



Missouri State
UNIVERSITY

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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: Cross Country
September 17: Southern Stampede, Joplin, Mo.

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.

Southern Stampede Info

The Southern Stampede is next week and we hope to see all of our local fans make their way to Joplin to support the team. Meet info and links to directions are on page 2...

New Zip Code

Missouri State University now has its own zip code. Please be sure to direct any mail to Missouri State to the zip code 65897.

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.

Missouri State Cross Country Gets Off To A Good Start

Amidst a heavy early season training load the Missouri State men's and women's cross country teams got off to good starts Saturday at the Hurricane Cross Country Festival at the University of Tulsa.

Missouri State freshman Kristin Wolkey surprised the field and her teammates when she took the lead at the half way point and never let it go. Wolkey won the two-mile race by seven seconds with a new personal best of 11:19.

The Lady Bears had four other runners in the top 10 at the end of the competition, including Ashley Sanders' 11:29 finish which earned her fourth place in the final standings, while sophomore Carrie Vestal and freshman Jamie Vest came in sixth and seventh with times of 11:39 and 11:40, respectively. Clarissa Codrington, a junior, ran in the team's top five for the first time in her career with a 10th place finish in 11:59.

Missouri State fell short of the team title by one point, however, the Lady Bears did record wins over the University of Oklahoma, Oklahoma State and Central Oklahoma.

The men's race was just as impressive for the young Bears as they showed they will soon be a Valley contender. Junior Michael Breshears led the Bears to a 1-2-4 finish among collegiate competitors. Breshears sprinted down the final straight past teammate Jonathan Rono to win the event with a four-mile time of 20:05. Rono, a freshman, came in second with a 20:08 finish and Kevin Born, also a freshman, managed fourth-place with a time of 20:42. The event was the first cross country race of Born's career as he did not compete in cross country while in high school.

Junior Ross Tilghman and freshman Chavis Clawson rounded out the Bears top five that included three newcomers.

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 Stampede (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, 12:15 p.m. - Men's 8,000m, 12:45 p.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. 12 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. 21 st	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.

The Bears had two notable runners sitting out the competition. Sophomore's Jared Kreissler and Anthony Larangeira, who are both expected to be among the team's top five this fall. Both did not compete while they continued to focus on the current training cycle.

The Bears finished the meet just four points shy of the team title, however, just like the Lady Bears, defeated the University of Oklahoma and Oklahoma State in the four team competition.



www.BearsTrack.net

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 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

Southern Stampede Race Information For Fans:

Race Schedule

9:00 am - University/Open Women - 5K
9:45 am - University/Open Men - 8K
10:45 am - High School Girls - 5K
11:00 am - Collegiate Awards Presentation
11:30 am - High School Boys - 5K
12:15 pm - Open Fun Run - 5K
1:00 pm - High School Awards Presentation

Site

Fred G. Hughes Stadium
Missouri Southern State University
3950 E Newman Road Joplin, Missouri 64801

Go to this web site for directions to the campus: <http://www.mssu.edu/map.htm>