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GEORGE FOX UNIVERSITY

Track and Field



2006 BRUIN
TRACK
AND FIELD
GUIDE



**TRACK AND FIELD
GEORGE FOX UNIVERSITY**

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Best NCAA Showing Yet:

Four Bruins earn All-America honors at NCAA National Championships

Four George Fox athletes earned All-America honors as the Bruin men finished 16th and the women 32nd at the NCAA Division III National Championships in Waverly, Iowa, capping a memorable 2005 season.

Michelle Forbes (Sr., Jackson, Wyo.) took second place in the national women's high jump with a height of 5 feet, 8 inches – the second-best mark in school history. Forbes was the Northwest Conference high jump champion and was All-NWC with a second in the heptathlon. She was named to the *ESPN The Magazine/CoSIDA* College Division Academic All-District VIII and Academic All-America first teams. In December, Forbes learned she was one of five finalists for the Ad Rutschman Award, presented annually to the top male and female small-college athlete in the state during the Oregon Sports Awards ceremonies on Jan. 29.

In the men's national competitions, Ben Dillow (So., San Diego) placed second in the decathlon; Matt Gassaway (Sr., Washougal, Wash.) was fourth in the javelin; and Seth Harris (So., Boise, Idaho) took sixth in the 400-meter hurdles. Dillow was all-conference in the high jump (sec-



ond), pole vault (third), and 4x400 meter relay (second), while Gassaway earned that distinction in the javelin (first) and Harris in the 4x100 relay (second).

Other Bruin men earning All-NWC honors were Brad Bates (Jr., Stayton, Ore.) in the 400 (second); Drew Maves (So., Twin Falls, Idaho) in the long jump (second); Jake Moe (So., Anchorage, Alaska) in the steeplechase (third); the 4x100 relay team of Maves, Andrew Paine (Sr., Walla Walla, Wash.), Bates, and Harris (second); and the 4x400 relay team of Paine, Bates, David Mathiang

(Fr., Lynnwood, Wash.), and Dillow.

Lindsey Blankenship (So., Washtucna, Wash.) won the NWC women's hammer, setting a George Fox record (164-5) in the process, and Whitney Kolb (Fr., Jefferson, Ore.) won the triple jump. Other All-NWC performers for the Bruins were Rachel Giffey-Brohaugh (Fr., Renton, Wash.) in the 800 (second) and the 4x400 relay team of Kelly Bladorn (Fr., Turner, Ore.), Anna McLain (Fr., Medina, Wash.), Bethany Adams (Fr., Portland, Ore.), and Giffey-Brohaugh (second).

TRACK AND
FIELD
WINNING
TRADITION 2006



1973



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

1905



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

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



1979

1964



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

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



1970

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



1992

1996



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

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



1997

1991



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

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



1998

Coach Cook

Wes Cook has twice been named National Coach of the Year

Wes Cook enters his 19th season as head coach of the George Fox University cross country and track programs. Each program has been a small-college national power under his leadership. All have recorded top-10 national finishers. In 1992, following the men's fifth-place and



women's second-place national finishes, Cross Country Express magazine named his cross country program best in the nation at the National Association of Intercollegiate Athletics (NAIA) level. In George Fox's final year in the National Christian College

Athletic Association (NCCAA), his women's cross country team won the 1988 national title with a record low score of 19.

Cook has been named national coach of the year at the NAIA and NCCAA levels. At the district and conference level, he has been named coach of the year 12 times, at least once in each sport he coaches. His most recent was in 2000, when the women's track and field team won the conference championship.

Cook has had 97 athletes win 193 NAIA or NCAA All-America or Academic All-America awards.

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a four-time conference track scorer at the University of Northern Colorado.

He set the UNC record in the 880 yards and helped the mile-relay team to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity. In 1961, he

graduated from UNC with a degree in physical education and history. He earned a master of arts in teaching degree at Lewis & Clark College in 1975.

Cook served 26 years as a head coach at five high schools in three states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports three times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

A member of the United States Track Coaches Association, Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of The Athletics Congress (now U.S. Track and Field). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led four international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook lives in Dundee, Ore., and has three adult children: Tammy, Toby, and Brad.

Five Important Aspects

by Wes Cook

We believe in five aspects in our Bruin Track and Field program:

(1) Recognition of our athletic talents as God-given

We build our program around the belief that our talents are God-given, and we are stewards of these gifts. This provides motivation to work at multiplying these gifts to the fullest. Daily practice and each competition present opportunities to develop these gifts, and each opportunity should be approached with the best we have to offer back in thanks to God. More importantly, all things are created for God's glory. This means that the pursuit of athletic achievement is a means to the end in our attempts to continually glorify God.

(2) Development of a knowledgeable, dedicated, and supportive coaching staff

We have developed our program around the commitment to help athletes maximize their talents. This same stewardship is paralleled by the coaching staff. Our coaches work diligently to be good stewards, not only in their coaching commitment, but in their continued quest to study and investigate ways to be more effective, supportive, and encouraging to the athletes. We are committed to assisting dedicated athletes to make the most

of their collegiate athletic experiences.

(3) Positive mental attitude

It is virtually impossible for any athlete to reach goals or maintain consistency with only physical preparation. We believe this one phase has been responsible, perhaps more so than any other, for our ongoing success. Interestingly enough, the Bible speaks often and inspirationally to the athlete. The Bible has been a constant resource in our quest for PMA material. One of the greatest lessons to be learned in athletics is that of self-assessment and self-inventory. Identifying individual strengths and learning to rely on them while at the same time identifying weaknesses and working constantly to improve them is a significant part of progressing along the road to success.

(4) Goal setting

Goal setting is paramount. In any great plan there must be some short-term goals and the opportunity to identify success along the way, or the overall goal becomes unattainable "pie in the sky." Too often, lofty goals and expectations are set with no identification of intermediate indicators of success. These intermediate indicators of success are extremely important as a source of motivation enabling the athlete to

sustain desire and a sense of purpose in their athletic endeavors. If a school, conference, or national record are the only targets, and nothing short of that is acceptable, athletes will struggle to identify fulfillment for the athletic experience. The concept of identifying the little successes along the way is extremely important. Every new personal record is a special achievement and, no matter how miniscule, we want to recognize and reward the accomplishment.

(5) Enjoyment

For many athletes, enjoyment may not be the most accurate descriptor of much of what she or he confronts on a daily basis. Certainly, feeling good about yourself, truly liking what you do, enjoying your teammates and the culture of the team are key contributors to enjoyment. It is also important to assure athletes that what is being done is purposeful as they work to reach their goals. Many coaches and athletes become obsessed with times, records, and winning. This obsession allows for little or no satisfaction in anything short of the ultimate goal. That's a shame! A lot of little successes are more important than one big success. You must enjoy the journey — one day at a time.

Excellence in Academics and Athletics

The Northwest Conference and NCAA Division III Experience

National Collegiate Athletic Association Division III

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



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

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



The Northwest Conference

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



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

Formed in 1926, the conference is one of the oldest athletic alliances in the western United States. Its nine members are all pri-

vate colleges or universities located in Oregon or Washington.

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

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



FRANK C. COLCORD MEMORIAL FIELD

UNIVERSITY INFORMATION:

Location:Newberg, Oregon (19,530)
 Mailing address:414 N. Meridian St.
 Newberg, OR 97132
 Founded:1891
 Denomination:Evangelical Friends (Quaker)
 Enrollment:3,210
 President:David Brandt
 Faculty athletic rep:Kendra Irons
 Switchboard phone:503-538-8383
 Website:georgefox.edu

ATHLETIC INFORMATION:

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

SPORTS INFORMATION OFFICE:

Sports info director:Blair Cash
 Office phone:503-554-2926
 Home phone:503-554-8067
 E-mail:bcash@georgefox.edu
 Sports info fax:503-554-3864
 Sports website:georgefox.edu/athletics

COACHING STAFF:

Head Coach:Wes Cook (19th yr)
 Alma Mater:Northern Colorado '61
 Office Phone:503-554-2915
 Assistant Coaches:
 Dave Guzman (12th yr)Alma Mater: Linfield '61
 Chad Riddle (8th yr)Alma Mater: Linfield '98
 John Smith (8th yr)Alma Mater: George Fox '96
 John Mantalas (4rd yr) Alma Mater: George Fox '00
 Liz Thompson (4rd yr) Alma Mater: George Fox '96
 Ty Taylor (3rd yr)Alma Mater: George Fox '02
 Kelsey Cantrall (1st yr)Alma Mater: George Fox '03
 David Malcolm (1st yr)Alma Mater: George Fox '04
 Michelle Forbes (1st yr)Alma Mater: George Fox '05

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

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

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

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



INTERCOLLEGIATE ATHLETICS

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



THE UNIVERSITY fields teams in 13 varsity sports, seven for women (volleyball, soccer, cross country, basketball, softball, tennis, and track and field) and six for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition at the same time.

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

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



Consider the growing legacy:

- George Fox has earned national, district or conference team titles 18 times during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 11 coaches on staff have been named Coach of the Year at various levels a total of 38 times.
- George Fox coaches have held their positions for an average of 10 years, and together have accumulated more than 1,400 collegiate wins.