



**Edition:**  
#1 / 2006-07

## Up Next For The Bears

### Cross Country

Missouri State's cross country and track and field teams are on summer break right now but cross country is almost here. The Lady Bears will open up the 2006 season on September 8 with a dual meet with the University of Arkansas..

## Missouri State Schedules Cross Country

Date	Event
Sept. 8	Fayetteville 4K (U. of Arkansas, Fayetteville, Ark.)
Sept. 16	Southern Stampede (Mo. Southern State, Joplin, Mo.)
Oct. 7	Memphis Twilight (Memphis Tenn.)
Oct. 14	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 28	Missouri Valley Championships (Creighton Univ., Lincoln, Nebraska)
Nov. 11	NCAA Region Championships (U. of Minnesota., Minneapolis, Minn)
Nov. 20	NCAA National Championships (Indiana State, Terre Haute, Ind.)

## 24<sup>th</sup> Annual Alumni Run Coming Up

Missouri State's 24<sup>th</sup> Annual Alumni Run 5k will be held August 19<sup>th</sup> at Phelps Grove Park. This event is open to all runners whether you are a MSU/SMS alumni or not. Please join us as we reunite old friends, meet new ones, and build support for MSU Cross-Country and Track and Field. Show your support for collegiate running in Springfield with your attendance. Race information is included on page 4.



## Cross Country Sets Schedule For 2006

Missouri State cross country has set its competition schedule for the 2006 cross country campaign. The Lady Bears quest for their fifth Missouri Valley Conference cross country title in six years will take them through four regular season meets leading up to the MVC and NCAA Championship meets.



The fall season opens for Missouri State with a dual meet with the University of Arkansas in Fayetteville. The Lady Bears will be making their first trip back to Fayetteville for cross country since the 2002 season. This 4K race with the Razorbacks will be Friday evening, September 8 at Agri Park.

The Lady Bears second competition is a traditional stop for the team. Missouri State will make the quick trip to Joplin for the Southern Stampede on September 16. Last season seven Lady Bears set personal bests on the 5K course at Missouri Southern.

After the Southern Stampede the Lady Bears will take nearly three weeks away from racing to focus on training before heading to the Brook's Memphis Twilight meet on October 7. This nighttime 5K race is run under the lights at the Mike Rose Sports Complex in Memphis, Tenn. This will be Missouri State cross country's first ever trip to the Memphis Twilight and its first time ever racing at night.

The season will start to heat up with the team's October 14 trip to Terre Haute, Ind. for the nation's top regular season competition. The NCAA Pre-Nationals brings together more regionally and nationally ranked teams than any other competition during the regular season. The Lady Bears will race at the Wabash Valley Sports Center, the site of this year's NCAA National Championships.

With the regular season complete the Lady Bears will begin to turn their focus towards their goal competitions and the 2006 Missouri Valley Conference Championship. Creighton University will be the host of the 2006 championship and the Blue Jays will utilize Pioneer Park in nearby Lincoln, Neb. The Lady Bears will be looking for their fifth title in the last six years. In 2000 the Lady Bears took second overall before running through a streak of four straight conference championships from 2001 to 2004. Last year in 2005 the young Lady Bears squad stepped up to take second after graduating five of it's top

seven runners from the previous season. The 2006 edition of Missouri State cross country has more experience under its belt and will be looking to start another long winning streak with a win in Lincoln.

From the MVC meet the Lady Bears will hop a jet to Minneapolis, Minn. and the University of Minnesota where the NCAA Midwest Region Championships will be held. At the Les Boldstad course in Minneapolis Missouri State will look to continue its consistent high finishes at the region championship. Since 2001 only two teams in the Midwest can boast a better average finish at the region championships. Currently the Lady Bears average regional finish places them ahead of such programs as Illinois, Iowa, Kansas State, Kansas, Nebraska, Northwestern, Oklahoma State, and Oklahoma to name a few. Carrying on that tradition of success and coveted bids to the NCAA National Championships will be on the line in the cold north.

### **Partain Fifth For Team USA**

Tracy Partain, a senior on the Missouri State women's track and field team, placed fifth in the heptathlon at the North America, Central America and Caribbean Championship on Sunday, July 9, in Santo Domingo, Dominican Republic. Partain tallied a score of 5,386 to finish one spot behind the NCAA outdoor heptathlon champion, Jacquelyn Johnson, who totaled 5,436 points. Juana Castillo of the Dominican Republic, won the event with 5,810 points.

In June Partain was the NCAA runner-up in Sacramento, Ca. with a personal best score of 5,827 points. Partain is the Missouri State University, Missouri Valley Conference and state of Missouri collegiate record holder.

Five hundred athletes from 28 countries competed in the fourth edition of the championships. The NACAC Athletic Association's U23 Championships are held every two years in one of the 32 member nations of the North America, Central America and Caribbean Athletic Association, one of six regional athletics associations affiliated with the International Association of Athletics Federations (IAAF).



**Missouri  
State**

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# *Cross Country*

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*NCAA Division I Member – Missouri Valley Conference*

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## **2006 Cross Country Schedule**

### **Date / Time**

### **Meet / Host / Location**

September 8th  
Friday, 7:00PM

Fayetteville 4K  
University of Arkansas  
Agri Park, Fayetteville, Ark.

September 16th  
Saturday, 9:00AM

Southern Stampede  
Missouri Southern State University  
Fred G. Hughes Stadium, Joplin, Mo.

October 7th  
Saturday, 8:10PM

Memphis Twilight Classic  
University of Memphis / Christian Brothers Univ.  
Mike Rose Sports Complex, Memphis, TN

October 14th  
Saturday, 11:00AM

NCAA Pre-National Championships  
Indiana State University  
Wabash Valley Sports Center, Terra Haute, Ind.

October 28th  
Saturday, 11:00AM

Missouri Valley Conference Championships  
Creighton University  
Pioneer Park, Lincoln, Neb.

November 11th  
Saturday, 11:00AM

NCAA Midwest Regional Championships  
University of Minnesota  
Les Bolstad Golf Course, Minneapolis, Minn.

November 20th  
Monday, 11:00AM

NCAA National Championships  
Indiana State University  
Wabash Valley Sports Center, Terra Haute, Ind.



**Missouri State**

# 24<sup>th</sup> Annual Alumni Run

Saturday, August 19<sup>th</sup>, 2006 – Phelps Grove Park, Springfield, Mo.

Please join us as we reunite old friends, meet new ones, and build support for MSU Cross-Country and Track and Field. Show your support for collegiate running in Springfield with your attendance. Everyone is invited to join us!

### Race Information:

Saturday, August 19, 2005 - Phelps Grove Park, Springfield, Mo. Visit BearsTrack.net for directions and course maps.

### 5-k Alumni Run: 8:00AM

Pre-Registration is encouraged. Fees are \$12.00 for those who register prior to August 14<sup>th</sup> and for those who drop off forms at the MSU Forsyth Athletic Center by August 18<sup>th</sup>. Race-Day registration is \$20.00. Participants will receive an official Missouri State University Cross Country / Track and Field team issue t-shirt while supplies last.

### “MSU Bear In Training” Kids Run: 8:45AM

This 800-meter (1/2 Mile) race is free and open to kids 12 & under. MSU cross country runners will lead kids in a group warm-up starting at 8:30am and then run along side the kids and motivate them to the finish. The race is free but registration is required. All finishers will receive ribbons. Kids Run participants may purchase a t-shirt for \$6.

**Race Day Registration begins at 6:30AM at the Phelps Grove Park Pavilion**

### 5-K Awards:

Awards will be presented to the top three males and females overall. In addition males and females in the following age groups will be awarded: 14 & Under (Top 3), 15-19 (Top 5), 20-24 (Top 5), 25-29 (Top 3), 30-34 (Top 3), 35-39 (Top 3), 40-44 (Top 3), 45-49 (Top 3), 50-59 (Top 3), and 60-69 (Top 3), 70 & Over (Top 3).

### Alumni Gathering:

We will have an informal gathering for all alumni, current team members and friends of the program Friday night. Please visit BearsTrack.net for location and time. Info will be posted online in August.

### Contact / Questions:

Online: [www.BearsTrack.net](http://www.BearsTrack.net) or Call: 417-836-4498 or E-Mail: [greghipp@missouristate.edu](mailto:greghipp@missouristate.edu).

### Registration Form:

Name: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Home Address: \_\_\_\_\_ E-Mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Gender: \_\_\_\_\_ Age On Raceday: \_\_\_\_\_ Birth Date: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Race Registering For (Circle One): 5-K Alumni Run | Kids Run Registration Fee Enclosed: \$ \_\_\_\_\_

Did you compete for MSU / SMS in cross country and / or track and field: YES / NO. What Years: \_\_\_\_\_

Would you like to subscribed to the Free MSU Track and Field / Cross Country E-Mail Newsletter: YES / NO

#### Waiver:

I assume full responsibility for running in traffic on the course during this event, as well as any and all other risks associated with competing in this event, including falls, body contact, injury, illness and even death. In consideration of these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge for MSU athletics, MSU track and field, MSU cross-country, and any and all sponsors and or agents associated with them for any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18 must be signed by parent or guardian.

**Please make checks payable to:**

**MSU Track and Field**

**Please Send Registration Forms and Fees To:**

**Missouri State University  
Track and Field Office  
901 S. National Ave.  
Springfield, MO 65897**