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Up Next For The Bears

Sept. 8 Fayetteville Invitational

The Lady Bears will open up the 2006 season on September 8 with a dual meet with the University of Arkansas. More information will be released as the meet approaches.

Missouri State Schedules Cross Country

Date	Event
Sept. 8	Fayetteville Invitational (U. of Arkansas, Fayetteville, Ark.)
Sept. 16	Southern Stampede (Mo. Southern State, Joplin, Mo.)
Oct. 7	Memphis Twilight (Memphis Tenn.)
Oct. 14	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 28	Missouri Valley Championships (Creighton Univ., Lincoln, Nebraska)
Nov. 11	NCAA Region Championships (U. of Minnesota., Minneapolis, Minn.)
Nov. 20	NCAA National Championships (Indiana State, Terre Haute, Ind.)

The 24th Annual Alumni Run

Missouri State's 24th Annual Alumni Run 5k was completed last Saturday as nearly 90 runners took to the streets around Phelps Grove Park for a 5K race and Kids Run. 2003 graduate Blake Boldon won the event for the men while current MSU runner Kristin Wolkey took the women's race.

A group of alumni also continued on their tradition of meeting at Ebbets Field on Walnut Street on Friday night. It was exciting to see so many alumni supporting the program and that support is strong for MSU track and field and cross country.



Lady Bear's Eye Sixth Title This Fall

The fall semester has started at Missouri State University as has the Lady Bears quest for their fifth Missouri Valley Conference cross country title in six years and sixth cross country title in program history.



The fall season officially began last week as 12 cross country runners reported to campus for the team's preseason week that included team meetings, physicals, the annual Alumni Run, training and a float trip on the Niangua river.

The Lady Bears return four of its top five runners from last season and expects to be led by the duo of all-Region runner Kristin Wolkey and MVC 10K champ Carrie Vestal.

Wolkey, a sophomore, burst onto the college scene quickly in 2005 as she won her first collegiate event at the Tulsa Hurricane Invitational. By seasons end Wolkey had racked up all-Conference and all-Midwest Region honors on her way to a two-minute and 10-second personal best in the 5K of 17:26.

Vestal's rise to the conference's elite took a little more time. As a freshman in 2004 Vestal's 19:20 best was only good enough for 58th place at the MVC meet. In 2005 Vestal improved her MVC run to 17:28 for ninth place and a spot on the all-Conference team before going on to run 17:13 for 5,000m and 35:29 for 10,000m in the spring.

The sophomore pair of Jamie Vest and Kaly Prather shared the 4-5 positions for the Lady Bears last fall. Vest returns for Missouri State as the MVC's number two returning steeplechaser. She will look to take her outdoor track improvements to the cross country course where she finished 26th in the MVC as a freshman. Prather was 24th at the MVC meet last season before redshirting the track seasons.

All-conference middle distance runner Clarissa Codrington has provided great depth for the Lady Bears over the last three seasons of cross country while being an MVC contender on the track. Now this 4:28 1,500m runner has put in

the summer preparation and is ready for a significant role on the cross country course.

Early season training shows that junior Chloe Key is ready to make her contribution to the Missouri State cross country squad. After spending her first two seasons of eligibility in a back up role for the Lady Bears Key seems poised to move up not only on her team, but also in the MVC.

Several newcomers will also be looking to make their mark as freshman and will vie for spots in the Lady Bear's top seven. Leading freshman charge in the fall will be Auvia Miller and Staci Nelson. Miller, a Springfield, Mo. native and Willard HS alum boast high school bests of 11:18 for 3200m while Nelson, the Springfield, Ill. native and Glenwood HS alum boast bests of 5:08 for 1,600m and 11:12 for 3200m.

The Lady Bear's will compete in four regular season meets beginning September 8 at the University of Arkansas before turning their attention towards the 2006 Missouri Valley Conference Championship.

Creighton University will be the host of the 2006 championship and the Blue Jays will utilize Pioneer Park in nearby Lincoln, Neb. The Lady Bears will be looking for their fifth title in the last six years.

In 2000 the Lady Bears took second overall before running through a streak of four straight conference championships from 2001 to 2004. Last year in 2005 the young Lady Bears squad stepped up to take second after graduating five of it's top seven runners from the previous season. The 2006 edition of Missouri State cross country has more experience under its belt and will be looking to start another long winning streak with a win in Lincoln.

From the MVC meet the Lady Bears will hop a jet to Minneapolis, Minn. and the University of Minnesota where the NCAA Midwest Region Championships will be held. At the Les Boldstad course in Minneapolis Missouri State will look to continue its consistent high finishes at the region championship.

Since 2001 only two teams in the Midwest can boast a better average finish at the region championships. Currently the Lady Bears average regional finish over the last five years places them ahead of such programs as Illinois, Iowa, Kansas State, Kansas, Nebraska, Northwestern, Oklahoma State, and Oklahoma to name a few. Carrying on that tradition of success and coveted bids to the NCAA National Championships will be on the line in the cold north.

2006 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown</u>
Lindsey Billington	Fr	Lee's Summit, Mo.
Clarissa Codrington	Sr	Ann Arbor, Mich.
Chloe Key	Jr	Springfield, Mo.
Emily Fletcher	Fr	Fort Dodge, Iowa
Auvia Miller	Fr	Springfield, Mo.
Staci Nelson	Fr	Springfield, Ill.
Hannah Nugent	So	Kirksville, Mo.
Lauren Nystrom	Sr	St. Charles, Mo.
Kaly Prather	So	Lee's Summit, Mo.
Jamie Vest	So	Lebanon, Mo.
Carrie Vestal	Jr	Springfield, Mo.
Kristin Wolkey	So	Overland Park, Kan.

Greg Hipp, Head Coach, (3rd Year)



2006 Cross Country Schedule

Date / Time

Meet / Host / Location

September 8th
Friday, 7:00PM

Fayetteville Invitational
University of Arkansas
Agri Park, Fayetteville, Ark.

September 16th
Saturday, 9:00AM

Southern Stampede
Missouri Southern State University
Fred G. Hughes Stadium, Joplin, Mo.

October 7th
Saturday, 8:10PM

Memphis Twilight Classic
University of Memphis / Christian Brothers Univ.
Mike Rose Sports Complex, Memphis, TN

October 14th
Saturday, 11:00AM

NCAA Pre-National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.

October 28th
Saturday, 11:00AM

Missouri Valley Conference Championships
Creighton University
Pioneer Park, Lincoln, Neb.

November 11th
Saturday, 11:00AM

NCAA Midwest Regional Championships
University of Minnesota
Les Bolstad Golf Course, Minneapolis, Minn.

November 20th
Monday, 11:00AM

NCAA National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.