



MSU CROSS COUNTRY / TRACK AND FIELD

NCAA Division-I Member – Missouri Valley Conference Champions

Cross Country
1996, 2001, 2002, 2003, 2004

Indoor Track and Field
1998, 1999, 2000, 2003, 2004

Outdoor Track and Field
2001, 2002, 2003

• NEXT ON THE TRACK •

Missouri State / Drury University

- **Date:** Friday, August 29, 2008
- **Time:** 6:45AM
- **Location:** Springfield, Mo.

• 2008-09 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
8/29	MSU/Drury	(Springfield, Mo.)
9/20	Missouri State Classic	HOME (Springfield, Mo.)
10/4	Cowboy Jamboree	Oklahoma St. (Stillwater, Ok.)
10/18	NCAA Pre-Nationals	Indiana State (Terre Haute, Ind.)
11/1	MVC Championship	HOME (Springfield, Mo.)
11/15	NCAA Midwest Regional	Oklahoma St. (Stillwater, Ok.)

• 2007-08 INDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
1/11	Missouri Invitational	U of Missouri (Columbia, Mo.)
1/19	Kansas State Invitational	Kansas St. (Manhattan, Kan.)
1/25-26	Razorback Invitational	U of Arkansas (Fayetteville, Ark.)
2/1-2	Indiana Relays	U of Indiana (Bloomington, Ind.)
2/15-16	Iowa State Classic	Iowa St (Ames, Ia.)
3/1-2	MVC Championship	U of N. Iowa (Cedar Falls, Ia.)
3/7-8	Alex Wilson Invitational	Notre Dame (South Bend, Ind.)
3/7-8	Last Chance Qualifier	Iowa St. (Ames, Ia.)
3/14-15	NCAA Championship	U of Arkansas (Fayetteville, Ark.)

• 2007-08 OUTDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
3/28-29	Missouri Relays	U of Missouri (Columbia, Mo.)
4/4-5	Stanford Invitational	Stanford (Palo Alto, Calif.)
4/5	Big Bear Invitational	HOME (Springfield, Mo.)
4/17-19	Kansas Relays	U of Kansas (Lawrence, Kan.)
4/24-26	Drake Relays	Drake (Des Moines, Ia.)
4/25	Simpson Twilight	Simpson (Indianola, Ia.)
5/2	McDonnell Invitational	U of Arkansas (Fayetteville, Ark.)
5/16-18	MVC Championship	S. Illinois (Carbondale, Ill.)
5/30-31	NCAA Mideast Regional	U of Arkansas (Fayetteville, Ark.)
6/11-14	NCAA Championship	Drake (Des Moines, Ia.)
6/27-7/6	USA Olympic Trials	U of Oregon (Eugene, Ore.)

• 2008-09 HOME EVENT SCHEDULE •

DATE	EVENT
9/20	Missouri State Cross Country Classic: At MSU's cross country facility. Women's 5K at 9:00am, Men's 8K at 9:45am.
9/27	Richard Clark Invitational (High School)
11/1	Missouri Valley Conference Cross Country Championships
4/5	Big Bear Invitational

• THE INSIDE LANE •

Missouri State has been picked to win the Missouri Valley Conference women's cross country title by a vote of the conference coaches in their annual pre-season coaches' poll.

2008 MVC Cross Country Preseason Poll

School (1st-Place Votes)	Pts.
Missouri State (6)	95
Wichita State (3)	91
Illinois State (1)	69
Southern Illinois	69
UNI	62
Indiana State	52
Drake	49
Bradley	33
Creighton	16
Evansville	14

With six first place votes the Missouri State women took the top position taking 95 out of 100 available points. Wichita State received three first place votes and 91 total points to be tabbed second while Illinois State in third (69 points) was the only other program to receive a first place vote with one.

Last years MVC runners-up Missouri State lost all-conference runners Carrie Vestal and Asher Kyger, but

returns all-conference senior Jamie Vest.

At the 2007 championship Vest (Lebanon, Mo.) placed fifth and is the Valley's number two returning cross country runner. On the track last spring Vest broke through to the national level running her way to the NCAA National Track and Field Championship in the 3,000-meter Steeplechase.

Junior Staci Nelson (Springfield, Ill.) is also expected to be one of Missouri State's top returners after a strong spring track season where she positioned herself to be among the Lady Bears top group.

Missouri State will see a lot of its strength come from newcomers this fall. A pair of redshirt freshman, Terry Phillips (Kansas City, Mo.) and Nancy Nieto (S. Elgin, Ill.), should factor into the squads leaders. Nieto was an all-state selection her senior year in Illinois while Phillips was a state champion in Missouri.

While Nieto also redshirted the track and field season Phillips did not and there positioned herself as one of the Valley's top distance talents. In the spring she finished as the conference's runner-up in the 3,000-meter Steeplechase becoming the only Valley newcomer to earn all-MVC honors in the distance events.

• OFF THE TRACK •

• Missouri State Head Track and Field Coach Ron Boyce has announced the addition of Brent Hobbs to his staff. Hobbs, who will oversee the Bears field event athletes, comes to Missouri State from NCAA Division I Western Carolina University of the Southern Conference.

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Another pair of Missouri State newcomers are expected to turn heads in the conference in 2008. Rend Lake Junior College (Ina, Ill) transfer Pasca Cheruiyot (Eldoret, Kenya) has joined the Missouri State program after being one of the nation's most sought after recruits last spring.

The sophomore dominated the junior college scene last year winning six individual national championships during the cross country, indoor and outdoor track and field. At her 2007 national cross country championship she completed the 5K course first in 16:12.99, distancing the field by 23-seconds. The recent indoor season saw Cheruiyot take national titles in the 5000 meter, 3000 meter, and one-mile events and then outdoors she took the 5,000 meter and 10,000 meter races.

Andrea Marshall (Fenton, Mo.) joins the Lady Bears as an all-state performer from Rockwood Summit High. She took seventh at the 2007 Missouri State 4A cross country championship, leading her team to a third-place finish.

In 2008 Missouri State will be seeking their fifth Missouri Valley Conference cross country title in the last eight seasons and sixth title in program history. With a strong tradition in cross country Missouri State has finished first or second at the conference championship seven of the last eight seasons (Third in 2006).

The Lady Bear's will begin their season Friday, August 29th in a low key tune-up with in-town neighbor Drury University before starting the main portion of their schedule on September 20th at the Missouri State Cross Country Classic.

At The Classic the Lady Bears are set to square off with conference rival Wichita State as well as teams from Oklahoma State, Central Arkansas, Morehead State, UMKC, Oral Roberts and Evangel.

The remainder of the regular season schedule includes stops at Oklahoma State (Oct. 4) and Indiana State (Oct. 18).

Once the regular season is complete the team will turn its attention towards the 2008 Missouri Valley Conference Championship to be held Nov. 1st in Springfield at Missouri State's home venue.

An outstanding weekend of events have been planned as part of the Bass Pro Shop's Outdoor Fitness Festival in conjunction with the championship including youth events and celebrity appearances by former American Marathon greats Bill Rodgers, Frank Shorter, Jeff Galloway and Dick Beardsley. More details can be found at www.BearsTrack.net/MVC08.