



Missouri State UNIVERSITY

Edition:
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Owens Makes First US National Team

2005 Missouri State graduate Casey Owens has been named to the US national team for the Chiba International Ekiden. This relay event takes place in Japan and features world class athletes from around the world. We'll provide more information on Casey's great accomplishment soon.

Early Signing Period Approaching

The NCAA's early signing period is approaching. Recruits for the 2006-2007 school year have begun to make commitments. In the next edition of Bear Track's we'll announce our early signee's.

Meet Pictures

Photos from each of this seasons cross country meets are posted online at BearsTrack.net.

Academic Excellence

With midterms just past the Missouri State cross country team's are performing well in the classroom as usual. The men's squad boasts a 3.37 average GPA while the women's team has a excellent 3.41 average GPA.

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.



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
November 12: NCAA Midwest Region Championships, Iowa City, IA

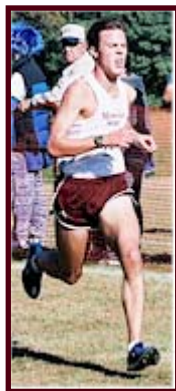
Bears Run To Personal Bests

Missouri State cross country runners were impressive at the Missouri Valley Conference Championships over the weekend in Evansville, Ind.

Highlighting the competition for Missouri State were five Bears and Lady Bears who took home all-Missouri Valley Conference honors. Missouri State, with two men and three women taking all-MVC honors, was the only school in the Valley to place multiple runners on both the men's and women's all-conference teams.

Leading the way for Missouri State was junior Michael Breshears who took the individual championship for the Bears. Breshears raced to a personal best of 24:12 over the 8,000-meter course to win the event by seven-seconds over Indiana State's Jordan Fife who is the United State's ninth ranked steeplechaser. Breshears, who was the Valley runner-up in 2004, becomes the first male Missouri State runner to win a Valley individual championship in cross country.

Also earning all-conference for the Bears was freshman standout Kevin Born. Born raced to a 10th place finish over the 8k course to finish in a personal best of 24:52.



For the Lady Bears a tight pack of three raced their way to all-Conference honors. The trio included freshman Kristin Wolkey, senior Ashley Sanders and sophomore Carrie Vestal who placed seventh, eighth and ninth, respectively.

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 th	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 th	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 th	Missouri Valley Championships (Evansville University, Evansville, IN) - Men's 8,000m, 10:30 a.m. - Women's 5,000m, 11:30 a.m.
Nov. 12 th	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 st	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.

All three earned personal best times over the 5,000-meter course. Wolkey ran 17:26.36, Sanders finished in 17:26.86 and Vestal finished in 17:28.52. Wolkey was the conference's top freshman.

Several other Bear and Lady Bear runners raced well. For the men freshman Jonathan Rono improved his 8k best to 25:30, sophomore Anthony Larangeira improved his best to 25:46 and freshman Chavis Clawson bettered his 8k mark to 26:18.

MVC Championships Recap, Continued...

For the Lady Bears Kaly Prather earned a personal best running 18:14, Jamie Vest finished in 18:16 as the Lady Bear's fifth runner, and Clarissa Codrington earned a personal best of 18:30 to finish as the team's sixth runner.

The Lady Bear's attempt at a fifth straight Missouri Valley Conference Championship was unsuccessful as they finish second for the first time since 2000. However, with five of the Lady Bear's top six returning, including a top five of three freshmen and a sophomore, hopes are high for a title run again next fall.

The young men's squad that included three freshman, a sophomore and one junior in it's top five was only able to come away with a fourth place finish coming up just short of the top three teams.

NCAA Midwest Region Championships Information:

Meet information for the regional championships will be e-mailed out to Bear Tracks subscribers next week.

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

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