



Missouri State
UNIVERSITY

Edition:
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Name Change

It's official. Missouri State University is our new name thanks to legislation by the state of Missouri. Missouri State is the university previously known as Southwest Missouri State University (SMS). For more information on the name change visit www.missouristate.edu.

Alumni Run A Success

The 23rd Annual Alumni Run was a huge success as 140 alumni and local runners signed up for the event. Missouri State assistant Coach Paul Harkins won the men's race while current Missouri State runner Ashley Sanders took the women's race.

New Websites

The Bears have a number of new websites at www.missouristatebears.com and www.missouristate.edu.

New Contact Information

For those looking to get in contact with the Missouri State coaches we have new e-mail addresses:
RonBoyce@missouristate.edu
GregHipp@Missouristate.edu
FritzSpence@MissouriSrare.edu

Spread the Word

Do you know any SMS alums or friends who would be interested in our newsletter? Send them to BearsTrack.net to subscribe. We are looking forward to staying in contact with our valued alumni and friends of the program.



Bear Tracks Newsletter

Track & Field / Cross Country

The official newsletter of Missouri State University Track and Field and Cross Country

**Next Up For The Bears: Outdoor Track and Field
September 3: Tulsa Hurricane Invitational, Tulsa, Oklahoma**

Missouri State Cross Country Ready To Start Off With Success

As Missouri State University begins a new era under it's more fitting name it's cross country programs are ready to add to their recent successes.

Women's Preview:

The Missouri State Lady Bears have established themselves as the premier program in the Missouri Valley Conference over the last four years. Just last fall the Lady Bears won their fourth straight MVC title, a conference record, and continued their stand as one of the most successful teams in the Midwest. Along with the Lady Bears conference streak the program is one of only two teams in the entire Midwest to rank among the regions top five for each of the last four years.

Now the 2005 Lady Bears may have their greatest test in front of them. With the loss of all-American Casey Owens and former MVC steeplechase record holder Erin Sutton, along with two other members of their top seven, the squad must now depend on a different crop of talent and experience.

This years team will look to do nothing less than win its fifth title in five years as they begin to create there own history.

Leading Missouri State into the season is four the Valley's top returnees. The team will look to all-MVC runners Ashley Sanders, Casey DeWitt, and Clarissa Codrington along with up and comer Carrie Vestal to lead the squad.

In addition to being named all-MVC each of the last two seasons in cross country Sanders is a two time MVC runner-up in the 10,000-meters on the track, only being beaten by her former teammate Casey Owens in both of those races.

DeWitt made her move into the conference's elite last fall when she was selected to her first all-MVC team after placing tenth at the conference championship. DeWitt has also

2005 Cross Country Schedule

Date	Event
Sept. 3rd	Tulsa Hurricane Invitational (U. of Tulsa, Tulsa, Oklahoma) - Women's 2 mile, 8:00 a.m. - Men's 4 mile, 8:35 a.m.
Sept. 17 th	Southern Stampedo (Mo Southern Univ., Joplin, MO) - Women's 5,000m, 9:00 a.m. - Men's 8,000m, 9:45 a.m.
Oct. 1st	Sean Earl Lakefront Invitational (Loyola University, Chicago, IL) - Women's 5,000m, 10:30 a.m. - Men's 8,000m, 12:45 a.m.
Oct. 15 th	NCAA Pre-Nationals (Indiana State Univ., Terra Haute, IN) - Women's 6,000m, 11:00 a.m. - Men's 8,000m, 12:10 a.m.
Oct. 29 th	Missouri Valley Championships (Evansville University, Evansville, IN) - Women's 5,000m, 10:00 a.m. - Men's 8,000m, 11:00 a.m.
Nov. 13 th	NCAA Midwest Championships (University of Iowa, Iowa City, IA) - Women's 6,000m, 10:00 a.m. - Men's 10,000m, 11:00 a.m.
Nov. 22 nd	NCAA National Championships (Indiana State Univ., Terra Haute, IN) - Women's 6,000m, 10:00 a.m. - Men's 10,000m, 11:00 a.m.

Note: Start times above are subject to change.

been one of the top Valley women in the steeplechase and 5,000-meters.

Clarissa Codrington has been an all-MVC pick twice on the track with a 4:28 1500-meter (4:48 mile) best highlighting her runs. Codrington will be looked upon to duplicate her track and field success on the cross country course this fall.

Also looking to make a big move in the Valley this fall is Carrie Vestal. Vestal has made tremendous improvements since joining the Missouri State squad last fall as a freshman. In her first

www.BearsTrack.net

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season with the Lady Bears she ran as the teams ninth runner. Then just months later at the outdoor track and field championships Vestal ran as the seventh best runner over 10,000-meters in the entire conference. Vestal looks ready to challenge for all-conference in 2005.

The Lady Bears will also count on a number of other talented performers. Sophomore Catherine Barron ran as the team's seventh runner in 2004 after improving her 5k best from nearly 23 minutes to 18:56 over the season.

In addition several newcomers to Missouri State should be ready to step up to NCAA competition. Freshmen Kristin Wolkey from Overland Park, Kansas has shown early signs of becoming an instant success for the Lady Bears. She'll also be joined by two Missouri high school state champions in Kaly Prather and Jamie Vest. Vest was named MissouriRunning.com's Missouri High School runner of the year last year after winning her fourth state cross country title in a row.

As this talented group of individuals comes together as a team the Lady Bears can once again hope for late season success.

Men's Preview:

In 2005 the men's cross country squad is showing signs that great things are to come.

In 2004 the Bears put two runners on the all-MVC team in Tommy Neal and Michael Breshears. Breshears, then a sophomore, was also the Valley's runner-up and an all-Midwest Team Selection after just missing the national meet by a mere 7-seconds.

Now with Breshears returning as the Valley's top man the Bears look as strong as ever with their front running captain serving as their leader.

Up front Breshears will also be joined by newcomer Jonathan Rono, a transfer from the University of Alabama. Rono has quickly adapted into the Bear's training and looks ready to be one of the Valley's top runners.

With the Bears entering the season with the best one-two punch in the Missouri Valley all the squads needs is a little depth to be a Valley Contender.

Several key returners and another talented newcomer will look to give Missouri State the depth they need.

Last fall Jared Kreissler was the Valley's top freshmen; the second year in a row that the Bears had the top newcomer. Kreissler returns as the Valley's tenth returnee.

Also a freshmen last fall, Anthony Larangeira saw great success late in the season. Larangeira struggled early but when championship time came around he came ready to run. At the NCAA Midwest Regional Championships Larangeira ran as the Valley's seventh best runner in the

meet. He will look to duplicate that success this fall at the Valley Meet.

Junior Ross Tilghman hopes to add to the Bears depth after a great summer preparation. The team will also look to freshmen Kevin Born and Chavis Clawson. Born has been with the Bears for a year now but redshirted his freshmen fall campaign. Now with a year of training under him he has returned to campus as one of Missouri State's top men.

True freshmen Chavis Clawson of Liberty, Missouri is also showing early signs of success at the college level. His quick adaptation into the team's training program will allow him to have early success in the longer cross country races.

This exciting Bears squad appears ready to challenge for the top spots in the Valley with the best front running in the conference and a talented group of runners who hope to provide the much needed depth. Missouri State fans should also note that the Bears run with no seniors in 2005 and are finally set up for a long run in the Valley.

Both the men's and women's cross country squads of Missouri State University begin their fall seasons this weekend, September 3rd, at the University of Tulsa for the Hurricane Cross Country Festival. The squads expect competition from Tulsa, Oklahoma State and Oral Roberts University.

Note:

Please note that a number of Missouri State cross country runners will sit out the first meet for training purposes. On the men's side Anthony Larangeira and Jared Kreissler will open their seasons later as they continue their early season training. For the Lady Bears Chloe Key and Bethany Moe will look to have a late start to their racing for training purposes.

2005 SMS Men's Cross Country Roster

Name Event(s) Yr. Hometown/High School

Cody Branch Fr. Ashland (Mo.) Southern Boone County High
Kevin Born RS Fr. Lone Jack (Mo.) Lone Jack High
Michael Breshears Jr. Excelsior Springs (Mo.) Excelsior Springs High
Chavis Clawson Fr. Liberty (Mo.) Liberty High
Michael Farmer RS Fr. Raytown (Mo.) South Raytown High
Evan Hagi Fr. Strafford (Mo.) Strafford High
Jared Kreissler So. Independence (Mo.) Truman High
Anthony Larangeira So. Jefferson City (Mo.) Blair Oaks High
Travis Mack Middle Jr. Liberty (Mo.) Liberty High
Caleb Masterson So. Springfield (Mo.) Greenwood High
Jonathan Rono Fr. Kaptagat, Kenya Chepkero Athletic Club / University of Alabama
Ty Sanders Fr. Clinton (Mo.) Clinton High
Aaron Stewart Fr. Springfield (Mo.) Parkview High
Ross Tilghman Jr. Cape Girardeau (Mo.) Central High

2005 SMS Women's Cross Country Roster

Name Event Yr. Hometown/High School

Laura Ahlert So. O'Fallon (Mo.) Ft. Zumwalt North High
Catherine Barron So. Ballwin (Mo.) Parkway South High
Clarissa Codrington Jr. Ann Arbor (Mich.) Pioneer High
Casey Dewitt Sr. Rogersville (Mo.) Logan-Rogersville High
Chloe Key So. Springfield (Mo.) Parkview High
Bethany Moe So. Lee's Summit, Mo. Blue Ridge Christian High / Cedarville University
Hannah Nugent RS Fr. Kirksville (Mo.) Kirksville High
Lauren Nystrom Jr. St. Charles (Mo.) Orchard Farm High / Lindenwood University
Kaly Prather Fr. Lee's Summit (Mo.) Raymore-Peculiar High
Ashley Sanders Sr. Clinton (Mo.) Clinton High
Jamie Vest Fr. Lebanon (Mo.) Stoutland High
Carrie Vestal So. Springfield (Mo.) Parkview High
Kristin Wolkey Fr. Overland Park (Ks.) Shawnee Mission North High