



Missouri State
UNIVERSITY

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Season Review

A season review for cross country will be our next issue of Bear Tracks. Look for that issue soon.

Owens In Japan

Casey Owens competed in Japan recently for the USA National team in the Chiba Ekiden. Owen's is the second MSU alum in a row to compete at the event. Last year former MSU runner Calvin Staples competed in the same event for the Canadian National team.

Three Sign For 2006

The Missouri State track and field and cross country programs signed three talented student-athletes during the NCAA's early signing period. Profiles are on page 2...

Meet Pictures

Photos from each of this seasons cross country meets are posted online at BearsTrack.net.

Track and Field Is Almost Here

The Missouri State track and field teams will begin competing soon. A full track and field schedule is available on page 2...

Spread the Word

Do you know any Missouri State alums or friends who would be interested in our newsletter? Send them to BearsTrack.net to subscribe. We are looking forward to staying in contact with our valued alumni and friends of the program.



Bear Tracks Newsletter

Track & Field / Cross Country

The official newsletter of Missouri State University Track and Field and Cross Country

**Next Up For The Bears:
Indoor Track and Field**

Wolkey Leads Missouri State

Missouri State Lady Bear Kristin Wolkey raced to her first all-Midwest region honor while she led the Missouri State cross country programs at the NCAA Midwest Region Championships on November 12.



Wolkey, a freshman from Overland Park, Kan., placed 25th to earn her spot on the all-region team. Wolkey becomes the first freshman from Missouri State to earn this honor. The region championships also marks the fifth straight year that at least one Lady Bear cross country runner has been named to the all-region team.

Lady Bears Ashley

Sanders and Carrie Vestal also ran well to place in the regions top 50. Sanders was 38th while Vestal was 45th.

In the team standings the Lady Bears placed eighth in the strong Midwest region, just one place behind NCAA #28 Missouri. The Lady Bears remain as one of the most consistently successful teams in the Midwest. Over the past five years only two teams in the entire region have a higher average finish (See chart to the right)

The Midwest region includes all schools in the states of Missouri, Illinois, Kansas, Nebraska, Oklahoma, Iowa, and Minnesota.

On the men's side the Bears were once again led by junior Michael Breshears, the 2005 MVC cross country champion. Breshears raced with the lead pack through most of the race but at 8k was unable to hold pace as he fell to a disappointing 38th place.

Freshman Kevin Born was not far behind also making the top 50 with a 48th place finish over the 10,000-meter course.

The men's squad placed 15th, short of their goal, but still among the better teams in the Midwest.

2005 Cross Country Schedule

Date	Event
Sept. 3rd	Tulsa Hurricane Invitational (U. of Tulsa, Tulsa, Oklahoma)
Sept. 17 th	Southern Stampede (Mo Southern Univ., Joplin, MO)
Oct. 1st	Sean Earl Lakefront Invitational (Loyola University, Chicago, IL)
Oct. 15 th	NCAA Pre-Nationals (Indiana State Univ., Terra Haute, IN)
Oct. 29 th	Missouri Valley Championships (Evansville University, Evansville, IN)
Nov. 12 th	NCAA Midwest Championships (University of Iowa, Iowa City, IA)
Nov. 21 st	NCAA National Championships (Indiana State Univ., Terra Haute, IN)

Women Among Midwest Best

The Missouri State women have proven themselves to be one of the top programs in the Midwest Region. Over the past five years the Lady Bears are averaging a 4.8 place finish. Only two teams can boast a better average finish. Below is a list of the top ten teams in the Midwest Region based on the average finish of each team over the past five years.

Midwest Region Average Finishes

1. University of Missouri	3.2
2. University of Minnesota	4
3. Missouri State University	4.8
4. University of Illinois	5.8
5. Oklahoma State University	7.4
6. University of Nebraska	8
7. University of Iowa	8.4
8. Kansas State University	9
9t. University of Kansas	9.2
9t. Northwestern University	9.2

www.BearsTrack.net

Three Commit For 2006-2007 Recruiting Class

Missouri State cross country and track and field is excited about the additions of three of high school standouts for the 2006-07 academic year. The latest to make their commitment to the Lady Bears and Bears are Auvia Miller of Springfield, Mo., Staci Nelson of Springfield, IL., and Andrew Gassen of Clinton, Mo.

Miller starred at Willard High School, where she holds the school records in the 1600 and 3200-meter runs on the track, along with the 5K mark in cross country. She was the conference champion and an all-district performer in cross country as a senior while earning all-state honors in the 3200 as a junior. Miller's personal bests are 5:16 and 11:18 in the 1600 and 3200 meter runs, respectively.

"Auvia is just starting to tap into her potential," Head Cross Country Coach Greg Hipp said. "She has made some tremendous improvements in the last year. It's always exciting when our local high school athletes decide to stay in Springfield, I think it says a lot about our city and our campus."

Nelson, from Springfield, IL. attended Glenwood High School in Chatham, Ill., where she was a three-time conference and two-time regional champion in cross country. She was a three-time Central States Eight Conference Runner of the Year and also was a multiple state qualifier in the 1600 and 3200 meters. She set school records in both events and was an all-state selection in the 1600 as a sophomore. Nelson holds a personal bests of 5:08 in the 1600 meters and 11:12 in the 3200 meters.

"Staci has been one of Illinois' better runners for the last four years," noted Hipp. "She's very driven and I know will fit into our program well."

Gassen is the latest addition to the Bears roster. A standout jumper for Clinton High School, in Clinton, Mo., Gassen joins two other former Clinton High School stars currently competing for Missouri State. Senior Ashley Sanders and younger brother Ty Sanders, a freshman are distance runners for Missouri State.

Gassen was the Missouri 3A state champion last spring in the triple jump and the state runner-up in the long jump. With a personal best of 47'6" in the triple jump Gassen is the top returning jumper in the state of Missouri. He'll join the jumps squad of Coach Fritz Spence which is among the most competitive in the nation with three current triple jumpers with personal bests over 50-feet.

The Missouri State track and field and cross country program will look to complete it's 2006-2007 recruiting classes over the next few months in time for the NCAA's April signing period.

2005-2006 Track and Field Schedule

Indoor Track and Field

Date	Event
Dec. 3	Kickoff Classic Invitational (Arkansas State, Jonesboro, Arkansas)
Jan. 20-21	Razorback Invitational (U. of Arkansas, Fayetteville, Arkansas)
Jan. 27	Jayhawk Invitational (U. of Kansas, Lawrence, Kansas)
Feb. 3-4	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 10-11	Iowa State Classic (Iowa State Univ., Ames, Iowa)
Feb. 24-25	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 4	Iowa State Last Chance (Iowa State Univ., Ames, Iowa)
Mar. 4	Alex Wilson Invitational (U. of Notre Dame, South Bend, Indiana)
Mar. 10-11	NCAA National Championships (U. of Arkansas, Fayetteville, Arkansas)

Outdoor Track and Field

Date	Event
Mar. 26	Tulsa Invitational (Tulsa Univ., Tulsa, Oklahoma)
Mar. 31- Apr. 1	Stanford Invitational (Stanford Univ., Palo Alto, California)
Apr. 2	Mississippi State Invitational (Miss. St. Univ., Starkville, Mississippi)
Apr. 8	MSU Big Bear Invitational (HOME) (MSU, Springfield, Missouri)
Apr. 13-15	Sea Ray Relays (U. of Tennessee, Knoxville, Tennessee)
Apr. 13-15	Tom Botts Invitational (U. of Missouri, Columbia, Missouri)
Apr. 14-16	Carifta Games (Guadeloupe)
Apr. 20-22	Kansas Relays (U. of Kansas, Lawrence, Kansas)
Apr. 27-29	Drake Relays (Drake Univ., Des Moines, Iowa)
May 12-14	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 26-27	NCAA Mideast Championships (U. of Indiana, Bloomington, Indiana)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 22-25	USA National Championships (Indianapolis, Ind.)