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SPORTS NEWS

GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
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May 31, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

GFC TRACK TEAMS TAKE TOP-25 FINISHES AT NATIONAL MEET

George Fox College's young 13-member squad of athletes gave solid efforts and showed potential for the future last weekend (May 26-28) at the NAIA national track and field championships in Azusa, Calif.

Four GFC women scored points —two with All-American efforts —propelling the Lady Bruins to a 21st-place finish, and the men tied for 25th without any help from upperclassmen. Two of the three Bruin men at the meet earned All-American honors (for top six finishes) and the other narrowly missed the finals.

Juli Cyrus (Sr., Newberg, Ore.) polished off her collegiate career with a fourth-place finish in the 3,000 meters. In 1993, she was national runner-up in the 3,000 and 5,000. Her time from a year ago would have given her a victory this year. Cyrus, an NAIA All-American in cross country, and indoor and outdoor track, finished strong despite undergoing knee surgery at the beginning of the season.

"It was as great an effort she's had, considering what she's coming from," said George Fox head coach Wes Cook.

The only other GFC senior at the meet, **Kathie Muck Brown (Sr., Newberg HS, Ore.)** tied **Tina Golden (Jr., Madison HS, Portland)** and two others for eighth in the high jump with 5-5 efforts.

Leah Johanson (So., Bellevue Christian, Kirkland, Wash.), a returning national scorer, attained All-American status with a fifth-place 137-0 throw in the javelin. **Kristy Fleming (Jr., Aberdeen HS, Wash.)** was hampered by a knee injury and threw 129-09, finishing ninth, one place away from scoring.

Liz Stephens (So., Newport HS, Bellevue, Wash.) advanced to the 400 meter semifinals, but Cook said she hurt herself by being so aggressive. "She was in trouble by the first hurdle. She expected to do better, but that's the value of coming when you are younger. You learn these things."

Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.) came 17th in the 5,000 meters. The women's 4 x 100 relay team of **Amanda Burrus (Fr., Stanwood HS, Camano Island, Wash.)**, **Kelly Scrutton (Fr., North Clackamas Christian HS, Milwaukie, Ore.)**, **Billie Bentley (So., Yamhill-Carlton HS, Ore.)** and **Joy Butler (Fr., Yelm HS, Wash.)** improved their season's best time by two seconds, but did not qualify for the finals.

On the men's side, District 2 champion **Erik Gibson (So., Cleveland HS, Seattle, Wash.)** ran in his second national steeplechase finals and with a 9:17.8 effort became an All-American with a fourth-place finish. Gibson participated in the 1992 national meet, but was sidelined by an injury last season.

John Smith (So., North Bend HS, Lakeside, Ore.) got off to a fast first-day start in the decathlon and captured an All-American fifth-place finish by winning the final event —the 1,500 meters. His two-day score of 6,765 broke his own school record of 6,690 set in the district meet. Smith had two personal bests in the first day and totalled 3,441 points, 250 points ahead of his previous best. He entered the final event in sixth place.

District 2 400-meter champion **Ryan Chaney (Fr., Salem Academy, Ore.)** advanced to the semifinals, but his time of 48.20 was .04 shy of putting him into the finals.

COOK'S COMMENTS: (Quotes from seventh-year head coach **Wes Cook**)

On National Meet: "Last year we had lots of points, but didn't have the top-to-bottom performances we've had this time. It bodes well for the future."

BRUIN BITS:

*** George Fox track and field national finishes:

Year	Men	Women
1994	25	21
1993	14	9
1992	26	10
1991	27	12

*** Sign up Juli Cyrus for the all-adversity team. Since entering George Fox, her results at national meets have been thus:

Cross country 1991—No. 2 runner for No. 1 nationally-ranked GFC team...collapsed from asthma...did not finish

Track 1992— Entered with fourth-best time...goes down in collision on second lap...continues for two more laps before pulling out with pain in knee.

Cross country 1992 — Slipped and fell at two-mile mark while among leaders...finished 51st...top two runners had been beaten by Cyrus earlier in season.

Track 1993 — National runner-up in 3,000 and 5,000 meters

Cross country 1993 — Unbeaten through first half of season...develops pneumonia...suffers asthma attack at national meet...did not finish

Track 1994 — Despite knee surgery two months prior, Cyrus returns to finish fourth in 3,000 meters.

GEORGE FOX RESULTS:

NAIA National Championships

May 26-28

Azusa, Calif.

MEN

TEAM RESULTS (Top three and District 2 teams)

1. Azusa Pacific	82
2. Central State, OH	66
3. Oklahoma Baptist	54
5. Western Oregon	48
11. Linfield	27
13. Eastern Oregon	24
t23. George Fox	9
t34. Southern Oregon	5
60. Northwest Nazarene	.5

GFC INDIVIDUAL RESULTS

Decathlon

5. John Smith	6,765 **
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Semifinal Steeplechase

Erik Gibson	9:22.10
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Final Steeplechase

4. Erik Gibson	9:17.8 **
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-more-

Prelim 400 meters

Ryan Chaney 48.09

Semifinal 400 meters

Ryan Chaney 48.20

WOMEN

TEAM RESULTS (Top three and District 2 teams)

1. Central State, OH	96
2. Doane, NE	71
3. Wayland Baptist, TX	58
t11. Western Oregon	24
t11. Southern Oregon	24
21. George Fox	9.5
t26. Willamette	8
t39. Linfield	3

GFC INDIVIDUAL RESULTS

Prelim 400 Hurdles

Liz Stephens 1:05.04

Semifinal 400 Hurdles

Liz Stephens 1:06.68

3,000 meters

4. Juli Cyrus 10:07.16 **

High Jump

8. Kathie Muck Brown 5-5 *

8. Tina Golden 5-5 *

Javelin

5. Leah Johanson 137-0 **

9. Kristy Fleming 129-09.0

5,000 Meter

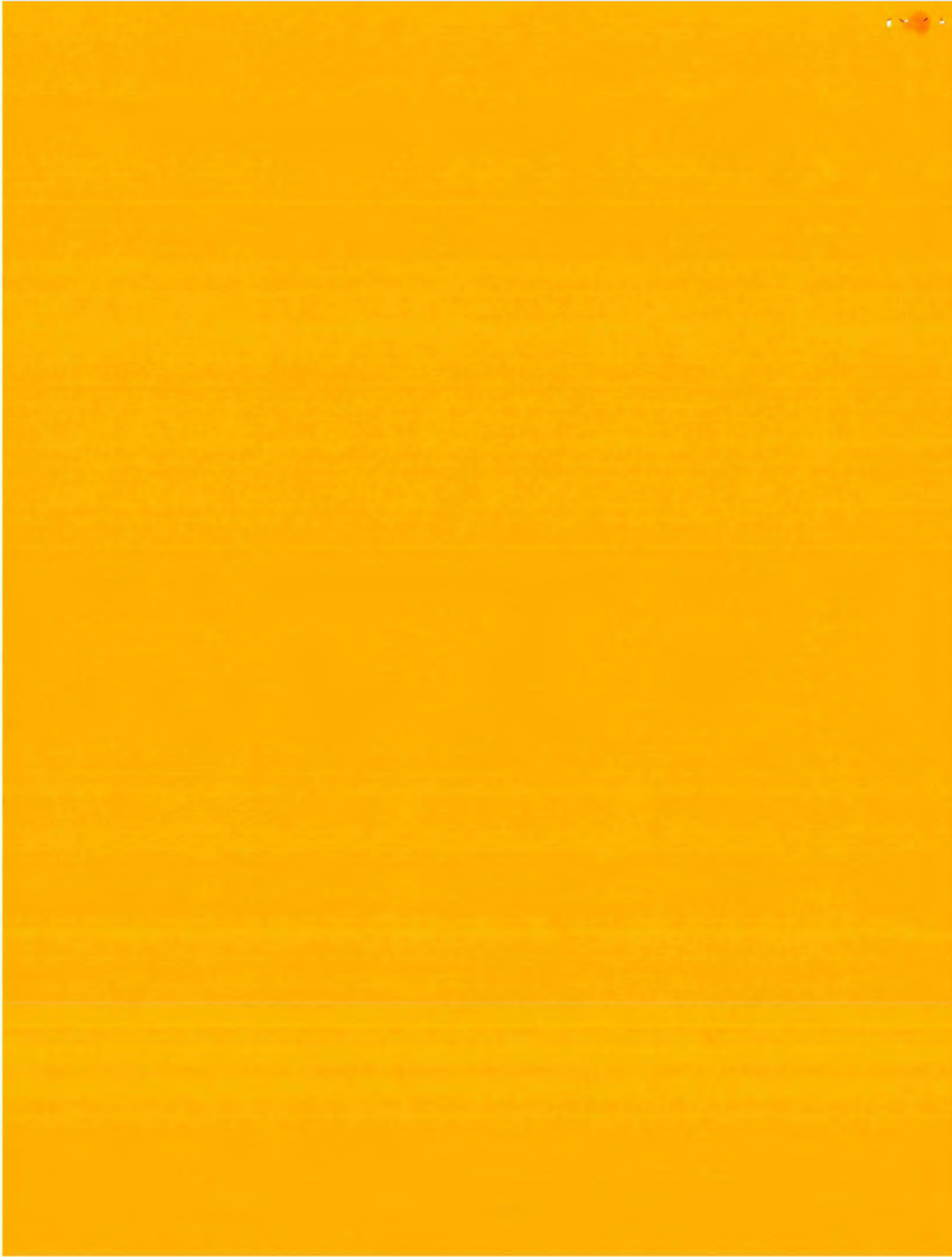
17. Dawn Hartwig 19:50.68

Prelim 4 x 100 Relay

Burrus	
Scrutton	
Bentley	
Butler	48.56

* National Scorer

** All-American



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Aug. 1, 1994
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GFC Track Adds Sprint and Relay Coach

David Guzman, sprint and relay coach for the state champion track and field teams at Salem Academy, is joining the George Fox College coaching staff in the same capacity.

Guzman has 18 years of track and field coaching experience. During the last 12, he assisted at Salem Academy. The Crusader boys teams have won the past three Oregon Class 2A state titles, and the girls have taken three in the last eight years. Guzman has guided 30 relay teams to the state meet, 29 going on to score points and 17 winning state titles.

"He's very much a people person," says eighth-year GFC cross country and track coach Wes Cook. "He's extremely energetic. It will give each athlete more direct contact with a coach. I think it will allow me to do a better job all around."

Guzman will coordinate the track team's fall training, while Cook concentrates on the school's perennially nationally ranked cross country squads.

Guzman will be reunited at GFC with sophomore Ryan Chaney, who won 10 state titles as a sprinter at Salem Academy. As a freshman at George Fox, Chaney was a national-qualifier in the 400 meters.

Guzman spent three years coaching at the middle school level and three years as co-founder and president of the Santiam Striders Track Club. He currently lives in Salem and works as an insurance agent with Preferred Risk.

Both of George Fox's track teams finished among the NAIA's top 25 in 1994. The women's team earned 21st place and the men tied for 25th.

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SPORTS NEWS

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May 5, 1994
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George Fox Nabs Tigard Three-Sport Athlete

Nancy Rissmiller, Oregon's best female 4A high school high jumper, will compete in basketball and track next year at George Fox College.

George Fox track coach Wes Cook says the 5-10 Tigard High School senior is a big catch. "Nancy is one of the better talents in the state this year," he says. "You're looking at a potential All-American."

Rissmiller has cleared 5-8 1/4 in the high jump, the best Oregon 4A mark in at least six years. Her mark puts her in a tie for the seventh-best 4A jump all-time.

Her 800 meter time of 2:13.5 is close to the 4A top-10 all-time list as well and already nears the GFC record of 2:13.44.

Rissmiller has lettered four years in track and cross country and three years in basketball. She earned cross country first-team all-state honors as a freshman.

Rissmiller has a 3.8 accumulative grade point average and will be a Benson Scholar, receiving George Fox's highest academic scholarship. "She's an excellent young lady and very coachable," says Cook. Her father, Ron, is a 1993 graduate of George Fox's adult continuing education program. "They're a super family," says Cook.

Rissmiller said she was recruited by the University of Portland and other local NAIA schools. She chose the Newberg college because "It's a Christian college and close to home. They have a really good sports program. Wes and Scott (Brown, GFC assistant track coach) have been contacting me since my sophomore year." She plans to major in secondary education.

Sherri Murrell, George Fox's women's basketball coach, expects the athletic Rissmiller to be a match with the Lady Bruins' up-tempo style of play. "She runs the floor really well. I think she

-more-

will quickly fit into the system and will be used right away." Murrell says. "She is a really good scholar-athlete. She will really benefit Wes and I with her attitude and athletic ability."

The women's basketball team loses its leading rebounder and scorer off its 1993-94 team — 5-10 forward/center Kristy Fleming. "One of Rissmiller's biggest strengths is rebounding," says Murrell. "She is smaller than Kristy, but she's a blue collar worker underneath."

Rissmiller, a team captain, averaged 10 points and 9.4 rebounds a game last year while helping her team to a fourth place finish in the state 4A tournament.

June 6, 1994
Contact: Rob Felton
Sports Information Director

Juli Cyrus Named Academic All-American Scholar-Athlete

George Fox College senior runner Juli Cyrus was named a 1994 track and field NAIA All-American Scholar-Athlete, winning her tenth All-American award.

Cyrus earned the academic honor with a 3.51 accumulative grade point average as a human performance/athletic training major. A graduate of Stuttgart American High School in Germany, Cyrus currently resides with her parents in Seattle.

Despite undergoing knee surgery early this track season, Cyrus finished fourth in the NAIA national 3,000-meter race.

Cyrus was the 1993 national runner-up in the 3,000 and 5,000 meter races.

She transferred to George Fox in 1991 from Western State College of Colorado with five All-American titles. She finishing 23rd in the 1990 national cross country meet and third and fifth in the 1,000-yard run in the 1989 and 1990 indoor track nationals. Two more All-American finishes came as a member of Western State's relay teams.

At George Fox, she finished sixth in the 1,000-yard run at the 1992 indoor track championships and competed in three national cross country meets.

In the last four years, George Fox College athletes have earned 52 NAIA All-American awards and 23 academic All-American Scholar-Athlete honors.



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SPORTS NEWS

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May 23, 1994
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Smith Nears GFC Pole Vault Record

John Smith (So., North Bend HS, Lakeside, Ore.) became the second-highest pole vaulter in George Fox College history Saturday in the preliminary events before the Adidas-Oregon Track Classic at Lewis & Clark College.

Smith cleared 15-6, two inches shy of the college's oldest school track record. In 1969 and again in 1971, Dave McDonald vaulted 15-8.

Also at Lewis & Clark, Tom Heuberger (So., Hood River HS, Ore.) equaled his personal best 800 meter time of 1:57.

Jon Huwe (Sr., Bigfork HS, Mont.) threw 143 feet in the discus.

Smith and 13 other GFC athletes are heading for the NAIA National Championships May 26-28 in Azusa, Calif. Smith will compete in the decathlon on Thursday and Friday and the pole vault on Saturday.

REPORTING

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SPORTS NEWS

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May 16, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, May 26-28. ... At NAIA National Championships . . . Azusa, Calif. . . . Hosted by Azusa Pacific University...11 GFC female athletes and three Bruin men will participate...**Liz Stephens** (So., Newport HS, Bellevue, Wash.) could compete in both hurdles...**Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) is expected to run the 5,000... **Juli Cyrus** (Sr., Newberg, Ore) has a chance for another All-American title in the 3,000 meters despite early season knee surgery. She was national runner-up in the 3,000 and 5,000 in 1993. She also has been nominated for an academic All-American Scholar-Athlete award...**Kathie Muck Brown** (Sr., Newberg HS, Ore.) enters the high jump tied for the sixth-best mark...The women's 4 x 100 relay team of **Amanda Burrus** (Fr., Stanwood HS, Camano Island, Wash.), **Kelly Scrutton** (Fr., North Clackamas Christian HS, Milwaukie, Ore.), **Billie Bentley** (So., Yamhill-Carlton HS, Ore.) and **Joy Butler** (Fr., Yelm HS, Wash.) enters with the 12th-best reported time...**Tina Golden** (Jr., Madison HS, Portland) is the relay alternate and could enter the high jump...**Leah Johanson** (So., Bellevue Christian, Kirkland, Wash.) and **Kristy Fleming** (Jr., Aberdeen HS, Wash.) are returning national scorers in the javelin...District 2 champion **Erik Gibson** (So., Cleveland HS, Seattle, Wash.) is ranked among the NAIA top-10 in steeplechase...**Jon Smith** (So., North Bend HS, Lakeside, Ore.) will compete in the decathlon...District 2 champion **Ryan Chaney** (Fr., Salem Academy, Ore.) will run the 400 meters.

LAST WEEK:

Three school records were felled as the George Fox women's track team finished third and the men fourth in the final NAIA District 2 Championships.

Next year, the NAIA will dissolve the district format in favor of affiliated conferences.

Ryan Chaney (Fr., Salem Academy, Ore.) won the 400 meters in 47.63, clipping nearly a second off of Tim Conley's 1990 record time of 48.16.

Kathie Muck Brown (Sr., Newberg HS, Ore.) also erased her own 5-6 mark from the school record book by clearing 5-7 in the high jump. She finished second in the meet.

The women's 4 x 100 meter relay team broke its own school record of 49.16 with a nationally-qualifying 48.74 performance. They placed second behind Western Oregon.

All five GFC relay teams produced season bests at the meet.

Southern Oregon became the third women's team to win the district in three years, edging defending champion Western Oregon 175.75 to 172.75. GFC, the 1992 champion, had 96.5 points.

Juli Cyrus (Sr., Newberg, Ore.) won the 3,000 meters in her second competitive race since early season knee surgery. She also came close to winning the 1,500 meters.

Kristy Fleming (Jr., Aberdeen HS, Wash.), a national scorer in 1993, suffered a knee injury on her first javelin throw. A two-year starter on the GFC basketball team, she has undergone previous surgery on both knees.

Leah Johanson (So., Bellevue Christian, Kirkland, Wash.) scored in all three throwing events. She took second in the javelin, fourth in the discus and fifth in the shot put.

Delivering personal bests for the Lady Bruins were **Sandy Taylor** (So., Greenleaf Academy, Eagle, Idaho.) in the 3,000 meters, **Kelly Scrutton** (Fr., North Clackamas Christian, Milwaukie, Ore.) in the 400 meters and **Keelie Keown** (Fr., Oakridge HS, Ore.) in the high jump.

On the men's side, Western Oregon won its fourth-straight title.

GFC's **Eric Gibson** (So., Cleveland HS, Seattle) and **Dave Dewar** (So., Canby HS, Ore.) finished one-two in the 3,000 meter steeplechase.

Charles Debell (So., Roosevelt HS, Seattle) overcame a two-year battle with stress fractures and leg injuries to finish eighth with a personal best 56.84 in the 400 meter hurdles.

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John Smith (North Bend HS, Lakeside, Ore.) earned second in the pole vault with a career best 15-1.

COOK'S COMMENTS: (Quotes from seventh-year head coach **Wes Cook**)

On District Meet: "With as young a team as we have, and as few points as we had coming back, we could have had a big letdown and been flat. But it was pretty exciting. Our distance people have been struggling. We've just had injuries and sickness at the wrong time."

On National Meet: "We have a lot of young kids going and that's really encouraging."

GEORGE FOX INDIVIDUAL RESULTS

NAIA District 2 Championships
May 13-14
La Grande, Ore.

MEN

TEAM RESULTS

Western Oregon	217
Linfield	124
Southern Oregon	104
George Fox	80
Eastern Oregon	65
Willamette	50
Northwest Nazarene	11
Lewis & Clark	0

GFC INDIVIDUAL RESULTS

200 Meter Dash

5. Ryan Chaney	22.34
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400 Meter Dash

1. Ryan Chaney	47.63
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1,500 Meters

8. Dave Dewar	4:11.21
10. Josh Kneeshaw	4:21.05

5,000 Meters

3. Eli Lane	15:41.42
4. Sean Beebe	15:43.66
7. Mike Murphy	16:05.05
9. Geoff Olson	16:11.89

10,000 Meters

3. Geoff Olson	34:37.15
5. Tim Nichols	35:28.07
6. Raymond Cheung	35:45.49

400 Meter Hurdles

8. Charles Debell	56.84
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800 Meters

4. Torrey Lindbo	1:55.82
10. Tom Heuberger	2:04.83

4 x 100 Meter Relay

5. GFC	43.28
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4 x 400 Meter Relay

6. GFC	3:21.9
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High Jump

8. John Smith	6-3.25
13. John Hirota	6-1.25

Pole Vault

2. John Smith	15-1
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3,000 Meter Steeplechase

1. Erik Gibson	9:38.04
2. Dave Dewar	9:46.14
5. Eli Lane	9:54.94
11. Mike Murphy	10:17.74

WOMEN

TEAM RESULTS

Southern Oregon	175.75
Western Oregon	172.75
George Fox	96.5
Linfield	54
Eastern Oregon	42
Willamette	41
Northwest Nazarene	27
Lewis & Clark	10

GFC INDIVIDUAL RESULTS

100 Meter Dash

6. Joy Butler	12.76
8. Tina Golden	12.86

200 Meter Dash

8. Kelly Scrutton	26.35
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400 Meters

4. Kelly Scrutton	59.46
7. Heidi Haley	1:03.37

1,500 Meters

2. Juli Cyrus	4:52.66
5. Dawn Hartwig	4:56.74
8. Jenny Campbell	5:00.34

3,000 Meters

1. Juli Cyrus	10:21.81
4. Sandy Taylor	10:43.13
5. Dawn Hartwig	10:46.86
8. Jenny Campbell	11:02.36
9. Emily Bergman	11:14.29
10. Angela Linder	11:20.36

5,000 Meters

4. Dawn Hartwig	19:17.86
5. Steph Rosen	19:19.60
7. Angela Linder	19:50.96

10,000 Meters

3. Stephanie Rosen	40:27.01
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400 Meter Hurdles

2. Liz Stephens	1:03.90
6. Holly Irvine	1:06.07

4 x 100 Meter Relay

2. GFC	48.74
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4 x 400 Meter Relay

6. GFC	4:05.63
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Sprint Medley

6. GFC	1:51.75
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Javelin

2. Leah Johanson	140-1
4. Kristy Fleming	132-6

High Jump

2. Kathie Muck Brown	5-7
4. Keelie Keown	5-3
4. Tina Golden	5-3
8. Sara Luckensmeyer	5-1
8. Celeste Beringer	5-1

Discus

4. Leah Johanson	122-6.5
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Shot Put

5. Leah Johanson	37-2.5
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May 9, 1994
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GEORGE FOX COLLEGE TRACK AND FIELD**WHAT'S BRUIN:**

Saturday, May 13-14. ... At NAIA District 2 Championships . . . La Grande, Ore. . . . Hosted by Eastern Oregon State College...The GFC women finished second to Western Oregon in 1993 and won their first-ever title in 1992 . . . The men finished second to Western Oregon in 1993 and fourth in 1992 . . . Western Oregon again figures to be the favorite on both the men's and women's sides.

LAST WEEK:

Nearly 50 GFC track athletes used the Western Oregon State College "Last Chance" Meet on Saturday (May 7) to tune up for next weekend's NAIA District 2 championships held Friday and Saturday (May 13-14) at Eastern Oregon State College.

The women's 4 x 100 relay team used the opportunity to set a new school record. The team of **Billie Bentley** (So., Yamhill-Carlton HS, Ore.), **Joy Butler** (Fr., Yelm HS, Wash.), **Amanda Burrus** (Fr., Stanwood HS, Camano Island, Wash.) and **Kelly Scrutton** (Fr., North Clackamas Christian HS, Milwaukie, Ore.) finished the lap in 49.16, just missing a top-10 NAIA national ranking.

1993 All-American **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg) returned to old form, winning the 3,000 meter race despite early season knee surgery. Her time of 10:27.82 is one of top 16 reported times in the NAIA. She was followed across the finish line by **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) (10:46.54), **Jenny Campbell** (So., Highline HS, Seattle, Wash.) (10:50.38), and **Steph Rosen** (Jr., Newberg HS, Ore.) (10:56.99).

Rachael Lewis (Fr., Portland Christian HS) qualified for the district meet in the discus with a 118-3.0 heave.

Leah Johanson (So., Bellevue Christian HS, Kirkland, Wash.) launched a javelin throw of 138-06 despite windy conditions. She has yet to be beaten head-to-head this season by a collegiate athlete.

Liz Stephens (So., Newport HS, Bellevue, Wash.) ran a solid 2:22.97 in the 800 meters.

Head coach Wes Cook had the men's team doing speed work to sharpen up for the district meet. He felt **Josh Kneeshaw** (Jr., Colfax HS, Wash.) ran a good 800 meter race considering the blustery weather. Kneeshaw took second with a district-qualifying time of 1:57.16.

BRUIN BITS:

*** George Fox has won one NAIA District 2 women's track title (1992) and the men have won two district titles (1979 and 1980).

*** George Fox's long distance women are ranked among the best in NAIA District 2. In season results released last week, **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) (4:46.26), 1993 cross country All-American **Brooke Barton** (Fr., Lake Oswego HS, Ore.) (4:48.14) and **Jenny Campbell** (So., Yelm HS, Wash.) (4:49.12) are listed 1-2-3 in the 1,500 meters. Barton is No. 1 in the 3,000 (10:11.06) and 5,000 (17:46.44) with NAIA national qualifying times.

*** **Kathy Muck Brown** (Sr., Newberg HS, Ore.) has the second best high jump in the district this season. Her 5-6 hop over the bar makes her eligible for NAIA national competition.

*** **Ryan Chaney** (Fr., Salem Academy, Ore.) has run a lap in 48.18, the best 400 meter time in the district this season. It also ranks as the second-best mark in the state at all levels this year.

***** Mike Murphy (Sr., Central HS, Monmouth, Ore.)** has the second best 5,000 meter mark in district (15:09.84) and the No. 3 time in the steeplechase (9:38.9).

COOK'S COMMENTS: (Quotes from seventh-year head coach **Wes Cook**)

On District Championships:

Men: "Western has way too many horses. As young as we are, if we finish in the middle of pack, that's where we belong. Our aim is to have these young kids go and have strong experiences and build on that down the road."

Women: "There's no doubt about Western being the favorite. Western is probably a better team than a year ago. My guess is Southern will get their share of points and then there's Linfield and us. Maybe we're in a run for second."

GEORGE FOX INDIVIDUAL RESULTS

**Western Oregon "Last Chance" Open
Monmouth, Ore.
May 7**

Women

Shot Put

5. Leah Johanson 35-4.1

Discus

5. Rachael Lewis 118-3.0*

100 Meters

5. Tina Golden 13.59

100 Meter Hurdles

2. Liz Stephens 15.86*

5. Holly Irvine 16.19*

7. Jenny Christiansen 17.66

1,500 Meters

5. Emily Bergman 5:10.72

Long Jump

6. Billie Bentley 16-0

4 x 100 Meter Relay

2. GFC 49.16

4 x 400 Meter Relay

1. GFC 4:08.32

400 Meters

3. Heidi Haley 1:02.74

200 Meters

1. Amanda Burrus 27.5

Javelin

2. Leah Johanson 138-06*

6. Kristy Fleming 133-5*

3,000 Meters

1. Juli Cyrus	10:27.82*
2. Dawn Hartwig	10:46.54*
3. Jenny Campbell	10:50.38*
4. Steph Rosen	10:56.99*
7. Sandy Taylor	11:29.05
8. Angela Linder	11:41.63
11. Ruth Hinds	12:12.93

800 Meters

5. Liz Stephens	2:22.97*
7. Emily Bergman	2:36.42

Triple Jump

8. Cheryl Hanna	31-0
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High Jump

4. Tina Golden	5-02.25*
4. Kathy Muck Brown	5-02.25*

Men

400 Meter Hurdles

7. Charles Debell	58.22
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800 Meters

2. Josh Kneeshaw	1:57.16*
4. Torrey Lindbo	1:58.16
8. Tom Heuberger	2:00.86
12. Dave Dewar	2:03.71
16. Geoff Olson	2:06.98

5,000 Meters

2. Eli Lane	15:53.13
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Discus

7. Jon Huwe	138-11*
11. Sam Morrow	102-0

4 x 100 Meter Relay

4. GFC	44.12
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Steeplechase

6. Raymond Cheung	11:05.42
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Javelin

4. John Smith	165-0
8. Sam Morrow	155-1

Shot Put

3. Jon Huwe	43-9.25
8. Sam Morrow	33-11.5

Hammer

10. Sam Morrow	138-08.1
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1,500 Meters

6. Erik Gibson	4:14.19
7. Sean Beebe	4:14.39
8. Dave Dewar	4:15.13
13. Tim Nichols	4:41.09

*District qualifying mark

**National qualifying mark

SPORTS NEWS

GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 292
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May 2, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD**WHAT'S BRUIN:**

Saturday, May 7, 10 a.m. ... At Western Oregon State College "Last Chance" Meet...
Monmouth, Ore...Final tune-up for the GFC team before the May 13-14 NAIA District 2 meet in La Grande, Ore.

LAST WEEK:

On Saturday (April 30), the George Fox track team competed in the Western Oregon State Invitational in Monmouth, Ore.

Liz Stephens (So., Newport HS, Bellevue, Wash.) qualified for the May 26-28 NAIA national championships in Azusa, Calif., by winning the 400 meter hurdles in a time of 1:03.07.

Dawn Hartwig (So., Trenton HS, Woodhaven Mich.) took the lead in the 1,500 meters after the first lap and went on to win in 4:56.90. Teammate **Sandy Taylor** (So., Greenleaf Academy, Eagle, Idaho) placed second in 4:58.10.

Kathie Muck Brown (Sr., Newberg HS, Ore.), **Tina Golden** (Jr., Madison HS, Portland, Ore.), **Keelie Keown** (Fr., Oakridge HS, Ore.) and **Sara Luckensmeyer** (So., Cashmere HS, Wash.) placed second through fifth in the high jump. Muck Brown and Golden both cleared 5-4, while Keown and Luckensmeyer made good on attempts of 5-2 and 5-0, respectively.

Leah Johanson (So., Bellevue Christian HS, Kirkland, Wash.) continued her dominance of district competition in the javelin, winning the event with a throw of 132-4.

Ryan Chaney (Fr., Salem Academy HS, Eugene, Ore.) easily won the 400 meters in a district-qualifying 49.52 seconds. In the 200 meters, he brought the crowd to their feet, battling Taoule Konate of Western Oregon State to an apparent tie. Chaney was declared the winner after meet officials reviewed a video replay.

Erik Gibson (So., Cleveland HS, Seattle, Wash.) continued his comeback from an 18-month layoff, qualifying for the district meet in the steeplechase at 9:36.38. It was just his second race of the season.

Team captain **Torrey Lindbo** (Jr., Colfax HS, Wash.) took second in the 800 meters in a district-qualifying time of 1:56.97.

BRUIN BITS:

***Several Bruins missed the meet Saturday due to commencement ceremonies at George Fox. Graduating were All-American distance runner **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg, Ore.), thrower **Jonathan Huwe** (Sr., Bigfork HS, Mont.), javelin specialist **Jason Bingham** (Sr., South Medford HS, Ore.) and 1991 NAIA steeplechase finalist **Mike Murphy** (Sr., Central HS, Monmouth, Ore.).

***School has officially ended, but district competitors stay on campus for two more weeks. Those competing at the national meet will live on campus through the end of the month.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On WOSC Invite: "We just went through finals, so considering the week's events, these kids did especially well."

"**Liz Stephens** (So., Newport HS, Bellevue, Wash.) qualified for the national meet, and **Ryan Chaney's** (Fr., Salem Academy HS, Eugene, Ore.) win speaks for itself."

"**Steph Rosen** (Jr., Newberg HS, Ore.) ran extremely well. She (had a personal best) by over 20 seconds."

On WOSC Last Chance meet: "This is the time of year we've been working for. We should see some exciting things the next couple of weeks. Other schools are going to be facing what we just went through."

GEORGE FOX INDIVIDUAL RESULTS

Western Oregon Invitational
Monmouth, Ore.
April 30

WOMEN

Shot Put

2. Leah Johanson 36-5

5,000 Meters

2. Stephanie Rosen 18:41.57*

Triple Jump

8. Cheryl Hanna 32-1
9. Jen Christiansen 31-2 1/2

1,500 Meters

1. Dawn Hartwig 4:56.90*
2. Sandy Taylor 4:58.10*
8. Angela Linder 5:10.75

400 Meters

4. Heidi Haley 1:02.96
5. Karen Baltz 1:02.99

100 Meters

6. Joy Butler 12.7*
7. Billie Bentley 12.8*

Discus

4. Leah Johanson 116-1
6. Rachael Lewis 113-6

800 Meters

3. Sandy Taylor 2:29.23
4. Dawn Hartwig 2:29.66
5. Abby Vanlandingham 2:31.26

High Jump

2. Kathie Muck Brown 5-4 1/4*
3. Tina Golden 5-4 1/4*
4. Keelie Keown 5-2 1/4*
5. Sara Luckensmeyer 5-0 1/4*

400 Meter Hurdles

1. Liz Stephens 1:03.07**
4. Holly Irvine 1:07.71*
10. Jen Christiansen 1:13.40

Long Jump

- 6. Billie Bentley 15-10
- 7. Cheryl Hanna 15-1
- 8. Joy Butler 14-6 1/4

Javelin

- 1. Leah Johanson 132-4*
- 3. Kristy Fleming 126-3*

200 Meters

- 6. Karen Baltz 27.47

100 Meter Hurdles

- 4. Holly Irvine 15.80*

Sprint Medley Relay

- 3. George Fox 1:52.96

400 Meter Relay

- 2. George Fox 50.23

Men

100 Meters

- 4. Jeremy Burnett 11.58

200 Meters

- 1. Ryan Chaney 22.45*
- 4. Jeremy Burnett 23.25

400 Meters

- 1. Ryan Chaney 49.52*

800 Meters

- 2. Torrey Lindbo 1:56.97*
- 4. Tom Heuberger 1:57.30*
- 12. Andres Peacock 2:08.34

1,500 Meters

- 6. Andy DeBois 4:10.32
- 10. Brent Samodurov 4:20.96

Steeplechase

- 1. Erik Gibson 9:36.38*
- 2. Eli Lane 9:43.85*
- 5. Raymond Cheung 10:33.83

5,000 Meters

- 3. Sean Beebe 15:44.79
- 5. Tim Nichols 16:35.90

110 Meter Hurdles

- 4. Jonathan Hirota 16.97

400 Meter Hurdles

- 5. Charles Debell 59.85

Pole Vault

5. Jonathan Hirota 12-9 1/2

Discus

9. John Smith 117-11

12. Sam Morrow 102-0

Hammer

9. Sam Morrow 125-2

Javelin

7. Sam Morrow 145-0

Shot Put

7. John Smith 35-7 3/4

9. Steve Lierman 34-5

10. Jason McKee 33-10

*District qualifying

**National qualifying

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SPORTS NEWS

GEORGE FOX COLLEGE
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George Fox
College

April 25, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, April 30, at Western Oregon Open, Monmouth, Ore... Second to last chance for athletes to qualify for district competition...NAIA teams from across the state are expected...Several seniors will be absent attending George Fox's commencement exercises.

LAST WEEK:

NAIA District 2 Multi-Events

John Smith (So., North Bend HS, Lakeside, Ore.) improved upon his own school record by 114 points finishing second with a score of 6,690 in the NAIA District 2 Multi-Events Monday and Tuesday (April 18-19) in Monmouth, Ore.

Jonathan Hirota (Fr., Wellington HS, Nanaimo, B.C., Canada) placed fifth in the competition and bettered the national qualifying standard by totalling 6,125 points.

The Bruins will go into the May 13-14 NAIA District 2 championships tied for the lead with Western Oregon State, whose top decathlete won the competition. Both teams have 10 district points.

For the Lady Bruins, **Keelie Keown** (Fr., Oakridge HS, Ore.) managed to snatch up a district-scoring sixth-place finish by edging out teammate **Jennifer Christiansen** (Fr., Sherman County HS, Grass Valley, Ore.) 3,457 to 3,413.

Raider Invitational

On Saturday (April 23), the George Fox track team competed in the Raider Invitational in Ashland, Ore., hosted by Southern Oregon State College.

Kathie Muck Brown (Sr., Newberg HS, Ore.), **Tina Golden** (Jr., Madison HS, Portland, Ore.) and **Sara Luckensmeyer** (So., Cashmere HS, Wash.) finished first, second and third in the high jump, clearing 5-4, 5-2 and 5-0, respectively.

Joy Butler (Fr., Yelm HS, Wash.) won the 100 meters in 12.4 seconds and **Billie Bentley** (So., Yamhill-Carlton HS, Stevenson, Wash.) placed third in 12.7 seconds.

Kelly Scrutton (Fr., North Clackamas Christian HS, Milwaukie, Ore.) and **Amanda Burrus** (Fr., Stanwood HS, Camano Island, Wash.) finished first and third in the 200 meters with respective district-qualifying times of 25.9 and 26.8 seconds.

The Lady Bruin 400-meter relay squad of Bentley, Butler, Burrus and Scrutton took the race in a time of 49.8 seconds.

Liz Stephens (So., Newport HS, Bellevue, Wash.) won both the 100 and 400 meter hurdle races with district-qualifying times of 15.0 and 1:04.4.

For the Bruin men, team captain **Josh Kneeshaw** (Jr., Colfax HS, Wash.) ran two 58 second laps enroute to winning the 800 meters in 1:56.6.

John Smith, competing after breaking his own school record in the decathlon earlier in the week, won the pole vault, clearing 14-6.

Ryan Chaney (Fr., Salem Academy HS, Eugene, Ore.) came from several yards behind on the last turn of the 400 meters to win in a time of 48.8 seconds.

In the 5,000 meters, **Eli Lane** (Fr., Seward HS, Alaska) ran a 4:59 last mile and beat the field, finishing in 15:37.2.

BRUIN BITS:

***All-American distance runner **Juli Cyrus** (Sr., **Stuttgart American HS, Germany, Newberg, Ore.**) put her comeback on hold for two more weeks when she scratched out of the 1,500 meters at the Raider Invitational. Cyrus graduates on Saturday.

***Several GFC runners, including all-district cross country runner **Dawn Hartwig** (So., **Trenton HS, Woodhaven, Mich.**) and team captain **Torrey Lindbo** (Jr., **Colfax Hs, Wash.**), missed Saturday's meet because of a field trip for their ecology class.

***1993 javelin national scorer **Kristy Fleming** (Jr., **Aberdeen HS, Wash.**) sat out last weekend's competition with an injured leg.

COOK'S COMMENTS: (Quotes from seventh-year head coach **Wes Cook**)

On NAIA District 2 Multi-Events: "**John Smith** (So., **North Bend HS, Lakeside, Ore.**) has the right mentality for the decathlon. Both he and **Jonathan Hirota** (Fr., **Wellington HS, Nanaimo, B.C., Canada**) competed very well.

"Our young ladies also had some very good efforts. To be a district scorer as a freshman is phenomenal. They are only going to get better."

On Raider Invitational: "With this being our last road trip it's always a little sad to see the season sort of come to an end for many of the athletes. We still have the district and national meets for some to look forward to, but almost everyone has worked really hard this season."

On WOSC Open: "These next two meets are chances for those who haven't as yet qualified for the district meet to do so."

GEORGE FOX INDIVIDUAL RESULTS

NAIA District 2 Multi-Events
Monmouth, Ore.
April 18-19

MEN

Decathlon

- 2. John Smith 6,690**
- 5. Jonathan Hirota 6,125**
- 9. Dan Weidman 5,467

WOMEN

Heptathlon

- 6. Keelie Keown 3,457
- 7. Jennifer Christiansen 3,413

Raider Invitational
Ashland, Ore.
April 23

WOMEN

Shot Put

- 3. Leah Johanson 34-8 1/2

5,000 Meters

2. Angela Linder 19:34.4*
3. Emily Bergman 19:40.4

Triple Jump

3. Cheryl Hanna 31-3 3/4
4. Jennifer Christiansen 30-9

400 Meters

5. Heidi Haley 1:03.3
6. Amanda Burrus 1:03.5

100 Meters

1. Joy Butler 12.4*
3. Billie Bentley 12.7*
4. Tina Golden 13.0*

Discus

3. Leah Johanson 114-3
4. Rachael Lewis 112-8

800 Meters

2. Sandy Taylor 2:28.1

High Jump

1. Kathy Muck Brown 5-4*
2. Tina Golden 5-2*
3. Sara Luckensmeyer 5-0*

400 Meter Hurdles

1. Liz Stephens 1:04.4*
5. Holly Irvine 1:06.9*
6. Eva Crawford 1:08.2*

Long Jump

2. Cheryl Hanna 15-10

Javelin

2. Leah Johanson 142-9 1/4**
8. Rachael Lewis 86-0

200 Meters

1. Kelly Scrutton 25.9*
3. Amanda Burrus 26.8*

3,000 Meters

2. Sandy Taylor 10:50.3*
3. Stephanie Rosen 11:04.2*
7. Ruth Hinds 11:53.6

100 Meter Hurdles

1. Liz Stephens 15.0*
2. Holly Irvine 15.3*
5. Jennifer Christiansen 17.1

400 Meter Relay

1. George Fox 49.8

1,600 Meter Relay

2. George Fox 4:07.5

Men

100 Meters

5. Ryan Chaney 11.0*

200 Meters

15. Jeremy Burnett 23.4

400 Meters

1. Ryan Chaney 48.8*
7. Jeremy Burnett 52.0

800 Meters

1. Josh Kneeshaw 1:56.6*
7. Tom Heuberger 2:02.0
11. Dave Dewar 2:05.5

1,500 Meters

4. Tom Heuberger 4:05.3
7. Dave Dewar 4:12.6
10. Andy DeBois 4:15.1
15. Brent Samodurov 4:21.9

5,000 Meters

1. Eli Lane 15:37.2
2. Sean Beebe 16:00.7

110 Meter Hurdles

5. Dan Weidman 16.3

400 Meter Hurdles

4. Kevin Altneder 57.1
6. Dan Weidman 1:00.9

Pole Vault

1. John Smith 14-6*
4. Jonathan Hirota 12-6

Discus

2. Jonathan Huwe 145-5*
7. John Smith 126-0
10. Sam Morrow 118-0

Hammer

3. Sam Morrow 126-3 1/2

Javelin

5. Jason Bingham 164-2
7. John Smith 158-4 1/2
8. Andrew Glover 150-10 1/2
9. Jonathan Hirota 147-2 1/2
10. Sam Morrow 143-6

Shot Put

5. Jonathan Huwe 43-7 1/2

7. Sam Morrow 34-2 1/2

*District qualifying

**National qualifying

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in financial matters. The text suggests that organizations should implement robust systems to track every aspect of their operations, from procurement to sales, to ensure that all data is captured and stored securely.

2. The second part of the document addresses the challenges of data management in a rapidly changing environment. It highlights the need for flexible and scalable solutions that can adapt to new technologies and evolving business requirements. The author argues that organizations must invest in training and development to ensure that their staff are equipped with the skills necessary to manage complex data sets effectively. Additionally, the text stresses the importance of regular audits and reviews to identify and address any potential issues or vulnerabilities in the data management process.

3. The third part of the document focuses on the role of technology in enhancing data management practices. It explores various tools and platforms that can be used to streamline data collection, storage, and analysis. The author notes that while technology offers significant advantages, it also presents new challenges, such as data security and privacy concerns. Therefore, organizations must carefully evaluate the risks and benefits of adopting new technologies and implement appropriate safeguards to protect their data. The text also mentions the importance of collaboration between different departments to ensure that data is shared and utilized effectively across the organization.

4. The fourth part of the document discusses the importance of data governance and policy. It explains that clear and consistent policies are necessary to ensure that data is managed in a responsible and ethical manner. The author suggests that organizations should establish a dedicated data governance committee to oversee the implementation and enforcement of these policies. This committee should be responsible for defining data ownership, access rights, and retention periods, as well as monitoring compliance with relevant regulations. The text also emphasizes the need for ongoing communication and education to ensure that all employees understand their responsibilities regarding data management.

5. The fifth part of the document concludes by summarizing the key points discussed and offering final recommendations. It reiterates the importance of a holistic approach to data management, one that considers both technical and human factors. The author encourages organizations to embrace a culture of continuous improvement, where data management practices are regularly reviewed and updated to reflect the latest best practices. Finally, the text offers some practical advice for getting started with data management, such as conducting a thorough assessment of current capabilities and identifying areas for improvement.

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April 21, 1994
Contact: Rob Felton
Sports Information Director

John Smith Making a Name for Himself in District 2 Decathlon

George Fox College decathlete John Smith's name may be common, but not his ability.

Smith, a sophomore from North Bend High School in Lakeside, Ore., finished second out of 12 in the NAIA District 2 decathlon competition held last Monday and Tuesday (April 11-12) in Monmouth, Ore. He scored 6,690 points, a personal best.

Smith holds the new school record for the decathlon, which changed scoring procedures in 1986, and currently ranks fifth among Oregon decathletes at the collegiate and post-collegiate level. He has qualified and plans to compete in the NAIA national championships in Azusa, Calif., May 26-28.

It took a 1992 Olympic decathlete from Turkey to beat Smith out for the district title. Alper Kasapoglu, a Western Oregon State College freshman, scored 7,329. Kasapoglu's personal best in the decathlon is better than the NAIA record.

"Everyone knew he was a world-class athlete and that we were competing with him, not really against him," Smith said.

Also competing for George Fox were Jonathan Hirota, whose 6,125 points bettered the national qualifying standard and earned him fifth place, and Dan Weidman, who compiled 5,467 points, good for the ninth spot.

In the heptathlon, which coincided with the decathlon, freshman Keelie Keown finished sixth for the Lady Bruins with 3,457 points, and freshman Jen Christiansen placed seventh, totalling 3,413 points.

It was Smith, however, who was most impressive, improving upon his score from a year ago by 618 points, the equivalent of adding one full event to his score.

The decathlon is one of the more obscure competitions in track and field. Few people may understand the kind of preparation that goes into learning to perform each of ten events well.

-more-

The decathlete must be able to run the 100 meters, 110 meter hurdles, 400 meters and 1,500 meters; compete in the long jump, high jump, pole vault; and throw the shot put, discus and javelin. Since points are accumulated based on the athletes marks in each event and are independent of anyone else's performance, the athlete must be able to focus on each event separately.

"John Smith has the right mentality for the decathlon," says George Fox track coach Wes Cook. "He takes it one effort at a time."

"The decathlon is about competing against yourself, beating your own best marks," Smith says, adding, "I want to score over 7,000 points at nationals."

Smith's other passion in life, fishing, was born from the endless trips to the ocean that his father took him on as a boy.

Smith says that he would become so completely focused on fishing that he would often forget to go home for dinner, a practice which didn't sit well with his mother.

"Fishing is something that I really do miss being here in Newberg," he admits.

Now if he's late for dinner, it's training that has his attention. Smith is one of the team's most dedicated athletes, often arriving at the track several hours before his teammates and not leaving until well after they all have gone home.

"A lot of people think John is just a natural talent, but they don't see all of the work he puts in at practice," Cook said.

Smith credits his family and a strong faith in God as his motivation for doing well on the track.

"The Lord's blessed me with a lot of talent, and I use track as a way to give that talent back to him."

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April 18, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, April 23, at Raider Invitational, Ashland, Ore... Hosted by Southern Oregon State College.

LAST WEEK:

Brooke Barton (Fr., Lake Oswego HS, Ore.) raced in two states last weekend. She surpassed the NAIA national qualifying standard in the 5,000 meters at the Mt. SAC Invitational in Walnut, Calif., with a 17:46.44 effort Friday (April 15). She then flew to Washington to join the rest of her team at the University of Puget Sound Shotwell Invitational on Saturday and ran a district-qualifying 10:26.99 in the 3,000 meters.

Tina Golden (Jr., Madison HS, Portland, Ore.) and **Kathie Muck Brown** (Sr., Newberg HS, Ore.) finished first and second in the high jump. Both cleared 5-4, but Golden won on fewer misses.

Leah Johanson (So., Bellevue Christian HS, Kirkland, Wash.) won the discus with a toss of 121 feet, and finished third in the javelin at 130-4 1/2. **Kristy Fleming** (Jr., Aberdeen HS, Wash.) won the javelin with throw of 136-1 1/2.

Stephanie Rosen (Jr., Newberg HS, Ore.) ran a district-qualifying 19:09.8, good for a third place finish in the 5,000 meters.

The Lady Bruin 400 meter relay squad of **Billie Bentley** (So., Yamhill-Carlton HS, Stevenson, Wash.), **Joy Butler** (Fr., Yelm HS, Wash.), **Amanda Burrus** (Fr., Stanwood HS, Camano Island, Wash.) and **Kelly Scrutton** (Fr., North Clackamas Christian HS, Milwaukie, Ore.) finished third, posting its best time of the season at 49.69 seconds.

Scrutton also placed third in the 200 meters with a district qualifying 26.63.

For the Bruin men, **Ryan Chaney** (Fr., Salem Academy HS, Eugene, Ore.) surpassed the district qualifying standard and finished second in the 800 meters in 1:55.08.

In the 3,000 meter steeplechase, **Eli Lane** (Fr., Seward HS, Alaska) and **David Dewar** (So., Canby HS, Ore.) qualified for the district meet with third and fifth place finishes and respective times of 9:45.1 and 9:50.9.

Team captain **Josh Kneeshaw** (Jr., Colfax HS, Wash.) ran a district qualifying 3:57.62 in the 1,500 meters, finishing third overall.

Kneeshaw's fellow captain and former high school teammate **Torrey Lindbo** (Jr., Colfax HS, Wash.) met the district qualifying time of 50.4 seconds in the 400 meters.

BRUIN BITS:

*** **Kathy Muck Brown** (Sr., Newberg HS, Ore.) is tied for the best mark this season in the NAIA in the high jump at 5-6, and **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) is currently ranked fourth in the 5,000 meters at 17:50.25.

*** **Sprinter Tim Robinson** (Jr., Bartlett HS, Anchorage, Alaska) is rehabilitating the injured hamstring which has prevented him from competing the past two weeks and hopes to be ready for district competition in mid-May.

*** **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg, Ore.) continues her rehabilitation from knee surgery and may be ready to race as early as this weekend, and is almost certain for the May 13-14 district meet at Eastern Oregon State College in La Grande.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On Mt. Sac Invite: "Brooke Barton (Fr., Lake Oswego HS, Ore.) made a good effort and qualified for nationals despite her leg hurting."

On UPS Invite: "It was a long day, especially for those of us coming from California. We saw some good efforts. These kids are really working hard."

On Raider Invite: "We should see some of the hard work everyone's doing start to pay off. We'll just keep trying to get people qualified for district."

GEORGE FOX INDIVIDUAL RESULTS

Mt. SAC Invitational
Walnut, Calif.
April 15

WOMEN

5,000 Meters

Brooke Barton 17:46.44**

UPS Shotwell Invitational
Tacoma, Wash.
April 16

WOMEN

Shot Put

7. Leah Johanson 35-11 1/4

5,000 Meters

3. Stephanie Rosen 19:09.8*

7. Ruth Hinds 20:22.7

Triple Jump

6. Cheryl Hanna 31-4 1/2

7. Sarah Emerson 30-11 1/2

400 Meters

7. Holly Irvine 62.42*

11. Amanda Burrus 62.96

16. Karen Baltz 63.70

20. Valerie Vanlandingham 66.48

100 Meters

8. Kelly Scrutton 12.7*

9. Joy Butler 12.9*

10. Billie Bentley 13.0*

Discus

2. Leah Johanson 121-0*

5. Rachael Lewis 111-3

800 Meters

5. Liz Stephens 2:26.76

7. Eva Crawford 2:28.34

10. Sandy Taylor 2:30.66
12. Abbey Vanlandingham 2:31.84
13. Jarae Kauffman 2:31.97

High Jump

1. Tina Golden 5-4*
2. Kathy Muck Brown 5-4*
5. Celeste Beringer 5-2*
8. Sara Luckensmeyer 5-0*

400 Meter Hurdles

11. Elissa Anderegg 1:11.78

1,500 Meters

6. Sandy Taylor 4:58.04*

Long Jump

5. Sarah Emerson 14-9 3/4

Javelin

1. Kristy Fleming 136-1 1/2*
3. Leah Johanson 130-4 1/2*
10. Rachael Lewis 80-6 1/2

200 Meters

3. Kelly Scrutton 26.63*
14. Karen Baltz 27.95
17. Liz Stephens 28.30
18. Holly Irvine 28.42

3,000 Meters

2. Brooke Barton 10:26.99*
6. Emily Bergman 11:10.30*

400 Meter Relay

3. George Fox 49.69

1600 Meter Relay

5. George Fox 4:06.15

Men

100 Meters

10. Jeremy Burnett 11.67

Javelin

8. Andrew Glover 148-0

Steeplechase

3. Eli Lane 9:45.1*
5. Dave Dewar 9:50.9*
9. Raymond Cheung 10:49.5

Shot Put

8. Jon Huwe 42-3 1/4
11. Jason McKee 38-11 3/4

1,500 Meters

- 3. Josh Kneeshaw 3:57.62*
- 6. Tom Heuberger 4:03.58
- 12. Sean Beebe 4:10.46
- Andy DeBois 4:17.30

110 Meter Hurdles

- 7. Kevin Alteneder 16.26

400 Meters

- 6. Torrey Lindbo 50.63*

800 Meters

- 2. Ryan Chaney 1:55.08*
- 20. Tom Heuberger 2:03.52
- 27. Andy DeBois 2:07.05
- 29. Andres Peacock 2:09.45

Hammer

- 10. Sam Morrow 132-7

200 Meters

- 5. Jeremy Burnett 23.14
- 12. Torrey Lindbo 23.74

Discus

- 6. Jon Huwe 135-9
- 16. Sam Morrow 105-3
- 17. Jason McKee 99-5

1,600 Meter Relay

- 4. George Fox 3:24.45

*District qualifying

**National qualifying

Sp. File

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April 18, 1994
Contact: Rob Felton
Sports Information Director

GFC Alum Darwin "Cub" Grimm; "The Running Rev"

George Fox College coach Wes Cook has tutored plenty of track and field athletes this year, but only one is close to becoming a senior citizen.

Darwin "Cub" Grimm, a 1957 graduate of George Fox, isn't your typical 61-year-old.

Grimm, pastor of the Sheridan Church of the Nazarene, medaled in five events at the World Senior Games last October in Saint George, Utah and is still competing. In late February, he participated when George Fox hosted its first competition on the newly resurfaced Colcord Field. His warmup sweats label him as "The Running Rev."

While a student at George Fox, Grimm was a standout athlete in basketball, baseball and track. He returned to track and field competition at the age of 60 after a 36-year absence. In January of 1993, he came to the Newberg campus for advice and training videos from Cook.

Grimm repeatedly watched the videotapes and competed in the Oregon Senior Olympics in late May of 1993, setting records in the 60-65 age group for the standing broad jump and the standing high jump. That summer he won a medal in every event he entered in two meets at the University of Oregon and Lewis & Clark College.

Grimm's crowning track achievements came at the World Senior Games. Once again he won a medal in every event he entered in the 2,750-person competition. After just 10 months of training, he placed third in the 50-meter dash in 7.16 seconds, second in the long jump at 15-2, second in the 100-meter dash at 13.33, and ran away with first place in the 200-meter dash, crossing the tape at 27.67. Despite never practicing the "Fosbury Flop" technique—which did not exist during his college days—Grimm flopped his way to a second place finish in the high jump, tying the old meet record with a 4-8 effort.

Grimm plans to compete in the 1994 Oregon Senior Olympics in Silverton, Ore., on May 28 and later in the World Senior Games in Eugene, Ore.

-more-

George Fox College

"The Running Rev"

April 18, 1994

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Sports not only have been an important part of Grimm's personal life; they've played an key part in his role as a pastor. His philosophy is to minister to the total person: spiritually, mentally and physically.

At his previous churches in Grand Ronde, Prineville, Portland (Moreland), and now Sheridan, Ore., he's established weight lifting centers where members of the community could work out. While in Prineville, he set up the weights in the balcony of the sanctuary. He remembers an associate pastor leaning over one Sunday and asking quietly, "Have your ever seen so many dumbbells in church?" Later, it was shielded by a curtain and eventually the whole setup was moved into a nearby house. Special rules applied those who used the facilities: no smoking, no profanity and attendance was required at Sunday services twice a month.

"I can tell stories that would curl your hair about how God has used this as an outreach," says Grimm.

Currently in Sheridan, he says 20-25 people lift weights regularly and church attendance has increased from 88 to 122.

"If I could live my life all over again, I'd do the same things exactly," he says. "I attribute that to the fact that when you put the Lord first, he blesses your life. I think when anyone does that, they'll come out a winner."



April 18, 1994
Contact: Rob Felton
Sports Information Director

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George Fox College

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Sp. File

SPORTS NEWS

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George Fox
College

April 11, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Friday, April 15, at Mt. Sac Invitational, Walnut, Calif... One of the elite track and field meets on the West Coast...The top GFC distance runners will compete in the Friday night distance carnival.

Saturday, April 16, at University of Puget Sound Invitational, Tacoma, Wash... George Fox returns to the state of Washington for the second straight week . . . GFC will compete against teams that next year, under the new conference alignment, will join George Fox in the NAIA Northwest Region

LAST WEEK:

Half of the George Fox College track and field team traveled to Edmonds, Wash., to compete in the Western Washington Invitational on Saturday (April 9).

Ryan Chaney (Fr., Salem Academy HS, Eugene, Ore.) led the Bruin men with personal bests of 47.9 in the 400 meters and 22.1 in the 200 meters, as well as paced the 1,600 and 400 meter relay squads. In the 400 meters, he became the first GFC athlete to break 48 seconds.

In the 3,000 meters, **Eli Lane (Fr., Seward HS, Alaska)** and **Geoff Olson (Fr., Yelm HS, Wash.)** finished fourth and fifth with respective times of 8:53.8 and 9:05.9.

Decathlete **John Smith (So., North Bend HS, Lakeside, Ore.)** finished third in the pole vault by clearing a district-qualifying 14-5 3/4.

For the Lady Bruins **Leah Johanson (So., Bellevue Christian HS, Kirkland, Wash.)** won the javelin with a throw of 131 feet six inches, despite a soggy grass runway. Her best throw came on her final attempt.

Stephanie Rosen (Jr., Newberg HS, Ore.) placed third in the 10,000 meters in 40:09.1, and **Jenny Campbell (So., Highline HS, Seattle, Wash.)** continued her comeback from a groin injury with a district qualifying 18:41.0 in the 5,000 meters.

At the Willamette Open in Salem, Ore., **Kathie Muck Brown (Sr., Newberg HS, Ore.)** placed third in the high jump at 5-4, two inches short of her personal best and the national qualifying standard.

Training partners **Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.)** and **Brooke Barton (Fr., Lake Oswego HS, Ore.)** took the week off racing as they both recover from colds and prepare for at the prestigious Mt. Sac Invitational next weekend.

BRUIN BITS:

*** In a listing of Oregon's top collegiate and post collegiate athletes, **Ryan Chaney (Fr., Salem Academy HS, Eugene, Ore.)** is ranked third in the 400 meters and **Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.)** is fifth in the 1,500 meters.

***Sprinter **Tim Robinson (Jr., Bartlett HS, Anchorage, Alaska)** has been diagnosed as having slightly pulled his hamstring.

***1991 national steeplechase competitor **Mike Murphy (Sr., Central HS, Monmouth, Ore.)** dropped out of the 3,000 meters with a sore back, but will attempt to compete this weekend at Mt. Sac in Walnut, Calif.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On Western Washington Invite: "We had some good marks in spite of the weather. (Leah) Johanson (So., Bellevue Christian HS, Kirkland, Wash.) threw well below her personal best, but

-more-

she had a really wet and soggy grass runway to work with."

On Mt. Sac Invite: "We're taking the distance people down (to California) to get them qualified for nationals on Friday, and then we'll have them run at Puget Sound (in Tacoma) on Saturday so that they can get a feel for what they'll have to do at nationals."

On UPS Invite: "We'll see most of the teams that will make up the new Northwest Region, which will start next year. It should be a good meet."

GEORGE FOX INDIVIDUAL RESULTS

**Western Washington Invitational
Edmonds, Wash.
April 9**

WOMEN

10,000 Meters

- 3. Stephanie Rosen 40:09.1
- 9. Mindy Fox 43:57

Shot Put

- Jen Christiansen 31-1 1/4

5,000 Meters

- 4. Jenny Campbell 18:41.0*
- 10. Ruth Hinds 20:19.3

100 Meter Hurdles

- 6. Liz Stephens 15.6*
- Jen Christiansen 17.3
- Keelie Keown 17.8

Triple Jump

- 8. Cheryl Hanna 30-10 1/2
- Jen Christiansen 29-7 3/4

400 Meters

- 5. Kelly Scrutton 59.7*
- Karen Baltz 1:02.2*
- Heidi Haley 1:03.5

100 Meters

- 7. Amanda Burrus 13.0*

Discus

- 8. Rachel Lewis 105-0
- Leah Johanson 99-11

High Jump

- 3. Keelie Keown 5-1*
- 4. Tina Golden 5-1*

400 Meter Hurdles

- 3. Liz Stephens 1:06.5*
- 5. Holly Irvine 1:08.0*

7. Eva Crawford 1:09.1*

Javelin

1. Leah Johanson 131-6*
5. Kristy Fleming 118-5
Rachel Lewis 81-8

200 Meters

6. Kelly Scrutton 26.6*
Amanda Burrus 27.1
Karen Baltz 27.4

3,000 Meters

8. Sandy Taylor 11:01.6*
Emily Bergman 11:31.2

400 Meter Relay

3. George Fox 51.75

1600 Meter Relay

4. George Fox 4:10.9

Men

Long Jump

3. John Smith 21-4 3/4

Javelin

8. Jason Bingham 157-0

3,000 Meters

4. Eli Lane 8:53.8
5. Geoff Olson 9:05.9
6. Erik Gibson 9:09.7
8. Dave Dewar 9:11.9

Shot Put

9. Jon Huwe 41-6 1/2

1,500 Meters

7. Josh Kneeshaw 4:04.5
Tom Heuberger 4:10.2
Andy DeBois 4:12.7
Brent Samodurov 4:19.4

High Jump

- Jon Hirota 6-0 3/4

110 Meter Hurdles

- John Smith 15.75*
Jon Hirota 16.67

400 Meters

2. Ryan Chaney 47.9*
Jeremy Burnett 51.1

800 Meters

- 3. Torrey Lindbo 1:56.2*
- Tom Heuberger 2:00.2

400 Meter Hurdles

- Charles Debell 59.7

Pole Vault

- 3. John Smith 14-5 3/4*

200 Meters

- 3. Ryan Chaney 22.1*

Discus

- 5. Jon Huwe 132-9

10,000 Meters

- Tim Nichols 34:43

400 Meter Relay

- 7. George Fox 44.99

1,600 Meter Relay

- 4. George Fox 3:24.3

Willamette Open

Salem, Ore.

April 9

WOMEN

High Jump

- 3. Kathie Muck Brown 5-4*
- 4. Sara Luckensmeyer 5-2*
- 7. Celeste Beringer 5-0*

100 Meter Hurdles

- 7. Sarah Emerson 17.9

100 Meters

- 7. Joelleen Hofmann 14.5

400 Meter Hurdles

- 6. Elissa Anderegg 1:10.8
- 8. Sarah Emerson 1:11.4

MEN

Hammer

- 7. Sam Morrow 131-11

Steeplechase

- 4. Dan Weidman 11:45.0

Shot Put

- 15. Jason McKee 36-5

- 18. Clint Harshman 32-3 1/2
- 19. Dan Weidman 30-2 1/2
- 20. Steve Rhyne 23-8

Javelin

- 10. Andrew Glover 155-2
- 13. Dan Weidman 137-3
- 14. Sam Morrow 129-6

110 Meter Hurdles

- 4. Kevin Alteneder 15.7*

100 Meters

- 15. Dan Weidman 12.3
- 16. Dave Reintsma 12.4

800 Meters

- 14. Dave Reintsma 2:17.5

400 Meter Hurdles

- 6. James Kim 1:08.3
- 7. Steve Lewis 1:08.7

200 Meters

- 13. Dan Weidman 25.1

Triple Jump

- 5. Brian Forman 36-4 3/4

Discus

- 15. Sam Morrow 108-3
- 16. Dan Weidman 97-1
- 18. Clint Harshman 91-10

5,000 Meters

- 9. Raymond Cheung 17:01.4
- 10. Chris MacLeod 17:13.1
- 12. Andres Peacock 18:11.5

*District qualifying

**National qualifying



Sp. File

SPORTS NEWS

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April 7, 1994
Contact: Rob Felton
Sports Information Director

George Fox Alum Chasing Olympic Dream

Vance Godfrey continues to chase his Olympic dream.

A 1992 George Fox College graduate, Godfrey has ranked among the top 10 racewalkers in the United States since 1992 and he's aimed his focus on the 1996 Olympic Games in Atlanta, the 100th anniversary of the modern games.

Last Saturday (April 2), at a meet held at George Fox, he qualified for the USA Track and Field national championships. Godfrey completed 20,000 meters (50 laps) in 1:28:32.3, a personal record.

Godfrey walked the 5,000 meters at the 1994 USA Track and Field Indoor National Championships last February, finishing third. In 1993, he was sixth in the USA Indoor Track and Field Championships.

He competed at the 1992 Olympic trials in New Orleans, but was disqualified because of what the judges decided was illegal walking form. Since then, Godfrey has worked to change his technique.

"It was a bitter and sweet experience," he says of the trials. "But it was incredible to be there and the fans even cheered for the racewalkers."

At George Fox, Godfrey won four NAIA District 2 titles in the 5,000 meter race and finished fifth at the 1991 NAIA national meet, earning All-American honors.

His Olympic dream leaves little time for much else. In addition to training an average of two to three hours each day, Godfrey commutes 45 minutes between his home in Independence, Ore., and his full-time job at U.S. Bank in McMinnville. Making things busier, he is engaged to be married next February.

George Fox College

Godfrey Chasing Olympic Dream
April 7, 1994
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"Training is a means to an end," Godfrey says. He adds, "Sometimes even I wonder what I'm doing out there."

But he says his motivation comes from a desire to reach the Olympics and cultivate the talent God has given him.

Godfrey began walking in 1981 as a sixth grader and set a state AAU Junior Olympics 1,500 meter record. At Central High School in Monmouth, Godfrey ran the 400 meters and racewalked, but he never flourished as a sprinter. In the spring semester of 1988, Godfrey walked onto the George Fox track team without a scholarship.

"If it wasn't for the team and my training partner, David Thomas, I probably wouldn't have even been in college," Godfrey says.

But now Godfrey trains on his own, under the advisement of Wes Cook, George Fox's cross country and track coach. Athletes In Action, a division of Campus Crusade for Christ, sponsors Godfrey, often paying his way to meets he otherwise couldn't afford to attend.

As the 1996 Olympics approach, Godfrey knows that he must win the 1996 U.S. Olympic trials in Atlanta to qualify for the Games. Beating the current champion, Allen James, will be no easy task. James' best time is more than three minutes faster than Godfrey's personal record.

There is a finish line in sight. "The goal is to qualify for the Olympics in '96," he says. "I've talked it over with my fiancé, and after the next Olympics my competitive career will be over."

April 4, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, April 9, 9:00 a.m....Western Washington Invitational...Edmonds, Wash...The meet was moved from Bellingham to Edmonds Stadium due to construction on Civic Stadium's track... 20-30 teams and clubs are expected.

LAST WEEK:

NAIA District 2's No. 1 and No. 2 track teams in 1993 went head-to-head on George Fox College's newly resurfaced track Saturday (April 2).

The defending men's and women's team champions from Western Oregon State College teams held off the 1993 runners-up. The WOSC men prevailed 108-55 and the women 85-51.

The meet marked the official inauguration of the new track at Colcord Field and was preceded by a ribbon-cutting ceremony lead by George Fox President Ed Stevens.

George Fox highlights of the meet included victories by **Leah Johanson (So., Bellevue Christian HS, Kirkland, Wash.)** in the women's shot put, discus and javelin. In the javelin, she surpassed the national qualifying standard with a mark of 140-9.

Also qualifying for the May 26-28 national meet in Azusa, Calif., was **Kathy Muck Brown (Sr., Newberg HS, Ore.)** with a 5-6 in the high jump.

Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.) produced victories in the women's 1,500 and 3,000 meters. Hartwig's respective times of 4:46.0 and 10:28.7 surpassed district qualifying standards.

Mike Murphy (Sr., Central HS, Monmouth, Ore.) won the steeplechase easily by besting the district standard with a time of 9:38.9.

Sprinter **Ryan Chaney (Fr., Salem Academy HS, Eugene, Ore.)** won the 400 meters in a personal best 48.6 seconds and finished second in the 200 meters in a time of 22.3 seconds. Both are district-qualifying times.

Torrey Lindbo (Jr., Colfax HS, Wash.) and **Josh Kneeshaw (Jr., Colfax HS, Wash.)** finished first and second in the 800 meters with respective times of 1:55.2 and 1:57.7. Kneeshaw also won the 1,500 meters in 4:02.7.

Eli Lane (Fr., Seward HS, Alaska) and **Geoff Olson (Fr., Yelm HS, Wash.)** placed first and second in the 5,000 meters in 15:40.9 and 15:46.3 respectively.

The George Fox men's 400 meter relay team won its race with a time of 43.4 seconds.

BRUIN BITS:

*****Juli Cyrus (Sr., Sutgart American HS, Germany, Newberg, Ore.)** has begun to run after recovering from knee surgery, and the 1993 All-American should be back in racing form soon.

***1992 national steeplechase competitor **Erik Gibson (So., Cleveland HS, Seattle, Wash.)** returned to the track after an a two year layoff and posted a 9:54.4, only three seconds off of the district qualifying mark for the steeplechase.

***Sprinter **Tim Robinson (Jr., Bartlett HS, Anchorage, Alaska)** injured his hamstring while warming up for the 100 meters and will be out of action indefinitely.

COOK'S COMMENTS: (Quotes from seventh-year head coach **Wes Cook**)

On GFC Inaugural: "The meet turned out pretty much how I expected and we posted some good marks. We had two national qualifying marks. We just met one of the best teams in the

-more-

country, that's all. On the women's side, I thought we'd do a little better, **Leah Johanson** (So., Bellevue Christian HS, Kirkland, Wash.) did a good job of outscoring them in the throws.

Our distance crew ran well. **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) doubled back (in the 1,500 and 3,000 meters) and had an excellent time.

Torrey Lindbo (Jr., Colfax HS, Wash.) and **Josh Kneeshaw** (Jr., Colfax HS, Wash.) ran well. **Eli Lane** (Fr., Seward HS, Alaska) had a PR in the 5,000.

The relay teams ran well. The women had a pretty good time (in the 4x1) despite some poor exchanges."

On Western Washington Invite: "We'll take about half of the team to Seattle with us and we'll see some good schools that we've not yet competed against this season."

GEORGE FOX INDIVIDUAL RESULTS

George Fox Inaugural Track Meet
George Fox College vs. Western Oregon State
Newberg, Ore.
April 2

WOMEN

100 Meters

3. Joy Butler 12.9*
4. Kelly Scrutton 12.9*
5. Billie Bentley 13.0*

Discus

1. Leah Johanson 123-10*
3. Rachel Lewis 106-9"

High Jump

2. Kathy Muck Brown 5-6**
4. Tina Golden 5-2*
5. Keelie Keown 5-2*
7. Sarah Luckensmeyer 5-0*

100 Meter Hurdles

2. Liz Stephens 15.9*
4. Keelie Keown 17.3
5. Jen Christiansen 17.3

Shot Put

1. Leah Johanson 36-1 1/4
4. Jen Christiansen 30-10

Long Jump

3. Keelie Keown 14-5 3/4
4. Jen Christiansen 14-4 1/2

Javelin

1. Leah Johanson 140-9**
4. Kristy Fleming 132-2*
6. Rachel Lewis 89-9
7. Keelie Keown 84-11

400 Meter Hurdles

2. Liz Stephens 1:06.4*

3. Holly Irvine 1:07.2*
4. Eva Crawford 1:10.3
5. Elissa Anderegg 1:03.9

1,500 Meters

1. Dawn Hartwig 4:46.0*
2. Brooke Barton 4:47.9*
3. Jenny Campbell 4:53.6*
4. Sandy Taylor 5:03.5*
6. Emily Bergman 5:14.0
7. Stephanie Still 5:18.7

800 Meters

2. Brooke Barton 2:25.5
3. Jenny Campbell 2:26.2
4. Abby Vanlandingham 2:31.0
5. Emily Bergman 2:33.7
6. Jarae Kauffman 2:34.5

200 Meters

3. Kelly Scrutton 26.5*
5. Amanda Burrus 27.2
6. Karen Baltz 27.7
7. Val Vanlandingham 29.1
8. Joelleen Hofmann 29.1

Triple Jump

4. Cheryl Hanna 31-11
6. Jen Christiansen 30-3

400 Meters

2. Heidi Haley 1:01.7*
4. Karen Baltz 1:02.7
6. Val Vanlandingham 1:05.4

3,000 Meters

1. Dawn Hartwig 10:28.7*
3. Stephanie Rosen 11:00.0*
4. Angela Linder 11:13.0*
6. Ruth Hinds 11:26.8
7. Mindy Fox 11:33.1
10. Christina Brown 12:15.0

1500 Meter Racewalk (exhibition)

2. Liz Evon 8:37.9
4. Jennifer Knutson 9:46.1

400 Meter Relay

2. George Fox A 50.9
3. George Fox B 52.3

1600 Meter Relay

2. George Fox A 4:10.1
3. George Fox B 4:23.7

Men

400 Meters

1. Ryan Chaney 48.6*

3. Jeremy Burnett 51.2
5. Clint Harshman 56.4

1,500 Meters

1. Josh Kneeshaw 4:02.7
2. Tom Heuberger 4:06.5
4. Sean Beebe 4:10.5
5. Dave Dewar 4:11.5
6. Andy DeBois 4:13.3

Hammer

3. Sam Morrow 130-9

Steeplechase

1. Mike Murphy 9:38.9*
2. Erik Gibson 9:54.4
4. Brent Samodurov 10:49.5
5. Raymond Cheung 10:54.2
6. Andres Peacock 11:55.9

Long Jump

4. John Smith 21 1/2
6. Jonathan Hirota 19 3/4

Shot Put

5. Jon Huwe 41-11
7. Jason McKee 39-1/2
9. Steve Lierman 34-9 3/4
10. Clint Harshman 33-11 1/4
11. Steve Rhyne 31-2
12. Tim Goodfellow 30-9

Javelin

4. Jason Bingham 161-9
5. John Smith 156-3
6. Andrew Glover 155-2
7. Jonathan Hirota 142-5
8. Sam Morrow 141-3
9. Kevin Loutzenhiser 139-5

110 Meter Hurdles

3. Kevin Alteneder 15.8*
4. John Smith 15.9*
5. Jonathan Hirota 16.6

100 Meters

5. Dan Weidman 12.1

Discus

2. Jon Huwe 151-1*

Pole Vault

2. Dan Weidman 13-0
3. Kevin Loutzenhiser 12-0
4. Jonathan Hirota 11-6

200 Meters

2. Ryan Chaney 22.3*

- 5. Jeremy Burnett 23.1
- 6. Steve Lewis 27.4

400 Meter Hurdles

- 4. Kevin Altneder 58.2
- 5. Charles Debell 1:00.2
- 6. Steve Lewis 1:05.2
- 7. James Kim 1:08.6

Triple Jump

- 4. Brian Forman 37-9 1/4

5,000 Meters

- 1. Eli Lane 15:40.9
- 2. Geoff Olson 15:46.3
- 4. Tim Nichols 16:46.3
- 5. Chris MacLeod 17:11.0

800 Meters

- 1. Torrey Lindbo 1:55.2*
- 2. Josh Kneeshaw 1:57.7*
- 6. Dave Dewar 2:03.0
- 7. Andy DeBois 2:05.6
- 11. Brent Samodurov 2:12.1

400 Meter Relay

- 1. George Fox 43.4

1600 Meter Relay

- 2. George Fox A 3:26.9
- 5. George Fox B 3:44.9

*District qualifying

**National qualifying

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SPORTS NEWS

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March 28, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, April 2, 12:00 p.m....GFC Track Inaugural...Newberg, Ore...The official opener of George Fox's newly resurfaced track...Dual meet with Western Oregon State, NAIA District 2's defending men's and women's team champion...Bruin alumni will compete...A short dedication ceremony will precede the meet.

LAST WEEK:

For the second-straight week the George Fox track team spread out across the West Coast. GFC athletes competed in the Stanford Track Festival and San Francisco State Multi-Events meet last Friday and Saturday (March 25-26).

In the Bay Area, John Smith (So., North Bend HS, Ore.) led the Bruins with a school record and national qualifying decathlon score of 6,576 points.

At Stanford, Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.) set a personal best in the 5,000 meters and was less than a second off a national qualifying time at 17:50.29. Harwig also ran the 1,500 meters in a district qualifying time of 4:57.21.

Sean Beebe (Fr., Salem Academy HS, Ore.) and Geoff Olson (Fr., Yelm HS, Wash.) both qualified for the district meet in the 5,000 meters with respective times of 15:27.08 and 15:27.71.

Kelly Scrutton (Fr., North Clackamas Christian HS, Milwaukie, Ore.) again surpassed the district qualifying standard with a 400 meter time of 59.79.

GEORGE FOX INDIVIDUAL RESULTS

Stanford Track Festival
Stanford, Calif.
March 25-26

WOMEN

100 Meters

Kelly Scrutton 13.44

1,500 Meters

Dawn Hartwig 4:57.21*

Angela Linder 5:13.10

400 Meters

Kelly Scrutton 59.79*

Heidi Haley 61.83*

Val Vanlandingham 67.32

5,000 Meters

Dawn Hartwig 17:50.29**

10,000 Meters

Ruth Hinds 41:23.52

-more-

3,000 Meters

Jenny Campbell 10:34.49*
Sandy Taylor 11:02.83*
Angela Linder 11:15.35*

400 Meter Relay

George Fox 51.65

Mile Relay

George Fox 4:18

Men

400 Meters

Ryan Chaney 49.35*

1,500 Meters

Josh Kneeshaw 4:04.20
Brent Samodurov 4:14.28
Sean Beebe 4:14.56
Andy Debois 4:14.63
Geoff Olson 4:16.98

5,000 Meters

Sean Beebe 15:27.08*
Geoff Olson 15:27.71*

800 Meters

Ryan Chaney 1:56.10*

Distance Medley Relay

George Fox 10:49.8

San Francisco State Multi-Events
San Francisco, Calif.
March 25-26

Men

Decathlon

John Smith 6,576**
Jonathan Hirota 5,365
Dan Weidman 5,168

*District qualifying

**National qualifying

SPORTS NEWS

GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
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March 23, 1994
Contact: Rob Felton
Sports Information Director

Resurfaced Track to be Dedicated April 2

George Fox College will recreate a 12-year-old ceremony when its dedicates its new Colcord Field track facility Saturday, April 2.

Cutting the tape to officially open the resurfaced and remodeled track will be 94-year-old Mildred Colcord Patton of McMinnville.

She was involved in a similar ceremony on the same site on March 15, 1980, when the track, created in 1966, was converted from a quarter-mile, cinder-finished oval to a metric distance track with a rubberized surface.

This year's ceremony, starting at 11:30 and open to the public, will dedicate a new \$136,000 polyurethane surface for the 400-meter track. The project also strengthened the foundation of the track and included resurfacing the long jump, pole vault, triple jump and javelin runways. The high jump area also was excavated and changed to a 75-by-100-foot rectangle. Funds for the project came from donations.

Mrs. Patton's role will be slightly different from her previous one when she held the ribbon. She'll swap places this time with NAIA All-American Steve Blikstad who cut the ribbon the last time, the year after he won the national steeplechase title. Blikstad currently lives with his wife Pamela in Hillsboro, Ore.

Also participating in the ceremony will be George Fox President Edward F. Stevens; board chairman Roger Minthorne, Lake Oswego; Bruin track coach Wes Cook and Athletic Director Craig Taylor.

Giving the dedicatory prayer will be Frank Haskins of Salem, a retired Friends Church pastor and long-time supporter of GFC track and field.

Colcord Field is named for the late Frank Colcord, a former two-term mayor of Newberg and for 35 years a member of the George Fox Board of Trustees. He was treasurer of the college at the time of his death in 1968.

An alumnus of the college, Colcord was an outstanding basketball (all-conference) player on a team that in 1917 twice defeated Oregon State. He was student body treasurer, president of the Men's Athletic Association, and associate editor of the student newspaper, The Crescent. From 1922 to 1963 Colcord was manager of the Newberg office of Portland General Electric.

After his death, Mrs. Colcord married Fred Patton. The two Colcord children and three grandchildren and their families will attend the ceremony.

The inaugural meet immediately following the opening ceremony will be a dual event between the Bruins and Western Oregon State with GFC alumni participants also invited.

The project, funded by donations, was contracted by Atlas Track and Tennis, which has developed similar tracks for Linfield College, Willamette University and Lewis & Clark College.

Sp. File

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March 23, 1994
Contact: Rob Felton
Sports Information Director

Keown Competes in Linfield Spring Break Multi-Events

George Fox College freshman Keelie Keown of Oakridge, Ore. finished seventh out of 16 at the Linfield Spring Break Multi-Events March 21-22 in McMinnville, Ore.

Keown took second out of four NAIA competitors, compiling 3,294 points in the heptathlon. The national NAIA qualifying standard is 4,000.

She qualified for the District 2 championship meet in the 100 high hurdles with a 17.0 effort and cleared 5-1 in the high jump — third highest in the field and a district qualifying mark.



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March 21, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Friday-Saturday, March 25-26, TBA... at Stanford Invitational...Stanford, Calif...The premier meet of the season for George Fox...Will include world-class athletes and competitors from top colleges in the West...May be televised on ESPN.

LAST WEEK:

The George Fox track and field team had athletes spread out across the west coast last weekend. GFC was represented in four meets in three states.

The largest group competed Saturday (March 19) at the Santa Barbara Easter Relays, hosted by Westmont College.

Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.) finished first in a field of 24 runners in the 3,000 meters. Her time of 10:23.62 is just three seconds over the NAIA national qualifying standard.

In the 100-meters, **Kelly Scrutton** (Fr., North Clackamas Christian HS, Milwaukie, Ore.) and **Billie Bentley** (So., Yamhill-Carlton HS, Ore.) dashed to second and fourth place finishes respectively.

Jason Bingham (Sr., South Medford HS, Ore.) led a group of four GFC javelin throwers in the top-10 with a third-place toss of 175-2.

In the pole vault, **John Smith** (Jr., North Bend HS, Lakeside, Ore.) and **Dan Weidman** (Fr., Silverton HS, Ore.) both cleared the district standard of 13-6 and took fourth and 10th, respectively.

On the same day at the Husky Classic Track and Field Classic in Seattle, **Celeste Beringer** (Fr., Kentridge HS, Kent, Wash.) took fifth in the high jump with a 5-1 effort and **Joy Butler** (Fr., Yelm HS, Wash.) was seventh in the 100 meters.

In Eugene at the Oregon Preview, **Brook Barton** (Fr., Lake Oswego HS, Ore.) took fifth in the 3,000 meter race, behind just one college runner. Her 10:11.06 time qualifies her for the NAIA national meet.

Friday (March 18) at the Western Oregon State College Spring Break Open at Monmouth, Ore., **Steph Rosen** (Jr., Newberg HS, Ore.) won the 10,000 meter race.

GEORGE FOX INDIVIDUAL RESULTS

Husky Classic
University of Washington
Seattle, Wash.
March 19

WOMEN

High Jump

5. Celeste Beringer 5-1*

100 Meters

7. Joy Butler 12.86*

-more-

**Western Oregon Invitational
Monmouth, Ore.
March 18**

WOMEN

10,000 Meters

1. Steph Rosen 41:12.6

**Oregon Preview
Eugene, Ore.
March 19**

WOMEN

3,000 Meters

5. Brooke Barton 10:11.06**

**Westmont Easter Relays
Santa Barbara, Calif.
March 19**

WOMEN

1,500 Meters

5. Jenny Campbell 4:49.19*

4x100 Relay

4. GFC 51.7

Shot Put

8. Jenny Christiansen 9.3m

100 Meters

2. Kelly Scrutton 13.03

4. Billie Bentley 13.17

Javelin

6. Rachael Lewis 88-11

3,000

1. Dawn Hartwig 10:23.62*

13. Angela Linder 11:22.9

17. Sandy Taylor 11:36.2

19. Ruth Hinds 11:59.5

Discus

6. Rachael Lewis 106'

4x400 Relay

3. GFC 4:15.12

MEN

1,500 Meters

22. Brent Samodurov 4:13.01

29. Andy DeBois 4:12.41

Long Jump

7. John Smith 20'9"

110 Hurdles

4. Dan Weidman 17.72

Javelin

3. Jason Bingham 175'2"
4. John Smith 167'11"
6. Andrew Glover 151'3"
9. Sam Morrow 144'

4x800 Relay

2. GFC 7:56.44

Hammer

12. Sam Morrow 38'94"

Shot Put

7. Jon Huwe 42'2.5"
14. Jason McKee 38'0.75"
17. Steve Lierman 34'5.5"
19. Clint Harshman 34'5.5"

Pole Vault

4. John Smith 15' *
10. Dan Weidman 13'6" *

Distance Medley

4. GFC 10:47.25

*District qualifying

**National qualifying

the 1990s, the number of people with a mental health problem has increased by 50% (Mental Health Foundation 1999).

There is a growing awareness of the need to address the needs of people with mental health problems, and the importance of providing them with appropriate services. This has led to a number of initiatives, including the development of mental health services, the establishment of mental health trusts, and the implementation of mental health legislation.

The purpose of this paper is to review the current state of mental health services in the UK, and to discuss the challenges facing the sector. The paper will also consider the role of the mental health workforce, and the importance of providing a range of services to meet the needs of people with mental health problems.

The paper is organized as follows. The first section provides an overview of the current state of mental health services in the UK. The second section discusses the challenges facing the sector, and the third section considers the role of the mental health workforce.

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March 14, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, March 19, TBA... at Westmont's Santa Barbara Easter Relays...Santa Barbara, Calif... First of two meets GFC will compete in during a week of training in California.

Friday, March 18, 1:00 p.m... at Spring Break Open...Monmouth, Ore...Those athletes not traveling to California with the team will compete at Western Oregon State College.

Friday-Saturday, March 25-26, TBA... at Stanford Invitational...Stanford, Calif...The premier meet of the season for George Fox...Will include world-class athletes and competitors from top colleges in the West...May be televised on ESPN.

LAST WEEK:

The George Fox track and field teams went cross county Saturday (March 12) to the Linfield College Icebreaker, the traditional season opener for local NAIA teams.

More than two months before the NAIA District 2 championship meet, the GFC women have qualified in 24 events and the men in 10.

The most notable performances at Linfield for the Lady Bruins came from **Leah Johanson** (So., Bellevue Christian HS, Wash.), who, at 138-9, missed the national qualifying mark in the javelin by less than two feet. She finished behind two University of Oregon athletes. In the shot put she took second with a 39-4 1/2 effort.

Training partners **Brooke Barton** (Fr., Lake Oswego HS, Ore.) and **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) continued to push each other, setting personal bests in the 3,000 meters with times of 10:22.1 and 10:35.1, respectively.

Also surpassing the district 3,000 meter standard was **Jenny Campbell** (So., Highline HS, Seattle, Wash.), who is back after battling a groin injury, and **Stephanie Rosen** (Jr., Newberg HS, Ore.) with respective clockings of 11:10.0 and 11:15.7.

Kathy Brown (Sr., Newberg HS, Ore.) was only two inches under the national high jump standard at 5-4.

Joy Butler (Fr., Yelm HS, Wash.) qualified for districts in the 100 meters with a 13.0, and **Heidi Haley** (Fr., Rogue River HS, Ore.) hit the district standard of 1:02.3 in the 400 meters.

On the men's side, **Tim Robinson** (Jr., Bartlett HS, Anchorage, Alaska) matched the district qualifying marks of 11.2 and 22.8 in the 100 and 200 meters, respectively.

John Smith (So., North Bend HS, Lakeside, Ore.) crushed the district standard of 13-6 in the pole vault with a 14-7 effort.

Ten thousand meter runner **Geoff Olson** (Fr., Yelm HS, Wash.) cruised to a personal best time of 32:19, just 10 seconds shy of the winning time in the 1993 district competition.

BRUIN BITS:

***All-American Distance runner **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg, Ore.) is recovering from complications suffered during recent knee surgery and was well enough to sit in the stands and watch her team compete on Saturday.

***Lady Bruin basketball players **Kristy Fleming** (Jr., Aberdeen HS, Wash.) and **Liz Stephens** (So., Newport HS, Bellevue, Wash.) joined the track team for the first time this season. Fleming qualified for the district meet in the javelin, and Stephens in both the 100 and 400 meter hurdles.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On Linfield Icebreaker: "We've seen some good early season results, but now it's getting down to crunch time. We'll start putting in more quality work rather than just quantity."

On Spring Break: "I think the kids are ready for a break, but they need to be competing somewhere. Two or three weeks away from competition at this point will hurt anybody, I don't care how good they are."

GEORGE FOX INDIVIDUAL RESULTS

Linfield Icebreaker

McMinnville, Ore.

March 12, 1994

WOMEN

100 meters:

Joy Butler 13.0*
Kelly Scrutton 13.1
Billie Bentley 13.1
Joelleen Hofmann 13.9

100 meter hurdles:

Liz Stephens 15.6*

800 meters:

Emily Bergman 2:30.9
Abbey Vanlandingham 2:34.1
Angela Linder 2:38.3

Javelin:

3. Leah Johanson 138'9"*
Kristy Fleming 127'6"*

1,500 meters:

Angela Linder 5:16.0
Stephanie Still 5:22.6

400 meter hurdles:

3. Liz Stephens 1:06.6*
5. Eva Crawford 1:07.4*

400 meters:

4. Kelly Scrutton 1:01.2*
5. Heidi Haley 1:02.3*
Amanda Burrus 1:04.7

High Jump:

4. Kathie Muck Brown 5'4"*

3,000 meters:

2. Brooke Barton 10:22.1*
3. Dawn Hartwig 10:35.1*
Jenny Campbell 11:10.0*
Stephanie Rosen 11:15.7*

Shot Put:

Leah Johanson 39'4 1/2*

1,500 meter racewalk:

Liz Hunt 9:30.1

Jennifer Knutson 9:39.3

Discus:

5. Leah Johanson 116-7*

MEN

100 meters:

5. Tim Robinson 11.2*

Dan Weidman 12.0

200 meters:

5. Tim Robinson 22.8*

100 meter hurdles

Keven Alteneder 16.0

Dan Weidman 16.9

800 meters:

5. Ryan Chaney 1:56.3*

Torrey Lindbo 1:58.1

400 meter hurdles

Kevin Alteneder 59.2

1,500 meters:

5. Mike Murphy 4:05.0

Dave Dewar 4:08.1

Brent Samodurov 4:19.2

Curt Rosen 4:20.6

Chris MacLeod 4:30.0

400 meters:

Jeremy Burnett 51.5

Pole Vault

5. John Smith 14'3"

Dan Weidman 13'

Triple Jump

Bryan Forman 34' 11 1/2"

High Jump

John Smith 20'9"

Pole Vault:

John Smith 14'7"

Shot Put

Jonathan Huwe 129'6 1/2"

Javelin

Jason Bingham 164' 1 1/2"

Sam Morrow 132' 7"

5,000 meters

Eli Lane 15:43.8
Sean Beebe 15:45.4
Josh Kneeshaw 16:01.0
Raymond Cheung 16:44.0
Andy De Bois 17:08.0

10,000 meters

Geoff Olson 32:19.3
Tim Nichols 40:35.2

4x100 relay

6. GFC 44.40

*District qualifying

**National qualifying

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March 10, 1994
Contact: Rob Felton
Sports Information Director

GFC Track Athlete Raises Funds For Aid To Eastern Europe

George Fox College freshman Kelly Scrutton has enlisted the help of the college's track and field team to help the needy in Eastern Europe.

The sprinter from Milwaukie, Ore., didn't ask for much — just one dollar from each of the 92 team members — but a representative of Northwest Medical Teams says the total donation will purchase three to 10 times its value in food and medical supplies.

After just a week, the team surpassed the goal of \$100.

The aid is for Moldova, a small country in the former Soviet Union, located between Romania and Ukraine.

Northwest Medical Teams and Challenge Ministries International are working in cooperation with the United States Department of Defense in order to send a container of medical supplies, food and clothing to the poverty-stricken country, according to Challenge Ministries Director Peter Law. He said that the shipment will help roughly 1,000 families who lack the basic essentials of life that most Americans take for granted. An average salary in Moldova is three to four dollars a month.

Law, who toured Eastern Europe last November, said that the conditions in Moldova were the "worst I've seen in Eastern Europe."

"It's so bad in Moldova," Law said, "That people living there want to emigrate to Russia."

Law said that his organization in June will send a 40x10x8 foot container packed with 43,000 pounds of supplies to Moldova.

Scrutton graduated from North Clackamas Christian High School in Milwaukie after maintaining a perfect 4.0 grade point average throughout high school. At George Fox, she is a Benson Scholar — the college's highest academic award — and earned a 4.0 G.P.A. in her first

-more-

semester. As an athlete, she brings four high school state sprint championships to the Lady Bruin track team and currently ranks as the team's top runner in the 200- and 400-meters.

Scrutton said she became interested in helping the people of Moldova when she realized the magnitude of their need. She also credits her parents, Stan and Diane Scrutton, who are both involved with the Moldova effort, for being positive influences and role models in her life.

"We've been blessed with so much," Scrutton said. "And this is such a good opportunity to get involved and help those in need."

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March 7, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, March 12, 9:30 a.m...at Linfield Icebreaker...McMinnville, Ore...expected to be biggest meet of year so far...traditional opener for track season.

LAST WEEK:

On the sunny but chilly first Saturday in March, George Fox officially opened its track season at the Lewis & Clark Open in Portland.

Athletes from GFC, Lewis & Clark, Western Oregon, Willamette, Portland State, Oregon State, Linfield, community colleges and club teams participated in the unscored meet.

The GFC men's "A" team finished first out of 10 entries in the 4x400 meter relay.

Sprinter **Ryan Chaney** (Fr., Salem Academy, Dexter, Ore.) finished third in the 800 meters, the first time in six races he didn't break the tape first.

On the women's side, **Leah Johanson** (Bellevue Christian HS, Kirkland, Wash.) won the javelin, grabbed second in the shot put and third in the discus. All three were district qualifying performances and her discus effort was third best in GFC history.

The GFC women's "A" team took second to Western Oregon in the 4x400 relay and the Lady Bruins were second to Linfield in the 4x100 relay.

Dawn Hartwig (So., Trenton HS, Woodhaven, Mich.) and **Brooke Barton** (Fr., Lake Oswego HS, Ore.) finished one-two in the 1,500 meters.

Third place finishes went to **Joy Butler** (Fr., Yelm HS, Wash.) in the 100 meters and **Elissa Anderegg** (Fr., Sweet Home, Ore.) in the 400 meters.

Tina Golden (Jr., Madison HS, Portland, Ore.) and **Keelie Keown** (Fr., Oakridge HS, Ore.) each cleared 5-2 in the high jump, taking second and third.

BRUIN BITS:

***All-American Distance runner **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg, Ore.) had successful knee surgery last Wednesday. It is hoped she can run before the end of the season.

***Distance runners and training partners **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) and **Brooke Barton** (Fr., Lake Oswego HS, Ore.) have pushed each other to personal best times every race this season, including the 800 and 1,500 meters last Saturday. Their times were .01 apart in each race.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On Lewis & Clark Open: "We have had some good early season results. We're still building a base for later in the season and our athletes will continue to improve."

On Linfield Icebreaker: "It should be the same people competing, unless we see some recoveries from our injured folks. We'll compete against a lot of the same people as last week and try to improve on our marks."

GEORGE FOX INDIVIDUAL RESULTS

Lewis & Clark Open

Portland, Ore.

March 5, 1994

WOMEN

100 meters:

2. Joy Butler 13.26

100 meter hurdles:

2. Holly Irvine 15.72*

800 meters:

5. Dawn Hartwig 2:25.23
6. Brooke Barton 2:25.24
11. Abbey Vanlandingham 2:30.56
13. Jarae Kauffman 2:31.92
16. Emily Bergman 2:34.40

Javelin:

2. Leah Johanson 134'8 1/2"*
8. Rachel Lewis 78'8"

200 meters:

9. Amanda Burrus 27.88

1,500 meters:

1. Dawn Hartwig 4:51.40*
2. Brooke Barton 4:51.41*
13. Emily Bergman 5:20.78
15. Stephanie Still 5:28.07
20. Christina Brown 5:45.22

400 meter hurdles:

3. Elissa Anderegg 1:15.14

Triple Jump:

2. Cheryl Hanna 31'5 1/2"

Long Jump:

12. Wendy Abel 12'9"

400 meters:

3. Kelly Scrutton 1:01.22*
4. Heidi Haley 1:02.69
6. Karen Baltz 1:05.72
8. Val Vanlandingham 1:07.00
10. Lisa Magee 1:08.67

Discus:

3. Leah Johanson 122'4"*
9. Rachael Lewis 100'3"

High Jump:

2. Tina Golden 5'2""*
3. Keelie Keown 5'2""*
7. Jennifer Christiansen 4'10""*
9. Kathie Brown NH

5,000 meters:

7. Stephanie Rosen 19:37.30
9. Angela Linder 19:57.22
11. Ruth Hinds 20:37.10

Shot Put:

2. Leah Johanson 38'11 1/2"*
9. Jennifer Christiansen 31'1"

400 meter relay:

2. George Fox A 51.20
3. George Fox B 52.7

1,600 meter relay:

2. George Fox A 4:17.49
5. George Fox B 4:40.17

MEN

110 meter hurdles:

7. Kevin Alteneder 16.12*
10. Dan Weidman 16.80
11. Jonathan Hirota 16.88

800 meters:

3. Ryan Chaney 1:56.41*
11. Eli Lane 2:04.65
14. Geoff Olson 2:06.06
18. Dave Dixon 2:08.62
20. Andres Peacock 2:09.83
21. Brent Samodurov 2:10.61

200 meters:

11. Jeremy Burnett 23.42

1,500 meters:

8. Mike Murphy 4:08.1
10. Tom Heuberger 4:11.3
13. Eli Lane 4:16.5
15. Geoff Olson 4:17.4
19. Dave Dixon 4:23.1
21. Torrey Lindbo 4:25.3
26. Brent Samodurov 4:33.0

Shot Put:

12. Jonathan Huwe 39'1 1/4"
14. Jason McKee 38'7"
17. Steve Lierman 35'0 1/2"
18. Clint Harshman 34'9 1/2"

400 meters:

- 4. Jeremy Burnett 51.90
- 5. Tim Robinson 52.30

Long Jump:

- 4. John Smith 21'7"

Javelin:

- 18. Andrew Glover 145'8 1/2"
- 20. Sam Morrow 128'2 1/2"

High Jump:

- 11. Jonathan Hirota 5'10"

5,000 meters:

- 5. Mike Murphy 15:21.4*
- 9. Sean Beebe 15:35.7
- 18. Josh Kneeshaw 16:39.9
- 19. Tim Nichols 16:42.1
- 20. Raymond Cheung 16:45.9

Triple Jump:

- 7. Bryan Forman 37' 3/4"

400 meter hurdles:

- 11. Steve Lewis 1:12.95

Pole Vault:

- 5. Dan Weidman 12'6"
- 6. Jonathan Hirota 12'0"
- 8. Kevin Loutzenhiser 11'6"
- 10. John Smith NH

Discus:

- 5. Jonathan Huwe 140'2"*
- 20. Sam Morrow 111'5"
- 21. Jason McKee 107'6"

1600 meter relay:

- 1. George Fox A 3:23.79
- 9. George Fox B 3:41.1
- 10. George Fox C 3:46.0

*District qualifying

**National qualifying

SPORTS NEWS

GEORGE FOX COLLEGE
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Feb. 28, 1994
Contact: Rob Felton
Sports Information Director

GEORGE FOX COLLEGE TRACK AND FIELD

WHAT'S BRUIN:

Saturday, March 5, 10:00 a.m....at Lewis & Clark College...Portland, Ore...George Fox College / Lewis & Clark Track and Field Winter Series...First full-scale track meet for GFC this season...Unscored meet.

LAST WEEK:

George Fox College hosted track athletes for the first time since 1991 Saturday (Feb. 26) in an unofficial opening of the resurfaced track at Colcord Field. The non-scoring meet is part of the George Fox College / Lewis & Clark Track And Field Winter Series. GFC joined the three-year old series this year and shares L&C's meet records.

Athletes from George Fox, Linfield College, Pacific University, University of Portland, Lewis & Clark College, Western Oregon State College, and Nike Oregon International competed, along with high school, club and unattached runners.

Meet records were broken by **Ryan Chaney** (Fr., Salem Academy HS, Dexter, Ore.), who shattered the 400 meter record of 50.14 set in 1992 with a 49.2 performance, and **Brooke Barton** (Fr., Lake Oswego HS, Ore.) in the 5,000 meters. Barton's 18:09.4 bested the previous record of 18:15.11, also set in 1992.

Ten Lady Bruins qualified for the NAIA District 2 championship, including Barton and **Dawn Hartwig** (So., Trenton HS, Woodhaven, Mich.) in the 5,000 meters. All-American **Juli Cyrus** (Sr., Stuttgart American HS, Germany, Newberg, Ore.) met the 1,500 meter standard while returning national scorer **Leah Johanson** (So., Bellevue Christian HS, Kirkland, Wash.) qualified in the javelin.

Five GFC women surpassed the district qualifying standard in the high jump including **Tina Golden** (Jr., Madison HS, Portland, Ore.), **Keelie Keown** (Fr., Oakridge HS, Ore.), **Kathie Muck Brown** (Sr., Newberg HS, Ore.) all cleared 5 feet two inches. **Celeste Beringer** (Fr., Kentridge HS, Kent, Wash.) qualified at 5 feet even, and **Jennifer Christiansen** (Fr., Sherman County HS, Grass Valley, Ore.) beat the standard by one inch at 4 feet 10 inches. Sprinter **Kelly Scrutton** (Fr., North Clackamas Christian HS, Milwaukie, Ore.) qualified by meeting the district 400 meter standard.

On the men's side, Chaney qualified for the district meet in the 400 meters. **Tom Heuberger** (So., Hood River HS, Ore.) surpassed the district 800 meter mark, and high jumper **Matt Vetsch** (Fr., Hidden Valley HS, Grants Pass, Ore.) bettered the district qualifying mark in his event.

BRUIN BITS:

*** **Ryan Chaney** (Fr., Salem Academy HS, Dexter, Ore.) is unbeaten as a Bruin. He's competed in five races this season. Chaney won the 300 meters at the Eugene Indoor on Jan 21. At the Lewis & Clark Open Feb. 19 he won the 200 meters before setting a meet record in the 300 meters and qualifying for indoor nationals at that distance. At GFC, he again won the 200 meters and set another meet record, this time in the 400 meter race.

*** All-American runner **Juli Cyrus** (Sr. Stuttgart American HS, Germany, Newberg, Ore.) will undergo knee surgery this week and is expected to miss anywhere from four weeks to the rest of the season. Cyrus scored 30 points at the 1993 NAIA District 2 championships by winning the 1,500, 3,000, and 5,000 meters. She also placed second in both the 5,000 and 3,000 meters at the national meet in 1993.

*** Bruin alum **Vance Godfrey**, a 1992 All-American, set a Colcord Field record with his time of 20:30.4 in the 5,000 meter racewalk.

*** GFC will host its first official meet on the newly resurfaced Colcord Field on April 2, as part of a dual meet with Western Oregon State. Bruin alumni will also take part in the competition. Dedication ceremonies start at 11:30 a.m.

COOK'S COMMENTS: (Quotes from seventh-year head coach Wes Cook)

On GFC All-Comers: "It was a fun meet and I was particularly encouraged by the performances of our female sprinters and high jumpers."

On Ryan Chaney: "Who knows what he can do? His maturity is showing through in the form of good performances without a lot of quality work."

On Lewis & Clark Open: "We'll be lucky if we can get two-thirds of the team to compete, but its early and we use these meets to take an inventory and see where we're at."

GEORGE FOX INDIVIDUAL RESULTS

George Fox College / Lewis & Clark Track and Field Winter Series
Newberg, Ore.
Feb. 26, 1994

WOMEN

100 meters:

- 2. Joy Butler 13.2
- 4. Billie Bentley 13.3
- 6. Amanda Burrus 13.5
- 7. Joelleen Hofmann 14.0

800 meters:

- 4. Jarae Kauffman 2:34.9

Javelin:

- 2. Leah Johanson 133'6"*
- 8. Rachel Lewis 65'8"

200 meters:

- 2. Kelly Scrutton 27.5
- 3. Amanda Burrus 27.8
- 4. Karen Baltz 28.1
- 5. Heidi Haley 28.5
- 6. Kathy Diaz 29.0
- 7. Joelleen Hofmann 29.7
- 10. Lisa Magee 30.9

1,500 meters:

- 1. Juli Cyrus 4:51.4*
- 6. Angela Linder 5:20.7
- 10. Christina Brown 5:47.2

Triple Jump:

- 2. Cheryl Hanna 31'1"
- 3. Jennifer Christiansen 29'7"

Long Jump:

1. Kathy Diaz 15'1.5"
2. Wendy Abel 13'5"

400 meters:

1. Kelly Scrutton 1:00.9*
3. Holly Irvine 1:03.6
4. Heidi Haley 1:03.6
5. Karen Baltz 1:03.7
8. Eva Crawford 1:05.5
9. Valerie Vanlandingham 1:06.6
10. Celeste Beringer 1:07.4
11. Elissa Anderegg 1:08.0
12. Sarah Emerson 1:08.1

Discus:

4. Rachel Lewis 106'5"
5. Leah Johanson 103'9"

High Jump:

2. Keelie Keown 5'2"*
2. Kathie Brown 5'2"*
2. Tina Golden 5'2"*
5. Celeste Beringer 5'0"*
6. Jennifer Christiansen 4'10"*

5,000 meters:

1. Brooke Barton 18:09.4*
2. Dawn Hartwig 18:29.5*
5. Emily Bergman 20:29.8
8. Stephanie Still 21:30.4

MEN

100 meters:

12. James Kim 12.8

800 meters:

2. Tom Heuberger 1:57.0*
5. Torrey Lindbo 1:59.6
8. Andres Peacock 2:08.0

200 meters:

1. Ryan Chaney 22.5*
4. Tim Robinson 23.1
6. Jeremy Burnett 23.3
15. Steve Lewis 27.0

1,500 meters:

4. Sean Beebe 4:10.8
8. Dave Dixon 4:17.5
9. Brent Samodurov 4:17.6
11. Andy Debois 4:19.6
15. Raymond Cheung 4:35.4

400 meters:

1. Ryan Chaney 49.2*
5. Jeremy Burnett 51.6
8. Jonathan Hirota 54.2

Javelin:

2. John Smith 166'10"
3. Jason Bingham 159'4"
6. Sam Morrow 147'2"
7. Andrew Glover 146'6"
8. Kevin Loutzenhiser 137'3"
9. Jonathan Hirota 136'7"

High Jump:

2. Matt Vetsch 6'6"*

5,000 meters:

7. Mike Murphy 15:37.0
10. Geoff Olson 15:56.0
15. Tim Nichols 16:57.0

Discus:

1. Jonathan Huwe 140'9"*
4. John Smith 116'11"
6. Sam Morrow 107'8"
7. Clint Harshman 91'11"
8. Tim Goodfellow 91'5"
11. Jason Adams 59'11"

*District qualifying

**National qualifying

Sp. File

SPORTS NEWS

GEORGE FOX COLLEGE
SPORTS INFORMATION OFFICE
NEWBERG, OREGON 97132-2697
503/538-8383, EXT. 292
FAX 503/537-3830



Jan. 13, 1994
Contact: Rob Felton, SID

Two GFC runners qualify for national NAIA marathon

The season has yet to begin, but two George Fox College track runners already have qualified for the NAIA national track and field meet.

Mike Murphy and Geoff Olson both qualified to run the marathon at the national meet in May by running under the qualifying standard of 1:14:30 at the half-marathon distance. Athletes may qualify for the marathon by meeting standards in either the marathon or the half-marathon distances.

Murphy, a senior from Monmouth, Ore., placed seventh in the Governor's Run Half-Marathon in Salem on Sunday, Jan. 9. In his first race since the 1992 cross country season, Murphy completed the course in 1:13:49.

Olson, a sophomore from Yelm, Wash., finished 11th overall out of 1,544 finishers at the Seattle Half-Marathon on Nov. 27. Olson, who qualified for — but did not compete in — the national marathon in the same race last year, finished the course in 1:13:01. He was the fastest runner in the under-19 age group.

GFC head track and field coach Wes Cook says its unlikely either will actually run the marathon. He says he dislikes having younger athletes like Olson running such long, grueling distances and that Olson would prefer to compete in the national 10,000 meter race. Murphy would like to return to the national steeplechase race, an event he ran in 1992.

Four GFC alumni also placed high at the Seattle Marathon and Half-Marathon. Melissa Conley, a 1992 graduate, placed fourth overall out of 422 competitors in the marathon at 3:04:02. Former classmate Dianne Petersen was 27th overall in the same race and fifth in the 25-29 age group, finishing in 3:24:16. Petersen plans to run the Boston Marathon in April. Larry Mock, a 1990 graduate, was 12th of 1,224 finishers in the men's marathon, reaching the finish at 2:38:58. 1992 graduate Jill Jamison Beals completed the half-marathon in 1:23:30, placing seventh out of 1,210 competitors. Cook said she was not training heavily at the time. Beals won the Seattle Marathon in 1992.

Editor

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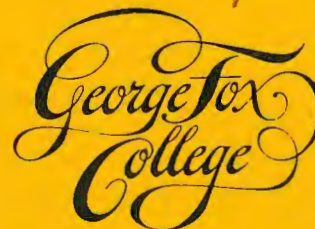
Editorial Board

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GEORGE FOX COLLEGE 1994 Track And Field

INSTITUTION: George Fox College LOCATION: Newberg, OR 97132 ESTABLISHED: 1891
ENROLLMENT: 1,550 PHONE: (503) 538-8383 FAX: (503) 537-3830 PRESIDENT: Dr. Edward F. Stevens
ATHLETIC DIRECTOR: Craig Taylor ext. 250 ATHLETIC AFFILIATION: NAIA, District 2
SCHOOL COLORS: Old Gold and Navy Blue NICKNAME: Bruins, Lady Bruins
1993 SEASON FINISH: Women: District – second, Nation – ninth Men: District – second, Nation – 14th
HEAD COACH: Wes Cook (seventh-year) OFFICE: (503) 538-8383 ext. 252 HOME: 538-8078
ALMA MATER: University of Northern Colorado '61
ASSISTANT COACHES: Scott Brown, Randy Dalzell, Jon Luccio TRAINER: Byron Shenk
SPORTS INFORMATION DIRECTOR: Rob Felton OFFICE: 538-8383 ext. 292 HOME: 538-3055
FACULTY ATHLETIC REPRESENTATIVE: Dr. Susan Shaw

RETURNING 1993 NATIONAL SCORERS:

<u>Name</u>	<u>Yr.</u>	<u>Event(s)</u>	<u>Hometown</u>	<u>Notes</u>
Juli Cyrus	SR	5K, 3K	Newberg, Ore.	All-American, second, second
Rob Rising	JR	Long Jump	Goldendale, Wash.	All-American, third
Leah Johanson	SO	Javelin	Kirkland, Wash.	Seventh place finisher
Kristy Fleming	JR	Javelin	Aberdeen, Wash.	Eighth place finisher

OUTSTANDING NEWCOMERS:

<u>Name</u>	<u>Yr.</u>	<u>Event(s)</u>	<u>Hometown</u>	<u>Previous School</u>
Ryan Chaney	FR	Sprints	Eugene, Ore.	Salem Academy HS
Kelly Scrutton	FR	Sprints	Milwaukie, Ore.	North Clackamas Christian HS
Holly Irvine	FR	Hurdles	Vancouver, Wash.	Columbia River HS
Sean Beebe	FR	Distance	Salem, Ore.	Salem Academy HS
Brooke Barton	FR	Distance	Lake Oswego, Ore.	Lake Oswego HS
Jon Hirota	FR	Decathlon	Nanaimo, B.C.	Wellington HS

LOST ALL-AMERICANS:

<u>Name</u>	<u>Event</u>	<u>Reason Lost</u>	<u>Notes</u>
Jonathan Morse	5K	Graduation	Third place finisher; School record 1,500 meters
Cheryl Shepherd	Javelin	4-years eligibility	Fourth place finisher; academic All-American
Ed Sloan	Steeplechase	Graduation	Fifth place finisher
David Thomas	Racewalk	Graduation	Sixth place finisher; two-time All-American, two-time academic All-American

1994 George Fox College Track And Field Roster

WOMEN

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>HS/College</u>
Wendy Abel	3	Coos Bay, Ore.	Marshfield
Elissa Anderegg	1	Sweet Home, Ore.	Sweet Home
Karen Baltz	1	Charlo, Mont.	Ronan
Brooke Barton	1	Lake Oswego, Ore.	Lake Oswego
Billie Bentley	2	Stevenson, Wash.	Yamhill-Carlton, Ore.
Emily Bergman	2	Kent, Wash.	Kentridge
Celeste Beringer	1	Kent, Wash.	Kentridge
Christina Brown	1	Sherwood, Ore.	Sherwood
Kathy Muck Brown	4	Newberg, Ore.	Newberg/Clackamas CC
Amanda Burrus	1	Camano Island, Wash.	Stanwood
Joy Butler	1	Yelm, Wash.	Yelm
Jenny Campbell	2	Seattle, Wash.	Highline
Jennifer Christiansen	1	Grass Valley, Ore.	Sherman County
Eva Crawford	3	Bend, Ore.	Redmond
Juli Cyrus	4	Newberg, Ore.	Stuttgart American, Germany
Kathy Diaz	1	Aumsville, Ore.	Cascade
Sarah Emerson	1	Walla Walla, Wash.	Walla Walla
Liz Evon	2	Bethel, Alaska	Bethel
Kristy Fleming	3	Aberdeen, Wash.	Aberdeen/Lower Columbia CC
Mindy Fox	3	Caldwell, Idaho	Caldwell
Tammy Golden	3	Portland, Ore.	Madison
Tina Golden	3	Portland, Ore.	Madison
Heidi Haley	1	Rogue River, Ore.	Rogue River
Cheryl Hanna	1	Hillsboro, Ore.	Glencoe
Dawn Hartwig	2	Woodhaven, Mich.	Trenton
Ruth Hinds	2	Tillamook, Ore.	Tillamook
Joelleen Hofmann	1	Grants Pass, Ore.	Hidden Valley
Liz Hunt	1	Salem, Ore.	Salem Academy
Holly Irvine	1	Vancouver, Wash.	Columbia River
Leah Johanson	2	Kirkland, Wash.	Bellevue Christian
Jarae Kauffman	1	Lake Oswego, Ore.	Lakeridge
Keelie Keown	1	Oakridge, Ore.	Oakridge
Jennifer Knutson	1	Oskaloosa, Iowa	Oskaloosa
Rachael Lewis	1	Portland, Ore.	Portland Christian
Angela Linder	1	Molalla, Ore.	Molalla
Sara Luckensmeyer	2	Cashmere, Wash.	Cashmere
Lisa Magee	1	Salem, Ore.	Western Mennonite
Amy Ogdon	2	Mt. Vernon, Wash.	Mt. Vernon
Angela Price	1	LaMesa, Calif.	Christian
Stephanie Rosen	3	Newberg, Ore.	Newberg/Clackamas CC
Kelly Scrutton	1	Milwaukie, Ore.	No. Clackamas Christian
Tina Stauffer	3	Guaynabo, PR	Western Mennonite
Liz Stephens	2	Bellevue, Wash.	Newport
Stephanie Still	1	Kent, Wash.	Kentwood
Sandy Taylor	2	Eagle, Idaho	Greenleaf Academy
Abigail Vanlandingham	1	Dayton, Ore.	Salem Academy
Valerie Vanlandingham	1	Dayton, Ore.	Salem Academy

George Fox College Track and Field Roster

MEN

Jason Adams	1	Tillamook, Ore.	Tillamook
Kevin Alteneder	3	Newberg, Ore.	Newberg
Sean Beebe	1	Salem, Ore.	Salem Academy
Jason Bingham	4	Medford, Ore.	South Medford
Jeremy Burnett	1	Camas Valley, Ore.	Camas Valley
Ryan Chaney	1	Dexter, Ore.	Salem Academy
Raymond Cheung	1	Hong Kong	LaSalle College
Charles Debell	2	Seattle, Wash.	Roosevelt
Andy DeBois	1	Troutdale, Ore.	Reynolds
Dave Dewar	2	Canby, Ore.	Canby
Dave Dixon	1	Caldwell, Idaho	Homedale
Brian Forman	1	Junction City, Ore.	Junction City
Erik Gibson	2	Seattle, Wash.	Cleveland
Andrew Glover	2	Snohomish, Wash.	Snohomish
Clint Harshman	1	Melstone, Mont.	Billings Christian
Tom Heuberger	2	Hood River, Ore.	Hood River
Jonathan Hirota	1	Nanaimo, B.C., Canada	Wellington
Trinity Huskey	1	Wilder, Idaho	Homedale
Jonathan Huwe	4	Bigfork, Mont.	Bigfork
Odin Ifrim	1	Newberg, Ore.	Newberg
James Kim	1	Tucker, Ga.	Meadowcreek, Norcross, La.
Josh Kneeshaw	3	Colfax, Wash.	Colfax
Eli Lane	1	Seward, Alaska	Seward
Steve Lewis	1	Los Angeles, Calif.	Crenshaw
Steve Lierman	2	Gladstone, Ore.	No. Clackamas Chrisian
Torrey Lindbo	3	Colfax, Wash.	Colfax
Duane Londagin	4	Bandon, Ore.	Pacific
Kevin Loutzenhiser	1	Granite Bay, Calif.	Casa Roble
Chris MacLeod	1	Portland, Ore.	Sunset
Jason McKee	2	Albany, Ore.	Crescent Valley
Sam Morrow	3	Canyon Lake, Calif.	Elsinore
Mike Murphy	4	Monmouth, Ore.	Central
Tim Nichols	2	Aloha, Ore.	Aloha
Geoff Olson	1	Yelm, Wash.	Yelm
Andres Peacock	1	Gladstone, Ore.	Gladstone
David Reintsma	1	Broadview, Mont.	Broadview
Steve Rhyne	1	Inglewood, Calif.	Crenshaw
Rob Rising	3	Goldendale, Wash.	Goldendale
Tim Robinson	3	Anchorage, Alaska	Bartlett
Curt Rosen	1	Newberg, Ore.	Newberg
Brent Samodurov	2	Seattle, Wash.	Shorecrest
Hans Schneider	1	Hayden Lake, Idaho	Coeur d'Alene
David Shear	1	Junction City, Ore.	Junction City
John Smith	2	Lakeside, Ore.	North Bend
Jon Ulmer	2	Seattle, Wash.	Shorewood
Matt Vetsch	1	Grants Pass, Ore.	Hidden Valley
Reid Watts	1	Sweet Home, Ore.	Sweet Home
Dan Weidman	1	Silverton, Ore.	Silverton

March 7, 1994

1994 GFC Women's Track And Field Outlook

The 1994 George Fox College women's track and field team has its sights set upon another NAIA District 2 championship.

"Our goal is for the women's team to win the district championship," says seventh-year head coach **Wes Cook**. The Lady Bruins took home the 1992 trophy and during the last two years twice finished in the top-10 at the NAIA national championships.

On April 2, GFC goes head-to-head on its newly refinished \$136,000 track with the team that took the crown away in 1993: Western Oregon State College. It will be the first home meet for George Fox since 1991.

GFC already has absorbed a blow to its title hopes. All-American distance runner **Juli Cyrus** (Sr., **Stuttgart American HS, Germany, Newberg, Ore.**) is planning knee surgery and will miss much or all of the season. Cyrus, provided 30 of George Fox's 164.5 points at the district championship last year and finished as the national runner-up in the 3,000 and 5,000 meter races.

George Fox's returning national scorers, **Leah Johanson** (So., **Bellevue Christian HS, Kirkland, Wash.**) and **Kristy Fleming** (Jr., **Aberdeen HS, Wash.**) both throw the javelin. Lost to graduation are All-American javelin thrower **Cheryl Shepherd**, and **Marlyss Stenberg**, school record holder in both the heptathlon and the 400 meter hurdles. Stenberg scored 35.25 points at the district meet last season, a feat that earned her the Female Athlete of the Meet award.

Tina Stauffer (Jr., **Western Mennonite HS, Salem, Ore.**), a 1994 team captain, will miss the season due to a knee injury sustained during the triple jump competition at last year's district meet.

Cook is fielding a team of 48 women, 27 of whom are freshmen.

Top returning distance runners include juniors **Mindy Fox** (**Caldwell HS, Idaho**), **Stephanie Rosen** (**Newberg HS, Ore.**), **Dawn Hartwig** (**Trenton HS, Woodhaven, Mich.**), **Ruth Hinds** (**Tillamook HS, Ore.**), **Sandy Taylor** (**Greenleaf Academy, Eagle, Idaho**), and **Jenny Campbell** (**Highline HS, Seattle, Wash.**), who still is bothered by a groin injury.

-more-

Sophomore **Billie Bentley** (Yamhill-Carlton HS, Ore., Stevenson, Wash.) is the top returning sprinter. She is joined by junior sprinter/jumper **Tina Golden** (Madison HS, Portland, Ore.), sophomore heptathlete **Liz Stephens** (Newport HS, Bellevue, Wash.), and sophomore high jumper **Sara Luckensmeyer** (Cashmere HS, Wash.).

New additions should make GFC strong in sprints and hurdles.

Top newcomers to the sprints include North Clackamas Christian high school state champion sprinter **Kelly Scrutton** (Fr., Milwaukie, Ore.), Washington all-stater **Joy Butler** (Fr., Yelm HS, Wash.), **Amanda Burrus** (Fr., Stanwood HS, Channel Island, Wash.), and **Joelleen Hofmann** (Fr., Hidden Valley HS, Grants Pass, Ore.).

Leading the way in the hurdles are former Oregon 2A state champion **Holly Irvine** (Fr., Columbia River HS, Vancouver, Wash.), **Sarah Emerson** (Fr., Walla Walla HS, Wash.) , and **Jenny Christiansen** (Fr., Sherman County HS, Grass Valley, Ore.).

New distance runners include cross country All-American **Brooke Barton** (Fr., Lake Oswego HS, Ore.) and **Angela Linder** (Fr., Molalla HS, Ore.). The sprinters will be strengthened by the addition of **Karen Baltz** (Fr., Ronan HS, Charlo, Mont.), **Keelie Keown** (Fr., Oakridge HS, Ore.), and all-stater **Heidi Haley** (Fr., Rogue River HS, Ore.).

"I'm looking forward to getting the young people some experience and seeing how far we can go," says Cook.

March 7, 1994

1994 GFC Men's Track And Field Outlook

The George Fox College men's track team may have a newly resurfaced track to run on, but they are plagued by the same old injuries once again.

After placing second at the NAIA District 2 championships and 14th at the national meet in 1993, the men's team returns none of its national scorers and must compete without many of its top performers.

"Injuries and the loss of three All-Americans to graduation have really hurt us," says seventh-year head coach **Wes Cook**.

Lost to graduation are three-time cross country and track All-American and school 1,500 meter record holder **Jonathan Morse**, four-time All-American racewalker **David Thomas**, and All-American steeplechaser **Ed Sloan**.

All-American long jumper **Rob Rising (Jr., Goldendale HS, Wash.)** will be forced to watch his team from the stands this spring, due to season-ending knee surgery.

Other casualties as the season begins include 1992 national steeplechase scorer **Erik Gibson (So., Cleveland HS, Seattle, Wash.)**, sophomore distance runner **Jonathan Ulmer (Shorewood HS, Seattle, Wash.)**, intermediate hurdler **Charles Debell (So., Roosevelt HS, Seattle, Wash.)**, and promising freshmen distance runners **Curt Rosen (Fr., Newberg HS, Ore.)**, and **Chris MacLeod (Fr., Sunset HS, Portland, Ore.)**. Some could return by season's end.

Not all is bad news for the Bruins. Good things began in the fall with the renovation of Colcord Field and replacement of the college's 14-year-old track with a new, state-of-the-art polyurethane-based surface.

On a team with no senior leadership there is much room for younger athletes to step forward and make an impact, Cook says.

Back in action after a semester out of school is senior steeplechaser **Mike Murphy (Central HS, Monmouth, Ore.)**, a 1992 national competitor.

-more-

Also back is freshman distance runner **Geoff Olson (Yelm HS, Wash.)** who was forced to redshirt the 1993 season with a leg injury. Olson qualified for the national marathon competition in November, the second year in a row he has met the standard.

Junior captains **Torrey Lindbo** and **Josh Kneeshaw**, both of Colfax High School, Wash., anchor a middle distance and distance crew loaded with young talent. Sophomore **David Dewar (Canby HS, Ore.)** also returns after scoring in both the steeplechase and 1,500 meters at district last season.

Sophomore decathlete **John Smith (North Bend HS, Lakeside, Ore.)**, who met the NAIA decathlon standard of 6,000 points but missed the national meet cutoff by two places, also will be back for what Cook hopes to be a national-caliber season.

The other returning 1993 district scorers for the Bruins are junior hurdler **Kevin Alteneder (Newberg HS, Ore.)**, senior high jumper **Duane Londagin (Pacific HS, Bandon, Ore.)**, and junior sprinter **Tim Robinson (Bartlett HS, Anchorage, Alaska)**. Senior thrower **Jon Huwe (Bigfork HS, Mont.)** hopes to once again regain the form that won him the 1991 district championship, and a ninth place finish at the national meet in 1992.

The top newcomer to the Bruins is **Ryan Chaney (Fr., Salem Academy, Dexter, Ore.)**, a 10-time state champion in the sprints. Chaney ran the fastest high school times in the state in the 100, 200, and 400 meters last season, and was a finalist for the Johnny Carpenter Prep Athlete of the Year award. Although recruited by University of Oregon, Chaney picked George Fox.

Chaney's high school teammate at Salem Academy, and his current roommate, is **Sean Beebe (Fr., Salem Academy, Salem, Ore.)**, a four-time all-state distance runner. Beebe and Chaney helped their school to win the Oregon 2A state championship last spring.

Jon Hirota (Fr., Wellington HS, Nanaimo, B.C.) should help Smith in the multi-events after finishing third in the Canadian Junior Decathlon competition last spring.

Other talented newcomers include distance runners **Dave Dixon (Fr., Homedale HS, Caldwell, Idaho)** and **Eli Lane (Fr., Seward HS, Alaska)**, 400-meter sprint champ **Jeremy Burnett (Camas Valley HS, Ore.)**, jumper **Matt Vetsch (Fr., Hidden Valley HS, Grants Pass, Ore.)**, and jumper/hurdler **Dan Weidman (Fr., Silverton HS, Ore.)**.

Cook says the Bruins, despite injuries and a lack of veteran leadership, plan to be a presence in the district meet. Cook expects Western Oregon State College and Linfield College to be the top teams in the district, but believes that George Fox has a shot at them.

"I want to see what we can do with the young people," he said. "Finishing among the top three teams in the district would be an accomplishment this year."

1994 TRACK & FIELD GEORGE FOX COLLEGE

FEBRUARY

Sat.	19	at Lewis & Clark 3/4 Meet	TBA
Sat.	26	BRUIN ALL-COMERS	12:00

MARCH

Sat.	5	at Lewis & Clark Open	10:00
Sat.	12	at Linfield Icebreaker	9:30
Fri.	18	at Spring Break Open (Western Oregon)	1:00
Sat.	19	at University of Washington Open	TBA
Sat.	19	at Westmont's Santa Barbara Easter Relays	TBA
Mon.-Tue.	21-22	at Linfield Spring Break Multi-Events	10:00
Fri.-Sat.	25-26	at Stanford Invitational	TBA
Sat.	26	at Southern Oregon Spring Break Invitational	11:00

APRIL

Sat.	2	GFC TRACK INAUGURAL	12:00
Fri.-Sat.	8-9	at Bob Gibb Invitational (Boise State)	TBA
Fri.-Sat.	8-9	at Western Washington Invitational	TBA
Thu.-Fri.	14-15	at University of Oregon Multi-Events	TBA
Fri.-Sun.	15-17	at Mt. Sac Distance Carnival/Invitational (Walnut, Calif.)	TBA
Sat.	16	at University of Oregon Invitational	TBA
	16	at University of Puget Sound Shotwell Invitational	12:00
Mon.-Tue.	18-19	NAIA District 2 Multi-Events (Western Oregon)	10:00
Sat.	23	at Raider Super 8 Invitational (Southern Oregon)	11:00
Sat.	30	at Western Oregon Open	10:00

MAY

Sat.	7	at Western Oregon "Last Chance" Open	TBA
Fri.-Sat.	13-14	NAIA District 2 Championships (La Grande, Ore.)	TBA
Thu.-Sat.	26-28	NAIA Championships (Azusa Pacific)	TBA