

Cardinal



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**Men's soccer ties school
record with 11 goals
in Sept. 13 win over
Multnomah University**

& Gold



Cheer the rowing teams from the banks of the Willamette in the Portland Fall Classic on Oct. 26

Gridiron Bearcats top Trinity 34-10 in homecoming game



GPA: 3.8

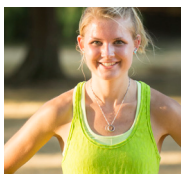
Major: Exercise Science

Sports: Cross Country, Track & Field

Honor: 2013-14 NCAA Division III

All-Academic Team

Ostrander Is a Runaway Success



Taylor Ostrander '16 has hit her stride at Willamette, emerging as a standout on the trails, on the track and in the classroom.

During her first year as a Bearcat, she competed in the Northwest Conference (NWC), West Regional and NCAA Championship cross country meets. "Getting to run in those three big meets was a big step up for me (from high school)," says Ostrander.

In the spring of her freshman year, she competed in track and field for the first time, focusing on the 1,500-meter run, 5,000-meter run and 3,000-meter steeplechase, which involves a number of obstacles runners must navigate along the way. "I knew right away that I wanted to do steeplechase," Ostrander says, citing

the "added attraction" of the race's water hazards and other barriers.

Ostrander placed third in the NWC in the steeplechase and sixth in the 5,000-meter run. She qualified for nationals in the steeplechase during a meet in Illinois, then went on to take 22nd place at the NCAA Championship. "I surprised myself," Ostrander says of qualifying for nationals as a freshman. "My only goal was to race my hardest. By doing that and qualifying, it set me up to be successful in coming years."

As a sophomore, she placed second at the NWC cross country meet — trailing only Bearcat teammate Michaela Freeby '15 — to earn First Team All-NWC honors. Ostrander added All-West Region recognition with her fourth-place finish a week later. She and six teammates ran at the NCAA Championship, where Willamette placed 12th.

"I remember getting to the start line (at the NCAA Championship) and looking up and down at the legs ... and it looked like they went on for miles," Ostrander says. "I felt so incredibly overwhelmed. But then I remembered I had competed here before." With her 41st-place finish, she missed All-America status by just six places.

During her second track and field season last spring, Ostrander won NWC titles in the steeplechase and the 5,000-meter run, and was second in the 1,500-meter run. She took 11th place in steeplechase at the NCAA Championship.

The secret to her sporting success isn't much of a secret at all — dogged, consistent hard work. "Taylor is from Alaska, where it is very difficult to train as a distance runner during the winter months," says Matt McGuirk, head coach of Willamette's cross country and track and field teams. "Since arriving at Willamette, she has had solid training throughout the calendar year, and the results have been pretty amazing. We're

A Triumphant Homecoming Ostrander returned to her home state for the first time as a Bearcat on Sept. 11, taking first place in the women's cross country dual meet against the University of Alaska-Anchorage. Her time of 15 minutes, 28 seconds on the 4.2-kilometer course led the way for a Willamette women's team victory, with teammate Olivia Mancl finishing second in the race.



really looking forward to having her as a leader on the cross country course, the track and in the classroom as a junior.”

Ostrander takes her academics as seriously as her running, earning a cumulative grade point average of nearly 3.8. Emma Coddington, Ostrander’s cellular biology professor, has served as a source of inspiration. “Professor Coddington was incredibly supportive and very excited about my interests,” says Ostrander. “She encourages me to pursue my interests outside the classroom.”

Aiming for a career that combines athletics and health care, Ostrander gained hands-on experience through a summer internship in her hometown of Kenai, Alaska. By working with hospital dietitians, she saw how the lessons she learned in biology and anatomy courses can be applied in a clinical setting. The internship has given her a glimpse of her career options.

Wherever her athletic and professional pursuits take her, it’s clear Ostrander made a good decision by starting out as a Bearcat. “Willamette creates an environment where I can pursue both my academic and athletic passions,” she says. ☐

NEWS & NOTES FALL 2014



☑ Sherfey Scores: National Recognition and Scholarship Support

Freshman men’s basketball player **Nathan Sherfey ’18**, a guard/wing from Chehalis, Wash., received the 2014 Male Amateur Athletic Union (AAU) High School Sullivan Award. The award recognizes leadership, character and sportsmanship, and provides a \$10,000 scholarship to each of the top recipients. In his last season at W.F. West High School, Sherfey averaged 16 points and shot 58 percent from the field. He was named First Team All-Area after receiving First Team All-Evergreen League honors. He played AAU basketball for six years.



☑ Science Pays Off: Loos Earns NCAA Postgraduate Scholarship

Track and field athlete **Jordan Loos ’14** received an NCAA Postgraduate Scholarship that provides \$7,500 toward graduate school tuition. Loos graduated in the spring with a degree in physics and a minor in chemistry. He is the 10th Willamette athlete since 2005 to earn an NCAA Postgraduate Scholarship.

“I know paying for my graduate school is a daunting task, and this definitely takes a load off my shoulders,” said Loos, who will study chemical engineering at Columbia University. “I can’t thank my coaches, teammates and other supporters enough for all they’ve invested in me.”

Loos, who also played football for Willamette, set the school javelin record with a throw of 214-7 to win the 2014 Northwest Conference title, then placed 11th at the NCAA Division III Championships. He also placed fourth in the conference in the hammer throw.



☑ Smart and Skilled: Daniel Named Academic All-American

The College Sports Information Directors of America named **Bekah Daniel ’14** a second team women’s track and field Capital One Academic All-American (NCAA Division III). Daniel graduated this spring with a 3.94 cumulative grade point average, earning a degree in physics with a mathematics minor. She is a member of Phi Beta Kappa. Daniel placed 21st in the triple jump (36-5) at the 2014 NCAA Division III Championships, and she set the Willamette record (38-6 3/4) at the West Coast Invitational.