



# MSU CROSS COUNTRY / TRACK AND FIELD

## NCAA Division-I Member – Missouri Valley Conference Champions

Cross Country  
1996, 2001, 2002, 2003, 2004

Indoor Track and Field  
1998, 1999, 2000, 2003, 2004

Outdoor Track and Field  
2001, 2002, 2003

### • NEXT ON THE TRACK •

#### Missouri State @ Missouri Valley Conference

- **Date:** Friday-Sunday, May 16-18, 2008
- **Time:** 12:00pm
- **Location:** McAndrews Stadium • S. Illinois University, Carbondale, Ill.

### • 2007-08 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
9/22	<b>Missouri State Classic</b>	<b>HOME (Springfield, Mo.)</b>
9/29	Cowboy Jamboree	Oklahoma St. (Stillwater, Ok.)
10/13	Chile Pepper Invitational	U of Arkansas (Fayetteville, Ark.)
10/27	MVC Championship	U of N. Iowa (Cedar Falls, Ia.)
11/10	NCAA Midwest Regional	Bradley (Peoria, Ill.)

### • 2007-08 INDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
1/11	Missouri Invitational	U of Missouri (Columbia, Mo.)
1/19	Kansas State Invitational	Kansas St. (Manhattan, Kan.)
1/25-26	Razorback Invitational	U of Arkansas (Fayetteville, Ark.)
2/1-2	Indiana Relays	U of Indiana (Bloomington, Ind.)
2/15-16	Iowa State Classic	Iowa St (Ames, Ia.)
3/1-2	MVC Championship	U of N. Iowa (Cedar Falls, Ia.)
3/7-8	Alex Wilson Invitational	Notre Dame (South Bend, Ind.)
3/7-8	Last Chance Qualifier	Iowa St. (Ames, Ia.)
3/14-15	NCAA Championship	U of Arkansas (Fayetteville, Ark.)

### • 2007-08 OUTDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
3/28-29	Missouri Relays	U of Missouri (Columbia, Mo.)
4/4-5	Stanford Invitational	Stanford (Palo Alto, Calif.)
4/5	<b>Big Bear Invitational</b>	<b>HOME (Springfield, Mo.)</b>
4/17-19	Kansas Relays	U of Kansas (Lawrence, Kan.)
4/24-26	Drake Relays	Drake (Des Moines, Ia.)
4/25	Simpson Twilight	Simpson (Indianola, Ia.)
5/2	McDonnell Invitational	U of Arkansas (Fayetteville, Ark.)
5/16-18	MVC Championship	S. Illinois (Carbondale, Ill.)
5/30-31	NCAA Mideast Regional	U of Arkansas (Fayetteville, Ark.)
6/11-14	NCAA Championship	Drake (Des Moines, Ia.)
6/27-7/6	USA Olympic Trials	U of Oregon (Eugene, Ore.)

### • 2007-08 HOME EVENT SCHEDULE •

DATE	EVENT
9/22	Missouri State Cross Country Classic: At MSU's new cross country facility. Women's 5K at 9:00am, Men's 8K at 9:45am.
1/12	MSU Winter Track and Field Clinic: MSU Coaches Ron Boyce, Greg Hipp and Jake Kingery will speak as well as former MSU coach Richard Clark, Olympian Jason Pyrah, Iowa St coach Blake Boldon and Arkansas coach Lonnie Green.
4/5	MSU Big Bear Invitational: MSU's only home track and field appearance of the year. Events start at 1PM.
4/22	Aldo Sebben Missouri State Relays: Missouri's largest high school track and field meet is at MSU. Over 1,000 athletes will compete. Events start at 10:00am.

### • THE INSIDE LANE •

Missouri State Track and Field athletes are league leaders in five events entering the Missouri Valley Conference Outdoor Track and Field Championships. Southern Illinois University's McAndrews Stadium will be host of the action set for May 16-18 at Carbondale, Ill.

Head Track and Field Coach Ron Boyce has the fortunate problem of choosing which events to compete in with his standout Leander Ernest. Ernest leads the Valley in the 400-meters (55.16), 800-meters (2:06.45), is ranked second in the 200-meters (24.66) and is the member of the 4x100-meter relay team that ranks third and the 4x400-meter relay team that ranks first.

Whatever events the versatile sophomore enters she will have plenty of teammates to back up her up on the track. Asher Kyger has quickly made herself into one of the Valley's and the Midwest top athletes in her first year with Missouri State.

After winning the One-Mile Run at the MVC Indoor Championship Kyger has herself positioned for another title chase as the MVC leader of the 1,500-meters (4:26.20) and as the third ranked 800-meter runner (2:09.42).

Carrie Vestal will look to make her final Valley Championship a memorable one. The senior 10,000-meter runner was league champion in 2006 and runner-up last spring. Vestal owns the leagues best performance of 35:09.15 this season and looks poised for a return to the top spot on the podium.

Jamie Vest was the MVC runner-up last spring in her specialty event, the 3,000-meter steeplechase. Chasing her first league title Vest enters the weekends competition ranked second (10:45.08) again but this time will have the help of teammate and freshman Terry Phillips who stands fourth (11:01.84) on the season best list.

Seventeenth in the 200-meters a year ago Courtenee' Boulard has rebounded from a tough freshman season. The much improved Boulard this time enters the MVC meet ranked third in the 200-meters (24.68) and fourth in the 100-meters (12.16).

Boulard is part of Missouri State's third ranked 4x100-meter relay (46.62) team that includes Ernest, Yanieka Malcolm and Jacqui Lindsey.

### • OFF THE TRACK •

• Missouri State's Asher Kyger was named MVC Track Athlete of the Week for her success at the Arkansas Twilight May 2. The former Ava High School runner recorded a personal best and NCAA qualifying 2:09.42 in the 800-meters.

• Missouri State Cross Country has partnered with Bass Pro and their Outdoor Fitness Festival for several fall events. Bass Pro will host a training kick-off for their October and November events on May 12 at 6:30PM. See the attached flyer for more information.

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Ernest, Malcolm and Lindsey are also part of the league leading 4x400-meter relay (3:41.39) team that also employs Renna Berry. Aside from Ernest's leading mark in the 400-meters Malcolm and Lindsey are also among the Valley's top one-lappers. At 56.06-seconds Malcolm ranks fourth while Lindsey will be the seventh seed at 56.61-seconds.

Emily Fletcher enjoyed a successful indoor season as a member of Missouri State's conference championship winning Distance Medley Relay. Moving up to the 1,500-meters for the first time this spring the sophomore is building upon her indoor success with a 4:32.23 best listing her at fourth in the Valley.

While the Lady Bears have had a great deal of success on the track this spring there is excitement inside the oval with several of Missouri State's field athletes ready for a successful championship.

High Jumper Mareneika Goffe was fourth at the MVC Indoor meet earlier this year. Now more confident the junior ranks third (5'6") this spring only one-inch behind the conference lead. Her twin sister, Zaleika, is ranked ninth but sits only two inches lower in the deep event.

With the help of former all-American and new MSU jumps coach Gregory Hughes Shawnte' Middlebrook has taken her triple jump skills to new lengths this spring with a 38'5" best. Ranked sixth in the triple jump Middlebrook also enters the long jump ranked seventh (17'11").

Competition begins at McAndrews Stadium at 12:00PM Friday. Complete meet information for the three day event can be found at [MVC.org](http://MVC.org).



# MSU CC / TF

## • 2007-08 CROSS COUNTRY / TRACK AND FIELD ROSTER •

NAME	C-YR	I-YR	O-YR	DOB	EVENT	HOMETOWN (HIGH SCHOOL)
Rashida Allen	n/a	Fr	Fr	2/13/89	Sprints / Jumps	Montego Bay, Jamaica (Mt. Alvernia)
Renna Berry	n/a	So	So	2/2/88	Sprints	Normal, Ill. (Normal Community)
Liz Blasé'	n/a	Jr	Jr	1/4/87	Pole Vault	St. Charles, Mo. (Orchard Farm)
Sofie Blount	n/a	Fr	Fr	11/11/88	Throws	Rogersville, Mo. (Logan-Rogersville)
Courtenee' Boulard	n/a	So	So	7/27/88	Sprints	Beaumont, Texas (West Brook)
Katie Click	Fr	Fr	Fr	8/11/88	CC / Distance	Springfield, Mo. (Kickapoo)
Leander Ernest	n/a	So	So	2/17/87	Sprints	Castries, St. Lucia (Sir Arthur Lewis CC)
Emily Fletcher	So	Fr	So	7/23/88	CC / Distance	Fort Dodge, Ia. (Fort Dodge)
Mareneika Goffe	n/a	So	Jr	11/18/87	Jumps / Sprints	St. James, Jamaica (Mt. Alvernia)
Zaleika Goffe	n/a	So	Jr	11/18/87	Jumps	St. James, Jamaica (Mt. Alvernia)
Chloe Key	Jr	X	Sr	10/4/84	CC / Distance	Springfield, Mo. (Parkview)
Asher Kyger	Sr	Jr	Sr	9/23/85	CC / Distance	Oldfield, Mo. (Ava)
Jacqui Lindsey	n/a	Fr	Fr	10/6/88	Sprints	Kansas City, Mo. (St. Theresa's)
Yaneika Malcolm	n/a	So	Jr	2/26/88	Sprints	Montego Bay, Jamaica (Mt. Alvernia)
Shawntee Middlebrook	n/a	Fr	Fr	6/26/89	Jumps / Sprints	Lee's Summit, Mo. (Lee's Summit West)
Staci Nelson	So	So	So	10/19/87	CC / Distance	Springfield, Ill. (Glenwood)
Nancy Nieto	RS	Fr	Fr	9/7/88	CC / Distance	South Elgin, Ill. (Streamwood)
Alexandria Oempler	n/a	Jr	Jr	7/20/88	Hurdles / Sprints	Nassau, Bahamas (St. Augustine's College)
Terry Phillips	RS	Fr	Fr	4/20/89	CC / Distance	Kansas City, Mo. (St. Mary's)
Deandrea Rolle	n/a	So	So	6/21/89	Throws	Nassau, Bahamas (St. Augustine's College)
Leneice Rolle	n/a	So	So	3/9/88	Hurdles / Sprints	Nassau, Bahamas (St. Augustine's College)
Jennifer Smith	n/a	Fr	Fr	1/18/89	Jumps / Multi	Lenexa, Kan. (St. Thomas Aquinas)
Anda Udris	n/a	So	So	12/20/86	Sprints	Liberty, Mo. (Liberty)
Mari-Jean Vance	Fr	Fr	Fr	7/3/88	CC / Distance	Columbia, Mo. (Hickman)
Jamie Vest	Jr	Jr	Jr	3/8/87	CC / Distance	Lebanon, Mo. (Stoutland)
Carrie Vestal	Sr	Jr	Sr	6/14/86	CC / Distance	Springfield, Mo. (Parkview)
Kelsee Viano	RS	Fr	Fr	6/4/89	CC / Distance	Carlinville, Ill. (Carlinville)
Jodiann Walker	n/a	Fr	Fr	8/28/89	Sprints / Jumps	Montego Bay, Jamaica (Mt. Alvernia)
Kristin Wolkey	Jr	So	Jr	4/1/87	CC / Distance	Overland Park, Kan. (Shawnee Mission North)

## • 2007-08 CROSS COUNTRY / TRACK AND FIELD COACHES AND SUPPORT STAFF •

NAME	Title	SPECIALTY	Year at MSU (College)
Ron Boyce	Head Track and Field Coach	Sprints / Hurdles / Jumps	12 <sup>th</sup> (Murray St.)
Greg Hipp	Head Cross Country / Asst. Track and Field Coach	CC / Distance	5 <sup>th</sup> (Appalachian St)
Jacob Kingery	Assistant Track and Field Coach	Jumps / Throws / Vault	2 <sup>nd</sup> (Truman St)
David Glaser	Assistant Cross Country / Track and Field Coach	CC / Distance	2 <sup>nd</sup> (McKendree)
Gregory Hughes	Assistant Track and Field Coach	Jumps	1 <sup>st</sup> (Missouri St)
Chavis Clawson	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Michael Farmer	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Kareem Samuel	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Angelique Stephens	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Terry Sauerbry	Head Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Maryland)
Carl Christensen	Assistant Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Arkansas)
Coby Musselman	Athletic Trainer	Athletic Training	2 <sup>nd</sup> (SEMO))
Mitch Hauschildt	Prevention, Rehab and Performance Coordinator	Athletic Training	1 <sup>st</sup> (South Dakota)
Cory Starr	Equipment Manager	Equipment Management	6 <sup>th</sup> (Kansas)
JoBelle Hopper	Director of Academic Achievement	Academic Support	18 <sup>th</sup> (Arkansas)
Darren Weinberg	Assistant Director of Academic Achievement	Academic Support	9 <sup>th</sup> (Missouri St)
Ashley Newman	Academic Advisor	Academic Advisement	1 <sup>st</sup> (Missouri St)
Eric Doennig	Assistant Sports Information Director	Sports Information	2 <sup>nd</sup> Year (Missouri)
Adeana McAfee	Assistant Sports Information Director	Sports Information	1 <sup>st</sup> Year (Missouri St.)

