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GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, November 30, 2006

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11/30 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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HIGHLIGHTS:

- * End of Season: Bruin Women 5th, Men 7th in West Regionals
- * Moe, McLain Bruin Athletic Association Top Athletes for Nov. 6-12
- * Coach Hickey's Review of First Season with Bruin Programs
- * Bruins Say Farewell to Six Senior Runners

COMING UP:

2006 season completed.

RECENT EVENTS (click on links for releases and results):

- * Nov. 11 - NCAA Division III West Regionals at Prado Park, Chino, Calif.
— Men - 7th of 15 / Women - 5th of 16
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

* Moe, McLain Bruin Athletic Association Top Athletes for Nov. 6-12

With their strong performances in the NCAA Division III West Regionals to close out the season, **Jake Moe** for the men and **Anna McLain** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Nov. 6-12.

Moe finished 16th overall out of 111 runners, and 14th for team scoring, in the men's 8K race, earning All-Region honors while posting a time of 25:54.45. Moe was the top Bruin runner in all six of the team's races this season, and has been a Bruin Athletic Association Men's Athlete of the Week four times this fall.

McLain ran the women's 6K in 23:30.03, finishing 14th overall out of 112 runners and 12th for team scoring. It was her third time to lead the team in a race this season, and her second time to be named the Bruin Athletic Association Women's Athlete of the Week.

* 2006 Honors:

- **Jake Moe** - NWC Men's Runner of the Week (HM-Sept. 4-10, HM-Sept. 11-17, HM-Sept. 25-Oct. 1, HM-Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17, Oct. 9-15, Oct. 23-29, Nov. 6-12); All-Northwest Conference First Team (5th); NCAA Division III All-West Region (16th)

- **Cam Eberhart** - NCAA Division III All-West Region (31st)
- **Anna McLain** - NWC Women's Runner of the Week (HM-Sept. 4-10); Bruin Athletic Association Women's Athlete of the Week (Oct. 23-29, Nov. 6-12); NCAA Division III All-West Region (14th)
- **Whittney Warren** - NWC Women's Runner of the Week (HM-Sept. 11-17)
- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM-Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)
- **Jessica Beach** - NCAA Division III All-West Region (30th)

* Coach Hickey's Review of First Season with Bruin Programs

When **Mike Hickey** was named associate head coach of the George Fox cross country teams by head cross country and track and field coach **John Smith** and given pretty much free rein to handle the programs as he saw fit, he wasn't sure what to expect, having never worked with the Bruins before. What he discovered turned out to be very much to his liking.

"We progressed better than anticipated," admitted Hickey, "and that's a great testament to our athletes' willingness to adapt and compete at a high level."

One of those adaptations required of the runners was more training sessions and fewer events on the schedule, a change Hickey said "really paid off for us. We had noticed a trend the last few years of our athletes not competing as well toward the end of the season, so we thought this approach would allow us to train better and be fresher for the really important races, such as the conference and regionals. And it worked; both teams ran well in the final two races. We had four All-Region athletes, the most, I believe, since we joined the NCAA."

Anna McLain (14th) and **Jessica Beach** (30th) earned All-Region honors for the women by finishing in the top 35, leading the Bruins to a 5th-place finish. **Jake Moe** (16th) and **Cam Eberhart** (31st) for the men were All-Region as the Bruins placed 7th.

"Our women ran well at the regionals, finishing in the same spot as they did at conference," noted Hickey. "Any of our top six could have earned All-Region honors, and they were all close to doing it. Our team just got better every single race, and ran the best two at the end.

"Anna ran a very tough, courageous race in California, and was just one spot out of a trip to the nationals. Jessica had a great race and showed some of the potential we knew she had."

The Bruin men, while finishing 7th overall in the regional, were 3rd among Northwest Conference teams, a fact Hickey noted with great enthusiasm.

"We trailed only Willamette and Puget Sound, year in and year out the two best teams in the conference," observed Hickey, "but we did finish two points ahead of Linfield, which was one of our goals for the regional. They are also a very good team, and we were hoping we had improved enough to overtake one of the other top teams in our league.

"I can't say enough about Jake - what a terrific senior year he had. He ran with no fear at the regionals and was challenging the leaders for about two-thirds of the race. He really earned his All-Conference and All-Region honors, and was also just one place away for going to nationals. Cam ran with great composure and toughness for a freshman - he's a young man with obvious character - and has a great career ahead of him."

The Bruins lose three seniors who competed in races this season from each team - Moe, **David Delmore**, and **Jeff Friesen** from the men's roster, and Beach, **Whittney Warren**, and **Leighann Fischer** from the women's - but Hickey is excited about the nucleus he has returning for his second season.

"Coach Smith and I hope to return the Bruins to that level we were at in the '80s and '90s, when the teams were competing and doing well in the NAIA," Hickey says of his long-range goals. "I believe we're just scratching the surface of how good we can become at George Fox."

* Bruins Say Farewell to Six Senior Runners

Six Bruin cross country runners - three men, three women - completed their eligibility in the 2006 season:

- **Jake Moe** of Anchorage, Alaska - Competed in 29 races in his four-year career, scoring in 28 ... Top Bruin runner in 14 races, 7 of 8 as a junior and 6 of 6 as a senior ... Finished in top 10 in a race 6 times, with best finish of 3rd in Boxer Rebellion (9/3/05) and Lewis & Clark Invitational (9/10/05) ... NWC Runner of the Week once (9/12/05) ... All-NWC First Team in 2006 (5th) ... Two-time All-West Region in 2004 (32nd) and 2006 (16th) ... Career record times: 8K - 24:57.15 in Northwest Conference Championship (10/28/06); 4M - 21:03.87 in University of Portland Invitational (9/8/2006) ... Ranks 4th on all-time GFU 8K list ...

- **David Delmore** of Philomath, Ore. - Competed in 27 races in his four-year career, scoring in 11 ... Best finish was 16th at PLU Invitational (10/8/05) ... Top Bruin runner in NCAA Division III West Region (11/12/05), placing 51st ... Career record times: 8K - 27:01.30 in Northwest Conference Championship (10/29/05); 4M - 22:29.17 in Nike/Jim Danner Invitational (10/16/04) ...

- **Jeff Friesen** of Lake Oswego, Ore. - Competed in 15 races in his four-year career, scoring in 8 ... Best finish was 21st in Bear Fete Invitational (9/20/03) ... Career record times: 8K - 26:59.76 in Northwest Conference Championship (10/28/06); 4M - 22:10.18

in Bear Fete Invitational (9/20/03) ...

- **Leighann Fischer** of Molalla, Ore. - Competed in 29 races in her four-year career, scoring in 26 ... Top Bruin runner in 13 races, including her first 12 ... Finished in top 10 in a race 6 times, with best finish of 5th in Willamette Open 5K (10/18/03) ... NWC Runner of the Week once (10/12/03) ... All-NWC Second Team in 2003 (12th) ... All-West Region in 2003 (9th) ... Career record times: 6K - 22:35.80 in Northwest Conference Championship (10/30/04); 5K - 18:37.14 in Willamette Invitational (10/4/03) ... Ranks 3rd on all-time GFU 6K list ...

- **Whitney Warren** of Baker City, Ore. - Competed in 27 races in her four-year career, scoring in 24 ... Top Bruin runner in Sundodger Invitational (9/16/06) ... Finished in top 10 in a race twice, placing 10th in Bear Fete Invitational 4K (9/18/04) and Boxer Rebellion (9/3/05) ... Career record times: 6K - 22:49.16 in Northwest Conference Championship (10/28/06); 5K - 19:06.90 in Charles Bowles Invitational (9/30/06) ... Ranks 5th on all-time GFU 6K list ...

- **Jessica Beach** of Sherwood, Ore. - Competed in 15 races in her three-year career (2003-04, 2006), scoring in 8 ... Best finish of 14th in Lewis & Clark Pioneer Open (10/14/06) ... All-West Region in 2006 (30th) ... Career record times: 6K - 22:55.27 in Northwest Conference Championship (10/28/06); 5K - 20:46.64 in Willamette Open (10/18/03) ... Ranks 7th on all-time GFU 6K list ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 11, 2006

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11/11 – WEST REGIONALS: Four Earn All-Region as Bruin Women 5th, Men 7th in West Races

CHINO, Calif. – Two George Fox University women and two GFU men earned All-Region honors by finishing in the top 35 as the Bruin women finished 5th and the men 7th in the NCAA Division III West Regional cross country races Saturday morning here at Prado Regional Park.

Anna McLain came in 14th overall and 12th for team scoring in the women's 6,000 meter race with a time of 23:30.03, while Jessica Beach placed 30th overall and 26th for scoring with a mark of 24:06.93. In the men's 8,000 meter run, Jake Moe finished 16th overall and 14th for scoring with a time of 25:54.45, and Cam Eberhart's time of 26:19.40 earned him 31st overall and 29th for scoring.

George Fox earned 145 points in the women's race in placing 5th out of 16 teams. Willamette University captured top honors with 63 points and Colorado College was next with 77. Individual honors went to Sarah Zerzan of Willamette, whose time of 21:45.68 was more than half a minute ahead of the 22:22.98 by Lewis & Clark College's Tamma Carleton. There were 112 runners in the women's regional race.

Also scoring for the Bruins were Rachel Giffey-Brohaugh in 24:28.88 (37th/33rd), Bethany Adams in 24:33.28 (40th/36th), and Leighann Fischer in 24:35.78 (42nd/38th). Also competing for George Fox were Whitney Warren in 24:44.33 (46th) and Bethany Friesen in 25:44.68 (75th).

The Bruins men garnered 191 points in finishing 7th out of 15 teams. Willamette also took the men's race with 75 points, besting the 88 earned by Occidental College. Julian Boggs of Colorado College defeated Will Leer of Pomona-Pitzer Colleges by just under two seconds, 24:32.60 to 24:34.55, for individual honors. A total of 111 runners competed in the men's regional race.

Other Bruins who scored points were Paul Rapet with a mark of 26:30.15 (38th/36th), Jordan Ware in 27:09.35 (56th/53rd), and Grant Finney in 27:14.50 (62nd/59th). Also running for George Fox were Eric Henderson in 27:40.20 (71st), and Jeff Friesen in 28:38.95 (91st).

The top two teams, and top seven runners not on those two teams, in each race now advance to the NCAA Division III National Championships on Saturday, Nov. 18, at Voice of America Park in West Chester, Ohio.

Complete results of the NCAA Division III West Regionals, courtesy of Claremont-Mudd-Scripps Colleges, are available on line at the George Fox cross country web site http://www.georgefox.edu/athletics/cross_country/index.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Tuesday, November 7, 2006

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11/7 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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HIGHLIGHTS:

- * Coming Up: NCAA D-III West Regional in California Saturday
- * Recent Events: Both Bruin Teams 4th in NWC Championships
- * Moe, McLain Bruin Athletic Association Top Athletes
- * Bruins Post 9 Top 20 Times, 11 Personal Records in NWC Races

COMING UP:

Sat., Nov. 11- NCAA Division III West Regionals at Prado Park, Chino, Calif.

--- 9:00 am - Men's 8K / 10:00 a.m. - Women's 6K

After 4th-place finishes for both the men's and women's teams in the Northwest Conference Championships, George Fox first-year associate head coach Mike Hickey is eager to see what his charges can do in the NCAA Division III West Regional races this Saturday at Prado Park in Chino, Calif.

The men's 8,000-meter race is set to start at 9 a.m., with the women's 6,000-meter competition following at 10 a.m. The Southern California Intercollegiate Athletic Conference is the regional host. The top two teams in each race, along with the top seven individuals in each race not on those teams, will advance to the NCAA Division National Championships on Nov. 18 at Voice of America Park in West Chester, Ohio. There will also be 16 at-large teams selected from among the eight national regions.

"We ran some of the best races in Bruin history in the conference championships," noted Hickey, "and I believe we will be competitive with some of the top teams in the region as well."

Led by Anna McLain, who was 16th in the NWC 6K race in a time of 22:33.53 that moved her into 2nd place on the GFU all-time list at that distance, the Bruins bunched six runners in places 16-31.

"We were only three points out of 3rd in the conference race, and our top six runners were all in a pack of only 35 seconds' difference," remarked Hickey. "It was a great race for us, and we must run with the same kind of commitment and intensity if we are to challenge in the regionals."

The Bruin men took 4th in the conference race despite missing their No. 2 runner, Grant Finney, who was out with a mild hamstring injury. His return is expected in time for the regional race and should give the team both a mental and physical lift. Jake Moe, the Bruins' top runner in every race this season, finished 5th in the NWC meet with a time of 24:57.15, making him the 4th-fastest runner in GFU 8K history.

"Jake opened some eyes at the conference with a great race," remarked Hickey. "This is a storied program with many great runners in its history, and he certainly earned a place right up there with them. If he competes well in the regionals, he has a shot at the nationals."

Bruin times have shown steady improvement as the season has progressed, a fact that has Hickey well-pleased.

"Coach Smith (John Smith, GFU's head cross country and track and field coach) and I agreed that, by running fewer races this year and spacing them out, we might see the teams fresher toward the end of the season, and it has paid off," admitted Hickey. "It is exciting to see the team members talking with each other after a race, discussing how they can improve and coming to the realization that they still have more 'gas in the tank' for a strong finish."

RECENT EVENTS (click on links for releases and results):

- * Oct. 28 - Northwest Conference Championships at PLU Campus Golf Course, Tacoma, Wash.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

* Moe, McLain Bruin Athletic Association Top Athletes

Jake Moe for the men and **Anna McLain** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Oct. 23-29 after strong near-record performances in the Northwest Conference Championships on Oct. 28 in Tacoma, Wash., leading both teams to 4th-place finishes.

Moe finished 5th overall out of 81 runners in the men's 8K race, earning First Team All-Conference honors while posting a personal-record time of 24:57.15. His new mark moved him into 4th place among all 8K runners in Bruin history. Moe has been the top Bruin runner in all five of the team's races this season, and has been a Bruin Athletic Association Men's Athlete of the Week three times now.

McLain also set a personal record in the women's 6K race with a time of 22:33.53, finishing 16th out of 83 runners. Her new mark was good enough for 2nd all-time at GFU at that distance. It was the second time this season she has been the Bruins' leading runner.

* 2006 Honors:

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM, Sept. 25-Oct. 1, HM, Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17; Oct. 9-15; Oct. 23-29); All-Northwest Conference First Team (5th)
- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10); Bruin Athletic Association Women's Athlete of the Week (Oct. 23-29)
- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)
- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM, Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)

* Bruins Post 9 Top 20 Times, 11 Personal Records in NWC Races

The following Bruin men set new personal 8K records in the Northwest Conference Championship race on Oct. 28 at the PLU Campus Golf Course in Tacoma, Wash., several of them moving into the top 20 all-time at George Fox:

- **Jake Moe** with a 24:57.15 (4th all-time), breaking previous best of 25:28.15 ...
- **Cam Eberhart** with a 25:36.23 (18th all-time), breaking previous best of 26:17.20 ...
- **Paul Rapet** with a 25:42.02 (19th all-time), breaking previous best of 26:21.60 ...
- **Jordan Ware** with a 26:29.69, breaking previous best of 26:48 ...
- **Jeff Friesen** with a 26:59.76, breaking previous best of 27:09.54 ...

The following Bruin women set new personal 6K records in the Northwest Conference Championship race on Oct. 28 at the PLU Campus Golf Course in Tacoma, Wash., several of them moving into the top 20 all-time at George Fox:

- **Anna McLain** with a 22:33.53 (2nd all-time), breaking previous best of 22:35 ...
- **Bethany Adams** with a 22:48.20 (4th all-time), breaking previous best of 23:43.30 ...
- **Whittney Warren** with a 22:49.16 (5th all-time), breaking previous best of 23:26.70 ...
- **Rachel Giffey-Brohaugh** with a 22:53.02 (6th all-time), breaking previous best of 22:55.40 ...
- **Jessica Beach** with a 22:55.27 (7th all-time), breaking previous best of 23:29.30 ...
- **Bethany Friesen** with a 24:25.27 (13th all-time), breaking previous best of 24:47.20 ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 28, 2006

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10/28 – NWC CHAMPIONSHIPS: Both Bruin Teams Finish 4th in Northwest Conference Races

TACOMA, Wash. – Jake Moe finished 5th in the men's 8,000 meter race to earn First Team All-Conference honors and Anna McLain was 16th in the women's 6,000 meter race, leading the George Fox University cross country teams to 4th-place showings in the 2006 Northwest Conference Championships held Saturday morning here on the Pacific Lutheran University Campus Golf Course.

Men

The Bruin men earned 119 points, trailing champion Willamette University's 40 points, the University of Puget Sound with 58, and Linfield College with 95. After George Fox came Whitworth College with 133, Whitman College with 138, Lewis & Clark College with 182, Pacific University with 191, and host Pacific Lutheran with 256. It was the sixth straight title for Willamette.

Ian Batch of Willamette took top honors with a course-record time of 24:30.70, 15 seconds ahead of Harrison Wilson of Linfield at 24:45.89. Times were very fast on the flat grassy course, with five runners under the 25-minute mark for the first time since 1983.

Moe was less than half a minute off the pace, running a personal-record 24:57.15 to finish 5th overall out of 81 runners and 5th for team scoring. Also scoring for the Bruins were Cam Eberhart at 25:36.23 (22nd/20th), Paul Rapet at 25:42.02 (25th/23rd), Eric Henderson at 26:17.44 (37th/34th), and Jordan Ware at 26:29.69 (40th/37th). Eberhart, Henderson, and Ware all set new personal marks.

Also competing for the Bruins were Jeff Friesen with a 26:59.76 (51st) and David Delmore at 27:15.41 (58th). Friesen's time was a new personal best.

Women

The George Fox women garnered 118 points, behind Willamette's winning 50 points, 54 by Puget Sound, and 115 by Lewis & Clark. After the Bruins were Whitworth with 123, Whitman with 126, Linfield with 155, host Pacific Lutheran with 222, and Pacific with 225. Willamette captured its fifth straight conference crown.

Individual honors went to Sarah Zerzan of Willamette with a mark of 20:32.66, almost a minute ahead of runner-up Emily Timmer of Puget Sound at 21:25.80. Zerzan broke not only the course record, but also the conference meet record.

McLain posted a time of 22:33.53, leading a sextet of Bruins who finished within 15 places and 35 seconds of each other. She was 16th overall out of 83 runners and 16th for team scoring. Others who earned points for the Bruins were Bethany Adams at 22:48.20 (23rd/23rd), Whitney Warren at 22:49.16 (25th/25th), Rachel Giffey-Brohaugh at 22:53.02 (26th/26th), and Jessica Beach at 22:55.27 (28th/28th). Adams, Giffey-Brohaugh, and Beach all set new personal marks.

Other Bruin runners were Leighann Fischer at 23:07.12 (31st), Bethany Friesen at 24:25.27 (59th), Bethany Strutz at 25:22.55 (70th), and Rebecca Duby at 26:02.95 (75th). Friesen's time was a new record for her.

Complete results of the Northwest Conference Championships, courtesy of Pacific Lutheran, for both men and women are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins, along with all the other conference teams, now turn their attention to the NCAA Division III West Regionals coming up Saturday, Nov. 11, at Prado Park in Chino, Calif.

GEORGE FOX UNIVERSITY

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HIGHLIGHTS:

- * Coming Up: Northwest Conference Championships at PLU Saturday
- * Recent Events: Bruins Make Good Showing in L&C Pioneer Open
- * Moe, Giffey-Brohaugh BAA Top Athletes, HM for NWC Honors
- * Nine Personal Records Set at L&C Pioneer Open

COMING UP:

Sat., Oct. 28 - Northwest Conference Championships at PLU Campus Golf Course, Tacoma, Wash.

--- 10:00 am - Men's 8K / 11 a.m. - Women's 6K

Coming off what associate head coach Mike Hickey called "our best races of the season" in the Lewis & Clark Pioneer Open, the George Fox men's and women's cross country teams hope to be among the contenders for the Northwest Conference Championships this Saturday, Oct. 28, at the Pacific Lutheran University Campus Golf Course in Tacoma, Wash.

The men's 8,000-meter race is scheduled to start at 10 a.m., with the women's 6,000-meter competition beginning at 11 a.m. An awards ceremony will follow at the conclusion of the women's race.

The Bruin men finished 6th in last year's nine-team race, but expect to improve after their 3rd-place finish in the Pioneer Open on Oct. 14. Jake Moe, the Bruins' top runner in every race this fall, could be a serious contender for individual honors after setting a personal record of 25:28.15 in the Charles Bowles Invitational on Sept. 30. Other Bruins who have scored in every race thus far include Cam Eberhart, Paul Rapet, Grant Finney, and Jordan Ware. Eberhart, Rapet, and Ware are all newcomers to the program.

The George Fox women are coming off a 2nd-place finish in the Pioneer Open and looking to better last year's 5th-place showing in the NWC Championship. The women's team is more of a veteran team than the men, with Rachel Giffey-Brohaugh and Whitney Warren coming on strong in the last couple of races; both set new personal 6K records in the Pioneer Open, Giffey-Brohaugh at 22:54.40 and Warren at 23:26.70. Experienced runners such as Anna McLain, Bethany Adams, and Leighann Fischer give the team strength up and down the lineup. Jessica Beach, in her first race of the season in the Pioneer Open, scored points for the Bruins and will add even more depth.

Willamette should be the team to beat this year in both the men's and women's divisions. The Bearcat men are ranked 15th in the NCAA Division III national coaches poll and have won conference titles five years running. In addition, the Bearcats return five of their 10 varsity runners from conference last year, including Ian Batch, who finished fourth. The Willamette women are ranked 10th in the Division III national poll and have won the NWC crown five out of the last six years, including the past four. The Bearcat women return five of their 10 runners as well, including last year's runner-up, Sarah Zerzan.

Whitworth, Puget Sound and Linfield could also challenge for the men's team title. Puget Sound, which has placed second in conference the past four years, returns seven runners, but the Loggers will have to replace 2005 NWC runner-up Frank Prince, who graduated. Whitworth will also be hurt with the graduation of Doug Blackburn, who placed third in conference last year.

There will be a number of runners in the hunt for the men's individual title. Kellen Peters of Pacific has run the fastest 8,000 meters this season with a time of 24:58 at the Sundodger Invitational on Sept. 16. Puget Sound's Trevor Hanlin and Dan Pollard should both be in the mix along with Linfield's Harrison Wilson, Willamette's Batch, and Moe.

Since the first Northwest Conference men's race in 1963, Willamette has won 16 championships, with seven of those coming from 1976-1982. Pacific Lutheran is second with 12 titles, followed by Lewis and Clark with six, Puget Sound with four, Whitman with three, and Linfield and Whitworth with two each.

Willamette will receive competition on the women's side from Puget Sound, which is currently ranked 25th in the nation. Led by

junior Brittany Hodgson, the Loggers were only one spot behind the Bearcats at the Willamette Invitational on Sept. 30. Other top teams are George Fox, Lewis & Clark, Whitman, and Whitworth. All have competed well this season and are looking to place in the top three.

Individually, Willamette's Zerzan is looking tough to beat after posting a 5,000-meter time of 16:25 at the Mike Hodges Invitational on Oct. 14. Zerzan placed 25th last year at the national meet to earn All-America status. Tamma Carleton from Lewis & Clark, who placed third in the 2005 championship meet, looks like a solid number two after remaining undefeated against NWC opponents all season, with the exception of one race against Zerzan. Whitworth's Julie Lauterbach, fifth at the 2005 NWC meet, and Linfield's Joanna Murphy, sixth last year, are other top returnees. Puget Sound's Hodgson and Pacific's Shana Shosky should also be in the lead pack.

The first women's Northwest Conference meet was held in 1977, and Pacific Lutheran has won the most team titles with 13, including 11 in a row from 1981-92. Willamette has the second-most with five, all of them coming in the last six years. Linfield won four straight from 1977-80, and Puget Sound also has four, including three in a row in the late 1990's. Whitman has three championship trophies, all of them coming in the 1990's.

The course record for the women is 21:58.8 set by Whitworth's Lauterbach at the 2006 PLU Invitational. Linfield's Wilson holds the men's course record of 25:14.5, also set at the PLU Invitational this year.

(PLU sports information director Nick Dawson also contributed to this story with preview information.)

RECENT EVENTS (click on links for releases and results):

* Oct. 14 - L&C Pioneer Open at McIver State Park, Estacada, Ore.

--- Men - 3rd of 8 / Women - 2nd of 5

[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

* **Moe, Giffey-Brohaugh BAA Top Athletes, HM for NWC Honors**

Jake Moe for the men and **Rachel Giffey-Brohaugh** for the women were named the Bruin Athletic Association Athletes of the Week and received honorable mention for Northwest Conference Runners of the Week for the week of Oct. 9-15 after strong efforts in the L&C Pioneer Open on Oct. 14.

Moe finished 6th overall out of 83 runners and 4th among all NCAA Division III runners in the Pioneer Open, posting a time of 25:45.70 in the 8K race. Although it was not his personal best (25:28.15), which he had set two weeks earlier in Charles Bowles Invitational in Salem, Ore., coach Mike Hickey called it "his best race of the year, given the degree of difficulty of the course; he would easily have been 25-30 seconds better if he had been running in Salem." Moe has been the top Bruin runner in all four of the team's races this season.

Giffey-Brohaugh did set a new personal record for the 6K with her time of 22:55.40 in the Pioneer Open. She placed 10th overall out of 66 runners and 7th among all D-III runners, leading the Bruins to a 2nd-place finish in the event. It was her second straight race as the Bruins' top runner.

* **2006 Honors:**

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM, Sept. 25-Oct. 1, HM, Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17; Oct. 9-15)

- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10)

- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)

- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM, Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)

*** Nine Personal Records Set at L&C Pioneer Open**

The following Bruin men set new personal 8K records in the Pioneer Open on Oct. 14:

- **Cam Eberhart** with a 26:17.20 (previous best was 26:59.20) ...
- **Eric Henderson** with a 27:04.40 (previous best was 27:15.8) ...
- **Paul DeMoss** with a 28:52.60 (previous best was 29:00) ...

The following Bruin women set new personal 6K records in the Pioneer Open on Oct. 14:

- **Rachel Giffey-Brohaugh** with a 22:55.40 (previous best was 23:36) ...
- **Whittney Warren** with a 23:26.70 (previous best was 23:28) ...
- **Bethany Adams** with a 23:43.30 (previous best was 24:10) ...
- **Bethany Friesen** with a 24:47.20 (previous best was 25:45) ...
- **Tiffany Shrum** with a 25:12.30 (previous best was 26:39) ...
- **Bethany Strutz** with at 24:58.80 (previous best was 25:27) ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 14, 2006

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10/14 – PIONEER OPEN: Best Races of Season Find Bruin Women 2nd, Men 3rd in L&C Event

ESTACADA, Ore. – Running what coach Mike Hickey called “our best races of the season”, the George Fox University Bruins placed a strong 2nd in the women’s 6K race and 3rd in the men’s 8K race at the Pioneer Open hosted by Lewis & Clark College Saturday here at McIver State Park.

The Bruin women were 2nd out of five teams with 61 points to 27 for the University of Puget Sound. Behind those two were Lewis & Clark and the University of British Columbia, tied with 75 points each, and the Oregon Institute of Technology with 118. The individual winner was Tamma Carleton of Lewis & Clark in a time of 21:56.60, well ahead of runner-up Emily Timmer of Puget Sound in 22:10.30.

Rachel Giffey-Brohaugh paced the Bruins with a personal record of 22:55.40, placing 10th overall out of 66 runners and 9th for team scoring. Also contributing to the George Fox total were Whittney Warren in 23:26.70 (12th/11th), Anna McLain in 23:28.50 (13th/12th), Jessica Beach in her first race of the season in 23:29.30 (14th/13th), and Bethany Adams in 23:43.30 (17th/16th).

The George Fox men ran a close 3rd out of eight teams to the runner-up University of British Columbia - UBC led 65-74 - while Puget Sound took team honors with 36 points. After the Bruins came Oregon Tech with 123 points, the University of Oregon Running Club with 128, Lewis & Clark with 140, Pacific University with 163, and the Lewis & Clark Alumni with 215. Carlos Shane of British Columbia ran away from the field with a time of 24:40.70, with 2nd-place honors going to Trevor Hanlin of Puget Sound in 25:28.70.

Jake Moe ran a strong race for George Fox, finishing 6th out of 83 runners and 6th for team scoring with a time of 25:45.70. Adding to the Bruins’ total were Cam Eberhart in 26:17.20 (11th/10th), Paul Rapet in 26:40.00 (19th/18th), Grant Finney in 26:45.40 (20th/19th), and Jordan Ware in 26:56.80 (22nd/21st).

“I hesitate to say we’re peaking,” said a cautious Coach Hickey following the races, “because I think we can improve, but to come out and run the type of quality races we had today, after probably the toughest week of training we’ve had, is amazing. We are reaching a point where we are healthy and in excellent shape, and we should be able to give some of the top teams in the Northwest Conference a run for their money.”

Hickey noted that the Bruins were very competitive against some of the best small-college teams in North America, pointing out that “the British Columbia men are ranked 27th in the NAIA, while the Puget Sound women are 27th in the NCAA Division III poll, yet we held our own against those two.”

Although he did not set a new personal record as he had each of the last two times out, Moe ran what Hickey thought might be “the best race of his career” in placing 6th in 25:45.70. He had set a new mark for himself two weeks earlier in the Charles Bowles Invitational at Bush’s Pasture Park in Salem, Ore., running the 8K race in 25:28.15. Commented Hickey, “Although his time wasn’t quite what it was two weeks ago, he still ran what I think was a much stronger overall race because of the relative toughness of the courses. He might easily have been 25 or 30 seconds faster over there than here at McIver.”

Complete results of the Pioneer Open, courtesy of Lewis & Clark, for both men and women are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins are off next week before competing in the Northwest Conference Championships on Saturday, Oct. 28, at Ft. Steilacoom Park in Tacoma, Wash., with Pacific Lutheran University as the host.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, October 12, 2006

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10/12 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * Coming Up: Switch from Hodges Invitational to Pioneer Open
- * Recent Events: Sundodger and Charles Bowles Invitationals
- * Moe, Warren Honorable Mention for NWC Runners of the Week
- * Moe Moves into 13th All-Time on 8K List with Salem Effort
- * Personal Records Established in Last Two Meets

COMING UP:

Sat., Oct. 14 - Lewis & Clark Pioneer Open at McIver State Park, Estacada, Ore.
--- 11:00 am - Men's 8K Open / 12 noon - Women's 6K Open

In an effort to get more competition against other Northwest Conference schools, the Bruins switched plans early in the week and will now run in the L&C Pioneer Open races hosted by Lewis & Clark College at Milo McIver State Park near Estacada, Ore., this Saturday.

The Bruins had been scheduled originally to run in the Mike Hodges Invitational at Clackamas Community College in Oregon City, but head coach John Smith and associate head coach Mike Hickey made the decision to change because a number of teams dropped out of the Clackamas meet and more conference teams would be in Estacada.

The men will run first at 11 a.m. in an 8,000 meter race. The women's 6,000 meter race will follow at 12 noon. This will be the final competition for the Bruins until the Northwest Conference Championships on Saturday, Oct. 28, when Pacific Lutheran University will host the men's 8K and women's 6K races at Ft. Steilacoom Park in Tacoma, Wash.

RECENT EVENTS (click on links for releases and results):

* Sept. 16 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- Men - 12th of 27 / Women - 12th of 23
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

* Sept. 30 - Charles Bowles Invitational at Bush's Pasture Park, Salem, Ore.
--- Men - 18th of 31 / Women - 17th of 32
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Moe, Warren Honorable Mention for NWC Runners of the Week**

Jake Moe received honorable mention for Northwest Conference Men's Runner of the Week for back-to-back races Sept. 11-17 and Sept. 25-Oct. 1, while **Whittney Warren** was honorable mention for NWC Women's Runner of the Week for Sept. 11-17.

Moe finished 27th overall and 3rd among all NCAA Division III runners in the Sundodger Invitational at Lincoln Park in Seattle, Wash., on Sept. 16, posting a time of 25:38 in the 8K race. It was a personal best for Moe, but he broke it two weeks later in the Charles Bowles Invitational 8K race at Bush's Pasture Park in Salem, Ore., on Sept. 30. In finishing 37th overall and 6th among D-III runners, he set a new mark of 25:28.15.

Warren also set a new personal record for the 6K when she ran a 23:28 in the Sundodger Invitational on Sept. 16. She was 52nd overall and 9th among all D-III runners.

*** 2006 Honors:**

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM< Sept. 25-Oct. 1); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17)
- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10)
- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)

*** Moe Moves into 13th All-Time on 8K List with Salem Effort**

Jake Moe moved into 13th place on the all-time list of runners in the 8,000 meters at George Fox when he posted a time of 25:28.15 in the Charles Bowles Invitational at Bush's Pasture Park in Salem, Ore., on Sept. 30. Moe began the season 24th on the list, but had jumped up to 17th when he had a 25:38 in the Sundodger Invitational on Sept. 16 at Lincoln Park in Seattle, Wash., the same place he had set his previous best. Moe has led the Bruins in each of the team's three races this year and has not finished lower than 6th among NCAA Division III runners in any of them.

*** Personal Records Established in Last Two Meets**

The following Bruin men set new personal 8K records in the last two events in which they competed:

- **Jake Moe** set a new in the Sundodger Invitational on Sept. 16 of 25:38, then broke it in the Charles Bowles Invitational on Sept. 30 with a 25:28.15 ...
- **Cam Eberhart** in the Charles Bowles Invitational on Sept. 30 with a 26:59.20 ...
- **Grant Finney** in the Charles Bowles Invitational on Sept. 30 with a 26:25.55 ...
- **Paul Rapet** in the Charles Bowles Invitational on Sept. 30 with a 26:21.60 ...
- **Justin Wiens** in the Charles Bowles Invitational on Sept. 30 with a 27:02.80 ...

The following Bruin women set new personal 6K records in the Sundodger Invitational on Sept. 16:

- **Rachel Giffey-Brohaugh** with a 23:36 ...
- **Whittney Warren** with a 23:28 ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, October 9, 2006

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10/9 – Bruins Switch Meets to Run in Lewis & Clark Pioneer Open on Oct. 14

NEWBERG, Ore. – In an effort to get more competition against other Northwest Conference schools, the George Fox University men's and women's cross country teams have switched plans for this Saturday, Oct. 14, and will run in the L&C Pioneer Open races hosted by Lewis & Clark College at Milo McIver State Park near Estacada, Ore.

The Bruins had been scheduled originally to run in the Mike Hodges Invitational at Clackamas Community College in Oregon City, but head coach John Smith and associate head coach Mike Hickey made the decision to change because a number of teams dropped out of the Clackamas meet and more conference teams would be in Estacada.

The men will run first in the L&C Pioneer Open, at 11 a.m. in an 8,000 meter race. The women's 6,000 meter race will follow at 12 noon. This will be the final competition for the Bruins until the Northwest Conference Championships on Saturday, Oct. 28, when Pacific Lutheran University will host the men's 8K and women's 6K races at Ft. Steilacoom Park in Tacoma, Wash.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 30, 2006

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9/30 – CHARLES BOWLES INVITATIONAL: Bruin Women 17th, Men 18th in Meet at Willamette

SALEM, Ore. – Running in Willamette University's cross country meet that prides itself on being one of the largest all season west of the Mississippi, the George Fox University women's team placed 17th out of 32 squads and the Bruin men came in 18th out of 31 in the 32nd annual Charles Bowles Invitational Saturday here at Bush's Pasture Park.

With over 1,200 athletes from all over the country competing, the meet was divided into four divisions: the "Gold" races for NCAA Division I and junior colleges, and the "Cardinal" races for the Division II and III and NAIA schools. The women's races were 5,000 meters, the men's 8,000.

The Bruin women scored 425 points for their 17th-place finish. Concordia University-Irvine cruised to victory with 52 points to 129 for runner-up and host Willamette, which had the individual champion in Sarah Zerzan with a time of 17:11.00.

Rachel Giffey-Brohaugh ran the top race for George Fox, placing 46th overall and for team scoring out of 298 runners with a mark of 19:00.35. She was 16th among D-III runners. Others who scored points for the Bruins were Whitney Warren (19:06.90, 49th/49th), Bethany Adams (19:43.95, 96th/90th), Anna McLain (19:53.50, 114th/106th), and Rebecca Duby (20:18.30, 147th/134th).

Other Bruin runners were Elizabeth Littlefield (20:23.80, 155th), Bethany Friesen (20:37.25, 176th), Bethany Strutz (20:58.60, 198th), Rebekah Guenther (21:05.05, 205th), and Tiffany Shrum (21:53.05, 239th).

The Bruin men had 469 points in placing 18th. Concordia-Irvine also won the men's race with 37 points, well ahead of Westmont College's 149. Individual honors went to Aron Rono of Azusa Pacific University, who ran a 23:43.35.

Jake Moe paced the Bruins for the third straight meet by running a 25:28.15, finishing 37th overall and for team scoring out of 305 runners. Among D-III competitors, he was 6th. Also scoring for the Bruins were Paul Rapet (26:21.60, 89th/85th), Grant Finney (26:25.55, 93rd/89th), Cam Eberhart (26:59.20, 141st/128th), and Jordan Ware (27:02.80, 143rd/130th).

Other Bruin runners were Jeff Friesen (27:26.70, 169th), David Delmore (27:57.40, 200th), and Justin Wiens (28:20.60, 220th).

Complete results of the Charles Bowles Invitational "Cardinal" races are available on the George Fox cross country web site, courtesy of Willamette University, at www.georgefox.edu/athletics/cross_country/2006/results.html.

The Bruins are off next week before entering the Mike Hodges Invitational at Clackamas Community College in Oregon City, Ore., on Saturday, Oct. 14.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 16, 2006

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9/16 – SUNDODGER INVITATIONAL: Bruin Women and Men Both 12th in Sundodger Open Races

SEATTLE, Wash. – Competing in the mid-morning Open races featuring small college runners from all over the West, the George Fox University men's and women's cross country teams found themselves in the middle of the pack as both teams finished 12th in the Sundodger Invitational, hosted by the University of Washington, Saturday morning here at Lincoln Park.

The Bruin women compiled 308 points for 12th out of 23 teams in the 6K race, and were 4th among six NCAA Division III teams. The event was won by Simon Fraser University with 59 points to 71 for Seattle Pacific University, with individual honors going to SPU's Jessica Pixler in 21:35.

Senior Whitney Warren ran one of the best races of her career to lead the Bruins, placing 52nd (46th for team scoring) out of 265 runners with a time of 23:28. She was 9th among D-III runners. Also scoring for the Bruins were Rachel Giffey-Brohaugh (61st/54th, 23:36), Anna McLain (70th/58th, 23:47), Leighann Fischer (88th/73rd, 24:09), and Bethany Adams (92nd/77th, 24:10).

Also competing for the Bruin were Elizabeth Littlefield (99th, 24:16), Bethany Strutz (170th, 25:27), Bethany Friesen (186th, 25:45), Rebekah Guenther (191st, 25:49), and Tiffany Shrum (214th, 26:39).

The George Fox men garnered 318 points in the 8K race, placing 12th out of 28 teams and 3rd of seven D-III teams. Chico State University knocked off Western Washington University 80-98 for the team title, while David Kiplagat of the University of Alaska-Anchorage took home the individual title in 24:38.

Jake Moe was the top Bruin runner for the second straight race, placing 27th overall out of 281 competitors and 24th for team scoring with a mark of 25:38. He was 3rd among D-III runners in the meet. Also scoring for the Bruins were Paul Rapet (65th/51st, 26:23), Jordan Ware (95th/74th, 26:48), Grant Finney (96th/75th, 26:49), and Cam Eberhart (123rd/94th, 27:08).

Other Bruin runners were Jeff Friesen (142nd, 27:31), David Delmore (163rd, 27:48), Eric Henderson (173rd, 28:00), Justin Wiens (188th, 28:13), and Paul DeMoss (222nd, 29:00).

Complete results of the Sundodger Invitational Open races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2006/results.html.

The Bruins will take next weekend off before returning to the races in the Willamette Invitational on Saturday, Sept. 30, at Bush's Pasture Park in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 15, 2006

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9/15 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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HIGHLIGHTS:

- * Coming Up: Sundodger Invitational at Lincoln Park in Seattle
- * McLain, Moe Honorable Mention for NWC Runners of the Week
- * Coach Hickey's Impressions of First Races as New Coach

COMING UP:

Sat., Sept. 16 - Sundodger Invitational at Lincoln Park, Seattle, Wash.

--- 9:00 am - Women's 6K Open / 9:40 am - Men's 8K Open

Over 800 athletes will compete in four separate races at the Sundodger Invitational, hosted by the University of Washington. The George Fox teams will compete in the two Open races, which will primarily feature small-college athletes, while the two Invitational races later in the day will feature the major-college runners. Coupled with last-week's season-opening University of Portland Invitational, this is the only time until post-season activity that the Bruins will run on back-to-back weekends. According to first-year head coach John Smith, "We decided to try to run fewer races this year and spread them out because of a tendency the last few years to peak too early and not perform as well as we are capable in the conference and regional races. With time off between events, we should be fresher at the end of the year when the most important races take place. This also gives us better recovery time in case of minor injuries and other aches and pains that typically come in a race."

BRUIN BITS:

* McLain, Moe Honorable Mention for NWC Runners of the Week

Anna McLain (Jr., Medina, Wash.) and Jake Moe (Sr., Anchorage, Alaska) received honorable mention for Northwest Conference Women's and Men's Runners of the Week for Sept. 4-10 as the Bruins' top finishers in the University of Portland Invitational on Sept. 8. McLain was 19th out of 53 overall and 7th among small-college runners in the women's 5K with a time of 19:50.73. Moe was 22nd out of 83 overall and 4th among small-college runners in the 6.4K race with a time of 21:03.87.

* 2006 Honors:

--- Jake Moe - NWC Men's Runner of the Week (HM, Sept. 4-10)

--- Anna McLain - NWC Women's Runner of the Week (HM, Sept. 4-10)

* Bruin Men Were 4th, Women 5th in UP Invitational

Team scores were not available in the first report of results from the University of Portland Invitational on Sept. 8 at Pier Park in Portland, Ore., but when they finally came in, the George Fox men were 4th out of seven teams in the 6.4K race and the Bruin women were 5th of six in the 5K race:

Final men's team scores: Oregon 26, Portland 29, Willamette 89, George Fox 138, Portland State 140, Western Oregon 163, Clark 199.

Final women's team scores: Oregon 22, Willamette 52, Portland State 64, Portland 114, George Fox 132, Clark 168.

* Coach Hickey's Impressions of First Races as New Coach

Mike Hickey, associate head coach of the George Fox cross country teams, got his first look at the Bruins in competition on Sept. 8 in the University of Portland Invitational and came away with a favorable impression.

"Our men came out running well and were very competitive," the first-year coach observed of the men's team, which finished 4th of seven teams. "Our standouts were Jake Moe and Paul Rapet, as expected, but I was also very impressed with Jordan Ware; he had

been a little bit inconsistent in practice but had given us glimpses of running well. He and Rapet are freshmen who had good starts toward good careers. I also thought Grant Finney ran a solid race after having missed all of last season with injuries."

The Bruin women placed 5th of six teams, but Hickey was most pleased by the team's reactions to their first race.

"I think all our women learned a bit about themselves and gained some self-awareness of where we need to go as a team," said Hickey. "In fact, we all gained more knowledge of where we need to go in training and in coaching, and it was great to hear the team talking among themselves as to how they can improve."

The Bruins have three more events between now and the Northwest Conference Championships on Oct. 28, and Hickey says, "From now on, all our conditioning and races are a learning process geared toward preparing for the conference and regionals, although we certainly want to be competitive in every race. But we have some long-range goals, and we want every runner focused on and committed to those goals."

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, September 11, 2006

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9/11 – PREVIEW: Bruins Begin Building Back toward National Prominence Under New Coaches

NEWBERG, Ore. – In the decade of the 1990's and as members of the NAIA, the George Fox University men's and women's cross country teams developed a reputation as one of the best programs in the country. New head coach **John Smith** and associate head coach **Mike Hickey** have made a goal of returning the Bruins to a place of renown as one of the top teams in the nation.

Smith, a former All-American decathlete at George Fox and an assistant coach at his alma mater for the last eight years, was named in the spring to replace outgoing coach **Wes Cook**, who retired after 19 years at the school. One of his first moves was to hire **Mike Hickey**, an assistant coach at Portland State University, to guide the cross country program.

"I am grateful to Coach Smith for this opportunity, and for his trust in me to run the cross country program," says Hickey, who will handle the day-to-day operations and coaching duties required of the job. "Both of us believe George Fox can compete on a national level again very soon."

Women

The Bruin women are coming off 2005 finishes of fifth in the Northwest Conference and sixth in the NCAA Division III West Regional. Nine letterwinners are gone, including freshman sensation **Lisa Mensonides**, an All-Region performer who placed 18th but is sitting out this fall after suffering an injury late in the spring track season.

"We'll certainly miss Lisa," admits Hickey, "but our core of returning athletes are very strong, and they have done an excellent job of leading our younger athletes in the pre-season."

Seven letterwinners are back for the Bruins, including five of the team's top six finishers in the regional: All-Region performer (17th) **Anna McLain** (Jr., Medina, Wash. / Bellevue Christian HS), **Whitney Warren** (Sr., Baker City, Ore. / Baker HS), **Rachel Giffey-Brohaugh** (Jr., Renton, Wash. / Christian Faith HS), **Bethany Adams** (Jr., Portland, Ore. / Westside Christian HS), and **Leighann Fischer** (Sr., Molalla, Ore. / Molalla HS). Also back are **Jessica Beach** (Sr., Sherwood, Ore. / Sherwood HS) and **Mary VanSteenburghe** (So., Gold Hill, Ore. / Crater HS), while **Rebecca Duby** (So., Baker City, Ore. / Baker HS) rejoins the team after a year off.

"McLain is a very strong runner who made it to the NCAA Championships two years ago, and could challenge for a spot there again," says Hickey. "Warren and Giffey-Brohaugh are veteran runners who give us great depth and will challenge for the top spot on the team, and Fischer appears stronger and ready for a successful senior season."

"I have been pleasantly surprised by **Bethany Adams** and **Jessica Beach**, who are coming off fine spring track seasons; they appear much improved and ready to solidify our lineup. **Duby** is making great progress after missing last year and could be a pleasant surprise."

Newcomers expected by Hickey to make the biggest impact are **Elizabeth Littlefield** (Fr., Rockaway Beach, Ore. / Neah-Kah-Nie HS) and **Bethany Strutz** (Fr., Billings, Mont. / Billings HS), the latter a cousin of George Fox men's basketball player **Brady Strutz**. "They are going to be significant contributors to our program," predicts Hickey, "and will push our returning runners to even higher heights."

Also available to the team are newcomers **Chelsea Coker** (Fr., Medford, Ore. / South Medford HS), **Bethany Friesen** (Fr., Poulso, Wash. / North Kitsap HS), **Rebekah Guenther** (Fr., Portland, Ore. / Clackamas HS), and **Tiffany Shrum** (Fr., Vancouver, Wash. / Columbia River HS).

"I'm always nervous about making predictions at the beginning of a season, especially since I'm so new to the program," admits Hickey, "but I think we have the potential to have a very strong team, maybe even a threat to the top teams in the region. We have a good mix and balance of strong long-distance and mid-distance runners. This group is extremely excited about competing and they are all training well."

Men

The George Fox men placed sixth in the Northwest Conference and 11th in the West Region in 2005, and welcome back eight of 11 letterwinners in an effort to improve their showings this fall. Five of the top six Bruins in the regional race return.

Jake Moe (Sr., Anchorage, Alaska / Anchorage Christian HS), who finished first in every George Fox race last season save one and was 22nd in the region, is expected to be the Bruins' top runner again in his final season. His primary challenge at the top could come from either **Grant Finney** (Jr., Tigard, Ore. / Southridge HS), who took a medical hardship last year, or **David Delmore** (Sr., Philomath, Ore. / Philomath HS), another athlete primed for a fine senior season.

Other regional participants who return are **Eric Henderson** (So., Terrebonne, Ore. / Redmond HS), **Adam Gray** (Jr., Coos Bay, Ore. / Marshfield HS), and **Justin Wiens** (So., Billings, Mont. / Skyview HS). **Adam Haldorson** (So., Creswell, Ore. / Springfield HS) and **Jeff Friesen** (Sr., Lake Oswego, Ore. / Westside Christian HS) round out the list of returning letterwinners.

"Moe, Finney, and Delmore appear to be our leaders," notes Hickey, "although a couple of freshmen are definitely making their mark." The new coach is especially high on **Paul Rapet** (Fr., Medford, Ore. / South Medford HS) and **Jordan Ware** (Fr., Boise, Idaho / Centennial HS), pointing out that "they came here in very good shape and had good summers training."

Another rookie, **Cameron Eberhart** (Fr., Albany, Ore. / West Albany HS), was "a highly-recruited athlete and Nike Border Clash participant," says Hickey, "and could have a big impact on our program before he's through." Rounding out the squad are **Paul DeMoss** (Fr., Gig Harbor, Wash. / Peninsula HS) and **John Sullivan** (Fr., Winthrop, Wash. / Liberty Bell HS).

"The top three returners appear to be ready for racing," says Hickey, "but there are several spots up for grabs and the competition for them will be great."

The Bruins opened the 2006 season on Sept. 8, in the University of Portland Invitational at Pier Park. Their next event is the Sundodger Invitational, hosted by the University of Washington, at Lincoln Park in Seattle. The women's 6K Open is at 9 a.m., followed by the men's 8K Open at 9:40 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 8, 2006

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9/8 – PORTLAND INVITATIONAL: McLain and Moe Top Bruin Runners in Season-Opening UP Event

PORTLAND, Ore. – Anna McLain placed 19th out of 53 women's runners and Jake Moe was 22nd out of 83 men's runners, the top finishers for George Fox University, as the Bruin cross country teams got their 2006 seasons going in the University of Portland Invitational Friday afternoon here at Pier Park.

No team results were compiled for either the women's 5,000 meter (3.1 miles) race or the 6,400 meter (4 miles) race for the men. Other small college teams in the races included Willamette University, Western Oregon University, and Clark College, while NCAA Division I programs competing were host Portland, the University of Oregon, and Portland State University.

McLain posted a time of 19:50.73, two minutes behind race winner Keara Simmons of Oregon (17:49.25). Also competing for the Bruins were Elizabeth Littlefield (27th, 20:27.17), Bethany Adams (30th, 20:35.71), Rachel Giffey-Brohaugh (31st, 20:35.90), Leighann Fischer (32nd, 20:49.00), Bethany Strutz (40th, 21:30.06), and Rebecca DUBY (41st, 21:35.37).

Moe, with a time of 21:03.87, was a little under a minute-and-a-half off the pace of winner Shadrack Kiptoo of Oregon (19:46.86). Paul Rapet was second for the Bruins (35th, 21:35.26), followed by Jordan Ware (46th, 21:51.64), Grant Finney (47th, 21:53.71), Eric Henderson (62nd, 22:56.34), David Delmore (67th, 23:04.25), and Paul DeMoss (77th, 24:45.31).

Complete University of Portland Invitational results are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2006/results/0908.html.

The Bruins return to action next Saturday, Sept. 16, in the Sundodger Invitational, hosted by the University of Washington, at Lincoln Park in Seattle. The women's 6K Open race begins at 9 a.m., followed by the men's 8K Open race at 9:40 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, November 30, 2006

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11/30 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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HIGHLIGHTS:

- * End of Season: Bruin Women 5th, Men 7th in West Regionals
- * Moe, McLain Bruin Athletic Association Top Athletes for Nov. 6-12
- * Coach Hickey's Review of First Season with Bruin Programs
- * Bruins Say Farewell to Six Senior Runners

COMING UP:

2006 season completed.

RECENT EVENTS (click on links for releases and results):

- * Nov. 11 - NCAA Division III West Regionals at Prado Park, Chino, Calif.
--- Men - 7th of 15 / Women - 5th of 16
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

- * **Moe, McLain Bruin Athletic Association Top Athletes for Nov. 6-12**

With their strong performances in the NCAA Division III West Regionals to close out the season, **Jake Moe** for the men and **Anna McLain** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Nov. 6-12.

Moe finished 16th overall out of 111 runners, and 14th for team scoring, in the men's 8K race, earning All-Region honors while posting a time of 25:54.45. **Moe** was the top Bruin runner in all six of the team's races this season, and has been a Bruin Athletic Association Men's Athlete of the Week four times this fall.

McLain ran the women's 6K in 23:30.03, finishing 14th overall out of 112 runners and 12th for team scoring. It was her third time to lead the team in a race this season, and her second time to be named the Bruin Athletic Association Women's Athlete of the Week.

- * **2006 Honors:**

- **Jake Moe** - NWC Men's Runner of the Week (HM-Sept. 4-10, HM-Sept. 11-17, HM-Sept. 25-Oct. 1, HM-Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17, Oct. 9-15, Oct. 23-29, Nov. 6-12); All-Northwest Conference First Team (5th); NCAA Division III All-West Region (16th)

- **Cam Eberhart** - NCAA Division III All-West Region (31st)
- **Anna McLain** - NWC Women's Runner of the Week (HM-Sept. 4-10); Bruin Athletic Association Women's Athlete of the Week (Oct. 23-29, Nov. 6-12); NCAA Division III All-West Region (14th)
- **Whittney Warren** - NWC Women's Runner of the Week (HM-Sept. 11-17)
- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM-Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)
- **Jessica Beach** - NCAA Division III All-West Region (30th)

* Coach Hickey's Review of First Season with Bruin Programs

When **Mike Hickey** was named associate head coach of the George Fox cross country teams by head cross country and track and field coach **John Smith** and given pretty much free rein to handle the programs as he saw fit, he wasn't sure what to expect, having never worked with the Bruins before. What he discovered turned out to be very much to his liking.

"We progressed better than anticipated," admitted Hickey, "and that's a great testament to our athletes' willingness to adapt and compete at a high level."

One of those adaptations required of the runners was more training sessions and fewer events on the schedule, a change Hickey said "really paid off for us. We had noticed a trend the last few years of our athletes not competing as well toward the end of the season, so we thought this approach would allow us to train better and be fresher for the really important races, such as the conference and regionals. And it worked; both teams ran well in the final two races. We had four All-Region athletes, the most, I believe, since we joined the NCAA."

Anna McLain (14th) and **Jessica Beach** (30th) earned All-Region honors for the women by finishing in the top 35, leading the Bruins to a 5th-place finish. **Jake Moe** (16th) and **Cam Eberhart** (31st) for the men were All-Region as the Bruins placed 7th.

"Our women ran well at the regionals, finishing in the same spot as they did at conference," noted Hickey. "Any of our top six could have earned All-Region honors, and they were all close to doing it. Our team just got better every single race, and ran the best two at the end.

"Anna ran a very tough, courageous race in California, and was just one spot out of a trip to the nationals. Jessica had a great race and showed some of the potential we knew she had."

The Bruin men, while finishing 7th overall in the regional, were 3rd among Northwest Conference teams, a fact Hickey noted with great enthusiasm.

"We trailed only Willamette and Puget Sound, year in and year out the two best teams in the conference," observed Hickey, "but we did finish two points ahead of Linfield, which was one of our goals for the regional. They are also a very good team, and we were hoping we had improved enough to overtake one of the other top teams in our league.

"I can't say enough about Jake - what a terrific senior year he had. He ran with no fear at the regionals and was challenging the leaders for about two-thirds of the race. He really earned his All-Conference and All-Region honors, and was also just one place away for going to nationals. Cam ran with great composure and toughness for a freshman - he's a young man with obvious character - and has a great career ahead of him."

The Bruins lose three seniors who competed in races this season from each team - Moe, **David Delmore**, and **Jeff Friesen** from the men's roster, and Beach, **Whittney Warren**, and **Leighann Fischer** from the women's - but Hickey is excited about the nucleus he has returning for his second season.

"Coach Smith and I hope to return the Bruins to that level we were at in the '80s and '90s, when the teams were competing and doing well in the NAIA," Hickey says of his long-range goals. "I believe we're just scratching the surface of how good we can become at George Fox."

* Bruins Say Farewell to Six Senior Runners

Six Bruin cross country runners - three men, three women - completed their eligibility in the 2006 season:

- **Jake Moe** of Anchorage, Alaska - Competed in 29 races in his four-year career, scoring in 28 ... Top Bruin runner in 14 races, 7 of 8 as a junior and 6 of 6 as a senior ... Finished in top 10 in a race 6 times, with best finish of 3rd in Boxer Rebellion (9/3/05) and Lewis & Clark Invitational (9/10/05) ... NWC Runner of the Week once (9/12/05) ... All-NWC First Team in 2006 (5th) ... Two-time All-West Region in 2004 (32nd) and 2006 (16th) ... Career record times: 8K - 24:57.15 in Northwest Conference Championship (10/28/06); 4M - 21:03.87 in University of Portland Invitational (9/8/2006) ... Ranks 4th on all-time GFU 8K list ...

- **David Delmore** of Philomath, Ore. - Competed in 27 races in his four-year career, scoring in 11 ... Best finish was 16th at PLU Invitational (10/8/05) ... Top Bruin runner in NCAA Division III West Region (11/12/05), placing 51st ... Career record times: 8K - 27:01.30 in Northwest Conference Championship (10/29/05); 4M - 22:29.17 in Nike/Jim Danner Invitational (10/16/04) ...

- **Jeff Friesen** of Lake Oswego, Ore. - Competed in 15 races in his four-year career, scoring in 8 ... Best finish was 21st in Bear Fete Invitational (9/20/03) ... Career record times: 8K - 26:59.76 in Northwest Conference Championship (10/28/06); 4M - 22:10.18

in Bear Fete Invitational (9/20/03) ...

- **Leighann Fischer** of Molalla, Ore. - Competed in 29 races in her four-year career, scoring in 26 ... Top Bruin runner in 13 races, including her first 12 ... Finished in top 10 in a race 6 times, with best finish of 5th in Willamette Open 5K (10/18/03) ... NWC Runner of the Week once (10/12/03) ... All-NWC Second Team in 2003 (12th) ... All-West Region in 2003 (9th) ... Career record times: 6K - 22:35.80 in Northwest Conference Championship (10/30/04); 5K - 18:37.14 in Willamette Invitational (10/4/03) ... Ranks 3rd on all-time GFU 6K list ...

- **Whittney Warren** of Baker City, Ore. - Competed in 27 races in her four-year career, scoring in 24 ... Top Bruin runner in Sundodger Invitational (9/16/06) ... Finished in top 10 in a race twice, placing 10th in Bear Fete Invitational 4K (9/18/04) and Boxer Rebellion (9/3/05) ... Career record times: 6K - 22:49.16 in Northwest Conference Championship (10/28/06); 5K - 19:06.90 in Charles Bowles Invitational (9/30/06) ... Ranks 5th on all-time GFU 6K list ...

- **Jessica Beach** of Sherwood, Ore. - Competed in 15 races in her three-year career (2003-04, 2006), scoring in 8 ... Best finish of 14th in Lewis & Clark Pioneer Open (10/14/06) ... All-West Region in 2006 (30th) ... Career record times: 6K - 22:55.27 in Northwest Conference Championship (10/28/06); 5K - 20:46.64 in Willamette Open (10/18/03) ... Ranks 7th on all-time GFU 6K list ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 11, 2006

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11/11 – WEST REGIONALS: Four Earn All-Region as Bruin Women 5th, Men 7th in West Races

CHINO, Calif. – Two George Fox University women and two GFU men earned All-Region honors by finishing in the top 35 as the Bruin women finished 5th and the men 7th in the NCAA Division III West Regional cross country races Saturday morning here at Prado Regional Park.

Anna McLain came in 14th overall and 12th for team scoring in the women's 6,000 meter race with a time of 23:30.03, while Jessica Beach placed 30th overall and 26th for scoring with a mark of 24:06.93. In the men's 8,000 meter run, Jake Moe finished 16th overall and 14th for scoring with a time of 25:54.45, and Cam Eberhart's time of 26:19.40 earned him 31st overall and 29th for scoring.

George Fox earned 145 points in the women's race in placing 5th out of 16 teams. Willamette University captured top honors with 63 points and Colorado College was next with 77. Individual honors went to Sarah Zerzan of Willamette, whose time of 21:45.68 was more than half a minute ahead of the 22:22.98 by Lewis & Clark College's Tamma Carleton. There were 112 runners in the women's regional race.

Also scoring for the Bruins were Rachel Giffey-Brohaugh in 24:28.88 (37th/33rd), Bethany Adams in 24:33.28 (40th/36th), and Leighann Fischer in 24:35.78 (42nd/38th). Also competing for George Fox were Whitney Warren in 24:44.33 (46th) and Bethany Friesen in 25:44.68 (75th).

The Bruins men garnered 191 points in finishing 7th out of 15 teams. Willamette also took the men's race with 75 points, besting the 88 earned by Occidental College. Julian Boggs of Colorado College defeated Will Leer of Pomona-Pitzer Colleges by just under two seconds, 24:32.60 to 24:34.55, for individual honors. A total of 111 runners competed in the men's regional race.

Other Bruins who scored points were Paul Rapet with a mark of 26:30.15 (38th/36th), Jordan Ware in 27:09.35 (56th/53rd), and Grant Finney in 27:14.50 (62nd/59th). Also running for George Fox were Eric Henderson in 27:40.20 (71st), and Jeff Friesen in 28:38.95 (91st).

The top two teams, and top seven runners not on those two teams, in each race now advance to the NCAA Division III National Championships on Saturday, Nov. 18, at Voice of America Park in West Chester, Ohio.

Complete results of the NCAA Division III West Regionals, courtesy of Claremont-Mudd-Scripps Colleges, are available on line at the George Fox cross country web site http://www.georgefox.edu/athletics/cross_country/index.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Tuesday, November 7, 2006

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11/7 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * Coming Up: NCAA D-III West Regional in California Saturday
- * Recent Events: Both Bruin Teams 4th in NWC Championships
- * Moe, McLain Bruin Athletic Association Top Athletes
- * Bruins Post 9 Top 20 Times, 11 Personal Records in NWC Races

COMING UP:

Sat., Nov. 11- NCAA Division III West Regionals at Prado Park, Chino, Calif.
--- 9:00 am - Men's 8K / 10:00 a.m. - Women's 6K

After 4th-place finishes for both the men's and women's teams in the Northwest Conference Championships, George Fox first-year associate head coach Mike Hickey is eager to see what his charges can do in the NCAA Division III West Regional races this Saturday at Prado Park in Chino, Calif.

The men's 8,000-meter race is set to start at 9 a.m., with the women's 6,000-meter competition following at 10 a.m. The Southern California Intercollegiate Athletic Conference is the regional host. The top two teams in each race, along with the top seven individuals in each race not on those teams, will advance to the NCAA Division National Championships on Nov. 18 at Voice of America Park in West Chester, Ohio. There will also be 16 at-large teams selected from among the eight national regions.

"We ran some of the best races in Bruin history in the conference championships," noted Hickey, "and I believe we will be competitive with some of the top teams in the region as well."

Led by Anna McLain, who was 16th in the NWC 6K race in a time of 22:33.53 that moved her into 2nd place on the GFU all-time list at that distance, the Bruins bunched six runners in places 16-31.

"We were only three points out of 3rd in the conference race, and our top six runners were all in a pack of only 35 seconds' difference," remarked Hickey. "It was a great race for us, and we must run with the same kind of commitment and intensity if we are to challenge in the regionals."

The Bruin men took 4th in the conference race despite missing their No. 2 runner, Grant Finney, who was out with a mild hamstring injury. His return is expected in time for the regional race and should give the team both a mental and physical lift. Jake Moe, the Bruins' top runner in every race this season, finished 5th in the NWC meet with a time of 24:57.15, making him the 4th-fastest runner in GFU 8K history.

"Jake opened some eyes at the conference with a great race," remarked Hickey. "This is a storied program with many great runners in its history, and he certainly earned a place right up there with them. If he competes well in the regionals, he has a shot at the nationals."

Bruin times have shown steady improvement as the season has progressed, a fact that has Hickey well-pleased.

"Coach Smith (John Smith, GFU's head cross country and track and field coach) and I agreed that, by running fewer races this year and spacing them out, we might see the teams fresher toward the end of the season, and it has paid off," admitted Hickey. "It is exciting to see the team members talking with each other after a race, discussing how they can improve and coming to the realization that they still have more 'gas in the tank' for a strong finish."

RECENT EVENTS (click on links for releases and results):

- * Oct. 28 - Northwest Conference Championships at PLU Campus Golf Course, Tacoma, Wash.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

* Moe, McLain Bruin Athletic Association Top Athletes

Jake Moe for the men and **Anna McLain** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Oct. 23-29 after strong near-record performances in the Northwest Conference Championships on Oct. 28 in Tacoma, Wash., leading both teams to 4th-place finishes.

Moe finished 5th overall out of 81 runners in the men's 8K race, earning First Team All-Conference honors while posting a personal-record time of 24:57.15. His new mark moved him into 4th place among all 8K runners in Bruin history. Moe has been the top Bruin runner in all five of the team's races this season, and has been a Bruin Athletic Association Men's Athlete of the Week three times now.

McLain also set a personal record in the women's 6K race with a time of 22:33.53, finishing 16th out of 83 runners. Her new mark was good enough for 2nd all-time at GFU at that distance. It was the second time this season she has been the Bruins' leading runner.

* 2006 Honors:

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM, Sept. 25-Oct. 1, HM, Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17; Oct. 9-15; Oct. 23-29); All-Northwest Conference First Team (5th)
- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10); Bruin Athletic Association Women's Athlete of the Week (Oct. 23-29)
- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)
- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM, Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)

* Bruins Post 9 Top 20 Times, 11 Personal Records in NWC Races

The following Bruin men set new personal 8K records in the Northwest Conference Championship race on Oct. 28 at the PLU Campus Golf Course in Tacoma, Wash., several of them moving into the top 20 all-time at George Fox:

- **Jake Moe** with a 24:57.15 (4th all-time), breaking previous best of 25:28.15 ...
- **Cam Eberhart** with a 25:36.23 (18th all-time), breaking previous best of 26:17.20 ...
- **Paul Rapet** with a 25:42.02 (19th all-time), breaking previous best of 26:21.60 ...
- **Jordan Ware** with a 26:29.69, breaking previous best of 26:48 ...
- **Jeff Friesen** with a 26:59.76, breaking previous best of 27:09.54 ...

The following Bruin women set new personal 6K records in the Northwest Conference Championship race on Oct. 28 at the PLU Campus Golf Course in Tacoma, Wash., several of them moving into the top 20 all-time at George Fox:

- **Anna McLain** with a 22:33.53 (2nd all-time), breaking previous best of 22:35 ...
- **Bethany Adams** with a 22:48.20 (4th all-time), breaking previous best of 23:43.30 ...
- **Whittney Warren** with a 22:49.16 (5th all-time), breaking previous best of 23:26.70 ...
- **Rachel Giffey-Brohaugh** with a 22:53.02 (6th all-time), breaking previous best of 22:55.40 ...
- **Jessica Beach** with a 22:55.27 (7th all-time), breaking previous best of 23:29.30 ...
- **Bethany Friesen** with a 24:25.27 (13th all-time), breaking previous best of 24:47.20 ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 28, 2006

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10/28 – NWC CHAMPIONSHIPS: Both Bruin Teams Finish 4th in Northwest Conference Races

TACOMA, Wash. – Jake Moe finished 5th in the men's 8,000 meter race to earn First Team All-Conference honors and Anna McLain was 16th in the women's 6,000 meter race, leading the George Fox University cross country teams to 4th-place showings in the 2006 Northwest Conference Championships held Saturday morning here on the Pacific Lutheran University Campus Golf Course.

Men

The Bruin men earned 119 points, trailing champion Willamette University's 40 points, the University of Puget Sound with 58, and Linfield College with 95. After George Fox came Whitworth College with 133, Whitman College with 138, Lewis & Clark College with 182, Pacific University with 191, and host Pacific Lutheran with 256. It was the sixth straight title for Willamette.

Ian Batch of Willamette took top honors with a course-record time of 24:30.70, 15 seconds ahead of Harrison Wilson of Linfield at 24:45.89. Times were very fast on the flat grassy course, with five runners under the 25-minute mark for the first time since 1983.

Moe was less than half a minute off the pace, running a personal-record 24:57.15 to finish 5th overall out of 81 runners and 5th for team scoring. Also scoring for the Bruins were Cam Eberhart at 25:36.23 (22nd/20th), Paul Rapet at 25:42.02 (25th/23rd), Eric Henderson at 26:17.44 (37th/34th), and Jordan Ware at 26:29.69 (40th/37th). Eberhart, Henderson, and Ware all set new personal marks.

Also competing for the Bruins were Jeff Friesen with a 26:59.76 (51st) and David Delmore at 27:15.41 (58th). Friesen's time was a new personal best.

Women

The George Fox women garnered 118 points, behind Willamette's winning 50 points, 54 by Puget Sound, and 115 by Lewis & Clark. After the Bruins were Whitworth with 123, Whitman with 126, Linfield with 155, host Pacific Lutheran with 222, and Pacific with 225. Willamette captured its fifth straight conference crown.

Individual honors went to Sarah Zerzan of Willamette with a mark of 20:32.66, almost a minute ahead of runner-up Emily Timmer of Puget Sound at 21:25.80. Zerzan broke not only the course record, but also the conference meet record.

McLain posted a time of 22:33.53, leading a sextet of Bruins who finished within 15 places and 35 seconds of each other. She was 16th overall out of 83 runners and 16th for team scoring. Others who earned points for the Bruins were Bethany Adams at 22:48.20 (23rd/23rd), Whitney Warren at 22:49.16 (25th/25th), Rachel Giffey-Brohaugh at 22:53.02 (26th/26th), and Jessica Beach at 22:55.27 (28th/28th). Adams, Giffey-Brohaugh, and Beach all set new personal marks.

Other Bruin runners were Leighann Fischer at 23:07.12 (31st), Bethany Friesen at 24:25.27 (59th), Bethany Strutz at 25:22.55 (70th), and Rebecca DUBY at 26:02.95 (75th). Friesen's time was a new record for her.

Complete results of the Northwest Conference Championships, courtesy of Pacific Lutheran, for both men and women are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins, along with all the other conference teams, now turn their attention to the NCAA Division III West Regionals coming up Saturday, Nov. 11, at Prado Park in Chino, Calif.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, October 26, 2006

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10/26 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * Coming Up: Northwest Conference Championships at PLU Saturday
- * Recent Events: Bruins Make Good Showing in L&C Pioneer Open
- * Moe, Giffey-Brohaugh BAA Top Athletes, HM for NWC Honors
- * Nine Personal Records Set at L&C Pioneer Open

COMING UP:

Sat., Oct. 28 - Northwest Conference Championships at PLU Campus Golf Course, Tacoma, Wash.
--- 10:00 am - Men's 8K / 11 a.m. - Women's 6K

Coming off what associate head coach Mike Hickey called "our best races of the season" in the Lewis & Clark Pioneer Open, the George Fox men's and women's cross country teams hope to be among the contenders for the Northwest Conference Championships this Saturday, Oct. 28, at the Pacific Lutheran University Campus Golf Course in Tacoma, Wash.

The men's 8,000-meter race is scheduled to start at 10 a.m., with the women's 6,000-meter competition beginning at 11 a.m. An awards ceremony will follow at the conclusion of the women's race.

The Bruin men finished 6th in last year's nine-team race, but expect to improve after their 3rd-place finish in the Pioneer Open on Oct. 14. Jake Moe, the Bruins' top runner in every race this fall, could be a serious contender for individual honors after setting a personal record of 25:28.15 in the Charles Bowles Invitational on Sept. 30. Other Bruins who have scored in every race thus far include Cam Eberhart, Paul Rapet, Grant Finney, and Jordan Ware. Eberhart, Rapet, and Ware are all newcomers to the program.

The George Fox women are coming off a 2nd-place finish in the Pioneer Open and looking to better last year's 5th-place showing in the NWC Championship. The women's team is more of a veteran team than the men, with Rachel Giffey-Brohaugh and Whitney Warren coming on strong in the last couple of races; both set new personal 6K records in the Pioneer Open, Giffey-Brohaugh at 22:54.40 and Warren at 23:26.70. Experienced runners such as Anna McLain, Bethany Adams, and Leighann Fischer give the team strength up and down the lineup. Jessica Beach, in her first race of the season in the Pioneer Open, scored points for the Bruins and will add even more depth.

Willamette should be the team to beat this year in both the men's and women's divisions. The Bearcat men are ranked 15th in the NCAA Division III national coaches poll and have won conference titles five years running. In addition, the Bearcats return five of their 10 varsity runners from conference last year, including Ian Batch, who finished fourth. The Willamette women are ranked 10th in the Division III national poll and have won the NWC crown five out of the last six years, including the past four. The Bearcat women return five of their 10 runners as well, including last year's runner-up, Sarah Zerzan.

Whitworth, Puget Sound and Linfield could also challenge for the men's team title. Puget Sound, which has placed second in conference the past four years, returns seven runners, but the Loggers will have to replace 2005 NWC runner-up Frank Prince, who graduated. Whitworth will also be hurt with the graduation of Doug Blackburn, who placed third in conference last year.

There will be a number of runners in the hunt for the men's individual title. Kellen Peters of Pacific has run the fastest 8,000 meters this season with a time of 24:58 at the Sundodger Invitational on Sept. 16. Puget Sound's Trevor Hanlin and Dan Pollard should both be in the mix along with Linfield's Harrison Wilson, Willamette's Batch, and Moe.

Since the first Northwest Conference men's race in 1963, Willamette has won 16 championships, with seven of those coming from 1976-1982. Pacific Lutheran is second with 12 titles, followed by Lewis and Clark with six, Puget Sound with four, Whitman with three, and Linfield and Whitworth with two each.

Willamette will receive competition on the women's side from Puget Sound, which is currently ranked 25th in the nation. Led by

junior Brittany Hodgson, the Loggers were only one spot behind the Bearcats at the Willamette Invitational on Sept. 30. Other top teams are George Fox, Lewis & Clark, Whitman, and Whitworth. All have competed well this season and are looking to place in the top three.

Individually, Willamette's Zerzan is looking tough to beat after posting a 5,000-meter time of 16:25 at the Mike Hodges Invitational on Oct. 14. Zerzan placed 25th last year at the national meet to earn All-America status. Tamma Carleton from Lewis & Clark, who placed third in the 2005 championship meet, looks like a solid number two after remaining undefeated against NWC opponents all season, with the exception of one race against Zerzan. Whitworth's Julie Lauterbach, fifth at the 2005 NWC meet, and Linfield's Joanna Murphy, sixth last year, are other top returnees. Puget Sound's Hodgson and Pacific's Shana Shosky should also be in the lead pack.

The first women's Northwest Conference meet was held in 1977, and Pacific Lutheran has won the most team titles with 13, including 11 in a row from 1981-92. Willamette has the second-most with five, all of them coming in the last six years. Linfield won four straight from 1977-80, and Puget Sound also has four, including three in a row in the late 1990's. Whitman has three championship trophies, all of them coming in the 1990's.

The course record for the women is 21:58.8 set by Whitworth's Lauterbach at the 2006 PLU Invitational. Linfield's Wilson holds the men's course record of 25:14.5, also set at the PLU Invitational this year.

(PLU sports information director Nick Dawson also contributed to this story with preview information.)

RECENT EVENTS (click on links for releases and results):

* Oct. 14 - L&C Pioneer Open at McIver State Park, Estacada, Ore.
--- Men - 3rd of 8 / Women - 2nd of 5
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

* Moe, Giffey-Brohaugh BAA Top Athletes, HM for NWC Honors

Jake Moe for the men and **Rachel Giffey-Brohaugh** for the women were named the Bruin Athletic Association Athletes of the Week and received honorable mention for Northwest Conference Runners of the Week for the week of Oct. 9-15 after strong efforts in the L&C Pioneer Open on Oct. 14.

Moe finished 6th overall out of 83 runners and 4th among all NCAA Division III runners in the Pioneer Open, posting a time of 25:45.70 in the 8K race. Although it was not his personal best (25:28.15), which he had set two weeks earlier in Charles Bowles Invitational in Salem, Ore., coach Mike Hickey called it "his best race of the year, given the degree of difficulty of the course; he would easily have been 25-30 seconds better if he had been running in Salem." Moe has been the top Bruin runner in all four of the team's races this season.

Giffey-Brohaugh did set a new personal record for the 6K with her time of 22:55.40 in the Pioneer Open. She placed 10th overall out of 66 runners and 7th among all D-III runners, leading the Bruins to a 2nd-place finish in the event. It was her second straight race as the Bruins' top runner.

* 2006 Honors:

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM, Sept. 25-Oct. 1, HM, Oct. 9-15); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17; Oct. 9-15)
- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10)
- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)
- **Rachel Giffey-Brohaugh** - NWC Women's Runner of the Week (HM, Oct. 9-15); Bruin Athletic Association Women's Athlete of the Week (Oct. 9-15)

*** Nine Personal Records Set at L&C Pioneer Open**

The following Bruin men set new personal 8K records in the Pioneer Open on Oct. 14:

- **Cam Eberhart** with a 26:17.20 (previous best was 26:59.20) ...
- **Eric Henderson** with a 27:04.40 (previous best was 27:15.8) ...
- **Paul DeMoss** with a 28:52.60 (previous best was 29:00) ...

The following Bruin women set new personal 6K records in the Pioneer Open on Oct. 14:

- **Rachel Giffey-Brohaugh** with a 22:55.40 (previous best was 23:36) ...
- **Whittney Warren** with a 23:26.70 (previous best was 23:28) ...
- **Bethany Adams** with a 23:43.30 (previous best was 24:10) ...
- **Bethany Friesen** with a 24:47.20 (previous best was 25:45) ...
- **Tiffany Shrum** with a 25:12.30 (previous best was 26:39) ...
- **Bethany Strutz** with at 24:58.80 (previous best was 25:27) ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 14, 2006

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10/14 – PIONEER OPEN: Best Races of Season Find Bruin Women 2nd, Men 3rd in L&C Event

ESTACADA, Ore. – Running what coach Mike Hickey called “our best races of the season”, the George Fox University Bruins placed a strong 2nd in the women’s 6K race and 3rd in the men’s 8K race at the Pioneer Open hosted by Lewis & Clark College Saturday here at McIver State Park.

The Bruin women were 2nd out of five teams with 61 points to 27 for the University of Puget Sound. Behind those two were Lewis & Clark and the University of British Columbia, tied with 75 points each, and the Oregon Institute of Technology with 118. The individual winner was Tamma Carleton of Lewis & Clark in a time of 21:56.60, well ahead of runner-up Emily Timmer of Puget Sound in 22:10.30.

Rachel Giffey-Brohaugh paced the Bruins with a personal record of 22:55.40, placing 10th overall out of 66 runners and 9th for team scoring. Also contributing to the George Fox total were Whittney Warren in 23:26.70 (12th/11th), Anna McLain in 23:28.50 (13th/12th), Jessica Beach in her first race of the season in 23:29.30 (14th/13th), and Bethany Adams in 23:43.30 (17th/16th).

The George Fox men ran a close 3rd out of eight teams to the runner-up University of British Columbia - UBC led 65-74 - while Puget Sound took team honors with 36 points. After the Bruins came Oregon Tech with 123 points, the University of Oregon Running Club with 128, Lewis & Clark with 140, Pacific University with 163, and the Lewis & Clark Alumni with 215. Carlos Shane of British Columbia ran away from the field with a time of 24:40.70, with 2nd-place honors going to Trevor Hanlin of Puget Sound in 25:28.70.

Jake Moe ran a strong race for George Fox, finishing 6th out of 83 runners and 6th for team scoring with a time of 25:45.70. Adding to the Bruins’ total were Cam Eberhart in 26:17.20 (11th/10th), Paul Rapet in 26:40.00 (19th/18th), Grant Finney in 26:45.40 (20th/19th), and Jordan Ware in 26:56.80 (22nd/21st).

“I hesitate to say we’re peaking,” said a cautious Coach Hickey following the races, “because I think we can improve, but to come out and run the type of quality races we had today, after probably the toughest week of training we’ve had, is amazing. We are reaching a point where we are healthy and in excellent shape, and we should be able to give some of the top teams in the Northwest Conference a run for their money.”

Hickey noted that the Bruins were very competitive against some of the best small-college teams in North America, pointing out that “the British Columbia men are ranked 27th in the NAIA, while the Puget Sound women are 27th in the NCAA Division III poll, yet we held our own against those two.”

Although he did not set a new personal record as he had each of the last two times out, Moe ran what Hickey thought might be “the best race of his career” in placing 6th in 25:45.70. He had set a new mark for himself two weeks earlier in the Charles Bowles Invitational at Bush’s Pasture Park in Salem, Ore., running the 8K race in 25:28.15. Commented Hickey, “Although his time wasn’t quite what it was two weeks ago, he still ran what I think was a much stronger overall race because of the relative toughness of the courses. He might easily have been 25 or 30 seconds faster over there than here at McIver.”

Complete results of the Pioneer Open, courtesy of Lewis & Clark, for both men and women are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins are off next week before competing in the Northwest Conference Championships on Saturday, Oct. 28, at Ft. Steilacoom Park in Tacoma, Wash., with Pacific Lutheran University as the host.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, October 12, 2006

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10/12 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * Coming Up: Switch from Hodges Invitational to Pioneer Open
- * Recent Events: Sundodger and Charles Bowles Invitationals
- * Moe, Warren Honorable Mention for NWC Runners of the Week
- * Moe Moves into 13th All-Time on 8K List with Salem Effort
- * Personal Records Established in Last Two Meets

COMING UP:

Sat., Oct. 14 - Lewis & Clark Pioneer Open at McIver State Park, Estacada, Ore.
--- 11:00 am - Men's 8K Open / 12 noon - Women's 6K Open

In an effort to get more competition against other Northwest Conference schools, the Bruins switched plans early in the week and will now run in the L&C Pioneer Open races hosted by Lewis & Clark College at Milo McIver State Park near Estacada, Ore., this Saturday.

The Bruins had been scheduled originally to run in the Mike Hodges Invitational at Clackamas Community College in Oregon City, but head coach John Smith and associate head coach Mike Hickey made the decision to change because a number of teams dropped out of the Clackamas meet and more conference teams would be in Estacada.

The men will run first at 11 a.m. in an 8,000 meter race. The women's 6,000 meter race will follow at 12 noon. This will be the final competition for the Bruins until the Northwest Conference Championships on Saturday, Oct. 28, when Pacific Lutheran University will host the men's 8K and women's 6K races at Ft. Steilacoom Park in Tacoma, Wash.

RECENT EVENTS (click on links for releases and results):

* Sept. 16 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- Men - 12th of 27 / Women - 12th of 23
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

* Sept. 30 - Charles Bowles Invitational at Bush's Pasture Park, Salem, Ore.
--- Men - 18th of 31 / Women - 17th of 32
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Moe, Warren Honorable Mention for NWC Runners of the Week**

Jake Moe received honorable mention for Northwest Conference Men's Runner of the Week for back-to-back races Sept. 11-17 and Sept. 25-Oct. 1, while **Whittney Warren** was honorable mention for NWC Women's Runner of the Week for Sept. 11-17.

Moe finished 27th overall and 3rd among all NCAA Division III runners in the Sundodger Invitational at Lincoln Park in Seattle, Wash., on Sept. 16, posting a time of 25:38 in the 8K race. It was a personal best for Moe, but he broke it two weeks later in the Charles Bowles Invitational 8K race at Bush's Pasture Park in Salem, Ore., on Sept. 30. In finishing 37th overall and 6th among D-III runners, he set a new mark of 25:28.15.

Warren also set a new personal record for the 6K when she ran a 23:28 in the Sundodger Invitational on Sept. 16. She was 52nd overall and 9th among all D-III runners.

*** 2006 Honors:**

- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10; HM, Sept. 11-17; HM< Sept. 25-Oct. 1); Bruin Athletic Association Men's Athlete of the Week (Sept. 11-17)
- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10)
- **Whittney Warren** - NWC Women's Runner of the Week (HM, Sept. 11-17)

*** Moe Moves into 13th All-Time on 8K List with Salem Effort**

Jake Moe moved into 13th place on the all-time list of runners in the 8,000 meters at George Fox when he posted a time of 25:28.15 in the Charles Bowles Invitational at Bush's Pasture Park in Salem, Ore., on Sept. 30. Moe began the season 24th on the list, but had jumped up to 17th when he had a 25:38 in the Sundodger Invitational on Sept. 16 at Lincoln Park in Seattle, Wash., the same place he had set his previous best. Moe has led the Bruins in each of the team's three races this year and has not finished lower than 6th among NCAA Division III runners in any of them.

*** Personal Records Established in Last Two Meets**

The following Bruin men set new personal 8K records in the last two events in which they competed:

- **Jake Moe** set a new in the Sundodger Invitational on Sept. 16 of 25:38, then broke it in the Charles Bowles Invitational on Sept. 30 with a 25:28.15 ...
- **Cam Eberhart** in the Charles Bowles Invitational on Sept. 30 with a 26:59.20 ...
- **Grant Finney** in the Charles Bowles Invitational on Sept. 30 with a 26:25.55 ...
- **Paul Rapet** in the Charles Bowles Invitational on Sept. 30 with a 26:21.60 ...
- **Justin Wiens** in the Charles Bowles Invitational on Sept. 30 with a 27:02.80 ...

The following Bruin women set new personal 6K records in the Sundodger Invitational on Sept. 16:

- **Rachel Giffey-Brohaugh** with a 23:36 ...
- **Whittney Warren** with a 23:28 ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, October 9, 2006

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10/9 – Bruins Switch Meets to Run in Lewis & Clark Pioneer Open on Oct. 14

NEWBERG, Ore. – In an effort to get more competition against other Northwest Conference schools, the George Fox University men's and women's cross country teams have switched plans for this Saturday, Oct. 14, and will run in the L&C Pioneer Open races hosted by Lewis & Clark College at Milo McIver State Park near Estacada, Ore.

The Bruins had been scheduled originally to run in the Mike Hodges Invitational at Clackamas Community College in Oregon City, but head coach John Smith and associate head coach Mike Hickey made the decision to change because a number of teams dropped out of the Clackamas meet and more conference teams would be in Estacada.

The men will run first in the L&C Pioneer Open, at 11 a.m. in an 8,000 meter race. The women's 6,000 meter race will follow at 12 noon. This will be the final competition for the Bruins until the Northwest Conference Championships on Saturday, Oct. 28, when Pacific Lutheran University will host the men's 8K and women's 6K races at Ft. Steilacoom Park in Tacoma, Wash.

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SPORTS RELEASE: CROSS COUNTRY – Saturday, September 30, 2006

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9/30 – CHARLES BOWLES INVITATIONAL: Bruin Women 17th, Men 18th in Meet at Willamette

SALEM, Ore. – Running in Willamette University's cross country meet that prides itself on being one of the largest all season west of the Mississippi, the George Fox University women's team placed 17th out of 32 squads and the Bruin men came in 18th out of 31 in the 32nd annual Charles Bowles Invitational Saturday here at Bush's Pasture Park.

With over 1,200 athletes from all over the country competing, the meet was divided into four divisions: the "Gold" races for NCAA Division I and junior colleges, and the "Cardinal" races for the Division II and III and NAIA schools. The women's races were 5,000 meters, the men's 8,000.

The Bruin women scored 425 points for their 17th-place finish. Concordia University-Irvine cruised to victory with 52 points to 129 for runner-up and host Willamette, which had the individual champion in Sarah Zerzan with a time of 17:11.00.

Rachel Giffey-Brohaugh ran the top race for George Fox, placing 46th overall and for team scoring out of 298 runners with a mark of 19:00.35. She was 16th among D-III runners. Others who scored points for the Bruins were Whitney Warren (19:06.90, 49th/49th), Bethany Adams (19:43.95, 96th/90th), Anna McLain (19:53.50, 114th/106th), and Rebecca Duby (20:18.30, 147th/134th).

Other Bruin runners were Elizabeth Littlefield (20:23.80, 155th), Bethany Friesen (20:37.25, 176th), Bethany Strutz (20:58.60, 198th), Rebekah Guenther (21:05.05, 205th), and Tiffany Shrum (21:53.05, 239th).

The Bruin men had 469 points in placing 18th. Concordia-Irvine also won the men's race with 37 points, well ahead of Westmont College's 149. Individual honors went to Aron Rono of Azusa Pacific University, who ran a 23:43.35.

Jake Moe paced the Bruins for the third straight meet by running a 25:28.15, finishing 37th overall and for team scoring out of 305 runners. Among D-III competitors, he was 6th. Also scoring for the Bruins were Paul Rapet (26:21.60, 89th/85th), Grant Finney (26:25.55, 93rd/89th), Cam Eberhart (26:59.20, 141st/128th), and Jordan Ware (27:02.80, 143rd/130th).

Other Bruin runners were Jeff Friesen (27:26.70, 169th), David Delmore (27:57.40, 200th), and Justin Wiens (28:20.60, 220th).

Complete results of the Charles Bowles Invitational "Cardinal" races are available on the George Fox cross country web site, courtesy of Willamette University, at www.georgefox.edu/athletics/cross_country/2006/results.html.

The Bruins are off next week before entering the Mike Hodges Invitational at Clackamas Community College in Oregon City, Ore., on Saturday, Oct. 14.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 16, 2006

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9/16 – SUNDODGER INVITATIONAL: Bruin Women and Men Both 12th in Sundodger Open Races

SEATTLE, Wash. – Competing in the mid-morning Open races featuring small college runners from all over the West, the George Fox University men's and women's cross country teams found themselves in the middle of the pack as both teams finished 12th in the Sundodger Invitational, hosted by the University of Washington, Saturday morning here at Lincoln Park.

The Bruin women compiled 308 points for 12th out of 23 teams in the 6K race, and were 4th among six NCAA Division III teams. The event was won by Simon Fraser University with 59 points to 71 for Seattle Pacific University, with individual honors going to SPU's Jessica Pixler in 21:35.

Senior Whitney Warren ran one of the best races of her career to lead the Bruins, placing 52nd (46th for team scoring) out of 265 runners with a time of 23:28. She was 9th among D-III runners. Also scoring for the Bruins were Rachel Giffey-Brohaugh (61st/54th, 23:36), Anna McLain (70th/58th, 23:47), Leighann Fischer (88th/73rd, 24:09), and Bethany Adams (92nd/77th, 24:10).

Also competing for the Bruin were Elizabeth Littlefield (99th, 24:16), Bethany Strutz (170th, 25:27), Bethany Friesen (186th, 25:45), Rebekah Guenther (191st, 25:49), and Tiffany Shrum (214th, 26:39).

The George Fox men garnered 318 points in the 8K race, placing 12th out of 28 teams and 3rd of seven D-III teams. Chico State University knocked off Western Washington University 80-98 for the team title, while David Kiplagat of the University of Alaska-Anchorage took home the individual title in 24:38.

Jake Moe was the top Bruin runner for the second straight race, placing 27th overall out of 281 competitors and 24th for team scoring with a mark of 25:38. He was 3rd among D-III runners in the meet. Also scoring for the Bruins were Paul Rapet (65th/51st, 26:23), Jordan Ware (95th/74th, 26:48), Grant Finney (96th/75th, 26:49), and Cam Eberhart (123rd/94th, 27:08).

Other Bruin runners were Jeff Friesen (142nd, 27:31), David Delmore (163rd, 27:48), Eric Henderson (173rd, 28:00), Justin Wiens (188th, 28:13), and Paul DeMoss (222nd, 29:00).

Complete results of the Sundodger Invitational Open races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2006/results.html.

The Bruins will take next weekend off before returning to the races in the Willamette Invitational on Saturday, Sept. 30, at Bush's Pasture Park in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 15, 2006

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9/15 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2006 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * **Coming Up: Sundodger Invitational at Lincoln Park in Seattle**
- * **McLain, Moe Honorable Mention for NWC Runners of the Week**
- * **Coach Hickey's Impressions of First Races as New Coach**

COMING UP:

Sat., Sept. 16 - Sundodger Invitational at Lincoln Park, Seattle, Wash.

--- 9:00 am - Women's 6K Open / 9:40 am - Men's 8K Open

Over 800 athletes will compete in four separate races at the Sundodger Invitational, hosted by the University of Washington. The George Fox teams will compete in the two Open races, which will primarily feature small-college athletes, while the two Invitational races later in the day will feature the major-college runners. Coupled with last-week's season-opening University of Portland Invitational, this is the only time until post-season activity that the Bruins will run on back-to-back weekends. According to first-year head coach John Smith, "We decided to try to run fewer races this year and spread them out because of a tendency the last few years to peak too early and not perform as well as we are capable in the conference and regional races. With time off between events, we should be fresher at the end of the year when the most important races take place. This also gives us better recovery time in case of minor injuries and other aches and pains that typically come in a race."

BRUIN BITS:

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

Anna McLain (Jr., Medina, Wash.) and **Jake Moe** (Sr., Anchorage, Alaska) received honorable mention for Northwest Conference Women's and Men's Runners of the Week for Sept. 4-10 as the Bruins' top finishers in the University of Portland Invitational on Sept. 8. McLain was 19th out of 53 overall and 7th among small-college runners in the women's 5K with a time of 19:50.73. Moe was 22nd out of 83 overall and 4th among small-college runners in the 6.4K race with a time of 21:03.87.

* 2006 Honors:

--- **Jake Moe** - NWC Men's Runner of the Week (HM, Sept. 4-10)

--- **Anna McLain** - NWC Women's Runner of the Week (HM, Sept. 4-10)

- * **Bruin Men Were 4th, Women 5th in UP Invitational**

Team scores were not available in the first report of results from the University of Portland Invitational on Sept. 8 at Pier Park in Portland, Ore., but when they finally came in, the George Fox men were 4th out of seven teams in the 6.4K race and the Bruin women were 5th of six in the 5K race.

Final men's team scores: Oregon 26, Portland 29, Willamette 89, George Fox 138, Portland State 140, Western Oregon 163, Clark 199.

Final women's team scores: Oregon 22, Willamette 52, Portland State 64, Portland 114, George Fox 132, Clark 168.

- * **Coach Hickey's Impressions of First Races as New Coach**

Mike Hickey, associate head coach of the George Fox cross country teams, got his first look at the Bruins in competition on Sept. 8 in the University of Portland Invitational and came away with a favorable impression.

"Our men came out running well and were very competitive," the first-year coach observed of the men's team, which finished 4th of seven teams. "Our standouts were Jake Moe and Paul Rapet, as expected, but I was also very impressed with Jordan Ware; he had

been a little bit inconsistent in practice but had given us glimpses of running well. He and Rapet are freshmen who had good starts toward good careers. I also thought Grant Finney ran a solid race after having missed all of last season with injuries."

The Bruin women placed 5th of six teams, but Hickey was most pleased by the team's reactions to their first race.

"I think all our women learned a bit about themselves and gained some self-awareness of where we need to go as a team," said Hickey. "In fact, we all gained more knowledge of where we need to go in training and in coaching, and it was great to hear the team talking among themselves as to how they can improve."

The Bruins have three more events between now and the Northwest Conference Championships on Oct. 28, and Hickey says, "From now on, all our conditioning and races are a learning process geared toward preparing for the conference and regionals, although we certainly want to be competitive in every race. But we have some long-range goals, and we want every runner focused on and committed to those goals."

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his first year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, September 11, 2006

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9/11 – PREVIEW: Bruins Begin Building Back toward National Prominence Under New Coaches

NEWBERG, Ore. – In the decade of the 1990's and as members of the NAIA, the George Fox University men's and women's cross country teams developed a reputation as one of the best programs in the country. New head coach **John Smith** and associate head coach **Mike Hickey** have made a goal of returning the Bruins to a place of renown as one of the top teams in the nation.

Smith, a former All-American decathlete at George Fox and an assistant coach at his alma mater for the last eight years, was named in the spring to replace outgoing coach **Wes Cook**, who retired after 19 years at the school. One of his first moves was to hire **Mike Hickey**, an assistant coach at Portland State University, to guide the cross country program.

"I am grateful to Coach Smith for this opportunity, and for his trust in me to run the cross country program," says Hickey, who will handle the day-to-day operations and coaching duties required of the job. "Both of us believe George Fox can compete on a national level again very soon."

Women

The Bruin women are coming off 2005 finishes of fifth in the Northwest Conference and sixth in the NCAA Division III West Regional. Nine letterwinners are gone, including freshman sensation **Lisa Mensonides**, an All-Region performer who placed 18th but is sitting out this fall after suffering an injury late in the spring track season.

"We'll certainly miss Lisa," admits Hickey, "but our core of returning athletes are very strong, and they have done an excellent job of leading our younger athletes in the pre-season."

Seven letterwinners are back for the Bruins, including five of the team's top six finishers in the regional: All-Region performer (17th) **Anna McLain** (Jr., Medina, Wash. / Bellevue Christian HS), **Whitney Warren** (Sr., Baker City, Ore. / Baker HS), **Rachel Giffey-Brohaugh** (Jr., Renton, Wash. / Christian Faith HS), **Bethany Adams** (Jr., Portland, Ore. / Westside Christian HS), and **Leighann Fischer** (Sr., Molalla, Ore. / Molalla HS). Also back are **Jessica Beach** (Sr., Sherwood, Ore. / Sherwood HS) and **Mary VanSteenburghe** (So., Gold Hill, Ore. / Crater HS), while **Rebecca Duby** (So., Baker City, Ore. / Baker HS) rejoins the team after a year off.

"McLain is a very strong runner who made it to the NCAA Championships two years ago, and could challenge for a spot there again," says Hickey. "Warren and Giffey-Brohaugh are veteran runners who give us great depth and will challenge for the top spot on the team, and Fischer appears stronger and ready for a successful senior season."

"I have been pleasantly surprised by Bethany Adams and Jessica Beach, who are coming off fine spring track seasons; they appear much improved and ready to solidify our lineup. Duby is making great progress after missing last year and could be a pleasant surprise."

Newcomers expected by Hickey to make the biggest impact are **Elizabeth Littlefield** (Fr., Rockaway Beach, Ore. / Neah-Kah-Nie HS) and **Bethany Strutz** (Fr., Billings, Mont. / Billings HS), the latter a cousin of George Fox men's basketball player Brady Strutz. "They are going to be significant contributors to our program," predicts Hickey, "and will push our returning runners to even higher heights."

Also available to the team are newcomers **Chelsea Coker** (Fr., Medford, Ore. / South Medford HS), **Bethany Friesen** (Fr., Poulsbo, Wash. / North Kitsap HS), **Rebekah Guenther** (Fr., Portland, Ore. / Clackamas HS), and **Tiffany Shrum** (Fr., Vancouver, Wash. / Columbia River HS).

"I'm always nervous about making predictions at the beginning of a season, especially since I'm so new to the program," admits Hickey, "but I think we have the potential to have a very strong team, maybe even a threat to the top teams in the region. We have a good mix and balance of strong long-distance and mid-distance runners. This group is extremely excited about competing and they are all training well."

Men

The George Fox men placed sixth in the Northwest Conference and 11th in the West Region in 2005, and welcome back eight of 11 letterwinners in an effort to improve their showings this fall. Five of the top six Bruins in the regional race return.

Jake Moe (Sr., Anchorage, Alaska / Anchorage Christian HS), who finished first in every George Fox race last season save one and was 22nd in the region, is expected to be the Bruins' top runner again in his final season. His primary challenge at the top could come from either **Grant Finney** (Jr., Tigard, Ore. / Southridge HS), who took a medical hardship last year, or **David Delmore** (Sr., Philomath, Ore. / Philomath HS), another athlete primed for a fine senior season.

Other regional participants who return are **Eric Henderson** (So., Terrebonne, Ore. / Redmond HS), **Adam Gray** (Jr., Coos Bay, Ore. / Marshfield HS), and **Justin Wiens** (So., Billings, Mont. / Skyview HS). **Adam Haldorson** (So., Creswell, Ore. / Springfield HS) and **Jeff Friesen** (Sr., Lake Oswego, Ore. / Westside Christian HS) round out the list of returning letterwinners.

"Moe, Finney, and Delmore appear to be our leaders," notes Hickey, "although a couple of freshmen are definitely making their mark." The new coach is especially high on **Paul Rapet** (Fr., Medford, Ore. / South Medford HS) and **Jordan Ware** (Fr., Boise, Idaho / Centennial HS), pointing out that "they came here in very good shape and had good summers training."

Another rookie, **Cameron Eberhart** (Fr., Albany, Ore. / West Albany HS), was "a highly-recruited athlete and Nike Border Clash participant," says Hickey, "and could have a big impact on our program before he's through." Rounding out the squad are **Paul DeMoss** (Fr., Gig Harbor, Wash. / Peninsula HS) and **John Sullivan** (Fr., Winthrop, Wash. / Liberty Bell HS).

"The top three returners appear to be ready for racing," says Hickey, "but there are several spots up for grabs and the competition for them will be great."

The Bruins opened the 2006 season on Sept. 8, in the University of Portland Invitational at Pier Park. Their next event is the Sundodger Invitational, hosted by the University of Washington, at Lincoln Park in Seattle. The women's 6K Open is at 9 a.m., followed by the men's 8K Open at 9:40 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 8, 2006

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9/8 – PORTLAND INVITATIONAL: McLain and Moe Top Bruin Runners in Season-Opening UP Event

PORTLAND, Ore. – Anna McLain placed 19th out of 53 women's runners and Jake Moe was 22nd out of 83 men's runners, the top finishers for George Fox University, as the Bruin cross country teams got their 2006 seasons going in the University of Portland Invitational Friday afternoon here at Pier Park.

No team results were compiled for either the women's 5,000 meter (3.1 miles) race or the 6,400 meter (4 miles) race for the men. Other small college teams in the races included Willamette University, Western Oregon University, and Clark College, while NCAA Division I programs competing were host Portland, the University of Oregon, and Portland State University.

McLain posted a time of 19:50.73, two minutes behind race winner Keara Simmons of Oregon (17:49.25). Also competing for the Bruins were Elizabeth Littlefield (27th, 20:27.17), Bethany Adams (30th, 20:35.71), Rachel Giffey-Brohaugh (31st, 20:35.90), Leighann Fischer (32nd, 20:49.00), Bethany Strutz (40th, 21:30.06), and Rebecca Duby (41st, 21:35.37).

Moe, with a time of 21:03.87, was a little under a minute-and-a-half off the pace of winner Shadrack Kiptoo of Oregon (19:46.86). Paul Rapet was second for the Bruins (35th, 21:35.26), followed by Jordan Ware (46th, 21:51.64), Grant Finney (47th, 21:53.71), Eric Henderson (62nd, 22:56.34), David Delmore (67th, 23:04.25), and Paul DeMoss (77th, 24:45.31).

Complete University of Portland Invitational results are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2006/results/0908.html.

The Bruins return to action next Saturday, Sept. 16, in the Sundodger Invitational, hosted by the University of Washington, at Lincoln Park in Seattle. The women's 6K Open race begins at 9 a.m., followed by the men's 8K Open race at 9:40 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Wednesday, July 12, 2006

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7/12 – New Coach Smith Names Hickey Bruins' Associate Head Cross Country Coach

NEWBERG, Ore. – New George Fox University head cross country and track and field coach John Smith wasted little time putting his own stamp on the programs he officially inherits in August, naming Mike Hickey as his associate head coach for cross country for the upcoming 2006 season.

Hickey, a level II USATF certified coach, comes to the Bruins after four years as an assistant coach for both cross country and track and field at Portland State University from 2001-2005. Prior to that, he was the head cross country coach and an assistant track and field coach at Clackamas (Ore.) Community College from 1998-2001.

During Hickey's tenure at PSU, the Viking women placed 11th in the NCAA Division I Cross Country West Regional in 2002, defeating Pacific 10 Conference teams Washington State University and the University of Arizona. The 2004 Viking men were ranked 11th in the West Region at the end of the season.

Working primarily with Viking distance runners in track, Hickey coached one NCAA Division I West Regional Championship qualifier and two U.S. Track and Field Championship qualifiers: Michael Devenport, who earned USATF Junior All-America honors, and Paul Kezes, who ran 13:50 for the 5K and qualified for the 2003 U.S. World cross country team. In 2005, PSU teams earned 45 points at the Big Sky Conference indoor track championships and 28 at the Big Sky Conference outdoor championships, with four athletes earning All-Big Sky honors.

At Clackamas, Hickey coached 20 junior college All-Americans in three years. He was named Coach of the Year three times in the Northwest Athletic Association of Community Colleges Conference and twice in the Southern Region. The 1999 and 2000 men's cross country teams and the 2000 women's team under his direction won conference championships. In 2001, he coached the nation's top 1500 meter, 3000 meter, and 5000 meter junior college runners.

Hickey prepped at Hudson's Bay High School in Vancouver, Wash., before attending Clackamas Community College, the University of Oregon, and Washington State University, where he competed as a Division I runner in both cross country and track. He graduated from Washington State in 1998 with a bachelor's degree in business administration (marketing emphasis), and earned a master's degree in education from Portland State University in 2005.

During his senior year at WSU, Hickey served an internship with General Motors and the Fluke Corporation, and also gained coaching experience as an assistant at nearby Colfax (Wash.) High School. This past year, he taught business and marketing at Beaverton (Ore.) High School, a job he will maintain while handling duties with the George Fox teams.

"I am excited about this opportunity to work with Coach Smith in building the George Fox program to a level of national prominence again," said Hickey. "This is a university with a great reputation and a known standard of excellence, and I believe there are a lot of young people out there who truly want to be a part of something great."