



Edition:
#4 / 2006-07

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.)

25th Annual Alumni Run

Missouri State's 25th Annual Alumni Run 5k will be held in conjunction with the Missouri State Cross Country Classic on September 22nd. 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.

Missouri State Adds 15 To It's Rosters

Missouri State Head Track and Field Coach Ron Boyce and Head Cross Country Coach Greg Hipp will have 15 new student-athletes to add to their rosters for the 2007-2008 seasons. The additions include 11 from the state of Missouri.



Joining the Lady Bears will be Soufe Blounte (Rogersville, Mo.), Katie Click (Springfield, Mo.), Abbey Dampier (St. Peters, Mo.), Jessica Goodbrake (Clinton, Mo.), Alexis Krigbaum (New London, Mo.), Asher Kyger (Oldfield, Mo.), Jacqui Lindsey (Kansas City, Mo.), Shantel Llewellyn (Canada), Shawntee Middlebrook (Lee's Summit, Mo.), Nancy Nieto (S. Elgin, Ill.), Brittani Payne (Cuba, Mo.), Terry Phillips (Kansas City, Mo.), Jennifer Smith (Lenexa, Kan.), Mari-Jean Vance (Columbia, Mo.), and Kelsee Viano (Carlinville, Ill.).

Terry Phillips is one of two Missouri high school state champions to sign with MSU this spring. Phillips won four state titles for Coach Tom Bate's at St. Mary's of Kansas City. She ran away from the field at the 2A state cross country meet finishing 44-seconds ahead of her closest competitor. At the 2A state track and field championship she claimed the 3200-meter run by a 29-second margin finishing with a personal best 11:02. Phillips also won the 1600-meter run (5:08) and was runner-up in the 800-meter run (2:18) this spring. The owner of 13 all-state honors she won the 2006 2A 3200-meter title (11:15) as well and was runner-up in the 1600 (5:07). This Kansas City *Examiner* Female Track Athlete of The Year was also her schools valedictorian.

Shawntee Middlebrook was Missouri's top high school jumper in 2007 taking the 4A state championship in the long jump (18-7) along with a runner-up finish in the triple jump (37-07.75). This Lee's Summit West product was named to the Kansas City *Examiner's* all-Area first team in both the long jump and triple jump. Middlebrook owns personal bests of 19-01.5 in the long jump and 37-09 for the triple jump. Middlebrook also boast a 100-meter best of 12.03-seconds.



Shantel Llewellyn will join the Missouri State program after a standout career for Coach Anthony D'Oliveira at Pine Ridge High School in Ontario, Canada. Llewellyn posted personal bests of 7.82-seconds for the 60-meter dash indoors, 12.16-seconds for 100-meters and 24.44 for 200-meters. After winning the Ontario Federation of School Athletic Associations Central Regional in the 100 and 200-meters, along with a third place showing in the 400-meters, Llewellyn qualified for the OFSAA Championships where she placed eighth in the 100-

meters (12.25) and second in the 200-meters (24.84).

Nancy Nieto completed her high school running for Coach Ryan Korn at Streamwood HS in South Elgin, Ill. Nieto capped off her senior cross country season with all-state accolades running 17:32.95 for the 3-mile course. Nieto's state track and field meet accolades include two top ten finishes in the 3200-meter run along with personal bests of 5:13 for 1600-meters and 11:02 for 3200-meters.



Kelsee Viano set her school's 1600 (5:20) and 3200-meter (11:20) records while competing for Carlinville HS in Carlinville, Ill. Under coaches Larry Huffman and Mary Lauwerens Viano was ranked as high as sixth among class A runners this past cross country season by IllinoisPrepTopTimes.com. This multi-time conference and sectional champion was a state meet qualifier for four straight years.

Joining the Lady Bears from Logan-Rogersville High School local standout Soufe Blount will help Missouri State break in its new throwing facilities. Under Coach Kevin Boyer Blount boasts personal bests of 38-05 for the shot put and 113-0 for the discus. At the 2007 3A state meet this Rogersville, Mo native took two 13th place finishes in both the shot put and discus events. In 2006 Blount placed ninth in the shot put.

Asher Kyger will transfer to Missouri State after starting her collegiate track career at Mid-American Nazarene University in Olathe, Kan. The former Ava High School runner and Oldfield, Mo. native set personal bests in 2007 of 2:10 for 800-meters, 4:35 for 1,500-meters, 9:54 for 3,000-meters and 17:34 for 5,000-meters. At the 2006 NAIA National cross country championships Kyger took 9th overall (18:20) to earn all-American honors. Kyger has a 5K cross country best of 17:44 from the 2007 Southern Stampede in Joplin. At the NAIA track championships she took second in the 800-meters indoors (2:16) and sixth in the 1500-meters outdoors (4:35).



Jennifer Smith comes to Missouri State from the Craig Moss coached St. Thomas Aquinas program in Overland Park, Kan. Smith led her team to a state 5A championship in 2006 and a runner-up finish in 2007. At the 2006 state meet Smith took the Kansas title in the long jump (17-05), ninth in the 100-meters and ran a leg on the third place 4x100-meter relay. This spring Smith took the runner-up spot at the state meet (17-01.5) and was on the "Saint's" eighth place 4x100-meter relay. This multi-event athlete owns personal bests of 12.5 for 100-meters, 25.5 for 200-meters, 59.7 for 400-meters, 17-08.25 in the long jump and 35-07.5 for the triple jump.

Another local standout joining the Lady Bears is Springfield native Katie Click. Click ran fourth for the Missouri 4A sixth place cross country team coached by Jeremy Goddard at Kickapoo High School. Click graduated with a perfect 5.0 GPA earning valedictorian honors at Kickapoo.



Kansas City product Jacqui Lindsey comes to Missouri State's from St. Theresa's Academy. Coached by Ann-Bone Rodriquez and Karen Moran Lindsey specialized in the 800-meter run where she owns personal best of 2:21 for 800-meters and 60-seconds for 400-meters.

Mari-Jean Vance will join the Lady Bear program as a long distance runner after competing for Hickman High School in Columbia, Mo. Vance specialized in the 1600 and 3200-meters runs.

A number of Missouri State's newcomers will be looking to restart their track careers after not competing during their freshman years at MSU. Abbey Dampier, a thrower, competed for Fort Zumwalt West High School in St. Peters, Mo. Jessica Goodbrake, a pole vaulter, competed in high school for Coaches Clint and Karen Sanders at Clinton High School. Alexis Krigbaum, a middle distance runner, comes from Mark Twain High School in New London, Mo. Brittani Payne was a pole vaulter for Cuba High School in Cuba, Mo.



2007 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown (High School)</u>
Katie Click	Fr	Springfield, Mo. (Kickapoo)
Leander Ernest	Fr	Castries, St. Lucia (Sir Arthur Lewis)
Emily Fletcher	So	Fort Dodge, Iowa (Fort Dodge)
Chloe Key	Jr	Springfield, Mo. (Parkview)
Asher Kyger	Sr	Ava, Mo. (Ava)
Jacqui Lindsey	Fr	Kansas City, Mo. (St. Thereasa's)
Staci Nelson	So	Springfield, Ill. (Glenwood)
Nancy Nieto	Fr	South Elgin, Ill. (Streamwood)
Terry Phillips	Fr	Kansas City, Mo. (St. Mary's)
Mari-Jean Vance	Fr	Columbia, Mo. (Hickman)
Jamie Vest	Jr	Lebanon, Mo. (Stoutland)
Carrie Vestal	Sr	Springfield, Mo. (Parkview)
Kelsee Viano	Fr	Carlinville, Ill. (Carlinville)
Kristin Wolkey	Jr	Overland Park, Kan. (Shawnee Mission North)

Greg Hipp, Head Cross Country Coach, (4th Year)

Terry Sauerbry, Head Strength Coach, (2nd Year)

Carl Christinsen, Asst. Strength Coach, (2nd Year)

Coby Mussleman, Athletic Trainer, (2nd Year)