

PROGRAM MILESTONES

Linfield's men and women have earned top-10 regional finishes 11 times since 1998

A total of 30 Linfield student-athletes received all-West Region honors over the last 10 years

12 individuals and five teams have competed at the NCAA Division III Championships

30 student-athletes have been recognized on All-Academic teams by the U.S. Track and Field and Cross Country Coaches Association



2008 HIGHLIGHTS

Marci Klimek broke her own six-kilometer race record while recording the highest finish by a Linfield woman in national competition

Shawn Fisher eclipsed the highest recorded men's NCAA finish

Francis Corcorran and Shawn Fisher received All-Academic honors from the U.S. Track and Field and Cross Country Coaches Association

The men's and women's teams finished among the top-five in the Northwest Conference and among the top 10 at the NCAA Division III West Regionals

SEE FOR YOURSELF

To make arrangements for a campus visit, reach Garry Killgore at gkillgor@linfield.edu 503-883-2410

or Travis Olson at tolson@linfield.edu 503-883-2530

Want to be part of the winning tradition of the Linfield cross country program? Visit the Linfield Athletics Web Site! www.linfield.edu/sports So that we may help you pursue a great education and cross country experience, be sure to enter your information into the Prospective Athletes section.

CROSS COUNTRY

at Linfield College



FACILITIES

The Linfield Health, Human Performance and Athletics Complex is considered among the finest small-college facilities in the Northwest.

Decorated with 21 conference championship banners and seven national championship banners, spacious Ted Wilson Gym is contained within the state-of-the-art HHPA Complex, which opened in 1989.

The 112,000-square-foot facility contains locker rooms, offices and classrooms, a fully equipped sports medicine treatment center, along with display areas that house trophies and recognitions of past teams and athletes.



DR. GARRY KILLGORE

Dr. Garry Killgore starts his 21st year as Linfield's cross country and track & field coach. Killgore is a six-time Northwest Conference Men's Track and Field Coach of the Year and a two-time Coach of the Year award winner on the women's side. He led the Linfield men to a NWC co-championship in 1993. He has coached six national track champions, 70 All-Americans and 34 All-Academic performers.

An Oregon State University graduate, Killgore is the chair of men's and women's track and field committee for the Oregon Association of USA Track and Field. He was a research associate for the USA Track and Field Sport Sciences in the biomechanics of the hammer, javelin, steeplechase and pole vault. He is an associate professor within Linfield's Department of Health and Human Performance.

Killgore earned his Ph.D at Oregon State in human performance (exercise physiology/biomechanics) in 2003 and received his master's degree in physical education (exercise science) in 1989. He has published reports and made presentations on the biomechanics of running, prevention of running-related injuries and scientific concepts of coaching. His specialty is alternative training, such as deep-water running or circuits. He is the founder of AQx Sports, a company pioneering new concepts in hydrodynamic training.

ABOUT LINFIELD

Rated No. 1 in the Western Region by U.S. News and World Report

13:1 Student/Faculty Ratio

40 Majors, 35 Minors, 4 Pre-Professional Programs

Average Class Size: 18

Upon graduation, 93 percent of students gain employment or enter graduate degree programs

Ranks No. 11 in the U.S. for Undergraduate Participation in Study Abroad Programs by the Institute of International Education

