

Next Up For The Bears: Cross Country
October 1: Sean Earl Lakefront Invitational, Chicago, IL.

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Missouri Valley Conference Bests List

Four Lady Bears rank among the MVC'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.

Lakefront Invitational Info

The Sean Earl Lakefront Invitational is next for the Bears and Lady Bears. Meet info and links to directions are on page 2...

Team Photos

A number of photos of Missouri State track and field cross country athletes have been posted online at www.Bearstrack.net.

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@Missouristate.edu

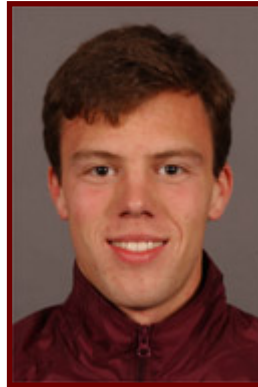
Spread the Word

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.

Breshears and Wolkey Honored By Conference

Missouri State cross country runners Michael Breshears and Kristin Wolkey swept the Missouri Valley Conference Athlete's of The Week honors for their performances at the Southern Stampede.

Breshears, a junior, led the way for the Bears at the Southern Stampede on September 17th with an 8,000-meter time of 24:53.10. His finish made him the top harrier from all Missouri universities and the top man from the NCAA Midwest region.



Breshears, a 4.0 student from Excelsior Springs, Mo., leads the conference best list with his 8,000-meter performance. Breshears also helped the Bears to a second place finish the week before at the Tulsa Cross Country Festival, coming in first among collegiate competitors with a four-mile time of 20:05. A team co-captain, Breshears finished second at last year's MVC Championships and is the Valley's top returner this fall.



For her sixth-place finish at the Southern Stampede, freshman Kristin Wolkey was named the MVC Cross Country female athlete of the week. Wolkey's 5K time of 17:35.20 led the Lady Bears for the second consecutive meet, and ranks second in the conference this season. Wolkey, a native of Overland Park, Kan., led the

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.

women's team to a third-place finish out of 35 teams at the Southern Stampede.

Wolkey's time is a new Missouri State freshman record and is tied for third on the team's all-time top performers list only ten-seconds behind 2005 graduates Casey Owens and Erin Sutton.

Wolkey also won her first collegiate race two weeks ago, running 11:19 over two miles at the Hurricane Cross Country Festival in Tulsa.



Sean Earl Lakefront Invitational Information

Race Schedule

Open Race – 8:30am (Community Race)
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>



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) Chepkeru 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

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 its 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.