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# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, May 25, 2006

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## **5/25 – NCAA CHAMPIONSHIPS: Bruin Trio Stand 6th, 7th and 9th Halfway Through NCAA Decathlon**

**LISLE, Ill.** – With five of ten events completed, George Fox University decathletes **Seth Harris, Josh Priester, and Ryan Forbes** stand sixth, seventh, and ninth in the decathlon as the NCAA Division III Track and Field National Championships got under way Thursday here at the Village of Lisle-Benedictine University Sports Complex.

Harris came on strong in the last two events of the day, the high jump and the 400 meter dash, to climb into sixth with 3,542 points. Priester, bolstered by a good showing in the shot put, has 3,380 points for seventh. Forbes had two strong running events that helped him earn 3,290 points for ninth.

Forbes took second in opening 100 meter dash with a time of 11.26 to an 11.20 by Adam Lendowski of the University of Wisconsin-Whitewater. Priester was seventh with an 11.52, and Harris was tied for 10th with an 11.63.

In the long jump, Harris took sixth with a leap of 21-8 (6.60m), Priester was eighth at 20-10.75 (6.37m), and Forbes placed 15th at 19-7.5 (5.98m).

Priester hurled the shot 41-2.5 (12.56m) to capture third place, Harris had a 38-0 (11.58m) for seventh, and Forbes was ninth with a throw of 37-1.75 (11.32m).

Harris cleared 6-1.5 (1.87m) to take third in the high jump, while Priester and Forbes tied for 15th, each at 5-6.5 (1.69m).

In the final decathlon event Thursday, Harris continued his strong finish with a time of 49.69 for second in the 400 to a 49.17 by Matt Roberson of Claremont-Mudd-Scripps Colleges. Forbes took fourth with a 50.25, and Priester was sixth in 50.58.

Roberson is the leader after the first day with 3,706 points, followed by Lendowski with 3,630, Zane Buckingham of St. Lawrence University with 3,622, Khristoph Becker of Middlebury College with 3,600, Fritz Nugent of the University of Redlands with 3,562, Harris, Priester, Erik Jensen of Pacific Lutheran University with 3,331, and Forbes. The top eight earn points for their team as well as All-America status.

There are 17 athletes entered in the decathlon, which concludes Friday starting at 11 a.m. (Central time) with the 110 meter hurdles. After that will come the discus, pole vault, javelin, and 1,500 meter run.

The Bruins' Zeb Udell was to have competed in the pole vault Thursday, but that event has been postponed until Friday, with no time yet announced. The George Fox freshman is tied for 11th in the national standings in the vault with a mark of 16-0 (4.88m), a George Fox record.

Also competing for the Bruins Friday will be Lindsey Blankenship in the women's hammer throw at 1 p.m. The George Fox and Northwest Conference hammer record holder, she is tied for sixth nationally entering the competition with a mark of 172-4 (52.54m).

Joel Krebs, the Bruins' sixth athlete in the nationals, will try to emulate 2004 national champion Matt Gassaway of George Fox when he throws the men's javelin Saturday at 2 p.m. He is 15th in the nation with a distance of 192-7 (58.71m).

For complete results of the first day's competition, visit the official 2006 NCAA Division III National Championships web site at Benedictine University at <http://www.ben.edu/athletics/ncaataf/index.asp>.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, May 22, 2006

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## 5/22 – NCAA CHAMPIONSHIPS: Decathletes Dominate Contingent of Six Bruins Headed for Nationals

**NEWBERG, Ore.** – With decathletes making up half their group, the George Fox University Bruins will send six athletes – five men and one woman – to the NCAA Division III Track and Field National Championships this Thursday-Saturday, May 25-27, at Benedictine University in Lisle, Ill.

Representing the Bruins in the nationals this time around are Josh Priester (Sr. Walla Walla, Wash.), Seth Harris (Jr., Boise, Idaho), Ryan Forbes (Fr., Jackson, Wyo.), Joel Krebs (So., Salem, Ore.), Zeb Udell (Fr., Dallas, Ore.), and Lindsey Blankenship (Jr., Washtucna, Wash.). This will be the final national meet for the Bruins under 19-year veteran coach Wes Cook, who has announced his retirement following this season and who will be followed by current assistant coach John Smith.

Priester is the Bruins' highest-seeded athlete, ranking 4th in the decathlon with 6,591 points which he achieved on May 2-3 in the George Fox Decathlon Invitational. He qualified for the nationals last year with a personal-best 6,690 points, the 4th-best mark in Bruin history, but was unable to compete due to an elbow injury that required off-season surgery.

Right behind Priester in 5th nationally with 6,552 points is Harris, who reached his mark in the Northwest Conference Multi-Events on April 10-11. He earned All-America honors last year when he finished 6th in the 400 meter hurdles at the national meet.

Forbes, whose older sister Michelle placed 2nd in the high jump at the nationals last year, is the third decathlete participating for the Bruins. He scored 6,340 points in the Willamette Last Chance meet, good for 9th nationally, and will be the 8th seed in the nationals due to one scratch.

Krebs will try to emulate 2004 national champion Matt Gassaway of George Fox when he throws the javelin. He is 15th in the nation with a distance of 192-7 (58.71m).

Udell, who also met the provisional qualifying minimum for the decathlon but was not among the top 16, will compete in the pole vault. He takes an 11th-place ranking at 16-0 (4.88m) into the championships.

Blankenship, who competed in the nationals in the hammer last year, has outdone herself this season. After setting George Fox and Northwest Conference records in 2005, she surpassed both this spring with a hammer toss of 172-4 (52.54m) in this year's NWC Championships, a mark that is tied for 6th nationally.

In 2005, the Bruin men tied for 16th nationally with 16 points, while the Bruin women were tied for 32nd with 8 points.

Following the national anthem at 10:45 a.m. Central time on Thursday, the decathlon commences at 11 a.m. with the 100 meter dash, long jump, shot put, high jump, and 400 meter dash in that order. On Friday, competition begins again at 11 a.m. with the 100 meter hurdles, discus throw, pole vault, javelin, and the 1,500 meter run. The men's pole vault is set for Thursday at 4 p.m., the women's hammer is Friday at 1p.m., and the men's javelin is scheduled for 2 p.m. Saturday.

For more information, visit the official 2006 NCAA Division III National Championships web site at Benedictine University at <http://www.ben.edu/athletics/ncaataf/index.asp>.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, May 12, 2006

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## **5/12 – WOU LAST CHANCE: Bruins Win Three Events, Krebs Climbs to 10th in Javelin at WOU Meet**

**MONMOUTH, Ore.** – Three George Fox University athletes won events while Joel Krebs climbed five spots to 10th nationally in the men's javelin, highlighting the performances by the Bruins in the Western Oregon University Last Chance track and field meet here Friday evening.

Krebs finished third in the javelin competition with a personal-record throw of 192-7 (58.71m), topping his previous best of 190-3 set two weeks ago at the WOU Twilight meet. His new mark, which surpassed the NCAA Division III provisional qualifying mark of 188-0 for national championship consideration, lifted him from 15th in the nation into the top 10, pending outcomes of other weekend meets.

In another men's event, Travis Laloli captured the pole vault by clearing 13-6 (4.11m), and Josh Priester was right behind him at 13-0 (3.96m). Victoria Black won the women's pole vault at a height of 10-8 (3.25m), a new personal best for her, and Lindsey Blankenship took the hammer throw with a distance of 164-0 (49.99m). Blankenship's throw was a provisional mark, although her best throw this season is 172-4 (52.54m) in the Northwest Conference Championships, a conference and school record and the sixth-best mark in the nation.

The only other provisional mark that was reached was by Rachel Giffey-Brohaugh, who ran a 2:14.84 in the women's 800 meter run to finish third. She had run a 2:14.83 the week before in the Oregon Twilight meet in Eugene, a mark that now stands 25th nationally.

Other high finishes included a second for Jessica Beach in the women's 400 meter dash (59.88), a third for Whitney Kolb in the women's triple jump (34-1.25/10.39m), a third for Garrett Blizzard in the men's 400 meter dash (50.18), and a third for Seth Harris in the men's 110 meter hurdles (15.74).

In team standings, the Bruin women placed third out of 15 teams with 69 points, trailing Western Oregon with 122.50 points and Willamette University with 80. The George Fox men were fifth out of 25 teams with 44 points, following Concordia University-Portland with 90, Western Oregon with 86, Eastern Oregon University with 64, and Team XO with 49.

Complete results of the Western Oregon Last Chance meet, courtesy of Western Oregon University and the Great Northwest Conference, are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/index.html](http://www.georgefox.edu/athletics/track/index.html).

The final regular-season meet of the spring for the Bruins is Saturday, May 18, in the D-III Last Chance Meet at Willamette in Salem, Ore. The NCAA National Championships are the following week, May 25-27, at Benedictine University in Lisle, Ill.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, May 5, 2006

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## **5/5 – OREGON TWILIGHT: Bruins' Giffey-Brohaugh Hits Provisional Mark in Women's 800 at Oregon Meet**

**EUGENE, Ore.** – While finishing sixth overall behind five NCAA Division I runners, Rachel Giffey-Brohaugh posted a time of 2:14.83 in the women's 800 meter run that was good enough for a Division III provisional qualifying mark, the only George Fox University Bruin to qualify in the Oregon Twilight track and field meet Friday evening here at the University of Oregon's historic Hayward Field.

Giffey-Brohaugh's time, while not her personal best (she has run a 2:14.16), currently places her 16th nationally. This year's NCAA Division III National Championships are set for May 25-27 at Benedictine University in Lisle, Ill.

While no other George Fox athletes met provisional marks, there were several good finishes turned in by the Bruins against primarily Division I competition.

In women's events, Jessica Beach placed second in the 400 meter dash in 59.83, Katie Alaimo was second in the high jump at 4-11.50 (1.51m), Whitney Kolb took second in the triple jump with a distance of 34-9 (10.59m), and Cassandra Woods threw the shot 33-3 (10.13m) to finish second. Emily Hodgkin was third in the triple jump at 33-6 (10.21m), while Mollie Honan took fifth in the 100 meter hurdles with a 17.78, Victoria Black was fifth in the pole vault with a height of 10-0 (3.05m), and Woods was fifth in the discus throw at 110-0 (33.52m). Assistant coach Michelle Forbes, last year's national runner-up in the high jump, won the Twilight jump with a clearance of 5-6.5 (1.69m).

In men's events, Jake Moe was second in the 3000 meter steeplechase in a time of 9:37.72, Seth Harris was fourth in the long jump at 21-2.75 (6.47m), Ben Burgess was fourth in the discus with a throw of 116-4 (35.47m), Joel Krebs took fifth in the javelin with a distance of 183-1 (55.80m), and Garrett Blizzard was fifth in the 400 meter dash in 50.11.

Complete results of the Oregon Twilight meet, courtesy of the University of Oregon, are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/index.html](http://www.georgefox.edu/athletics/track/index.html).

The Bruins are scheduled to compete in a couple of meets next week. On Friday, May 12, they will be at the Western Oregon Invitational in Monmouth, and on Saturday, May 13, they will compete in the Ken Foreman Invitational hosted by Seattle Pacific University.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Wednesday, May 3, 2006

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## **5/3 – GFU DECATHLON INVITATIONAL: Priester Wins GFU Decathlon with Third-Best Point Total in Nation**

**NEWBERG, Ore.** – Posting second-day wins in the discus and pole vault and seconds in the javelin and 1500 meter run, George Fox University's Josh Priester captured the GFU Decathlon Invitational with 6,591 points, the third-best total in the nation in the NCAA Division III this season, Wednesday here at GFU's Colcord Memorial Field.

Priester was followed by teammate Ryan Forbes, who had 6,082 points, Grant Piros of Willamette University with 5,506, Doug Beatty of the Bruin Track Club with 5,070, Tyrone Taylor of the Bruin Track Club with 4,170, unattached Chris Sabato with 3,951, and Travis Laloli of George Fox with 3,482. Three other George Fox athletes – Brad Bates, Zeb Udell, and Seth Harris – ran in the 100 yard dash on Tuesday but did not compete in any other events.

Priester and Forbes both met the NCAA Division III provisional qualifying mark of 6,000 points, while Priester was only 59 points short of automatic qualification. Priester had been seventh nationally with 6,208 points entering the meet, so he significantly improved his standing. His all-time best is 6,690 points, achieved last year, but he was unable to participate in the National Championships due to an elbow injury that required surgery in the off-season. This year's nationals are set for May 25-27 at Benedictine University in Lisle, Ill.

"My arm feels great," said an enthused Priester following his strong showing. "I threw the javelin 12 feet further than I had all year, and that's only my third time to throw it. I think I'm all the way back, or at least pretty close. Now, if I can just stay injury-free before the nationals ..."

In the discus, Priester won with a throw of 128-8 (39.22m), and he vaulted 13-7.5 (4.15m). His javelin throw was 162-7 (49.56m), second only to Piros' 170-1 (51.84m), while his time in the 1500 was 4:45.38, a split second behind former Bruin Beatty, who ran a 4:45.00.

Forbes' point total boosted him into 12th place in the national standings. He posted seconds in the 110 meter hurdles with a time of 16.80 to Piros' 16.67, and in the pole vault with a height of 12-1.75 (3.70m).

Event winners Tuesday were Forbes in the 100 meter dash (11.25), Beatty in the long jump (20-8.75/6.32m), Priester in the shot put (41-0.25/12.50m), Priester, Forbes, and Piros in a three-way tie for the high jump (5-9/1.75m), and Forbes in the 400 meter dash (50.52).

Complete results of the GFU Decathlon Invitational are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/index.html](http://www.georgefox.edu/athletics/track/index.html).

The next event for the Bruins is the University of Oregon Twilight meet which begins Friday, May 5, at 4:30 p.m.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, May 2, 2006

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## **5/2 – GFU DECATHLON INVITATIONAL: Bruins' Priester Takes Lead in GFU Decathlon after Five Events**

**NEWBERG, Ore.** – With five events down and five to go, George Fox University's Josh Priester has 3,438 points to lead a small field of seven athletes competing in the GFU Decathlon Invitational after the first day of action Tuesday here at GFU's Colcord Memorial Field.

Priester leads teammate Ryan Forbes, who has 3,312 points, by 126 points. Grant Piros of Willamette University is third with 2,984 points, followed by Doug Beatty of the Bruin Track Club with 2,764, unattached Chris Sabato with 2,746, Travis Laloli of George Fox with 2,269, and Tyrone Taylor of the Bruin Track Club with 2,149.

The college athletes who are participating are hopeful of qualifying for the NCAA Division III National Championships May 25-27 at Benedictine University in Lisle, Ill., or improving their current national standings. The provisional qualifying mark is 6,000 points, and the automatic qualifying number is 6,650 points. Priester currently stands 7th nationally with 6,208 points, although his personal best is 6,690 points achieved last year.

Event winners Tuesday were Forbes in the 100 meter dash (11.25), Beatty in the long jump (20-8.75/6.32m), Priester in the shot put (41-0.25/12.50m), Priester, Forbes, and Piros in a three-way tie for the high jump (5-9/1.75m), and Forbes in the 400 meter dash (50.52), barely edging Priester (50.53).

Wednesday's competition, which begins at 11 a.m., will feature the 110 meter hurdles, discus throw, pole vault, javelin throw, and 1500 meter run. Complete results will be posted after the meet on the George Fox track and field web site.

# GEORGE FOX UNIVERSITY

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## **5/1 – GFU SCHEDULE CHANGES: Bruins to Host Decathlon Invitational, Go to Oregon Twilight Friday**

**NEWBERG, Ore.** – By adding one new home event and switching meets for the weekend, this week's track and field schedule for the George Fox University Bruins looks decidedly different from what it was at the beginning of the season.

The Bruins are adding a decathlon invitational that will take place at George Fox's Colcord Memorial Field Tuesday-Wednesday, May 2-3, with events starting at 11 a.m. both days. The Bruins will also participate in the University of Oregon Twilight Meet on Friday, May 5, which begins at 4:30 p.m., foregoing the Ken Shannon Invitational at the University of Washington in Seattle where they had originally planned to go on Saturday.

George Fox assistant coach John Smith has organized the upcoming decathlon, saying, "This is really kind of a low-key event with a small field, but it will provide some of the area athletes an opportunity to improve their current decathlon scores for a better chance at reaching the national championships."

One such athlete for George Fox is Josh Priester, whose current decathlon best is 6,208 points, which he achieved in the Pt. Loma Decathlon on March 23-24 in San Diego, Calif. That score is currently seventh in the NCAA Division III, but a number of East coast conference championships are coming up in the next couple of weeks, and Smith wants to give Priester every opportunity to improve his score and secure a berth in the nationals May 25-27 at Benedictine University in Lisle, Ill. Priester qualified for the nationals last year, only to miss out due an arm injury that required off-season surgery.



# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Friday, April 28, 2006**

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## **4/28 – WOU TWILIGHT: Krebs in Javelin, Blankenship in Hammer Hit NCAA Provisional Marks at WOU**

**MONMOUTH, Ore.** – Joel Krebs bettered the NCAA Division III provisional qualifying mark in the men's javelin for the first time, and Lindsey Blankenship hit the provisional mark in the women's hammer for a fourth time, topping the performances by a small group of George Fox University athletes who participated in the Western Oregon University Twilight track and field meet here Friday evening.

Krebs hurled the javelin 190-3 (58.00m), the 14th-best D-III mark in the country this season, to place fifth in the event, surpassing the NCAA provisional mark of 188-0. It was also a personal best for him and moved him into fifth on the all-time GFU javelin list.

Blankenship tossed the hammer 171-1 (52.15m), easily passing the provisional mark of 150-11, to place third in the competition. The throw was just 14 inches short of her school and Northwest Conference record of 172-4, the fifth-best national mark, set last weekend at the NWC Championships.

Several other Bruins recorded top 10 finishes in the WOU meet, which included a large number of Division I and independent athletes. For the women, Whitney Kolb placed fifth in the triple jump with a distance of 35-4.5 (10.78m), and Victoria Black tied her career high while placing fifth in the pole vault by clearing 10-6 (3.20m). Jessica Beach was seventh in the 200 meter dash with a time of 27.35, Emily Hodgins was seventh (33-4/10.16m) and Jenny Prickett 10th (27-7.25/8.41m) in the triple jump, and Mollie Honan was ninth in the 100 meter hurdles in 17.83.

For the GFU men, Garrett Blizzard took seventh in the 200 meter dash (22.78) and eighth in the 100 meter dash (11.42), and Brad Bates was 10th in the 100 (11.46).

The pool of George Fox entries was small because of finals week at the university, but an increased field is expected for the Ken Shannon Invitational at the University of Washington in Seattle next Saturday, May 6.

Complete results of the WOU Twilight Meet, courtesy of Western Oregon University, are available on the George Fox track web site at [www.georgefox.edu/athletics/track/2006/results/0428.html](http://www.georgefox.edu/athletics/track/2006/results/0428.html).

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 22, 2006

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## 4/22 – NWC CHAMPIONSHIPS: Harris Co-Athlete of the Meet as Bruin Men Finish 3rd, Women 7th in NWC Meet

**SALEM, Ore.** – All-around athlete **Seth Harris** earned Men's Co-Athlete of the Meet, and **Zeb Udell** in the pole vault and the 4x400 meter relay team took firsts on Saturday as the George Fox University Bruins finished third in the men's division, while the Bruin women came in seventh in the Northwest Conference Track and Field Championships which concluded Saturday here at Willamette University's Charles Bowles Track.

### **Men**

The Bruins, who held an 11.5-point lead heading into the final day, were worn down by the superior depth of host Willamette and the University of Puget Sound. Willamette won the meet with 182 points, Puget Sound had 151, and George Fox totaled 134.50, just ahead of fourth-place Linfield College with 134. Whitworth College came in fifth with 93, then it was Pacific Lutheran University with 61, Lewis & Clark College 35.50, and Pacific University 24.

Udell cleared 14-11 (4.55m) to win the pole vault, almost six inches higher than runner-up Greg Gause of Puget Sound, who was at 14-5.25. The 4x400 team of **Brad Bates**, **Harris**, **Garrett Blizzard**, and **Ryan Forbes** won with a time of 3:20.17, over a second-and-a-half ahead of Willamette's 3:22.00. They all joined Harris, who won the decathlon and the long jump, as 2006 NWC champions and All-Conference honorees for the Bruins. Harris shared the Athlete of the Meet award with Nick Symmonds of Willamette, actually out-pointing the Bearcats' star 38.5 to 32.

"We had to have the finish we had in the final event, the 4x400 relay, in order to beat Linfield by the 0.5 we did," veteran coach Wes Cook praised his charges after the meet. "We haven't beaten Linfield very often since joining the NWC ten years ago, but it has been a healthy competition and should continue. Bates took us to the front and we were never challenged, not even with Superman Symmonds on the anchor for Willamette. He held off a stiff challenge from Linfield, though, that enabled us to take third."

Harris also posted a second in the 110 meter hurdles (15.23), while thirds went to Forbes in the 200 meter dash (22.45), Blizzard in the 400 meter dash (50.58), and the 4x100 meter relay team of Blizzard, **Drew Maves**, Bates, and Forbes (43.86). All earned All-Conference honors for placing third or higher.

Other Bruin points came from Bates, fourth in the 200 (22.55) and fifth in the 400 (50.90); **Jake Moe**, sixth in the 1500 meter run (4:11.88); and **Travis Laloli** (13-5.25/4.10m) and **Josh Priester** (12-11.50/3.95m), sixth and seventh in the pole vault.

### **Women**

The George Fox women were seventh after Friday's events, and ended up there with 68 points. Willamette won its fifth straight NWC women's championship with 210.83 points, well ahead of runner-up Linfield with 132.33. Whitworth dropped from first to third with 106.33 points, followed by Pacific Lutheran with 82.50, Pacific 78, Puget Sound 76, George Fox 68, and Lewis & Clark 64.

The Bruins had no event winners Saturday after **Lindsey Blankenship** broke the school and conference record in the hammer with a throw of 172-4 (52.54m) on Friday. The best showings were turned in by **Katie Alaimo**, second in the high jump (5-25/1.56m); **Rachel Giffey-Brohaugh**, third in the 1500 meter run (4:51.78); and the 4x400 meter relay team of **Jessica Beach**, **Kelly Bladorn**, Giffey-Brohaugh, and **Terah Laack**, which was third (4:10.07). All earned All-Conference for finishing third or higher.

Also earning points for the Bruins were Beach (1:02.78) and Bladorn (1:02.81), fifth and sixth in the 400; Giffey-Brohaugh (2:24.59) and **Anna McLain** (2:31.29), fifth and eighth in the 800; **Whitney Warren**, sixth in the 5000 meter run (19:12.21); **Mollie Honan**, sixth in the 400 meter hurdles (1:09.60); **Whitney Kolb** (34-11/10.64m) and **Emily Hodgkin** (32-10.5/10.02m), fifth and eighth in the triple jump; **Jessica Cardwell**, seventh in the discus (111-11/34.11m); and the 4x100 meter relay team of Beach, Honan, Bladorn, and Alaimo, which was fourth (51.80).

"We didn't have very many bodies in the meet, but our kids competed well both days," said Cook. "This is a meet where your place is far more important than the high quality of your marks; the team needs the points. 11 of our 15 men's entries scored, and most of those scored in two or more events. Yeoman duty by everyone!"

Complete results of the NWC Championships, courtesy of Willamette, are available on the George Fox track and field web site at [www.georgefox.edu/sports/trackandfield](http://www.georgefox.edu/sports/trackandfield) for the men, and [www.georgefox.edu/sports/trackandfield](http://www.georgefox.edu/sports/trackandfield) for the women.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, April 21, 2006

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## 4/21 – NWC CHAMPIONSHIPS: Blankenship Again Breaks Hammer Record, Bruin Men First after NWC's Day 1

**SALEM, Ore.** – Lindsey Blankenship broke her own George Fox University and Northwest Conference records in the women's hammer throw, and the Bruin men maintained their team lead earned by a strong decathlon 10 days ago, after the first day of competition in the NWC Track and Field Championships Friday here at Willamette University's Charles Bowles Track.

### **Women**

The George Fox women stood seventh out of eight teams with 18 points at the end of the first day. Whitworth College led with 56.33 points, followed by host Willamette with 47.83, Linfield College 36.33, Pacific University 35, Pacific Lutheran University 33.50, the University of Puget Sound 29, George Fox 18, and Lewis & Clark College 17.

Over half the Bruins' points came from Blankenship, whose hammer toss of 172-4 (52.54m) earned 10 points. She had set the GFU and NWC records of 164-5 in last year's meet, then broke the school record earlier this spring with a throw of 169-7. Her new mark is an NCAA provisional qualifier, missing automatic by only three inches, and is the fourth-best throw in the nation this season.

Also earning points for the Bruins were **Katie Alaimo** and **Whitney Kolb** in the long jump. Alaimo was fifth with a distance of 16-8.5 (5.09m), while Kolb was sixth at 16-5.25 (5.01m).

Several Bruins qualified in event preliminaries and will be in action in the finals on Saturday. **Jessica Beach** had the second-best time in the 400 meter run (59.40). **Anna McLain** (2:23.85) and **Rachel Giffey-Brohaugh** (2:25.08) had the sixth and seventh-best times in the 800 meter run. **Mollie Honan** posted the fifth-best time in the 400 meter hurdles (1:08.66).

### **Men**

Thanks to 19 points earned by champion **Seth Harris** and teammates **Josh Priester** and **Zeb Udell** in the NWC decathlon, the Bruins already had 19 points entering this weekend, and they strengthened that lead Friday to finish the day with 68.50 points to 57 for runner-up Puget Sound. Willamette was third with 49 points, followed by Whitworth with 28, Pacific Lutheran 27, Linfield 25, Lewis & Clark 18.50, and Pacific 0.

Those same three, along with **Drew Maves**, earned points for the Bruins in long jump, Harris winning the event with a leap of 22-11.75 (7.00m), an NCAA provisional qualifier. Priester was fifth (21-7.5/6.59m), Udell was sixth (21-6.25/6.56m), and Maves was seventh (21-5.5/6.54m).

In the high jump, Harris, Udell, and **Sam McKenzie** all had the second-best mark of 6-1.25 (1.86m). Based on the fewest number of attempts needed to clear the bar, however, and for awarding team points, Harris earned second place, McKenzie third, and Udell tied for fourth.

Other Bruin points came from **Joel Krebs**, who took second in the javelin (186-3/56.77m), and **Jake Moe**, who was fifth in the 3000 meter steeplechase (9:47.74).

Among the Bruins who qualified for Saturday's finals in Friday's preliminaries, **Brad Bates** was fourth (22.62) and **Ryan Forbes** was tied for fifth (22.68) in the 200 meter dash. Bates and **Garrett Blizzard** tied for third in the 400 meter dash. Harris was second in the 110 meter hurdles (15.46) and Udell was eighth (16.03).

All athletes who finish third or higher are considered to be All-Northwest Conference performers.

Saturday's events get under way at 10:30 a.m., with the championship awards ceremonies scheduled for 4:00 p.m. For a complete schedule of events, visit the Willamette track and field web site at <http://www.willamette.edu/trackandfield/nwc2006/0421.htm>.

Complete results of the NWC Championships, courtesy of Willamette, are available on the George Fox track and field web site at <http://www.georgefox.edu/athletics/trackandfield/nwc2006/0421.htm>.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, April 17, 2006

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## 4/17 – NWC CHAMPIONSHIPS: Bruins Have Five Event Leaders Heading into NWC Meet This Weekend

**NEWBERG, Ore.** – A total of 28 athletes who are eligible for 82 events collectively, including five who hold the top marks in the Northwest Conference this spring, will represent George Fox University in the NWC Championships for men's and women's track and field this Friday-Saturday, April 21-22, at Willamette University's McCullough Stadium/Chuck Bowles Field in Salem, Ore.

With the NWC men's decathlon and women's heptathlon having been staged on April 10-11, the Bruins' **Seth Harris** won the decathlon with 6,552 points, while **Josh Priester** finished 4th with 6,102 points and **Zeb Udell** was 5th with 5,794, earning 19 points for George Fox toward the conference championship. Priester is 3rd in the conference standings with 6,208 points and Udell 5th with 6,006, both earned in the Pt. Loma Invitational, and all three have met the NCAA Division III provisional qualifying mark. **Terah Laack** earned a point for the Bruin women toward the NWC Championships when she finished 8th in the heptathlon.

Udell holds the NWC lead in the men's pole vault at 16-0, a George Fox school record and NCAA provisional qualifier. In the women's events, **Lindsey Blankenship**, the defending NWC hammer champion, is again atop the hammer with a school and conference record 169-7, **Rachel Giffey-Brohaugh** leads in the 800 meter dash with a time of 2:18.55, and **Victoria Black** is the front-runner in the pole vault with a height of 10-6. Giffey-Brohaugh is also expected to contend for the 1500 meter run as she ranks 4th (4:51.76).

**Whitney Kolb**, who won the NWC triple jump as a freshman last year, should contend again this spring, as she currently ranks 5th (34-8.25). She is also 7th in the long jump (16-5.25). Other Bruins with perhaps the best shots to win events include **Jessica Beach** in the 400 meter dash (3rd, 59.77), **Kelly Bladorn** in the 400 meter dash (7th, 1:01.51), **Anna McLain** in the 800 meter dash (7th, 2:20.92) and the 1500 meter run (6th, 4:54.49), and **Katie Alaimo** in the high jump (3rd, 5-1).

**Lisa Mensonides**, who was expected to challenge in the 800 meter dash (4th, 2:19.72) and the 400 meter hurdles (2nd, 1:05.14), recently tweaked a knee and may miss the weekend. If she is lost for the NWC Championships, that will also have an adverse effect on the Bruin relay teams for which she runs. The 4x400 team of Bladorn, Beach, Giffey-Brohaugh and Mensonides is 2nd in the league (4:03.41).

Harris, an All-American with a 6th-place finish in last year's NCAA men's 400 meter hurdles, ranks 2nd in the league in that event this spring with a time of 55.16. He will also be a contender in the 110 meter hurdles (3rd, 15.64) and the high jump (2nd, 6-4.25).

Other sprinters who give the Bruins a good chance to win include **Ryan Forbes** in the 100 meter dash (3rd, 11.00) and the 200 meter dash (7th, 22.81), **Garrett Blizzard** in the 200 (6th, 22.78) and the 400 meter dash (3rd, 49.89), and **Brad Bates** in the 400 (5th, 49.99) and the 800 meter dash (5th, 1:56.45). In the distance events, **Jake Moe** will contend in the 1500 meter run (6th, 4:02.95), the 5000 meter run (6th, 15:31.19), and the 3000 meter steeplechase (2nd, 9:28.28).

The Bruins also expect their relay teams to be competitive. The 4x400 meter relay team of Blizzard, Bates, **Bryan Cobb**, and Harris is 2nd with a 3:20.82, while the 4x100 team of **Drew Maves**, Blizzard, Bates, and Forbes is 3rd at 42.90.

In the field events, the Bruins have a good shot with Udell in the high jump (7th, 6-0.5), **Sam McKenzie** in the high jump (6th, 6-0.75) and the triple jump (8th, 41-2.5), and **Joel Krebs** in the javelin (6th, 181-4).

This will be the final Northwest Conference Championships for veteran George Fox coach **Wes Cook**, who has announced his retirement following this, his 19th year of guiding the Bruin track and field and cross country teams. Current assistant coach **John Smith** will take over the programs in the fall.

The NWC Championships commence at 2:00 p.m. on Friday and at 10:30 a.m. on Saturday. The awards ceremonies are scheduled for 4:00 p.m. Saturday. Complete information on the 2006 NWC Championships is available online at Willamette University's web site at <http://www.willamette.edu/athletics/trackfield/2006NWC/>.

## **George Fox University Entries – 2006 NWC Championships**

### **Women (Name, Event, Mark, Meet)**

- \* Whitney Kolb – 100 (12th, 13.45, NWC South); Long jump (7th, 16-5.25, Willamette Opener); Triple jump (5th, 34-8.25, Linfield Four-Way)
- \* Jessica Beach – 400 (3rd, 59.77, Hornet Invitational); 800 (21st, 2:27.23, Linfield Invitational); 4x100 (5th, 52.23, Willamette Invitational); 4x400 (2nd, 4:03.41, Hornet Invitational)
- \* Kelly Bladorn – 400 (7th, 1:01.51, Willamette Opener); 800 (16th, 2:25.91, Linfield Invitational); 4x100 (5th, 52.23, Willamette Invitational); 4x400 (2nd, 4:03.41, Hornet Invitational)
- \* Anna McLain – 400 (19th, 1:03.86, Linfield Invitational); 800 (7th, 2:20.92, Willamette Invitational); 1500 (6th, 4:54.49, Willamette Opener)

- \* Rachel Giffey-Brohaugh – 800 (1st, 2:18.55, Willamette Invitational); 1500 (4th, 4:51.76, Hornet Invitational); 4x400 (2nd, 4:03.41, Hornet Invitational)
- \* Lisa Mensonides – 800 (4th, 2:19.72, Linfield Invitational); 400 hurdles (2nd, 1:05.14, Willamette Opener); 4x100 (5th, 52.23, Willamette Invitational); 4x400 (2nd, 4:03.41, Hornet Invitational)
- \* Whitney Warren – 5000 (14th, 19:27.63, NWC South)
- \* Mollie Honan – 100 hurdles (12th, 17.38, Chuck Bowles Classic); 400 hurdles (11th, 1:08.64, NWC South); 4x100 (5th, 52.23, Willamette Invitational)
- \* Katie Alaimo – High jump (3rd, 5-1, Chuck Bowles Classic); Triple jump (10th, 32-8.25, NWC South)
- \* Victoria Black – Pole vault (1st, 10-6, Pt. Loma Meet); Javelin (12th, 110-8, NWC South)
- \* Emily Hodgins – Triple Jump (9th, 32-9, NWC South)
- \* Jessica Cardwell – Shot put (9th, 36-0.25, Linfield Invitational); Discus (14th, 104-6, Willamette Invitational)
- \* Cassandra Woods – Shot put (17th, 33-11.5, Willamette Invitational); Discus (16th, 100-9, Hornet Invitational)
- \* Lindsey Blankenship – Hammer (1st, 169-7, Chuck Bowles Classic)
- \* Terah Laack – Heptathlon (10th, 3,246, NWC Multis)

#### **Men (Name, Event, Mark, Meet)**

- \* Ryan Forbes – 100 (3rd, 11.00, Pt. Loma Meet); 200 (7th, 22.81, Pt. Loma Meet); Triple jump (11th, 40-11, NWC South); 4x100 (3rd, 42.90, Hornet Invitational)
- \* Garrett Blizzard – 100 (12th, 11.38, NWC South); 200 (6th, 22.78, NWC South); 400 (3rd, 49.89, Pt. Loma Meet); 4x100 (3rd, 42.90, Hornet Invitational); 4x400 (2nd, 3:20.82, Pt. Loma Meet)
- \* Drew Maves – 100 (16th, 11.45, Pt. Loma Meet); Long jump (12th, 20.8.5, Linfield Invitational); 4x100 (3rd, 42.90, Hornet Invitational)
- \* Josh Priester – 100 (18th, 11.47, Pt. Loma Meet); 110 hurdles (18th, 17.56, NWC Multis); Pole vault (13th, 13-1.75, NWC Multis); Long jump (10th, 20-11.75, Pt. Loma Invitational); Discus (10th, 130-1, Pt. Loma Invitational); Decathlon (3rd, 6,208, Pt. Loma Invitational)
- \* Brad Bates – 200 (11th, 22.91, Willamette Invitational); 400 (5th, 49.99, Willamette Opener); 800 (5th, 1:56.45, NWC South); 4x100 (3rd, 42.90, Hornet Invitational); 4x400 (2nd, 3:20.82, Pt. Loma Meet)
- \* Seth Harris – 200 (6th, 50.18, NWC Multis); 110 hurdles (3rd, 15.64, NWC South); 400 hurdles (2nd, 55.16, Willamette Opener); High jump (2nd, 6-4.25, NWC Multis); Pole vault (10th, 13-5.75, NWC Multis); Long jump (8th, 21-2.5, NWC Multis); Decathlon (1st, 6,552, NWC Multis); 4x400 (2nd, 3:20.82, Pt. Loma Meet)
- \* Jake Moe – 1500 (6th, 4:02.95, Pt. Loma Meet); 5000 (6th, 15:31.19, Willamette Invitational); 10,000 (12th, 34:07.86, Willamette Opener); 3000 steeplechase (2nd, 9:28.28, Hornet Invitational)
- \* Zeb Udell – 110 hurdles (9th, 16.18, NWC Multis); High jump (7th, 6-0.5, Pt. Loma Invitational); Pole vault (1st, 16-0, Pt. Loma Meet); Long jump (13th, 20-6.5, NWC Multis); Decathlon (5th, 6,006, Pt. Loma Invitational)
- \* Adam Haldorson – 400 hurdles (24th, 1:02.66, Willamette Invitational)
- \* Sam McKenzie – High jump (6th, 6-0.75, NWC South); Triple jump (8th, 41-2.5, Linfield Invitational)
- \* Travis Laloli – Pole vault (9th, 13-6.25, Pt. Loma Invitational)
- \* Joel Krebs – Javelin (6th, 181-4, NWC South)
- \* Bryan Cobb – 4x400 (2nd, 3:20.82, Pt. Loma Meet)

# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Saturday, April 15, 2006**

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## **4/15 – LINFIELD 4-WAY: Bruins Win Two Events in Linfield Meet in Final Tune-Up for NWC Championships**

**McMINNVILLE, Ore.** – Whitney Kolb in the women's triple jump and Lindsey Blankenship in the women's hammer took first place honors for George Fox University as the Bruins and three other teams prepared for the upcoming Northwest Conference Championships by participating in the Linfield College 4-Way track and field meet here Saturday.

Kolb jumped 34-8.25 in winning the triple jump, an event she won in the NWC Championships last year. Blankenship tossed the hammer 161-8, which surpassed the NCAA Division III provisional qualifying mark, although she has had longer throws this season. Blankenship also took a third-place finish in the discus throw at 98-6.

Other top three finishes for the Bruins included a third by Katie Alaimo in the women's long jump (15-9.75), a second by Matt Noble in the men's javelin (126-5), and a third by Sam McKenzie in the men's long jump (19-6.75).

The Bruins sent a relatively-small number of athletes to the Linfield meet, most of whom were trying to achieve marks to get them into the NWC Championships, which will be held Friday-Saturday, April 21-22, in Salem, Ore.

Complete results of the Linfield 4-Way track and field meet are available on line at the George Fox track and field web site at [www.georgefox.edu/athletics/track/2006/results.html](http://www.georgefox.edu/athletics/track/2006/results.html).

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, April 11, 2006

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## **4/11 – NWC MULTI-EVENTS: Harris Captures Decathlon as Bruins Earn 19 Points for NWC Championships**

**McMINNVILLE, Ore.** – Making the lead he held after the first day stand up, George Fox University's Seth Harris stayed the course to unseat defending champion Erik Jensen of Pacific Lutheran University for the men's decathlon title on the final day of the Northwest Conference Multi-Event Championships Tuesday here at Linfield College's Maxwell Field.

Harris amassed 6,552 points to 6,434 for Jensen. First-day runner-up Burch Greene of the University of Puget Sound edged George Fox's Josh Priester for third 6,103 to 6,102, while Zeb Udell of George Fox came in fifth out of 13 athletes with 5,794. All scores over 6,000 were NCAA Division III provisional qualifying marks for the National Championships May 25-27 at Benedictine University in Lisle, Ill.

The three Bruin athletes earned 19 points for George Fox toward the NWC Championships, which will be hosted by Willamette University April 21-22 in Salem, Ore. They were followed by eight points for PLU, six for Puget Sound, five for Linfield, and one for Willamette.

Harris, who won Monday's final two events, the high jump and the 400 meter dash, to vault into first, solidified his lead by winning Tuesday's first event, the 100 meter hurdles, over Jensen 15.97 to 15.99, then finishing second to teammate Priester in the discus 127-8.5 (38.93 meters) to 112-5.25 (34.27 meters). Udell captured the pole vault by clearing 14-1.75 (4.31 meters).

In the women's heptathlon, the Bruins' lone competitor, Terah Laack, climbed one spot from Monday to finish eighth out of 10 athletes with 3,246 points, earning one point for George Fox toward the NWC Championships. Laack's strongest event was the final one of the day as she placed third in the 800 meter run with a time of 2:29.56.

Brooke Barker of Pacific University successfully defended her 2005 NWC heptathlon title by scoring 4,418 points, a solid 499 points ahead of runner-up Riley Bernard of Linfield. In points toward the NWC title, Linfield picked up 11 points, Pacific 10, Willamette six, Whitworth five, Puget Sound two, and George Fox one.

Complete results of the Northwest Conference decathlon and heptathlon, courtesy of Linfield, are available on the George Fox web site at [www.georgefox.edu/athletics/track/2006/results/0411.html](http://www.georgefox.edu/athletics/track/2006/results/0411.html).

George Fox has one more event to use as preparation for the conference meet as the Bruins will compete in the Linfield Tune-up Saturday in McMinnville.

# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Monday, April 10, 2006**

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## **4/10 – NWC MULTI-EVENTS: Bruins' Harris Holds Lead in NWC Decathlon after First Day of Events**

**McMINNVILLE, Ore.** – Seth Harris, Josh Priester, and Zeb Udell of George Fox University hold down the first, third, and fifth places after Monday's five events, the first of two days of competition, in the Northwest Conference men's decathlon being held here at Linfield College's Maxwell Field.

Harris surged past Burch Greene of the University of Puget Sound by winning the final two events of the day – the high jump and 400 meter dash – to take a 43-point cushion with five events remaining, 3,497 points to 3,454. Harris posted a mark of 6-4.25 in the high jump (1.94 meters), then raced to a 50.18 finish in the 400 to take the first-day lead.

Priester was solidly in third place with 3,207 points after winning the shot put with a heave of 39-0 (11.89 meters). Defending decathlon champion Erik Jensen of Pacific Lutheran University was fourth at 3,148, followed by the Bruins' Udell with 3,143. A total of 13 athletes are entered in the NWC decathlon.

The long jump and the 100 meter dash were also held on Monday. Tuesday's schedule includes the 110 meter hurdles, discus, pole vault, javelin and 1,500 meter run.

In the women's heptathlon, the lone George Fox representative, Terah Laack, was ninth out of 10 contestants after the first day's four events – the 100 meter hurdles, high jump, shot put, and 200 meter dash. Laack's best showing was a sixth-place finish in the shot put (28-0.25, 8.54 meters).

Brooke Barker of Pacific University, the NWC defending champ in the heptathlon, took a 177-point lead over Linfield College's Riley Bernard after four events, 2,474 points to 2,297.

The women wrap up the two-day heptathlon with three events Tuesday: the long jump, javelin, and 800 meter run.

The results of the multi-event championships will count toward the team point totals at the NWC Championships, set for April 21-23 at Willamette University's McCulloch Stadium.

Complete results of the first day of competition in the Northwest Conference decathlon and heptathlon are available on the George Fox web site at [www.georgefox.edu/athletics/track/2006/results/0410.html](http://www.georgefox.edu/athletics/track/2006/results/0410.html).



# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Saturday, April 8, 2006**

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## **4/8 – WILLAMETTE INVITATIONAL: Bruin Women Pick Up Three Firsts at Willamette Two-Day Meet**

**SALEM, Ore.** – Rachel Giffey-Brohaugh won the women's 800 meter run by herself, then joined with three teammates to win the 4x400 meter relay, and Victoria Black captured the women's pole vault for the best finishes by George Fox University athletes at the Willamette University Invitational track and field meet held Friday and Saturday here at McCullough Stadium.

Collectively, the Bruin women placed 8th out of 25 schools and track clubs at the meet with 41 points, while the George Fox men came in 13th out of 34 schools and groups with 21 points. Host Willamette won the women's division with 107.33 points over Western Oregon University's 79.33. The men's division was captured by Spokane Community College with 90 points, followed by Willamette with 71.5.

Giffey-Brohaugh posted a time of 2:18.55 in the 800 to edge Holly Thomson of Oregon State University, who had a 2:19.09. In the 4x400, it was Jessica Beach, Giffey-Brohaugh, Anna McLain, and Lisa Mensonides who combined for a time of 4:03.77, beating the University of Portland (4:06.01) by over two-and-a-half seconds. Black cleared a height of 10-4 in the vault, six inches better than runner-up Juli Huddleston of Linfield College.

Mensonides was the only other Bruin woman to achieve a fifth-place or higher finish as she took a fourth in the 400 meter hurdles (1:06.23). A pair of George Fox assistant coaches, former Bruin All-Americans representing the Bruin Track Club, won events: Liz Thompson in the 400 hurdles (1:04.48), and Michelle Forbes in the high jump (5-8).

In the men's events, Brad Bates placed second in the 400 meter dash (50.42), only 0.43 behind winner Matt Strum of Linfield, and fifth in the 200 meter dash (22.91). The 4x100 meter relay team of Drew Maves, Garrett Blizzard, Bates, and Ryan Forbes took fourth (43.39).

The complete results of the Willamette Invitational for both the men and the women are available on line at the George Fox track and field web site at [www.georgefox.edu/athletics/track/index.html](http://www.georgefox.edu/athletics/track/index.html).

The next event for George Fox is the Northwest Conference Multi-Events Monday and Tuesday, Apr. 10-11, hosted by Linfield in McMinnville, Ore. Bruin athletes who could be competing in the men's decathlon are Josh Priester, Seth Harris, and Zeb Udell. The women's heptathlon will also be held, with the point total that is accumulated in both events going to the point total of each school for the upcoming NWC Championships, which will be held Apr. 21-22 in Salem, Ore., hosted by Willamette.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 1, 2006

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## **4/1 – LEWIS & CLARK INVITATIONAL: Small Number of Bruin Women 4th of Five Teams in L&C Meet**

**PORTLAND, Ore.** – With most of the squad in California for competitions during spring break, a small number of George Fox University women participated in the Lewis & Clark Invitational track and field meet here at Griswold Stadium Saturday, placing fourth out of five women's teams with 18 points.

Linfield College took first with 122 points, followed by Lewis & Clark College with 117, Pacific University 106, George Fox, and Concordia University-Portland with 7. No George Fox men were in the meet, although a pair of assistant coaches, David Malcolm and Ty Taylor, did compete in some of the throwing events.

Among the Bruins who did compete in the small meet, Amy Heide was 2nd in the hammer (65-10) and 3rd in the discus (79-08), and Feona Yancey was 4th in the 1500 meter run (5:23.29). Assistant coach Liz Thompson, representing the Bruin Track Club, won the 400 meter hurdles (1:04.49).

The Bruins will compete in a pair of meets next week, the Willamette Invitational Friday and Saturday in Salem, and the Shotwell Invitational at the University of Puget Sound in Tacoma, Wash., on Saturday.

# GEORGE FOX UNIVERSITY

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## **4/1 – PT. LOMA INVITATIONAL: Udell Wins Pt. Loma Meet with D-III's Best Vault as Bruin Men Finish 4th**

**SAN DIEGO, Calif.** – Multi-talented George Fox University freshman Zeb Udell captured the pole vault by clearing a height of 16-0, the top mark in the nation thus far and an NCAA Division III provisional qualifier, leading the Bruins to a 4th-place finish in the men's division of the Pt. Loma Invitational here Saturday at Pt. Loma Nazarene University.

National power Williams College won the meet with 418 points, followed by Azusa Pacific University with 393, Pt. Loma with 335, George Fox with 242.5, California State University-San Marcos 219, University of California-San Diego 201.5, Vanguard University 144, and Concordia University-Irvine 93.

The George Fox women placed 7th in their division with 137.5 points, trailing Azusa Pacific with 380, Pt. Loma 378, Cal-San Diego 334.50, Williams 322, Vanguard 224, and Cal State-San Marcos 161, and ahead of Concordia-Irvine 134.

Udell's win, a personal best, was one of 11 top-five finishes for the Bruin men. Seconds went to Seth Harris in the long jump (21-1.25), Drew Maves in the triple jump (39-8.75), and the 4x400 meter relay A team (3:20.7). Thirds went to Brad Bates in the 800 (1:56.78), the 4x100 meter relay A team (43.92), and Joel Krebs in the javelin (176-10). Fourths were gained by Ryan Forbes in the 100 (11.00), and Garrett Blizzard in the 400 (49.89). Fifts were earned by Jake Moe in the 1500 meter run (4:02.95), and by Maves in the long jump (19-11.75).

The George Fox women did take one first in a new event for them, the 4x800 meter relay, in a time of 9:28.1. The Bruins also got a fourth from the 4x400 meter relay team (4:08.2), and fifts from Jessica Beach in the 400 (1:00.44) and Rachel Giffey-Brohaugh in the 800 (2:20.93). Anna McLain was one spot behind Giffey-Brohaugh in the 800 (2:21.00), while Lisa Mensonides took 6th in the 400 meter hurdles (1:06.99).

Complete results of the Pt. Loma Invitational Meet are available online at the George Fox track and field web site at [www.georgefox.edu/athletics/track/2006/results/0401.html](http://www.georgefox.edu/athletics/track/2006/results/0401.html).

The Bruins will compete in a pair of meets next week, the Willamette Invitational Friday and Saturday in Salem, and the Shotwell Invitational at the University of Puget Sound in Tacoma, Wash., on Saturday.

# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Friday, March 24, 2006**

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## 3/24 – Assistant Coach Smith to Replace Retiring Coach Cook as Bruins' Track/XC Mentor

**NEWBERG, Ore.** – An historic era for George Fox University cross country and track and field will come to an end this summer as Wes Cook hangs up his coaching spike, but the transition to a new coach should be a smooth one for the Bruins as long-time assistant John Smith will be elevated to the head position.

Cook, in his 19th year at George Fox, made his decision to retire during the winter, and a nation-wide search was conducted, only to wind up right back in the Bruins' own stable. Smith, a 1996 graduate of George Fox, is now in his eighth season as an assistant coach, having joined the staff in 1998 after a year as an assistant at Cascade College.

Smith, a native of Lakeside, Ore., was a football and track star at North Bend High School, earning All-State honors and setting a school record in the triple jump. At George Fox, he was a two-time NAIA All-American in the decathlon, finishing fifth in both 1994 and 1995. He holds top 10 marks in eight events at the school, including first in the decathlon (7,138 points) and second in the pole vault (15-7).

After completing his bachelor's degree in health and human performance (fitness management emphasis), Smith trained for a year and earned a No. 34 national ranking in the decathlon with a personal record of 7,311 points in 1997. While competing for Oregon International, he won the University of Oregon Invitational and took second at the Rocky Mountain Invitational in the decathlon.

For the past six years, he has worked full-time on the George Fox security staff while assisting primarily with the Bruins' multi-event athletes.

"I've always wanted to be in coaching, and am excited about the challenges of building on what Coach Cook has accomplished here," says Smith, whose official starting date will be August 15. "We will continue to put an emphasis on quality first, seeking to bring top-notch student-athletes to George Fox. If we can develop the depth to go with some of the top-flight athletes we have, I can see us becoming a nationally-competitive team over time."

"We are pleased to be able to move John into the position of head coach," said director of athletics Craig Taylor. "He has big shoes to fill, as Coach Cook is an institution here whose record speaks for itself; you don't just 'replace' someone like him. John's work with the multi-events gives him a well-rounded knowledge of everything it takes to run a successful track program. While his experience with cross country is not extensive, he is a quick study and knows how to surround himself with knowledgeable assistants. We believe our track and cross country programs will continue to be in capable hands for years to come with Coach Smith."

Smith is married to former Bruin track and cross country All-American Dawn Hartwig, also a '96 George Fox graduate. The Smiths have three children – Davis, age 6, Jaci, age 4, and Blake, age 2 – and reside in Newberg.

The legacy of Coach Cook that Smith will try to extend has been one of tremendous success at George Fox. In the first 12 years of his tenure (1987-1999), George Fox developed into an NAIA national power. All four of his programs participated regularly in NAIA national meets and often finished among the top 10 teams in the nation. In 1992, following the men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* magazine declared his cross country program best in the nation at the NAIA level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 national title with a record low score of 19.

Cook was named National Coach of the Year in women's cross country by the NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year honors for men's cross country in 1990 and 1992. At the district and conference level, he was named Coach of the Year 12 times, at least once in each sport. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports.

Cook's athletes won 80 NAIA All-America awards and 53 NAIA All-America Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top five of the NAIA cross country national meet team scholastic competition. In the Bruins' six years in the NCAA, 11 athletes have earned All-America honors, while seven cross country runners and 11 track and field athletes have been named Academic All-Americans. The 2000 women's track team had the second-highest cumulative GPA (3.56) in the country and the men were third (3.25), and the 2001 women's track team finished with the highest national GPA (3.95).

A native of Gering, Neb., Cook was a four-time conference track scorer for the University of Northern Colorado. He graduated from UNC in 1961 with a degree in physical education and history, and earned a master of arts in teaching at Lewis & Clark College in 1975. He was inducted into the George Fox Sports Hall of Fame this past January.

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 24, 2006

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## **3/24 – PT. LOMA NAZARENE DECATHLON: Three Bruins Hit Decathlon Provisional Level in Pt. Loma Meet**

**SAN DIEGO, Calif.** – All three members of the George Fox University men's track and field team competing in the Point Loma Nazarene University Track and Field Meet – Seth Harris, Josh Priester, and Zeb Udell – scored enough points to meet the NCAA Division III provisional qualifying standards for the decathlon here Thursday and Friday.

Harris came in 2nd overall with 6,525 points to 7,040 for Mike Marsh of Concordia University-Irvine, a total that moved him into 5th place on the all-time GFU list of decathletes. In individual events, Harris tied for 1st in the long jump (6.41 m/21-0.5), tied for 2nd in the high jump (1.90 m/6-2.75), and was 2nd in the 1500 meters (4:44.36).

Priester was 6th overall with 6,208 points, and Udell was 9th with 6,006 points in his first college decathlon. The provisional mark is 6,000 points. Priester won the shot put (12.26 m/40-2.75) and was 2nd in the discus (39.64 m/130-1). Udell was 2nd in the pole vault (4.70 m/15-5), a height which met the D-III provisional mark, ranks 2nd nationally this year, and placed him 3rd all-time at George Fox.

Harris now ranks 3rd nationally in D-III decathlon points, Priester is 5th, and Udell is 7th.

The complete results of the Pt. Loma Nazarene University Decathlon are available on the Pt. Loma track and field web site at <http://www.ptloma.edu/Athletics/MTF/ScheduleResults/06recaps/2006%20Decathlon%20Scoring.pdf>.

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## **3/24 – CHUCK BOWLES CLASSIC: Blankenship Blasts Own Bruin and NWC Record in Hammer Throw**

**SALEM, Ore.** – Shattering her own school and Northwest Conference record by over five feet, George Fox University's Lindsey Blankenship hurled the women's hammer 169-7 to win the Chuck Bowles Spring Break Track and Field Classic Friday here at Willamette University's McCullough Stadium.

Blankenship's record throw broke the mark of 164-5 which she posted in last year's NWC Championships and was just three feet short of automatic qualification for the NCAA National Championships. It was also the best throw in the nation thus far this season, topping her own number one mark of 164-2 which she reached on March 4 in the Willamette Open.

With most of the Bruin men's and women's teams heading for California competitions during the school's upcoming spring break, there were a limited number of George Fox athletes in the Bowles Classic. Among other top Bruin performances, Katie Alaimo tied for 2nd in the women's high jump (5-1) and was 5th in the long jump (15-1.5), and Jessica Cardwell was 5th in the women's javelin (104-0).

Others who qualified for the NWC Championships were Mollie Honan in the women's 100 meter hurdles (17.38) and the 400 meter hurdles (1:13.5), and Cardwell in the shot put (34-3.5).

Complete results of the Chuck Bowles Spring Break Classic are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/index.html](http://www.georgefox.edu/athletics/track/index.html).

# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Friday, March 17, 2006**

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## **3/17 – LINFIELD OPEN: Bruins Get One Winner and Several Near-Misses in Linfield Meet**

**McMINNVILLE, Ore.** – Although they produced only one first-place winner, the George Fox University Bruins posted 13 top-three finishes and came in second by the narrowest of margins in two events in the Linfield College Open track and field meet Friday afternoon here at Maxwell Field.

The Bruins dominated the women's 800 meter run as Lisa Mensonides won the event with a time of 2:19.72, Rachel Giffey-Brohaugh was an eyelash behind in 2:19.80, and Kelly Bladorn took third in 2:25.91. In other women's running events, Anna McLain took third in the 400 meter dash (1:03.86), Mollie Honan was third in the 400 meter hurdles (1:10.55), and the 4x400 meter relay team was second (4:11.67). Assistant coach Liz Thompson, representing the Bruin Track Club, won the 400 hurdles (1:05.22).

In the women's pole vault, the top three finishers all cleared 10-0, but based on the numbers of attempts needed to clear the height, the Bruins' Victoria Black took third behind winner Julie Huddleston of Linfield and Danielle Smith of Western Oregon University. Volunteer assistant coach Michelle Forbes won the high jump (5-6.5) for the Bruin Track Club.

The meet ended with one of the day's most thrilling races, the men's 4x400 meter relay race. Linfield star Mat Strum caught the Bruins' Seth Harris in the final stretch to give the Wildcats the victory by one one-hundredth of a second, 3:22.89 to 3:22.90. Those are the top two times in the Northwest Conference this season. Also contributing to the Bruins' strong race were Garrett Blizzard, Brad Bates, and Bryan Cobb.

Other Bruin men's seconds went to Bates in the 100 meter dash (11.33), Blizzard in the 400 meter dash (50.88), and Sam McKenzie in the triple jump (41-2.5). Drew Maves came in third in the long jump (20-8.5).

Complete results of the Linfield Open are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/2006/results/0317.html](http://www.georgefox.edu/athletics/track/2006/results/0317.html).

Next weekend, the Bruins will participate in the Chuck Bowles Classic in Salem, Ore., on Friday, then head into spring break in California at the Hornet Invitational, hosted by Sacramento State University, on Saturday.

# GEORGE FOX UNIVERSITY

**SPORTS RELEASE: TRACK & FIELD – Saturday, March 11, 2006**

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## **3/11 – NWC SOUTH MEET: Linfield Wildcats Run Away from Others in NWC South Meet at George Fox**

**NEWBERG, Ore.** – Winning by comfortable margins in both the men's and women's divisions, the Linfield College Wildcats dominated the Northwest Conference South Track and Field Meet held Saturday here at George Fox University's Colcord Memorial Field.

In the women's division, Linfield scored 205 points to out-distance the host Bruins, who had 153. The Lewis & Clark College Pioneers were third with 109 points, and the Pacific University Boxers were fourth with 92. The gap was even larger in the men's division as Linfield tallied 214 points to 141 for George Fox, 98 for Lewis & Clark, and 50 for Pacific.

Kelsey Newell sparked Linfield to victory in the women's division by winning four events. She ran a 26.55 in the 200, 1:01.55 in the 400, the fourth leg of the 4x100 relay team that had a 51.47, and the second leg of the winning 4x400 team in 4:06.71. Riley Bernard also ran on both winning relay teams. Danielle Bielenberg of Linfield was a multiple winner, capturing the shot put with a throw of 40-0.75 and the discus with a mark of 133-2. She was also second in the hammer to George Fox's Lindsey Blankenship, who recorded a distance of 159-9.

Three women met NCAA Division III National Championship provisional qualifying marks. Kate Ross of Lewis & Clark won the long jump with a mark of 18-5.75, DeeDee Arnall of Pacific won the javelin with a 131-5 throw, and Blankenship's hammer throw also met the mark, although she had already recorded a 164-2 the week before.

Other winners for the host Bruins were Whitney Kolb in the 100 with a 13.45, Rachel Giffey-Brohaugh in the 1,500 with a 4:59.27, Lisa Mensonides in the 400 hurdles with a 1:06.31, and Victoria Black with a 10-5.25 in the pole vault. Michelle Forbes, last year's national runner-up in the high jump and now a Bruins volunteer assistant coach, won the high jump with a 5-6.

In the men's events, Linfield's Matt Strum and Chris Miles each won three times. Strum took the 200 in 22.03, and ran the second leg for both winning relay teams, the 4x100 which recorded a 42.42 and the 4x400 which won in 3:26.13. Miles captured the shot put with a 43-9.75, the discus with a 132-10, and the hammer with a 146-10. Other multiple winners, all from Linfield, were Justin Brandt with a 4:05.3 in the 1,500 and a 16:13.69 in the 5,000, Brian Petermeyer with a 50.94 in the 400 and the third leg of the 4x100, and John Torsey with a 10.99 in the 100 and the fourth leg of the 4x100.

Members of the host Bruins who won events were Brad Bates with a 1:56.45 in the 800, Seth Harris with a 15.64 in the 110 hurdles, Sam McKenzie with a 6-0.75 in the high jump, and Joel Krebs with a 183-0 in the javelin. Former Bruin Doug Beatty won the long jump at 21-1.25 and the triple jump at 43-0.5.

Complete results of the Northwest Conference South Meet may be found online at the George Fox track and field web site at [www.georgefox.edu/athletics/track/2006/results/0311.html](http://www.georgefox.edu/athletics/track/2006/results/0311.html).

The next event for George Fox is the Linfield Open on Friday, March 17, in McMinnville, Ore.



# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, January 3, 2006

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## 1/3 – OREGON SPORTS AWARDS: Bruins' High Jumper Michelle Forbes a Finalist for Rutschman Award

NEWBERG, Ore. – Michelle Forbes, who finished second in the 2005 NCAA Division III National Championships in the women's high jump for George Fox University, has been named one of the five finalists for the 2005 Ad Rutschman Award, given annually to the top small college male and female athlete in the state at the Oregon Sports Awards.

Forbes placed second in the NCAA Championships in Waverly, Iowa, with a high jump of 5-8 on May 27, a personal best which put her second on the GFU all-time list only to two-time NAIA champion and All-American Nancy Rissmiller. During the 2005 season, she won the high jump in four meets, including the Northwest Conference Championships, and the long jump in one meet. She also placed second in the NWC in the heptathlon, earning All-Conference honors in both the high jump and the heptathlon. She was All-NWC in the triple jump with a second-place finish as a junior, in the high jump with a second as a sophomore, and in the 4x100 meter relay as a freshman as the relay team finished third. She participated in the NCAA nationals in the high jump in both 2003 and 2004.

Forbes graduated from the university *summa cum laude* on April 30 with a degree in history/political science. She had a 4.00 grade point average in seven of her eight semesters at George Fox, and finished with a cumulative 3.97. She was named to both the Academic All-District VIII First Team and the Academic All-America First Team for the college division of women's cross country/track and field as voted on by members of the College Sports Information Directors of America and sponsored by *ESPN The Magazine*. She was an Academic All-District honoree in 2004 as well. The United States Track Coaches Association awarded her All-Academic honors after her sophomore, junior, and senior seasons.

A native of Jackson, Wyo., and a graduate of Jackson Hole High School, Forbes comes from an athletic family. Her older sisters, Amy and Colleen, played volleyball and ran track and cross country at various times for the Bruins, and all three earned scholar-athlete awards from the CoSIDA Academic All-America program and the United States Track Coaches Association.

Other women's finalists for the 2005 award are Alicia Andrews of Willamette University for track, DeeDee Arnall of Pacific University for track and basketball, Monica Smith of Western Oregon University for track, and Kapua Torres of Pacific University for wrestling. The five men's finalists include last year's winner, Brett Elliott of Linfield College for football, along with Eric Fiegi of Corban College for basketball, Greg McCarthy of Western Oregon for baseball, Nick Symmonds of Willamette for track and cross country, and Shea Washington of Southern Oregon University for basketball.

The Ad Rutschman Award honors the long-time coach and director of athletics at Linfield College. Rutschman won three national football championships and one in baseball during his 24 years at Linfield, becoming the only college coach at any level to win national titles in two different sports. He was a five-time recipient of the Slat's Gill Award in honor of the state's outstanding coach, and is in the College Football Hall of Fame. His son Randy is an assistant baseball coach at George Fox.

The 2005 Oregon Sports Awards ceremonies will be held on Sunday, January 29, at the Tiger Woods Center on the Nike World Campus in Beaverton, Ore. The events will again be televised statewide on KATU, with former Portland Trailblazers announcer Bill Schonely as master of ceremonies.

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# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Wednesday, February 22, 2006

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## 2/22– IDAHO INDOOR: Bruins Tune Up for Outdoor Track Season with Two Indoor Records in Idaho

**MOSCOW, Idaho** – Tuning up for the 2006 outdoor track and field season, the George Fox University Bruins got two indoor record-setting performances in the McDonald's Open Indoor Track and Field meet Saturday, Feb. 19, here at the University of Idaho's Kibbie Dome.

In the women's 400 meter run, **Lisa Mensonides** placed 9th in the race with a time of 1:00.78, breaking the old record of 1:01.31 by Sara Oates in 2001. In the women's weight throw, **Lindsey Blankenship** surpassed her own previous record of 44-1.25 (13.44 meters) in 2005 by hurling it 46-4.25 (14.13 m) to place 10th in the meet, which included numerous NCAA Division I teams.

Several other athletes posted marks that moved them into the ranks of the top ten at George Fox. The women's 4x400 relay team of **Kelly Bladorn**, **Rachel Giffey-Brohaugh**, **Anna McLain**, and **Mensonides** won the meet with a time of 4:08.97, 2nd-best in school history. The Bruins got a 2nd-place finish from **Brad Bates** in the men's 400 meter run with a time of 50.87, which tied the 6th-best time ever.

In the women's mile run, **McLain** placed 4th at 5:22.59, **Giffey-Brohaugh** was 6th at 5:24.22, and **Bethany Adams** was 15th at 5:41.31. **McLain's** time was the 3rd-best ever for a Bruin, **Giffey-Brohaugh's** was 6th-best, and **Adams'** was 9th. Their times at the 1,500 meter mark, which is a little shorter than the mile, were 4:59.44 for **McLain**, 5:03.64 for **Giffey-Brohaugh**, and 5:23.04 for **Adams**, which put them 2nd, 3rd, and 7th respectively on the all-time lists at that distance. In the women's 400, **Mollie Honan** ran a 1:05.56 which was good for 18th place, and was the 7th-highest mark ever for George Fox.

Two other men's marks reached the top ten. **Jake Moe** placed 6th in the 3000 meter run at 9:04.05, 8th all-time, and **Josh Priester** ran 7.45 in the 60 meter dash, 10th all-time, while placing 22nd in the meet. **Priester** also placed 9th in the long jump at 20-7.25 (6.28 m), while **Seth Harris** came in 5th in the 60 meter hurdles at 8.74. The 4x400 relay team of **Bates**, **Bryan Cobb**, **Ben Dort**, and **Adam Haldorson** came in 6th with a time of 3:37.32.

"We had some very solid and exciting results," said coach **Wes Cook**, who is in his 19th season with the Bruins. "It was a strong start as we head to the beginning of the outdoor season in two weeks."

The outdoor track and field season gets under way for the Bruins Saturday, March 4, with the Willamette University Open in Salem, Ore. The Bruins return four athletes – **Harris**, **Blankenship**, **Giffey-Brohaugh**, and **McLain** – who participated in the NCAA National Championships last year, but will be without **Ben Dillow**, the national runner-up in the decathlon, all season due to knee surgery. Twelve returnees earned All-Northwest Conference honors in 2005 as well.

# GEORGE FOX UNIVERSITY

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## 3/3- PREVIEW: Bruins Aim to Overcome Obstacles for Continued Success in Cook's Final Season

NEWBERG, Ore. – Coming off a successful season that saw them turn in several fine performances in the 2005 NCAA Division III National Championships, the George Fox University Bruins hope to continue that success in 2006 as Wes Cook takes his final lap as head coach of the men's and women's track and field program – but they will have several hurdles to jump if they are to do so.

"We don't have the depth numbers-wise that the <sup>more</sup> ~~most~~ <sup>CHALLENGING</sup> successful programs have," admits Cook, pointing to a men's roster of 25 athletes and a women's list of 22. "Your top-notch programs will have at least twice that many. We do, however, have several athletes back who made it to nationals last year and know what it takes to get there, and several others with the potential to make it if they are focused and work hard."

Because of the smaller numbers, avoiding injuries to key people will be critical, and the Bruins have already taken a hit in that area with the loss of Ben Dillow (Jr., Kirkland, Wash. / Cedar Park Christian HS) for the season due to knee surgery. Dillow earned All-America honors by placing second in the decathlon at the national meet in Iowa and would have been a contender once again, but will have to take a medical hardship year. On the plus side, decathlete Josh Priester (Sr., Walla Walla, Wash. / Walla Walla HS), who had also qualified for the nationals with the fifth-best score in the country but missed out due to an elbow injury, is making a comeback and is hopeful of a strong senior season. <sup>LANE CC</sup>

The Bruin men tied for 16th in the nationals with 16 points while the women tied for 32nd with eight points. Not counting Dillow, there are five athletes returning who participated in the nationals and seven others who earned All-Northwest Conference honors in 2005, providing a solid nucleus that could make Cook's 19th and final year at George Fox another enjoyable one.

### Men

With Dillow out, Priester's recovery looms large for the Bruins. Says Cook, "Josh is a talented athlete but tends to be fragile, so we will watch him carefully. <sup>IF HE CAN STAY HEALTHY</sup> If he has fully recovered, he will be a big plus for us, as well as giving us help in the sprints."

Seth Harris (Jr., Boise, Idaho / Cole Valley Christian HS) gave the Bruins a second men's All-American when he finished sixth in the 400 hurdles. He was also a member of the second-place All-Conference 4x100 relay team that included returnees Brad Bates (Sr., Stayton, Ore. / Stayton HS) and Drew Maves (Jr., Twin Falls, Idaho / Castleford HS). Bates was also All-Conference in the 4x400 and the 400 meter dash, so the Bruins have a strong contingent of sprinters. <sup>IF A PROVISIONAL QUALIFIER IN THE 800</sup>

"Seth has the potential to be a national champion in the hurdles," comments Cook, "although he also wants to try the decathlon this year. Brad ran a provisional time in the 800 last year with one of the best times in that event we've had in a while, so he has a legitimate shot to qualify nationally for that, as well as the 400." <sup>?</sup>

Two newcomers who are expected to help right away in the sprints are Ryan Forbes (Fr., Jackson, Wyo. / Jackson Hole HS) and Garrett Blizzard (Fr., Las Vegas, Nev. / Bonanza HS). Forbes' three older sisters were track and cross country athletes at George Fox, while Blizzard joins the team after starting at forward on the soccer team in the fall.

"Ryan is a real talent who was <sup>STATE CHAMP</sup> second in the 400 in the state," notes Cook, adding that "he may be the best athlete in his family; his athleticism seems to come naturally, whereas his sisters had to work hard for everything they earned. Garrett was the state champ in the 400 in Nevada as a junior but was hurt his senior year; he could be an impact athlete for us."

Cook is very high on newcomer Zeb Udell (Fr., Dallas, Ore. / Central HS), whom the coach calls "a very talented athlete and a great kid. He is focusing primarily on the decathlon, with the potential to be a record-holder in the pole vault for us; he cleared 15-3 in high school on what was not a particularly good day for jumping, as I understand it."

Several runners from the cross country team will help in the distances races, led by Jake Moe (Jr., Anchorage, Alaska / Anchorage Christian HS), who was All-Conference while finishing 3rd in the steeplechase. "He could become a candidate for nationals," predicts Cook. <sup>IS A STRONG</sup>

Joining him in the distance events are Bryan Cobb (Sr., Eugene, Ore. / Willamette HS), Ben Dorf (Jr., Philomath, Ore. / Philomath HS), Grant Finney (So., Tigard, Ore. / Southridge HS), Jeff Friesen (So., Lake Oswego, Ore. / Westside Christian HS), Adam Haldorson (Fr., Springfield, Ore. / Springfield HS), Eric Henderson (Fr., Redmond, Ore. / Redmond HS), and Justin Wiens (Fr., Billings, Mont. / Skyview HS). Henderson is also expected to run in the steeplechase. Finney has been hampered by a sore foot that may keep him out of action for a while.

With the graduation of 2004 national javelin champion and 2005 fourth-place finisher Matt Gassaway, the Bruins are inexperienced in the throwing department. Joel Krebs (So., Salem, Ore. / Salem Academy) is the top returning javelin hurler, but rookie Ryan Stokke (Fr., Gig Harbor, Wash. / Peninsula HS) has shown good throwing potential. Cook can also call upon newcomers Ben

ALSO  
LOST  
JULIE BROWN  
JULIE FINNEY  
STARRS PROJECT

# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, March 3, 2006

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## 3/3– PREVIEW: Bruins Aim to Overcome Obstacles for Continued Success in Cook's Final Season

**NEWBERG, Ore.** – Coming off a successful season that saw them turn in several fine performances in the 2005 NCAA Division III National Championships, the George Fox University Bruins hope to continue that success in 2006 as **Wes Cook** takes his final lap as head coach of the men's and women's track and field program – but they will have several hurdles to jump if they are to do so.

"We don't have the depth numbers-wise that the more successful programs have," admits Cook, pointing to a men's roster of 25 athletes and a women's list of 22. "Your top-notch programs will typically have twice that many. We do, however, have several athletes back who made it to nationals last year and know what it takes to get there, and several others with the potential to make it if they remain focused and continue to work hard."

Because of the smaller numbers, avoiding injuries to key people will be critical, and the Bruins have already taken a few hits in that area. **Ben Dillow** (Jr., Kirkland, Wash. / Cedar Park Christian HS), who earned All-America honors by placing second in the decathlon at the national meet in Iowa and would have been a contender once again, was lost for the season due to knee surgery and will take a medical hardship year. Distance runner **Grant Finney** (So., Tigard, Ore. / Southridge HS) has been hampered by a stress fracture and is likely done for the season.

On the women's side, versatile **JulieKay Brown** (Jr., Sherwood, Ore. / Sherwood HS), a contributor in both hurdles and jumps, was lost to the team after having off-season knee surgery, enduring a difficult rehab, then re-injuring the knee in a gymnastics class.

The Bruin men tied for 16th in the nationals with 16 points while the women tied for 32nd with eight points. Not counting Dillow, there are five athletes returning who participated in the nationals and seven others who earned All-Northwest Conference honors in 2005, providing a solid nucleus that could still make Cook's 19th and final year at George Fox another enjoyable one.

### **Men**

With Dillow out, the return of decathlete **Josh Priester** (Sr., Walla Walla, Wash. / Walla Walla HS) looms large for the Bruins. Priester had also qualified for the nationals with the fifth-best score in the country but missed out due to an elbow injury, but his recovery is progressing and he is hopeful of a strong senior season. Says Cook, "Josh is a talented athlete and if he is healthy, he will be a big plus for us, as well as giving us help in the sprints."

**Seth Harris** (Jr., Boise, Idaho / Cole Valley Christian HS) gave the Bruins a second men's All-American when he finished sixth in the 400 hurdles. He was also a member of the second-place All-Conference 4x100 relay team that included returnees **Brad Bates** (Sr., Stayton, Ore. / Stayton HS) and **Drew Maves** (Jr., Twin Falls, Idaho / Castleford HS). Bates was also All-Conference in the 4x400 and the 400 meter dash and a provisional qualifier in the 800, so the Bruins have a strong contingent of sprinters.

"Seth has the potential to be a national champion in the hurdles," comments Cook, "although he also wants to try the decathlon this year. Brad's time in the 800 last year with one of the best times in that event we've had in a while, so he has a legitimate shot to qualify nationally."

Two newcomers who are expected to help right away in the sprints are **Ryan Forbes** (Fr., Jackson, Wyo. / Jackson Hole HS) and **Garrett Blizzard** (Fr., Las Vegas, Nev. / Bonanza HS). Forbes' three older sisters were track and cross country athletes at George Fox, while Blizzard joins the team after starting at forward on the soccer team in the fall.

"Ryan is a real talent whose athleticism seems to come naturally," observes Cook. "He was the state champ in the 400, and runner-up in the triple jump, 100, and 200. Garrett was also a state champion, in the 400 in Nevada as a junior, but was hurt his senior year; he could be an impact athlete for us."

Cook is very high on newcomer **Zeb Udell** (Fr., Dallas, Ore. / Central HS), whom the coach calls "a very talented athlete and a great kid. He is focusing primarily on the decathlon, with the potential to be a record-holder in the pole vault for us; he cleared 15-3 in high school on what was not a particularly good day for jumping, as I understand it."

Several runners from the cross country team will help in the distances races, led by **Jake Moe** (Jr., Anchorage, Alaska / Anchorage Christian HS), who was All-Conference while finishing 3rd in the steeplechase. "He is a strong candidate for nationals," predicts Cook.

Joining him in the distance events are **Bryan Cobb** (Sr., Eugene, Ore. / Willamette HS), **Ben Dort** (Jr., Philomath, Ore. / Philomath HS), **Jeff Friesen** (So., Lake Oswego, Ore. / Westside Christian HS), **Adam Halderson** (Fr., Springfield, Ore. / Springfield HS), **Eric Henderson** (Fr., Redmond, Ore. / Redmond HS), and **Justin Wiens** (Fr., Billings, Mont. / Skyview HS). Henderson is also expected to run in the steeplechase.

With the graduation of 2004 national javelin champion and 2005 fourth-place finisher Matt Gassaway, the Bruins are inexperienced in the throwing department. **Joel Krebs** (So., Salem, Ore. / Salem Academy), **Ryan Stokke** (Fr., Gig Harbor, Wash. / Peninsula HS), **Ben Burgess** (Fr. Grants Pass, Ore. / Hidden Valley HS), **Mark Feddes** (Fr., Manhattan, Mont. / Manhattan Christian HS), and **Matt Noble** (Fr., Albany, Ore. / West Albany HS), who joined the squad after the Bruins' basketball season ended, "give us more throwers than we've had in several years," says Cook.

The Bruins have three pole vaulters returning who have shown marked improvement, including **Travis Laloli** (Sr., Ferndale, Calif. / Ferndale HS), **Tyler Hoskins** (So., Canby, Ore. / Canby HS), and **Brian See** (So., Oregon City, Ore. / Oregon City HS). The jumps section is small and mostly untested, with Maves the only upper classman, joined by Udell, Forbes, and **Sam McKenzie** (Fr., Colorado Springs, Colo. / Colorado Springs Christian HS).

## Women

Michelle Forbes, one of Ryan's older sisters, graduated after a second-place finish in the national high jump with a 5-8 mark and is now a volunteer assistant coach with the team. She will be missed, but the Bruins do return three athletes who went to Iowa in hammer thrower **Lindsey Blankenship** (Jr., Washtucna, Wash. / Washtucna HS), who set a new school and NWC record with a throw of 164-5, and 800 meter sprinters **Rachel Giffey-Brohaugh** (So., Renton, Wash. / Christian Faith HS) and **Anna McLain** (So., Medina, Wash. / Bellevue Christian HS). "All three could be All-Americans and have set lofty goals for themselves this season," says Cook.

The Bruins' 4x400 relay team earned All-Conference honors last year and all four runners are back with Giffey-Brohaugh, McLain, **Kelly Bladorn** (So., Tumer, Ore. / Cascade HS) and **Bethany Adams** (So., Portland, Ore. / Westside Christian HS). Add in much-improved **Jessica Beach** (So., Sherwood, Ore. / Sherwood HS) and newcomer **Lisa Mensonides** (Fr., Tacoma, Wash. / Tacoma Baptist HS), whom Cook calls "the cannon on this crew", and the Bruins could have a strong contender for national honors.

**Whitney Kolb** (So., Jefferson, Ore. / Jefferson Christian HS) gives the Bruins yet another All-Conference performer, an NWC champion in the triple jump despite missing the first half of the season with injuries. "Whitney is healthy and, if she can get a full season under her belt, there's no telling how far she can go," says Cook.

**Katie Alaimo** (So., The Dalles, Ore. / The Dalles HS) in the high jump and **Victoria Black** (Jr., Baker City, Ore. / Baker HS), who is battling back from major knee surgery, in the pole vault are returnees who have worked hard and could make waves at the conference level this spring. Other Bruin veterans who will help are **Whitney Warren** (So., Baker City, Ore. / Baker HS) in the distance events and **Melissa Noyd** (So., Salem, Ore. / Sprague HS) and **Terah Laack** (So., Carson City, Nev. / Carson HS) in the sprints.

Mensonides has been labeled by Cook a "blue-chipper" in the long hurdles. **Mollie Honan** (Fr., Carbondale, Colo. / Roaring Fork HS) is another hurdler who has performed well in early outings.

After Kolb and Alaimo, new jumpers **Emily Hodgin** (Fr., Bellingham, Wash. / Squaticum HS) and **Jenny Prickett** (Fr., Eugene, Ore. / Lifegate Christian HS) are untested. **Feona Yancey** (Fr., Anchorage, Alaska / Bartlett HS) will help in the distances. **Mary VanSteenberghe** (Fr., Gold Hill, Ore. / Crater HS) is another who could contribute if healthy but has not been at full strength since cross country ended.

Volleyball player **Cassandra Woods** (Fr., Clatskanie, Ore. / Clatskanie HS) decided to give the spring sport a try and has been one of the team's pleasant surprises. "Cassandra's a big, strong girl who could help us in either the throws or the jumps," notes Cook. Two other second-sport athletes, soccer goalkeepers **Jessica Cardwell** (Fr., Fall Creek, Ore. / Thurston HS) and **Amy Heide** (Fr., Portland, Ore. / Parkrose HS) recently joined the team and should help in the throws. Cardwell was a state qualifier in the javelin in high school.

## Summary

"We don't have a lot 'spare wheels'," says Cook, "but we have some quality front-line athletes who can win a few conference events and do well if they make it to nationals. Our squads are relatively small and young, especially the women; they have no seniors, and the men have only four. If we can avoid injuries, the veterans come through, and the newcomers benefit from their early-season experiences, we have a realistic shot at the top half of the conference."



**Burgess** (Fr., Grants Pass, Ore. / Hidden Valley HS), **Mark Feddes** (Fr., Manhattan, Mont. / Manhattan Christian HS), and **Matt Noble** (Fr., Albany, Ore. / West Albany HS), who joined the squad once the Bruins' basketball season was over. *GIVE US MORE THROWS THAN WE'VE HAD IN SEVERAL YRS*

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## Women

*VOLUNTEER*  
*AS WELL AS THE 100 & 200.*  
**Michelle Forbes**, one of Ryan's older sisters, graduated after a second-place finish in the national high jump with a 5-8 mark and is now an assistant coach with the team. She will be missed, but the Bruins do return three athletes who went to Iowa in hammer thrower **Lindsey Blankenship** (Jr., Washtucna, Wash. / Washtucna HS), who set a new school and NWC record with a throw of 164-5, and 800 meter sprinters **Rachel Giffey-Brohaugh** (So., Renton, Wash. / Christian Faith HS) and **Anna McLain** (So., Medina, Wash. / Bellevue Christian HS). "All three could be All-Americans and have set lofty goals for themselves this season," says Cook.

*PERSONALITY IS LIKE 'CANNON' IS THIS CREW*  
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# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Wednesday, February 22, 2006

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Because of the smaller numbers, avoiding injuries to key people will be critical, and the Bruins have already taken a hit in that department with the loss of Ben Dillow for the season due to knee surgery. Dillow earned All-America honors by placing second in the decathlon at the national meet in Iowa and would have been a contender once again, but will have to take a medical hardship year. On the plus side, decathlete Josh Priester, who had also qualified for the nationals with the 5th-best score in the country but missed out due to an elbow injury, is making a comeback and is hopeful of a strong senior season.

The Bruin men tied for 16th in the nationals with 16 points while the women tied for 32nd with 8 points. Not counting Dillow, there are five athletes returning who participated in the nationals and seven others who earned All-Northwest Conference honors in 2005, providing a solid nucleus that could make Cook's 19th and final year at George Fox another memorable one.

### Men

With Dillow out, Priester's recovery looms large for the Bruins. Says Cook, "Josh is a talented athlete but tends to be fragile, so we will watch him carefully. If he has fully recovered, he will be a big plus for us, as well as giving us help in the sprints."

Seth Harris (Jr., Boise, Idaho) gave the Bruins a second men's All-American when he finished 6th in the 400 hurdles. He was also a member of the second-place All-Conference 4x100 relay team that included returnees Brad Bates (Sr., Stayton, Ore.) and Drew Maves (Jr., Twin Falls, Idaho). Bates was All-Conference in the 4x400 and the 400 meter dash as well, so the Bruins have a strong contingent of sprinters.

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#### Women

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After Kolb and Alaimo, new jumpers Emily Hodgkin (Fr., Bellingham, Wash. / Squalicum HS) and Jenny Prickett (Fr., Eugene, Ore. / Lifegate Christian HS) are untested. Feona Yancey (Fr., Anchorage, Alaska / Bartlett HS), who has run cross country for two seasons, is in her first season of competition in track and could help in the distances. Mary VanSteenberghe (Fr., Gold Hill, Ore. / Crater HS) is another who could contribute if healthy but has not been at full strength since cross country ended.

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# GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 4, 2006

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## 3/4 – WILLAMETTE OPENER: Bruins Win Eight Events as Outdoor Track Season Gets Under Way

SALEM, Ore. – Posting eight first-place finishes – four each for the men and women – and six other top three finishes, the George Fox University Bruins got the 2006 outdoor track and field season off to a rousing start in the Willamette Opener Saturday here at Willamette University's McCullough Stadium.

For the women, Lisa Mensonides won the 400 meter hurdles with a time of 1:05.14, the 4x400 relay team of Kelly Bladorn, Jessica Beach, Rachel Giffey-Brohaugh and Mensonides won by over five seconds with a 4:05.21, Victoria Black cleared 9-10 to take the pole vault, and Lindsey Blankenship captured the hammer with a throw of 164-2, only three inches short of the school and Northwest Conference record she set last year.

In the men's events, Brad Bates won the 400 meter dash in 49.99, Jake Moe took the 10,000 meter run in 34:07.86, Seth Harris won the 400 meter hurdles in 55.16, and Zeb Udell was the pole vault champ at a height of 14-5.5.

George Fox seconds went to Beach in the women's 400 (1:01.00), Whitney Kolb in the women's long jump (16-5.25), Ryan Forbes in the men's 200 (22.91), and the men's 4x400 relay team of Bates, Garrett Blizzard, Bryan Cobb, and Forbes (3:25.12). Thirds were posted by Bladorn in the women's 400 (1:01.51) and Feona Yancey in the women's 10,000 (45:17.27).

The Bruins met numerous qualifying marks for the Northwest Conference Championships, but had only one NCAA Division III provisional qualifying mark, though two others came close. Blankenship's hammer throw met the provisional standard of 150-11, while Mensonides missed the provisional mark for the 400 hurdles by one second; the mark is 1:04.14. Harris came up just short of provisional qualifying in the 400 hurdles; the time is 54.00.

Complete results of the Willamette Opener are available on the George Fox track and field web site at [www.georgefox.edu/athletics/track/2006/results/0304.html](http://www.georgefox.edu/athletics/track/2006/results/0304.html).