



Edition:  
#6 / 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.)

## MSU Cross Country Classic

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. There is also a home football game that afternoon. The collegiate races begin at 9:00am with a women's 5K followed by a men's 8K at 9:45am. Prior to the collegiate races there will be an 8:00am alumni/community cross country 5K. Entry forms are online at [BearsTrack.net](http://BearsTrack.net).

### Saturday's Meet Info:

If you are in the St. Louis area Saturday please come support your Missouri State Cross Country team. The meet starts at 9:00am in Forest Park's Central Fields. Parking is available on the street by the course. This is a spectator friendly loop course.

Forest Park website:  
<http://stlouis.missouri.org/citygov/parks/forestpark/>

## Lady Bear Cross Country Seeks Upset

For Missouri State cross country to win their fifth Missouri Valley Conference cross country title in seven seasons and sixth title in program history they will have to upset the pollsters.

Tuesday the conference office released their pre-season cross country poll tabbing the Lady Bears second behind Wichita State. The poll, voted on by the coaches, saw Missouri State with 90 points, just shy of Wichita State's 99. Northern Iowa is slated to finish third with Illinois State, Southern Illinois, Bradley, Indiana State, Drake, Creighton and Evansville rounding out the poll in that order.

Wichita State is the returning conference champion but Missouri State's harriers look poised to challenge the Shockers as four of the conference's top 15 returners will be running in MSU maroon and white this fall. The Lady Bears will also get a boost from what is arguably the conference's top recruiting class.

A disappointing conference meet performance left Missouri State in third place last fall, the team's worst finish this decade. However, a strong spring track season from Missouri State's distance runners saw four Lady Bears middle and long distance runners finish among the top two in their events. That spring success and a strong summer preparation will be the catalyst for the team's fall goals.

On a team that will likely be know for its strong pack Missouri State's top returner is Kristin Wolkey (Overland Park, Kan.). Wolkey was fifth at the Valley meet last fall before taking two runner-up conference finishes during the track seasons (indoor Mile, outdoor 1500-meters). Missouri State's Jamie Vest (Lebanon, Mo.) and Carrie Vestal (Springfield, Mo.) were also conference runners-up in their events, the 3,000-meter steeplechase and the 10,000-meters, respectively, outdoors.

Also returning is Chloe Key (Springfield, Mo.). Key was 22<sup>nd</sup> a year ago and is the number 13 returner from the Valley Championship results. Leading what appears to be the top group of newcomers in the Valley is another southwest Missouri product and NAIA all-American transfer Asher Kyger (Oldfield, Mo.). Missouri high school state cross country champion Terry Phillips and Illinois prep star Nancy Nieto are also expected to make an immediate impact.

The Lady Bear's will begin their season Saturday at the WashU Early Bird meet in St. Louis' Forest Park. The Early Bird meet will be the start of a four meet regular season schedule which includes the Missouri State Cross Country Classic on September 22<sup>nd</sup>. Held at Missouri State's new facility on the surface of the Springfield Underground this will be the Lady Bears only home appearance and first home appearance since 2001.

Once the regular season is complete the team will turn its attention towards the 2007 Missouri Valley Conference Championship in Cedar Falls, Ia. on October 27<sup>th</sup> before moving on to the NCAA Midwest Regional in Peoria, Ill. At the regional the Lady Bears have an ongoing streak of six straight top ten finishes, a feat only two other programs in the 31-school region can match.



## **2007 Cross Country Roster**

<b><u>Athlete</u></b>	<b><u>Year</u></b>	<b><u>Hometown (High School)</u></b>
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)