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Rich Allen

sports news

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Feb. 26, 1979

GFC RUNNER THIRD IN NAIA DISTRICT 2 MARATHON

George Fox College senior runner Tim Rochholz captured third place in the NAIA District 2 marathon run Saturday (Feb. 24).

The 26-mile, 385-yard course was run in Seaside, part of the annual Seaside marathon with 2,401 entered.

Rochholz, from Wichita, ran the distance in two hours, 34.24 minutes. It was the second marathon run of his career.

The District 2 championship went to Willamette's Tim Rutledge. Joel Stamp of Lewis and Clark was second. Willamette picked up 11 points toward the NAIA District 2 track championship, Lewis and Clark 8, and George Fox 6.

Rochholz had an unusual companion in the race--his father, Glen, from Wichita. The elder Rochholz finished in 4½ hours--stopping along the way at a fast food chain for a hot dog and tea to get warmed up.

"The weather was absolutely awful," says George Fox track coach Rich Allen. "It was raining hard with gale winds; brutal conditions."



Rich Allen

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March 5, 1979

NINE BRUINS QUALIFY FOR DISTRICT IN FIRST MEET OF SEASON

George Fox College launched into its 1979 track season in a big way Saturday (Mar. 3), setting one school record and qualifying nine people for the NAIA District 2 championships May 11-12.

Two Newberg track competitors led the way for the Bruins in the Linfield Ice Breaker. Senior Allan Morrow set the new school mark in the hammer throw and also qualified for district in the shot, while sophomore Mark Reynolds qualified in three events: 100, 200, and high hurdles.

Morrow hefted the hammer 156-3½, bettering his old mark of 156-2. He threw the shot 46-8 feet.

Reynolds and teammate Tim Sherman, a San Jose, sophomore, were clocked in identical 10.3 times to qualify in the 100 dash. Reynolds recorded a qualifying 22.7 in the 200 then topped his day with a 15.0 timing in the high hurdles to win the event.

Senior Werner Seibert also qualified in the 200 with a 22.5 effort, and was a double qualifier with his 49.3 timing in the 400.

Salem freshman Tim Olds qualified in the 800 distance with his 1:57.4 clocking. In the 5,000-meters another freshman, Scott Celley, Canby, qualified with his 15:27.4 time.

Senior Steve Blikstad set a new meet record as he qualified in the steeplechase and captured first place with an 8:57.9 time.

Two Bruins, freshman Bob Quiring, and senior Lon Austin, produced 6-4 leaps in the high jump to qualify in that event.

The results pleased Bruin track coach Rich Allen. "We were really looking good," he said. In all, Allen said, the Bruins, who finished second in the district last spring, had "some a little ahead and some a little behind where they should be at this time."

"By and large, we did well," Allen said. He particularly praised his triple and double qualifiers and Blikstad's steeplechase effort. Also cited was Grants Pass freshman Leonard Renfer, who in his first collegiate meet, produced a 20-foot long jump.

The "tough luck award," Allen said, should go to junior Lyndall Smith who twice failed to clear properly the steeplechase hurdles, splashing in the water below, but who still came within just seconds of qualifying for the district in his first run of the year.

The non-team scoring meet drew teams from Oregon State, Linfield, Willamette, Lewis and Clark and Lane and Clackamas community colleges.

Next for the Bruins is the Oregon State Small College Relays Saturday (Mar. 10) at Corvallis. Allen calls it a "fun meet."



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March 12, 1979

BRUINS SHINE IN OREGON SMALL COLLEGE RELAYS

They didn't keep team scores at the Oregon Small College Relays track meet Saturday at Willamette University.

George Fox College may wish they had. The Newberg Bruins dominated the seven team event first held in 1972.

Both the Bruins and host Willamette finished with four first places in the 14 events held. But the Bruins also backed up that with six second place finishes to three for the Bearcats, then added a third, two fourths and a sixth.

Willamette followed with three thirds and two fifth finishes. Linfield claimed three firsts, a second, three third places, three fourth finishes and two fifth places.

Also competing were Pacific, Lewis and Clark, and Oregon College of Education. The only other independent team, Northwest Nazarene, was not a factor, with one fourth, two fifth finishes and three sixth places.

In what may have been an early-season test on how the Bruins are doing in the district, George Fox broke two school records, in addition to establishing marks in three events.

- more -

GEORGE FOX COLLEGE/NEWBERG, OREGON 97132

George Fox won the distance medley, 880 relay, mile relay and discus relay. The 880 time of 1:29.4 was just two-tenths of a second off the existing school record. Producing the effort were Duane Swafford, Mark Reynolds, Werner Seibert and Gregg Griffin.

Combining for the mile relay time of 3:22.4 were Tim Olds, Tom Van Winkel, Monte Anders and Seibert. The distance medley team of Seibert, Olds, Steve Stuart and Steve Blikstad finished in first place with a 10:30.4 clocking.

The discus relay team produced a total throw of 401-10 to establish that as a record in the new event for the Bruin books. Charlie Keeran had a 141-7 effort, with Allan Morrow throwing 134-6 and Steve Curtis 125-9.

A long jump mark of 61-5 $\frac{3}{4}$ in relay was good for a second place in the meet and broke the previous school record by one-fourth inch. The previous record was set in 1975. Holding the record now are Bob Quiring (21 $\frac{3}{4}$), Leonard Renfer (20-6 $\frac{1}{4}$) and Dave Williamson (19-10).

The new shot put relay mark was established at 123-9 $\frac{1}{2}$, also second place in the meet, by Morrow, (with a 47 7 $\frac{1}{2}$ effort), Keeran, and Curtis.

The new hammer record in relays is 381-7, established by Morrow, Curtis and Rob King. Morrow's 168-3 toss was a new school record, and qualifies him for national competition. His old mark was 155-8. The Bruins were also second in the event.

George Fox also took second in the four-mile relay with a 17:34.1 time, just a second behind Willamette University; in the 440 relay with a timing of 42.8 (Linfield clocked it for first, just a tenth second faster); and in the high jump relay with a total height of 18-5, just one inch out of first place taken by Willamette. In that competition Quiring jumped 6-6 to tie the existing GFC record.

George Fox College track coach Rich Allen is probably hoping his Bruins didn't overstay their welcome as they accepted an invitation to the Saturday (Mar. 17) ~~XXXXXXX~~ Pacific University Invitational-- and shocked their hosts by winning 13 of 16 events.

Saturday was St. Patrick's day and a day for the Irish. It also turned out to be a day for the Bruins as the George Fox College trackmen overwhelmed Pacific University, ~~XXXXXX~~ winning 13 of 16 events.

Coach Rich Allen's Bruins relinquished first in only the 100, 800 and pole vault as they qualified seven more individuals for the NAIA District 2 championships.

Newberg Mark Reynolds, a sophomore, and Werner Seibert, a senior from Billings, Montana, each won individual first and teamed up for two other ~~XXXXX~~ relay wins to lead the Bruins in the non-team scoring event. Despite the lack of written score, it was an obvious Bruin win.

Reynolds won the high hurdles with a 14.9 timing and Seibert won the 200 in 21.8. Together with teammates Monte Anders and Gregg Griffin they took the 400 relay with a 42.1 timing and helped teammates Steve Stuart and Wendell Otto take the mile relay in 3:21.6. Otto paced the 15,000 distance in 3:57.8 along with senior Steve Blikstad as the two shared the win as both qualified for the district championships.

Sophomore Duane Scafford won the intermediate hurdles with a 55.5 timing and followed Reynolds in the high hurdles at 15.1 to qualify for district in both events.

Juniors Lyndal Smith and Tim Rockholz tied for first in the 5,000 meters at 15:25.9 as both qualified for the district.

Although he did not win the event, Griffin clocked the 100 ~~XXXXXXXX~~ distance in 10.5 to qualify for district competition. He was a tenth second out of first with a bad start and leg problem and did not race at all in his usual 200 competition.

Freshman Dave Wilkinson won the triple jump with a 44-6 effort to become the final qualifieder of the day. . Other freshmen who had a good day Bob Quiring won two events, the high jump at 6-4 and the long jump at 21-2; Tom Van Winkle took the 400 in 53.4

Newberg senior Allan Morrow and junior Charlie Keeran swapped positions in the shot and discus as Morrow won the shot at 46-11 and Keeran followed at 44-2. In the discus is two Keeran ~~was~~ in first at 150-7 and Morrow next at 131-2

of his team
"I'm proud of them," Allan said after the meet. "They performed very well under some difficult conditions, coming off an emotional and physical draining of finals week."

The George Fox team has a chance to rest this week during spring vacation on campus then comes back for a dual meet Mar. 31 with Lewis and Clark in Portland.



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March 13, 1979

BRUIN TRACK: POTENTIALLY ONE OF THE BEST

"Potentially this is one of the better teams I've had," says George Fox College track coach Rich Allen of this year's squad.

If that sounds familiar it's because it's the same thing Allen said a year ago. And the Bruins last spring finished second in NAIA District 2 competition, just 4 2/3 points out of first.

It's also the same optimism that earned Allen designation as the district's Coach of the Year in all sports and led the Bruins to a 16th place national finish in the NAIA championships.

Allen has had a good recruiting year and he says "I feel most of the events are covered well; we have the gambit of events covered better."

"If everybody does his job, this could be one of the better teams in the district," he says, not ready yet to claim the district title.

There are some questions, but the Bruins are thinking district title again. One of the questions is depth. "We're not real deep in some events," Allen admits.

That creates some worries about injuries, such as in the pole vault with only one competitor. If some of the first-line athletes are out, "injuries will bother," Allen says.

Half of the 26-man squad is new to the Bruin team, including eight freshmen. "Part of how well we do will depend on our young athletes--how quickly they can move in and carry the load," Allen says. "But I think they will be capable right from the start and they're working to that and showing that."

Allen, from his start with the Bruins in the 1970 season, has built the George Fox track program to one consistently among the best in Northwest small colleges. In his career he has produced 16 national competitors on the NAIA level. Six have won national All-American designation. Two of his trackmen have been named District 2 Athlete of the Year.

Allen doesn't expect any less this year. "I expect we'll do well," he says. "I fully expect we'll have several people in the nationals again."

That will be decided in the district championships May 11-12 in Portland and in a schedule of 14 meets preceding.

Allen has some tested athletes returning, including All-American Steve Blikstad, third in the nation last spring in the steeplechase and one of the district's top distance runners. He holds 10 George Fox marks.

Also back as a senior is Gregg Griffin, first in both the 100 and 200 distances last spring. And senior Dave Molstad, district champion in the 10,000-meters is back. So is the district record setting mile relay squad.

The discus and hammer events have been beefed up and the jumpers are better.

Hardest to replace is Chad Neeley, an All-American last spring when he finished second nationally in the 400-intermediate hurdles, and a top decathlete. Long jumper Amadu Koroma, with a 23-2 3/4 school record, also has graduated.

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But there are sharp newcomers in several events, including some with marks near or better than existing school records, and that gives Allen his optimism.



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April 2, 1979

TRACK BRUINS SWAMP LEWIS & CLARK 104-64

George Fox College's track Bruins tested their muscles in their first duo meet of the season and found the competition to their liking.

Following up some impressive showings in early-season non-scoring meets, Coach Rich Allen's team Saturday swamped host Lewis and Clark College 104-64.

The Bruins, NAIA District 2 runners-up last year, showed they have maintained their strength as they won 12 of 19 events, overtook the Pioneers in second finishes, 12-5 and won eight third places to nine for their hosts.

George Fox swept all three places in three events, had three double winners and set a new school record in taking the win.

Charlie Keeran tossed the discus 154-11, more than 3- $\frac{1}{2}$ feet further than the previous school mark of 151-3 $\frac{1}{2}$ set in 1975 by Del Dittus. Teammate Allan Morrow was third at 139-8.

Senior distance runner Steve Blikstad captured the steeplechase in 9:21.5 with freshman running mate Scott Celley second at 9:40.2 to qualify for the district championships. Blikstad then came back to win the 5,000-

- more -

meter distance at 14:57.2, qualifying for the district run in that event. GFC's Lyndall Smith was second at 15:22.9.

Gregg Griffin, back in his old form, won both the 100 and 200-meter runs, as the Bruins swept the event. Griffin, a senior, clocked 10.6 in the 100 and 21.7 in the 200. Mark Reynolds, a Newberg sophomore, followed Griffin in the 100 at 11.1 and Tim Sherman was third at 11.5. In the 200 Werner Seibert was second at 22.7 and Tim Sherman third at 23.4.

The Bruins also swept the high jump with Lon Austin and Gary De Main each clearing 6-5, Austin in first with fewer misses. Freshman Bob Quiring was third at 6-3.

Also a double winner for the Bruins was sophomore Wendell Otto who won the 1,500-meters at 3:56.5 for a personal best and took the 800-meter run at 1:54.0 for another personal best. Freshman Tom Van Winkle was second in the event at 1:57.5 to qualify for the district competition.

Seibert raced to victory in the 400-meters with a 49.2 effort with the Bruins' Monte Anders second at 49.7 in a personal best.

George Fox won both relay races, clocking the 400 in 42.2 with a team of Reynolds, Seibert, Anders and Griffin. The mile relay squad of Olds, Van Winkle, Reynolds and Seibert took the mile run at 3:23.4 to 3:28.9 for Lewis & Clark.

Morrow, a Newberg senior, added a second in the shot with a 47-5 toss, eight inches out of first. Quiring added a second in the long jump for the Bruins with a 20-11½ effort, 3¼ inches out of first. Austin produced a second in the javelin with a 184-6 throw, and Swafford also added a second in the 400 hurdles with a 54.9 timing. Reynolds gave the Bruins a second in the triple jump at 43-8½ and teammate Dave Wilkinson was third at 42-3¼. Reynolds was third in the 100-meter hurdles at 14.9 and Dave Molstad third in the 10,000-meters at 31:28.6.

"It really went better than I hoped," a pleased Allen reflected later.
"I did not feel we would win by that much," he said, giving credit to a strong
Lewis & Clark team. "I was really pleased; we did well," he added.

Saturday (April 7) the Bruins get their opportunity--the only one of
the season--to show their own fans what a title-contending team looks
like. The Bruins, in their only home meet of the season, host Warner
Pacific College and Oregon College of Education in a meet starting at
12:15 p.m. on Colcord Field.



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April 9, 1979

BRUINS OVERWHELM OCE, WARNER; TAKE ON U. OF PORTLAND

George Fox College's track team steps up its competition to the NCAA level Saturday (April 14), hoping to find some competition to really test it for the first time this season.

The Bruins take on the University of Portland at Portland, still savoring a runaway win at home Saturday over Oregon College of Education and Warner Pacific.

The Bruins compiled 131 points, burying Oregon College of Education with 54 and Warner which managed just 5 as the Bruins captured 15 of the 19 events and took 13 seconds, leaving the Wolves and Knights few points to share.

The Bruins swept the top three places in three events--shot, high jump and 220, and 10 times captured both first and second finishes.

No records were set in the competition--the only meet at home for the Bruins this year. "We really weren't pressed," Allen offered later. "Our early lead probably took the psychology edge away," he said. After five events the Bruins already had rolled up a 44-7-2 lead over their guests. After that it was just a "fun" meet Allen said.

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Two high jumpers, Gary De Main and freshman Bob Quiring tied the existing GFC record in that event at 6-6, but neither could clear the 6-8 mark they had the bar set at next. Lon Austin was third at 6-4.

The Bruins had two double winners, Allan Morrow in the shot and the hammer and Duane Swafford in the 120 high hurdles and the 440-intermediate hurdles. Morrow, a Newberg senior, hefted the shot 44-4 and threw the hammer 157-5. In the shot he was backed by the 41-7½ effort by teammate Charlie Keeran and the third finish of Steve Curtis at 39-6½. In the hammer Curtis, with a 131-1 was third. In the discus Keeran was first at 150-6 and Morrow second at 135-1.

Swafford took the 120 hurdles in 15.0, the same time as second place Mark Reynolds, a GFC sophomore from Newberg. Swafford won the 440 hurdles at 56.2.

The Bruins' Lyndal Smith won the six-mile at 30:59.4, edging teammate Scott Celley at 31:16.8. A 187-6 toss won Lon Austin the javelin honors with Reynolds in second at 156-5.

The Bruins won both relays, winning the 440 at 43.5 with a team of Tim Sherman, Werner Seibert, Monte Anders and Gregg Griffin. The mile relay team of Tim Olds, Wendell Otto, Anders and Seibert took that event at 3:25.6.

Otto raced to a win in the mile at 4:16.0, followed by Steve Blikstad at 4:19.1 for second.

Griffin, the district's defending champion in the event, won the 100 with a 10.1 clocking. GFC's Sherman was third at 10.6. Bruin Steve Stuart captured the 880 distance at 1:58.8 with teammate Tom Van Winkle in second at 2:01.2. With a 22.1 timing Seibert won the 220 with Reynolds in second at 22.9 and Sherman third at 23.5.

In the only three events they did not win, but had competitors entered, the Bruins finished second: Quiring in the long jump at $21-1\frac{1}{2}$, to the winning $21-5\frac{3}{4}$; Dave Wilkinson in the triple jump at $44-4\frac{3}{4}$ to the winning $45-8\frac{3}{4}$; and Tim Rochholz at 14:44.0 in the three-mile to the winning 14:36.4, all events won by OCE.



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April 16, 1979

THREE GFC TRACK RECORDS FALL

"One of the most outstanding efforts by an athlete I've ever seen," says George Fox College track Coach Rich Allen of the double record setting performance Saturday (April 14) by Bruin Wendell Otto.

The Portland sophomore snapped George Fox records in both the 1,500 and the 800 distances Saturday in a meet at the University of Portland with the Pilots and Oregon College of Education.

Otto, who had a previous best of 3:56.6 in the 1,500 course raced past the old George Fox record of 3:52.5 set in 1976 by Bruce Green to lower the time to 3:49.7.

Otto's clocking is equivalent to a 4:08.1 mile and is one of the best times in the Northwest this year.

Despite two blisters on his left foot treated by Allen before he started the event, Otto raced to a record time of 1:52.7 in the 800, cutting a second off the old mark set in 1977 by Randy Ware. Otto had had a previous best in that distance of 1:54.0.

He'll undoubtedly be a district leader now," Allen says of Otto's performances.

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Allen also had another reason to be pleased. Newberg senior Allan Morrow set a third school record for the Bruins in the meet as he upped his previous hammer throw record of 168-3 by two additional feet in winning the event. He also qualified for the district in the discus with a 142-1 toss.

The bright spots partially overcame a loss to the NCAA Pilots 103-56, a duo-scoring meet in which George Fox won four events. At the same time the Bruins were matched up with the OCE Wolves and ran away with that scoring 121-40 as they won 16 of 19 events.

In the UP scoring Morrow won the hammer and senior Gary De Main with a 6-5 $\frac{1}{4}$ leap won the high jump. Steve Blikstad clocked the 5,000-meters in 14:45.5, more than 21 seconds ahead of his nearest competition to take a first and Charlie Keeran gave the Bruins another first in the discus with a 153-1 toss.

The Bruins took 10 seconds, including Otto's two places behind the University of Portland's Rich Hunz in both events.

It was really no contest with the Wolves as George Fox gave up first place finishes in only the long jump and triple jump in events in which they had people entered.

The recorded times and distances (all first places with OCE unless indicated): Hammer--Morrow 170-3; 440 relay--GFC 42.7; steeplechase--Scott Celley 9:30.0; shot--Morrow 45-10; 1,500--Otto 3:49.7; 110 high hurdles--Mark Reynolds 15.3; javelin--Lon Austin 179-1; 400 meters--Werner Seibert 49.3; 800 meters--Otto 1:52.7; high jump--Gary De Main 6-5 $\frac{1}{4}$; 100 meters--Reynolds 11.1; 400 intermediate hurdles--Duane Swafford 54.9; long jump--Bob Quiring 20- $\frac{1}{2}$ (third); 200 meters--Reynolds 22.4; 5,000 meters--Blikstad

George Fox College
Men's Track
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14:45.5; 1,600 meter relay--GFC 3:26.9; discus--Keeran 153-1; triple jump--
Dave Wilkinson 43-6 $\frac{1}{4}$ (second).

Saturday (April 21) the Bruins go back to NAIA competition as they
travel to La Grande for the Eastern Oregon Invitational.



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April 23, 1979

BRUIN TRACK MEN (AT HALF STRENGTH) WIN OVER 8 TEAMS

How strong are the George Fox College track Bruins this year?

Coach Rich Allen had an unexpected test Saturday (April 21) in La Grande and discovered that even at half strength his 1979 squad is better than at least nine other colleges in three states.

The decimated Bruins, half of them missing by injury or illness, easily defeated the other teams in the Eastern Oregon Invitational. The final count: George Fox 83, Eastern Oregon 60, College of Southern Idaho 57, Whitman 37½, Treasure Valley 25, Northwest Nazarene 11½, College of Idaho 7, Blue Mountain 1 and Warner Pacific 1.

Allen left 11 Bruins behind in Newberg with a variety of ills and injuries then Saturday morning had two more sick (Newberg's Mark Reynolds and Lyndall Smith, Sutherlin) and as a consequence could field just 13 of his original 26-man squad.

But that was enough as Newberg senior Allan Morrow and senior Gregg Griffin, Seattle, each won two events and the Bruins finished in the top 7 of the 18 events.

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Morrow opened the competition by taking the hammer throw with a 159-4 $\frac{3}{4}$ toss. He followed that with a 45-8 first place in the shot. Griffin won the 100 in 9.8 then distanced the 220 in 22.05 to take the race.

Duane Swafford, a Springfield sophomore won the 120 hurdles in 15.2 for the Bruins and junior Charlie Keeran, Cottage Grove, collected a first in the discus with a 151-5 $\frac{3}{4}$ effort. Monte Anders, Boise junior, raced the 440 in 49.6 for a win, his personal best in the event.

Morrow also provided some back-up points with a third place finish in the javelin at 180-7 $\frac{1}{2}$, one of the few times he had entered the event. It was a personal best. He was fifth in the discus with a 133-7 $\frac{1}{4}$ toss.

The Bruins also picked up points in the pole vault as junior Bruce Oberst cleared 12-6, the same height as the winner but on more tries.

Freshman Steve Curtis picked up points in the hammer (third at 120-10 $\frac{1}{4}$), shot (fifth at 412 $\frac{1}{2}$), and discus (fourth at 131-4).

The Bruins added seconds in the 440 relay where they were 43.5 (two tenths out of first), with Swafford in the 440-intermediate hurdles at 55.0, and with Steve Blikstad in the three-mile at 14:9.4.

Thirds were collected by Gary De Main with a 6-6 leap in the high jump, Tom Van Winkle with a 1:59.4 timing in the 880, and Scott Celley with a 4:22.2 effort in the mile.

Friday the Bruins--both men and women--travel to Salem to compete with Willamette University in a duo meet. Last year in Newberg the Bruin men dominated 115-43, while the GFC women were stopped 46-34.



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April 25, 1979

AUSTIN GIVES BRUINS POINTS IN DISTRICT DECATHLON

George Fox College picked up two more points in its bid for the NAIA District 2 track title with the fifth place finish by Lon Austin in the district's decathlon meet April 23-24.

Austin claimed victories in his Bruin specialties---the javelin and high jump---on his way to 5,891 points. His fifth place finish was a considerable jump over the ninth place showing last spring.

Austin, a senior from Prineville, took the javelin with a 187-foot (57.00 meters) throw, and claimed the high jump with a 6-4 3/4 leap (1.95 meters). Those finishes gave him 1,537 points.

Austin was second in the discus with a 102-6 toss (31.24 meters) and in the 110-high hurdles where he clocked a 17.8. He was fifth in three events: 1,500 meters at 4:38.6, in the pole vault at 10-6 (3.20 meters) and in the shot with a 34-2 3/4 mark (10.43 meters).

He also picked up points with a sixth finish in the long jump at 19-0 feet (5.79 meters) and with seventh showings in the 100 meters at 12.3 and in the 400 meters at 56.0.

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"I was pleased with his efforts," Coach Rich Allen said of his top decathlon man.

With Austin's points the Bruins now have eight toward the district standings after a third place finish in the marathon in February by Tim Rochholz.



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April 30, 1979

BRUINS OVERPOWER WILLAMETTE 93-68 IN DISTRICT TITLE BID TUNEUP

George Fox College gave itself a perfect undefeated string against NAIA competition during the regular season and tuned up for a bid at the District 2 track and field title with an overpowering win Friday (April 27) over Willamette University.

The Bruins, by an even greater margin than expected, outscored the host bearcats 93-68, a team considered to be one of the other top teams in the district.

Coach Rich Allen's team claimed seven first places of the 19 events, letting Willamette have 12, but simply proved too much in overall team depth as they took 16 second places and seven third finishes, to just 3 second spots and 7 thirds for the Bearcats.

The win gives the Bruins even more confidence about a possible track title (it would be their first ever) and it was senior Gregg Griffin who showed them the way.

Griffin won both sprints in stadium-record time, tying his personal best and school record in the 100-meters at 10.4 and establishing a new mark in the 200 at 21.2. He also owned the previous school record of 21.4

- more -

set in 1976. Griffin has won both events in the District championships the last two seasons.

The Seattle product also anchored the Bruins' winning 440-relay team and ran a shift in the mile relay in the Willamette duo-meet.

It also was another super day for George Fox's Steve Blikstad, a two-year All-American in the steeplechase. He won the event in a school record setting time of 8:49.8, bettering his previous record of 8:50.16 set in 1977. And that was without a pressing competitor. Second place went to GFC's Scott Celley at 9:56.5.

Newberg senior Allan Morrow was upset in the hammer where he had a best of 152-6 to the 154-7 by Willamette's Kevin Leahy. George Fox took both back up places, however, and after the first event trailed 5-4. From then on, beginning with Blikstad's timing in the second event, the Bruins led all the way.

The Bruins, paced by Griffin, swept both the 100 and 200 with the same order of finishes in each. Mark Reynolds, a Newberg sophomore, finished second in the 100 at 11.1 and in the 200 at 22.1. Teammate Tim Sherman, also a sophomore, was 11.2 in the 100 and 22.5 in the 200.

George Fox's other firsts came in the high hurdles, short relay, 800 and discus. Reynolds and the Bruins' Dunae Swafford were each clocked at 14.7 in the high hurdles, with Reynolds given the edge for first.

Reynolds again was part of the winning 440-relay team (Werner Seibert, Monte Anders and Griffin were the others). Their 42.2 time easily topped Willamette.

The 800 win went to Wendell Otto at 1:54.5, and the Bruins' Charlie Keeran, with a 148-5 toss, won the discus. Otto and winner David Flemming were each timed at 3:52.8 in the 1,500-meter run, but Flemming given the nod

by track judges. Otto holds the GFC mark in the event at 3:49.7.

A still-recovering Seibert--he was sidelined last week with strep throat--was no match, at least this time, for the Bearcats' Doug Outsterhout, who won the 400 at 48.1. Seibert ran a season best of 48.7 despite losing practice time last week as he spent time in bed.

The Bruins picked up seconds in the pole vault (Bruce Oberst at 12-6), shot (Morrow at 47-11), javelin (Morrow at 183-1), long jump (Quiring 20-9½), 400 low hurdles (Swafford at 54.7), high jump (Quiring at 6-2), triple jump (Wilkinson at 42-5½) and 5,000 (Dave Molstad at 15:12.1).

Allen has his team scheduled for practice this weekend without formal competition as the Bruins ready for the District championships May 11 and 12 at Lewis and Clark College. The Bruins have finished as district runners up the last two years, last spring missing first by just 4 2/3 points.



Rich Allen

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May 7, 1979

BRUINS AIM FOR NAIA DISTRICT 2 TRACK TITLE

Call it confidence and not arrogance that prods George Fox College track coach Rich Allen to believe his Bruins have a more than even chance of being the next NAIA District 2 champions.

The reasons for his high assessment of the situation look good on paper and Allen believes that will carry through on the track and field at Lewis and Clark College Friday and Saturday (May 11-12) in the championships.

The Bruins have been district runners up twice in the last two years (last year missing the title by just 4 2/3 points) and Allen says this year's team is better balanced than before.

"I hope to win, we're going in with the idea of winning, but fully realizing that we aren't the only team capable of winning it all," says Allen, named district coach of the year in all sports last year.

"We have a number of people with skills capable of winning various events and if each performs to his ability we've got an honest chance," the Bruins' 10-year track coach says.

But Allen has a word of caution to his track fans. "We're certainly not a shoe-in and I'm not claiming victory."

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"Willamette (University) will be strong and is a definite contender," says Allen, "and Southern Oregon appears to have some excellent people and you can't rule out Lewis and Clark or Linfield with a chance."

On paper, both in the district and nationally, the Bruins are impressive. Three already have qualified for national competition and George Fox has qualified 22 of its 26-member squad for the district competition.

In the last available NAIA national listings George Fox had nine persons listed, with seniors Steve Blikstad and Gregg Griffin each listed twice.

Blikstad appears to be the nation's best in the steeplechase with a best so far of 8:49.8, set against Willamette two weeks ago. That ranked him number one in both the district and nationally and Allen says "there is no one around to catch him." And Blikstad is a threat in almost any longer distance. He's the district record holder in the 5,000-meters (14:45.5) and follows teammate Wendell Otto in the 1,500-meters. Otto has timed the distance in 3:49.7--second best national time and first in the district in the last reporting--and Blikstad at 3:54.4, 11th best nationally, second in the district.

Then there's two-time district champion Griffin in both the 100 and 200. His 21.2 time in the 200 should place him about third nationally in the event, and it's a national qualifying mark. He clocked a 10.4 in the 100 to tie for district honors and stand him in the top dozen nationally.

Griffin will have a stiff challenge from Pacific's Karry Cameron who's also timed a 10.4 in the 100-meters and 21.9 in the 200. "He's a good one," Allen says of Cameron, "but Gregg's beaten good sprinters before and he's running the best he's ever run."

Otto also is a title contender in the 800-meters where he has a district-leading time of 1:52.7.

Allen sees "an interesting matchup" in the high jump where the Bruins have a trio--Bob Quiring, Lon Austin and Gary DeMain--each at 6-6, among the district's leaders.

And the Bruins have a chance in the discus where Charlie Keeran could challenge for the title. He has a 154-11 best, compared to the 159-11 best of Lewis and Clark's Matt Beddoe.

It's a similar matchup in the hammer. The Bruins' Allan Morrow has a season's best of 170-3 that ranks him third in the nation. But he's topped by nearby Linfield thrower Steve Hayes who has a 174-10 toss that ranks him second.

Allen sees a "nose to nose" race for the mile relay title between his Bruins and Willamette. But he also gives Lewis and Clark, and Linfield a chance in the relays.

"I'm really pleased with the progress and where we are right now," Allen says. "I expect to compete hard and if we do that, win or lose, I'll feel good about our record."

"You're never a loser if you lose in a championship," says Allen. But you know he doesn't have losing in mind at this point.



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May 14, 1979

BRUINS WIN NAIA DISTRICT TRACK CHAMPIONSHIP

The superlatives are still being recorded as George Fox College's track team savors its 1979 NAIA District 2 championship.

The Bruins, despite their hard work, almost made it look easy as they became the first independent college in the district to win the title in the 25 years of competition.

It is only the third district championship won by a Bruin squad since George Fox began NAIA competition in 1965. The Bruins also earned championship titles in basketball in 1973 and cross country in 1977.

And the Bruins made a clean sweep of track honors for the spring as Coach Rich Allen was named as NAIA District Coach of the Year for track and senior sprinter Gregg Griffin was selected Athlete of the Year for the sport.

What had the media reporters and fans exclaiming was the Bruins overwhelming domination of the meet, claiming the title by one of the largest margins ever. The Bruins, setting four school records, rolled up an amazing 201½ points, besting second place Lewis and Clark by 79½ points and third place Willamette by 80. Both are Northwest conference members. The only other independent college in the showdown was Northwest Nazarene of Idaho and it put together just 13 points. The top Evergreen Conference

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entrant was Southern Oregon in fifth slot with 49. Linfield was fourth with 75 points.

One Portland newspaper tagged the George Fox superiority "a Bruin blitz." In Salem the newspaper called it "an impressive display of talent" and that won the title "with ridiculous ease."

The Bruins, to a man, wanted that victory after finishing in close second-place finishes the last two years--to Southern Oregon in 1978 and Lewis and Clark in 1977.

For two days it seemed the Newberg Bruins could do no wrong as nearly everything Allen wanted to happen did--and more. George Fox had not lost to a district foe all season long and Allen had early in the season posted the motto: "We're making a memory."

And a memory it is. Few of the fans will forget the display as the Bruins took firsts in 9 of the 23 events, including 8 of the 17 completed Saturday.

And there were fans--hundreds of them--as parents, students and friends dominated the stands in Lewis and Clark's Griswold Stadium, cheering every mention of George Fox on the public address and giving standing ovations to their winners and competitors.

They had a lot to cheer about as the Bruins not only took the majority of firsts (Lewis and Clark was second with four first finishes) but posted three second finishes, seven third places, eight fourths, six fifths and two sixth slots. The Bruins failed to score in only the triple and long jumps.

Although the official title did not come until the final win as Bruin Monte Anders crossed the finish line first with baton upheld in the 1,600-meter

relay, the end could have come as early as the eighth event of the day, the 800 meters. There were still nine events left to be completed, more than half, but the Bruins already had piled up 129 points, seven more than the second place Pioneers totaled eventually, and had the title wrapped up.

The Bruins held a slim 44-43 lead over Willamette after Friday's competition and the completion of six events, including the decathlon and marathon held earlier in the spring.

How much the Bruins wanted that title is epitomized by freshman Nolan Smith, who Allen said should receive a "courage award." Although he did not qualify for the javelin or triple jump, his usual events, he went into the service for the Bruins as a race walker, an event in which he'd never before competed. He started practicing just two days before the finals. For the first time in his life the Battle Ground, Wash., athlete walked the 10,000-meter distance. He finished nearly 18 minutes behind the winner, but he gave the Bruins another six points as he finished third and received a standing ovation at the end from the spectators--friends and foe alike.

That same spirit helped three Bruins capture double wins each. Griffin claimed both the 100 and 200 distances, senior distance man Steve Blikstad took both the 5,000 meters and the steeplechase, and sophomore Wendell Otto captured the 1,500 and 800 meters as George Fox won every individual running event from the 100 on up through the 5,000.

Blikstad, who has recorded the nation's fastest time this year, won the steeplechase in 8:58.4, almost 10 seconds slower than his best. He had been predicted by some to set a new district and national mark, but explained later he held a little back, awaiting the tough 5,000 competition the next day.

It was a strategy that worked as Blikstad ran the 5,000-meter distance in a meet and school record time of 14:22.4, clipping 15 seconds off the previous mark set last year by Southern Oregon's Kelly Jensen. The time is believed to be the best in the nation this year.

Blikstad made it a heart-stopper though for his fans as SOSOC's Jim Morgan led through the 12th lap and Blikstad pulled ahead in the last 330 meters to nip Morgan at 14:23.2.

It was one of three meet records set Saturday. Another was tied. George Fox's record-setting victories in both relays were automatic since this was the first year the events were measured in meters rather than yards.

Griffin tied his 1977 record of 10.5 in the 100 to outpace Pacific's Karry Cameron at 10.6. He out ran Cameron again in the 200, 21.6 to 21.9. It marked the third year in a row the lightening-fast senior from Seattle has scored a district double in the dashes.

Griffin also anchored GFC's 400-meter relay team which clocked a 41.6 to win the event for the third consecutive year. Anders, Newberg sophomore Mark Reynolds and senior Werner Seibert composed the winning team. The 1,600-meter squad of Steve Stuart, Tom Van Winkle, Seibert and Anders timed that distance in 3:18.8 to set that as the district standard, as well as GFC's.

Otto scored his double with victories just 40 minutes apart, taking the 1,500-meters in 3:56.3 and the 800 meters in 1:54.0.

Seibert gave the Bruins their other individual title as he outdistanced teammate Anders in the 400 meters, being timed in 48.1 (a new school record) with Anders at 49.0 for second, the only one-two finish of the day for George Fox.

The other second finishes went to Newberg senior Allan Morrow in the hammer at 146-3, topped by Steve Hayes of Linfield at 164-2. The Yamhill County competitors are ranked one-two in the nation with tosses better than 170 each. Bruin junior Charlie Keeran settled for second in the discus with his 154-8 toss being bettered by L&C's Matt Beddoe--by just one inch.

Morrow picked up four more points in the shot with a 47-5 fourth place finish and two in the discus with a fifth place 143-3 effort for a total of 14 points. Freshman Steve Curtis was a surprising third in the hammer at 147-4, his personal best.

Despite blisters that began on Firday during qualifying heats, and slowed him down, Reynolds gave the Bruins nine points; four for his fourth place in the 110-meter high hurdles at 15.1, one point in the 100 meters for a sixth at 11.3, and four more points for his fourth in the 200 at 22.6. That in addition to his help with the winning 400-meter team.

George Fox picked up 12 points in the high jump as the Bruins finished three, four and five with Bob Quiring taking the third with a season best of 6-7 to set a new George Fox record. Gary DeMain followed at 6-6 then Lon Austin at 6-4. Austin also captured a third in the javelin with a 203-4 toss. Junior Bruce Oberst had a season best 13-6 in the pole vault to take fourth, tying the third place finisher, but on more tries.

The Bruins' Duane Swafford was third in the 110 high hurdles at 14.9 and fifth in the 400 intermediate hurdles at 55.0.

Freshman Scott Celley picked up points for a fifth in the 1,500 meters at 3:57.8 and the same position in the steeplechase at 9:26.8. Teammate Lyndal Smith was fourth in the steeplechase at 9:24.7.

Dave Molstad and Tim Rochholz added 10 points in the 10,000 meters with Molstad, last year's champion, in third at 32:03.1 and Rochholz at 32:23.5 for fourth.



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May 14, 1979

CHAMPION BRUINS SEND FOUR TO NAIA TRACK NATIONALS

District Champion George Fox College will send a four-man squad to the NAIA national track and field championships this weekend (May 17-19) in Abilene, Tex.

Rich Allen, named district track coach of the year, will take double winners Gregg Griffin (100 and 200 meters), Steve Blikstad (steeplechase and 5,000) and Wendell Otto (800 meters and 1,500 meters). Also participating will be hammer thrower Allan Morrow.

The Bruin squad left Tuesday for the national meet at Abilene Christian College. Trials start Thursday with final events Friday and Saturday.

All of the Bruin competitors are ranked nationally and Allen is not ruling out a top 10 in the nation team finish in addition to high hopes for the individual competitors.

"We're not thinking team at this point," says Allen, "but history indicates we could conceivably be in the top 10." He points out that last year with 14 points the Bruins finished 16th with 64 teams scoring. And last year the 10th place team had 22 points.

With expected high finishes of Bruin athletes this year, Allen says "I think we have the potential of seeing that many (22) points."

His hopes are based largely on senior Steve Blikstad. The distance runner has NAIA's best reported times so far this season in both events. In the steeplechase he's recorded an 8:49.7. He easily won the district meet Saturday in 8:58.4. In the 5,000-meter distance, Blikstad Saturday blazed to a 14:22.4 district record, cutting 15 seconds off the mark recorded last year by Southern Oregon's Kelly Jensen. Blikstad's time tops the list of NAIA bests this season.

Blikstad was third in the steeplechase last spring in the national championships, and second the year before, both times earning All-American honors to go with his All-American designation in cross country. He was named District Track Athlete of the Year in 1977.

Griffin, who has won the 100 and 200 events in the district for three consecutive years, will be back in the nationals again where he finished fourth two years ago and last year had a wind-aided 10.25 but did not qualify for the finals in the 100. Griffin, a senior from Seattle, tied his 1977 district 100 record of 10.5 Saturday and in the 200 clocked a 21.6. Earlier this season he ran a 21.2.

In the last available NAIA national rankings those marks placed Griffin 19th in the 100 and 15th in the 200. He was named Track Athlete of the Year.

Making his first trip to the national meet will be Portland sophomore Wendell Otto. He came up with a 3:56.3 time in the 1,500 meters and a 1:54.0 effort in the 800 Saturday in winning district titles. He holds a district best this season of 1:52.7 in the 800 meters and 3:49.7 time in the 1,500. Those times rank him seventh nationally in the 1,500 meters and 20th in the 800 meters.

Morrow is ranked fourth in the hammer nationally with a 170-3 best. He finished second in the district, but with a 146-3 effort that came after illness. "He didn't do what we know he can do," Allen said.

"They all have a good chance in their events or we wouldn't be taking them," Allen says of his entrants.

Allen plans to enter Otto only in the 1,500-meter distance. Griffin and Blikstad will be entered in both of their specialities if the scheduling of events allows.

Allen reports his Bruins, in amassing 201½ points in the district championships, set four school records with GFC marks coming in the high jump (Bob Quiring at 6-7), 5,000 meters with Blikstad's 14:22.4, 400 meters (Werner Seibert at 48.1) and 1,600 meter relay at 3:18.8.

The track championship is only the third in any sport since George Fox began NAIA competition in 1964. In 1973 the Bruins won the district basketball crown and in 1977 took the cross country title, also under Allen.

"I felt we could win," Allen says of his championship. "I've never seen any bunch of guys compete so hard and in that fashion." Sixteen Bruins set personal season bests in the championship events.

"I'm so happy for these guys; they set for themselves long ago a district title and they just continued to work and work and work; I'm extremely proud of them."

The district championship plaque was presented to college President David Le Shana in Monday morning ceremonies before a cheering crowd of students.



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May 15, 1979

TWO MORE TRACK BRUINS TO NAIA NATIONALS

George Fox College will have six persons entered in the NAIA national track and field championships Thursday through Saturday (May 17-19) in Abilene, Tx.

In addition to four athletes entered and reported earlier, the Bruins also will enter distance runners Tim Rochholz and Lyndal Smith.

Rochholz, a senior from Wichita, Kansas, will be entered in the marathon. In the District 2 marathon Feb. 24 he finished third with a 2:34.21 time.

Smith, a junior from Sutherlin, Ore. will compete in the 5,000 meters. In the district championships Saturday he clocked a 14:55.8 for fourth place with the Bruins' Steve Blikstad setting a new record in the same race at 14:22.4, also the nation's best time in the event this spring in the NAIA.

Blikstad, also owner of the NAIA's best time in the steeplechase at 8:49.7 will enter that event also.

Also competing for the Bruins are senior Gregg Griffin in both the 100 and 200 where he has bests of 10.5 and 21.2; Wendell Otto in the 1500 where he has a 3:56.3 time; and Allan Morrow in the hammer throw in which he has recorded a 170-3 best.

George Fox won the District championship title Saturday with 201½ points, overpowering second place Lewis and Clark at 122 and Willamette at 121½.



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May 21, 1979

GFC'S BLIKSTAD NATIONAL CHAMPION IN STEEPLECHASE

Capping a brilliant running career George Fox College's Steve Blikstad ran his way into national history Saturday (May 19) winning the NAIA steeplechase title.

Blikstad, a senior, gave George Fox its first-ever national champion as he earned All-American honors for the fourth time, three consecutive years in track and two years ago in cross-country.

Blikstad took the title with a 9:09.9 finish, not his personal best nor a national record because of a stiff 40-mile an hour breeze in Abilene, Tex., where the meet was held.

Blikstad was clearly the best. Second place went to Rob Bastater of Saginaw Valley, Mich., with a time of 9:17.2. "There was really no worry," said Bruin coach Rich Allen. "Steve ran a smart race, there was no way anyone could touch him."

Blikstad allowed others to lead the first of the race, but took over the last 2½ laps and won going away. Earlier he ran the preliminary steeplechase run in 9:29.33, finishing 12th as he saved himself for the final race.

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Blikstad's 10 points gave the Bruin track team a 15th place finish in the nation out of more than 100 teams represented.

Sophomore runner Wendell Otto gave the Bruins an 8th spot in the 1,500 meters as he ran what Allen called "one of his better races."

Otto finished at 3:59.4 and his finish in the top 10 gives Allen hope for next year. "I think he can run there (nationals) and really produce." "He ran exactly like he should have," Allen said. "He just didn't have quite enough left this year."

In qualifying runs Otto was fourth in his heat at 3:57.42 with four advancing to the finals.

Lyndal Smith gave the Bruins a 10th national finish in the 5,000 meters at 15:42.5 after finishing in the semifinal heats at 15:25.0 for fourth slot. "He just allowed himself to get out of it in the finals," Allen said. "There's just a lot of pressure in the nationals."

Tim Rochholz finished 24th in the marathon out of 26 finishers remaining of the 48 who started. He was clocked at 3:00:15.5.

Sprinter Gregg Griffin, given a good chance in the 100 and the 200 before he left, came up with a hamstring pull and was scratched in the 200. He entered the 100 and made it to the semi-finals where he was fifth in his heat at 10.43, with the top three advancing. That heat was won at 10:01, the first heat at 10:01 and the third heat at 10.19. Griffin led his heat at 25 meters and was even at 50 meters before trailing and not making the cut.

Newberg senior Allan Morrow, who has a best of 170-3 in the hammer, fourth in the nation going into the meet, had a poor throw his first time out and scratched in his next two attempts to not make the finals.



Rick Allen

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May 28, 1979

GRIFFIN WINS GFC TRACK MOST VALUABLE HONOR

Gregg Griffin, three-time champion in both the 100 and 200 distances in NAIA District 2 track action, has received an "in-house" honor to go with his district Track Athlete of the Year designation.

The George Fox senior sprinter has been named Most Valuable on the Bruins' 1979 district championship team.

The lightening-fast Seattle product scored a district double in the dashes three straight years and holds GFC and district records in the 100 at 10.4 and in the 200 at 21.2. He set both this year as the Bruins broke half of their school records--11 of 22.

Griffin, who piled up 64½ points for the Bruins during season competition, bested national steeplechase champion Steve Blikstad for the top honors in team voting. Blikstad accounted for 58 points for the Bruins during the year, and set two school records with a 14:22.4 in the 5,000 meters and 8:49.8 in the steeplechase.

Griffin also competed in the track nationals but a pulled hamstring kept him from the finals.

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In other team honors, the Bruins named Monmouth freshman Steve Curtis, a 1977 Salem Academy graduate, as Most Improved. He gave the Bruins 20 points on the season, including six in the district championships when he finished a surprising third with a personal best of 141-4 in the hammer, a new event for him. He also competed in the shot (41-2½ best) and discus (131-4 best).

Given the Most Inspirational nod was freshman Scott Celley of Canby. He contributed 19 points to the Bruins in the season, including four at the district where he was fifth in the 1,500 meters at 3:57.8 and in the same slot in the steeplechase at 9:26.8.

Awards were announced by Coach Rich Allen, the district's track coach of the year.



Rich Allen

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July 3, 1979

GEORGE FOX TO GET NEW ALL-WEATHER TRACK

George Fox College, NAIA District 2 track champion and 15th in the nation in small colleges this spring, will get a new track and field complex to match its program.

College officials Tuesday (July 2) announced a \$100,000 project to give the college a new all-weather track. Work is to start Monday (July 9) with completion expected by Sept. 7.

The new facility will be a rubberized surface track to be located on the site of the present crushed brick surface track, completed 19 years ago. The new project will convert the quarter-mile oval to a metric distance track, expand the lanes from six to eight, relocate the 100-yard dash start from the southeast to northwest corner in its conversion to a meter distance, install a new javelin throw runway and provide additional drainage.

The project also will give the college its first steeplechase course. The Bruins' Steve Blikstad in May won the national NAIA small college steeplechase title, giving the college its first-ever national champion, and he never ran a race at home in his four years of competition.

Funds for the project were raised through a "jog-a-thon" held last fall by faculty, staff and students, by direct contributions, and through the college's general budget.

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GEORGE FOX COLLEGE/NEWBERG, OREGON 97132

The track surface will be of "C-Trak," an asphalt bound material, to be laid by Cohan Court and Sport, Tualatin. It is designed to meet an extreme of temperatures and moisture. The new track, meeting all NATA, AAU and Olympic specifications, will be constructed to an accuracy tolerance of one-eighth inch to 10 feet.

In the changeover of tracks the start and finish of most races will be shifted from the present eastside location to the west side of the track where bleacher seating will be provided.

The project will be carried out by several firms. Schmidt Excavating, Newberg, will do the excavation work and rock placement. Baker Rock/Tualatin Valley Paving, Beaverton, has been awarded the contract for paving. Kent Construction Co., Newberg, will construct the steeplechase course. Architects were Boutwell, Gordon, Beard and Grimes, Portland.

George Fox track coach Rich Allen calls the new track finish "the fastest surface available." He said the project will replace one of the few remaining crushed brick surface tracks in the Northwest.

Allen said the new track will allow the Bruins more home meets because in past years some have declined to compete on the older track. He said the new track will decrease the college's maintenance and upkeep costs and time, and should be a boost in recruiting new track athletes.

Existing pole vault, high jump and long jump areas, already with rubberized surfaces, will remain.

The track project will complete a total sports/athletic project started in 1976 and costing just over \$2.5 million. The Coleman Wheeler Sports Center was completed in 1977. It contains handball/raquetball

courts, weight and multi-use rooms, faculty classroom areas, and the Miller Gymnasium with three basketball courts and seating for up to 3,000.

Started last fall and scheduled for completion this fall is a new athletic field complex of two softball diamonds, baseball field, hockey field and archery range.

The track is the ninth construction project to be started by the college in three years. It has constructed the sports center, two residence halls, academic building, fine arts center, television production studio, dining commons addition, and the athletic fields are in progress. Total investment has been more than \$6.5 million with the projects paid for in advance through donations and grants.