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Up Next For The Lady Bears

9/22 – Missouri State Classic

The Missouri State Cross Country Classic will be MSU's only home event of the 2007 season. See the Lady Bears take on a field of eight schools at their new cross country facility.

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.

Plaster Sports Complex

BanCorpSouth has made a \$2 Million donation to Missouri State University that will in part go to fund a new video scored board for the Plaster Sports Complex. The new scoreboard is expected to allow MSU track and field meets to provide instantaneous results for competitors and fans. In addition the Morgan Stanley Corporation has committed additional funds to enhance the Plaster Sports Complex.

Lady Bears Take Charge In Opener

Missouri State quickly took charge of the WashU Early Bird meet Saturday in St. Louis' Forest Park. Within seconds of the start a pack of Lady Bear cross country runners distanced themselves from the field of 118 runners from 11 schools.



At the finish Missouri State barely missed a perfect score (15 points) as five Lady Bears were among the top six finishers, including a sweep of the meets first four places. Missouri State's 16 point winning score put them well ahead of the field which included second place Washington University (52 points) and third place St. Louis University (86 points).

Senior Carrie Vestal (Springfield, Mo.) earned her first collegiate cross country win completing the 4-Kilometer course in 14:07. As expected the Lady Bears boasted a tight pack with their top five finishers all completing the course within 39-seconds of each other.

Junior Jamie Vest (Lebanon, Mo.) followed in closely with a run of 14:21 to finish second. A pair of Missouri State freshman completed the team's sweep of the first four places. Terry Phillips (Kansas City, Mo.) was third in 14:25 and Nancy Nieto (Elgin, Ill.) took fourth in 14:35.

Rounding out MSU's top five was Kristin Wolkey (Overland Park, Kan.). The junior placed sixth with a run of 14:46. Completing the team's top seven were sophomores Emily Fletcher (Fort Dodge, Ia.) who finished 15th (15:23) and Staci Nelson (Springfield, Ill.) who took 22nd (15:34).

Sitting out the teams season opener were several of Missouri State's top runners including Asher Kyger (Oldfield, Mo.) and Chloe Key (Springfield, Mo.). Both will return to action later in the Lady Bear's schedule.

Next up for Missouri State will be the September 22nd Missouri State Cross Country Classic. The event will be MSU's only home event of the 2007 season. To be held on the University's new championship cross country facility, the event will feature races for the community as well as collegiate women's and men's races. More information on the event is available at BearsTrack.net.

Missouri State Cross Country Classic Schedule:

- 8:00am – Alumni / Community Run (5K)
- 9:00am – Women's Collegiate Race (5K)
- 9:45am – Men's Collegiate Race (8K)
- 10:30am – 12 & Under Youth Run (1K)



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)