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## Up Next For The Bears

### Jan. 12 Arkansas Invitational

The Lady Bears are ready to toe the line for track and field as the 2007 indoor season is about to begin.

Missouri State will open its 2007 campaign at the University of Arkansas on Friday, January 12.

## Missouri State Schedules Indoor Track and Field

Date	Event
Jan. 12	Arkansas Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 19-20	Razorback Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 27	Fazolis / Baymont Inn Invitational (MSSU, Joplin, Mo.)
Feb. 2-3	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 9-10	Iowa State Invitational (Iowa State Univ., Ames, Iowa)
Feb. 23-24	Missouri Valley Championships (S. Illinois University, Carbondale, Ill.)
Mar. 9-10	NCAA National Championships (U. of Arkansas, Fayetteville, Ark.)

## Outdoor Track and Field

Date	Event
Mar. 23-24	Spring Classic (S. Illinois University, Carbondale, Ill.)
Mar. 30-31	Stanford Invitational (Stanford Univ., Palo Alto, California)
Mar. 30-31	Missouri Relays (U. of Missouri, Columbia, Mo.)
April 6	Missouri State Big Bear Invitational (HOME) (Missouri State, Springfield, Mo.)
Apr. 12-13	Audrey Walton Hept. Invitational (U. of Missouri, Columbia, Mo.)
Apr. 12-14	Sea Ray Relays (U. of Tennessee, Knoxville, Tenn.)
Apr. 21	John McDonnell Invitational (U. of Arkansas, Fayetteville, Ark.)
Apr. 26-28	Drake Relays (Drake Univ., Des Moines, Iowa)
May 12-14	Missouri Valley Championships (Drake Univ., Des Moines, Iowa)
Mar. 26-27	NCAA Mid-east Championships (U. of Missouri, Columbia, Mo.)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 21-24	USA National Championships (IUPUI, Indianapolis, Ind.)

## Get Set For Track and Field

Now entering his 11th year at the helm of the Missouri State women's track and field program, Head Coach Ron Boyce is confident he has the athletes to compete for championships in the increasingly-competitive Missouri Valley Conference.



Tanya Cyrus

"We're coming off another solid year and we've been very consistent the last several seasons," Boyce said. "But we want to be at the front of the pack, and continue to be the dominant program in The Valley."

Boyce's program knows all about being the leader of the pack, as Missouri State has won more than any other MVC program in the past decade. While claiming eight combined indoor and outdoor conference championships since the 1997-98 seasons, the Bears track and field and cross country program has won at least one league title during seven of the last eight years.

"It's a very tough conference, no doubt," Boyce added. "There's so much more parity now, with several other teams coming on strong in the last few years, but we've won a lot over the past decade and we still feel like the conference is ours to lose. It all comes down to who wants it the most and who can execute when it matters."

The 2007 squad will rely on the leadership of a trio of veteran seniors who have already seen their share of success in The Valley, as well as the contributions of several other key returners and newcomers.

"We are going to be young," Boyce conceded. "But we've got some experienced conference champions returning and an extremely talented group overall."

Senior sprinter Tanya Cyrus is one such conference champion who will look to leave her stamp on the Missouri State record book in her final outdoor campaign this spring. The Montreal native was an NCAA Mid-east Regional qualifier last year after winning gold in the 400-meter dash at both MVC Championships in 2006. She also was a member of the Bears second-place, 4x400-meter relay team at the 2005 indoor conference meet.

"Tanya Cyrus is a three-time champion in the 400 meters," Boyce said, "and she has the chance to finish her career as one of the most-outstanding athletes we've ever had here."

Another returning conference champion is junior Carrie Vestal. The Springfield, Mo., native captured gold in the 10,000m at the MVC Outdoor Championships last spring helping to continue a winning streak that has seen an MSU runner win the 10,000m event each of the last four years.



Carrie Vestal

Senior sprinter, Genna Williams, will also be a driving force behind the Bears' efforts to reclaim Valley supremacy in 2007. A native of Barbados, Williams was slowed by injuries last year following a solid first year at Missouri State in 2005. Williams won NAIA national titles in the 100m, 200m and 4x100m relay while competing at Lindenwood University before her transfer to MSU. Williams has been an All-MVC selection during both the indoor (4x400m relay) and outdoor seasons (4x100-meter relay) and finished fourth in the 60-meter dash at the MVC Outdoor Championships in 2005.



Kim Carter

"Genna is a fine sprinter and, if we can keep her healthy, has the potential to become one of the best sprinters ever at Missouri State," commented Boyce. Multi-event specialist Kim Carter will look to build on a breakthrough 2006 season in which the St. Philip, Barbados, native qualified for the NCAA Mideast Regional with a personal-best long jump of 19-8. Carter earned outdoor All-MVC honors in the 4x100m relay, the long jump and heptathlon at the MVC Outdoor Championships and was named to the MVC Scholar-Athlete Team for the second year in-a-row.

"Kim Carter is our top returning multi-event specialist and she'll be a big scorer for us once again," Boyce said. "She really came on strong last spring, posting the third best heptathlon total (4,947 at the MVC Outdoor Championships) in school history, and we expect more big things out of her this year."

Sophomore Kristin Wolkey, competing in the middle distances and steeplechase, will look to build on an outstanding cross country season that saw the Overland Park, Kan., native ascend to the top of MSU's all-time cross country top performers list with a 17:23.67 finish at the Memphis Twilight Classic in October.

As The Valley's number two returning 3,000-meter steeplechaser, sophomore Jamie Vest is expected to make a big impact in her second season as a Bear. As a freshman the Lebanon, Mo. native ran her way to the fifth fastest steeplechase performance in MSU history.

"We're very young in the distance events, but Carrie Vestal is a conference champion, and Kristin Wolkey had an outstanding fall," Boyce said. "We've got a really talented group and I think they'll only get better."

Boyce expects big things from a talented crop of newcomers, including sophomore transfer Ashley Harris and freshman

Leander Ernest. Harris was an NAIA All-American in the triple jump as a sophomore at Missouri Baptist and is expected to make an immediate impact for the Bears. Ernest, who Boyce calls one of the most talented athletes he's ever recruited, should be a force in both the 400 and 800 meters.

Transfer Tara Collins from West Plains, Mo. will also be looked to for some instant impact in the distance events. Collins will focus on the 5,000 and 10,000m races after running 17:55 in the 5,000m at Oklahoma Christian University last winter indoors.

Boyce is upbeat about the state of his program.

"Track and Field is alive and well at Missouri State and we are excited about what lies ahead for our program," Boyce stated.

"We have always tried to prepare our kids to be successful in their sport, on campus and in their communities and that hasn't changed." "If we keep that mission as our focus and continue striving to be the best we can be," Boyce added, "the conference titles and individual honors will take care of themselves."

Notes:

-Sprinters Tanya Cyrus and Genna Williams have exhausted their eligibility for indoor track and field and will only compete for Missouri State during the outdoor season in 2007.

-These Lady Bears are young, 18 of the 29 team members have freshman eligibility.

-This Missouri State roster includes five local standouts. Carrie Vestal and Chloe Key of Springfield Parkview HS, Auvia Miller of Willard HS, Tara Collins of West Plains HS, and Jamie Vest of Stoutland HS.

## Missouri State Winter Clinic Approaching

The Missouri State Winter Track and Field Clinic will be held January 6<sup>th</sup> at the Forsythe Athletics Center.

Missouri State coaches Ron Boyce, Greg Hipp and Jacob Kingery will present their training ideas with the high school athlete in mind. Other featured speakers include MSU strength and conditioning coach Terry Sauerbry, former Missouri State all-MVC runner and St. Johns Dietitian Dana (Holland) Nippes, and former Missouri State runner and Olympian Vernetta Lesforis.

The clinic begins at 9:00am and concludes at 6:30pm. Registration is \$30 and includes lunch, dinner and a t-shirt. Please visit BearsTrack.net for more information or call 417-836-4498.



Kristin Wolkey



## 2007 Track and Field Roster

Name	Event	Year	Hometown
Renna Berry	Sprints	Fr.	Normal, Ill.
Lindsey Billington	Distance	Fr.	Lee's Summit, Mo.
Liz Blase	Jumps	Fr./So.	St. Charles, Mo.
Corteneé Boulard	Sprints	Fr.	Beaumont, Tex.
April Brooks	Jumps	Fr.	Blanchard, Okla.
Kim Carter	Multi-events	Sr.	St. Philip, Barbados
Tara Collins	Distance	So./Fr.	West Plains, Mo.
Tanya Cyrus	Sprints	Sr.	Montreal, Quebec
Leander Ernest	Sprints	Fr.	Castries, St. Lucia
Emily Fletcher	Distance	Fr.	Fort Dodge, Iowa
Mareneika Goffe	Jumps	Fr./So.	St. James, Jamaica
Zaleilka Goffe	Jumps	Fr./So.	St. James, Jamaica
Ashley Harris	Jumps	Jr.	St. Louis, Mo.
Chloe Key	Distance	Jr.	Springfield, Mo.
Yaneika Malcolm	Sprints	Fr./So.	Montego Bay, Jamaica
Auvia Miller	Distance	Fr.	Willard, Mo.
Staci Nelson	Distance	Fr.	Chatham, Ill.
Lauren Nystrom	Distance	Sr.	St. Charles, Mo.
Alexandria Oempler	Sprints	So.	Nassau, Bahamas
Kaly Prather	Distance	Fr.	Lee's Summit, Mo.
Deandrea Rolle	Throws	Fr.	Nassau, Bahamas
Leneice Rolle	Sprints	Fr.	Nassau, Bahamas
Michelle Simpson	Sprints	Sr.	Chicago, Ill.
Angelique Stephens	Sprints	Jr.	Christ Church, Barbados
Anda Udris	Sprints	Fr.	Liberty, Mo.
Jamie Vest	Distance	So.	Lebanon, Mo.
Carrie Vestal	Distance	So./Jr.	Springfield, Mo.
Genna Williams	Sprints	Sr.	St. Michael, Barbados
Kristin Wolkey	Distance	Fr./So.	Overland Park, Kan.

Ron Boyce, Head Coach / Sprints & Hurdles Coach, (11<sup>th</sup> Year)

Greg Hipp, Distance Coach, (3<sup>rd</sup> Year)

Jacob Kingery, Field Events Coach, (1<sup>st</sup> Year)

David Glazer, Volunteer Assistant Coach, (1<sup>st</sup> Year)