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## Up Next For The Lady Bears

### Cross Country

Missouri State's cross country and track and field teams are on summer break right now but cross country is on the way. The Lady Bears will open up the 2007 season on September 1 in St. Louis' Forest Park.

## Missouri State Cross Country Schedule

Date	Event
Sept. 1	WashU Early Bird (WashU-St. Louis, St. Louis, Mo.)
Sept. 22	Missouri State Cross Country Classic (Missouri State, Springfield, Mo.)
Sept. 29	Cowboy Jamboree (Ok. State, Stillwater, Ok.)
Oct. 13	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 27	Missouri Valley Championships (Univ. of N. Iowa, Cedar Falls, Ia.)
Nov. 10	NCAA Region Championships (Bradley University, Peoria, Ill.)
Nov. 19	NCAA National Championships (Indiana State, Terre Haute, Ind.)

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

Missouri State's 25<sup>th</sup> Annual Alumni Run 5k will be held in conjunction with the Missouri State Cross Country Classic on September 22<sup>nd</sup>. After the collegiate races a special alumni and community race will be held. 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. Event information is online at [BearsTrack.net](http://BearsTrack.net).

## Cross Country Schedule Set for '07

Missouri State cross country has set its competition schedule for the 2007 cross country season. The Lady Bear's quest for the Missouri Valley Conference cross country title will take them through four regular season meets leading up to the MVC and NCAA Championship meets.



The fall season opens for Missouri State on September 1<sup>st</sup> with a 4-Kilometer race in St. Louis' Forest Park. WashU will host the appropriately named "Early Bird" meet with competition coming from NCAA Division I, II, III and NAIA schools. The meet will serve as a tune-up for Missouri State with several returning runners likely to sit out.

One of the highlights of the fall schedule will come early with the return of home competition to the Missouri State schedule.

The Missouri State Cross Country Classic is set for September 22 and will be Missouri State's first home cross country event since 2001. Missouri State's new cross country facility, located on the eastern edge of Springfield, is drawing national attention for its championship layout and amenities. Several quality teams are already set to compete with the complete field still being finalized. Alumni events will also be scheduled as part of this exciting weekend.

The next stop for the Lady Bears will be Oklahoma State University for the Cowboy Jamboree. This September 29<sup>th</sup> event has a history of bringing in many of the region's and countries top teams. Aside from that challenge Oklahoma State's cross country course is known as one of the nation's toughest courses with several sections of rolling hills along with runners traversing numerous stair step cattle guard crossings. Stillwater is also the site for next years NCAA Midwest Regional meet.

Two weeks later the season will start to heat up with the team's October 13<sup>th</sup> trip to Terre Haute, Ind. for the NCAA Pre-Nationals. Should Missouri State be in position to make a run at qualifying for the NCAA championship meet it will be critical that the Lady Bears run well in Terre Haute. The NCAA Pre-Nationals brings together more regionally and nationally ranked teams than any other competition during the regular season. Here 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 turn their focus towards

the 2007 Missouri Valley Conference Championship on October 27<sup>th</sup>. Northern Iowa will be the host of the 2007 championship in Cedar Falls, Ia. The Lady Bears will be looking for their sixth MVC cross country title overall and fifth title in the last seven years. In 2000 the Lady Bears took second overall before running through a streak of four straight conference championships from 2001 to 2004. The 2005 and 2006 seasons saw a young group of Lady Bears bring home runner-up and third place finishes, respectively. The 2007 edition of Missouri State cross country returns its top four runners and Head Coach Greg Hipp will look for his experienced group to start another long winning streak with a win at UNI.

From the MVC meet the Lady Bears will visit Peoria, Ill. for the NCAA Midwest Region meet. Valley foe Bradley will be the host for the second time in four years. At BU's Newman golf course Missouri State will look to continue its consistent high finishes at the region championship. Since 2001 only three of the 32 teams in the Midwest can boast a better average finish at the region championships. Currently the Lady Bears average regional finish ranks them ahead of regional foes 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 Peoria.