

1970

1970 Press Release

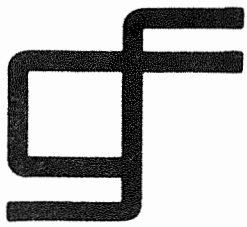
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PRESS RELEASE

Office of Public Relations

538-2101 Ext. 213

GEORGE FOX COLLEGE • NEWBERG, OREGON 97132

1970

QUAKER TRACK SEASON STARTS

The nation's third ranking NAIA pole vaulter heads the 11st of 13 George Fox trackmen beginning practice for action in the spring cinder sport.

Dave McDonald, Seattle junior, will seek to break his own school, conference and district records of 15-7 established last year.

Backing McDonald on the Quaker team will be a young group composed of 7 freshmen, a sophomore, three juniors and two seniors. Four will be seeing return action for the Quakers.

Senior Matt Marlow, holder of the Quaker disc record at 144-3 1/4, will be out to eclipse that mark and may also see action in the shot and possibly the javelin throw.

Wally Fitzgerald, Gold Hill, is the only other senior trackster. Holder of a piece of the George Fox two-mile record set two years ago, Fitzgerald will be running in the 440 and 880 events.

Juniors wearing the Quaker blue and gold will be John Holton, Harry Selby both of Caldwell, Idaho, and McDonald.

Holton will run in the 880 and quarter events and Selby, just finishing the wrestling season, will be out as a sprinter.

Only sophomore in the lineup will be the Quaker's basketball standout Gordy Loewen who will switch from the hard-floor sport to running the quarter. Loewen, now of Newberg, had some running experience in high school in Indiana.

St. Paul freshman Tim Marshall who threw the shot better than 50 feet in high school competition in California will be heaving the shot and discus for the Quakers. Head Coach Rich Allen calls Marshall "one of our real good prospects."

Parkrose High product Paul Williams will be the distance man for the Quakers, entering the mile and longer races. Williams had a good cross-country

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season last fall setting several marks for the Quakers. He boasts 4:25 and 9:30 times in the mile and two-mile runs, respectively, in high school competition.

Big Dave Sherman, at 6-5, 240 pounds will be hefting the shot and tossing the disc. The Greenleaf, Idaho, freshman owns a 46-10 high school shot mark. He may also see action in the hammer throw, a new Oregon Collegiate Conference event.

Randy Winston, a Quaker cross-country harrier last fall, will be a spring sprinter, specializing in the 880 and also in the triple jump. As a Battle Ground (Wash.) High School jumper, Winston claimed a second place in the event in conference standings.

A triple threat man will be Keith Merritt, Yakima, Wash., Merritt, a member of the Quaker basketball squad, is now starting practice as a sprinter, hurdler and triple jumper. His high school 220 mark is better than the existing George Fox school record.

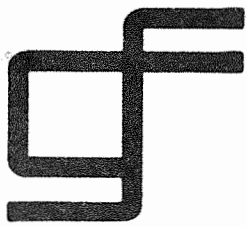
Two other Quaker runners will be Ed Pike, Kent Wash., a middle distance runner, and Bill King, Rockaway, a sprinter.

With two-hour afternoon workouts now underway, the Quakers Saturday (Mar. 14) will compete in the Mt. Hood Invitational in Gresham at Mt. Hood Community College.

April 1 the Quakers host the first GFC Tune-Up in a non-scoring match with Clackamas and Clatsop Community Colleges. The schools will meet on the Newberg campus to compare conditioning and allow trackmen to widen their competition.

Allen, in his first year as Quaker track coach, expects several school records to fall during the coming season.

"I expect by the end of the season, by the conference and district cham-



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plonships, some of our men will be strongly in contention for positions,"

Allen says.

"This is a building year, and we'll peak out at the end."

1970 George Fox College Track Schedule

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Opponent</u>	<u>Place</u>
March 14	Sat.	12:00 a.m.	Mt. Hood Invitational	Gresham
April 1	Wed.	3:00 p.m.	GFC Tune-up	Newberg
April 8	Wed.	3:00 p.m.	Clatsop Community College Clackamas Community College	Newberg
April 18	Sat.	1:00 p.m.	Oregon College Eastern Oregon College	Monmouth
April 25	Sat.	1:30 p.m.	Pacific University	Hillsboro
May 2	Sat.	2:00 p.m.	May Day Relays	Newberg
May 8	Fri.	4:00 p.m.	Oregon Collegiate Conference Championships	Ashland
May 9	Sat.	11:00 a.m.		
May 15	Fri.	4:00 p.m.	N.A.I.A. District II Championships	Portland (Lewis & Clark)
May 16	Sat.	3:00 p.m.		
June 5	Fri.		N.A.I.A. National Championships	Billings, Montana
June 6	Sat.			

Example

5-22-70

George Fox College—Season's Best 1970

Running Events

440 Relay	45.4 John Holton Harry Selby Bill King Dave McDonald 45.4 Bill King Dave McDonald Keith Merritt Harry Selby
Mile	Paul Williams 4:32.7
High Hurdles	Keith Merritt 17.2
440	John Holton 52.0 Gordy Loewen 53.6 Harry Selby 55.9 Randy Winston 57.5
100	Bill King 10.7 Dave McDonald 10.7 Harry Selby 10.8 Keith Merritt 10.8
800	John Holton 1:59.3 1:56.3
Int. Hurdles	Randy Winston 64.6
220	Bill King 24.1 Harry Selby 24.2 Keith Merritt 25.1 Gordy Loewen 25.5
2 Mile	Paul Williams 9:56.1
Mile Relay	Harry Selby Bill King Dave McDonald John Holton 3:33.0

Field Events

Pole Vault	Dave McDonald 15-6
High Jump	Randy Winston 5-8
Long Jump	Randy Winston 20-9 Keith Merritt 19-0
Triple Jump	Randy Winston 44-3
Shot	Matt Marlow 45-11 Dave Sherman 42-10 Tim Marshall 39-2
Discus	Matt Marlow 143-9 Tim Marshall 118-7½ Dave Sherman 105
Javelin	Matt Marlow 153-3 Harry Selby 151-1
Hammer	Matt Marlow 110-11 Dave Sherman 106-0 Tim Marshall 99-1

*Boats or ties previous school record

George Fox College
Tentative Track Schedule
1970

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Opponent</u>	<u>Place</u>
March 7	Sat.	11:00 a. m.	OCE Preview	Monmouth
March 14	Sat.	12:00 a. m.	Mt. Hood Invitational	Gresham
April 1	Wed.	3:00 p. m.	GFC Tune-up	Newberg
April 8	Wed.	3:00 p. m.	Clatsop Community College Clackamas Community College <i>Col. Christian</i>	Newberg
April 18	Sat.	1:00 p. m.	Oregon College Eastern Oregon College	Monmouth
April 25	Sat.	1:30 p. m.	Pacific University	Hillsboro
May 2	Sat.	2:00 p. m.	May Day Relays	Newberg
May 8	Fri.	4:00 p. m.	Oregon Collegiate Conference	Newberg
May 9	Sat.	11:00 a. m.	Championships	<i>Ashland</i>
May 15	Fri.	4:00 p. m.	N. A. I. A. District II	Portland
May 16	Sat.	3:00 p. m.	Championships	(Lewis & Clark)
June 5	Fri.		N. A. I. A. National	Billings.
June 6	Sat.		Championships	Montana

Athletic Director	Jerry Louthan
Head Coach	Rich Allen
Assistant Coach	Berton Lamb
Phone	538-2101

If there are any changes in time, date, or place, please let Rich Allen know.