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sports news

for further information contact:
Athletic Director (503) 538-8383 Ext. 233
Information Director (503) 538-8383 Ext. 217

Nov. 14, 1977

CROSS COUNTRY CHAMPION GEORGE FOX SENDING SIX TO NATIONALS

NAIA District 2 cross country champion George Fox College will send a six-man team to national competition in Kenosa, Wis.

Bruin Coach Rich Allen and his team will leave Thursday for the Saturday race which is expected to have more than 350 runners.

The team will be the first George Fox has ever entered. It's only the second George Fox athletic team ever to participate in a national meet. The basketball Bruins won the district title and a Kansas City trip in 1973.

Heading the team will be 1976 district champion Steve Blikstad, a junior from Vancouver, Wash. Blikstad hopes to improve on his impressive performance of last year when he finished 19th out of 376 runners and in the top five percent in the nation in the championship run. That earned him All-American honors.

Blikstad owns the district cross country record over a five-mile course in Salem's Bush park. He set that mark last fall with a 24:24.8 time. This year, bothered by leg muscle tightness he ran the same course in 25:04, firmly second.

- more -

Blikstad will be accompanied by backup runner Chris Mwaura, a junior from Kenya who was fourth in the district. Also making the trip will be Dave Molstad, a senior from Baker, Mont, ninth; Tim Rochholz, a junior from Wichita, Kan., 12th; Steve Stuart, a sophomore from Eugene, 20th; and Wendell Otto, a freshman from Portland, 31st in the district.

The George Fox team ran away from its district competition Saturday with 47 points. Willamette was second at 86 points.



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Dave Molstad placed ninth with 25:23, and Bruin Tim Rochholz finished close behind in 12th position with a 25:43 clocking. The fifth scorer for George Fox was Steve Stuart, who logged a 26:06 mark for 20th place.

Also running for the Bruins, but not scoring, were Wendell Otto, 31st, 26:24; and Clair Thomas, 46th with a 27:02 time.

The Bruins now head for the NAIA nationals. They leave Thursday (Nov. 17) for Kenosha, Wisc., and the meet which will be held Saturday. Other individual Bruins have participated before but this will be the first team entry.

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Nov. 14, 1977

BRUINS WIN DISTRICT CROSS COUNTRY CHAMPIONSHIP

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It's the first district cross country championship for the Newberg college and only the second district title in any sports. In 1973 the basketball Bruins were district champions.

Bruin coach Rich Allen's squad finished with 47 points. Willamette University was a distant second with 86, followed by Lewis and Clark 93, Southern Oregon State with 107, Oregon College of Education 12, Pacific University 145, Northwest Nazarene 158, Linfield 164, and Eastern Oregon State at 186 points.

Defending district champion Steve Blikstad, fighting a leg injury that has plagued him all season, dropped first place to Willamette's Terry Zerzan. Blikstad ran the five-mile course in 25:04 -- 30 seconds slower than his course-record time of 24:34, set last year.

Zerzan was clocked at 24:49.5. Tim Rutledge, also of Willamette, placed third with a 25:05 mark. George Fox's Chris Mwaura ran a 25:13 for fourth place.

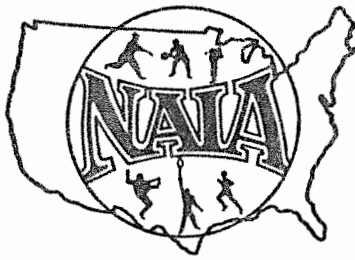
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National Association of Intercollegiate Athletics

HARRY FRITZ, Executive Secretary

1221 Baltimore, Kansas City, Mo. 64105 — (816) 842-5050

September 8, 1977

TO : NAIA Cross Country Coaches

SUBJECT: NAIA National Cross Country Rankings for 1977

FROM : Wally Schwartz, Assistant Executive Director, NAIA

The NAIA National Office will process NAIA National Cross Country ranking this year beginning on Thursday September 15th and running each week through November 10th.

Benny

The rankings will be given to both AP and UPI in Kansas City each Thursday. As a coach you can exert a major influence in the promotion of your sport. The National Office can only ensure that the rankings are given to the wire services, while you can see that the wire services use them. Please take the time to contact your local sports writer and ask him to request that the NAIA Cross Country rankings be wired to his paper each week from the Kansas City office. The wire services will move only those items where interest exists. We have the power to exert that influence. Lets use it.

Listed on the other side are the 12 coaches who will serve on the NAIA Cross Country rating committee. They are giving of their time, talent and money to make this successful. Please be sure that these raters and our office are on your mailing list to receive all results and other Cross Country promotional material.

Thanks.



Telephone : 357-6151 ext. 220 or 376

Sports Information
Lono Waiwairole

ATTENTION SPORTS
Cross Country Release #4

Oct. 10, 1977

BOXER HARRIERS LINE UP FOR L-C INVITATIONAL AND OCE RUN

Pacific University's cross country squads move into action on separate fronts again this week, but both took similar strides in the right direction last weekend.

The men's team tried the Oregon State Invitational last Saturday without team captain Dave Nees, and the results were encouraging. The Boxers finished fifth in a five-team field while Nees was tied up in some testing, but John Sides showed signs of bouncing back from his bout with illness and Jon McDowell surged into the scoring five for the first time. Terry Sullivan was the first Boxer to finish, followed by Sides, McDowell, Joe Gross, Vance Brown and Tom Williams.

Meanwhile, the women's team finished third at the Mt. Hood CC Invitational. Christy Hendry led the Boxers with a seventh-place performance. Annie Hernandez was next (11th), followed by Linda Waples (13th), Phyllis Fong (14th), Cheryl McRae (16th) and Alicia Gonzales (17th).

Next up for the women is a tough test at Oregon College of Education. The men will tackle Portland's Pier Park course again, this time disguised as the Lewis & Clark Invitational.



Cross Country

sports news

for further information contact:
Athletic Director (503) 538-8383 Ext. 233
Information Director (503) 538-8383 Ext. 217

Sept. 27, 1977

BLIKSTAD LEADS BRUINS INTO CROSS COUNTRY SEASON

All-American Steve Blikstad is George Fox College's main weapon as the Bruins open their 1977 cross country season Saturday (Oct. 1).

Blikstad, NAIA District 2's top runner last season, will be back for his junior year as Coach Rich Allen fields a team of 12, one of the largest in recent years.

"They're going to have to prove they can beat Steve," is Allen's assessment of his powerful runner's district standing. "He's the returning district champion and he's going to have to be considered that until somebody beats him."

Blikstad could be a formidable challenge. In the NAIA cross country nationals last fall in Kenosha, Wisc., the Eugene product finished in the top five percent in the nation, clocking the five-mile distance in 24:53, for a 19th place out of 376 runners. The top 25 were awarded All-American honors.

But all of Allen's hopes are not just on Blikstad, however. "We should be better as a team," he says. The Bruins were fifth in the district last year.

Allen has lost just one runner, Cliff McCurdy, who was second on the Bruin team a year ago. And there are some promising newcomers in the fold.

- more -

Backing Blikstad should be sophomore Steve Stuart, Eugene. He was the Bruin's third runner last fall and was a top track man, setting a personal best each time he ran last spring. Also being looked at is Chris Mwaura, a native of Kenya, who transferred last fall from Oregon State and was not eligible for cross country.

Others returning are Clair Thomas, a Quincy, Wash., senior, fourth for the Bruins a year ago; Dean Gadd, Salem sophomore, who was fifth; and Larry Bales, a Beaverton senior, sixth.

First-year runners for Allen, but in school previous, are Dave Molstad, who had one year of experience at Black Hills State College in South Dakota and is a senior; Randy Ware, a Meridian, Idaho, senior, and Lon Austin, a Prineville senior. All have been members of Allen's track squad.

Bolstering the Bruins are newcomers Tim Rockholz, a transfer from Hutchinson Community College in Kansas where he was fourth nationally last year.

Two top Madison High School of Portland runners are out: Wendell Otto and Duane Smiley. And the Bruins also have Newberg High's best runner, Jim Le Shana.

The Bruins will be in for a rough start. The first meet is Saturday at the Willamette University Invitational and the Bruins, because of a late class start (Oct. 6), are just going into their training camp this week. "A key to our success will be the condition the guys come to school in," Allen says. "Because of our late start I really don't know where we are," he adds, "but I'm optimistic."

The Bruin schedule includes: Oct. 1 at Willamette University; Oct. 8 at Oregon State; Oct. 15 at Lewis and Clark; Oct. 22 at Mt. Hood; Oct. 29 at University of Puget Sound, and Oct. 12 NAIA District 2 championships in Salem.



copy
Rich Allen

Telephone : 357-6151 ext. 220 or 376

Sports Information
Lono Waiwaiolo

ATTENTION SPORTS
Cross Country Release #1

Sept. 19, 1977

Pacific University's cross country runners take their first test of the season Saturday at the University of Portland Invitational at Pier Park.

Coach George Evans views his second season with "cautious optimism." The Boxers lost a pair of outstanding seniors from the 1976 squad in Tom Cason and Roger Hansen, but all of the underclassmen returned. Co-coach Mike Steele calls this a "rebuilding year," but with more material than usual.

Leading the veterans is senior team captain Dave Nees, a three-year letterman who was All-NAIA District 2 last season. Also back for another tour in Boxer threads are Joe Gross, Brian Beattie, Terry Sullivan, John Sides and Russ Rodriguez. New runners on the team are freshmen Vance Brown, Tom Williams and Scott Thompson and transfer John McDowell.

Evans is also working with a women's team, a first for Pacific. Gail Alexander, Jean Grunst, Christy Hendry, Phyllis Fong, Cheryl McRae, Kathy Senske, Harumi Steele and Arnie Fernandez are the pioneers of that group.

Both squads will participate in the meet Saturday, but the women will not be scored. The starting time at Pier Park is 11:00 a.m.



OFFICE OF PUBLIC INFORMATION

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Sports Information
Lono Waiwaiolo

ATTENTION SPORTS
Cross Country Release #2

Sept. 26, 1977

CRIPPLED BOXERS PREPARE FOR WILLAMETTE INVITATIONAL RUN

Pacific University's hobbled harriers this week are working towards their first appearance of 1977 at Salem's Bush Park.

The occasion is the Willamette Invitational Saturday, and the Boxers hope to improve upon a disappointing performance last Saturday at the University of Portland Invitational. Co-coaches Mike Steele and George Evans held veterans Brian Beattie, John Sides and Russ Rodriguez out of action due to assorted injuries, and the six-man squad that did participate was buried in the team scoring.

Although official results are still forthcoming, senior Dave Nees was the first Boxer to finish--and he was the 44th runner to complete the Pier Park course. Terry Sullivan, Joe Gross, Tom Williams, Vance Brown and Jon McDowell were the other Pacific striders able to compete.

Among the Northwest Conference schools participating in Portland, Steele was especially impressed by Lewis & Clark and defending NWC champion Willamette. "They looked good," Steele commented. "We definitely have our work cut out for us this season."

The next piece of that assignment will commence at 11:00 a.m. Saturday in Salem.



Cross Country

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Oct. 3, 1977

GFC'S BLIKSTAD CAPTURES CROSS COUNTRY INVITATIONAL

George Fox College's Steve Blikstad Saturday (Oct. 1) kept his NAIA District 2 win string alive, adding the Willamette University invitational cross country title to his list.

Unbeaten in district competition all last year, Blikstad, now a junior, proved a year's time has made no difference, unless it's improvement.

Blikstad topped all 119 runners in the competition at Bush's Pasture Park. He toured the five-mile course in 24 minutes, 34 seconds, while his nearest district competition was in seventh-- Tim Rutledge of Willamette at 25:11.

Second place went to Mark Anderson of Highline Community College in Seattle with a 24:39 clocking. In third was Carl Meninger of Spur of the Moment Track Club at 24:42.

George Fox finished fourth out of 15 teams with Bruin Dave Molstad in 18th at 25:49.

Coach Rich Allen praised Blikstad for his finish, but also pointed with optimism to the team finish which occurred despite the absence of a couple of runners, including Chris Mwaura, who is expected to be one of the Bruins' better runners.

The Bruins take to the cross country trials again Saturday (Oct. 8), traveling to the Oregon State University Invitational.



Telephone : 357-6151 ext. 220 or 376

Lono Waiwairole
Sports Information

ATTENTION SPORTS
Cross Country Release #5

Oct. 17, 1977

BOXER HARRIERS CONTINUE TO IMPROVE

Pacific University's cross country squads will join forces this weekend for an appearance at the Pacific Lutheran Invitational Saturday, and most of the signs are encouraging.

The men's team will be defending the title it won in the same race last year, but it won't take a repeat to make coaches George Evans and Mike Steele happy.

"If we can continue to show the kind of individual improvement we have been getting," Steele says, "we'll be up in the middle of the pack somewhere." The Boxers have been trailing their Northwest Conference competition all season, but the gap is closing. Thanks to fine efforts by Terry Sullivan (27th), John Sides (30th), Joe Gross (54th) and Vance Brown (70th), Pacific came within four points of Linfield in the Lewis & Clark Invitational last weekend.

The other scorer for the Boxers was team captain Dave Nees, who finished a sup-par 44th. Tom Williams and Jon McDowell both trailed Brown by three seconds or less, and injury-plagued Russ Rodriguez was less than 40 seconds in back of them.

The women will be making their first trip to Tacoma. They finished fourth in the Oregon College of Education Invitational last weekend, with Christy Hendry the top finisher (20th). The other Boxer scorers were Annie Hernandez, Phyllis Fong, Alicia Gonzales and Cheryl McRae.



OFFICIAL NEWS RELEASE

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS

1221 BALTIMORE

KANSAS CITY, MISSOURI 64105

RELEASE:

Upon Receipt

October 20, 1977

Subj: NAIA National Cross Country Rankings, Fifth Report

KANSAS CITY, MO. --- Only three teams - frontrunners Adams State College (Colo.) and Indiana University (Pa.) and seventh ranked Fort Hays State University (Kan.) - were able to hold onto their positions of a week ago as the NAIA's fifth cross country ranking of the season is characterized by a flurry of position changes.

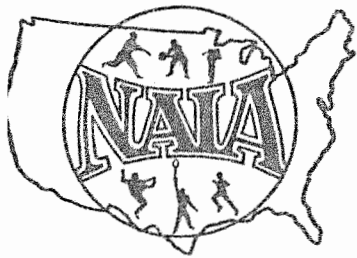
Pittsburg State University (Kan.) received some favorable attention this week, moving up a spot to third displacing the University of Wisconsin-LaCrosse, now in fourth while Saginaw Valley State College (Mich.) is listed fifth after being eighth a week ago.

Lewis University (Ill.) is ranked sixth - lower than they were last week; Fort Hays is at seventh; Pembroke State University (N.C.) two spots down at eighth; Oklahoma Christian College up to eighth from 11th and Eastern Washington University, 10th from 12th. Defending national champion Edinboro State College (Pa.) dropped out of this week's top ten, placing 11th.

NAIA NATIONAL CROSS COUNTRY RANKINGS Fifth Report

<u>Rank</u>	<u>Last Week</u>	<u>School</u>	<u>Points</u>
1	1	Adams State College (Colo.)	177
2	2	Indiana University (Pa.)	162
3	4	Pittsburg State University (Kan.)	138
4	3	University of Wisconsin-LaCrosse	134
5	8	Saginaw Valley State College (Mich.)	130
6	5	Lewis University (Ill.)	122
7	7	Fort Hays State University (Kan.)	103
8	6	Pembroke State University (N.C.)	78
9	11	Oklahoma Christian College	73
10	12	Eastern Washington University	61
11	9	Edinboro State College (Pa.)	55
12	--	University of Wisconsin-Parkside	38
13	14	Harding College (Ark.)	32
14	13	University of Wisconsin-Stevens Point	27
15	10	Malone College (Ohio)	21

Others receiving votes: Angelo State TEX; Baptist College SC; Berry College GA; Black Hills State College SD; California Lutheran; Cumberland College KY; Emporia State University KAN; George Fox College ORE; Lubbock Christian College TEX; Point Loma College CALIF; St. Olaf College MINN; Simon Fraser University CANADA; Slippery Rock State College PA; Willamette University ORE.



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Oct. 24, 1977

BLIKSTAD LEADS BRUINS IN MT. HOOD CROSS COUNTRY MEET

George Fox College's Steve Blikstad continued his domination over other NAIA District 2 runners Saturday as he topped all district competitor in the Mt. Hood Invitational cross country meet at Blue Lake Park in Gresham.

Blikstad placed second in the meet, however, running the four-mile course in 19:39, despite a continuing leg problem. He was bested over the course by Ken Martin, Lane Community in 19:05.

The Bruin team placed third in the field of ten, with coach Rich Allen praising Clair Thomas and Dave Molstad for their improved personal performances.

George Fox collected 71 points in the race to 35 for team winner Spokane Community and 52 for Lane Community. The closest district team was Oregon College of Education in fourth place with 155 points. Mt. Hood and Bellevue shared fifth with 183. Clark Community, Lewis and Clark, Everett Community and Skagit Valley finished the field.

For George Fox Chris Mwaura placed eighth in the field with a 20:02 timing. Molstad was 11th at 20:07, followed by Bruins Tim Rucholz at 20:27 Steve Stuart 20:42, Wendell Otto 21:03 Thomas 21:08, Jim Le Shana 21:26, Randy Ware 22:07, Von Widmer 22:08 and Lon Austin 23:02.

- more -

Saturday (Oct. 29) the Bruin harriers compete in the University of Puget Sound Invitational in Tacoma, the last scheduled meet before district competition which is to be run in Bush Park, Salem, Nov. 12.



Cross Country
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Nov. 7, 1977

BLIKSTAD TO LEAD BRUINS INTO DISTRICT
CROSS COUNTRY CHAMPIONSHIPS

"He's still the champion until somebody beats him, and I don't look for that to happen," is George Fox cross country coach Rich Allen's optimistic outlook about a second straight NAIA District 2 title for Bruin Steve Blikstad.

And Allen also sees improvement for his Newberg squad's team finish in the district championship to be run Saturday (Nov. 12) in Salem's Brush Pasture Park.

The Bruins a year ago finished fifth and Allen thinks Blikstad will again pace the Bruins, but this year with more backup behind him for runner-up positions.

Blikstad won the district title a year ago over the same five-mile course and then earned All-American honors for his finish in the top five percent of all runners in the national meet in Kenosha, Wis. Blikstad, a junior from Vancouver, Wash., via Sheldon High School in Eugene, finished 19th out of 376 runners in the national meet. He also finished second in the NAIA steeplechase.

The Bruin harrier has been unbeaten in the district in the last two years.

- more -

"I'll be disappointed if we're not better than a year ago," Allen says of his team. "We'll run as hard as we can; I feel if we do everything we can do, I'll let the outcome take care of itself." He looks for the strongest team competition to be from Southern Oregon, Willamette, Oregon College of Education, and possibly Northwest Nazarene of Idaho.

"This is the finest cross country team George Fox has ever had," Allen says of his 10-man contingent which must be cut by Saturday to a 7-member team entry. The race starts at 11 a.m.



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It's the first district cross country championship for the college and ~~only~~ the second district title in any sport. In 1973 the Basketball Bruins were district champions. ⁵⁰

Bruin coach Rich Allen's ~~squad~~ finished with 47 points. Willamette Univeristy was a distant second with 86 points. The race was over a five-mile course in Bush Pasture Park, Salem. ²⁹

Defending district champion, All-American Steve Blikstad, fighting a leg injury that has ^{bothered} ~~plagued~~ him all season, dropped first place to Willamette's Terry Zerzan. Blikstad ^{a Vancouver, Wash. junior} ran the ~~five~~ course in 25:04-- 30 seconds slower than his course record time of 24:34, set last year when he earned the district crown. ⁵⁸ ~~Zerzan was clocked in 24:49.5~~

The Bruins sent a six-man squad to the NAIA national run in Kenosha, Wisc. With Blikstad, ~~a junior from Vancouver, Wash.~~ were Chris Mwaura (~~fourth in district~~), Dave Molstad (~~ninth~~), Tim Rochholz (~~12th~~), Steve Stuart (~~20th~~) and Wendell Otto. ~~31st~~

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Nov. 7, 1977

BLIKSTAD TO LEAD BRUINS INTO DISTRICT CROSS COUNTRY CHAMPIONSHIPS

"He's still the champion until somebody beats him, and I don't look for that to happen," is George Fox cross country coach Rich Allen's optimistic outlook about a second straight NAIA District 2 title for Bruin Steve Blikstad.

And Allen also sees improvement for his Newberg squad's team finish in the district championship to be run Saturday (Nov. 12) in Salem's Brush Pasture Park.

The Bruins a year ago finished fifth and Allen thinks Blikstad will again pace the Bruins, but this year with more backup behind him for runner-up positions.

Blikstad won the district title a year ago over the same five-mile course and then earned All-American honors for his finish in the top five percent of all runners in the national meet in Kenosha, Wis. Blikstad, a junior from Vancouver, Wash., via Sheldon High School in Eugene, finished 19th out of 376 runners in the national meet. He also finished second in the NAIA steeplechase.

The Bruin harrier has been unbeaten in the district in the last two years.

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"I'll be disappointed if we're not better than a year ago," Allen says of his team. "We'll run as hard as we can; I feel if we do everything we can do, I'll let the outcome take care of itself." He looks for the strongest team competition to be from Southern Oregon, Willamette, Oregon College of Education, and possibly Northwest Nazarene of Idaho.

"This is the finest cross country team George Fox has ever had," Allen says of his 10-man contingent which must be cut by Saturday to a 7-member team entry. The race starts at 11 a.m.



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Nov. 14, 1977

BRUINS WIN DISTRICT CROSS COUNTRY CHAMPIONSHIP

George Fox College placed five runners in the top 20 places to run away with the 1977 NAIA District 2 Cross Country Championship, ²³ in Salem, Saturday.

It's the first district cross country championship for the ~~Newberg~~ college and only the second district title in any sports. In 1973 the basketball Bruins were district champions. ²⁷ 3-0

Bruin coach Rich Allen's squad finished with 47 points. Willamette University was a distant second with 86, ^{14/66} followed by Lewis and Clark 93, Southern Oregon State with 107, Oregon College of Education 12, Pacific University 145, Northwest Nazarene 158, Linfield 164, and Eastern Oregon State at 186 points.

^{All-Americans}
Defending district champion, Steve Blikstad, fighting a leg injury that has plagued him all season, dropped first place to Willamette's Terry Zerzan. Blikstad ran the five-mile course in 25:04 -- 30 seconds slower than his course-record time of 24:34, set last year, ^{50/106} when he earned the state crown.

Zerzan was clocked at 24:49.5. ^{7.1} Tim Rutledge, also of Willamette, placed third with a 25:05 mark. George Fox's Chris Mwaura ran a 25:13 for fourth place.

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Dave Molstad placed ninth with 25:23, and Bruin Tim Rochholz finished close behind in 12th position with a 25:43 clocking. The fifth scorer for George Fox was Steve Stuart, who logged a 26:06 mark for 20th place.

Also running for the Bruins, but not scoring, were Wendell Otto, 31st, 26:24; and Clair Thomas, 46th with a 27:02 time.

The Bruins now head for the NAIA nationals. They leave Thursday (Nov. 17) for Kenosha, Wisc., and the meet which will be held Saturday. Other individual Bruins have participated before but this will be the first team entry.

Last fall Blikstad finished 19 out of 376 runners and received All-American honors for his efforts. He's hoping for a repeat.

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The Bruins sent a six man squad to the NAIA nationals in Kenosha, Wisc. 13/24 the Blikstad were:

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Cross Country file

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Oct. 31, 1977

BLIKSTAD AND BRUINS WIN UPS CROSS COUNTRY MEET

George Fox College's Steve Blikstad set a new course record and five Bruins finished in the top 10 runners as George Fox demolished an eight-team field to capture the University of Puget Sound Invitational cross country meet Saturday (Oct. 29) in Tacoma.

George Fox put together a 24-point total to 86 for the host NCAA Loggers, who finished in second place.

Blikstad, the reigning NAIA District 2 cross country champion, ran the five-mile course in Fort Steillacoom Park in 25:10, taking two seconds off the course mark he established last year.

Chris Mwaura backed up Blikstad with a third place finish at 25:22. Others helping the Bruins to their commanding win were Dave Molstad in fifth at 25:42; Tim Ruckholz, in eighth at 25:55, Steve Stewart in tenth at 26:03; Wendell Otto in 18th at 27:05, and Clair Thomas in 19th at 27:14. Four Bruins set personal bests in the race--Molstad, Mwaura, Stewart and Otto.

The eighth Bruin runner, but not counting in the team total, was freshman Jim Le Shana, in 21st at 27:24. He also had a personal best. Sixty runners completed the field.

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"They ran really well, I'm really proud," Coach Rich Allen said after his team completed the course around a lake in dry weather, but wet field conditions. "We are right where we want to be, and preparing for the big ones."

Other team scores were Fort Steillacoom Track Club, 97; Green River Community 109; Seattle Pacific University 113; Skagit Valley Community 113; Snohomish Track Club 152 and Seattle Central Community incomplete score.

The Bruins have a break without a meet this Saturday as they prepare for the district championships Nov. 12 in Salem.



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