



Edition:  
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## Up Next For The Lady Bears

### Cross Country

Missouri State's cross country and track and field teams are on summer break right now but cross country is on the way. The Lady Bears will open up the 2007 season on September 1 in St. Louis' Forest Park.

## Missouri State Cross Country Schedule

Date	Event
Sept. 1	WashU Early Bird (WashU-St. Louis, St. Louis, Mo.)
Sept. 22	Missouri State Cross Country Classic (Missouri State, Springfield, Mo.)
Sept. 29	Cowboy Jamboree (Ok. State, Stillwater, Ok.)
Oct. 13	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 27	Missouri Valley Championships (Univ. of N. Iowa, Cedar Falls, Ia.)
Nov. 10	NCAA Region Championships (Bradley University, Peoria, Ill.)
Nov. 19	NCAA National Championships (Indiana State, Terre Haute, Ind.)

## 25<sup>th</sup> Annual Alumni Run

Missouri State's 25<sup>th</sup> Annual Alumni Run 5k will be held in conjunction with the Missouri State Cross Country Classic on September 22<sup>nd</sup>. After the collegiate races a special alumni and community race will be held. 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. Event information is online at BearsTrack.net.

## Sallins Makes It Ten Top Tens At USA's

Former Missouri State track and field stars Malinda Sallins and Blake Boldon competed at the USA National Track and Field Championships June 21-24 in Indianapolis, Ind.

Sallins, a two-time all-American and 1996 Missouri State graduate, finished the championships in ninth place in the 400-meter hurdles (57.61). In the first round of competition Sallins had the seventh fastest time running 56.88-seconds. The finish marks the 10<sup>th</sup> time Sallins has finished in the top ten at a US Championship.

Sallins finish also continues an impressive streak of Missouri State track and field athletes finishing in the nation's top ten. Last year MSU athletes earned three top ten finishes at the US Championship with Sallins finishing ninth in the 400-meter hurdles, Boldon finishing tenth in the 1500-meters and Tracy Partain finishing ninth in the heptathlon. In 2005 Sallins again was top ten in the 400-meter hurdles and former MSU distance runner Casey Owens placed ninth in the 10,000-meters (33:32).

Blake Boldon, a 2003 graduate, competed in the men's 1500-meters. Boldon, who is sponsored by the Saucony shoe company, has finished 22<sup>nd</sup> with a time of 3:42.96. Boldon was fourth at this year's USA indoor championships in the 3000-meters with a performance of 7:57.

## MSU Cross Country Desktop Wallpaper

Missouri State Cross Country has a desktop wallpaper for your computer available for free download at [www.BearsTrack.net](http://www.BearsTrack.net). The wallpaper includes pictures of several of MSU's top cross country runners along with the 2007 cross country schedule. The desktop wallpaper is also printable.

**MSU CROSS COUNTRY**

MISSOURI VALLEY CONFERENCE CHAMPIONS - 1996, 2001, 2002, 2003, 2004

JAMIE VEST, KRISTIN WOLKEY, CARRIE VESTAL, CHLOE KEY

**07SCHEDULE:**

- September 1: WashU Early Bird - St. Louis, Mo. - 9:00am
- September 22: Missouri State Cross Country Classic - Springfield, Mo. - 9:00am
- September 29: Oklahoma State Cowboy Jamboree - Stillwater, Ok. - 9:00am
- October 13: NCAA Pre-Nationals - Terre Haute, Ind. - 11:00am
- October 27: Missouri Valley Conference Championships - Cedar Falls, Ia. - 11:00am
- November 11: NCAA Midwest Region Meet - Peoria, Ill. - 11:00am
- November 19: NCAA National Championship - Terre Haute, Ind. - 11:00am

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THE VALLEY  
MISSOURI VALLEY CONFERENCE  
2007 \* 2008