



Missouri State UNIVERSITY

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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 signees's.

Meet Pictures

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

Scholar Athlete

Junior cross country runner Michael Breshears was named the Missouri Valley Conference's Scholar Athlete of The Week last week for his conference championship run at the Valley Championships. Breshears also has a 4.0 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

Missouri State Runners Highlight All-Academic Team

The Missouri Valley Conference has announced its 2005 Men's and Women's All-Academic Cross Country Teams.



The men's squad is highlighted by Missouri State runners Michael Breshears and Kevin Born who both posted impressive 4.0 GPA's to earn spots on the unit. Breshears won the Missouri Valley Conference championship on October 29th with an 8,000-meter best of 24:12. Born was an all-

conference selection at the Valley championship as well for his 10th place finish with a 24:52 over the 8k course.

On the women's side, Missouri State's Ashley Sanders is the Missouri Valley Conference's only three-time selection to the all-academic squad. She is joined by fellow Lady Bear Carrie Vestal who is receiving the honor for the first time. Both Sanders and Vestal were named to the all-conference team as well for their runs at the Valley Championship. Sanders placed eighth with a 17:26.8 best over the 5,000-meter course while Vestal was ninth running 17:28. Lady Bear freshman Kristin Wolkey, also an excellent student, was also named to the all-conference team after placing seventh with a 17:26.3 clocking over the 5k course but runners are not eligible for the all-academic team until their sophomore season.



To be eligible for the all-academic squad cross country runners must finish among the Valley's

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.

Top 20 at the MVC Cross Country Championships along with having at least a 3.00 cumulative grade point average (4.00 scale) and must also have reached sophomore academic standing at their institutions, and they must have completed at least one full academic year at their institution.

In addition to several individual academic accomplishments by cross country runners the Missouri State squads are doing well as a team this fall as well. Currently at mid-terms the men's team has a average GPA of 3.37 while the women boast a 3.41 team average.

www.BearsTrack.net

NCAA Midwest Region Championships Information:

Schedule of Events

Warm-up:	8:00 a.m.
Men Called To Start:	10:40 a.m.
Men's 10,000-Meter Race:	11:00 a.m.
Women Called To Start:	11:55 a.m.
Women's 6,000-Meter Race:	12:15 p.m.
Presentation of Women's Awards:	12:45 p.m.
Presentation of Men's Awards:	1:00 p.m.

Admission

Cost of admission to the event is \$5 for adults and \$3 for students. Children pre-school age and younger will be admitted free of charge.

Directions to Ashton Cross Country Course

Directions: From I-80: Take Exit 242, 1st Avenue, and turn south onto 1st Avenue. Follow 1st Avenue to Hwy 6 and proceed straight through the intersection. At this point 1st Avenue turns into Mormon Trek Boulevard. From Mormon Trek Boulevard turn right at the first stoplight onto Hawkeye Park Road. Proceed straight on Hawkeye Park Road until encountering a gentle left where parking is available at the Hawkeye Commuter Lot. The entry to the championships course is located at the northwest end of the parking lot.

Spectator Parking

Parking for spectators will be provided in the Hawkeye commuter lot (#85) across from the cross country course entrance. There is no charge for parking.

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