

2007

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GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 10, 2007

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11/10 - WEST REGIONALS: Two Bruins Earn All-Region as Men Place 9th, Women 11th

ESTACADA, Ore. - Cam Eberhart and Rachel Giffey-Brohaugh of George Fox University earned All-Region honors while leading the Bruin men to ninth place and the women to 11th respectively in the NCAA Division III West Regional cross country races held Saturday here at Milo McIver State Park.

It was the second straight year for Eberhart, a sophomore, to garner All-Region as he finished 26th overall and for team scoring in the men's 8K race. Giffey-Brohaugh, a senior, made All-Region for the first time with a time of 23:05.55 in the women's 6K event, placing 22nd overall and 19th for scoring purposes. The top 35 in each race receive All-Region recognition.

The Bruin men earned 243 points in finishing ninth out of 13 teams. Willamette University won the race with 50 points to 72 for runner-up Occidental College. Kevin Chaves of Occidental was the individual winner with a time of 24:34.85, the third-best mark in West Region history.

Other George Fox counting times were Grant Finney in 26:49.80 (41st/40th), Paul Rapet in 26:52.15 (42nd/41st), Jordan Ware in 27:19.15 (62nd/60th), and Bradley Higgins in 28:27.35 (79th/76th).

The Bruin women had 230 points to place 11th out of 16 teams. Willamette also won that one with 43 points, with the University of Puget Sound a distant second with 86 points. Defending national champion Sarah Zerzan of Willamette won the women's title for the third year in a row with a West Region record time of 20:51.65.

Also scoring for the Bruins were Anna McLain in 23:42.70 (38th/34th), Bethany Adams in 23:53.40 (48th/44th), Lisa Mensonides in 24:21.50 (68th/60th), and Nicole Fleming in 24:45.90 (81st/73rd).

The top two teams plus the top seven individuals who are not on either of those two teams now advance to the NCAA Division III National Championships, set for Saturday, Nov. 17, in Northfield, Minn., and hosted by St. Olaf College.

Complete results of both the men's and women's West Regional races, courtesy of regional host Lewis & Clark College's sports information office, 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 – Wednesday, October 31, 2007

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10/31 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Men 5th, Women 8th in NWC Championships
- * Coming Up: West Regionals at McIver State Park on Nov. 10
- * Eberhart Bruin Athletic Association Athlete of the Week
- * Bruin Men Up to 8th in Latest USTFCCA Regional Rankings
- * Personal Marks: : Three Bruins Set New Marks in NWC Races

RECENT EVENTS: Men 5th, Women 8th in NWC Championships

* Oct. 27 – Northwest Conference Championships at Willamette Mission State Park, Brooks, Ore.

— Men – 5th of 9 / Women – 8th of 9

[Press Release](#) / [Men's Results](#) / [Women's Results](#)

COMING UP: West Regionals at McIver State Park on Nov. 10

Sat., Nov. 10 – NCAA Division III West Regionals at McIver State Park, Estacada, Ore.

— 11:00 a.m. - Women's 6K / 12:00 p.m. - Men's 8K

Lewis & Clark College will be the host institution for the 2007 NCAA Division III West Regional cross country races coming up Saturday, Nov. 10, at Milo McIver State Park in Estacada, Ore. The women's 6,000 meter race will be held first at 11:00 a.m., followed by the men's 8,000 meter race at 12:00 noon.

Willamette University won both titles last year and will be the favorite in both races this fall as well. The Bearcats are ranked 5th in both the men's and women's USTFCCA national polls and 1st in the West Region. Other top contenders for the men's crown, ranked in the top five in the region, are Colorado College, Linfield College, Occidental College, and Claremont-Mudd-Scripps Colleges. Challengers for the women's championship could include the University of Puget Sound, Colorado College, Occidental, and Lewis & Clark.

The George Fox women placed 5th and the men 7th in the regionals last year. Anna McLain finished 14th in the women's race and Cam Eberhart was 31st in the men's race, both earning All-West region honors by placing in the top 35, and hope to do so again.

The top two teams in each race automatically qualify for the NCAA Division III National Championships, along with the top seven individual runners not on those teams. There will also be 16 at-large or wild-card team positions available, split among the eight D-III regions in the country. The NCAA National Championships this year are set for Saturday, Nov. 17, in Northfield, Minn., hosted by Carleton College.

THE COACHES:

Head coach John Smith (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name Mike Hickey (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Eberhart Bruin Athletic Association Athlete of the Week**

With a strong showing in the Northwest Conference Championship men's 8K race on Oct. 27, **Cam Eberhart** has been named the Bruin Athletic Association Men's Athlete of the Week for Oct. 22-28. He ran a time of 26:08.63 on the Bruins' home course at Willamette Mission State Park near Brooks, Ore., finishing 19th overall out of 74 runners and 17th for team scoring. It was his best time of the season and the second-best by a Bruin this fall. His efforts helped lift the Bruins to a 5th-place finish in the NWC Championship.

*** 2007 Honors:**

Paul Rapet

- Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

Rachel Giffey-Brohaugh

- Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30; HM, Oct. 8-14)

Jordan Ware

- NWC Men's Runner of the Week (HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30)

Cam Eberhart

- Bruin Athletic Association Men's Athlete of the Week (Oct. 22-28)
- NWC Men's Runner of the Week (HM, Oct. 8-14)

*** Bruin Men Up to 8th in Latest USTFCCCA Regional Rankings**

After finishing 5th in the Northwest Conference Championship race on Oct. 27, the George Fox men climbed one spot to 8th in the West Region in the latest rankings of NCAA Division III cross country teams by the United States Track and Field and Cross Country Coaches Association (USTFCCCA) for Oct. 30. Willamette (5th nationally) remains atop the region, followed by Colorado College (19th), Linfield, Occidental, Claremont-Mudd-Scripps, Whitworth, Puget Sound, George Fox, Whitman, and Lewis & Clark.

For complete national and regional rankings, visit the [USTFCCCA](http://ustfccca.org) web site.

*** Personal Bests: Three Bruins Set New Marks in NWC Races**

First-year runners **Sarah Curry** and **Nicole Fleming** both set new personal records for a 6K race in the Northwest Conference Championships on Oct. 27 at Willamette Mission State Park near Brooks, Ore. Curry posted a time of 24:18.68 in finishing 55th, while Fleming had a time of 25:09.16 and came in 61st.

The only Bruin men's runner to set a new personal mark in the 8K race at the NWC Championships was **Grant Finney**, who ran a 26:15.97 to place 21st. He broke his own mark he set two weeks ago with a time of 26:21 in the Santa Clara Bronco Invitational in Sunnyvale, Calif., on Oct. 13.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 27, 2007

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10/27 – NWC CHAMPIONSHIPS: Willamette Again Lays Claim to Northwest Conference Crowns

BROOKS, Ore. - For the sixth year in a row, the Willamette University women have claimed the Northwest Conference cross country crown, while the Bearcat men's team captured its seventh consecutive NWC title with their victories in the 2007 NWC Championships, hosted by George Fox University, Saturday here at Willamette Mission State Park.

Women's 6K

The 7th-ranked Willamette women their seventh overall NWC championship with 39 points, taking a comfortable win over the University of Puget Sound, which had 58 points. Lewis & Clark College took third with 121 points, followed by Whitman College fourth with 131, Whitworth University and Pacific Lutheran University in a tie for fifth with 140, Linfield College seventh with 143, host George Fox eighth with 184, and Pacific University ninth with 222.

Sarah Zerzan successfully defended her 2006 individual title against 79 other runners with a time of 20:36.01, just short of the NWC 6K record she set last year of 20:32.66 at the Pacific Lutheran golf course in Tacoma, Wash. Zerzan bested teammate Maddie Coffman, who ran a 21:05.80, by almost half a minute. Amanda Phillips of Lewis & Clark took third in 21:13.77.

Those three, along with the next four runners - Brittany Hodgson, Emily Timmer, and Kenna Patrick of Puget Sound, and Tamma Carleton of Lewis & Clark - earned All-Conference First Team honors. The eighth through 14th runners were All-NWC Second Team: Kelsey Owens of Pacific, Jena Winger of Willamette, Jo E. Mayer of Whitworth, Marci Klimek and Casey Stepan of Linfield, and Carly Killam and Ashley Sharratt of Willamette.

Coach Matt McGuirk of Willamette was voted by his peers as NWC Women's Coach of the Year.

The best effort for host George Fox came from Rachel Giffey-Brohaugh, who was 25th overall and 23rd for team scoring with a time of 23:14.16. Other counting Bruins were Anna McLain in 23:18.50 (29th/27th), Lisa Mensonides in 23:44.38 (44th/41st), Bethany Adams in 24:02.28 (49th/45th), and Sarah Curry in 24:18.68 (55th/48th).

Men's 8K

Capturing the top three places and with five runners in the top nine, 5th-ranked Willamette breezed to its 17th conference men's championship with 21 points, the best NWC score since the 1979 Bearcat team won with 16 points. Runner-up Linfield came in with 70 points, followed by Whitworth in third with 83, Puget Sound fourth with 85, host George Fox fifth with 126, Whitman sixth with 153, Lewis & Clark seventh with 183, Pacific Lutheran eighth with 251, and Pacific ninth with 272.

Willamette's Tristan Knutson-Lombardo ran a 25:00.34 to supplant teammate Ian Batch as the men's champion. Batch was second in 25:08.70, with Taylor Roholt in 25:17.90 making it the story of the three Bearcats. Nicholas Gallagher of Whitworth was fourth, Francis Reynolds of Puget Sound fifth, Josh Clough of Willamette sixth, and Harrison Wilson of Linfield seventh, rounding out the All-Conference First Team.

Second Team All-NWC members, finishing eighth through 14th, were Shawn Pollard of Linfield, Lucas May and Lucas Nebert of Willamette, Dusty Caseria of Whitworth, Trevor Hanlin of Puget Sound, Shawn Fisher of Linfield, and Kyle Kotaich of Willamette.

Willamette's McGuirk completed a sweep of Coach of the Year honors when he was voted the top men's mentor as well.

Cam Eberhart, Grant Finney, and Jordan Ware led the way for the host Bruins, Eberhart taking 19th overall and 17th for team scoring with a mark of 26:08.63, Finney finishing 21st overall and 19th for scoring with a 26:15.97, and Ware taking 23rd/21st in 26:22.91. Also counting for George Fox were Paul Rapet in 26:51.21 (33rd/30th) and Bradley Higgins in 27:29.76 (45th/39th).

This was the first year for George Fox to run races at Willamette Mission after several years at Champoege State Heritage Area, so the NWC event was only the second one ever held here. As a result, the times for Zerzan and Knutson-Lombardo were new course records.

Complete results of both the men's and women's Northwest Conference Championships may be found on line at the George Fox cross country website at www.georgefox.edu/athletics/cross_country/index.html.

The next event for all conference teams is the NCAA Division III West Regional Championships on Saturday, Nov. 10, at McIver State Park in Estacada, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, October 25, 2007

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10/25 – NWC CHAMPIONSHIPS: Willamette Teams Poised to Repeat as Conference Champs

NEWBERG, Ore. - Both Willamette University teams will be favored to repeat as champions when the Northwest Conference Men's and Women's Cross Country Championships commence this Saturday, Oct. 27, at George Fox University's new cross country course at Willamette Mission State Park near Brooks, Ore.

The women's 6,000 meter race begins at 11:00 a.m., followed by the men's 8,000 meter race at 12:00 noon. This is the first year George Fox has hosted meets at Willamette Mission after many years of running at the Champoege State Heritage Area near St. Paul, Ore., and the second time (1997 was the other) the Bruins have hosted the NWC Championships.

Willamette's men have won the last six NWC titles, while the Bearcat women have come out on top in each of the last five conference meets. With USTFCCA national rankings of fifth for the men and seventh for the women, and No. 1 rankings in the West Region for both, the Bearcats are considered strong enough to do well on the national scene. Each team also features the defending conference champion: Ian Batch for the men, who ran a 24:30.70 on the Pacific Lutheran University Golf Course in Tacoma, Wash., to win last year's meet, and Sarah Zerzan, whose 20:32.66 at PLU was the women's best time.

Also back for the Willamette men are Josh Clough, who was First Team All-Conference after placing sixth in last year's race, and Kyle Kotaich, a Second Team All-NWC runner after finishing 10th.

No other men's teams are nationally ranked, but five other NWC teams are listed in the West Region top 10 and hope to give Willamette a run for its money. Linfield College is third in the region, with Whitworth University sixth, the University of Puget Sound seventh, Whitman College eighth, and George Fox ninth.

Linfield is led by Harrison Wilson, who had the best time among college runners in the first race ever run at Willamette Mission, the Wes Cook Bear Fete Invitational on Sept. 22, and was an NWC Runner of the Week for that effort. He came in second to Batch in last year's championship meet and was First Team All-Conference. The Wildcats' Shawn Pollard was an NWC Runner of the Week after a second-place finish in the Lewis & Clark Invitational.

Whitworth's Nick Gallagher has been a two-time NWC Runner of the Week and will be a strong contender for the title, along with the Pirates' Dusty Caseria. For Puget Sound, Trevor Hanlin, a First Team All-NWC performer with a fourth-place finish last year, Francis Reynolds and Graham Klag are a trio who give the Loggers a shot at the top.

Whitman's Missionaries are a team on the rise behind Brian Woods and Sam Hennessey. Jordan Ware has been George Fox's leading runner in most races, but the Bruins will benefit from the return of Paul Rapet from a mid-season injury.

Other leading runners could be Richie LeDonne of the Lewis & Clark Pioneers, Sean Leon-Guerrero of the Pacific Boxers, and Kenneth Chilcoat of the Pacific Lutheran Lutes.

In the women's race, Zerzan is backed by Willamette teammate Maddie Coffman, who ran ninth in last year's meet to earn Second Team All-NWC honors. The Bearcats edged Puget Sound 50-54 last year, and should get their stiffest challenge from the Loggers again, as well as from Whitman. The Logger women are ranked 19th nationally and second in the region, while the Missionaries are 33rd nationally and third in the region. Other regionally-ranked teams are Whitworth (fourth), Lewis & Clark (ninth), and Pacific Lutheran (10th).

First Team All-NWC Emily Timmer, who was second to Zerzan in last year's race, and Brittany Hodgson of Puget Sound, also a First Teamer after finishing fifth, have certainly proven themselves. Each was selected as an NWC Runner of the Week once this fall. Whitman has gotten impressive seasons from Yasmeen Colis, Sara McCune, and Emily Rodriguez, who have collectively been nominated for NWC Runner of the Week six times.

Whitworth's Jo E. Mayer will compete for top honors, as will Amanda Phillips of Lewis & Clark, a Second Team-All-NWC runner who has earned three NWC Runner of the Week honors this year, the most in the league. Phillips' Pioneer teammate, Tamma Carleton, was third in last year's race and is back for another shot at the crown. Corrine Gogert and Lauren McDonald are a talented twosome for the Lutes of Pacific Lutheran.

George Fox, which was ranked sixth regionally in the pre-season, got off to a slow start but has come on strong in recent weeks behind Sarah Giffey-Brohaugh and Anna McLain. Kelsey Owens of Pacific has been the Boxers' leading runner, nominated four times for weekly honors, while Charlotte Trowbridge and Marci Klimek will lead the Linfield efforts.

Final results of the Northwest Conference Championships will be posted some time around mid-afternoon Saturday 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 13, 2007

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10/13 – BRONCO INVITATIONAL: Giffey-Brohaugh Runs to 2nd Place in Santa Clara Open

SUNNYVALE, Calif. – Rachel Giffey-Brohaugh ran to a second-place overall finish and first place for team scoring purposes in the women's 5K Open race, highlighting a strong effort by the George Fox University women's cross country team in the Santa Clara Bronco Invitational Saturday morning here at Baylands Park.

Giffey-Brohaugh covered the course in 18:56, her second-best 5K time ever, and trailed winner Christine Jowaiszas of the University of San Francisco by only five seconds. Other key performances for the Bruins came from Anna McLain, who ran a 19:12 (9th/7th), Bethany Adams with a 19:16 (11th/9th), Sarah Curry with a 20:18 (23rd/15th), and Nicole Fleming with a 20:45 (28th/19th). Adams, a senior, and Fleming, a junior, set new personal records for a 5K race, while Curry, another freshman, was running a 5K for the first time.

Those finishes added up to 51 points for George Fox, behind only Sacramento State University, which had 25 points. After that came San Jose State University with 56, Westmont College with 115, Modesto Junior College with 136, and Sonoma State University with 142.

"Every season has ups and downs, and it is up to each individual athlete to find the character needed to persevere and push through the tough times, and our women are starting to exemplify that," said George Fox coach Mike Hickey. "We ran a terrific race today, starting with Rachel, who almost won the thing. We got a good race out of Anna, an outstanding effort out of Bethany, and our two freshmen are beginning to understand what it takes to compete for a college program."

The Bruin men did not fare quite as well in the men's 8K Invitational, placing 15th out of 17 teams with 402 points. Long Beach State University took the team title with 85 points to 111 for Loyola Marymount University, while individual honors went to unattached Brendan Gregg in 24:36, followed by Mike DeLaurenti of host Santa Clara in 24:49.

The Bruins' best time was posted by Cam Eberhart with a mark of 26:14, good for 63rd overall and 53rd for team scoring. Also producing points for the Bruins were Grant Finney with a 26:21 (75th/64th), Jordan Ware with a 26:36 (91st/75th), Bradley Higgins with a 28:04 (138th/102nd), and Adam Haldorson with a 30:31 (153rd/108th).

"It was a rough day score-wise for our men" admitted Hickey. "Our two sophomores (Eberhart and Ware) ran well, and Grant had a solid race, but it could be tough going for us until we get Paul Rapet back from an injury."

Complete results of Santa Clara Bronco Invitational, courtesy of the Santa Clara sports information office, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

The Bruins will be off next weekend before hosting the Northwest Conference Championships on Saturday, Oct. 27, at Willamette Mission State Park near Brooks, Ore. The women's 6K race will start at 11:00 a.m., followed by the men's 8K race at 12:00 noon.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 29, 2007

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9/29 – CHARLES BOWLES INVITATIONAL: Bruin Women 17th, Men Incomplete at Bowles Meet

SALEM, Ore. - For the fourth time in as many races this season, Rachel Giffey-Brohaugh was the top runner for the George Fox University women's cross country team as the Bruins finished 17th in the "Cardinal" division of the Charles Bowles Invitational hosted by Willamette University Saturday morning here at Bush's Pasture Park.

Jordan Ware placed 75th as the best runner for the George Fox men, but the Bruins did not score as a team, taking an incomplete because only four members of the team competed, and five are needed for a team score.

George Fox collected 422 points in the women's 5K race for 17th place out of 26 teams. Host Willamette edged the University of British Columbia 101-115 for team honors. The individual winner was Sarah Zerzan of Willamette in 17:20.15, 10.95 seconds ahead of Elizabeth Chepkosgei of the University of Alaska-Anchorage.

Giffey-Brohaugh completed the race in a time of 18:43.90, setting a new personal record for the 5K while placing 33rd overall and 32nd for team scoring. Others who earned points for the Bruins were Anna McLain in 19:12.15 (58th/55th), Bethany Adams in 19:39.70 (87th/81st), Lisa Menonides in 20:16.25 (135th/117th), and Nicole Fleming in 20:48.85 (169th/137th). Adams also set a new personal mark for the 5K.

Willamette also won the men's race comfortably, with 63 points to 123 for runner-up Aquinas College. Chris Erichsen of St. John's University (Minn.) beat teammate Kelly Fermoye 24:10.65 to 24:24.40 for individual honors.

Ware led the Bruins for the third time this fall with a time of 26:09.81 in the men's 8K race. Also running were Grant Finney in 26:27.65 (94th), Cam Eberhart in 26:33.45 (104th), and Adam Haldorson in 29:21.45 (218th). It was a new personal best for Haldorson.

One of the largest cross country events nationally every fall, this year's Charles Bowles Invitational featured 1,352 entrants and six races - the "Cardinal" races for small college athletes, the "Gold" races for major college runners, and races for high school boys and girls.

Complete results of Charles Bowles Invitational, courtesy of the Willamette sports information office, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

The Bruins will take next weekend off before entering the Santa Clara University Bronco Invitational at Baylands Park in Sunnyvale, Calif., on Saturday, Oct. 13. Events there are scheduled to begin at 9:30 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 28, 2007

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9/28 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Men 2nd, Women 3rd at Wes Cook Bear Fete Invitational
- * Coming Up: Bruins Entered in Huge Charles Bowles Invitational
- * Ware, Giffey-Brohaugh HM for NWC Runner Honors Again
- * Bruin Men 8th in Latest USTFCCCA Regional Rankings
- * Personal Bests: Seven Bruins Have Established New Marks This Fall

RECENT EVENTS: Men 2nd, Women 3rd at Wes Cook Bear Fete Invitational

* Sept. 22 - Wes Cook Bear Fete Invitational at Willamette Mission State Park, Brooks, Ore.
--- Men - 2nd of 7 / Women - 3rd of 6
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COMING UP: Bruins Entered in Huge Charles Bowles Invitational

Sat., Sept. 29 - Charles Bowles Invitational at Bush's Pasture Park, Salem, Ore.
--- 9:00 a.m. - Men's 8K Cardinal / 9:45 a.m. - Women's 5K Cardinal

With some 1,352 entries in six different races this Saturday, the Charles Bowles Invitational at Bush's Pasture Park in Salem, Ore., is one of the largest cross country events in the nation, and the George Fox teams will be a part of it once again.

This year's event featured a "Cardinal" section for small college teams, a "Gold" division for NCAA major colleges, and two new races for high school teams. The Bruins will participate in the "Cardinal" races, with the men's 8K race at 9:00 a.m. and the women's 5K race at 9:45 a.m.

Nationally-ranked teams the Bruins will be up against in the men's race include Willamette (D-III 10th), St. John's University MN (D-III 5th), the University of Alaska-Anchorage (D-II 19th), Aquinas College (NAIA 2nd), Lewis-Clark State College (NAIA 19th), Concordia University-Irvine (NAIA 7th), and Eastern Oregon University (NAIA 9th).

In the women's race, the Bruins will compete against such ranked teams as Willamette (D-III 11th), Puget Sound (D-III 20th), the University of British Columbia (NAIA 8th), Concordia-Irvine (NAIA 13th), Aquinas (NAIA 14th), Point Loma Nazarene University (NAIA 15th), Lewis-Clark State (NAIA 16th), and Northwest University (NAIA 28th).

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Ware, Giffey-Brohaugh HM for NWC Runner Honors Again**

Jordan Ware, for the second week in a row, and **Rachel Giffey-Brohaugh**, for the third time, received honorable mention for Northwest Conference Runners of the Week for Sept. 17-23 after their showings in the Wes Cook Bear Fete Invitational on Sept. 22 at Willamette Mission State Park in Brooks, Ore.

Ware posted the best time for the Bruins with a 26:18.6 in the 8K race, placing 8th overall and 8th for team scoring. His run led the Bruins to a 2nd-place finish out of seven teams in their own home event.

In the women's 6K race, **Giffey-Brohaugh** placed 8th overall and 8th for team scoring with a time of 23:11.5. The Bruin women came in 3rd out of six teams in the event.

*** 2007 Honors:**

- Paul Rapet

Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)

NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

- Rachel Giffey-Brohaugh

Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)

NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16; HM, Sept. 17-23)

- Jordan Ware

NWC Men's Runner of the Week (HM, Sept. 10-16; HM, Sept. 17-23)

*** Bruin Men 8th in Latest USTFCCCA Regional Rankings**

In the latest rankings of NCAA Division III cross country teams by the United States Track and Field and Cross Country Coaches Association (USTFCCCA) of Sept. 25, the George Fox men were 8th in the West Region, the same spot they held in the pre-season rankings, while the Bruin women slipped from a pre-season 6th place out of the top 10.

The top 10 men's teams in the West are Willamette University (10th nationally), Colorado College (24th), Occidental College (32nd), Claremont-Mudd-Scripps Colleges, Linfield College, Whitworth University, the University of Puget Sound, George Fox, Whitman College, and Pomona-Pitzer Colleges.

For complete national and regional rankings, visit the [USTFCCCA](http://ustfccca.org) web site.

*** Personal Bests: Bruins Have Established New Marks This Fall**

Several Bruins have established new personal records with their times in the first two races of the season.

Among the returning Bruin men, new times in the 8K have been posted by **Grant Finney** (26:22.36 in the Bear Fete Invitational), **Adam Haldorson** (29:22 in the Sundodger Invitational), and **Jordan Ware** (26:04 in the Sundodger Invitational). The Bruins' two freshmen set their college standards in the Sundodger Invitational, **Bradley Higgins** (27:02) and **Clayton Pugsley** (30:46).

The only new marks for the Bruin women in the 6K this year have been set by the team's newest members. **Sarah Curry** ran a 24:52 in the Sundodger Invitational, while **Nicole Fleming** posted a 25:17.20 in the Wes Cook Bear Fete Invitational.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 22, 2007

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9/22 – BEAR FETE INVITATIONAL: Linfield Men, Whitman Women Breeze to Bear Fete Finishes

BROOKS, Ore. - Winning by comfortable margins, the Linfield College men and the Whitman College women captured the Wes Cook Bear Fete Invitational cross country races hosted by George Fox University Saturday morning here at Willamette Mission State Park.

In the men's 8K race, Linfield scored 35 points, followed by George Fox with 65, Willamette University with 73, Whitman with 79, GFU Alumni with 122, Lewis & Clark College with 137, and Pacific Lutheran University with 177. Pacific University had individual runners but no team score.

The individual winner was Allen Wagner, running unattached, with a time of 25:26.10, followed 20 seconds later by Harrison Wilson of Linfield with a 25:46.20. The Wildcats took the 1st, 2nd, 3rd, and 5th spots for team scoring to easily out-distance the runner-up and host Bruins.

George Fox's top runner was Jordan Ware, who placed 8th overall and 7th for scoring with a time of 26:18.60. He was followed closely by Cam Eberhart in 26:22.10 (10th/9th) and Grant Finney in 26:22.36 (11th/10th). Also counting for the Bruins were Paul Rapet in 26:59.40 (20th/18th) and Bradley Higgins in 27:05.90 (23rd/21st).

Bruin alums Brandon Workman (25:51.90), John Mantalas (26:40.20), and David Delmore (27:12.80) also had nice runs, finishing 5th, 14th, and 25th overall.

In the women's 6K race, Whitman tallied 41 points, followed by Lewis & Clark with 82, George Fox with 91, Linfield with 92, Pacific Lutheran with 94, and Willamette with 108. Again, Pacific had individual runners but no team score.

Lewis & Clark took the top two individual spots, Amanda Phillips besting Tamma Carleton by over 27 seconds, 21:46.50 to 22:13.90. Whitman was consistent in taking the 4th, 5th, 7th, 11th, and 14th places to win the team title.

Rachel Giffey-Brohaugh was the Bruins' top runner for the third time in as many races this fall, finishing 8th overall and 6th in scoring with a mark of 23:11.50. She was followed by Anna McLain in 23:50.40 (15th/12th), Bethany Adams in 24:15.80 (26th/21st), Sarah Curry in 25:02.80 (32nd/25th), and Nicole Fleming in 25:17.20 (36th/27th).

The top Bruin alum was Leighann Fischer, now a George Fox assistant coach, who placed 24th overall in 24:12.80.

The Bear Fete Invitational was re-established by the George Fox cross country program this fall after a one-year hiatus, caused when a suitable date could not be found last year at the former home of the event, Champoeg State Heritage Area near St. Paul, Ore. The Invitational returned this year with a new title honoring Wes Cook, the former George Fox cross country and track and field coach who took the Bruins to national prominence during his 19-year career at the school (1987-2006). Cook was on hand to serve as a starter for the races and to meet with several of his former athletes who returned for the day.

Complete results of the Wes Cook Bear Fete Invitational are available on the George Fox web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

Next up for the George Fox teams is the Charles Bowles Invitational, hosted by Willamette on Saturday, Sept. 29, at 9:30 a.m. at Bush's Pasture Park in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 21, 2007

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9/21 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Bruin Men 7th, Women 13th in Sundodger Invitational
- * Coming Up: Bruins' Wes Cook Bear Fete Invitational Returns
- * Ware, Giffey-Brohaugh HM for NWC Runner of the Week Honors
- * Bruin Women 6th, Men 8th in USTFCCA Pre-Season Regional Rankings
- * Results Finally Available for Sundodger Men's Open

RECENT EVENTS: Bruin Men 7th, Women 13th in Sundodger Invitational

* Sept. 15 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- Men - 7th of 20 / Women - 13th of 15
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COMING UP:

Sat., Sept. 22 - Wes Cook Bear Fete Invitational, Willamette Mission State Park, Brooks, Ore.
--- 10:00 am - Men's 8K / 10:45 a.m. - Women's 6K

After a one-year absence, the Bear Fete Invitational hosted by George Fox University returns on Saturday, Sept. 22, with an updated name and a new site. Coaches John Smith and Mike Hickey have added the name of former Bruin coach Wes Cook to the title, honoring the 19-year coach of the GFU cross country and track and field programs who led the Bruins to national prominence before retiring at the end of the 2006 track and field season.

The event will consist of the men's 8K race at 10:00 a.m. and the women's 6K race at 10:45 a.m. The new venue is Willamette Mission State Park near Brooks, Ore., after many years at Champoege State Heritage Area.

"Although it is a little further away, we think everyone will really enjoy this new place," says Coach Hickey. "It is very scenic, and the race course has been basically designed as a 2K loop that the women will cover three times and the men four times. It is a much more spectator-friendly circuit than we have had before."

Directions: Head south on I-5 from Portland or north from Salem and take exit 263 towards Brooks/Gervais. Turn right at Brooklake Rd NE, right at Wheatland Rd N, and left into Willamette Mission State Park.

The Wes Cook Bear Fete Invitational is one of two cross country events the Bruins will host this year at Willamette Mission. The other is the Northwest Conference Championships on Oct. 27.

Additional information is available on the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/2007/bearfete.html.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was

head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Ware, Giffey-Brohaugh HM for NWC Runner of the Week Honors**

Jordan Ware for the men and **Rachel Giffey-Brohaugh** for the women received honorable mention for Northwest Conference Runners of the Week for Sept. 10-16 after good performances in the Sundodger Invitational on Sept. 15 at Lincoln Park in Seattle, Wash.

Ware posted the best time for the Bruins with a 26:04 in the 8K Open race, placing 31st overall and 26th for team scoring. His effort helped the Bruins to finish 7th out of 20 teams competing.

In the women's 6K Open race, **Giffey-Brohaugh** placed 21st overall and 18th for team scoring with a time of 23:02. The Bruin women came in 13th out of 15 teams in the event.

*** 2007 Honors:**

- Paul Rapet

Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)

NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

- Rachel Giffey-Brohaugh

Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)

NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16)

- Jordan Ware

NWC Men's Runner of the Week (HM, Sept. 10-16)

*** Bruin Women 6th, Men 8th in USTFCCCA Pre-Season Regional Rankings**

In the pre-season rankings of NCAA Division III cross country teams by the United State Track and Field and Cross Country Coaches Association (USTFCCCA) of Sept. 11, the George Fox women were rated 6th in the West Region and the Bruin men were 8th in the West.

The top 10 men's teams were predicted to be Colorado College, Willamette University, Occidental College, the University of Puget Sound, Claremont-Mudd-Scripps Colleges, Linfield College, Whitworth University, George Fox University, Pomona-Pitzer Colleges, and Lewis & Clark College.

The women's top 10 consisted of Willamette University, the University of Puget Sound, Whitman College, Colorado College, Lewis & Clark College, George Fox University, Claremont-Mudd-Scripps Colleges, Occidental College, Whitworth University, and the University of Redlands.

For complete national and regional rankings, visit the [USTFCCCA](#) web site.

*** Results Finally Available for Sundodger Men's Open**

Due in an inadvertant omission by the computer technicians working the Sundodger Invitational on Sept. 15, the times for the runners in the Men's 8K Open were left off the printed results of that particular race. As a result, runners knew where they finished and what the team scores were, but not the official times. Results were finally obtained from the University of Washington sports information office. Here are the results for the George Fox men who ran in that race:

Jordan Ware - 26:04 (31st/26th)
Cam Eberhart - 26:11 (35th/29th)
Paul Rapet - 26:25 (43rd/33rd)
Grant Finney - 26:33 (50th/37th)
Brad Higgins - 27:02 (78th/60th)
Adam Haldorson - 29:22 (170th)
Clayton Pugsley - 30:46 (189th)

Complete results are now available on the George Fox web site at www.georgefox.edu/athletics/cross_country/2007/results/0915m.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 15, 2007

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9/15 – SUNDODGER INVITATIONAL: Bruin Men 7th, Women 13th in Sundodger Open Events

SEATTLE, Wash. - In their first 8,000 meter and 6,000 meter events of the new cross country season, the George Fox University men placed seventh and the Bruin women came in 13th in the Open Division races of the Sundodger Invitational hosted by the University of Washington Saturday morning here at Lincoln Park.

The George Fox men collected 185 points to finish seventh out of 20 teams in the 8K race. Spokane Community College took first with 64 points, followed by Lewis-Clark State College with 80. John Riak of St. Martin's University took individual honors over Dak Riek of Spokane CC, but times for the men's Open will be unavailable until Sunday.

The top finisher for the Bruins was Jordan Ware, who was 31st overall and 26th for team scoring. Also scoring for the Bruins were Cam Eberhart (35th/29th), Paul Rapet (43rd/33rd), Grant Finney (50th/37th), and Bradley Higgins (78th/60th).

The Bruin women garnered 263 points in placing 13th of 15 teams in the 6K race. Simon Fraser University took first place with 50 points, topping fellow Canadian college University of British Columbia, which had 72 points. The University of Puget Sound's Emily Timmer won the individual race in 21:30, nipping unattached Meredith MacGregor by two seconds.

Rachel Giffey-Brohaugh paced the Bruins with a time of 23:02, finishing 21st overall and 18th for team scoring. Other George Fox scorers were Anna McLain in 23:31 (35th/29th), Bethany Adams in 24:36 (73rd/62nd), Sarah Curry in 24:52 (82nd/70th), and Nicole Fleming in 25:51 (114th/84th).

Complete results, other than the times of the men's Open, from the Sundodger Invitational Open races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html. Men's times will be posted when they become available.

Next up for George Fox is the Bruins' own Wes Cook Bear Fete Invitational at Willamette Mission State Park near Brooks, Ore. The men's 8K race will begin at 10:00 a.m., followed by the women's 6K race at 10:45 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, September 13, 2007

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9/13 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Bruins Open with Short Races in Whitman Invitational
- * Coming Up: Sundodger Invitational at UW in Seattle
- * Information on Bruins' Wes Cook Bear Fete Invitational
- * Rapet, Giffey-Brohaugh BAA Winners, HM for NWC Honors

RECENT EVENTS: Bruins Open with Short Races in Whitman Invitational

* Sept. 1 - Whitman Invitational at Ft. Walla Walla Park, Walla Walla, Wash.
--- Men - 3rd of 6 / Women - 4th of 6
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COMING UP:

Sat., Sept. 15 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- 9:00 am - Men's Open 8K / 9:40 a.m. - Women's Open 6K

After a short-distance tune-up at the Whitman Invitational two weeks ago, the 2007 cross country season begins in earnest for the George Fox Bruins this Saturday in the Sundodger Invitational hosted by the University of Washington at Lincoln Park in Seattle. The Bruins will compete in the Open events; there are Invitational races primarily for NCAA Division I programs following the Opens.

Directions to Lincoln Park: Take West Seattle Freeway exit off of I-5 from either north or south. Head into west Seattle. Take a right onto Fauntleroy Way and follow signs to Vashon Ferry terminal. Lincoln Park is on the west side of Fauntleroy Way.

*** Information on Bruins' Wes Cook Bear Fete Invitational**

After a one-year absence, the Bear Fete Invitational hosted by George Fox University returns on Saturday, Sept. 22, with an updated name and a new site. Coaches John Smith and Mike Hickey have added the name of former Bruin coach Wes Cook to the title, honoring the 19-year coach of the GFU cross country and track and field programs who led the Bruins to national prominence before retiring at the end of the 2006 track and field season.

The event will consist of the men's 8K race at 10:00 a.m. and the women's 6K race at 10:45 a.m. The new venue is Willamette Mission State Park near Brooks, Ore., after many years at Champoege State Heritage Area.

"Although it is a little further away, we think everyone will really enjoy this new place," says Coach Hickey. "It is very scenic, and the race course has been basically designed as a 2K loop that the women will cover three times and the men four times. It is a much more spectator-friendly circuit than we have had before."

Directions: Head south on I-5 from Portland or north from Salem and take exit 263 towards Brooks/Gervais. Turn right at Brooklake Rd NE, right at Wheatland Rd N, and left into Willamette Mission State Park.

Additional information is available on the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/2007/bearfete.html.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran

coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Rapet, Giffey-Brohaugh BAA Winners, HM for NWC Honors**

Paul Rapet for the men and **Rachel Giffey-Brohaugh** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Aug. 27-Sept. 2 and received honorable mention for Northwest Conference Runners of the Week after good showings in the Whitman Invitational on Sept. 1 at Ft. Walla Walla Park in Walla Walla, Wash.

Rapet posted the best time for the Bruins with a 20:20.83 in the 6K race, placing 8th overall and 8th for team scoring. He had the third-best time among NWC runners.

In the women's 4K race, **Giffey-Brohaugh** placed 5th overall and 4th for team scoring with the second-best time of any Northwest Conference athlete at 15:48.57.

*** 2007 Honors:**

- **Paul Rapet** - Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2); NWC Men's Runner of the Week (HM-Aug. 27-Sept. 2)

- **Rachel Giffey-Brohaugh** - Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2); NWC Women's Runner of the Week (HM-Aug. 27-Sept. 2)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 1, 2007

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9/1 – WHITMAN INVITATIONAL: Bruin Men Third, Women Fourth in Whitman Warmup Races

WALLA WALLA, Wash. - In a pair of races that were planned to be shorter than usual because of their earliness in the cross country season, the George Fox University men finished third and the Bruin women were fourth in the Whitman College Invitational Saturday morning here at Ft. Walla Walla Park.

The Bruin men earned 74 points in the 6K race (most college races are 8K), trailing winner Lewis-Clark State College with 22 points and Whitworth University with 49. Behind the top three were Whitman with 93, Clackamas College with 130, and the University of Great Falls, which had no team score.

Paul Rapet posted the best time for the Bruins with a 20:20.83, placing 8th overall and 8th for team scoring. Other Bruins who scored were Jordan Ware in 20:28.31 (11th/11th), Grant Finney in 20:31.88 (13th/13th), Cam Eberhart in 20:33.25 (16th/16th), and Bradley Higgins in 21:17.97 (28th/26th).

The individual winner was Calin Hantau of Lewis-Clark State in 19:29.92, well ahead of runner-up Nick Gallagher of Whitworth in 19:46.65.

In the women's 4K race (as opposed to the usual 6K), Lewis-Clark State again took the top spot with 27 points, followed by Whitman with 46, Whitworth with 66, George Fox with 91, and Clackamas and Great Falls had no team scores.

Rachel Giffey-Brohaugh placed fifth overall and fourth for team scoring for George Fox with the second-best time of any Northwest Conference athlete in the race at 15:48.57. Also scoring for the Bruins were Anna McLain in 16:21.06 (14th/12th), Sarah Curry in 17:10.75 (35th/24th), Nicole Fleming in 17:32.92 (39th/25th), and Bethany Adams in 18:24.16 (48th/26th).

Jenny Jensen of Lewis-Clark State took top honors with a mark of 15:27.86, edging teammate Kyli Astle who ran a 15:29.72.

The Bruins will be off next weekend before returning to action in the Sundodger Invitational, hosted by the University of Washington at Lincoln Park in Seattle, on Saturday, Sept. 15. The women's open 6K will be run at 9 a.m., followed by the men's open 8K at 9:40 a.m. Invitationals for Division I programs will follow later in the morning.

Complete results of the Whitman Invitational races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, August 31, 2007

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8/31 – PREVIEW: Bruin Veterans to Shoulder Key Loads in 2007 Cross Country Seasons

NEWBERG, Ore. - After watching his teams finish in the top half of the Northwest Conference and NCAA Division III West Regional races in 2006 in his first season, George Fox University associate head coach **Mike Hickey** expects the Bruins to continue their improvement during the 2007 men's and women's cross country campaigns.

The Bruin men placed fourth in the NWC Championship and seventh in the West Regional, while the GFU women were fourth in the NWC and fifth in the West. The major loss for the men was Jake Moe, who was All-NWC (5th) and All-West Region (16th). The women will be without Jessica Beach, who was All-West Region (30th) and four-year runners Whitney Warren and Leighann Fischer, the latter now an assistant coach for the Bruins.

Despite those losses to graduation, the optimistic Hickey professes, "I prefer to concentrate on what we have, rather than on what we don't have, and I think we have a chance to move up in both the conference and the region."

Women

"We have three seniors on the women's side," Hickey notes, "and should be a better team because of the progress they have made since last year."

Included in that trio are **Anna McLain** (Sr., Medina, Wash. / Bellevue Christian HS), **Rachel Giffey-Brohaugh** (Sr., Renton, Wash. / Christian Faith HS), and **Bethany Adams** (Sr., Portland, Ore. / Westside Christian HS). The Bruins' other returning letterwinner is **Bethany Strutz** (So., Billings, Mont. / Billings HS).

McLain, who went to the NCAA Division III Nationals as a freshman but has battled injuries since, earned All-West Region honors last fall (14th) and was the Bruins' top finisher in the NWC race (16th). Giffey-Brohaugh, who went to the NCAA track and field nationals and set a Bruin record in the 800 meter run in the spring, was 26th in the NWC and 37th in the regional, while Adams was 23rd in the NWC and 40th in the regional. Strutz was 70th in the region.

"Rachel is our team captain this year and has come off the summer looking stellar," observes Hickey. "She has set the pace for us early in the year and may have a shot at the nationals if she can continue to progress at this rate. Anna and Bethany have also come back strong and ready to have excellent senior seasons."

The Bruins have added two freshmen to the squad with whom Hickey has been impressed in **Nicole Fleming** (Fr., McKenzie Bridge, Ore. / McKenzie HS) and **Sarah Curry** (Fr., Portland, Ore. / Beaverton HS). Fleming finished second in the Oregon IA State Championships, while Curry competed for one of the top programs in the state at the 6A level.

"We have some great attitudes on this team, and this is the most enjoyable group I've had to work with in nine years of coaching," proclaims Hickey. "We will be more competitive this year, and we're going to have to be better and ready to go - there are a lot of returning runners at other schools and the West Region is going to be highly competitive."

Men

Despite the loss of Moe, one to the top 10 runners in school history, Hickey believes his men's team has a chance to move up in the conference and region, predicting that "while Jake was a big loss, some of the slack should be taken up by improved efforts from some of our younger athletes."

Grant Finney (Sr., Tigard, Ore. / Southridge HS) is the only senior on this year's squad and will be the team captain. He placed 62nd in the West Regional race last year.

"Grant is as strong and fit as I have ever seen him," Hickey comments. "He has worked extremely hard and has been leading the field in our hard runs. We expect an outstanding senior season from him."

A trio of returning sophomores who provide a solid nucleus for the Bruins' future include **Cam Eberhart** (So., Albany, Ore. / West Albany HS), **Paul Rapet** (So., Medford, Ore. / South Medford HS), and **Jordan Ware** (So., Boise, Idaho / Centennial HS). Eberhart earned All-West Region honors by placing 31st and was 22nd in the NWC championships, Rapet was 38th in the region and 25th in the NWC, and Ware was 56th in the West and 40th in the NWC.

"Jordan had an excellent summer of training after a strong freshman year," Hickey remarks. "Paul and Cam have a little bit of catching up to do but are working extremely hard to get in shape and should have fine sophomore seasons."

The Bruins' fifth returnee is **Adam Haldorson** (Jr., Creswell, Ore. / Springfield HS), of whom Hickey says, "Adam has worked hard and is beginning to reap the benefits of his perseverance. He should make some nice contributions this year."

This year's two newcomers to the men's team are **Bradley Higgins** (Fr., Grants Pass, Ore. / Grants Pass HS) and **Clayton Pugsley** (Fr., Canby, Ore. / Canby HS).

"One of our pleasant surprises has been Bradley," says Hickey, "a high school all-conference performer who gives us a solid No. 5 runner. Clayton is a mid-distance runner who comes to us from a strong program at Canby."

The season begins for the Bruins Saturday, Sept. 1, in the Whitman College Invitational at Ft. Walla Walla Park in Walla Walla, Wash. The women will compete in a 4K race at 10:45 a.m., followed by the men's 6K race at 11:15 a.m. All the other races this fall will be 6K for the women and 8K for the men.

George Fox will host two events this season at their new home course at Willamette Mission State Park in Brooks, Ore.: the Wes Cook Bear Fete Invitational on Sept. 22 and the Northwest Conference Championships on Oct. 27. The men will run at 10:00 a.m. and the women at 11:00 a.m. at both events.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, November 10, 2007

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11/10 - WEST REGIONALS: Two Bruins Earn All-Region as Men Place 9th, Women 11th

ESTACADA, Ore. - Cam Eberhart and Rachel Giffey-Brohaugh of George Fox University earned All-Region honors while leading the Bruin men to ninth place and the women to 11th respectively in the NCAA Division III West Regional cross country races held Saturday here at Milo McIver State Park.

It was the second straight year for Eberhart, a sophomore, to garner All-Region as he finished 26th overall and for team scoring in the men's 8K race. Giffey-Brohaugh, a senior, made All-Region for the first time with a time of 23:05.55 in the women's 6K event, placing 22nd overall and 19th for scoring purposes. The top 35 in each race receive All-Region recognition.

The Bruin men earned 243 points in finishing ninth out of 13 teams. Willamette University won the race with 50 points to 72 for runner-up Occidental College. Kevin Chaves of Occidental was the individual winner with a time of 24:34.85, the third-best mark in West Region history.

Other George Fox counting times were Grant Finney in 26:49.80 (41st/40th), Paul Rapet in 26:52.15 (42nd/41st), Jordan Ware in 27:19.15 (62nd/60th), and Bradley Higgins in 28:27.35 (79th/76th).

The Bruin women had 230 points to place 11th out of 16 teams. Willamette also won that one with 43 points, with the University of Puget Sound a distant second with 86 points. Defending national champion Sarah Zerzan of Willamette won the women's title for the third year in a row with a West Region record time of 20:51.65.

Also scoring for the Bruins were Anna McLain in 23:42.70 (38th/34th), Bethany Adams in 23:53.40 (48th/44th), Lisa Mensonides in 24:21.50 (68th/60th), and Nicole Fleming in 24:45.90 (81st/73rd).

The top two teams plus the top seven individuals who are not on either of those two teams now advance to the NCAA Division III National Championships, set for Saturday, Nov. 17, in Northfield, Minn., and hosted by St. Olaf College.

Complete results of both the men's and women's West Regional races, courtesy of regional host Lewis & Clark College's sports information office, 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 – Wednesday, October 31, 2007

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10/31 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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

HIGHLIGHTS:

- * Recent Events: Men 5th, Women 8th in NWC Championships
- * Coming Up: West Regionals at McIver State Park on Nov. 10
- * Eberhart Bruin Athletic Association Athlete of the Week
- * Bruin Men Up to 8th in Latest USTFCCA Regional Rankings
- * Personal Marks: : Three Bruins Set New Marks in NWC Races

RECENT EVENTS: Men 5th, Women 8th in NWC Championships

* Oct. 27 – Northwest Conference Championships at Willamette Mission State Park, Brooks, Ore.

--- Men – 5th of 9 / Women – 8th of 9

[Press Release](#) / [Men's Results](#) / [Women's Results](#)

COMING UP: West Regionals at McIver State Park on Nov. 10

Sat., Nov. 10 – NCAA Division III West Regionals at McIver State Park, Estacada, Ore.

--- 11:00 a.m. - Women's 6K / 12:00 p.m. - Men's 8K

Lewis & Clark College will be the host institution for the 2007 NCAA Division III West Regional cross country races coming up Saturday, Nov. 10, at Milo McIver State Park in Estacada, Ore. The women's 6,000 meter race will be held first at 11:00 a.m., followed by the men's 8,000 meter race at 12:00 noon.

Willamette University won both titles last year and will be the favorite in both races this fall as well. The Bearcats are ranked 5th in both the men's and women's USTFCCA national polls and 1st in the West Region. Other top contenders for the men's crown, ranked in the top five in the region, are Colorado College, Linfield College, Occidental College, and Claremont-Mudd-Scripps Colleges. Challengers for the women's championship could include the University of Puget Sound, Colorado College, Occidental, and Lewis & Clark.

The George Fox women placed 5th and the men 7th in the regionals last year. Anna McLain finished 14th in the women's race and Cam Eberhart was 31st in the men's race, both earning All-West region honors by placing in the top 35, and hope to do so again.

The top two teams in each race automatically qualify for the NCAA Division III National Championships, along with the top seven individual runners not on those teams. There will also be 16 at-large or wild-card team positions available, split among the eight D-III regions in the country. The NCAA National Championships this year are set for Saturday, Nov. 17, in Northfield, Minn., hosted by Carleton College.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Eberhart Bruin Athletic Association Athlete of the Week**

With a strong showing in the Northwest Conference Championship men's 8K race on Oct. 27, **Cam Eberhart** has been named the Bruin Athletic Association Men's Athlete of the Week for Oct. 22-28. He ran a time of 26:08.63 on the Bruins' home course at Willamette Mission State Park near Brooks, Ore., finishing 19th overall out of 74 runners and 17th for team scoring. It was his best time of the season and the second-best by a Bruin this fall. His efforts helped lift the Bruins to a 5th-place finish in the NWC Championship.

*** 2007 Honors:**

Paul Rapet

- Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

Rachel Giffey-Brohaugh

- Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30; HM, Oct. 8-14)

Jordan Ware

- NWC Men's Runner of the Week (HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30)

Cam Eberhart

- Bruin Athletic Association Men's Athlete of the Week (Oct. 22-28)
- NWC Men's Runner of the Week (HM, Oct. 8-14)

*** Bruin Men Up to 8th in Latest USTFCCCA Regional Rankings**

After finishing 5th in the Northwest Conference Championship race on Oct. 27, the George Fox men climbed one spot to 8th in the West Region in the latest rankings of NCAA Division III cross country teams by the United States Track and Field and Cross Country Coaches Association (USTFCCCA) for Oct. 30. Willamette (5th nationally) remains atop the region, followed by Colorado College (19th), Linfield, Occidental, Claremont-Mudd-Scripps, Whitworth, Puget Sound, George Fox, Whitman, and Lewis & Clark.

For complete national and regional rankings, visit the [USTFCCCA](http://ustfccca.org) web site.

*** Personal Bests: Three Bruins Set New Marks in NWC Races**

First-year runners **Sarah Curry** and **Nicole Fleming** both set new personal records for a 6K race in the Northwest Conference Championships on Oct. 27 at Willamette Mission State Park near Brooks, Ore. Curry posted a time of 24:18.68 in finishing 55th, while Fleming had a time of 25:09.16 and came in 61st.

The only Bruin men's runner to set a new personal mark in the 8K race at the NWC Championships was **Grant Finney**, who ran a 26:15.97 to place 21st. He broke his own mark he set two weeks ago with a time of 26:21 in the Santa Clara Bronco Invitational in Sunnyvale, Calif., on Oct. 13.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 27, 2007

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10/27 – NWC CHAMPIONSHIPS: Willamette Again Lays Claim to Northwest Conference Crowns

BROOKS, Ore. - For the sixth year in a row, the Willamette University women have claimed the Northwest Conference cross country crown, while the Bearcat men's team captured its seventh consecutive NWC title with their victories in the 2007 NWC Championships, hosted by George Fox University, Saturday here at Willamette Mission State Park.

Women's 6K

The 7th-ranked Willamette women their seventh overall NWC championship with 39 points, taking a comfortable win over the University of Puget Sound, which had 58 points. Lewis & Clark College took third with 121 points, followed by Whitman College fourth with 131, Whitworth University and Pacific Lutheran University in a tie for fifth with 140, Linfield College seventh with 143, host George Fox eighth with 184, and Pacific University ninth with 222.

Sarah Zerzan successfully defended her 2006 individual title against 79 other runners with a time of 20:36.01, just short of the NWC 6K record she set last year of 20:32.66 at the Pacific Lutheran golf course in Tacoma, Wash. Zerzan bested teammate Maddie Coffman, who ran a 21:05.80, by almost half a minute. Amanda Phillips of Lewis & Clark took third in 21:13.77.

Those three, along with the next four runners - Brittany Hodgson, Emily Timmer, and Kenna Patrick of Puget Sound, and Tamma Carleton of Lewis & Clark - earned All-Conference First Team honors. The eighth through 14th runners were All-NWC Second Team: Kelsey Owens of Pacific, Jena Winger of Willamette, Jo E. Mayer of Whitworth, Marci Klimek and Casey Stepan of Linfield, and Carly Killam and Ashley Sharratt of Willamette.

Coach Matt McGuirk of Willamette was voted by his peers as NWC Women's Coach of the Year.

The best effort for host George Fox came from Rachel Giffey-Brohaugh, who was 25th overall and 23rd for team scoring with a time of 23:14.16. Other counting Bruins were Anna McLain in 23:18.50 (29th/27th), Lisa Mensonides in 23:44.38 (44th/41st), Bethany Adams in 24:02.28 (49th/45th), and Sarah Curry in 24:18.68 (55th/48th).

Men's 8K

Capturing the top three places and with five runners in the top nine, 5th-ranked Willamette breezed to its 17th conference men's championship with 21 points, the best NWC score since the 1979 Bearcat team won with 16 points. Runner-up Linfield came in with 70 points, followed by Whitworth in third with 83, Puget Sound fourth with 85, host George Fox fifth with 126, Whitman sixth with 153, Lewis & Clark seventh with 183, Pacific Lutheran eighth with 251, and Pacific ninth with 272.

Willamette's Tristan Knutson-Lombardo ran a 25:00.34 to supplant teammate Ian Batch as the men's champion. Batch was second in 25:08.70, with Taylor Roholt in 25:17.90 making it the story of the three Bearcats. Nicholas Gallagher of Whitworth was fourth, Francis Reynolds of Puget Sound fifth, Josh Clough of Willamette sixth, and Harrison Wilson of Linfield seventh, rounding out the All-Conference First Team.

Second Team All-NWC members, finishing eighth through 14th, were Shawn Pollard of Linfield, Lucas May and Lucas Nebert of Willamette, Dusty Caseria of Whitworth, Trevor Hanlin of Puget Sound, Shawn Fisher of Linfield, and Kyle Kotaich of Willamette.

Willamette's McGuirk completed a sweep of Coach of the Year honors when he was voted the top men's mentor as well.

Cam Eberhart, Grant Finney, and Jordan Ware led the way for the host Bruins, Eberhart taking 19th overall and 17th for team scoring with a mark of 26:08.63, Finney finishing 21st overall and 19th for scoring with a 26:15.97, and Ware taking 23rd/21st in 26:22.91. Also counting for George Fox were Paul Rapet in 26:51.21 (33rd/30th) and Bradley Higgins in 27:29.76 (45th/39th).

This was the first year for George Fox to run races at Willamette Mission after several years at Champoeg State Heritage Area, so the NWC event was only the second one ever held here. As a result, the times for Zerzan and Knutson-Lombardo were new course records.

Complete results of both the men's and women's Northwest Conference Championships may be found on line at the George Fox cross country website at www.georgefox.edu/athletics/cross_country/index.html.

The next event for all conference teams is the NCAA Division III West Regional Championships on Saturday, Nov. 10, at McIver State Park in Estacada, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, October 25, 2007

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10/25 – NWC CHAMPIONSHIPS: Willamette Teams Poised to Repeat as Conference Champs

NEWBERG, Ore. - Both Willamette University teams will be favored to repeat as champions when the Northwest Conference Men's and Women's Cross Country Championships commence this Saturday, Oct. 27, at George Fox University's new cross country course at Willamette Mission State Park near Brooks, Ore.

The women's 6,000 meter race begins at 11:00 a.m., followed by the men's 8,000 meter race at 12:00 noon. This is the first year George Fox has hosted meets at Willamette Mission after many years of running at the Champoeg State Heritage Area near St. Paul, Ore., and the second time (1997 was the other) the Bruins have hosted the NWC Championships.

Willamette's men have won the last six NWC titles, while the Bearcat women have come out on top in each of the last five conference meets. With USTFCCCA national rankings of fifth for the men and seventh for the women, and No. 1 rankings in the West Region for both, the Bearcats are considered strong enough to do well on the national scene. Each team also features the defending conference champion: Ian Batch for the men, who ran a 24:30.70 on the Pacific Lutheran University Golf Course in Tacoma, Wash., to win last year's meet, and Sarah Zerzan, whose 20:32.66 at PLU was the women's best time.

Also back for the Willamette men are Josh Clough, who was First Team All-Conference after placing sixth in last year's race, and Kyle Kotaich, a Second Team All-NWC runner after finishing 10th.

No other men's teams are nationally ranked, but five other NWC teams are listed in the West Region top 10 and hope to give Willamette a run for its money. Linfield College is third in the region, with Whitworth University sixth, the University of Puget Sound seventh, Whitman College eighth, and George Fox ninth.

Linfield is led by Harrison Wilson, who had the best time among college runners in the first race ever run at Willamette Mission, the Wes Cook Bear Fete Invitational on Sept. 22, and was an NWC Runner of the Week for that effort. He came in second to Batch in last year's championship meet and was First Team All-Conference. The Wildcats' Shawn Pollard was an NWC Runner of the Week after a second-place finish in the Lewis & Clark Invitational.

Whitworth's Nick Gallagher has been a two-time NWC Runner of the Week and will be a strong contender for the title, along with the Pirates' Dusty Caseria. For Puget Sound, Trevor Hanlin, a First Team All-NWC performer with a fourth-place finish last year, Francis Reynolds and Graham Klag are a trio who give the Loggers a shot at the top.

Whitman's Missionaries are a team on the rise behind Brian Woods and Sam Hennessey. Jordan Ware has been George Fox's leading runner in most races, but the Bruins will benefit from the return of Paul Rapet from a mid-season injury.

Other leading runners could be Richie LeDonne of the Lewis & Clark Pioneers, Sean Leon-Guerrero of the Pacific Boxers, and Kenneth Chilcoat of the Pacific Lutheran Lutes.

In the women's race, Zerzan is backed by Willamette teammate Maddie Coffman, who ran ninth in last year's meet to earn Second Team All-NWC honors. The Bearcats edged Puget Sound 50-54 last year, and should get their stiffest challenge from the Loggers again, as well as from Whitman. The Logger women are ranked 19th nationally and second in the region, while the Missionaries are 33rd nationally and third in the region. Other regionally-ranked teams are Whitworth (fourth), Lewis & Clark (ninth), and Pacific Lutheran (10th).

First Team All-NWC Emily Timmer, who was second to Zerzan in last year's race, and Brittany Hodgson of Puget Sound, also a First Teamer after finishing fifth, have certainly proven themselves. Each was selected as an NWC Runner of the Week once this fall. Whitman has gotten impressive seasons from Yasmeen Colis, Sara McCune, and Emily Rodriguez, who have collectively been nominated for NWC Runner of the Week six times.

Whitworth's Jo E. Mayer will compete for top honors, as will Amanda Phillips of Lewis & Clark, a Second Team-All-NWC runner who has earned three NWC Runner of the Week honors this year, the most in the league. Phillips' Pioneer teammate, Tamma Carleton, was third in last year's race and is back for another shot at the crown. Corrine Gogert and Lauren McDonald are a talented twosome for the Lutes of Pacific Lutheran.

George Fox, which was ranked sixth regionally in the pre-season, got off to a slow start but has come on strong in recent weeks behind Sarah Giffey-Brohaugh and Anna McLain. Kelsey Owens of Pacific has been the Boxers' leading runner, nominated four times for weekly honors, while Charlotte Trowbridge and Marci Klimek will lead the Linfield efforts.

Final results of the Northwest Conference Championships will be posted some time around mid-afternoon Saturday on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/index.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Wednesday, October 17, 2007

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10/17 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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

HIGHLIGHTS:

- * Recent Events: Women 2nd, Men 15th in Santa Clara Bronco Races
- * Coming Up: NWC Championships Oct. 27 Hosted by George Fox
- * Giffey-Brohaugh, Eberhart HM for NWC Runner of Week Honors
- * Bruin Men Ranked 9th in Latest USTFCCA Regional Rankings
- * Personal Marks: Two Bruin Women Set New 5K Marks

RECENT EVENTS: Women 2nd, Men 15th in Santa Clara Bronco Races

* Oct. 13 – Santa Clara Bronco Invitational at Baylands Park, Sunnyvale, Calif.
--- / Women – 2nd of 6 (5K Open) / Men – 15th of 17 (8K Invitational)
[Press Release](#) / [Results \(M&W\)](#)

COMING UP: NWC Championships Oct. 27 Hosted by George Fox

Sat., Oct. 27 – Northwest Conference Championships at Willamette Mission State Park Brooks, Ore.
--- 11:00 a.m. - Women's 6K / 12:00 p.m. - Men's 8K

George Fox University will host the 2007 Northwest Conference Championships for men's and women's cross country on Saturday, Oct. 27, on the Bruins' new home course at Willamette Mission State Park.

The women's 6,000 meter race will be held first at 11:00 a.m., followed by the men's 8,000 meter race at 12:00 noon. The two races alternate going first each year.

George Fox last hosted the NWC Championships in 1997 at Champoege State Heritage Area near St. Paul, Ore. The Bruins changed home courses this year because of a growing scarcity of available dates at Champoege and to develop a more spectator-friendly course.

Willamette University has won the men's title each of the last six years, and the women's title five years in a row. With both teams in the top 10 nationally again this year, they will be the favorites to defend their crowns. Last year's individual champions, Ian Batch and Sarah Zerzan of Willamette, are back with eyes on repeating.

A web site for NWC Championship details and results linked from the George Fox cross country home page will appear shortly.

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Giffey-Brohaugh, Eberhart HM for NWC Runner of Week Honors**

Rachel Giffey-Brohaugh for the fifth time and **Cam Eberhart** for the first time have received honorable mention for Northwest Conference Runners of the Week for Oct. 8-14 after their performances in the Santa Clara Bronco Invitational on Oct. 13 at Baylands Park in Sunnyvale, Calif.

In the women's 5K Open race, **Giffey-Brohaugh** placed 2nd out of 59 runners, only five seconds off the pace of winner Christine Jowaiszas of Division I Sacramento State, with a time of 18:56. Her outstanding race was a major reason the Bruins scored 51 points and finished 2nd as a team. She has been the Bruins' top runner in all five races in which they have competed this fall.

Eberhart posted the best time for the Bruin men with a 26:14 in the 8K race, placing 63rd out of 158 runners. The Bruins scored 402 points and came in 15th out of 17 teams, but 12 of the teams were Division I.

*** 2007 Honors:**

Paul Rapet

- Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

Rachel Giffey-Brohaugh

- Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)
- NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30; HM, Oct. 8-14)

Jordan Ware

- NWC Men's Runner of the Week (HM, Sept. 10-16; HM, Sept. 17-23; HM, Sept. 24-30)

Cam Eberhart

- NWC Men's Runner of the Week (HM, Oct. 8-14)

*** Bruin Men Ranked 9th in Latest USTFCCCA Regional Rankings**

After three weeks in 8th, the George Fox men slipped one spot to 9th in the West Region in the latest rankings of NCAA Division III cross country teams by the United States Track and Field and Cross Country Coaches Association (USTFCCCA) for Oct. 16.

Willamette University (5th nationally) remains atop the region, followed by Colorado College (31st), Linfield College, Claremont-Mudd-Scripps Colleges, Occidental College (35th), Whitworth University, the University of Puget Sound, Whitman College, George Fox, and Pomona-Pitzer Colleges.

For complete national and regional rankings, visit the [USTFCCCA](http://ustfccca.org) web site.

*** Personal Bests: Two Bruin Women Set New 5K Marks**

Bethany Adams and **Nicole Fleming** both set new personal records for the women's 5K in the Santa Clara Bronco Invitational at Baylands Park in Sunnyvale, Ore., on Oct. 13. Adams ran a time of 19:16, topping her previous best of 19:39.70 set two weeks earlier in the Charles Bowles Invitational, while Fleming's 20:45 was almost four seconds better than the 20:48.85 she ran at the Bowles meet.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, October 13, 2007

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10/13 – BRONCO INVITATIONAL: Giffey-Brohaugh Runs to 2nd Place in Santa Clara Open

SUNNYVALE, Calif. - Rachel Giffey-Brohaugh ran to a second-place overall finish and first place for team scoring purposes in the women's 5K Open race, highlighting a strong effort by the George Fox University women's cross country team in the Santa Clara Bronco Invitational Saturday morning here at Baylands Park.

Giffey-Brohaugh covered the course in 18:56, her second-best 5K time ever, and trailed winner Christine Jowaiszas of the University of San Francisco by only five seconds. Other key performances for the Bruins came from Anna McLain, who ran a 19:12 (9th/7th), Bethany Adams with a 19:16 (11th/9th), Sarah Curry with a 20:18 (23rd/15th), and Nicole Fleming with a 20:45 (28th/19th). Adams, a senior, and Fleming, a junior, set new personal records for a 5K race, while Curry, another freshman, was running a 5K for the first time.

Those finishes added up to 51 points for George Fox, behind only Sacramento State University, which had 25 points. After that came San Jose State University with 56, Westmont College with 115, Modesto Junior College with 136, and Sonoma State University with 142.

"Every season has ups and downs, and it is up to each individual athlete to find the character needed to persevere and push through the tough times, and our women are starting to exemplify that," said George Fox coach Mike Hickey. "We ran a terrific race today, starting with Rachel, who almost won the thing. We got a good race out of Anna, an outstanding effort out of Bethany, and our two freshmen are beginning to understand what it takes to compete for a college program."

The Bruin men did not fare quite as well in the men's 8K Invitational, placing 15th out of 17 teams with 402 points. Long Beach State University took the team title with 85 points to 111 for Loyola Marymount University, while individual honors went to unattached Brendan Gregg in 24:36, followed by Mike DeLaurenti of host Santa Clara in 24:49.

The Bruins' best time was posted by Cam Eberhart with a mark of 26:14, good for 63rd overall and 53rd for team scoring. Also producing points for the Bruins were Grant Finney with a 26:21 (75th/64th), Jordan Ware with a 26:36 (91st/75th), Bradley Higgins with a 28:04 (138th/102nd), and Adam Haldorson with a 30:31 (153rd/108th).

"It was a rough day score-wise for our men" admitted Hickey. "Our two sophomores (Eberhart and Ware) ran well, and Grant had a solid race, but it could be tough going for us until we get Paul Rapet back from an injury."

Complete results of Santa Clara Bronco Invitational, courtesy of the Santa Clara sports information office, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

The Bruins will be off next weekend before hosting the Northwest Conference Championships on Saturday, Oct. 27, at Willamette Mission State Park near Brooks, Ore. The women's 6K race will start at 11:00 a.m., followed by the men's 8K race at 12:00 noon.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 29, 2007

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9/29 – CHARLES BOWLES INVITATIONAL: Bruin Women 17th, Men Incomplete at Bowles Meet

SALEM, Ore. - For the fourth time in as many races this season, Rachel Giffey-Brohaugh was the top runner for the George Fox University women's cross country team as the Bruins finished 17th in the "Cardinal" division of the Charles Bowles Invitational hosted by Willamette University Saturday morning here at Bush's Pasture Park.

Jordan Ware placed 75th as the best runner for the George Fox men, but the Bruins did not score as a team, taking an incomplete because only four members of the team competed, and five are needed for a team score.

George Fox collected 422 points in the women's 5K race for 17th place out of 26 teams. Host Willamette edged the University of British Columbia 101-115 for team honors. The individual winner was Sarah Zerzan of Willamette in 17:20.15, 10.95 seconds ahead of Elizabeth Chepkosgei of the University of Alaska-Anchorage.

Giffey-Brohaugh completed the race in a time of 18:43.90, setting a new personal record for the 5K while placing 33rd overall and 32nd for team scoring. Others who earned points for the Bruins were Anna McLain in 19:12.15 (58th/55th), Bethany Adams in 19:39.70 (87th/81st), Lisa Mensonides in 20:16.25 (135th/117th), and Nicole Fleming in 20:48.85 (169th/137th). Adams also set a new personal mark for the 5K.

Willamette also won the men's race comfortably, with 63 points to 123 for runner-up Aquinas College. Chris Erichsen of St. John's University (Minn.) beat teammate Kelly Fermoye 24:10.65 to 24:24.40 for individual honors.

Ware led the Bruins for the third time this fall with a time of 26:09.81 in the men's 8K race. Also running were Grant Finney in 26:27.65 (94th), Cam Eberhart in 26:33.45 (104th), and Adam Haldorson in 29:21.45 (218th). It was a new personal best for Haldorson.

One of the largest cross country events nationally every fall, this year's Charles Bowles Invitational featured 1,352 entrants and six races - the "Cardinal" races for small college athletes, the "Gold" races for major college runners, and races for high school boys and girls.

Complete results of Charles Bowles Invitational, courtesy of the Willamette sports information office, are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

The Bruins will take next weekend off before entering the Santa Clara University Bronco Invitational at Baylands Park in Sunnyvale, Calif., on Saturday, Oct. 13. Events there are scheduled to begin at 9:30 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 28, 2007

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9/28 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Men 2nd, Women 3rd at Wes Cook Bear Fete Invitational
- * Coming Up: Bruins Entered in Huge Charles Bowles Invitational
- * Ware, Giffey-Brohaugh HM for NWC Runner Honors Again
- * Bruin Men 8th in Latest USTFCCA Regional Rankings
- * Personal Bests: Seven Bruins Have Established New Marks This Fall

RECENT EVENTS: Men 2nd, Women 3rd at Wes Cook Bear Fete Invitational

* Sept. 22 - Wes Cook Bear Fete Invitational at Willamette Mission State Park, Brooks, Ore.

--- Men - 2nd of 7 / Women - 3rd of 6

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

COMING UP: Bruins Entered in Huge Charles Bowles Invitational

Sat., Sept. 29 - Charles Bowles Invitational at Bush's Pasture Park, Salem, Ore.

--- 9:00 a.m. - Men's 8K Cardinal / 9:45 a.m. - Women's 5K Cardinal

With some 1,352 entries in six different races this Saturday, the Charles Bowles Invitational at Bush's Pasture Park in Salem, Ore., is one of the largest cross country events in the nation, and the George Fox teams will be a part of it once again.

This year's event featured a "Cardinal" section for small college teams, a "Gold" division for NCAA major colleges, and two new races for high school teams. The Bruins will participate in the "Cardinal" races, with the men's 8K race at 9:00 a.m. and the women's 5K race at 9:45 a.m.

Nationally-ranked teams the Bruins will be up against in the men's race include Willamette (D-III 10th), St. John's University MN (D-III 5th), the University of Alaska-Anchorage (D-II 19th), Aquinas College (NAIA 2nd), Lewis-Clark State College (NAIA 19th), Concordia University-Irvine (NAIA 7th), and Eastern Oregon University (NAIA 9th).

In the women's race, the Bruins will compete against such ranked teams as Willamette (D-III 11th), Puget Sound (D-III 20th), the University of British Columbia (NAIA 8th), Concordia-Irvine (NAIA 13th), Aquinas (NAIA 14th), Point Loma Nazarene University (NAIA 15th), Lewis-Clark State (NAIA 16th), and Northwest University (NAIA 28th).

THE COACHES:

Head coach **John Smith** (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Ware, Giffey-Brohaugh HM for NWC Runner Honors Again**

Jordan Ware, for the second week in a row, and **Rachel Giffey-Brohaugh**, for the third time, received honorable mention for Northwest Conference Runners of the Week for Sept. 17-23 after their showings in the Wes Cook Bear Fete Invitational on Sept. 22 at Willamette Mission State Park in Brooks, Ore.

Ware posted the best time for the Bruins with a 26:18.6 in the 8K race, placing 8th overall and 8th for team scoring. His run led the Bruins to a 2nd-place finish out of seven teams in their own home event.

In the women's 6K race, **Giffey-Brohaugh** placed 8th overall and 8th for team scoring with a time of 23:11.5. The Bruin women came in 3rd out of six teams in the event.

*** 2007 Honors:**

- Paul Rapet

Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)

NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

- Rachel Giffey-Brohaugh

Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)

NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16; HM, Sept. 17-23)

- Jordan Ware

NWC Men's Runner of the Week (HM, Sept. 10-16; HM, Sept. 17-23)

*** Bruin Men 8th in Latest USTFCCCA Regional Rankings**

In the latest rankings of NCAA Division III cross country teams by the United States Track and Field and Cross Country Coaches Association (USTFCCCA) of Sept. 25, the George Fox men were 8th in the West Region, the same spot they held in the pre-season rankings, while the Bruin women slipped from a pre-season 6th place out of the top 10.

The top 10 men's teams in the West are Willamette University (10th nationally), Colorado College (24th), Occidental College (32nd), Claremont-Mudd-Scripps Colleges, Linfield College, Whitworth University, the University of Puget Sound, George Fox, Whitman College, and Pomona-Pitzer Colleges.

For complete national and regional rankings, visit the [USTFCCCA](http://ustfccca.org) web site.

*** Personal Bests: Bruins Have Established New Marks This Fall**

Several Bruins have established new personal records with their times in the first two races of the season.

Among the returning Bruin men, new times in the 8K have been posted by **Grant Finney** (26:22.36 in the Bear Fete Invitational), **Adam Haldorson** (29:22 in the Sundodger Invitational), and **Jordan Ware** (26:04 in the Sundodger Invitational). The Bruins' two freshmen set their college standards in the Sundodger Invitational, **Bradley Higgins** (27:02) and **Clayton Pugsley** (30:46).

The only new marks for the Bruin women in the 6K this year have been set by the team's newest members. **Sarah Curry** ran a 24:52 in the Sundodger Invitational, while **Nicole Fleming** posted a 25:17.20 in the Wes Cook Bear Fete Invitational.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 22, 2007

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9/22 – BEAR FETE INVITATIONAL: Linfield Men, Whitman Women Breeze to Bear Fete Finishes

BROOKS, Ore. - Winning by comfortable margins, the Linfield College men and the Whitman College women captured the Wes Cook Bear Fete Invitational cross country races hosted by George Fox University Saturday morning here at Willamette Mission State Park.

In the men's 8K race, Linfield scored 35 points, followed by George Fox with 65, Willamette University with 73, Whitman with 79, GFU Alumni with 122, Lewis & Clark College with 137, and Pacific Lutheran University with 177. Pacific University had individual runners but no team score.

The individual winner was Allen Wagner, running unattached, with a time of 25:26.10, followed 20 seconds later by Harrison Wilson of Linfield with a 25:46.20. The Wildcats took the 1st, 2nd, 3rd, and 5th spots for team scoring to easily out-distance the runner-up and host Bruins.

George Fox's top runner was Jordan Ware, who placed 8th overall and 7th for scoring with a time of 26:18.60. He was followed closely by Cam Eberhart in 26:22.10 (10th/9th) and Grant Finney in 26:22.36 (11th/10th). Also counting for the Bruins were Paul Rapet in 26:59.40 (20th/18th) and Bradley Higgins in 27:05.90 (23rd/21st).

Bruin alums Brandon Workman (25:51.90), John Mantalas (26:40.20), and David Delmore (27:12.80) also had nice runs, finishing 5th, 14th, and 25th overall.

In the women's 6K race, Whitman tallied 41 points, followed by Lewis & Clark with 82, George Fox with 91, Linfield with 92, Pacific Lutheran with 94, and Willamette with 108. Again, Pacific had individual runners but no team score.

Lewis & Clark took the top two individual spots, Amanda Phillips besting Tamma Carleton by over 27 seconds, 21:46.50 to 22:13.90. Whitman was consistent in taking the 4th, 5th, 7th, 11th, and 14th places to win the team title.

Rachel Giffey-Brohaugh was the Bruins' top runner for the third time in as many races this fall, finishing 8th overall and 6th in scoring with a mark of 23:11.50. She was followed by Anna McLain in 23:50.40 (15th/12th), Bethany Adams in 24:15.80 (26th/21st), Sarah Curry in 25:02.80 (32nd/25th), and Nicole Fleming in 25:17.20 (36th/27th).

The top Bruin alum was Leighann Fischer, now a George Fox assistant coach, who placed 24th overall in 24:12.80.

The Bear Fete Invitational was re-established by the George Fox cross country program this fall after a one-year hiatus, caused when a suitable date could not be found last year at the former home of the event, Champoege State Heritage Area near St. Paul, Ore. The Invitational returned this year with a new title honoring Wes Cook, the former George Fox cross country and track and field coach who took the Bruins to national prominence during his 19-year career at the school (1987-2006). Cook was on hand to serve as a starter for the races and to meet with several of his former athletes who returned for the day.

Complete results of the Wes Cook Bear Fete Invitational are available on the George Fox web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

Next up for the George Fox teams is the Charles Bowles Invitational, hosted by Willamette on Saturday, Sept. 29, at 9:30 a.m. at Bush's Pasture Park in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, September 21, 2007

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9/21 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Bruin Men 7th, Women 13th in Sundodger Invitational
- * Coming Up: Bruins' Wes Cook Bear Fete Invitational Returns
- * Ware, Giffey-Brohaugh HM for NWC Runner of the Week Honors
- * Bruin Women 6th, Men 8th in USTFCCA Pre-Season Regional Rankings
- * Results Finally Available for Sundodger Men's Open

RECENT EVENTS: Bruin Men 7th, Women 13th in Sundodger Invitational

* Sept. 15 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- Men - 7th of 20 / Women - 13th of 15
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COMING UP:

Sat., Sept. 22 - Wes Cook Bear Fete Invitational, Willamette Mission State Park, Brooks, Ore.
--- 10:00 am - Men's 8K / 10:45 a.m. - Women's 6K

After a one-year absence, the Bear Fete Invitational hosted by George Fox University returns on Saturday, Sept. 22, with an updated name and a new site. Coaches John Smith and Mike Hickey have added the name of former Bruin coach Wes Cook to the title, honoring the 19-year coach of the GFU cross country and track and field programs who led the Bruins to national prominence before retiring at the end of the 2006 track and field season.

The event will consist of the men's 8K race at 10:00 a.m. and the women's 6K race at 10:45 a.m. The new venue is Willamette Mission State Park near Brooks, Ore., after many years at Champoege State Heritage Area.

"Although it is a little further away, we think everyone will really enjoy this new place," says Coach Hickey. "It is very scenic, and the race course has been basically designed as a 2K loop that the women will cover three times and the men four times. It is a much more spectator-friendly circuit than we have had before."

Directions: Head south on I-5 from Portland or north from Salem and take exit 263 towards Brooks/Gervais. Turn right at Brooklake Rd NE, right at Wheatland Rd N, and left into Willamette Mission State Park.

The Wes Cook Bear Fete Invitational is one of two cross country events the Bruins will host this year at Willamette Mission. The other is the Northwest Conference Championships on Oct. 27.

Additional information is available on the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/2007/bearfete.html.

THE COACHES:

Head coach John Smith (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name Mike Hickey (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was

head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Ware, Giffey-Brohaugh HM for NWC Runner of the Week Honors**

Jordan Ware for the men and **Rachel Giffey-Brohaugh** for the women received honorable mention for Northwest Conference Runners of the Week for Sept. 10-16 after good performances in the Sundodger Invitational on Sept. 15 at Lincoln Park in Seattle, Wash.

Ware posted the best time for the Bruins with a 26:04 in the 8K Open race, placing 31st overall and 26th for team scoring. His effort helped the Bruins to finish 7th out of 20 teams competing.

In the women's 6K Open race, **Giffey-Brohaugh** placed 21st overall and 18th for team scoring with a time of 23:02. The Bruin women came in 13th out of 15 teams in the event.

*** 2007 Honors:**

- Paul Rapet

Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2)

NWC Men's Runner of the Week (HM, Aug. 27-Sept. 2)

- Rachel Giffey-Brohaugh

Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2)

NWC Women's Runner of the Week (HM, Aug. 27-Sept. 2; HM, Sept. 10-16)

- Jordan Ware

NWC Men's Runner of the Week (HM, Sept. 10-16)

*** Bruin Women 6th, Men 8th in USTFCCCA Pre-Season Regional Rankings**

In the pre-season rankings of NCAA Division III cross country teams by the United State Track and Field and Cross Country Coaches Association (USTFCCCA) of Sept. 11, the George Fox women were rated 6th in the West Region and the Bruin men were 8th in the West.

The top 10 men's teams were predicted to be Colorado College, Willamette University, Occidental College, the University of Puget Sound, Claremont-Mudd-Scripps Colleges, Linfield College, Whitworth University, George Fox University, Pomona-Pitzer Colleges, and Lewis & Clark College.

The women's top 10 consisted of Willamette University, the University of Puget Sound, Whitman College, Colorado College, Lewis & Clark College, George Fox University, Claremont-Mudd-Scripps Colleges, Occidental College, Whitworth University, and the University of Redlands.

For complete national and regional rankings, visit the [USTFCCCA](#) web site.

*** Results Finally Available for Sundodger Men's Open**

Due in an inadvertant omission by the computer technicians working the Sundodger Invitational on Sept. 15, the times for the runners in the Men's 8K Open were left off the printed results of that particular race. As a result, runners knew where they finished and what the team scores were, but not the official times. Results were finally obtained from the University of Washington sports information office. Here are the results for the George Fox men who ran in that race:

Jordan Ware - 26:04 (31st/26th)
Cam Eberhart - 26:11 (35th/29th)
Paul Rapet - 26:25 (43rd/33rd)
Grant Finney - 26:33 (50th/37th)
Brad Higgins - 27:02 (78th/60th)
Adam Haldorson - 29:22 (170th)
Clayton Pugsley - 30:46 (189th)

Complete results are now available on the George Fox web site at www.georgefox.edu/athletics/cross_country/2007/results/0915m.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 15, 2007

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9/15 – SUNDODGER INVITATIONAL: Bruin Men 7th, Women 13th in Sundodger Open Events

SEATTLE, Wash. - In their first 8,000 meter and 6,000 meter events of the new cross country season, the George Fox University men placed seventh and the Bruin women came in 13th in the Open Division races of the Sundodger Invitational hosted by the University of Washington Saturday morning here at Lincoln Park.

The George Fox men collected 185 points to finish seventh out of 20 teams in the 8K race. Spokane Community College took first with 64 points, followed by Lewis-Clark State College with 80. John Riak of St. Martin's University took individual honors over Dak Riek of Spokane CC, but times for the men's Open will be unavailable until Sunday.

The top finisher for the Bruins was Jordan Ware, who was 31st overall and 26th for team scoring. Also scoring for the Bruins were Cam Eberhart (35th/29th), Paul Rapet (43rd/33rd), Grant Finney (50th/37th), and Bradley Higgins (78th/60th).

The Bruin women garnered 263 points in placing 13th of 15 teams in the 6K race. Simon Fraser University took first place with 50 points, topping fellow Canadian college University of British Columbia, which had 72 points. The University of Puget Sound's Emily Timmer won the individual race in 21:30, nipping unattached Meredith MacGregor by two seconds.

Rachel Giffey-Brohaugh paced the Bruins with a time of 23:02, finishing 21st overall and 18th for team scoring. Other George Fox scorers were Anna McLain in 23:31 (35th/29th), Bethany Adams in 24:36 (73rd/62nd), Sarah Curry in 24:52 (82nd/70th), and Nicole Fleming in 25:51 (114th/84th).

Complete results, other than the times of the men's Open, from the Sundodger Invitational Open races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html. Men's times will be posted when they become available.

Next up for George Fox is the Bruins' own Wes Cook Bear Fete Invitational at Willamette Mission State Park near Brooks, Ore. The men's 8K race will begin at 10:00 a.m., followed by the women's 6K race at 10:45 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Thursday, September 13, 2007

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9/13 WHAT'S BRUIN: GEORGE FOX CROSS COUNTRY 2007 - Weekly News & Notes

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HIGHLIGHTS:

- * Recent Events: Bruins Open with Short Races in Whitman Invitational
- * Coming Up: Sundodger Invitational at UW in Seattle
- * Information on Bruins' Wes Cook Bear Fete Invitational
- * Rapet, Giffey-Brohaugh BAA Winners, HM for NWC Honors

RECENT EVENTS: Bruins Open with Short Races in Whitman Invitational

* Sept. 1 - Whitman Invitational at Ft. Walla Walla Park, Walla Walla, Wash.
--- Men - 3rd of 6 / Women - 4th of 6
[Press Release](#) / [Results \(M\)](#) / [Results \(W\)](#)

COMING UP:

Sat., Sept. 15 - Sundodger Invitational at Lincoln Park, Seattle, Wash.
--- 9:00 am - Men's Open 8K / 9:40 a.m. - Women's Open 6K

After a short-distance tune-up at the Whitman Invitational two weeks ago, the 2007 cross country season begins in earnest for the George Fox Bruins this Saturday in the Sundodger Invitational hosted by the University of Washington at Lincoln Park in Seattle. The Bruins will compete in the Open events; there are Invitational races primarily for NCAA Division I programs following the Opens.

Directions to Lincoln Park: Take West Seattle Freeway exit off of I-5 from either north or south. Head into west Seattle. Take a right onto Fauntleroy Way and follow signs to Vashon Ferry terminal. Lincoln Park is on the west side of Fauntleroy Way.

* Information on Bruins' Wes Cook Bear Fete Invitational

After a one-year absence, the Bear Fete Invitational hosted by George Fox University returns on Saturday, Sept. 22, with an updated name and a new site. Coaches John Smith and Mike Hickey have added the name of former Bruin coach Wes Cook to the title, honoring the 19-year coach of the GFU cross country and track and field programs who led the Bruins to national prominence before retiring at the end of the 2006 track and field season.

The event will consist of the men's 8K race at 10:00 a.m. and the women's 6K race at 10:45 a.m. The new venue is Willamette Mission State Park near Brooks, Ore., after many years at Champoege State Heritage Area.

"Although it is a little further away, we think everyone will really enjoy this new place," says Coach Hickey. "It is very scenic, and the race course has been basically designed as a 2K loop that the women will cover three times and the men four times. It is a much more spectator-friendly circuit than we have had before."

Directions: Head south on I-5 from Portland or north from Salem and take exit 263 towards Brooks/Gervais. Turn right at Brooklake Rd NE, right at Wheatland Rd N, and left into Willamette Mission State Park.

Additional information is available on the George Fox cross country web site at http://www.georgefox.edu/athletics/cross_country/2007/bearfete.html.

THE COACHES:

Head coach John Smith (George Fox '96) is in his second year as the head coach of all George Fox track and field and cross country programs. After eight years as an assistant, he took over in the summer of 2006 upon the retirement of 19-year veteran

coach Wes Cook. Smith was a two-time NAIA All-American in the decathlon for the Bruins and still holds the GFU decathlon record (7,138 points). Click here for the complete bio on [Coach Smith](#).

One of John Smith's first acts as the new head coach of the George Fox cross country and track and field programs was to name **Mike Hickey** (Washington State '98) as associate head coach for cross country. Hickey, now in his second year at George Fox, was head cross country and assistant track coach at Clackamas Community College (1998-2001) and an assistant in both sports at Portland State University (2001-2005) prior to joining the Bruins. Click here for the complete bio on [Coach Hickey](#).

BRUIN BITS:

*** Rapet, Giffey-Brohaugh BAA Winners, HM for NWC Honors**

Paul Rapet for the men and **Rachel Giffey-Brohaugh** for the women were named the Bruin Athletic Association Athletes of the Week for the week of Aug. 27-Sept. 2 and received honorable mention for Northwest Conference Runners of the Week after good showings in the Whitman Invitational on Sept. 1 at Ft. Walla Walla Park in Walla Walla, Wash.

Rapet posted the best time for the Bruins with a 20:20.83 in the 6K race, placing 8th overall and 8th for team scoring. He had the third-best time among NWC runners.

In the women's 4K race, **Giffey-Brohaugh** placed 5th overall and 4th for team scoring with the second-best time of any Northwest Conference athlete at 15:48.57.

*** 2007 Honors:**

- **Paul Rapet** - Bruin Athletic Association Men's Athlete of the Week (Aug. 27-Sept. 2); NWC Men's Runner of the Week (HM-Aug. 27-Sept. 2)

- **Rachel Giffey-Brohaugh** - Bruin Athletic Association Women's Athlete of the Week (Aug. 27-Sept. 2); NWC Women's Runner of the Week (HM-Aug. 27-Sept. 2)

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Saturday, September 1, 2007

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9/1 – WHITMAN INVITATIONAL: Bruin Men Third, Women Fourth in Whitman Warmup Races

WALLA WALLA, Wash. - In a pair of races that were planned to be shorter than usual because of their earliness in the cross country season, the George Fox University men finished third and the Bruin women were fourth in the Whitman College Invitational Saturday morning here at Ft. Walla Walla Park.

The Bruin men earned 74 points in the 6K race (most college races are 8K), trailing winner Lewis-Clark State College with 22 points and Whitworth University with 49. Behind the top three were Whitman with 93, Clackamas College with 130, and the University of Great Falls, which had no team score.

Paul Rapet posted the best time for the Bruins with a 20:20.83, placing 8th overall and 8th for team scoring. Other Bruins who scored were Jordan Ware in 20:28.31 (11th/11th), Grant Finney in 20:31.88 (13th/13th), Cam Eberhart in 20:33.25 (16th/16th), and Bradley Higgins in 21:17.97 (28th/26th).

The individual winner was Calin Hantau of Lewis-Clark State in 19:29.92, well ahead of runner-up Nick Gallagher of Whitworth in 19:46.65.

In the women's 4K race (as opposed to the usual 6K), Lewis-Clark State again took the top spot with 27 points, followed by Whitman with 46, Whitworth with 66, George Fox with 91, and Clackamas and Great Falls had no team scores.

Rachel Giffey-Brohaugh placed fifth overall and fourth for team scoring for George Fox with the second-best time of any Northwest Conference athlete in the race at 15:48.57. Also scoring for the Bruins were Anna McLain in 16:21.06 (14th/12th), Sarah Curry in 17:10.75 (35th/24th), Nicole Fleming in 17:32.92 (39th/25th), and Bethany Adams in 18:24.16 (48th/26th).

Jenny Jensen of Lewis-Clark State took top honors with a mark of 15:27.86, edging teammate Kyli Astle who ran a 15:29.72.

The Bruins will be off next weekend before returning to action in the Sundodger Invitational, hosted by the University of Washington at Lincoln Park in Seattle, on Saturday, Sept. 15. The women's open 6K will be run at 9 a.m., followed by the men's open 8K at 9:40 a.m. Invitationals for Division I programs will follow later in the morning.

Complete results of the Whitman Invitational races are available on the George Fox cross country web site at www.georgefox.edu/athletics/cross_country/2007/results.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: CROSS COUNTRY – Friday, August 31, 2007

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8/31 – PREVIEW: Bruin Veterans to Shoulder Key Loads in 2007 Cross Country Seasons

NEWBERG, Ore. - After watching his teams finish in the top half of the Northwest Conference and NCAA Division III West Regional races in 2006 in his first season, George Fox University associate head coach **Mike Hickey** expects the Bruins to continue their improvement during the 2007 men's and women's cross country campaigns.

The Bruin men placed fourth in the NWC Championship and seventh in the West Regional, while the GFU women were fourth in the NWC and fifth in the West. The major loss for the men was Jake Moe, who was All-NWC (5th) and All-West Region (16th). The women will be without Jessica Beach, who was All-West Region (30th) and four-year runners Whitney Warren and Leighann Fischer, the latter now an assistant coach for the Bruins.

Despite those losses to graduation, the optimistic Hickey professes, "I prefer to concentrate on what we have, rather than on what we don't have, and I think we have a chance to move up in both the conference and the region."

Women

"We have three seniors on the women's side," Hickey notes, "and should be a better team because of the progress they have made since last year."

Included in that trio are **Anna McLain** (Sr., Medina, Wash. / Bellevue Christian HS), **Rachel Giffey-Brohaugh** (Sr., Renton, Wash. / Christian Faith HS), and **Bethany Adams** (Sr., Portland, Ore. / Westside Christian HS). The Bruins' other returning letterwinner is **Bethany Strutz** (So., Billings, Mont. / Billings HS).

McLain, who went to the NCAA Division III Nationals as a freshman but has battled injuries since, earned All-West Region honors last fall (14th) and was the Bruins' top finisher in the NWC race (16th). Giffey-Brohaugh, who went to the NCAA track and field nationals and set a Bruin record in the 800 meter run in the spring, was 26th in the NWC and 37th in the regional, while Adams was 23rd in the NWC and 40th in the regional. Strutz was 70th in the region.

"Rachel is our team captain this year and has come off the summer looking stellar," observes Hickey. "She has set the pace for us early in the year and may have a shot at the nationals if she can continue to progress at this rate. Anna and Bethany have also come back strong and ready to have excellent senior seasons."

The Bruins have added two freshmen to the squad with whom Hickey has been impressed in **Nicole Fleming** (Fr., McKenzie Bridge, Ore. / McKenzie HS) and **Sarah Curry** (Fr., Portland, Ore. / Beaverton HS). Fleming finished second in the Oregon IA State Championships, while Curry competed for one of the top programs in the state at the 6A level.

"We have some great attitudes on this team, and this is the most enjoyable group I've had to work with in nine years of coaching," proclaims Hickey. "We will be more competitive this year, and we're going to have to be better and ready to go - there are a lot of returning runners at other schools and the West Region is going to be highly competitive."

Men

Despite the loss of Moe, one to the top 10 runners in school history, Hickey believes his men's team has a chance to move up in the conference and region, predicting that "while Jake was a big loss, some of the slack should be taken up by improved efforts from some of our younger athletes."

Grant Finney (Sr., Tigard, Ore. / Southridge HS) is the only senior on this year's squad and will be the team captain. He placed 62nd in the West Regional race last year.

"Grant is as strong and fit as I have ever seen him," Hickey comments. "He has worked extremely hard and has been leading the field in our hard runs. We expect an outstanding senior season from him."

A trio of returning sophomores who provide a solid nucleus for the Bruins' future include **Cam Eberhart** (So., Albany, Ore. / West Albany HS), **Paul Rapet** (So., Medford, Ore. / South Medford HS), and **Jordan Ware** (So., Boise, Idaho / Centennial HS). Eberhart earned All-West Region honors by placing 31st and was 22nd in the NWC championships, Rapet was 38th in the region and 25th in the NWC, and Ware was 56th in the West and 40th in the NWC.

"Jordan had an excellent summer of training after a strong freshman year," Hickey remarks. "Paul and Cam have a little bit of catching up to do but are working extremely hard to get in shape and should have fine sophomore seasons."

The Bruins' fifth returnee is **Adam Haldorson** (Jr., Creswell, Ore. / Springfield HS), of whom Hickey says, "Adam has worked hard and is beginning to reap the benefits of his perseverance. He should make some nice contributions this year."

This year's two newcomers to the men's team are **Bradley Higgins** (Fr., Grants Pass, Ore. / Grants Pass HS) and **Clayton Pugsley** (Fr., Canby, Ore. / Canby HS).

"One of our pleasant surprises has been Bradley," says Hickey, "a high school all-conference performer who gives us a solid No. 5 runner. Clayton is a mid-distance runner who comes to us from a strong program at Canby."

The season begins for the Bruins Saturday, Sept. 1, in the Whitman College Invitational at Ft. Walla Walla Park in Walla Walla, Wash. The women will compete in a 4K race at 10:45 a.m., followed by the men's 6K race at 11:15 a.m. All the other races this fall will be 6K for the women and 8K for the men.

George Fox will host two events this season at their new home course at Willamette Mission State Park in Brooks, Ore.: the Wes Cook Bear Fete Invitational on Sept. 22 and the Northwest Conference Championships on Oct. 27. The men will run at 10:00 a.m. and the women at 11:00 a.m. at both events.