



# 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 15: NCAA Pre-Nationals, Terre Haute, In.**

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### High Rankings

Both the Bears and Lady Bears have been ranked this fall in the Midwest Region Rankings. Also several Missouri State runners are ranked high on the MVC best list including Michael Breshears who currently leads the men's list.

### Alumni Update

Recent graduate Casey Owens has been off to a successful start as a professional road racer. In September Running Times magazine ranked her the 15<sup>th</sup> best road racer in America. Casey will compete in the US 10k Road Race Championships in Boston next.

### We Need Your Support

Our team's annual fundraiser is well underway. We need the support of all of our alumni and loyal team supporters. The future of our program is in the hands of those who choose to take an active role to help the Bears and Lady Bears. More information is on the bottom of page 2...

### Spread the Word

Do you know any Missouri State 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.



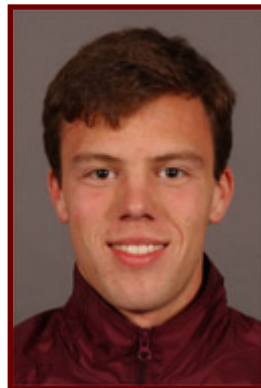
### Breshears and Sanders Lead Teams In Chicago

Missouri State cross country runners Michael Breshears and Ashley Sanders led the Bears while they competed at the Sean Earl Loyola Lakefront Invitational in Chicago last Saturday.



For Sanders, a senior from Clinton, Mo., it was the first time of her career to lead the Lady Bears during a cross country event. Her time of 18:05 placed her 12<sup>th</sup> overall in the field of 274 runners. Sanders has been an all-MVC pick in cross country for both of the last two seasons.

Breshears, a junior, led the way for the Bears for the third time this season and the seventh time of his career. After a slow start Breshears worked his way up to 12<sup>th</sup> place with a final time of 25:02. Breshears not only led the Bears but also took down all competitors from the Missouri Valley Conference. In total five Valley teams competed in Chicago.



For the Lady Bears freshman Kristin Wolkey and sophomore Carrie Vestal rounded out the team's top three. Wolkey ran to a time of 18:11 while Vestal ran to a personal best of 18:14.

The freshman duo of Kevin Born and Jonathan Rono were the Bears second and third finishers. Rono got out quick but was only able to hold on for a 25:58 finish while Born was just behind in 26:06.

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 <sup>th</sup>	Southern Stampedo (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 <sup>th</sup>	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 <sup>th</sup>	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 <sup>th</sup>	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 <sup>st</sup>	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.

The men finished a disappointing 16<sup>th</sup> in the 30 team field but were able to defeat three of the four MVC team's competing and finished only 7 points behind conference foe Southern Illinois who ranked second in the pre-season Valley coaches poll.

The Lady Bears matched their team finish from the 2004 Lakefront meet as they took third place of 28 teams. Of the four MVC teams competing the Lady Bears defeated them all handily along with several NCAA regionally ranked programs.

[www.BearsTrack.net](http://www.BearsTrack.net)

## NCAA Pre-Nationals Information

The NCAA pre-nationals features two separate, but equal, seeded races. This format allows for all teams to get strong competition and a chance for at-large points needed for national qualifying. The race assignments will not be announced until Wednesday of race week. Check out the meet web site then for details.

### Race Schedule

11:00 a.m. Men's 8,000 Meter Blue Race  
11:40 a.m. Men's 8,000 Meter White Race  
12:20 p.m. Women's 6,000 Meter Blue Race  
12:55 p.m. Women's 6,000 Meter White Race  
1:30 p.m. Men's 8,000 Meter Open Race  
2:10 p.m. Women's 6,000 Meter Open Race

### Directions:

- From US 41, take I-70 east 5.0 miles to the S.R. 46 exit.
- At the S.R 46 exit from I-70, proceed north on S.R. 42.
- Proceed east on S.R. past Hulman International Airport to Swalls Road and proceed east on Swalls Road to the General Public Entrance.

### Hotel:

If you would like to stay near the team the Bears and Lady Bears are at the Pear Tree in Terre Haute on US 41.

### Meet Web Site:

[www.indstate.edu/athletic/cross/championship/2005ncaa.html](http://www.indstate.edu/athletic/cross/championship/2005ncaa.html)

## 2005 SMS Men's Cross Country Roster

### Name Event(s) Yr. Hometown/High School

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) Chepkero 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 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.