



Edition:
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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 with 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

Missouri State 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)

Midwest Region Rankings

Missouri State has opened the 2007 USTFCCCA Midwest Region Rankings in 9th. Missouri State's ranking leaves them one spot behind state rival University of Missouri. In the rankings Missouri State is ahead of the University of Oklahoma, Kansas State University, University of Kansas, University of Northern Iowa, Iowa State University, Illinois State University and 16 additional Midwest teams.

Boldon Wins In Maui

2003 Missouri State grad Blake Boldon won the Front Street Road Mile in Maui, Hawaii on September 15th. After completing the first ½ mile in 2:05 Boldon pulled away from the field with a 1:55 second ½ Mile to finish strong in 4:05.

Home Cross Country Meet Saturday!

Not since the 2001 season has Missouri State been able to announce "Home cross country meet Saturday!" The September 22nd Missouri State Cross Country Classic, the programs first home competition in six years, will welcome seven teams to the University's new home facility.

Competing at Missouri State will be men's and women's teams from Drake University, Drury University, the University of Missouri-Kansas City, and Southwest Baptist University along with additional women's teams from the University of Arkansas, Chicago State University and Webster University.

Missouri State started off their season with a first place finish at the Wash-U Early Bird meet in St. Louis' Forest Park. At the Early Bird senior Carrie Vestal (Springfield, Mo.) led Lady Bear runners to five of the top six places including a sweep of the meets first four places. The team's final score of 16 points left them 46 points ahead of second place Washington University and 70 points ahead of third place St. Louis University.

Missouri State will look to continue their wining ways this week with the addition of newcomer Asher Kyger (Oldfield, Mo.) who sat out the team's first meet. Kyger, a transfer from Mid-American Nazarene University, is expected to be one of the team's top runners this fall.



Adding to the excitement is the opening of the team's new facility. Missouri State began developing its new facility last fall on land provided by Springfield Underground, Inc.

Located on the east corner of Division St. and Highway 65 this new facility has already drawn national attention and hopefully soon, national caliber events.

Missouri State and its new facility will be the host of the 2008 Missouri Valley Conference championships. Missouri State also hopes to host the NCAA Midwest Regional for the 2009 season and has submitted bids for the NCAA National Championship with hopes of hosting that event, the nations most prestigious cross country championship, by at least the 2010 season.

The course features an all grass loop style layout with routes for every common race distance from 5K to 12K. With a starting line wide enough for 40 teams, an over 600-meter straightaway before the first turn, and a running path that is at least 15-meters wide throughout the course meets, and in most cases exceeds, all NCAA championship standards. In addition the course is remarkably spectator friendly as 90% of the race can be viewed from single standing position.

More information on the Missouri State Cross Country Classic and Missouri State's Cross Country Facility can be found at www.BearsTrack.net.



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)

David Glaser, Volunteer Assistant (2nd Year)

Terry Sauerbry, Head Strength Coach, (2nd Year)

Carl Christinsen, Asst. Strength Coach, (2nd Year)

Coby Mussleman, Athletic Trainer, (2nd Year)