wanted some competition. In the men's 8K, the University of California-Davis edged Team XO 70-72. Team XO is composed of former cross country runners from colleges around Oregon, and two ex-Bruins, Brandon Workman and John Mantalas, ran for them. Workman placed 33rd overall and 25th for scoring at 25:01.16, while Mantalas, now a George Fox assistant coach, was 55th overall and 39th in scoring at 25:26.21. Matt Burg, who is in graduate school at George Fox and has used up his cross country eligibility but will compete for the Bruins in track in the spring, represented the Bruin Track Club and placed 141st at 27:13.92.

Complete results of the Charles Bowles Willamette races are available at the Willamette cross country web site at http://www.willamette.edu/athletics/xcountry/sched_rslts.htm.

NEXT: George Fox will run in split races next Saturday, Oct. 9. The top eight runners on both the men's and women's teams will compete in the Triton Invitational at the University of California-San Diego, starting time at 8:30 a.m. The rest of the squads will run in the Clark Open Invitational at Clark College in Vancouver, Wash.

Thursday, September 23, 2004 --- For Immediate Release

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9/23 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: This Weekend Open, Willamette Invitational Next on Oct. 2**
- * **Last Week: GFU Women 2nd, Men 3rd in Bear Fete Invitational**
- * **Chuol, Fischer Receive Honorable Mention for NWC Runner of the Week Honors**
- * **Revisions to Men's Results Drop Bruins One Spot to 3rd in Bear Fete Race**

COMING UP:

No events scheduled this week.

Sat., Oct. 2 - Willamette Invitational, Bush's Paster Park, Salem, Ore.

--- Men's 8K at 10:45 a.m., Women's 6K at 12:00 noon

LAST WEEK (click on links for releases and results):

* Sept. 18 - Bear Fete Invitational, Champoeg State Heritage Area, St. Paul, Ore.

--- Women - 2nd of 7 / Men - 3rd of 6

[Bear Fete Invitational Press Release - original](#) / [Bear Fete Invitational Results - revised \(Men\)](#) / [Bear Fete Invitational Results \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

* **Chuol, Fischer Receive Honorable Mention for NWC Runner of the Week Honors**

Michael Chuol (So., McKenna, Wash.) and **Leighann Fischer** (So., Molalla, Ore.) each received Honorable Mention for Northwest Conference Runner of the Week for Sept. 13-19 for their efforts in the Bear Fete Invitational on Sept. 18, hosted by George Fox at Champoeg State Heritage Area in nearby St. Paul, Ore.

Chuol placed 9th overall and 8th for team scoring in the men's 4-mile race with a time of 21:19.0, helping the Bruins to 3rd place in the meet. He was the NWC Men's Runner of the Week the first two weeks of the season (Aug. 30-ept. 5, Sept. 6-12).

Fischer led the Bruins to a 2nd-place finish in the women's 4K race with a 6th-place time of 15:43.0. The Bruins actually tied with Willamette for 1st with 54 points each, but Willamette got the tiebreaker

when their 6th runner was 18th and GFU's was 20th. Fischer has now competed in 11 races in her George Fox career and has been the top Bruin runner every time.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)

*** Revisions to Men's Results Drop Bruins One Spot to 3rd in Bear Fete Race**

Two corrections to the original results of the men's 4-mile race in the Bear Fete Invitational on Sept. 18 have led to some revisions in point totals and a switch of positions in the order for finish for the George Fox Bruins, Earner Pacific, and the group of former GFU cross country runners known as the Bruin Track Club.

The first change involved shifting Matt Burg, who graduated from the university last year, from the list of George Fox runners to the Bruin Track Club, giving his points to the BTC. The second correction moved John Mantalas, a BTC runner and current GFU assistant coach, up one spot into 7th place and dropping Willamette runner Nick Symmonds from 7th to 8th.

As a result of the corrections, Willamette lost a point from 27 to 28 but still finished comfortably in front, George Fox slipped from 2nd with 68 points to 3rd with 73, the Bruin Track Club climbed a notch from 4th with 93 points to 2nd with 72 points, and Warner Pacific went from 3rd with 91 points to 4th with 93. Linfield and Pacific remained 5th and 6th respectively, Linfield going from 103 points to 105 and Pacific from 136 to 139.

*** Bruins Take Week Off Before Returning to Races at Willamette Invitational**

There are no races for the George Fox cross country teams this weekend as they rebound from hosting the Bear Fete Invitational on Sept. 18 and gear up for the Willamette Invitational on Oct. 2. The Bruins will participate in the men's 8K race at 10:45 a.m., while the women will run in the 5K race at 12:00 noon.

The Willamette Invitational is one of the nation's largest college-related races, with upwards of 1,000 people from all levels of competition entering four separate races. The Bruins hope to improve upon last year's finishes which saw the men place 18th and the women 16th.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 18, 2004

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9/18 – BEAR FETE INVITATIONAL: Willamette Wins Both Events, Women Edging Bruins in Tiebreaker

ST. PAUL, Ore. – A dominating performance in the men's 4.15-mile race and an edge in a 6th-place tiebreaker in the women's 4,000-meter race gave the Willamette University Bearcats a double victory in the Mizuno Bear Fete Invitational cross country event hosted by George Fox University Saturday here at Champoeg State Heritage Area.

Women

Willamette and the host George Fox Bruins tied for the top spot with 54 points apiece through the usual five scoring sports. The tie was broken in the 6th spot, where the Bearcats' Ellen Beebe was 18th overall and for team scoring while the Bruins had Bethany Adams in the 20th spot. Behind the top two were the Bruin Track Club (former GFU running alumni) with 80 points, Pacific University with 90, Linfield College with 126, Gallagher Fitness with 130, and Western Baptist College at 185.

Sara Smith of Pacific took individual honors with a time of 15:25.0, five seconds ahead of Sarah Zerzan of Willamette and nine ahead of teammate Shana Shosky. The Bruins were led by Leighann Fischer, who placed 6th with a time of 15:43.0 and was the George Fox leader for the 11th time in as many career races.

Men

By taking four of the top six places (1, 4, 5, and 6), the Willamette Bearcats made certain no one would come close to them, their 27 points more than twice as good as runner-up George Fox's 68. Warner Pacific College came in 3rd with 91 points, followed by the Bruin Track Club with 93, Linfield College with 103, and Pacific with 136.

The battle for individual honors went down to the wire, with Willamette's Travis Harris edging an ex-Bearcat, Jake Stout, running unattached, and former Bruin star Brandon Workman, now with the Bruin Track Club, for first place. Harris posted a time of 20:49.0, a mere second ahead of Stout, who was followed a split second later by Workman. The top mark for the Bruins was by Michael Choul, who was 9th overall and 8th for team scoring, with a time of 21:19.0.

Complete results of the Bear Fete Invitational are available on the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country.html.

NEXT: George Fox takes a week off before competing in its next race on Saturday, Oct. 2, at the Willamette Invitational at Bush's Pasture Park in Salem, Ore.

Wednesday, September 15, 2004 --- For Immediate Release

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9/15 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

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HIGHLIGHTS:

*** Coming Up: Bear Fete Invitational / Bru-Running Alumni Homecoming at Champoeg State Heritage Area, St. Paul, Ore.**

*** Last Week: GFU Women 1st Again, Men 2nd in Lewis & Clark Invitational**

*** Choul Repeats NWC Men's Runner of the Week; Fischer Again Women's HM**

COMING UP:

Sat., Sept. 18, 11:00 a.m. - Bear Fete Invitational / Bru-Running Alumni Homecoming, Champoeg State Heritage Area, St. Paul, Ore.

LAST WEEK (click on links for releases and results):

*** Sept. 11 - Lewis & Clark Invitational at McIver State Park, Estacada, Ore.**

--- Women - 1st of 8 / Men - 2nd of 7

[Lewis & Clark Invitational Press Release](#) / [Lewis & Clark Invitational Results \(Men\)](#) / [Lewis & Clark Invitational Results \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

*** Bruins to Host 15th Annual Bear Fete Invitational This Saturday; All Runners Welcome**

NEWBERG, Ore. - Champoeg State Heritage Area in nearby St. Paul, Ore., will again be the site of George Fox University's Bear Fete Bru-Running/Alumni Homecoming cross country event on Saturday, Sept. 18, the 15th year for the races which bring together several small-college teams, independent runners, and Bruin running alumni.

This year's event is sponsored by Mizuno, and begins at 11 a.m. with the women's 4,000-meter run, followed at 11:45 a.m. by the men's 4-mile run. Awards will be presented at 12:30 p.m. Following the awards, there will be a lunch and social for current George Fox runners along with Bruin alumni and their families.

"This will be our fourth annual 'Running Bruins homecoming' and we are anticipating a significant number of alums returning to participate," says George Fox head coach **Wes Cook**, who is now in his 18th season with the program. "We hope everyone can join us for this romp along the Willamette River across the historic real estate where Oregon, the first government west of the Rockies, was established."

Teams and runners wishing to participate may enter by contacting Coach Cook via fax at 503-554-3864 or e-mailing the coach at wcook@georgefox.edu. The entry fee is \$40 per team (\$75 for both men's and women's teams), or \$10 per individual.

BRUIN BITS:

*** Choul Repeats as NWC Men's Runner of the Week; Fischer Again Women's HM**

Michael Choul (So., McKenna, Wash.) has been named the Northwest Conference Men's Runner of the Week for Sept. 6-12 for the second week in a row after winning the Lewis & Clark Invitational on Sept. 11 at McIver State Park in Estacada, Ore. His time of 26:30.2 in the 8K race won by 6.5 seconds over Alex Henry of Lewis & Clark, and his showing was a key factor in the Bruins' 2nd-place finish in the race (47 points to 43 for winner Lewis & Clark). He won Runner of the Week honors for Aug. 30-Sept. 5 by finishing 2nd in the Boxer Rebellion. Choul, one of the "Lost Boys of Sudan" now in asylum in the U.S., was a national qualifier last year at Whitworth before sitting out the second semester and transferring to GFU over the summer; he is still categorized academically as a freshman but is a sophomore in cross country eligibility.

Leighann Fischer (So., Molalla, Ore.) received Honorable Mention for the second straight week for NWC Women's Runner of the Week for Sept. 6-12 after leading the Bruins to 1st place in the Lewis & Clark Invitational on Sept. 11. She posted a 6K time of 23:48.7 to finish 9th overall. George Fox won with 71 points to 80 for runner-up Pacific Lutheran. Fischer has now competed in 10 races in her George Fox career and has been the top Bruin runner every time.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Choul (Aug. 30-Sept. 5, Sept. 6-12)

*** Cook Likes Early Results but Toughest Tests Ahead**

First-place finishes by the George Fox women in their first two cross country races and the Bruin men's No. 2 showing in Saturday's Lewis & Clark Invitational have made head coach Wes Cook cautiously optimistic about his teams' outlooks for the rest of the season.

"The wins by the women are certainly nice, but we still need to find out how we'll do against the top three teams: Willamette, Whitworth, and Puget Sound," admits Cook. "So, at present, I would guess that we are about 4th-best in the conference. The men will be about in the same boat on the basis of what we've seen and demonstrated so far. We have to get closer to the front with our girls and we've got to get some help for the front three on the men's side.

"We're remaining upbeat and hopeful, though we have lots to learn. This is special group that is very eager to learn and progress. Whatever they decide to accomplish won't surprise me. We've just got some kinks to work out of the 'system'."

*** McLain Makes Strong Showing in Debut**

In winning the Lewis & Clark Invitational, the George Fox women demonstrated a balanced lineup that put their No. 2-6 runners in consecutive places, at No. 14-18. One person who may be ready to break out of the pack is **Anna McLain** (Fr., Medina, Wash.), who came on strong to nail down the 15th spot with a time of 24:31.9 in the 6K race.

"Her last mile of the race was unbelievable," marveled coach Wes Cook. "Her track personal record in the 1600 is 5:18, and she covered the last portion of the race at a 5:20 pace ... and she's nowhere near where she can and should be. She's had some back problems, but if she can get the back squared away and get settled into college life, it will be 'Katy bar the door' for her."

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 11, 2004

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9/11 – LEWIS & CLARK INVITATIONAL: Bruin Women Win Again, Men 2nd as Choul Wins 8K

Lewis & Clark Invitational Results (Men)

Lewis & Clark Invitational Results (Women)

ESTACADA, Ore. – Bunching six runners in the top 18 spots, the George Fox University women won their second straight event, while the Bruin men, led by winner Michael Choul, finished a close second in the Lewis & Clark College Invitational cross country meet Saturday morning here at McIver State Park.

Women

The Bruins took the 9th and 14th-18th spots (although only the first five runners counted for points) to win the women's 6K with 71 points, edging Pacific Lutheran University, which had 80 points. Next came Linfield College with 97, Lewis & Clark with 103, Oregon Tech with 105, Whitman College with 115, Pacific University with 127, and Western Baptist College with 222.

Leighann Fischer was the top Bruin runner for the 10th time in as many career races, placing 9th with a time of 23:48.7. The 14th-18th spots were taken by Beth Jerberg (24:26.9), Anna McLain (24:31.9), Bethany Adams (24:38.5), Whitney Harris (24:41.6), and Rachel Giffey-Brohaugh (24:43.1). It was the first college race for McLain.

Other GFU women running were Carrie Brain (25:56.2, 32nd), Alexandra Dawson (26:09.7, 38th), Tera Pfremer (26:17.8, 39th), Kara Geertz (26:21.2, 40th), and Rosemary Fama (28:34.9, 61st). The race was won by Oregon Tech's Amy Bricco (22:58.7).

Men

Lewis & Clark edged George Fox 43 to 47 in the 8K race, followed by Linfield with 59, Whitman with 90, Oregon Tech with 126, Pacific with 136, and Western Baptist with 200.

Choul, who was second in last week's season-opening Boxer Rebellion, moved up one spot this time with a mark of 26:30.2. Also scoring for the Bruins were Craig Paulin, 5th at 26:44.5; Jake Moe, 8th at 27:04.5; David Mathiang, 14th at 28:09.1; and David Delmore, 20th overall and 19th for scoring at 28:18.4.

Other Bruin runners Ben Dort (28:36.0, 27th), Bryan Cobb (28:43.2, 32nd), Troy Fridley (29:25.6), and Jonathan Davis (30:26.6, 55th). It was the first race in college for Fridley.

The Bruins' lone home meet of the season is coming up Saturday, Sept. 18, in the Mizuno Bear Fete Invitational / Bru-Running Alumni Homecoming races at Champoeg State Heritage Area in nearby St. Paul, Ore. The women's 4K race begins at 11:00 a.m., followed by the men's 4-mile race at 11:45 a.m. Visit the George Fox cross country web site at www.georgefox.edu/athletics/cross_country for registration information.

Thursday, September 9, 2004 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132

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** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!*

9/9 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2004 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: Lewis & Clark Invitational at McIver State Park on Sept. 11**
- * **Last Week: GFU Women 1st, Men 4th in Boxer Rebellion**
- * **Chuol NWC Men's Runner of the Week; Fischer Women's Honorable mention**
- * **Info on 15th Annual Bear Fete Coming Up Sept. 18 at Champoeg**

COMING UP:

Sat., Sept. 11, 10:00 a.m. - Lewis & Clark Invitational, McIver State Park, Estacada, Ore.

LAST WEEK (click on links for releases and results):

- * Sept. 4 - Boxer Rebellion at Lincoln Park, Forest Grove, Ore.
--- Men - 4th of 6 / Women - 1st of 5

[Boxer Rebellion Press Release](#) / [Boxer Rebellion Results \(Men\)](#) / [Boxer Rebellion Results \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Chuol NWC Men's Runner of the Week; Fischer Women's Honorable Mention**

Michael Chuol (So., McKenna, Wash.) was named the Northwest Conference Men's Runner of the Week after finishing 2nd in the Boxer Rebellion on Sept. 4. He was the top NWC runner, trailing only Kalen Abbott of Warner Pacific with an 8k time of 26:52.67, 18 seconds off the pace. Choul, one of the "Lost Boys of Sudan" now in asylum in the U.S., was a national qualifier last year at Whitworth before sitting out the second semester and transferring to GFU over the summer; he is still categorized academically as a freshman but is a sophomore in cross country eligibility.

Leighann Fischer (So., Molalla, Ore.) led the Bruins to the Boxer Rebellion championship on Saturday with a 6th-place overall finish (5th for team scoring), earning Honorable Mention for NWC Women's Runner of the Week. She posted 6k time of 24:08.05. Fischer has now competed in 9 races for George Fox and been the top Bruin runner every time.

*** 2004 Honors:**

NWC Men's Runner of the Week - Michael Chuol (Aug. 30-Sept. 5)

*** Bruin Women Make Impressive Debuts:**

Three George Fox women running in their first college competition in the Boxer Rebellion made such impressive debuts that they have already moved into the Bruins' top 10 list for 6,000 meter races. **Carrie Brain** (Fr., Chiloquin, Ore.), running a 24:20.52, became 6th all-time and 3rd on the freshman list. **Bethany Adams** (Fr., Portland, Ore.) at 24:44.08 moved in at 9th all-time and 5th on the freshman list. **Rachel Giffey-Brohaugh** (Fr., Renton, Was.) at 24:48.69 became 10th all-time and 6th frosh.

Kaycee Brittian (Sr., Bakersfield, Calif.) became the #4 senior with a time of 25:00.44, three seconds out of 3rd. Among sophomores, **Leighann Fischer** set a new class record at 24:08.05, while **Jessica Beach** (So., Sherwood, Ore.) became #2 at 25:36.30 and **Alexandra Dawson** (So., West Linn, Ore.) took over 4th at 25:49.26. Dawson's time broke her personal record by 8 seconds and was 1:50 better than her time in the same event last year, which was her first cross country race ever at the time. Tera Pfremer (Fr., Powell Butte, Ore.) also posted her first 6k time with a 27:01.54.

Three George Fox men ran in their first races at the Boxer Rebellion and set 8k marks to aim at: **Bryan Cobb** (So., Eugene, Ore.) at 29:06.68, **David Mathiang** (Fr., Lynnwood, Wash.) at 29:32.19, and **Jonathan Davis** (Fr., Pullman, Wash.) at 32:34.49.

*** Cook Encouraged by Bruins' First Races in '04:**

"It was an encouraging start. We wanted to control our effort and attempted to make it more of a 'workout' than an all-out 'race'. Instructions were for them to run together, with someone, and the front group was to go out in 13:00 for the first two miles for the women and 11:00 for the men. Considering this was our first outing and we've only had a couple of practices to try and identify how that pace feel, they ran exceptionally well.

"From my perspective, this was exciting stuff ... and we've still got several bodies to plug into both mixes. **Jeff Friesen** (So., Lake Oswego, Ore.), **Grant Finney** (So., Tigard, Ore.), and **Troy Fridley** (Fr., Greenaces, Wash.) - the 'F Troop' - will have a significant impact on the men's side. **Beth Jertberg** (Jr., Klamath Falls, Ore.), who was at her sister's wedding over the weekend, **Whitney Harris** (So., Baker City, Ore.), and **Anna McLain** (Fr., Medina, Wash.) will be right in the mix with those top five, and I suspect Beach and Dawson won't be too far behind."

*** Bruins to Host 15th Annual Bear Fete Invitational; All Runners Welcome**

Champoeg State Heritage Area in nearby St. Paul, Ore., will again be the site of George Fox University's Bear Fete Bru-Running/Alumni Homecoming cross country event on Saturday, Sept. 18, the 15th year for the races which bring together several small-college teams, independent runners, and Bruin running alumni.

This year's event is sponsored by Mizuno, and begins at 11 a.m. with the women's 4,000-meter run, followed at 11:45 a.m. by the men's 4-mile run. Awards will be presented at 12:30 p.m. Following the awards, there will be a lunch and social for current George Fox runners along with Bruin alumni and their families.

"This will be our fourth annual 'Running Bruins homecoming' and we are anticipating a significant number of alums returning to participate," says George Fox head coach Wes Cook, who is now in his 18th season with the program. "We hope everyone can join us for this romp along the Willamette River across the historic real estate where Oregon, the first government west of the Rockies, was established."

Teams and runners wishing to participate may enter by contacting Coach Cook via fax at 503-554-

3864 or e-mailing the coach at wcook@georgefox.edu. The entry fee is \$40 per team (\$75 for both men's and women's teams), or \$10 per individual.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, September 6, 2004

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9/6 – BEAR FETE: Bruins to Host 15th Annual Bear Fete Invitational; All Runners Welcome

NEWBERG, Ore. – Champoeg State Heritage Area in nearby St. Paul, Ore., will again be the site of George Fox University's Bear Fete Bru-Running/Alumni Homecoming cross country event on Saturday, Sept. 18, the 15th year for the races which bring together several small-college teams, independent runners, and Bruin running alumni.

This year's event is sponsored by Mizuno, and begins at 11 a.m. with the women's 4,000-meter run, followed at 11:45 a.m. by the men's 4-mile run. Awards will be presented at 12:30 p.m. Following the awards, there will be a lunch and social for current George Fox runners along with Bruin alumni and their families.

"This will be our fourth annual 'Running Bruins homecoming' and we are anticipating a significant number of alums returning to participate," says George Fox head coach Wes Cook, who is now in his 17th season with the program. "We hope everyone can join us for this romp along the Willamette River across the historic real estate where Oregon, the first government west of the Rockies, was established."

Teams and runners wishing to participate may enter by contacting Coach Cook via fax at 503-554-3864 or e-mailing the coach at wcook@georgefox.edu. The entry fee is \$40 per team (\$75 for both men's and women's teams), or \$10 per individual.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY - Saturday, September 4, 2004

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9/4 - BOXER REBELLION: Bruin Women First, Chuol Second for Men in Cross Country Opener

FOREST GROVE, Ore. - Led by strong races from Leighann Fischer and Carrie Brain, the George Fox University women finished first, while Michael Chuol placed second for the Bruin men as the 2004 cross country season got under way here Saturday morning in the Boxer Rebellion, hosted by Pacific University at Lincoln Park.

The Bruin women totaled 41 points in the 6k race, well ahead of runner-up Lewis & Clark College with 58. Third was Linfield College with 59, Pacific was fourth with 81, and Western Baptist College came in fifth with 139.

The George Fox men placed fourth in the 8k race with 79 points. Warner Pacific College was the men's winner with 46 points, followed by Linfield with 55, Lewis & Clark with 58, George Fox, Pacific with 108, and Western Baptist with 159.

Fischer ran a time of 24:08.05 to place 6th (5th in team scoring) and Brain was one spot behind with a 24:20.52. It was Fischer's 9th time to lead the Bruins in as many races in her career, while Brain was running in her first college competition. Also scoring for the Bruins were Bethany Adams, 11th/9th with a 24:44.08 in her college debut; Rachel Giffey-Brohaugh, 12th/11th at 24:48.69 in her first college race; and Kaycee Brittian, 13th/12th at 25:00.04.

Other GFU women running were Jessica Beach (25:36.30, 18th/15th), Alexandra Dawson (25:49.26, 22nd/19th), and Tera Pfremer (27:01.54, 27th). The race was won by Linfield's Meryl Witt (23:19.28).

Chuol, who qualified for the NCAA Division III nationals while a freshman at Whitworth last year, ran a 26:52.67 to place 2nd to Kalen Abbott of Warner Pacific (26:34.89). Other Bruin scorers were Craig Paulin, 6th at 27:10.47; Jake Moe, 15th at 28:12.20; Bryan Cobb, 27th/26th at 29:06.68; and David Delmore, 33rd/30th at 29:18.13.

Also competing for George Fox were David Mathiang (29:32.19, 34th/31st), Ben Dort (30:09.84, 37th/32nd), and Jonathan Davis (32:34.39, 46th).

Complete race results of the Boxer Rebellion are available at the George Fox cross country web site at www.georgefox.edu/athletics/cross_country.

The Bruins are back in action Saturday, Sept. 11, in the Lewis & Clark Invitational at Mclver State Park in Estacada, Ore. The first race is scheduled for 10:00 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 3, 2004

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9/3 – PREVIEW: Loads of Letterwinners Boost Bruins' Hopes for Successful Seasons in '04

NEWBERG, Ore. – With a significant number of key letterwinners returning, veteran head coach **Wes Cook** is looking for improved seasons for both his men's and women's cross country teams at George Fox University in 2004.

The men's team finished 4th in the Northwest Conference championship last year while the women's team was 7th, and both teams placed 6th in the NCAA Division III West Regionals. Seven athletes are back for the men, eight for the women, and with several talented newcomers on hand, Cook has high hopes for the Bruins this fall.

"If it all comes together, we could be one of the best women's teams on the west coast," predicts Cook, who enters his 18th year as coach of the cross country and track and field programs at George Fox. "Relative inexperience at the 6k distance and the 'youth factor' on the team will be the question marks."

Of the men's team, Cook notes that "our freshmen ran very well last year, but several of them had injuries in the spring and how well they have recovered will be a huge question mark. We are certainly hopeful that we can remain in the top half of the conference and regional."

Women

The Bruin women lost two quality athletes, including All-West Region runner Janelle Goeres, who closed out her senior season with a 22nd-place regional finish. Five of the team's top six are back, though, led by **Leighann Fischer** (So., Molalla, Ore. / Molalla HS), who earned All-West Region (9th) and Second Team All-Northwest Conference (12th) honors while finishing as the top Bruin runner in all eight of her races.

"Leighann came within one place of qualifying for the nationals," recalls Cook, "and she has the potential to be one of the best in the country. We will be looking to her for some good leadership this year."

Whittney Harris (So., Baker City, Ore. / Baker HS) and **Kaycee Brittan** (Sr., Bakersfield, Calif. / Centennial HS), the team's lone senior, had strong finishes to their first Bruin seasons and will be counted on for more of the same. **Beth Jertberg** (Jr., Klamath Falls, Ore. / Henley HS) appears much improved, as does **Jessica Beach** (So., Sherwood, Ore. / Sherwood HS).

"Beth has battled some injuries in her career but looks ready for a fine season," says Cook. "Jessica is a talented runner who faded down the stretch last year, but she has worked extremely hard in the summer and should have a consistently-strong year."

Alexandra Dawson (So., West Linn, Ore. / West Linn HS), **Kara Geertz** (So., Astoria, Ore. / Astoria HS), and **Rosemary Fama** (So., Colton, Ore. / Colton HS) round out the Bruins' list of returnees. "Alex has worked hard and appears much improved," notes Cook. "Kara ran well toward the end of last season, and we hope that carries over to this year."

Among the Bruins' six newcomers, Cook is particularly high on **Bethany Adams** (Fr., Portland, Ore. / Westside Christian HS) and **Anna McLain** (Fr., Medina, Wash. / Bellevue Christian HS). Both competed in their respective state meets and ran sub-2:20 times in 800 meter races in track. Each was coached by George Fox alumni, McLain by Ed Sloan and Adams by Scott Ball.

Carrie Brain (Fr., Chiloquin, Ore. / Chiloquin HS) comes from a small school which had no cross country program, but was a top placer in the state 3k race two years ago. Hampered by illness last spring, Cook says, "I suspect she is a real sleeper for us; she is tough and has bounced back pretty well through our summer workouts."

Rachel Giffey-Brohaugh (Fr., Renton, Wash. / Christian Faith HS) and **Terah Laack** (Fr., Carson City, Nev. / Carson HS) are two more solid additions to the program who are also expected to run track in the spring. **Tera Pfremer** (So., Powell Butte, Ore. / Redmond HS), who ran in high school, attended school last year but did not turn out for the team.

Men

The men's program lost two of its top three runners in seniors Michael Owen and Matt Burg, but **Craig Paulin** (So., Jerome, Idaho / Jerome HS), the team's best performer as the season wound down, returns to lead a young roster composed of nine sophomores and three freshmen. Paulin was the Bruins' leader in both post-season races, earning All-West Region honors by placing 26th and missing All-Conference by one place with a 15th-place showing.

Jake Moe (So., Anchorage, Alaska / Anchorage Christian HS) and **Jeff Friesen** (So., Lake Oswego, Ore. / Westside Christian HS) earned points for the Bruins in all of their races last year and will be counted on heavily again. Moe had a good running summer, but Friesen is still battling a leg injury he suffered in track workouts in January. **Grant Finney** (So., Tigard, Ore. / Southridge HS) is another returnee who is working to overcome some off-season physical problems.

High school teammates **David Delmore** (So., Philomath, Ore. / Philomath HS) and **Ben Dort** (So., Philomath, Ore. / Philomath HS) have also shown improvement over the summer and, with a year of college experience under their belts, are expected by Coach Cook to be solid forces for the team. **Adam Gray** (So., Coos Bay, Ore. / Marshfield HS) rounds out the list of returning runners.

Bryan Cobb (Jr., Eugene, Ore. / Willamette HS) moves over to the cross country team after playing as a reserve on the men's soccer team last year. "Adding Bryan is a real plus for us," admits Cook. **Brandon Craven** (Fr., Fruita, Colo.) and **Troy Fridley** (Fr., Greenaces, Wash. / Valley Christian HS) are the team's lone true freshmen.

The Bruins have two runners who are transferring from other schools. **Michael Chuol** (So., McKenna, Wash. / Yelm HS) comes in after qualifying nationally for Whitworth College last fall, and will have four years of track eligibility as well after withdrawing from Whitworth for the second semester. **David Mathiang** (Fr., Lynnwood, Wash. / Mountlake Terrace HS) did not compete while attending Shoreline Community College last year, but was a top placer in the Washington 4A state meet two years ago. Chuol and Mathiang are two of the "Lost Boys of Sudan" who trekked hundreds of miles to escape the civil war in that country and were resettled in the United States by humanitarian organizations.

Schedule

The Bruins open the cross country seasons Saturday, Sept. 4, in the Boxer Rebellion at Lincoln Park in Forest Grove, Ore., hosted by Pacific University. The women's race begins at 9:00 a.m., and the men's race follows at 10:00 a.m.

Cook does not expect a full contingent of Bruins for the Boxer Rebellion. "We've got a few people nursing some minor ailments," he admits, "plus Michael Owen is getting married Saturday in Klamath Falls to Beth Jertberg's older sister Sarah, and several of his teammates are planning to attend. We'll treat this first race as more of a controlled exercise than anything else."

The Bruins' lone home race will be the annual Bear Fete Bru-Running/Alumni Homecoming event on Sept. 18 at Champoeg State Park in nearby St. Paul, Ore. Runners interested in entering should contact Coach Cook at 503-554-2915, or via e-mail at wcook@georgefox.edu.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, August 19, 2004

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8/19 – RECRUITING: Bruins to Add Eight New Women, Four Men to Cross Country Teams

NEWBERG, Ore. – Eight new faces on the women's side and four new ones on the men's side will dot the rosters of the George Fox University cross country teams as veteran coach **Wes Cook** and the Bruins count down the days toward the start of the 2004 season.

Two of the new women are current GFU athletes who have participated in other sports. **Sara Miller (Sr., Newberg, Ore.)** has played soccer and run track for the Bruins, while **Bekah Duby (So., Baker City, Ore.)** competed in track last spring. **Tera Pffremmer (So., Powell Butte, Ore.)**, who ran in high school, attended school last year but did not turn out for the team.

The Bruins will have five freshmen on the women's team. Cook, who begins his 18th season at George Fox, is particularly high on **Bethany Adams (Fr., Portland, Ore.)** and **Anna McLain (Fr., Medina, Wash.)**. Both competed in the state meets and ran sub-2:20 times in 800 meter races in track. Each was coached by George Fox alumni, McLain by Ed Sloan and Adams by Scott Ball.

Carrie Brain (Fr., Chiloquin, Ore.) comes from a small high school which had no cross country program, but was a top placer in the state 3k race two years ago. Hampered by illness last spring, Cook says, "I suspect she is a real sleeper for us because she is tough and has bounced back pretty well through our summer workouts."

Rachel Giffey-Brohaugh (Fr., Renton, Wash.) and **Terah Laack (Fr., Carson City, Nev.)** are two more solid additions to the program who are also expected to run track in the spring.

"If it all comes together, we could be one of the best women's teams on the west coast," predicts Cook, who welcomes back eight returnees from a squad that finished sixth in both the Northwest Conference and the NCAA Division III West Regional races in 2003. "Relative inexperience at the 6k distance and the 'youth factor' on the team will be the question marks.

On the men's side, **Bryan Cobb (Jr., Hermiston, Ore.)** moves over to the cross country team after playing as a reserve on the men's soccer team last year. "Adding Bryan is a real plus for us," admits Cook. **Brandon Craven (Fr., Fruita, Colo.)** is the team's lone true freshman.

The Bruins have two runners who are transferring from other schools. **Michael Chuol (So., McKenna, Wash.)** comes in after qualifying nationally for Whitworth College last fall, and will have four years of track eligibility as well after withdrawing from Whitworth for the second semester. **David Mathiang (Fr., Lynnwood, Wash.)** did not compete while attending Shoreline Community College last year, but was a top placer in the Washington 4A state meet two years ago. Chuol and Mathiang are two of the "Lost Boys of Sudan" who trekked hundreds of miles to escape the civil war in that country and were resettled in the United States by humanitarian organizations.

The four men's newcomers will join seven letterwinners, all sophomores, returning from a group that placed fourth in the NWC and seventh in the West Regional. "Our freshmen ran very well, but several of them had injuries in the spring and how well they have recovered will be a huge question mark," notes Cook. "We're also down in numbers a bit, so there isn't much room for 'error'. We are certainly hopeful, though, that we can get into the top half of the conference and regional"

George Fox's cross country athletes report for physicals on Aug. 23, with the first races scheduled for Saturday, Sept. 4, at either the Boxer Rebellion in Forest Grove, Ore., or the Whitman Invitational in Walla Walla, Wash.