



Edition:
#24 / 2005-06

Up Next For The Bears

NACAC Under 23 Championships

July 7-9,

Santo Domingo, Dominican Republic

Missouri State's Tracy Partain will compete for the USA National Team for the first time in July.

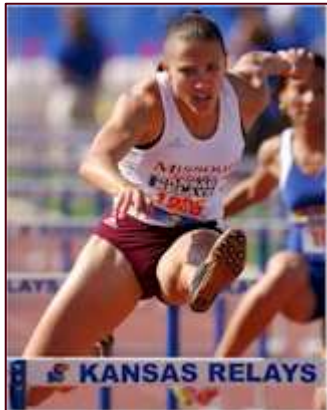
Missouri State Schedules Indoor Track and Field

Date	Event
Dec. 3	Kickoff Classic (Arkansas State, Jonesboro, Ark.)
Jan. 13	Arkansas Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 20-21	Razorback Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 28	Jayhawk Invitational (U. of Kansas, Lawrence, Kansas)
Feb. 3-4	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 10-11	Iowa State Classic (Iowa State Univ., Ames, Iowa)
Feb. 24-25	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 10-11	NCAA National Championships (U. of Arkansas, Fayetteville, Ark.)

Outdoor Track and Field

Date	Event
Mar. 26	Tulsa Invitational (Tulsa Univ., Tulsa, Oklahoma)
Mar. 31-	Stanford Invitational
Apr. 1	(Stanford Univ., Palo Alto, California)
Apr. 2	Mississippi State Invitational (Miss. St. Univ., Starkville, Miss.)
Apr. 13-15	Sea Ray Relays (U. of Tennessee, Knoxville, Tenn.)
Apr. 13-15	Tom Botts Invitational (U. of Missouri, Columbia, Missouri)
Apr. 20-22	Kansas Relays (U. of Kansas, Lawrence, Kansas)
Apr. 27-29	Drake Relays (Drake Univ., Des Moines, Iowa)
May 6	Ward Haylett Invitational (Kansas St Univ., Mahattan, Kan.)
May 12-14	Missouri Valley Championships (Wichita State U., Wichita, Kansas)
Mar. 26-27	NCAA Mideast Championships (U. of Indiana, Bloomington, Indiana)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 22-25	USA National Championships (Indianapolis, Ind.)

Three Bears Top 10 At USA Nationals



Tracy Partain led a group of three past and present Missouri State athletes to top ten finishes at the USA National Championships in Indianapolis, In. June 22-25.

Partain, competing in the heptathlon, finished the two day event with 5,476 points to place ninth. Entering the meet ranked 3rd nationally Partain's long season caught up to her as she was unable to match her personal best performance from two weeks ago of 5,827 points that earned her a runner-up finish at the NCAA Nationals.

As a result of Partain's record breaking season she has been named to two USA National teams for this summer based on her performances from the collegiate season. Partain will travel to Santo Domingo, Dominican Republic July 7-9 to compete in the North American - Central American and Caribbean (NACAC) Under 23 Championships. The top two US performers in each event that are under 23 years of age have been invited to compete. Partain has also been invited to compete in the USA vs. Germany Heptathlon competition to be held August 5-6 at Kansas State University.

Partain will be the third Missouri State athlete to compete for the USA internationally this academic year. In November 2005 graduate Casey Owens competed for the USA at the Chiba Ekiden, a international team road relay in Chiba, Japan. In March 2003 graduate Blake Boldon competed in Ireland in a series of road events for the USA.



This weekend Boldon was competing in the 1,500-meters at the USA National Championships. Boldon, who holds the Missouri State 1,500-meter record of 3:42.73, placed tenth in the tactical final with a time of 3:44.83. Newly American citizen Benard Lagat won the race in 3:39. The race was the first USA Nationals final of Boldon's career. Boldon has bests this season of 3:41.36 for 1,500-meters and 13:58.99 for 5,000-meters.

Melinda Sallins, a 1996 Missouri State graduate, continues to have an impressive post collegiate career. Sallins competed in the 400-meter hurdles at the USA Nationals and finished ninth with a time of 56.64-seconds. Sallins holds the Missouri State record in the 400-meter hurdles of 56.64 set in 1996. Sallins is also second on the MSU record list in the 100-meter hurdles behind Partain. Sallins best while at Missouri State was 13.50-seconds. Partain set the MSU best at this year's MVC Championships running 13.38-seconds.

24th Annual Alumni Run Coming Up

Missouri State's 24th Annual Alumni Run 5k will be held August 19th at Phelps Grove Park. This event is open to all runners whether you are a MSU/SMS alumni or not. Please join us as we reunite old friends, meet new ones, and build support for MSU Cross-Country and Track and Field. Show your support for collegiate running in Springfield with your attendance. Race information is included on page 4.

More Honors For Men's Distance Runners

Missouri State's Michael Breshears and Travis Mack have been voted to the ESPN The Magazine Academic All-America Men's Track and Field/Cross Country team. Both had been named to the all-District team, along with fellow track athlete Mike Wahlig, earlier this month. Breshears was named to the All-America first team for the second straight year, while Mack earned second team honors for the first time.



Breshears, who has just completed his junior year at Missouri State, claimed his first individual conference title at the 2005 State Farm Missouri Valley Conference Cross Country Championship. His winning 8K time of 24:12.32 ranks third on MSU's list of all-time top performances. In the 2006 outdoor season, he finished third in the 5,000-meter run with a time of 14:51.51 and third in the 3,000-meter steeplechase with a season-

best time of 9:02.86 at the league meet. At the NCAA outdoor regional meet, Breshears placed 18th in the steeplechase in 9:12.28. Breshears just completed a degree in administrative management with a cumulative 4.00 grade-point average will begin graduate school in the fall.

Mack, an Missouri State graduate student, has maintained a 4.00 grade-point average throughout his college career. He just completed his master of business administration and has earned a B.S. in management with an entrepreneurship emphasis. Mack completed both is undergraduate and graduate degrees in only four years. On the track Mack placed fifth in the 800-meter run at the 2006 MVC Indoor Championship with a time of 1:55.29. In his final outdoor season, Mack finished third in the 800-meter run at the Mississippi State Bulldog Invitational with a personal-best time of 1:52.14, as well as placing 11th in the event at the conference champi



Missouri State Adds Six For Cross Country

The Missouri State University cross country team has announced the signing of six distance runners to National Letters of Intent during the fall and spring signing periods. Four of the standouts will join the Lady Bears as freshmen for the 2006 cross country season, while two will begin their careers at Missouri State in January with the track and field season.

The Lady Bears signed two distance runners from Missouri, as well as one each from Illinois and Iowa, and two from Kenya.

"This is an exciting group of newcomers. This recruiting class has a lot of talent and I expect some special things in the coming years", Said Cross Country Coach Greg Hipp. "We did our best to attract some of Missouri's top talent and from there we went out to recruit some great runners from around the Midwest and internationally", Said Hipp

Missouri State's 2006-2007 Distance Signees:

Auvia Miller, Springfield, Mo (Willard HS)

Miller starred at Willard High School, where she holds the school records in the 1600 and 3200-meter runs on the track, along with the 5K mark in cross country. She was the conference champion and an all-district performer in cross country as a senior while earning all-state honors in the 3200 as a junior and 1600 as a senior. Miller's personal bests are 5:15 and 11:18 in the 1600 and 3200 meters, respectively.

Lindsey Billington, Lee's Summit, Mo (Lee's Summit West HS)

Billington led her Lee's Summit West team to the 2006 Missouri State 3A track and field championship to cap off a high school career that earned her all-state selection seven times in track and once in cross country. In her junior and senior seasons Billington was the KC Mid 6 Conference Champion in the 800-meters and the 4x800-meter relay. In the 800-meters at the state meet Billington finished sixth in the 800-meters as a senior, third as a junior and eighth as a sophomore (4A meet while attending Truman HS). She was also on the state championship 4x800-meter relay as a senior anchoring her team to a 9:37.14 performance. Billington holds personal bests of 60-seconds in the 400-meters, 2:17 in the 800-meters and has run 19:41 for 5,000-meter cross country. Billington's father, Tom, competed for the Bears in track from 1976 to 1980.



Above Photo courtesy of Tracy Rollins of Mohsrunning.com

Emily Fletcher, Fort Dodge, Ia. (Fort Dodge HS)

Fletcher served as team captain for the Fort Dodge High School cross country and track and field teams both her junior and senior seasons. She was a large class all-state selection in each of her last three seasons in the 800-meters for the Dodgers. As a sophomore Fletcher placed 11th at the Iowa State meet in the 400-meters and 13th in the 800-meters. During her junior season Fletcher improved to seventh in the 800-meters with a school record time of 2:18.72 before running on the seventh place 4x800-meter relay that ran 9:42.06. As a senior Fletcher placed ninth in the 800. Fletcher has personal bests of 59.56 in the 400-meters and 2:18 in the 800-meters.



from 1500 to 10,000-meters. Joan will begin at MSU in January.

Sheila Jepchirchir Kigen, Eldoret, Kenya (Archbishop Njenga Girls School)

Kigen joins the Missouri State Lady Bears after training with the Chepkero Athletic Club under Coach Philip Maiyo. Former all-conference steeplechaser for the Bears, Jonathan Rono, also came from Chepkero AC. Kigen is an accomplished runner in the 1500 and 3000-meter distances and she is expected to develop into a outstanding runner in cross country and track and field. Jepchirchir will join the Lady Bears in January.

Staci Nelson, Springfield, Ill (Glenwood HS)



Nelson attended Glenwood High School in Springfield, Ill., where she was a three-time conference and two-time regional champion in cross country. She was a three-time Central States Eight Conference Runner of the Year and also was a multiple state qualifier in the 1600 and 3200 meters. She set school records in both events and was an all-state select in the 1600 as a sophomore. Nelson holds a personal record

of 5:08 in the 1600 meters and 11:12 in the 3200 meters.

Joan Kibet, Chepkorio, Kenya (St. Joseph's Secondary School)

Joan, along with fellow signee Jepchirchir Kigen, become the first female athletes from Kenya to sign with Missouri State. Kibet brings with her some of the best running credentials of any recruit in Lady Bear history. She is expected to compete at the top of the Missouri Valley Conference right away in cross country and in track races



Missouri State

24th Annual Alumni Run

Saturday, August 19th, 2006 – Phelps Grove Park, Springfield, Mo.

Please join us as we reunite old friends, meet new ones, and build support for MSU Cross-Country and Track and Field. Show your support for collegiate running in Springfield with your attendance. Everyone is invited to join us!

Race Information:

Saturday, August 19, 2005 - Phelps Grove Park, Springfield, Mo. Visit BearsTrack.net for directions and course maps.

5-k Alumni Run: 8:00AM

Pre-Registration is encouraged. Fees are \$12.00 for those who register prior to August 14th and for those who drop off forms at the MSU Forsyth Athletic Center by August 18th. Race-Day registration is \$20.00. Participants will receive an official Missouri State University Cross Country / Track and Field team issue t-shirt while supplies last.

“MSU Bear In Training” Kids Run: 8:45AM

This 800-meter (1/2 Mile) race is free and open to kids 12 & under. MSU cross country runners will lead kids in a group warm-up starting at 8:30am and then run along side the kids and motivate them to the finish. The race is free but registration is required. All finishers will receive ribbons. Kids Run participants may purchase a t-shirt for \$6.

Race Day Registration begins at 6:30AM at the Phelps Grove Park Pavilion

5-K Awards:

Awards will be presented to the top three males and females overall. In addition males and females in the following age groups will be awarded: 14 & Under (Top 3), 15-19 (Top 5), 20-24 (Top 5), 25-29 (Top 3), 30-34 (Top 3), 35-39 (Top 3), 40-44 (Top 3), 45-49 (Top 3), 50-59 (Top 3), and 60-69 (Top 3), 70 & Over (Top 3).

Alumni Gathering:

We will have an informal gathering for all alumni, current team members and friends of the program Friday night. Please visit BearsTrack.net for location and time. Info will be posted online in August.

Contact / Questions:

Online: www.BearsTrack.net or Call: 417-836-4498 or E-Mail: greghipp@missouristate.edu.

Registration Form:

Name: _____ Home Phone: (____) _____

Home Address: _____ E-Mail: _____

City: _____ State: _____ Zip Code: _____

Gender: _____ Age On Raceday: _____ Birth Date: _____ T-Shirt Size: _____

Race Registering For (Circle One): 5-K Alumni Run | Kids Run Registration Fee Enclosed: \$ _____

Did you compete for MSU / SMS in cross country and / or track and field: YES / NO. What Years: _____

Would you like to subscribed to the Free MSU Track and Field / Cross Country E-Mail Newsletter: YES / NO

Waiver:

I assume full responsibility for running in traffic on the course during this event, as well as any and all other risks associated with competing in this event, including falls, body contact, injury, illness and even death. In consideration of these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge for MSU athletics, MSU track and field, MSU cross-country, and any and all sponsors and or agents associated with them for any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event.

Sign: _____ Date: _____

If under 18 must be signed by parent or guardian.

Please make checks payable to:

MSU Track and Field

Please Send Registration Forms and Fees To:

**Missouri State University
Track and Field Office
901 S. National Ave.
Springfield, MO 65897**