



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
October 1: Sean Earl Lakefront Invitational, Chicago, IL.

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.

Lakefront Invitational Info

The Sean Earl Lakefront Invitational hosted by Loyola University is next week and we hope to see any fans that can make it to Chicago there to support the team. Meet info and links to directions are on page 3...

Missouri Valley Conference Bests List

On the MVC best lists four Lady Bears rank among the conference's top six times and three men rank among the MVC's top ten with Michael Breashears turning in the Valley's top time so far this season.

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.

Cross Country Runners Race To Personal Bests

The Missouri State cross country squads continued to impress in the early season, this time at the Southern Stampede in Joplin.

Women's Race:

Freshman Lady Bear Kristin Wolkey continued her quick transition into collegiate cross country. Wolkey led the Lady Bears with an impressive 17:35 over the 5,000-meter course to finish 6th. Wolkey's time moves her into third on the Missouri State all-time best performers list. The list ranks the personal best 5k cross country times of the top cross country runners in school history. Wolkey now only sits behind all-American Casey Owens (17:25, 2004) and school steeplechase record holder Erin Sutton (17:29, 2003). She is tied with Lisa Einheuser who also ran 17:35 in 1983. Wolkey's mark is also a new Missouri State freshman record.

Ashley Sanders also ran one of her best cross country performances of her career. Sanders time of 17:51 was just two-seconds shy of her personal best but was 45-seconds faster than she ran on the same course last fall.

Freshman Jamie Vest was third for the Lady Bears in 18:06. Her time is a personal best and moves her into to the 21st ranking on the school's all-time top performers list just ahead of Diane Barlow who ran 18:08 in 1987.

Sophomore Carrie Vestal finished as the 4th Lady Bear with a personal best time of 18:19. Her finish is 61-seconds faster than she was at this same meet last fall and betters her 5,000-meter best of 18:25 that she ran on the track last spring.

Clarissa Codrington ran well finishing in 18:51 as the Lady Bear's fifth runner. Codrington was two-seconds off her personal best and 64-seconds faster than she was at this same meet last fall.

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.

Also setting new personal bests were Catherine Barron, Kaly Prather, Lauren Nystrom and Laura Ahlert. Barron who finished 1-second ahead of her personal best with a time of 18:55. Which was 32-seconds faster than she ran at this same meet in 2004.

Freshman Kaly Prather was Missouri State's seventh runner as she ran a personal best of 19:07. Lauren Nystrom ran 9th for the Lady Bears with a 20:20 finish and Laura Ahlert was the team's 10th runner at 20:22.

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www.BearsTrack.net

In the end seven Lady Bears set new personal bests and nine of the 10 team members who raced ran their best times for the Southern Stampede Course.

The team's average time of 18:09 for its top-five is the third best team average for the Southern Stampede course in school history for Missouri State. The school record for the Southern Stampede was set in 2003 with an 18:02 average by the Lady Bear team that went on to set the Missouri Valley Conference all-time scoring record at the MVC championship that fall.

In the team rankings the Lady Bears came up short for the team title but did finish a strong third out of the 35 teams that were competing in the Southern Stampede.

Men's Race:

Michael Breshears led the young Bears squad once again with his 8,000-meter time of 24:53. Breshears finished 16th overall. He was the first finisher from a Missouri university and the top finisher from the Midwest region. Breshears, who also finished 16th last fall in the same race, was 16-seconds faster than he was at this event last fall.

Three Missouri State freshmen, Kevin Born, Jonathan Rono, and Chavis Clawson, were running in their first collegiate 8k cross country race for the Bears.

Born ran as the team's second man as he set his personal best for the distance at 25:49. Fellow freshman Jonathan Rono got off to a fast start coming through two-miles among the leaders in approximately 9:30 before falling off to 25:55 for the 8k course to finish as the Bear's third man.

Fellow freshman Chavis Clawson was out quick as well coming through the 3-mile mark in 15:42 before going on to finish in 27:02. Sophomore Anthony Larangeira ran as the Bear's fifth man in 27:24. Larangeira ran 33-seconds faster on the Southern Stampede course this fall compared to his 2004 race there.

Ross Tilghman was the Bear's sixth man as he ran 27:36. Tilghman was 1-minute and 11-seconds faster than he ran at this same event last fall.

Still sitting out was Jared Kreissler, the 10th returner in the Missouri Valley Conference. Kreissler is expected to be one of the Bear's top runners. Kreissler is expected to return to the team's line-up in two weeks for the October 1 Sean Earl Lakefront Invitational in Chicago, IL.

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 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 Fr. Raytown (Mo.) South Raytown High
Evan Hegi 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 Chepkerio A.C. / Univ. 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 / Cedarville Univ.
Hannah Nugent Fr. Kirksville (Mo.) Kirksville High
Lauren Nystrom Jr. St. Charles (Mo.) Orchard Farm High / Lindenwood U.
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 (Kan.) Shawnee Mission North High

Sean Earl Lakefront Invitational Information For Fans:

Race Schedule

Open Race – 8:30am (Community race for those interested)

Women's Gold Division – 12:15pm

Men's Gold Division – 12:45pm

Collegiate Awards Ceremony – 1:30pm

Site

Montrose Avenue Beach, 4400 North Lake Shore Dr. at Lake Michigan in the city of Chicago. The course is just north of the Chicago skyline, approximately 5-miles north of Navy Pier and approximately 7 miles north of the Sears Tower.

Hotel:

If you would like to stay near the team the Bears and Lady Bears are staying downtown at the Best Western Inn of Chicago just one-block west of Michigan Avenue.

Link: <http://book.bestwestern.com/bestwestern/propertyMain.do?group=false&propertyCode=14101>



Support The Bears – Your Chance To Be A Part Of Our Success

The success of Missouri State University's track and field and cross country teams lie not only in the hands of it's student-athletes and coaches but also in those like yourself who choose to support our program. In the fall of 2005 the state of Missouri changed the name of Southwest Missouri State University to Missouri State University. As we strive to build upon our great traditions under our new name we need your support. This program offers you, a loyal team supporter, the chance to be a part of our success as we strive towards our goals in the Missouri Valley Conference and the NCAA. To take part in this event you are being asked to sponsor an athlete or coach in our upcoming run-a-thon. On Sunday, November 5, 2005 MSU student-athletes and coaches will complete as many laps as they can of the Plaster Sports Complex track over one hour. You can participate in two ways:

___ I pledge \$ _____ as a flat donation to sponsor _____ and I will send that amount back with this form.
(athlete or coach)

All donations are tax deductible. Please make checks payable to MSU TRACK AND FIELD. Please return to:

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

For more information please contact the track and field office at 417-836-4498.