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Up Next For The Bears

Feb. 23-24 MVC Championships

Missouri State track and field will be in the hunt for conference titles this weekend as the Lady Bears face all of their MVC foes in Carbondale.

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	Carle / Health Alliance Invitational (U. of Illinois, Champaign, Ill.)
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 Mideast 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.)

Valley Meet Up Next For Lady Bears

Missouri State will send 19 of it's finest to Carbondale, Ill. this weekend with 13 of those seeing their first career action at the MVC Indoor Track and Field Championships.

The Lady Bears have seen their ups and downs this winter but this youthful squad most definitely features the fire power to compete with the best the Valley has to offer. Newcomer Leander Ernest has taken the Lady Bears headlines most of the season but as the conference meet approaches several appear ready to challenge for the top spot in the Valley.



Ernest's boasts a season best and NCAA qualifying run of 54.38 in the 400-meters this winter; an event Missouri State has won a remarkable 10 years in a row. This hardworking freshman also owns an 800-meter best of 2:11.76 and a 200-meter best of 24.95 this winter. This versatile sprinter will be looking to step to the top of the podium several times over the weekend.

Sophomore Carrie Vestal earned her first individual conference title last spring and she'll look for a repeat performance as she leads Missouri State in the long distance races. Vestal, along with her sophomore teammate Jamie Vest will look to jumpstart the Lady Bears scoring as the duo will be key contenders in the 5,000-meters, the meets first final on the track.



RS-Freshman Kristin Wolkey will look to capitalize on all her hard work when she toes the line in Saturday's Mile race. Wolkey set a 13-second personal best in the event the last time she competed. Entering the Valley meet ranked third, the Kansas native looks primed for another great performance.

Vest, Vestal and Wolkey, along with junior Chloe Key, will all be looking to show that there is strength in numbers as the Lady Bears will bring a deep squad into the 3,000-meter race. Missouri State is the only Valley team to qualify four runners into the "Fast" heat of that event.

Senior Kim Carter will look to fill the top spot in the pentathlon. Carter made a move last spring that has her pegged as the top returning multi-eventer in the MVC. The Barbados native will also take her talents into the high jump, long jump and 60-meter dash; all events where Carter ranks among the top six competitors.

Junior transfer Ashley Harris has always been a big meet performer and she'll look to keep that reputation



in the triple jump. The St. Louis native enters the weekend ranked sixth but her background should give her the confidence to make her first all-MVC team.

Winning relays have become tradition at Missouri State. The sprinters of Coach Ron Boyce have taken seven of the last 10 championships in the 4x400-meter relay at the MVC Indoor Championships while the combined efforts of the sprints and distance groups have taken three of the last five Distance Medley Relays. The Lady Bears will look to keep the tradition alive in these events that are the capstones to each night of competition at the indoor championship.

Alumni News:

At the Iowa State Classic on Feb. 10th 2003 Missouri State grad Blake Boldon set a career best for 3,000-meters winning the event in 8:00.99. The time qualifies Boldon for the USA Indoor Championships to be held Feb. 24-25 in Boston. Boldon will be seeking his second straight top ten finish at a USA championship as he enters the meet ranked eighth. Last summer Boldon placed 10th at the USA Outdoor Championships in the 1,500-meters. To keep up with Blake check out his web site at <http://blakeboldon.blogspot.com> and check out a great interview with Blake at www.BigRiverRunning.com. Blake recently joined Big River Running Company's racing team and they are providing assistant to Blake to travel to the USA Championships. The next time you're in St. Louis stop in and thank Big River Running Company for supporting Blake and post collegiate running by making a purchase or give them a call at 636.394.5500 and place an order.

Also at the Iowa State Classic 2005 Missouri State grad Casey Owens made her season debut on the track. The two-time all-American opened her season with a 16:43 clocking over 5,000-meters. Owens main focus has been on the road over the last year but it appears she's gearing up for some success on the track again in 2007.

On Jan. 27 former Bear Calvin Staples competed in the 3M Half-Marathon in Austin, Texas. Staples took 17th overall in the competitive field with a finishing time of 64:49. Staples continues to be one of Canada's top runners as routinely represented Canada internationally and has competed in events such as the World Cross Country Championships.

2006 Missouri State graduates Tracy Partain and Fabian Florant are back in training. Partain appears to be recovered from a recent foot surgery and is in training for her first post-collegiate season after finishing as the NCAA runner-up in the heptathlon last spring. Florant is training in Springfield fine tuning the skills that earned him all-American honors last year. Florant opened his season at the Tyson Invitational Feb. 10th where he triple jumped 52-0.5.

Officials and Volunteers Needed:

Missouri State will be hosting two track and field meets this spring. Officials and volunteers are needed for the following dates:

Big Bear Invitational: April 6

Aldo Sebben Missouri State Relays (High School): April 24

Please contact Greg Hipp at 417-836-4498 or greghipp@missouristate.edu if you are available.

Also mark your calendars for September 22 for the Missouri State Cross Country Classic.



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
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

Greg Hipp, Distance Coach

Jacob Kingery, Field Events Coach

David Glazer, Volunteer Assistant Coach