



Edition:
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Up Next For The Lady Bears

11/10 – NCAA Midwest Region Meet

Missouri State is back in action November 10th for the NCAA Midwest Region meet in Peoria, Ill. Start time is 12:15PM at Newman Golf Course.

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 Ready For Marathon

Missouri State alum Calvin Staples is continuing his preparations for his bid to make the Canadian Olympic team in the marathon. Staples recently placed seventh at the Niagara Falls Half-Marathon completing the windy point to point course in 1:07:56.0 Staples is set to compete in the St. Jude Memphis Marathon on December 1st in Memphis, Tenn.

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

Lady Bears Second, Three Make All-MVC

Missouri State's attempt to win its fifth Missouri Valley Conference cross country title in seven years fell 11 points short on the 5-Kilometer cross country course at Pheasant Ridge Golf Club in Cedar Falls, Ia. last Saturday.

The Lady Bears placed second with 58 points just behind team winner Wichita State's 47 points. Meet host Northern Iowa (93 points) rounded out the top three teams. The rest of the field included Illinois State (4th - 101 points), Indiana State (5th - 136 points), Drake (6th - 156 points), Southern Illinois (7th - 197 points), Bradley (8th - 199 points), Creighton (9th - 211 points) and Evansville (10th - 220 points).



Missouri State placed three runners on the 10 member all-Conference team led by Carrie Vestal's fourth place finish (17:37). Jamie Vest was close behind in fifth (17:39) while Asher Kyger (17:42) finished seventh. Both Vest's and Kyger's times are personal bests. The Lady Bears were the first team to have their top three runners finish. Missouri State runners have earned 25 all-Conference team honors since 2000 (38 overall), eight more than its closest competitor (Wichita State).



Running fourth for the Lady Bears was Kristin Wolkey who placed 20th in 18:27. Emily Fletcher rounded out the team's top five with a 22nd-place finish and a new personal best of 18:29. Fletcher's time was a 46-second improvement on her personal best and her 22nd place finish was an improvement of 48 places from last fall's MVC meet.

The Lady Bears will next be competing at the NCAA Midwest Region meet in Peoria, Ill. held at Newman Golf Course.

Entering the region meet Missouri State is ranked eighth out of 31 Midwest teams by the United States Track and Field and Cross Country Coaches Association. With the ranking Missouri State is the top ranked team from the state of Missouri. The University of Missouri is ranked 11th with no other in-state foes earning a ranking. Missouri State's highest ranking this season was sixth just after their impressive with at the Oklahoma State Cowboy Jamboree.

At the Midwest Region meet Missouri State has a history of being one of the region's strongest programs. The Lady Bears are one of only three teams to boast six straight top 10 finishes.

Missouri State runners will look to keep that streak in tacked and more over the 6-Kilometer race starting at 12:15PM.



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)