

2005

2005 Press Release

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GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Wednesday, January 25, 2006

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1/25 – ACADEMIC ALL-CONFERENCE: Ten Bruins Named Cross Country Academic All-Northwest Conference

NEWBERG, Ore. – Ten members of the men's and women's cross country teams are among a total of 28 George Fox University athletes who have been named to the 2005 Academic All-Northwest Conference fall sports teams as announced by the league office recently.

Bruin men who have been honored include **David Delmore**, a junior from Philomath, Ore.; **Ben Dort**, a junior from Philomath, Ore.; **Grant Finney**, a junior from Tigard, Ore.; **Jeff Friesen**, a junior from Lake Oswego, Ore.; and **Justin Wiens**, a freshman from Billings, Mont.

Bruin women named Academic All-NWC are **Ellen Abell**, a freshman from Granada, Calif.; **Leighann Fischer**, a junior from Molalla, Ore.; **Courtney Sell**, a freshman from Aloha, Ore.; **Brooke Smoot**, a freshman from Douglas, Wyo.; and **Whittney Warren**, a junior from Baker City, Ore.

Delmore is an Accounting and Business Administration major with a 3.95 GPA. He ran in all eight of the Bruins' races this season, scoring (finishing in the team's top five) in every one. He set a personal best time in an 8K race with a 27:01.3 in the Northwest Conference Championships in Salem, Ore.

Dort is an Engineering major with a 3.66 GPA. He competed in the Bruins' final four races, with his season's best a 28:31.0 in the NWC Championships.

Finney is a Health and Human Performance major with a 3.87 GPA. He ran in two races, scoring in the Mike Hodges Invitational in Oregon City, Ore., and setting a personal mark for the 8K of 26:37.7 in the Willamette Invitational in Salem.

Friesen is an Engineering major with a 3.67 GPA. He ran in three late-season races, with a season's best in the 8K of 29:33.8 in the Pacific Lutheran Invitational in Tacoma, Wash.

Wiens is a Chemistry major with a 3.78 GPA. He ran in seven of the Bruins' eight races, scoring in six of them, setting a personal 8K best of 27:29 in the Sundodger Invitational in Seattle, Wash.

Abell is a Biology major with a 3.75 GPA. She competed in two events, posting a best time in a 5K race of 26:08.2 in the Mike Hodges Invitational in Oregon City.

Fischer is an Accounting / Business Administration major with a 3.51 GPA. She ran in all eight races this fall, scoring in each, with a season's best in the 6K of 23:32 in the Sundodger Invitational in Seattle.

Sell is an Art major with a 3.86 GPA. She ran in seven of the Bruins' eight races, posting a personal record in the 6K of 24:39 in the Sundodger Invitational in Seattle.

Smoot is a Biology major with a 3.81 GPA. She competed in only one race before injuries ended her season, setting her personal 6K record of 24:00 in the Sundodger Invitational in Seattle.

Warren is a Chemistry major with a 3.68 GPA. She appeared in all eight of the Bruins' races this year, scoring in six, and setting a new personal record in the 6K of 23:37.1 in the NWC Championships.

All athletes who are on a sport's varsity roster and who have a cumulative grade point average of 3.5 or higher, no matter what year they are in school, receive Academic All-Conference honors.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 12, 2005

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11/12 – WEST REGIONALS: McLain, Mensonides Earn All-Region Honors in Season's Final Races

SALEM, Ore. – Anna McLain for the second year in a row and Lisa Mensonides in her first collegiate season earned All-Region honors as the 2005 George Fox University men's and women's cross country seasons came to a close in the NCAA Division III West Regional races Saturday here at Bush's Pasture Park.

Led by McLain and Mensonides, the Bruin women placed 6th out of 14 teams in the women's 6K race. The George Fox men came in 11th out of 14 teams in the men's 8K competition.

Women

Willamette University won its third straight West Region title with 67 points, easily out-distancing runner-up Claremont-Mudd-Scripps Colleges with 89 points. Both teams, along with the top four finishers not on either team, will represent the West in the NCAA Division III National Championships on Nov. 19, hosted by Ohio Wesleyan University in Delaware, Ohio. George Fox garnered 141 points for its 6th-place finish.

McLain, who ran 10th in the West Region last year and earned a spot in the nationals, came in 12th this time (11th for team scoring) with a time of 23:04.45 and fell six spots short of qualifying for the nationals again. Mensonides was 18th (17th for scoring) with a 23:14.50. The individual title was won by Sarah Zerzan of Willamette in 21:58.00, almost 18 seconds ahead of runner-up Kim Sonne of Claremont.

Also scoring for the Bruins were Leighann Fischer, who missed All-Region honors by one place when she came in 36th (33rd for scoring) with a 24:00.05, Rachel Giffey-Brohaugh at 24:07.35 (39th/36th), and Bethany Adams at 24:15.65 (47th/44th). Other runners for George Fox in the regional were Brooke Mortensen at 24:28.00 (55th) and Whitney Warren at 25:13.45 (79th).

Men

Willamette also captured the men's race with a narrow 60-62 win over Pomona-Pitzer College, winning the region for the fourth straight time. George Fox totaled 306 points in its 11th-place finish. Willamette advances to the NCAA Nationals along with the top 10 individuals in the regional race who are not on the Willamette team. Crosby Freeman of Pomona-Pitzer out-ran teammate Will Leer 24:41.35 to 25:09.50 for individuals honors.

George Fox's best effort was turned in by David Delmore, who placed 51st (48th for team scoring) with a time of 27:18.55. Jake Moe followed at 27:26.65 (54th/51st), then came Eric Henderson at 27:39.61 (62nd/58th), Bryan Cobb at 28:03.05 (74th/69th), and Justin Wiens at 28:32.75 (85th/80th).

Others racing for the Bruins were Ben Dort at 29:05.90 (93rd) and Adam Gray at 29:30.50.

Complete results of the NCAA Division III West Regionals, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 29, 2005

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10/29 – NWC CHAMPIONSHIPS: Bruin Women 5th, Men 6th in Northwest Conference Races

SALEM, Ore. – Hoping to improve upon last year's 4th-place finishes in the Northwest Conference Cross Country Championships, the George Fox University Bruins instead finished a notch or two lower, the women placing 5th and the men 6th, in this year's NWC races Saturday morning here at Bush's Pasture Park.

Women

In the women's 6K race, George Fox earned 110 points. Willamette University, the host school, won its 4th straight women's title with 51 points, followed by Lewis & Clark College with 75, Whitworth College 94, Linfield College 98, George Fox, the University of Puget Sound 138, Whitman College 189, Pacific University 190, and Pacific Lutheran University 196.

Anna McLain, the Bruins' top runner who was 2nd last year as a freshman, dropped to 17th this year with a time of 23:21.30, well behind champion Carla McHattie (22:05.40) of Lewis & Clark, but still good enough to lead the Bruins. Right behind McLain was Lisa Mensonides at 23:23.70 (18th). Other Bruins who figured in the scoring were Leighann Fischer at 23:37.10 (22nd), Whitney Warren at 23:37.70 (23rd), and Rachel Giffey-Brohaugh at 23:56.90 (30th).

Also participating for George Fox were Bethany Adams at 24:06.30 (34th), Brooke Mortensen at 24:25.80 (42nd), Kelly Bladorn at 25:27.10 (64th), Courtney Sell at 25:27.80 (65th), and Beth Jertberg at 25:37.00 (66th).

Men

The George Fox men garnered 166 points in the 8K race. Willamette captured its fifth men's crown in a row with 26 points, followed by Puget Sound with 46, Whitworth 100, Linfield 122, Lewis & Clark 138, George Fox, Whitman 171, and Pacific Lutheran 183. No team time was recorded for Pacific. The individual title went to Willamette's Nick Symmonds at 25:18.10.

Jake Moe posted the best showing for the Bruins, as he has in every race this season, with a time of 26:43.50 that earned him 22nd place overall and 20th for team scoring. Joining him in collecting points for the Bruins were David Delmore at 27:01.30 (28th/25th), Eric Henderson at 27:15.80 (37th/33rd), Bryan Cobb at 27:34.30 (43rd/38th), and Adam Gray at 28:05.60 (57th/50th).

Other George Fox runners included Justin Wiens at 28:11.30 (63rd), Ben Dort at 28:31.00 (67th), Jeff Friesen at 29:48.70 (77th), and Nick Loftin at 30:14.30 (79th).

Complete results of the Northwest Conference Championships, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins will be off next weekend before entering the NCAA Division III West Regionals on Saturday, Nov. 12, again here at Bush's Pasture Park.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 15, 2005

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10/15 – MIKE HODGES INVITATIONAL: McLain Leads Bruin Women to 3rd in Clackamas Meet

OREGON CITY, Ore. – Anna McLain finished 5th overall and 2nd among non-Division I athletes as the George Fox University women placed 3rd, while the Bruin men came in 9th, in the first Mike Hodges Invitational cross country meet Saturday here at Clackamas Community College.

Women

The George Fox women totaled 85 points in the 5K race, trailing NCAA Division I winner Xavier University with 32 points and Willamette University with 49. Linfield College took 4th with 118 points, followed by Team Gfr with 137, Lane Community College with 146, and Pacific Lutheran University with 149.

McLain battled Willamette's Sarah Zarzan for the top spot among small-college athletes until the final stretch when the Bearcats' runner pulled away. McLain's time was 18:55.47 to 18:46.46 for Zarzan, who was 3rd overall. Amanda Brown of Xavier took the top spot out of 90 runners with a mark of 18:02.66, well ahead of teammate Becky Clark at 18:44.65. Another Xavier runner, Kelly Sraj, took 4th.

Helping the Bruins to their high finish were Lisa Mensonides at 19:36.01 (15th overall/14th for team scoring), Leighann Fischer at 19:56.07 (23rd/19th), Whitney Warren at 20:02.26 (25th/21st), and Rachel Giffey-Brohaugh at 20:08.05 (31st/26th).

Other Bruin runners were Bethany Adams at 20:26.63 (40th), Brooke Mortensen at 20:32.52 (43rd), Kelly Bladom at 20:52.91 (51st), Courtney Sell at 21:10.73 (56th), Beth Jertberg at 22:06.86 (68th), and Ellen Abell at 26:08.19 (90th).

Men

Two Division I teams ran 1-2 in the men's 6400 meter race, the University of Portland with 38 points and the University of Washington with 70. They were followed by Willamette with 74, Xavier 104, Team XO 127, Lane CC 140, Linfield 189, Clackamas CC 220, George Fox 243, Pacific Lutheran 255, and Southwestern Oregon Community College 314.

The best time turned in by a George Fox runner was a 21:42.98 by Grant Finney, who is red-shirting this year after suffering a stress fracture in his foot during the summer and who ran as a representative of the Bruin Track Club. He placed 45th out of 105 runners. The top counting mark was by Jake Moe at 21:49.73, which was 51st overall and 37th for team scoring.

Other scorers for George Fox were David Delmore at 22:29.35 (67th/45th), Bryan Cobb at 22:44.28 (70th/48th), Eric Henderson at 23:02.49 (79th/54th), and Jeff Friesen at 23:48.51 (88th/59th). Also competing for the Bruins were Ben Dort at 23:58.53 (91st), Adam Gray at 24:10.20 (94th), Adam Haldorson at 24:44.75 (96th), and Nick Loftin at 225:23.48 (98th).

Complete results of the Mike Hodges Invitational, both the men's and women's races, will be posted on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html when they become available from Clackamas Community College.

The Bruins will take next weekend off before the Northwest Conference Championships on Saturday, Oct. 29, at Bush's Pasture Park in Salem, Ore. The Bruins finished 4th in both the men's and women's races last year.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, October 14, 2005

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10/14 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2005 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

Men: [Quick Facts \(M\)](#) / [Schedule \(M\)](#) / [Roster](#) / [Results](#) / [Press Releases](#) /

Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#)

HIGHLIGHTS:

- * **Coming Up: Mike Hodges Invitational Last Meet before NWC Races**
- * **Recent Events: Results of Willamette and Pacific Lutheran Invitationals**
- * **Moe, McLain Again Honorable Mention for NWC Runners of the Week**
- * **Personal Records: Finney Only Bruin to Set New Mark in Last Two Meets**

COMING UP:

Sat., Oct. 15 - Mike Hodges Invitational at Clackamas Community College, Oregon City, Ore.

--- 11:00 am - Men's 8K / 11:45 am - Women's 6K

The Mike Hodges Invitational is the Bruins' last event before the Northwest Conference Championships on Oct. 29 at Bush's Pasture Park in Salem, Ore. The Bruins will take next weekend off to allow several athletes to recover from some nagging injuries before endeavoring to improve upon last year's 4th-place finishes in both the men's and women's conference races.

RECENT EVENTS (click on links for releases and results):

* Oct. 1 - Willamette Invitational at Bush's Pasture Park, Salem, Ore.

--- Men - no team score / Women - 13th of 30

[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

* Oct. 8 - Pacific Lutheran Invitational at PLU Campus Golf Course, Tacoma, Wash.

--- Men - 4th of 5 / Women - 3rd of 5

[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COACH WES COOK (Northern Colorado '61) is in his 19th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click [here](#) for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** Moe, McLain Again Honorable Mention for NWC Runners of the Week**

Jake Moe (Jr., Anchorage, Alaska) and **Anna McLain** (So., Medina, Wash.), as they have in every meet this season, were the top runners for the Bruin men's and women's teams in the Pacific Lutheran Invitational on Oct. 8, receiving honorable mention for Northwest Conference Men's and Women's Runners of the Week for Oct. 3-9.

Moe placed 4th overall out of 65 athletes and 2nd for team scoring with a time of 26:20.8 in the men's 8K race. He trailed winner Destrey Johnson of Team XO by 31.8 seconds and Doug Blackburn of Whitworth, the runner-up and top college finisher, by only 1.9 seconds. Moe was NWC Men's Runner of the Week for Sept. 5-11.

McLain came in 3rd out of 72 runners with a time of 22:42.0 in the women's 6K race. She was 38.5 seconds behind winner Carla McHattie of Lewis & Clark.

*** 2005 Honors:**

NWC Men's Runner of the Week - Jake Moe (Sept. 5-11)

*** Personal Records: Only One New Mark in Last Two Meets**

Although several runners came close, only one new personal mark was set by George Fox Bruins in the last two events in which the teams participated. **Grant Finney** on the men's team established a new personal

record in 8K races when he posted a time of 26:37.7 in the Willamette Invitational in Salem, Ore., on Oct. 1. He bettered his previous best by 7 seconds.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 8, 2005

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10/8 – PLU INVITATIONAL: Bruin Women and McLain 3rd, Men and Moe 4th in PLU Meet

TACOMA, Wash. – Anna McLain and her George Fox University women's teammates finished 3rd, and Jake Moe and his Bruin men's teammates finished 4th, in the Pacific Lutheran University Cross Country Invitational held here on the PLU University Golf Course Saturday.

Women

In a close women's 6K race, Lewis & Clark College edged Whitworth College 43 points to 50, with George Fox right behind at 52. Host Pacific Lutheran was 4th with 78 and the University of Puget Sound had 147. Pacific University and Tacoma Community College had incomplete scores.

McLain was 3rd out of 72 runners with a time of 22:42.0, 38.5 seconds behind winner Carla McHattie of Lewis & Clark. Also scoring for the Bruins were Lisa Mensonides at 23:46.2 (9th/8th for team scoring), Leighann Fischer at 23:55.0 (11th/10th), Bethany Adams at 23:57.0 (12th/11th), and Brooke Mortensen at 24:28.0 (21st/20th). Also competing for the Bruins were Whitney Warren at 24:36.1 (24th), Beth Jertberg at 24:56.0 (30th), Rachel-Giffey Brohaugh in her first race of the season at 25:01.1 (35th), Courtney Sell at 22:50.7 (37th), and Kelly Bladorn at 25:32.4 (40th).

Men

Whitworth took the team title in the men's 8K race with 42 points, followed Lewis & Clark with 73, Pacific Lutheran 74, George Fox 78, and Puget Sound 84. Destrey Johnson won the individual award, representing Team XO, with a time of 25:49.0, while the top college spot and runner-up overall went to Doug Blackburn of Whitworth at 26:18.9.

Moe was 4th overall out of 65 athletes and 2nd for team scoring with a time of 26:20.8, 31.8 seconds behind Johnson and only 1.9 seconds behind Blackburn. Other Bruin scorers were David Delmore at 27:38.0 (16th/13th), Eric Henderson at 27:48.4 (19th/16th), Bryan Cobb at 28:16.8 (24th/21st), and Justin Wiens at 28:34.5 (31st/26th). Also running for George Fox were Jeff Friesen at 29:33.8 (45th) and Ben Dort at 29:58.8 (50th).

Complete results of the PLU Invitational, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins compete next Saturday in the Mike Hodges Invitational, hosted by Clackamas Community College, in Oregon City, Ore. The men will run a 6400-meter race at 11:00 a.m., followed by a women's 5K race at 11:45 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 1, 2005

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10/1 – WILLAMETTE INVITATIONAL: Bruin Women 13th but No Team Score for Men in Willamette Meet

SALEM, Ore. – Led by Anna McLain's 36th-place finish, the George Fox University women came in 13th, but there was no team score for the men as only three Bruins competed in the 31st annual Willamette Charles Bowles Invitational cross country meet Saturday here at Bush's Pasture Park.

The Willamette Invitational, one of the largest held each year on the West Coast, featured 77 teams this year and 1,300 runners, resulting in six separate events – Division I, College Division, and Open races for both men and women. George Fox competed in the College Division with other NCAA Division III, Division II, and NAIA schools.

Women

George Fox garnered 365 points to place 13th out of 30 teams in the women's College Division 5K race. The winning team was Chico State University, a Division II school, with 19 points, which was led by individual champion Jennifer James with a time of 17:49.75.

McLain was 36th overall out of 258 runners and 35th for team scoring with a time of 18:56.70. Others who scored points for the Bruins were Whitney Warren at 19:10.80 (56th/54th), Leighann Fischer at 19:31.85 (74th/70th), Bethany Adams at 19:55.05 (98th/91st), and Brooke Mortensen at 20:09.70 (123rd/115th). Also running were Mary VanSteenberghe at 20:33.45 (157th), Courtney Sell at 20:44.00 (170th), Feona Yancey at 21:07.10 (188th), Kelly Bladorn at 21:19.75 (196th), Beth Jertberg at 22:11.80 (217th), and Ellen Abell at 27:08.90 (255th).

Men

Chico State also won the men's College Division 8K race with 15 points, taking the top six individual slots and easily defeating runner-up and host Willamette with 101 points. Charlie Serrano was the 1st-place finisher with a time of 24:22.55.

Jake Moe was the top finisher for the Bruins, taking 63rd out of 269 runners with a mark of 26:05.05. Also representing George Fox was David Delmore at 27:07.90 (123rd), and Justin Wiens at 28:33.50 (213th). Minor but persistent injuries kept most of the rest of the Bruin squad from competition this weekend.

Grant Finney, a member of the George Fox team who is probably going to seek a medical redshirt year after missing the first half of the season, competed in his first race this fall, the men's Open Division, as a part of the Bruin Track Club for GFU running alumni. He came in 65th at 26:37.70. Matt Burg, a Bruin from two years ago, placed 102nd at 27:53.60 while competing for the Bruin Track Club. Current assistant coach John Mantalas came in 57th at 26:25.00 while running for Team XO.

Complete results of the Willamette Invitational, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins find themselves in Tacoma, Wash., next Saturday, competing in the Pacific Lutheran Invitational on the PLU campus golf course. The women's 6K race begins at 10:00 a.m., followed by the men's 8K race at 11:00 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Monday, September 26, 2005

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9/26 WHAT'S BRUIN:

GEORGE FOX CROSS COUNTRY 2005

- Weekly News & Notes

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Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: Bruins Return to Races in Willamette's Chuck Bowles Meet**
- * **Recent Events: Women 6th, Men 16th in Huge Sundodger Invitational**
- * **Moe, McLain Honorable Mention for NWC Runners of the Week**
- * **Bruin Women Set Team Time Record for Second Week in a Row**
- * **Personal Records: 14 New Marks Set at Sundodger Invitational**
- * **Where Sundodger Marks Rank on All-Time, Class Charts**
- * **Cook's Comments on Sundodger Meet and the Future**

COMING UP:

Sat., Oct. 1 - Willamette Chuck Bowles Invitational at Bush's Pasture Park, Salem, Ore.

--- 10:40 am - Men's 8K / 11:20 am - Women's 5K

RECENT EVENTS (click on links for releases and results):

* Sept. 17 - Sundodger Invitational at Lincoln Park, Seattle, Wash.

--- Men - 16th of 28 / Women - 6th of 23

[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COACH WES COOK (Northern Colorado '61) is in his 19th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click [here](#) for the complete bio on Coach Cook.

BRUIN BITS:

*** Moe, McLain Honorable Mention for NWC Runners of the Week**

Jake Moe (Jr., Anchorage, Alaska) and **Anna McLain** (So., Medina, Wash.) again paced the Bruins in the Sundodger Invitational on Sept. 17 with efforts that earned them honorable mention for Northwest Conference Men's and Women's Runners of the Week for Sept. 12-18.

Moe placed 44th out of 311 runners in the 8K race with a time of 25:57, setting a new personal record. He was 1:18 behind winner Nick Arciniaga of Team Saucony.

McLain also set a new personal mark for a 6K race with a time of 22:35, finishing 14th out of 265 runners. She had the 5th-best time among NWC athletes, and was 52 seconds behind winner Kristen Kolstad of Simon Fraser.

*** 2005 Honors:**

NWC Men's Runner of the Week - Jake Moe (Sept. 5-11)

*** Bruin Women Set Team Time Record for Second Week in a Row**

For the second week in a row, the George Fox women's team set a new Bruin record for a 6K race in the Sundodger Invitational in Seattle, Wash., on Sept. 17, the top five runners completing the course in a time of 116:52. The week before, in the Lewis & Clark Invitational, the Bruins had established the record at 118:16.6.

Anna McLain (22:35, 14th), **Lisa Mensonides** (23:11, 35th), **Leighann Fischer** (23:32, 50th), **Whittney Warren** (23:38, 54th), and **Bethany Adams** (23:56, 68th), the five who had set the record the week before, were again the top five finishers for the Bruins in establishing the new mark.

*** Personal Records: 14 New Marks Set at Sundodger Invitational**

Continuing to improve almost every time out, 14 Bruins set new personal records at the Sundodger Invitational in on Sept. 17:

--- In the women's 6K race, 8 new marks were set by **Anna McLain** (22:35 by 13 seconds), **Whittney Warren** (23:38 by 2 seconds), **Bethany Adams** (23:56 by 12 seconds), **Brooke Mortensen** (24:24 by 40 seconds), **Courtney Sell** (24:39 by 24 seconds), **Mary VanSteenberghe** (24:55 by 5 seconds), **Feona Yancey** (25:38 by 2:04 minutes), and **Brooke Smoot** (27:00 in her first 6K race).

--- Six Bruin men broke their old records in the 8K race: **Jake Moe** (25:57 by 4 seconds), **David Delmore** (27:02 by 8 seconds), **Bryan Cobb** (27:20 by 11 seconds), **Justin Wiens** (27:29 by 20 seconds), **Eric Henderson** (27:42 by 36 seconds), and **Nick Loftin** (28:25 by 78 seconds).

*** Sundodger Marks on All-Time, Class Charts**

Times in the Sundodger Invitational and where they rank on the Bruin charts for women's 6K races:

Anna McLain - 22:35 is #2 all-time and a sophomore class record;

Leighann Fischer - 23:32 is #3 in junior class;

Whittney Warren - 23:38 is #7 all-time, #4 in junior class;

Bethany Adams - 23:56 is #8 all-time, #3 in sophomore class;

Brooke Mortensen - 24:24 is #10 all-time, #6 in freshman class;

Courtney Sell - 24:39 is #12 all-time, #10 in freshman class;

Mary VanSteenberghe - 24:55 is #14 all-time, #11 in freshman class;

Feona Yancey - 25:38 is #20 all-time, #13 in freshman class;

Beth Jertberg - 26:00 is #7 in senior class

Brooke Smoot - 27:00 is #25 all-time, #8 in junior class.

Times in the Sundodger Invitational and where they rank on the Bruin charts for men's 8K races:

Jake Moe - 25:57 is #24 all-time, #14 in junior class.

*** Cook's Comments on Sundodger Meet and the Future**

On the women's race: "The women did exactly what they were instructed to do - get to the front early of the nearly 300 women, settle down, compete and see what kind of results we get off this early season training block ... The Thursday workout suggested we would be less than our sharpest, yet we still managed for every one of the ten ladies in the race to hang up new PR's or significant seasonal bests. The overall result

produced another new team time record, the second in eight days ... We had all five of our scoring ladies under 24:00, with three frosh also under 25:00 ... It was a solid team effort that earned the Bruins a 6th-place finish behind nationally-ranked and NWC favorite Willamette and early season nemesis Lewis & Clark ... The gap has continued to narrow between LC and the Bruins."

On the men's race: "Jake Moe led the Bruins again. He also got out well but paid for the tough Thursday workout and faded a bit over the last half of the fast Lincoln Park course. Regardless, his 44th-place finish in a 311-man race was a new PR over last week's McIver Park run ... Eric Henderson ran a gutsy race as he continues to try and get rid of a respiratory bug that has haunted him for the last couple of weeks ... Nick Loftin, also coming off an illness, ran a strong race."

On the coming races: "It was an encouraging weekend. We'll step back a bit and take a deep breath as we move to competitive phase training, take a week off competition, and gear for the even-larger competition at the Chuck Bowles Invitational hosted by Willamette on Oct. 1."

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 17, 2005

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9/17 – SUNDODGER INVITATIONAL: Bruin Women Sixth, Men 16th in Huge UW Sundodger Event

SEATTLE, Wash. – Competing in one of the West's largest events, with over 1,000 runners in four separate races, the George Fox University women finished 6th out of 23 teams and the Bruin men were 16th out of 28 teams in the Open division of the Sundodger Invitational cross country meet, hosted by the University of Washington, Saturday here at Lincoln Park.

Women

George Fox tallied 210 points for 6th in the women's 6K Open race, which primarily included athletes from NCAA Divisions II and III, NAIA, and junior colleges. Simon Fraser University (38 points), the University of British Columbia (89), Seattle Pacific University (177), Willamette University (181), and Lewis & Clark College (186) were the five teams ahead of the Bruins.

Anna McLain posted the best time for the Bruins with a 22:35, finishing 14th out of 265 runners. Only four other Northwest Conference runners placed ahead of her. Kristen Kolstad of Simon Fraser was the winner with a time of 21:43.

Other Bruins who scored were Lisa Mensonides at 23:11 (35th/34th for scoring), Leighann Fischer at 23:32 (50th/47th), Whitney Warren at 23:38 (54th/51st), and Bethany Adams at 23:56 (68th/64th). Also competing for George Fox were Brooke Mortensen at 24:24 (94th), Courtney Sell at 24:39 (112th), Mary VanSteenberghe at 24:55 (129th), Feona Yancey at 25:38 (166th), Beth Jertberg at 26:00 (184th), and Brooke Smoot at 27:00 (214th).

Men

A total of 465 points earned the Bruins the 16th spot in the men's 8K Open. Fellow Northwest Conference member Willamette University won handily with 45 points to 72 for runner-up University of Portland.

Jake Moe recorded the best time for George Fox, finishing 44th overall out of 311 athletes and 34th for team scoring with a mark of 25:57. Nick Arciniaga, representing Team Saucony, was the overall winner at 24:39, while Willamette's Nick Symmond was the top college runner and actual second-place finisher at 24:49.

Others whose times counted for the Bruins were David Delmore at 27:02 (120th/95th), Bryan Cobb at 27:20 (139th/105th), Justin Wiens at 27:29 (147th/110th), and Eric Henderson at 27:42 (161st/121st). Also running for George Fox were Nick Loftin at 28:25 (215th) and Adam Gray at 29:35 (272nd).

"Both of our teams continue to improve and the women again were impressive," commented George Fox coach Wes Cook. "To again have our top five women in the upper quarter of a race with so many athletes is a tremendous accomplishment. Our men finished ahead of Lewis & Clark, a conference team which we had not surpassed in our previous two races. We also had nine personal records at this event, and with that kind of progress, I think both teams could shoot for the top half of the conference."

Complete results of the Lewis & Clark Invitational, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

The Bruins will take a much-needed rest next weekend to allow some minor injuries to heal, then jump back into action at the Willamette Invitational at Bush's Pasture Park in Salem, Ore., on Saturday, Oct. 1. The men's 8K race begins at 10:40 a.m., with the women's 5K race at 11:20 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, September 15, 2005

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9/15 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2005 - Weekly News & Notes

LINKS FOR CROSS COUNTRY TO:

Men: [Quick Facts](#) / [Schedule](#) / [Roster](#) / [Results](#)

Women: [Quick Facts](#) / [Roster](#) / [Schedule](#) / [Results](#)

HIGHLIGHTS:

- * **Coming Up: Sundodger Invitational Before an Open Weekend**
- * **Recent Events: Bruins Make Good Showings in First Two Meets**
- * **Moe NWC Men's Runner of the Week; McLain HM for Women**
- * **Bruins Set Team Time Record for Women's 6K at L&C Invite**
- * **Twelve Personal Records Set at Lewis & Clark Meet**
- * **Where Lewis & Clark Marks Rank on All-Time, Class Charts**

COMING UP:

Sat., Sept. 17 - Sundodger Invitational at Lincoln Park, Seattle, Wash.

--- 9:00 am - Women's 6K / 9:40 am - Men's 8K

RECENT EVENTS (click on links for releases and results):

* Sept. 3 - Boxer Rebellion at Lincoln Park, Forest Grove, Ore.

--- Men - 5th of 6 / Women - 3rd of 6

[Press Release](#) / [Results](#)

* Sept. 10 - Lewis & Clark Invitational at McIver State Park, Estacada, Ore.

--- Men - 5th of 7 / Women - 3rd of 7

[Press Release](#) / [Results](#)

COACH WES COOK (Northern Colorado '61) is in his 19th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Track & Field Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click [here](#) for the complete bio on Coach Cook.

BRUIN BITS:

*** Moe NWC Men's Runner of the Week; McLain HM for Women**

Jake Moe (Jr., Anchorage, Alaska) posted the best time of any Northwest Conference runner in the Lewis & Clark Invitational on Saturday, earning NWC Men's Runner of the Week honors for Sept. 5-11. He placed third with a time of 26:00.90 in the 8K men's race at McIver State Park in Estacada, Ore., trailing only winner Nathan May of Corban College (25:12.10) and runner-up Timothy Badley of Concordia University-Portland (25:21.60), both NAIA schools. His time was a 55-second improvement over his mark the week before in the season-opening Boxer Rebellion, when he received honorable mention for NWC Runner of the Week.

Anna McLain (So., Medina, Wash.) received honorable mention for NWC Women's Runner of the Week for Sept. 5-11 after finishing 5th in the Lewis & Clark Invitational 6K race. Her time was 22:48.00, 28 seconds behind winner Joanna Murphy of Linfield. She also received honorable mention for the honor the week before when she was 9th in the season-opening Boxer Rebellion.

*** 2005 Honors:**

NWC Men's Runner of the Week - Jake Moe (Sept. 5-11)

*** Bruins Set Team Time Record for Women's 6K at L&C Invite**

Running a collective time of 118:16.6, the George Fox women's team set a new Bruin record for a 6K race in the Lewis & Clark Invitational on Saturday. The old mark was 118:52.1, set during the Northwest Conference championships on Nov. 1, 2003.

Anna McLain (22:48.0, 5th), **Lisa Mensonides** (23:07.6, 8th), **Leighann Fischer** (24:01.9, 15th), **Bethany Adams** (24:07.6, 18th), and **Whittney Warren** (24:13.2, 19th) were the record-setting quintet for the Bruins. Fischer and Warren were the top two finishers on the previous record-setting team two years

ago.

Said Bruin coach **Wes Cook**, "I know we haven't been running 6K races for too many years, but this was definitely an impressive performance for our women. The fact that we had five runners in the top 20 places in the race shows the outstanding depth that we have, and we're still a very young and improving team with only one senior."

*** Personal Records: Seven Women, Five Men Set New Marks at L&C Meet**

Twelve new personal records were set by George Fox runners at the Lewis & Clark Invitational on Saturday.

--- In the women's 6K race, new marks were set by **Anna McLain** (22:48.00 by 24 seconds), **Lisa Mensonides** (23:07.60 by 53 seconds), **Bethany Adams** (24:07.60 by 31 seconds), **Mary VanSteenberghe** (25:00.00 by 71 seconds), **Courtney Sell** (25:02.80 by 63 seconds), **Brooke Mortensen** (25:03.90 by 2 seconds), and **Kelly Bladorn** (25:24.90 by 34 seconds).

--- Three Bruin men broke their old records in the 8K race: **Jake Moe** (26:00.90 by 12 seconds), **David Delmore** (27:10.40 by 25 seconds), and **Justin Wiens** (27:49.20 by 52 seconds). Two others set new marks by running their first 8K race: **Eric Henderson** (28:18.30) and **Adam Haldorson** (30:31.00).

*** Lewis & Clark Marks on All-Time, Class Charts**

Times in the Lewis & Clark Invitational and where they rank on the Bruin charts for women's 6K races:

Anna McLain - 22:48.00 is #3 all-time, a sophomore class record, and Bruin record for the McIver course;

Lisa Mensonides - 23:07.60 is #5 all-time, #2 freshman class;

Leighann Fischer - 24:00.20 is #4 junior class;

Bethany Adams - 24:07.60 is #8 all-time, #3 sophomore class;

Mary VanSteenberghe - 25:00.00 is #15 all-time, #10 freshman class;

Courtney Sell - 25:02.80 is #16 all-time, #11 freshman class;

Brooke Mortensen - 25:03.90 is #17 all-time, #12 freshman class;

Kelly Bladorn - 25:24.90 is #18 all-time, #13 freshman class;

Beth Jertberg - 26:37.70 is #7 senior class

Times in the Lewis & Clark Invitational and where they rank on the Bruin charts for men's 8K races:

Jake Moe - 26:00.90 is #2 all-time on the McIver course

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 10, 2005

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9/10 – LEWIS & CLARK INVITATIONAL: Bruin Women Third, Men Fifth in L&C Meet at McIver

ESTACADA, Ore. – Jake Moe finished third and posted the best time among Northwest Conference runners in the men's race, leading all performances for the George Fox University Bruins men's and women's cross country teams in the Lewis & Clark Invitational Saturday here at McIver State Park.

Men

Moe placed third for the second straight week with a time of 26:00.90 in the 8K men's race, trailing only winner Nathan May of Corban College (25:12.10) and runner-up Timothy Badley of Concordia University-Portland (25:21.60), both NAIA schools. His time was a 55-second improvement over the week before at the Boxer Rebellion.

As a team, the Bruins finished fifth out of seven with 102 points. Corban took the top spot with 53, followed by Linfield College 74, Lewis & Clark 82, Concordia 84, George Fox 102, Whitman College 15, and Pacific University 153.

Other runners who scored for the Bruins were David Delmore (20th/17th for scoring) at 27:10.40, Bryan Cobb (25th/22nd) at 27:41.80, Justin Wiens (29th/25th) at 27:49.20, and Eric Henderson (40th/35th) at 28:18.30.

Women

George Fox's overall depth showed again as the Bruins put five runners in the top 19 of the 6K women's race, topped by Anna McLain's 5th-place finish at 22:48.00. That was just under 28 seconds behind winner Joanna Murphy of Linfield at 22:20.70.

The Bruins scored 65 points to finish third as a team. Host Lewis & Clark finished first with 44, followed by Linfield 63, George Fox 65, Whitman 96, Pacific 106, Concordia 133, and Corban 183.

Also scoring for the Bruins were Lisa Mensonides (8th) at 23:07.60, Leighann Fischer (15th) at 24:00.20, Bethany Adams (18th) at 24:07.60, and Whitney Warren (19th) at 24:13.20.

Complete results of the Lewis & Clark Invitational, both the men's and women's races, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2005/results/0910.html.

Next up for the Bruins is the Sundodger Invitational, hosted by the University of Washington, at Lincoln Park in Seattle next Saturday, Sept. 17. The women's 6K race begins at 9:00 a.m., followed by the men's 8K at 9:40 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 3, 2005

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9/3 – BOXER REBELLION: Moe, Women's Team Finish Third in Season-Opening Boxer Rebellion

FOREST GROVE, Ore. – Jake Moe finished third, five seconds off the pace, in the men's race, while the George Fox University women placed third as a group as the Bruins opened their 2005 cross country seasons in the Boxer Rebellion Saturday here on the campus of Pacific University.

Men

Moe, a junior who was NCAA All-West Region last year, showed he is ready to pick up where he left off as he finished the 8K course in 26:55.32. The only two runners ahead of him staged a down-to-the-wire battle, with Timothy Badley of Concordia University-Portland (26:50.38) edging Kellen Peters of Pacific (26:50.68).

The Bruins, bothered by some early-season injuries, had only five runners in the event and placed 5th out of six teams with 103 points. Linfield College won the race with 45 points, followed by Concordia with 61, Lewis & Clark College 85, Corban College 97, George Fox 103, and Pacific 108.

Other Bruin runners and their finishes were David Delmore, 20th/19th for scoring purposes at 28:39.84; Justin Wiens, 21st/20th at 28:40.97; Bryan Cobb, 32nd/29th at 23:23.87; and Nick Loftin, 35th/32nd at 29:43.20.

Women

The Bruins bunched three runners in the top 11 spots and six in the top 24 to come in third out of six teams in the women's 6K race with 69 points. Lewis & Clark captured the event with 36 points, followed by Linfield with 53, George Fox 69, Pacific 85, Concordia 118, and Corban 159.

Anna McLain (23:49.08), who ran in the NCAA National Championships as a freshman last year, Whitney Warren (23:59.68), and Lisa Mensonides (24:00.64) placed 9th, 10th, and 11th for the Bruins. Bethany Adams was 20th/19th for scoring at 24:50.09, and Leighann Fischer was 21st/20th at 24:56.60.

Other Bruins in the race were Brooke Mortensen, 24th at 25:06.01; Kelly Bladorn, 30th at 25:59.17; Courtney Sell, 34th at 26:05.42; Mary VanSteenberghe, 35th at 26:11.07; Feona Yancey, 45th at 27:41.61; Alexa Barrett, 51st at 28:18.88; and Jenny Brown, 58th at 31:00.31.

Carla McHattie of Lewis & Clark was the winner by just over 10 seconds ahead of Joanna Murphy of Linfield, 22:49.77 to 23:00.48.

Complete results are available on the George Fox web site at www.georgefox.edu/athletics/cross_country/2005/results/0903.html.

Next up for the Bruins is the Lewis & Clark Invitational at McIver State Park in Estacada next Saturday, Sept. 10. The women's 6K begins at 11:00 a.m., followed by the men's 8K race at 12:00 noon.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 2, 2005

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9/2 – PREVIEW: Bruin Teams Aiming for Top Half of NWC if Health Holds Up

NEWBERG, Ore. – As veteran coach Wes Cook enters his 19th season as the head of the cross country program at George Fox University, he is more optimistic about his Bruin teams than he has been in several seasons. That's because, despite the fact that his squads are relatively small, the talent level is enough to convince him that the Bruins can be very competitive in their respective Northwest Conference races.

Men

"With 12 as opposed to 15, we're a little shorter in numbers on the men's team than on the women's," points out Cook. "If we're healthy, we could finish in the top half of the men's conference race, but there's not much margin for error."

The Bruins lost five athletes from last year's squad that was 4th in the NWC and 7th in the West Region, including All-Region runner Michael Chuol (9th), and their top finisher (18th) in the NWC championship race, Craig Paulin, but return two others who earned All-Region honors: **Jake Moe** (Jr., Anchorage, Alaska / Anchorage Christian), who placed 32nd in the region, and **David Mathiang** (So., Lynnwood, Wash. / Mountlake Terrace HS), who was 35th.

"Jake had a great summer working out and has become a legitimate candidate to qualify for the nationals as an individual," says Cook. "I didn't see David during the summer, but he has tremendous potential as well."

Another runner who narrowly missed All-Region honors, **Grant Finney** (Jr., Tigard, Ore. / Southridge HS), is coming off a stress fracture, **Jeff Friesen** (Jr., Lake Oswego, Ore. / Westside Christian HS) has also been battling some injuries, and **Adam Gray** (So., Coos Bay, Ore. / Marshfield HS) is coming off an injury red-shirt year. Cook is hopeful that returnees **Bryan Cobb** (Jr., Eugene, Ore. / Willamette HS), **David Delmore** (Jr., Philomath, Ore. / Philomath HS), and **Ben Dort** (Jr., Philomath, Ore. / Philomath HS) will be able to take up some of the slack.

"Bryan has worked harder than just about anybody the last two summers and is running extremely well," notes Cook. "We're expecting David to give us some significant contributions as well. Ben's summer job kept him on his feet but away from running, so he is still working his way back into shape."

Among the Bruin newcomers, Cook expects **Justin Wiens** (Fr., Billings, Mont. / Skyview HS) to make the most immediate impact. "Justin was here in school but didn't run last year," says Cook, "but he's very fit and should help right away." **Eric Henderson** (Fr., Terrebonne, Ore. / Redmond HS) and **Nicholas Loftin** (Fr., Tualatin, Ore. / Tualatin HS) also have good potential, and **Adam Haldorson** (Fr., Springfield, Ore. / Springfield HS) gives the team some needed depth.

Women

With their top five runners returning and several exciting newcomers, the Bruin women appear poised for one of their best seasons since joining the NCAA 11 years ago. "We have the best depth on the women's team that we've had in 10 years, and realistically, we could have as many as 10 girls battling for the top five spots in a race," says Cook. "Again, provided we stay healthy, we could well be in the hunt for the conference championship."

Headlining the Bruins' lineup is **Anna McLain** (So., Medina, Wash. / Bellevue Christian HS), who overcame a slow first half due to injury to finish second in the conference race, 10th in the West Regional, and 95th in the NCAA National Championships. **Whittney Warren** (Jr., Baker City, Ore. / Baker HS), **Leighann Fischer** (Jr., Molalla, Ore. / Molalla HS), and **Rachel Giffey-Brohaugh** (So., Renton, Wash. / Christian Faith HS) have All-Conference, even All-Region potential. **Beth Jertberg** (Sr., Klamath Falls, Ore. / Henley HS) provides the team with good senior leadership.

"Anna is undoubtedly our team leader, a solid runner who usually finishes strong," acknowledges Cook. "Warren is running very well, while Fischer is bouncing back from a stress fracture and hopes to return to her freshman form when she was our leading runner in every race. Rachael and Beth are just getting back into shape, Rachael from a stress fracture and Beth from a summer of cross country inactivity."

Bethany Adams (So., Portland, Ore. / Westside Christian HS) is a returning athlete who is running very well and seems to be much improved. **Kelly Bladorn** (Fr., Turner, Ore. / Cascade HS) is in her first season of cross country after running track for the Bruins last year. "Kelly ran three races in high school and could be a real surprise for us this year," says Cook.

Lisa Mensonides (Fr., Tacoma, Wash. / Tacoma Baptist HS) is a promising newcomer whom Cook says "will run with Anna for most of a race." **Brooke Mortensen** (Fr., Zillah, Wash. / Zillah HS) was a state placer in the 3200 races in Washington and will be in the mix somewhere, as will **Mary VanSteenberghe** (Fr., Gold Hill, Ore. / Crater), one of her school's top runners. **Feona Yancey** (Fr., Bethel Alaska / Bartlett HS) was a top 25 runner in Alaska.

Courtney Sell (Fr., Aloha, Ore. / Aloha), whom Cook calls "a tough kid who never quits", will push hard for a place among the top runners. **Brooke Smoot** (So., Douglas, Wyo. / Douglas HS) hasn't run since high school for health reasons and is battling shin problems, but could help if she gets healthy. Providing depth for the team are **Alexa Barrett** (Fr., Caldwell, Idaho / Vallivue HS), and **Jenny Brown** (Fr., Sherwood, Ore. / Sherwood HS).