



Edition:  
#7 / 2006-07

## Up Next For The Bears

### Oct. 14 NCAA Pre-Nationals

The Lady Bears are back in competition this weekend as they take on the nations most competitive in season fields at the NCAA Pre-Nationals. Over 90 D-I teams will be competing in Terre Haute, Ind.

## 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 its 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.

## Updates On Former MSU Runners

Updates on MSU men still competing are now being posted on the BearsTrack.net alumni page.

## Wolkey Breaks Record At Memphis



Lady Bear sophomore Kristin Wolkey has broken the Missouri State all-time 5K cross country record with her performance at the Brooks Memphis Twilight Classic in Memphis, Tenn. Her time of 17:23.67 is 1.83-seconds faster than multi-time all-American and 11-time MVC champion Casey Owens' cross country best from 2004 of 17:25.50.

Wolkey's record breaking run led the Lady Bears to a second place finish in the field which included 24 scoring teams. The team's top five runners averaged 18:06 for the 5K course with a 66-second 1 to 5 split.

Sophomore Jamie Vest was the squad's second runner in 18:00.86. Her time is a personal best by 6-seconds and ranks 19<sup>th</sup> on the MSU all-time list of top performers. Junior Chloe Key continued her breakthrough season running a personal best herself of 18:13.89 over the three loop course. Key's best MSU run prior to this fall was 20:11.



Junior standout Carrie Vestal finished with a solid performance in her first competition of the fall. Running fourth for the Lady Bears she finished in 18:24.29. The team's lone scoring senior, Clarissa Codrington, nipped her personal best with a time of 18:30.10 to round out the team's top five.

The Brooks Memphis Twilight was contested at night, under the lights. The unique challenge of nighttime racing was the first of its kind for the Missouri State team.

## MSU Ranks High In MVC and Region

Missouri State cross country continues to rank high on the MVC performance list as well as the NCAA Midwest Region Rankings.

After six weeks of competition Kristin Wolkey leads the Valley 5K list by 24-seconds. Jamie Vest ranks fourth, Chloe Key ranks seventh, Carrie Vestal is 13<sup>th</sup> and Clarissa Codrington is 18<sup>th</sup>.

The NCAA's Midwest Region ranking has the Lady Bears picked seventh this week. The Midwest region includes all schools from seven states including Missouri, Illinois, Iowa, Kansas, Minnesota, Nebraska, and Oklahoma. Three other Valley teams are ranked with Wichita State eighth, Southern Illinois ninth and Northern Iowa in 11<sup>th</sup>. Indiana State is ranked 12<sup>th</sup> in the Great Lakes region. Missouri State ranks ahead of other area schools such as Tulsa, University of Oklahoma, ORU, Loyola, and Northwestern. Area schools Iowa State, Kansas and Kansas State are not ranked among the top 15.

## Lady Bears Honored Guest At Peabody Hotel

While in Memphis, Tenn. for the Memphis Twilight Classic the Missouri State cross country runners stayed at the historic Peabody Hotel, known as the Grand Hotel of The South. The Peabody is famously known for its Peabody Duck March. Each day the famous Peabody Ducks march from their rooftop "mansion" into the elevator before arriving on the main floor to march into their fountain in the hotel lobby.

Each afternoon hundreds crowd into the hotel lobby to view the ceremony known as the Peabody Duck March where the ducks march back to the elevator to return to their rooftop perch. This weekend Peabody duckmaster Daniel Fox asked the Lady Bear cross country team to participate in his production as the honorary duck masters. To the right are several pictures from the teams experience.

For more information on the Peabody Hotel and the Duck March see this link:

[http://www.peabodymemphis.com/peabody\\_hotels/the\\_peabody\\_ducks.cfm](http://www.peabodymemphis.com/peabody_hotels/the_peabody_ducks.cfm)

## Wolkey MVC Athlete of The Week



Sophomore Kristin Wolkey was named this week's Missouri Valley Conference Athlete of The Week for her record breaking run at the

Memphis Twilight Classic. The Overland Park, Kansas native and former Shawnee Mission North runner finished her most recent 5K cross country race in 17-minutes and 23-seconds. Her mark leads the MVC by 24-seconds and is personal best.

## NCAA Pre-Nationals Information

Information for this weekends competition can be found at:

<http://www.indstate.edu/athletic/cross/2006/Meet%20Information/Pre-nats%20info.htm>



Duck Master Daniel Fox explains the history of the Peabody Hotel to a standing room only crowd.



The Lady Bears are "knighted" honorary duckmasters for the day.



The famous Peabody Ducks march down the red carpet towards the elevator with the Lady Bears watching.



**Missouri  
State**

---

# *Cross Country*

---

*NCAA Division I Member – Missouri Valley Conference*

---

## **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.