



Edition:
#5 / 2006-07

Up Next For The Lady Bears

9/1 - WashU Early Bird

Missouri State's cross country team 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.

Cross Country Looks For Sixth Title

Missouri State University's cross country program enters the falls season with high expectations as the Lady Bears return four of their top five runners along with one it's best recruiting classes in program history.

Seeking their fifth Missouri Valley Conference cross country title in seven years and sixth cross country title in program history the Lady Bears will rely on a team made up mostly of southwest Missouri natives.



Returning from the Lady Bears 2006 scoring group are Kristin Wolkey (Overland Park, Kan.), Jamie Vest (Lebanon, Mo.), Carrie Vestal (Springfield, Mo.) and Chloe Key (Springfield, Mo.)

Wolkey, a junior, just last fall broke former MSU all-American Casey Owens' 5K cross country record when she ran 17:23 at the Memphis Twilight in October. After earning all-Missouri Valley Conference honors in cross country Wolkey repeated that feat in both indoor and outdoor track and field

finishing second in both the indoor One-Mile (4:57) and the outdoor 1,500-meters (4:32) at the Valley Championships.

Fellow junior Vest will be looking to build upon her spring track season where she was a NCAA regional qualifier in the 3,000-meter steeplechase (10:40). Vest was twelfth at the 2006 Valley cross country meet but after a conference runner-up finish on the track in the 3,000-meter steeplechase she will look to make her first all-Conference cross country squad.

Vestal, an all-Conference cross country selection in 2005 took first in the outdoor track and field 10,000-meters in 2006 and was runner-up in 2007. Owing track bests of 17:13 for 5,000-meters and 35:29 for 10,000-meters Vestal is the team's lone returning senior and one of the Valley's top returners.



Key, a junior, will look to build upon her 24th place MVC cross country finish in 2006 after a breakout track season. After improving her personal best in the 3,000-meters from 11:06 to 10:08 during the spring semester Key can now be looked upon as one of the Valley's top returners.

Another southwest Missouri product expected to make a big impact in the Missouri Valley Conference this fall is senior transfer Asher Kyger (Oldfield, Mo.). After three seasons at Mid-American Nazarene University this former Ava High School runner was ninth at the 2006 NAIA National Championships.



Owning track personal bests of 2:10 for 800-meters, 4:35 for 1,500-meters and 9:54 for 3,000-meters it should not take long for Kyger to move her way up the Valley ladder.

Staci Nelson (Springfield, Ill.) and Emily Fletcher (Fort Dodge, Ia.) have returned with great fitness and will also look to make an impact on the Lady Bears scoring group during their sophomore

campaigns. The two will be joined by a talented group of freshman including the trio of Terry Phillips (Kansas City, Mo.), Nancy Nieto (S. Elgin, Ill.) and Kelsee Viano (Carlinville, Ill.).

Phillips, a four time Missouri state champion brings in high school bests of 5:07 for the 1,600-meters and 11:02 or 3,200-meters. Nieto, long one of Illinois's top high school runners, has run of 5:13 for 1,600-meters and 11:02 for 3,200-meters. Phillips and Nieto are among the Valley's top recruits this fall as they both bring to the table the fastest high school 3200-meter bests of all incoming freshman in the conference. Also an Illinois product Viano looks to make a run for MSU's top group as she brings in also impressive personal bests of 11:20 for 3,200-meters and 18:12 for 3-Miles.

The Lady Bear's will compete in four regular season meets including the Missouri State Cross Country Classic on September 22nd at the teams new facility before turning their attention towards the 2007 Missouri Valley Conference Championship on October 27th.

In 2000 the Lady Bears took second overall before running through a streak of four straight conference championships from 2001 to 2004. In 2005 a young Lady Bears squad took second after graduating five of its top seven runners from the previous season. The 2006 edition of Missouri State cross country suffered a disappointing third place finish at the Valley meet, the program's worst finish this decade.

Missouri State will look to rebound from its 2006 team finish at the 2007 championship hosted by the University of Northern Iowa. UNI will utilize the course at Pheasant Ridge Golf Club for this years meet. The Lady Bears will be looking for their fifth title in the last seven years.

From the MVC meet the Lady Bears will look to continue a long streak of top finishes at the NCAA Midwest Region Championships hosted this year by Bradley University in Peoria, Ill. With six straight top ten region championship finishes only two teams in the Midwest can boast a longer streak than Missouri State. Carrying on that tradition of

success and coveted bids to the NCAA National Championships will be on the line at Bradley's course held at the Newman Golf Club.

Missouri State's season begins September 1st in St. Louis with the WashU Early Bird 4K in Forest Park.

Lady Bears Complete Team Camp

Missouri State cross country runners returned from their fall team camp Friday. The three day camp based just outside of Eureka, Mo. gave the Lady Bears an opportunity for team building and a continuation of their early season training.

Twelve runners took part in the camp with training completed in close by Lone Elk and Greensfelder Parks. The area parks featured miles of wooded trails giving the team a change of scenery from its usual training sites.

Aside from learning about training, drills and stretching the team was able to relax with swimming, games and movies before returning to Springfield for Monday's start of classes.

Follow Alum and Olympic Hopeful Calvin Staples Online

Former Missouri State runner Calvin Staples is blogging his preparations for the 2008 Olympics online at www.calstaples.ca. Staples has represented Canada internationally on several occasions including the IAAF World Cross Country Championships. Staples will be looking to make the Canadian team for Beijing in the marathon.

Missouri State Cross Country Classic Approaching – Calling All Alumni

The Missouri State Cross Country Classic will be MSU's only home cross country competition of 2007. Please make plans to cheer on the home team while in Springfield. Prior to the collegiate races there will be an 8:00am alumni/community cross country 5K. Entry forms are online at BearsTrack.net.

We hoping to have an alumni gathering after the meet. Interested alumni need to contact GregHipp@MissouriState.edu to express their interest by September 1st.

2003 Grad Moves Up In Coaching Ranks

2003 Missouri State alum Blake Boldon has been added to the staff of Corey Ihmels at Iowa State University. Boldon is an Osceola, Ia. native who has been on the ISU staff since July of 2005 as a volunteer. He has served in similar volunteer positions at both Missouri State and Florida State in the past. Boldon set the MSU 1,500-meter record of 3:42 and the One-Mile record of 4:03 in 2003 after joining the Bears as a 4:27 high school miler in 1999.



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)