



**Edition:**  
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## Up Next For The Bears

### Oct. 7 Memphis Twilight Classic

The Lady Bears will return from a nearly three week break from competition as they travel to Memphis, Tenn. for the Memphis Twilight Classic. The event will be a night race held under the lights at the Mike Rose Sports Complex.

## 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.



## Missouri State Back In Action Saturday

The Missouri State cross country team will return to competition for the first time in nearly three weeks Saturday as they travel to Memphis, Tenn. for the Brooks Memphis Twilight Classic.



The Lady Bears will face competition from 32 other collegiate teams including six fellow Division-I squads. This weekend will be the first race of the fall season for junior standout Carrie Vestal. Vestal was last years MVC 10,000-meter champion and the team's third runner on the cross country course.

The Memphis Twilight will give the Lady Bears a new challenge in that it will be contested at night, under the lights, of the Mike Rose Sports Complex. The complex is primarily used for soccer and runners will complete loops through the parks numerous lighted fields before finishing inside a 6,000-seat stadium.

Sophomore runner Kristin Wolkey is again expected to lead the young Missouri State cross country squad. Wolkey's 5K season best from the Southern Stampede currently equals the top time run in the Missouri Valley Conference this fall. Three other Lady Bears are among the conference's top runners this fall including sophomore Jamie Vest, junior Chloe Key and the team's lone scoring senior Clarissa Codrington. Three of the teams freshman have seen time in the team's top seven this fall as well. Freshmen Emily Fletcher, Staci Nelson and Auvia Miller will all look to contribute heavily this weekend.



Race time is set for 8:10PM with high school races being held prior to the collegiate race starts. Directions to the event can be found at [www.GoMRSC.com](http://www.GoMRSC.com).

## New Home Cross Country Course

Missouri State cross country is in the final stages of securing a site for its new home cross country course. The new cross country course will be located just five miles from the MSU campus and will meet all NCAA championship level requirements. The course layout will consist of 2K and 3K loops making the course spectator friendly for championship events. Missouri State is already the host for the 2008 Missouri Valley Conference Championship and hopes to bring other major invitational and championship events to Springfield in the coming years. A formal announcement about the new facility will be made soon.



## **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.