



Edition:
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Up Next For The Lady Bears

10/13 – Pre-Nationals

Missouri State is slated to compete next at the Pre-National meet at Indiana State but is considering a late schedule change to the Chili Pepper meet at Arkansas.

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.)

Missouri State Moves Up In Rankings

After three straight team wins Missouri State is gaining respect in the USTFCCA Midwest Region Rankings. This week MSU is sixth and the top team from the state of Missouri.

1. University of Minnesota
2. University of Illinois
3. University of Iowa
4. University of Nebraska
5. Oklahoma State University
- 6. Missouri State University**
7. University of Tulsa
8. Wichita State University
9. Iowa State University
10. University of Missouri
11. Kansas State University
12. Northwestern University
13. Illinois State University
14. University of Oklahoma
15. University of Kansas

The Midwest region includes all schools from Missouri, Illinois, Iowa, Kansas, Minnesota, Nebraska and Oklahoma.

MSU Still Perfect After Oklahoma State

Missouri State University continued its impressive run of cross country wins Saturday as they traveled to Oklahoma State for the Cowboy Jamboree in Stillwater, Ok. The winner of three straight meets Missouri State University is one of only two universities in the Midwest to remain undefeated and one of only nine schools nationally that can still claim a perfect record*.



The Lady Bears placed four runners in the top 15 to claim the team title with a final score of 58 points. Missouri State put three runners in front of second place Tulsa's first runner to help the Lady Bears outdistance their closest challenger by 19 points. The Lady Bears defeated a total of 17 universities including Tulsa, Oklahoma State, Texas State, Texas-Arlington, Texas Christian (TCU) and Oral Roberts.

For the third straight meet senior Carrie Vestal (Springfield, Mo.) was the Lady Bears top finisher. On what is considered one of the nation's toughest courses Vestal finished the 5K race in an impressive 17:57 for sixth place overall. The Oklahoma State course features seven hills with some lasting several hundred meters each as well as several three-step high cattle guards the runners must jump over throughout the course.

Behind Vestal Missouri State saw an eighth place finish by junior Jamie Vest (18:15). Junior Kristin Wolkey turned in a run of 18:27 to place 12th, and senior Asher Kyger (18:30) came home right on her heels to record a 15th-place finish. With Missouri State competing without two of its top five runners sophomore Emily Fletcher stepped up to record a personal best of 19:14 for 31st to be the Lady Bear's fifth runner for the first time in her career.

*NCAA Division-I Universities With A Perfect Record In 2007 (As of 9/30):

Princeton (70-0), Minnesota (39-0), Purdue (37-0), **Missouri State (32-0)**, Stanford (31-0), California-Riverside (23-0), Oregon (15-0), Duke (14-0), and Colorado (3-0). (Records indicate number of wins-losses gained at each meet)



2007 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown (High School)</u>
Katie Click	Fr	Springfield, Mo. (Kickapoo)
Leander Ernest	Fr	Castries, St. Lucia (Sir Arthur Lewis)
Emily Fletcher	So	Fort Dodge, Iowa (Fort Dodge)
Chloe Key	Jr	Springfield, Mo. (Parkview)
Asher Kyger	Sr	Ava, Mo. (Ava)
Jacqui Lindsey	Fr	Kansas City, Mo. (St. Thereasa's)
Staci Nelson	So	Springfield, Ill. (Glenwood)
Nancy Nieto	Fr	South Elgin, Ill. (Streamwood)
Terry Phillips	Fr	Kansas City, Mo. (St. Mary's)
Mari-Jean Vance	Fr	Columbia, Mo. (Hickman)
Jamie Vest	Jr	Lebanon, Mo. (Stoutland)
Carrie Vestal	Sr	Springfield, Mo. (Parkview)
Kelsee Viano	Fr	Carlinville, Ill. (Carlinville)
Kristin Wolkey	Jr	Overland Park, Kan. (Shawnee Mission North)

Greg Hipp, Head Cross Country Coach, (4th Year)

David Glaser, Volunteer Assistant (2nd Year)

Terry Sauerbry, Head Strength Coach, (2nd Year)

Carl Christinsen, Asst. Strength Coach, (2nd Year)

Coby Mussleman, Athletic Trainer, (2nd Year)