

2002

2002 Media Guide

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GEORGE FOX UNIVERSITY

CROSS COUNTRY

2002 Media Guide



George Fox
University



Rosters

Men's Team	Ht.	Wt.	Yr./El.	Hometown/Previous School
Matt Burg	5-10	135	Jr./Jr.	Newberg, Ore. (Newberg HS)
Colby Burrows	5-10	175	Fr./Fr.	Olalla, Wash. (South Kitsap HS)
Phil Garrison	5-8	130	Fr./Fr.	Olympia, Wash. (Tumwater HS)
Rob Gaslin	6-2	165	So./So.	Tualatin, Ore. (Tualatin HS)
Chris Kelley	5-10	170	Jr./Jr.	Newberg, Ore. (Newberg HS)
Michael Owen	6-0	166	Sr./Sr.	Nashville, Tenn. (Grace Christian HS-Alaska)
Mark Richeson	5-11	130	Fr./Fr.	Concord, Calif. (De La Salle HS)
Silas Towne	5-10	140	Sr./Sr.	Prineville, Ore. (Thurston HS)

Women's Team	Ht.	Yr./El.	Hometown/Previous School
Susanne Cordner	5-10	So./So.	Independence, Ore. (New York Univ.)
Ashley Crisell	5-6	So./So.	Woodburn, Ore. (Willamette Valley Christian HS)
Karissa Edwards	5-3	Fr./Fr.	Newberg, Ore. (Landmark Christian HS-Calif.)
Janelle Goeres	5-4	Jr./Jr.	Gold Hill, Ore. (Crater HS)
Gloria Gomez	5-6	Jr./So.	Victorville, Calif. (Victor Valley Community College)
Nicole Hart	5-2	Fr./Fr.	Woodburn, Ore. (Woodburn HS)
Bethany Jertberg	5-5	Fr./Fr.	Klamath Falls, Ore. (Henley HS)
Nancy Kelly	5-4	So./Fr.	Beaverton, Ore. (Sunset HS)
Lauren Lewis	5-4	Fr./Fr.	Shoreline, Wash. (Shorecrest HS)
Ashley Murray	5-5	Fr./Fr.	Vernonia, Ore. (Vernonia Christian Academy)

Head Coach: Wes Cook (16th yr), Assistant Coach: John Mantalas (1st yr)

George Fox Cross Country Quick Facts

University Information

Location Newberg, Oregon (18,280)
Mailing Address 414 N. Meridian St., Newberg, OR 97132
Founded 1891
Denomination Evangelical Friends (Quakers)
Enrollment 2,648
President H. David Brandt
Faculty Athletics Rep Rebecca Ankeny
Switchboard Phone 503-538-8383
Web site www.georgefox.edu

Athletics Information

Nickname Bruins
Colors Navy Blue and Old Gold
Affiliation (yrs) NCAA Division III (4th)
Region West Region
Conference (yrs) Northwest Conference (8th)
Director of Athletics Craig Taylor 503-554-2911
Associate Director of Athletics Pat Bailey 503-554-2914
Athletics Secretary Patty Findley 503-554-2910
Athletics Training Education Director Dale Isaak 503-554-2916

Assistant Athletic Trainer Karen Hostetter 503-554-2922
Athletics Fax 503-554-3864

Sports Information Office

Sports Info Director Blair Cash
Phone Office 503-554-2127, Home 503-554-8067
E-mail bcash@georgefox.edu
Student Asst. SIDs Melissa Tittle, Sarah Troyer, Amber Wentworth
Office Phone 503-554-2139
Sports Information Fax 503-554-3830
Sports Hotline 503-554-3868
Sports Web site www.georgefox.edu/athletics

Coaching Staff

Head Coach: Wes Cook, 503-554-2915
Alma Mater: Northern Colorado '61
Years Coaching (GFU): 15 (15)
Assistant Coach: John Mantalas (1st year)
Alma Mater: George Fox '00

Team Information

Home Course: Champoeg State Park, St. Paul, Oregon
2001 NWC Finish: Men 9th, Women 7th
2001 Region Finish: None
2001 National Finish: None

*On the cover: junior Janelle Goeres,
2001 men's team at the starting line*

The Health Plan

The Bruins need to stay injury-free to improve in the 2002 cross country season.

With 10 runners on the women's squad and 8 on the men's team, the George Fox University Bruins will need to stay injury-free if they are to show improvement in the 2002 cross country season.

"We don't have a lot of margin for error," admits veteran coach Wes Cook, who begins his 16th year with the Bruins. "We recruited a lot of kids, but sometimes you don't get everyone you want. We don't have a lot of depth, just like last year, so we've got to stay healthy."

The Bruins return only 2 runners to the women's team that finished 7th in the Northwest Conference last fall, and 4 men to a team that placed 9th.

Women's Team

The Bruins lost 2 good ones in Kirsten Norgaard, who graduated, and Beth Moyer, a junior who is studying in England this semester. Both were All-West Region performers last year.

Picking up the slack will be **Janelle Goeres** (Jr., Gold Hill, Ore.), an All-Region runner 2 years ago who ran only a couple of races last year for health reasons. She should be among the top runners in the conference with added strength. **Ashley Crisell** (So., Woodburn, Ore.), who earned points in several races as a freshman, is the only other returnee.

The Bruins picked up 1 junior college recruit in **Gloria Gomez** (So., Victorville, Calif.) from Victor Valley Community College. "Her best time there was 20:42, so she will be a welcome addition," says Cook.

"Based just on talent, **Bethany Jertberg** (Fr., Klamath Falls, Ore.) is probably the best runner on the team,"



Senior Michael Owen

Cook observes. "She ran 2nd in the state track meet in the 15000 as a sophomore, but has been hurt the last 2 years. She still has some leg pains but is going to try it again, and will be a big help if she can stay pain-free."

Lauren Lewis (Fr., Shoreline, Wash.) and **Ashley Murray** (Fr., Vernonia, Ore.) are 2 rookies from whom Cook expects good things. "Lauren ran a 21:05 in high school, and Ashley has a 20:52," notes Cook. "Ashley was the fastest nonqualifier in the state 800 last year at her school's level and was All-State in cross country. She ran 2 races

in Australia this summer and did well, but she has had stress fractures in the past and is hurting a bit right now."

Rounding out the squad are **Susanne Cordner** (So., Independence, Ore.), a transfer from New York University, **Karissa Edwards** (Fr., Newberg, Ore.), **Nicole Hart** (Fr., Woodburn, Ore.), and **Nancy Kelly** (Cl., City, State). "Susanne hasn't run since her junior year in high school, and Karissa has run in no organized program ever," Cook notes, "but both are working hard and improving, however."

"We're still in a rebuilding stage, but

Outlook

the girls could be on the way back if we stay healthy," Cook reiterates. "I can see us right in the middle of the pack if it goes well."

Men's Team

The Bruin men lost 3 key runners when Nathan Paisley and Forrest Towne graduated and Kris Clifton transferred, so it will be up to **Matt Burg** (Jr., Newberg, Ore.), the team's MVP, and Most Inspirational runner **Michael Owen** (Sr., Nashville, Tenn.) to lead the team. Another senior who missed all of last season, **Silas Towne** (Sr., Prineville, Ore.), is a welcome returnee.

"Burg and Towne have been hurt all summer, but they will be very important for us if they are healthy again," says Cook. "Owen is trying to build himself up for track in the spring and will not concentrate on his distance events as much, so he will probably only run cross country about every other week, looking ahead to the conference and regional championships."

Also back are **Rob Gaslin** (So., Tualatin, Ore.) and **Chris Kelley** (Jr., Newberg, Ore.), who have worked hard and shown improvement.

Cook points to **Mark Richeson** (Fr., Concord, Calif.) as someone could be a

key to the Bruins' fortunes this season, predicting that "Mark could be really, really good for us right away; he has tremendous untapped potential."

Colby Burrows (Fr., Olalla, Wash.) and **Phil Garrison** (Fr., Olympia, Wash.) have also shown some talent, but Garrison has had ongoing leg problems that could play a factor in the success of his season.

Summing up the men's chances for climbing in the conference standings this fall, Cook says that "if we can make it to the middle of the pack, we would be doing well, and there's no reason we can't if everything falls into place."

Key Returnees – Men

Matt Burg5-10, Jr., Newberg, Ore.
MVP, Most Improved
Michael Owen5-11, Sr., Anchorage, Alaska
Most Inspirational
Silas Towne5-10, Jr., Springfield, Ore.
Sat out last season

Key Losses – Men

Nathan Paisley6-0, Sr., Salem, Ore.
Exemplify Award
Kris Clifton5-4, So., Sutherlin, Ore.
Rookie of the Year
Forrest Towne5-11, Sr., Springfield, Ore.

Key Returnees – Women

Janelle Goeres5-4, Jr., Sams Valley, Ore.
Most Inspirational
Ashley Crisell5-6, So., Woodburn, Ore.
Rookie of the Year

Key Losses – Women

Kirsten Norgaard5-5, Sr., Everett, Wash.
All-West Region, Exemplify Award
Beth Moyer5-5, So., Camarillo, Calif.
All-West Region, MVP,
Most Improved
Rebecca Rising5-4, Sr., Sanger, Calif.

Letterwinners back/lost: men 4/3, women 2/5

George Fox runners (left to right) Matt Burg, Mark Richeson, Chris Kelley, and Michael Owen at the starting line



Men's Team



Matt Burg

Junior, 5-10, 135
Newberg, Oregon
Newberg HS
Best 8k time: 27:40.9,
Willamette Invitational,
Salem, Oregon, 10/7/00



Chris Kelley

Junior, 5-10, 175
Newberg, Oregon
Newberg HS
Best Time:
8k — 34:44.34, NWC Championships,
Salem, Oregon, 10/27/01



Colby Burrows

Freshman, 5-10, 175
Olalla, Washington
South Kitsap HS



Michael Owen

Senior, 6-0, 166
Nashville, Tennessee
Grace Christian HS, Alaska
Best Time:
8k — 26:54.46, Willamette Invitational,
Salem, Oregon, 10/7/00



Phil Garrison

Freshman, 5-8, 130
Olympia, Washington
Tumwater HS



Mark Richeson

Freshman, 5-11, 130
Concord, California
De La Salle HS



Rob Gaslin

Sophomore, 6-2, 165
Tualatin, Oregon
Tualatin HS



Silas Towne

Senior, 5-10, 140
Prineville, Oregon
Thurston HS
Best 8k time: 29:26,
Humboldt Invitational,
Arcata California, 9/9/00

Women's Team



Susanne Cordner

Sophomore, 5-10
Independence, Oregon
New York University



Gloria Gomez

Junior, 5-6
Victorville, California
Victor Valley Community College



Ashley Crisell

Sophomore, 5-6
Woodburn, Oregon
Willamette Valley Christian HS
Best 5k time: 20:57.51,
NWC Championships, Salem,
Oregon, 10/27/01



Nicole Hart

Freshman, 5-2
Woodburn, Oregon
Woodburn HS



Karissa Edwards

Freshman, 5-3
Newberg, Oregon
Landmark Christian HS — California



Bethany Jertberg

Freshman, 5-5
Klamath Falls, Oregon
Henley HS



Janelle Goeres

Junior, 5-4
Gold Hill, Oregon
Crater HS
Best 5k time: 19:14.20,
Boxer Rebellion, Forest Grove,
Oregon, 9/8/01



Lauren Lewis

Freshman, 5-4
Shoreline, Washington
Shorecrest HS



Ashley Murray

Freshman, 5-5
Vernonia, Oregon
Vernonia Christian Academy

Coaches

Wes Cook

Head Coach

In his first 12 years as head coach of the George Fox University men's and women's cross country and track and field teams, Wes Cook turned the Bruins into a nationally recognized power in the National Association of Intercollegiate Athletics (NAIA).

The Bruins have not achieved quite the same level of recognition in their first 3 years as full-time members of the National Collegiate Athletic Association (NCAA), but as Cook enters his 16th season at George Fox, it shouldn't be long before the Bruins are once again among the nation's elite.

All 4 programs under Cook's leadership regularly participated in NAIA national meets and often finished among the top 15 teams in the nation.

In 1992, following the men's 5th-place and women's 2nd-place finishes at the national meet, *Cross Country Express* magazine declared his cross country program best in the nation at the NAIA level.

In George Fox's final year in the National Christian College Athletic Association (NCCAA), Cook's women's cross country team won the 1988 national title with a record score of 19.

Cook was named National Coach of the Year in women's cross country by the NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year honors for men's cross country in 1990 and 1992. At the district and conference level, he has been named Coach of the Year 12 times, at least once in each sport he coaches, including Northwest Conference Women's Coach of the Year in track and field for guiding the team to the 2000 conference championship. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports.

Cook also was involved with the NAIA for several years as a national rater and served on the NAIA women's track and field games committee. Cook's athletes won 80 NAIA All-America awards and 53 NAIA All-America Scholar-Athlete awards.

In 1995, George Fox was the only school to put both men's and women's teams in the top 5 of the NAIA cross country



national meet team scholastic competition.

In the Bruins' 3 years in the NCAA, 3 athletes have earned All-America honors, while 5 cross country runners and 8 track and field athletes have been named Academic All-Americans. The 2000 women's track team had the 2nd-highest cumulative GPA (3.56) in the country and the men were 3rd (3.25), and the 2001 women's track team finished with the highest national GPA (3.95).

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a 4-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters and helped the mile relay team to 4 consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in

continued on next page

2001 Results

Date	Event, Location	Finish (Points)	Winner (Points)
9/8	Boxer Rebellion (M 8k, W 5k) Lincoln Park, Forest Grove, Oregon	M: 6th of 6 (155) W: 2nd of 6 (54)	Lewis & Clark (29) Lewis & Clark (50)
9/15	Clackamas CC Invitational (M 6.1k, W 4.1k) Clackamas CC, Oregon City, Oregon	M: incomplete W: 6th of 7 (128)	Willamette (26) Willamette (44)
9/22	Pacific University Invitational (M 5k, W 2-mile) Lincoln Park, Forest Grove, Oregon	M: 4th of 4 (63) W: 2nd (T) of 3 (43)	Clark CC (29) Pacific (35)
10/6	Willamette Invitational (M 8k, W 5k) Bush's Pasture Park, Salem, Oregon	M: 36th of 39 (979) W: 33rd of 36 (883)	Seacows Track Club (99) Victoria (68)
10/13	Pacific Lutheran Invitational (M 8k, W 5k) Fort Steilacoom Park, Lakewood, Washington	M: 10th of 12 (283) W: 9th of 11 (246)	Simon Fraser (44) Washington "B" (34)
10/27	NW Conference Championships (M 8k, W 5k) Bush's Pasture Park, Salem, Oregon	M: 8th of 9 (238) W: 7th of 9 (189)	Willamette (29) Puget Sound (46)
11/10	NCAA Division III West Regional (M 8k, W 5k) Bush's Pasture Park, Salem, Oregon	M: individuals only W: individuals only	

Note: The annual Bear Fete Invitational/Bru-Running Alumni Homecoming, which had been planned for Sept. 22 at Champoege State Park, was cancelled due to a short-term health problem for George Fox coach Wes Cook.

Cook Cook, continued

Alpha Kappa Lambda, a national collegiate fraternity.

In 1961, he graduated from UNC with a degree in physical education and history, and earned a master of arts in teaching at Lewis & Clark College in 1975.

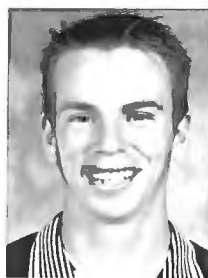
Cook served 26 years as a head coach at 5 high schools in 3 states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports 3 times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

A member of the United States Track Coaches Association, Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of The Athletics Congress (now U.S. Track and Field). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led 4 international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook is associate professor of health and human performance at George Fox. He has 3 adult children: Tammy, Toby, and Brad.

John Mantalas

Assistant Coach



Former George Fox University All-Conference runner John Mantalas returns to his alma mater this year to serve as an assistant coach for both the cross country and track and field programs.

Mantalas, who hails from Gladstone, Ore., was a 2-time All-Northwest Conference performer in the 800 meter run, finishing 2nd in his sophomore year and 3rd in his junior season. As a senior, he earned Second Team All-Conference honors in cross country with an 11th-place finish. He twice qualified for the NCAA National Championships in the 4x800 meter relays, and placed 96th at the NCAA National Cross Country Championships in 1998.

Mantalas earned his bachelor's degree in fitness management in 2000 and an M.A.T. in secondary health and physical education in 2001. He currently serves as a substitute teacher for school systems in Newberg, Sherwood, Tualatin, and Tigard.

Records

Men's Team Finishes

Year	National	Regional	Conference/District	Coach
1967			# 7th	Dale Orkney
1968				No Team
1969			# 6th	Burton Lamb
1970			# 7th	Burton Lamb
1971			# 4th	Don Lakin
1972			# 7th	Gayle Buckley
1973			# 8th	Gayle Buckley
1974			# 5th	Curt Ankeny
1975			# 4th	Rich Allen
1976			# 5th	Rich Allen
1977	22nd		# 1st	Rich Allen
1978			# 3rd	Rich Allen
1979			# 3rd	Rich Allen
1980			# 6th	Rich Allen
1981			# 6th	Rich Allen
1982			# 6th	Rich Allen
1983			# 6th	Rich Allen
1984			# 3rd	Rich Allen
1985			# 5th	Rich Allen
1986			# 8th	Rich Allen
1987			# 4th	Wes Cook
1988			# 5th	Wes Cook
1989	+ 9th		# 1st	Wes Cook
1990	+ 5th		# 1st	Wes Cook
1991	+ 8th		# 1st	Wes Cook
1992	+ 5th		# 1st	Wes Cook
1993	+ 17th		# 2nd	Wes Cook
1994			c 2nd	Wes Cook
1995	+ 9th		* 2nd	Wes Cook
1996			* 4th	Wes Cook
1997			* 4th	Wes Cook
1998	+28		* 5th	Wes Cook
1999		8th	* 2nd	Wes Cook
2000		9th	* 5th	Wes Cook
2001			* 9th	Wes Cook

+ National Association of Intercollegiate Athletics (NAIA) National Meet

NAIA District 2

c Cascade Collegiate Conference Meet

* Northwest Conference Meet

Women's Team Finishes

Year	National	Regional	Conference/District	Coach
1978			= 4th	Randy Winston
1979				Randy Winston
1980			= 5th	Curt Ankeny
1981			= 5th	Curt Ankeny
1982				No Team
1983				No Team
1984			# inc.	Randy Renfro
1985				No Team
1986			# 7th	Wendell Otto

1987			# 3rd	Wes Cook
1988	+ 8th / % 1st		# 1st	Wes Cook
1989	+ 10th		# 1st	Wes Cook
1990	+ 6th		# 1st	Wes Cook
1991	+ 5th		# 1st	Wes Cook
1992	+ 2nd		# 1st	Wes Cook
1993	+ 11th		# 1st	Wes Cook
1994	+ 7th		c 1st	Wes Cook
1995	+ 14th		* 2nd	Wes Cook
1996			* 6th	Wes Cook
1997			* 4th	Wes Cook
1998	+ 29th		* 7th	Wes Cook
1999		12th	* 5th	Wes Cook
2000		6th	* 5th	Wes Cook
2001			* 7th	Wes Cook

= Women's Conference of Independent Colleges Meet

+ National Association of Intercollegiate Athletics (NAIA) National Meet

° National Christian College Athletic Association (NCCAA) National Meet

NAIA District 2 Meet

c Cascade Collegiate Conference Meet

* Northwest Conference Meet

Men's All-Americans

Steve Blikstad	1976	NAIA (19th)
Scott Ball	1981	NAIA Scholar-Athlete
	1985	NAIA Scholar-Athlete
Todd Bos	1990	NAIA Scholar-Athlete
Jonathan Morse	1991	NAIA (21st)
	1992	NAIA (19th)
Jon Wright	1992	NAIA (13th)
Rolf Potts	1992	NAIA Scholar-Athlete
Matt Kirkpatrick	1991	NAIA Scholar-Athlete
	1992	NAIA Scholar-Athlete
Josh Kneeshaw	1993	NAIA Scholar-Athlete
Jon Ulmer	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Erik Gibson	1994	NAIA (25th)
Sean Beebe	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dave Dixon	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Eli Lane	1995	NAIA (29th)
Scott Oswald	1999	NCAA Academic All-American
Will Vollstedt	2000	USTCA All-Academic

Women's All-Americans

Kristin Lesperance	1988	NCCAA (4th)
Heather Morgan	1988	NCCAA (7th)
Diane Petersen	1988	NCCAA (5th)
Kristin Potts	1988	NCCAA (2nd)
	1989	NAIA Scholar-Athlete
	1990	NAIA Scholar-Athlete
Melanie Springer	1989	NAIA Scholar-Athlete
Jill (Jamison) Beals	1988	NCCAA (Champion)
	1988	NAIA (2nd)
	1990	NAIA Scholar-Athlete
	1990	NAIA (19th)

Records

	1991	NAIA Scholar-Athlete
	1991	NAIA (6th)
Melissa (Wilson) Conley	1988	NCCAA (9th)
	1991	NAIA Scholar-Athlete
Debbie Kintrea	1992	NAIA (30th)
Michelle Brown	1991	NAIA (11th)
	1992	NAIA (14th)
Phaydra Newport	1991	NAIA (18th)
	1992	NAIA (7th)
Marne VanSise	1992	NAIA Scholar-Athlete
Brooke Barton	1993	NAIA (30th)
Emily Bergman	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Sandy Taylor	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Stephanie (Rosen) Morrow	1994	NAIA (23rd)
Rebekah Ulmer	1994	NAIA (25th)
Jarae Kauffman	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Angela Linder	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dawn Hartwig	1995	NAIA (7th)
Brooke Barton	1996	NAIA Scholar-Athlete
Rima Butler	1997	NAIA Scholar-Athlete
Heather Peterson	1997	NAIA Scholar-Athlete
Stacey Parker	1997	NAIA Scholar-Athlete
Melody McCart	1998	NAIA Scholar-Athlete
Alisha Howery	1998	NAIA Scholar-Athlete
Elania Lilagan	1999	NCAA Academic All-American
Kirsten Norgaard	1999	NCAA Academic All-American
Laurel Starr	1999	NCAA Academic All-American
Shannon St. Lawrence	1999	NCAA Academic All-American
Katherine Burley	2000	USTCA All-Academic
Colleen Forbes	2000	USTCA All-Academic
Janelle Goeres	2000	USTCA All-Academic
Jamie McElwain	2000	USTCA All-Academic
Marisa Merritt	2000	USTCA All-Academic
Beth Moyer	2000	USTCA All-Academic
Kirsten Norgaard	2000	USTCA All-Academic

Note: Bruins were USTCA #1 All-Academic team in 2000 (3.970 GPA)

Men's Top 25 (8,000 Meters)

Rank	Time	Name	Location	Date
1.	24:22.0	Jonathan Wright	Salem, Ore.	10-05-91
2.	24:27.6	Jonathan Morse	Salem, Ore.	10-05-91
3.	24:33.3	Ron Marsh	Salem, Ore.	10-05-91
4.	24:57.9	Matt Kirkpatrick Clemons	Salem, Ore.	10-05-91
5.	24:59.7	Brandon Workman	Salem, Ore.	10-02-99
6.	25:01.0	Mark Mohnen	Salem, Ore.	10-07-89
7.	25:08.6	Jerred Gildehaus	Tacoma, Wash.	10-13-84
8.	25:11.3	Vanni Tilzey	Salem, Ore.	10-07-89
9.	25:16.7	Aaron Howard	Salem, Ore.	10-03-87
10.	25:19.9	Steve Willmer	Salem, Ore.	10-02-99
11.	25:23.0	Erik Gibson	Salem, Ore.	11-05-94
12.	25:26.1	Rolf Potts	Salem, Ore.	10-05-91
13.	25:31.6	Ed Sloan	Salem, Ore.	10-05-91
14.	25:33.2	Scott Ball	Salem, Ore.	10-06-84
15.	25:33.7	Sean Beebe	Salem, Ore.	9-02-96
16.	25:43.0	Kevin Ball	Tacoma, Wash.	10-15-83
17.	25:43.2	Jeff Larson	Salem, Ore.	10-05-91

18.	25:47.2	Todd Bos	Salem, Ore.	11-03-90
19.	25:47.8	Dwight Larabee	Salem, Ore.	10-08-85
20.	25:48.5	Eli Lane	Spokane, Wash.	11-04-95
21.	25:52.4	Jonathan Ulmer	Estacada, Ore.	11-06-93
22.	25:55.2	Doug McLucas	Salem, Ore.	10-05-91
23.	25:58.9	Josh Kneeshaw	Estacada, Ore.	11-06-93
24.	25:59.1	Mike Murphy	Salem, Ore.	10-05-91
25.	25:59.6	Larry Mock	Salem, Ore.	10-15-88

Women's Top 25 (5,000 Meters)

Rank	Time	Name	Location	Date
1.	17:13.6	Juli Cyrus	Salem, Ore.	10-03-92
2.	17:16.0	Jill (Jamison) Beals	Salem, Ore.	10-05-91
3.	17:55.2	Phaydra Newport	Salem, Ore.	10-06-91
4.	18:04.8	Michelle Brown	Seattle, Wash. (Woodland)	9-21-91
5.	18:06.5	Dianne Petersen	Salem, Ore.	10-06-90
6.	18:08.8	Dawn Hartwig	Seattle, Wash. (Lincoln)	10-07-95
7.	18:20.0	Kristin Potts	Cedarville, Ohio	11-12-88
8.	18:27.0	Debbie Kintrea	Salem, Ore.	10-03-92
9.	18:28.5	Jenny Campbell	Estacada, Ore.	9-18-93
10.	18:35.2	Brooke Barton	Salem, Ore.	9-02-96
11.	18:36.0	Stephanie Morrow	Kenosha, Wis.	11-19-94
12.	18:37.0	Bekah Ulmer	Kenosha, Wis.	11-19-94
13.	18:53.7	Heather Morgan	Walla Walla, Wash.	9-16-89
14.	18:54.5	Angela Murrell	Salem, Ore.	10-06-91
15.	18:56.0	Kristin Lesperance	Cedarville, Ohio	11-12-88
16.	18:57.4	Marne VanSise	Salem, Ore.	10-05-91
17.	19:00.4	Colleen Forbes	Tacoma, Wash. (Steilacoom)	10-14-00
18.	19:06.2	Jamie McElwain	Tacoma, Wash. (Steilacoom)	10-09-99
19.	19:10.0	Marisa Merritt	Tacoma, Wash. (Wright)	11-07-98
20.	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88
21.	19:11.3	Melanie Springer	Salem, Ore.	10-07-89
22.	19:14.47	Tori Taylor	Salem, Ore.	10-03-98
23.	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95
24.	19:17.0	Janelle Goeres	Tacoma, Wash. (Steilacoom)	09-09-00
25.	19:17.9	Heather Gilbert	Seattle, Wash. (Lincoln)	10-01-94

Class Records – Men

Seniors

24:33.3	Ron Marsh	1991
24:59.7	Brandon Workman	1999
25:06.8	Mark Mohnen	1990
25:08.7	Jon Wright	1992
25:16.4	Jonathan Morse	1992
25:33.3	Erik Gibson	1995
25:33.7	Sean Beebe	1996
25:43.2	Jeff Larson	1991
25:47.8	Dwight Larabee	1985
25:53.2	Vanni Tilzey	1990
25:55.2	Doug McLucas	1991
25:59.6	Aaron Howard	1991
25:59.6	Larry Mock	1988
26:00.0	Scott Celley	1981
26:08.6	Jonathan Ulmer	1996

Juniors

24:22.0	Jon Wright	1991
24:27.6	Jonathan Morse	1991
24:57.9	Matt Kirkpatrick Clemons	1991

25:01.0	Mark Mohnen	1989
25:11.3	Vanni Tilzey	1989
25:23.0	Erik Gibson	1994
25:26.1	Rolf Potts	1991
25:31.6	Ed Sloan	1991
25:31.7	Aaron Howard	1990
25:33.2	Scott Ball	1984
25:42.8	Sean Beebe	1994
25:43.3	Brandon Workman	1998
25:47.2	Todd Bos	1990
25:59.1	Mike Murphy	1991
26:12.6	Dwight Larabee	1984

Sophomores

25:14.5	Jonathan Morse	1990
25:23.1	Jerred Gildehaus	1985
25:23.8	Matt Kirkpatrick Clemons	1990
25:24.1	Jon Wright	1990
25:41.4	Aaron Howard	1989
25:48.2	Brandon Workman	1997
25:48.5	Eli Lane	1995
25:58.4	Erik Gibson	1992
25:58.9	Josh Kneeshaw	1993
26:04.8	Chuy Rome	1993
26:04.8	Steve Willmer	2000
26:05.7	Vanni Tilzey	1988
26:14.0	Sean Beebe	1994
26:21.3	Geoff Olson	1993
26:30.0	Doug McLucas	1989

Freshmen

25:08.6	Jerred Gildehaus	1984
25:16.7	Aaron Howard	1987
25:19.9	Steve Willmer	1999
25:43.0	Kevin Ball	1983
25:43.6	Erik Gibson	1991
25:52.4	Jonathan Ulmer	1993
26:02.3	Jonathan Morse	1989
26:02.8	John Aday	1982
26:15.2	Sean Beebe	1993
26:16.7	Eli Lane	1993
26:22.0	Jerry Street	1982
26:28.0	Will Vollstedt	2000
26:31.4	Geoff Olson	1992
26:33.4	Mike Murphy	1989
26:35.5	Phil Hughes	1991

Class Records – Women

Seniors

17:16.0	Jill (Jamison) Beals	1991
17:34.3	Juli Cyrus	1993
18:04.6	Phaydra Newport	1992
18:06.5	Dianne Petersen	1990
18:08.8	Dawn Hartwig	1995
18:27.0	Debbie Kintrea	1992
18:36.0	Stephanie (Rosen) Morrow	1994
18:45.5	Kristin Potts	1990

18:59.5	Angela Murrell	1992
19:03.2	Bekah Ulmer	1997
19:07.9	Michelle Brown	1993
19:14.6	Marne VanSise	1992
19:15.8	Emily Bergman	1995
19:17.8	Melissa (Wilson) Conley	1991
19:19.4	Sandy Taylor	1995

Juniors

17:13.6	Juli Cyrus	1992
17:42.0	Jill (Jamison) Beals	1990
17:55.2	Phaydra Newport	1991
18:26.8	Kristin Potts	1989
18:30.2	Michelle Brown	1992
18:35.2	Brooke Barton	1996
18:54.4	Angela Murrell	1991
18:57.4	Marne VanSise	1991
18:59.0	Dianne Petersen	1988
19:05.1	Stephanie (Rosen) Morrow	1993
19:06.2	Jamie McElwain	1999
19:09.0	Debbie Kintrea	1990
19:09.8	Kristin Lesperance	1989
19:11.3	Melanie Springer	1989
19:17.6	Heather Gilbert	1994

Sophomores

17:38.2	Juli Cyrus	1991
17:47.9	Jill (Jamison) Beals	1989
18:04.8	Michelle Brown	1991
18:15.0	Phaydra Newport	1990
18:20.0	Kristin Potts	1988
18:28.5	Jenny Campbell	1993
18:49.3	Bekah Ulmer	1995
18:51.9	Dawn Hartwig	1993
18:53.7	Heather Morgan	1989
18:56.0	Kristin Lesperance	1988
19:00.4	Collen Forbes	2000
19:09.0	Debbie Kintrea	1990
19:10.0	Marisa Merritt	1998
19:12.8	Marne VanSise	1990
19:14.2	Janelle Goeres	2001

Freshmen

17:49.0	Jill (Jamison) Beals	1988
18:06.0	Michelle Brown	1990
18:08.6	Phaydra Newport	1989
18:28.6	Jenny Campbell	1992
18:37.0	Bekah Ulmer	1994
18:37.9	Kristin Potts	1987
18:42.0	Brooke Barton	1993
19:02.0	Heather Morgan	1988
19:11.0	Melissa (Wilson) Conley	1988
19:14.5	Tori Taylor	1998
19:17.0	Janelle Goeres	2000
19:18.8	Lisa Slocum	1981
19:27.8	Alisha Mulkey	1995
19:32.5	Mindy Fox	1991
19:33.9	Melanie Springer	1987
19:33.9	Kristin Lesperance	1987



2002 Cross Country

September

7 Saturday	Boxer Rebellion	Lincoln Park, Forest Grove, Ore.
14 Saturday	Lewis & Clark Invitational	McIver State Park, Estacada, Ore.
21 Saturday	Bear Fete Invitational/ Bru-Running Alumni Homecoming	Champoeg State Park, St. Paul, Ore., 10:00 a.m.
28 Saturday	Western Oregon Invitational	WOU campus, Monmouth, Ore.

October

5 Saturday	Willamette Invitational	Bush's Pasture Park, Salem, Ore.
12 Saturday	Pacific Lutheran Invitational	Ft. Steilacoom Park, Tacoma, Wash.
19 Saturday	Willamette Open	Bush's Pasture Park, Salem, Ore.

November

2 Saturday	Northwest Conference Championships	Ft. Steilacoom Park, Tacoma, Wash.
16 Saturday	NCAA Division III West Regional	Prado Park, Chino, Calif.
23 Saturday	NCAA Division III National Championships	St. Olaf College, Northfield, Minn.

Home events in **bold**

For meet times, please contact the sports information office.

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