

2002

### 2002 Press Release

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Monday, September 16, 2002 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu)  
(O) 503-554-2127 (Fax) 503-554-3110 (H) 503-554-8067  
Sports Website: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics) Sports Hotline: 503-554-3868

## **GEORGE FOX CROSS COUNTRY**

### **HIGHLIGHTS:**

**13th Annual Bear Fete / Bru-Running Homecoming Event Returns on Sept. 21**  
**Bruin Women 9th, Men 11th in Lewis & Clark Invitational**  
**Goeres Honorable Mention for NWC Women's Runner of the Week**

### **THIS WEEK:**

**Sat. Sept. 21, 11:00 am – Bear Fete Invitational / Bru-Running Alumni Homecoming, at Champoeg State Park, St. Paul, Ore.**

### **LAST WEEK (Recap below):**

Sept. 14 – at Lewis & Clark Invitational, McIver State Park, Estacada, Ore.  
(Women 9th of 9 / Men 11th of 11)

**COACH WES COOK** (Northern Colorado '61) is in his 16th year as the men's and women's cross country and track and field coach at George Fox. He has received 16 Coach of the Year awards at conference, district, regional, and national levels, including National Coach of the Year honors in cross country from the NCCAA in 1988 and the NAIA in 1992.

### **9/16 – BEAR FETE RETURNS!:**

#### **13th Annual Bear Fete/Bru-Running Homecoming Event Returns on Sept. 21**

**NEWBERG, Ore.** – After a one-year hiatus, the annual Bear Fete Invitational / Bru-Running Alumni Homecoming cross country event will return on Saturday, Sept. 21, hosted by George Fox University at Champoeg State Park, seven miles southeast of Newberg, near St. Paul, Ore.

"Last year was supposed to have been the 13th Annual Bear Fete until I decided to take a vacation, so THIS will be the 13th annual event!" said George Fox head coach Wes Cook with a laugh.

No one was laughing much last year when the event had to be cancelled because Cook was hospitalized with high blood pressure and an irregular heart beat. Doctors were unable to determine an exact cause of the problem, and the situation eventually went away and has never rematerialized. Says Cook, "I'm feeling fine and looking forward to getting the Homecoming day back on its feet."

The women's race, a 4000 meter (2 1/2 mile) distance, begins at 11:00 a.m., followed by the men's 4-mile race at 11:45 a.m. Awards ceremonies will take place at 12:30 p.m., then all Bruin runners, past and present, are invited to a picnic dinner at the park.

Bruin alumni will run with the college teams, which include Linfield College, Cascade College, Warner Pacific College, and George Fox.

"We've got probably 15-20 former athletes who have entered to run," said Cook, "and we'll likely have a few more at the last minute, as well as some former athletes who just don't run any more. It should be a pretty good turnout and a lot of fun."

Runners who would like to participate in the 13th Annual Bear Fete Invitational / Bru-Running Alumni Homecoming can contact Coach Cook by e-mail at [wcook@georgefox.edu](mailto:wcook@georgefox.edu) or by phone at 503-554-2915.

**LAST WEEK'S RESULTS:**

**9/15 – LEWIS & CLARK INVITATIONAL: Goeres' 11th is Best Finish for Bruins in L&C Invitational**

ESTACADA, Ore. – Despite a strong showing by Janelle Goeres, who finished 11th in the women's 6000 meter race, the George Fox University women's cross country team finished ninth in the Lewis & Clark Invitational here at McIver State Park Saturday (Sept. 14), while the Bruin men placed 11th in the men's 8000 meter run.

Goeres ran a 23:59.4, a little over a minute off the pace of 22:46.8 by winner Kelsey Jones of Eastern Oregon. Gloria Gomez also placed high for the Bruins, finishing 30th overall and 28th for team scoring with a time of 25:01.4. Also counting for the Bruins were Bethany Jertberg at 26:46.2 (52nd/47th), Ashley Crissell at 27:56.8 (64th/55th), and Karissa Edwards at 31:09.0 (78th/59th).

Eastern Oregon won the event with 61 points, followed by Western Oregon with 78, Southern Oregon 103, Lewis & Clark 108, California Lutheran 112, Linfield 131, Pacific 155, Whitman 166, and George Fox 200.

The best time for the Bruin men was a 29:57.8 by Colby Burrows, good for 64th overall and 49th for team scoring. Others who scored points for the Bruins were Mark Richeson at 30:07.7 (66th/51st), Phil Garrison at 31:38.8 (81st/61st), Rob Gaslin at 33:09.6 (88th/66th), and Chris Kelley at 34:31.7 (92nd/69th).

Brian Crowl led Eastern Oregon to the men's title with a first-place time of 25:40.5. Eastern Oregon scored 18 points with five of the top six finishes, followed by Western Oregon with 58, Lewis & Clark 91, Southern Oregon 103, Whitman 157, Pacific 175, California Lutheran 204, Oregon Tech 229, Cascade 233, Linfield 277, and George Fox 296.

**BRUIN BITS:**

**\* Goeres Earns Honorable Mention for NWC Women's Runner of the Week:**

Janelle Goeres (Jr., 5-4, Gold Hill, Ore.), whose 2001 season was hampered by health concerns, appears ready for an outstanding cross country season this fall after an outstanding race Saturday in the Lewis & Clark Invitational at McIver State Park in Estacada, Ore. Goeres led the Bruin women for the second straight race, placing 11th overall and 3rd among Northwest Conference runners, with a time of 23:59.4 in the 6000 meter race. For her efforts, she received Honorable Mention recognition for NWC Women's Runner of the Week for Sept. 9-15.

# ***GEORGE FOX UNIVERSITY***

## **SPORTS PRESS RELEASE --- CROSS COUNTRY**

***Friday, August 2, 2002 --- For Immediate Release***

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu) (Web) [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)  
(O) 503-554-2127 (H) 503-554-8067 (FAX) 503-554-3830 (Hotline) 503-554-3868

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### **8/1 – Bear Fete Returns as Bruins Announce 2002 Cross Country Schedule**

**NEWBERG, Ore.** – After a one-year absence, the eagerly-anticipated Bear Fete Invitational and Bru-Running Alumni Homecoming returns to the 2002 fall schedule for the George Fox University men's and women's cross country teams.

The Bear Fete Invitational is usually the only home event of the season for the Bruin harriers, and many former runners return to take part in the races and renew relationships with teammates and veteran coach Wes Cook, who is entering his 16th season as George Fox's coach for the cross country and track and field programs.

Last year's event was cancelled at the last minute when Cook was hospitalized for a few days with high blood pressure and an irregular heartbeat, but tests proved negative and he was soon back at work. The cross country alumni who came anyway staged a cookout of their own in their former mentor's back yard and paid him several visits while he was in the hospital.

The 2002 Bear Fete Invitational / Bru-Running Alumni Homecoming is set for Saturday, Sept. 21, with the women's race at 10:00 a.m. and the men's race to follow. It is one of seven regular-season meets the Bruins will participate in, starting with the opener on Saturday, Sept. 7, in the Boxer Rebellion 5K races, hosted by Pacific University at Lincoln Park in Forest Grove, Ore.

The Northwest Conference Championships are set for Nov. 2 at Ft. Steilacoom Park in Tacoma, Wash. With their smallest rosters and least experience ever, the 2001 Bruins finished seventh in the NWC women's championship and ninth in the men's.

The George Fox men hope to improve with the return of four returning letterwinners, including team MVP Matt Burg and Most Inspirational runner Michael Owen, along with former runner Silas Towne, who sat out last season, and Zach Smith, who was out with an injury.

The Bruin women will be without All-NCAA West Region performers Kirsten Norgaard, who graduated, and Beth Moyer, who will be studying in England this coming semester, but have a pair of letterwinners back in Janelle Goeres, one of the league's best when she is fully healthy, and Ashley Crisell, a nice surprise as a freshman.

Both teams will be relying upon several newcomers to add depth and help the Bruins climb back toward the top of the NWC standings.

The complete 2002 George Fox cross country schedule is attached, and may be also found at the University web site at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics). The school's sports information or athletics department may be called for official meet starting times as the season draws closer, and fans are encouraged to call the sports hotline at 503-554-3868 for the latest results and updates on Bruin athletic teams.

-- add 2002 schedule --

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2002 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>
<b><u>September</u></b>				
7	Sat.	Boxer Rebellion (5K)	Lincoln Park, Forest Grove, Ore.	TBA
14	Sat.	Lewis & Clark Invitational	McIver State Park, Estacada, Ore.	TBA
21	Sat.	<b>BEAR FETE INVITATIONAL / BRU-RUNNING ALUMNI HOMECOMING</b>	<b>Champoeg State Park, St. Paul, Ore.</b>	<b>TBA</b>
28	Sat.	Western Oregon Short Course	WOU campus, Monmouth, Ore.	TBA
<b><u>October</u></b>				
5	Sat.	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	TBA
12	Sat.	Pacific Lutheran Invitational	Ft. Steilacoom Park, Tacoma, Wash.	TBA
19	Sat.	Willamette Short Course	Bush's Pasture Park, Salem, Ore.	TBA
<b><u>November</u></b>				
2	Sat.	Northwest Conference Championships	Ft. Steilacoom Park, Tacoma, Wash.	TBA
16	Sat.	NCAA Division III West Regional	Prado Park, Chino, Calif.	TBA
23	Sat.	NCAA Division III National Championships	St. Olaf College, Northfield, Minn.	TBA

Home events in **BOLD CAPS**

All event times Pacific and subject to change

Athletics Dept: 503-554-2910 / Sports Info: 503-554-2127 / Sports Hotline: 503-554-3864

Web site: [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics)

3rd: 07/18/02