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Up Next For The Lady Bears

10/27 – MVC Championships

Missouri State will be in Cedar Falls, Ia. this weekend for the Missouri Valley Conference Championships. The races begin at 10:30am at Pheasant Ridge Golf Club.

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	Arkansas Chile Pepper Festival (U of Arkansas, Fayetteville, Ark.)
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 Alum Running Well On The Roads

2005 Missouri State graduate Casey Owens is continuing to work her way up the post-collegiate ranks.

At the recent USA 10K Road Race Championships in Boston, Mass Owens placed 13th in a deep field that was one by 2004 Olympic Silver Medalist Deena Kastor. Owens' 10K time was 34:00.

Also, recently in a road Mile race in Omaha, Neb. Owens earned her One-Mile personal best finishing in 4:48.

Bring It To Springfield!

Missouri State's bids to host the 2009 NCAA Midwest Cross Country Regional and the 2009 and 2010 NCAA National Championships got a boost recently with the a new web site: www.MissouriState09.com

MSU Looks To Build On Strong Season

With the Missouri Valley Conference Championship set to take place this weekend in Cedar Falls, Ia. the Missouri State cross country team will look to build upon its successful regular season that saw three team wins in four tries.



After being picked second by league coaches in the

pre-season championship poll Missouri State clicked off three straight team wins. The Lady Bear's season got started with two dominating performances at the WashU Early Bird and the Missouri State Classic as MSU runners took four of the top five runners in each of those meets.

The highlight of the Lady Bears season thus far has been the team title at the Oklahoma State Cowboy Jamboree. At OSU the Lady Bears outdistanced a field of 18 teams including second place University of Tulsa by 17 points which helped them continue their up to then undefeated season.

In Missouri State's final regular season competition at the University of Arkansas the Lady Bears struggled to keep their form finishing a disappointing 13th of 41 teams in a field that included teams from around the nation. Through the first three meets of the season the Lady Bears maintained a split between their first to fifth runners of approximately one-minute. The team fell short of their goal of finishing among the top five teams at Arkansas when that first to fifth runner split doubled to over two-minutes.

Coming into the Missouri Valley Championships the Lady Bears will focus their attention on closing that gap and running as a strong team again. Missouri State is strong up front and should have several runners challenging for all-MVC honors (Top 10 Finishers).

Senior Carrie Vestal has been a consistent leader for the Lady Bears all season long. Vestal took individual titles at WashU and again at the Missouri State Classic. At OSU Vestal was again impressive finishing sixth overall in a very competitive international field.

While Vestal may have asserted herself as the team's leader she should not be alone in the lead pack this weekend. Her Lady Bears teammates include two

other runners, Jamie Vest and Kristin Wolkey, who own previous all-MVC honors as well as runner-up finishes in their events during the track and field season.

Adding to that strong 1-2-3 punch is newcomer Asher Kyger who has burst onto the MVC scene quickly. Kyger has been one of Missouri State's leader through many the fall and will look to make her MVC meet debut a memorable one.

The sophomore tandem of Emily Fletcher and Staci Nelson have made improvements since their freshman campaigns. With a number of Missouri State's key runners redshirting this season both Fletcher and Nelson have stepped up and split duties as the team's fifth runner over the last to meets.

Should the Lady Bears capture the team title at this weekend's championship it will be Missouri State's fifth Missouri Valley Conference title in cross country over the past seven years and sixth in program history.

Since 2000 the Lady Bears have performed like no other. This consistent program has only finished outside of the top two teams at the MVC championships once and has no team finish worse than third this decade.

MVC Cross Country Conference Average Place By Team (Past Six Seasons)	
<u>Team</u>	<u>Place</u>
1. Missouri State University	1.5
2. Southern Illinois University	3.7
3. Wichita State University	4.2
4t. Illinois State University	4.5
4t. Indiana State University	4.5
6. Bradley University	5.3
7. University of N. Iowa	5.7
8. Creighton University	7.8
9. Drake University	8.2
10. Evansville University	9.5

The Lady Bears average finish of 1.5 at the Missouri Valley Conference makes it clear that they are always a team contender. This fall Wichita State has positioned themselves as an MVC leader and should be MSU's biggest challenge for the team title.

Racing begins at the cross country course at Pheasant Ridge Golf Club in Cedar Falls, Ia. Saturday. The men's collegiate teams will compete at 10:30am in an 8-Kilometer race followed by the women's 5-Kilometer race at 11:30am.



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)