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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 against the University of Arkansas. More information is on page 2.

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.)

MissouriStateBears.com In Transition, Use BearsTrack.net

The official athletic web site of Missouri State University, MissouriStateBears.com, is going into a 60 day transitional phase as a new site is developed. MSU recently signed a deal with XOS sports to develop a state of the art web site. Unfortunately during the transition time most athletic web content will be unavailable at MissouriStateBears.com. Until the new site is up please use our team site, BearsTrack.net to find the information you need on cross country and track and field. Team rosters and bios are now available for cross country runners and coaches a BearsTrack.net.

85th Aldo Sebben MSU Relays

Missouri State's 85th Annual Aldo Sebben Missouri State Relays will take place April 24th at the Plaster Sports Complex. The Relays is America's oldest high school only invitational. The event is also the largest track and field meet in the state of Missouri and one of the largest in the Midwest. The Relays hosts more high school competitors than such meets as the Kansas Relays and Drake Relays. Meet information is now online at BearsTrack.net and will soon be mailed to high schools throughout Missouri and the surrounding states.

Lady Bears Open Season Friday

Missouri State's cross country squad will kick off its fall season Friday night at the University of Arkansas's Agri Park. A 7:00 p.m. start time is set for this low key affair as the Lady Bears will face host school Arkansas and I-44 neighbor Missouri Southern.

The Agri Park course will be 4,000-meters and give Missouri State's cross country runners a chance to test their early season fitness at a non-traditional racing distance.

Expected to lead the Lady Bears this weekend will be a group of returners including 2005 all-Region runner Kristin Wolkey. Junior Chloe Key looks ready make her contribution too after tremendous improvements over the summer. Sophomore Jamie Vest and senior Clarissa Codrington are also expected to be among the team's top five.

Several key Lady Bear runners will sit out the team's first competition, opting to focus on their training. 2006 MVC 10,000-meter champion Carrie Vestal will not race at Arkansas along with sophomore Kaly Prather who was fourth for the Lady Bears at last years MVC championship. Both are training and will open their seasons later this fall.

2006 Cross Country Roster

Athlete	Year	Hometown
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)

Fayetteville Invitational Information:

Location: Agri Park, Fayetteville, Arkansas

Start Time: 7:00 p.m.

Distance: 4,000-meters

Competing Teams: Arkansas, Missouri Southern.

Directions to Agri Park Cross Country Course:

The Agri Park Cross Country Course is located north of the main University of Arkansas campus. Fans attending Arkansas' annual home meet can reach the course by turning west off of North Gregg Street.

From the main campus:

Leave campus heading north on Garland Avenue (Highway 112)

Continue north through the University farm, passing the Agri Park pavilion on the right

Approximately 1/2 mile north of the pavilion, turn right on Drake Street

Driving into Fayetteville:

From I-540, take the Highway 112 exit

Turn south (toward Fayetteville) on Highway 112

Drake Street is less than a 1/4 mile off I-540, turn left

From campus or driving in,

now you are on Drake Street:

Drake dead-ends into Gregg Street, turn right.

The course entrance is approximately 1/4 mile, partially hidden by trees, on the right

(Directly across from the mini-mart/gas station)

Teams will have parking at the start/finish area; however, all spectators are encouraged to use the parking provided by CPRC on race day located on Garland Ave. near the Agri Park pavilion and the Washington County Fair Grounds.



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.