



Edition:
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Up Next For The Bears

Sept. 16 Southern Stampede

Missouri State will make the quick trip to Joplin for the Southern Stampede Saturday. 30-35 teams are expected to compete in the 5K race. Look for Missouri State to challenge for the team win on Saturday.

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 for it's athletic teams. 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.



Lady Bears Get Started At Arkansas

The 2006 cross country campaign is now underway as Missouri State opened its season at the University of Arkansas's Fayetteville Invitational Friday night.



For the second straight season Kristin Wolkey, now a sophomore, led the Lady Bears in their opener. Wolkey opened the 4K race with a 5:31 first mile and an 11:05 2-mile split before finishing in 14:00. Her time is a personal best for that distance.

For the first time in her career sophomore Jamie Vest finished as Missouri State's number two runner. Vest ran 14:21 for the 4K race. Vest, the 2004 Missouri 1A champion just outdistanced Arkansas Jennifer Harper who was the Missouri 3A champion the same year.

Clarissa Codrington finished in 14:58 to round out the team's top three while freshman Auvia Miller finished fourth for the Lady Bears with junior Chloe Key the fifth runner.

The Lady Bears finished second well ahead of Missouri Southern and just behind NCAA #8 ranked Arkansas. The NCAA Midwest #9 ranked Missouri State Lady Bears were without several key runners at the meet including 2006 MVC 10K champion Carrie Vestal and 2005 fourth runner Kaly Prather.

Saturday the Lady Bears will toe the line in Joplin, Mo. for the Southern Stampede. The Stampede is expected to feature 30-35 teams from around the region. Missouri State will again run without its full squad but is expected to compete for the top spot this weekend.

Missouri State Featured In Rankings

The US Track and Field and Cross Country Coaches Association today announced its Midwest Region Cross Country Rankings. The Lady Bears opened the season ranked 9th. The squad will look to improve its ranking through the season as it begins to compete with its full squad.

In addition the Missouri Valley Conference Coaches Poll was released last week. The Missouri State team was picked second, while receiving three first place votes. The Lady Bears earned 90 points in the poll just six points shy of being named the pre-season favorite.

Southern Stampede Information:

Meet Information:

Site

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

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

Directions: (<http://www.mssu.edu/map.htm>)

From Fayetteville, AR: HWY 71 North - continue north when HWY 71 becomes HWY 249. Continue on HWY 249 to Newman Rd. Go West on Newman Rd. to the MSSU campus.

From Kansas City: HWY 71 South to Webb City; follow signage - South on Madison Ave. (which becomes Range Line Rd. at Joplin City Limits) to Newman Rd.; East on Newman Rd. approximately 1.5 miles to Missouri Southern campus.

From Springfield: I-44 West, follow signage at Exit 11B; North on HWY 249 to Newman Rd. Go West on Newman Rd. to the MSSU campus.

From Tulsa, OK: I-44 East to Joplin, exit on Range Line Rd. (exit 8B); north on Range Line Rd. to Newman Rd.; East on Newman Rd. approximately 1.5 miles to Missouri Southern campus.

From Wichita, KS: South on I-35 to HWY 166; East on HWY 166 to Baxter Springs, KS; North on Alt. 69 to Rt. 66; East on Rt. 66 to Joplin (Rt. 66 becomes 7th Street) to Range Line Rd.; north on Range Line Rd. to Newman Rd.; East on Newman Rd. approximately 1.5 miles to Missouri Southern campus. **Or** HWY 400 (Kellogg in Wichita) to HWY 171 to Madison Ave. in Webb City, Mo.; South on Madison Ave. (which becomes Range Line Rd. in Joplin) to Newman Rd.; East on Newman Rd. approximately 1.5 miles to Missouri Southern campus.

2006 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown</u>
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.
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)



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.