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Up Next For The Bears

Oct. 28 MVC Championships

With the regular season complete the Lady Bears now turn their focus towards the 2006 Missouri Valley Conference Championship. Creighton University will be the host of the 2006 championship and the Blue Jays will utilize Pioneer Park in nearby Lincoln, Neb.

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.)

Missouri State Hires New Field Events / Multi-Event Coach

With the departure of former field events coach Fritz Spence Missouri State completed a national search for a coach to lead the Lady Bear's strong field events and multis event areas. Missouri State would like to welcome Jake Kingery, a former all-American decathlete, to its staff. A complete release and bio will be available soon.

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.

Lady Bears Focus On Team Title

The Missouri State cross country team's sites are now set on Lincoln, Neb. and the Missouri Valley Conference Championship. Omaha based Creighton University will play host to the 2006 edition of the Valley Championship Saturday, Oct. 28, in its neighboring city of Lincoln.



The Pioneer's Park 5,000-meter layout will determine the top MVC cross country team for this fall. The Lady Bears will look to be that team in what has quickly become the nation's top mid-major conference in many sports, including women's cross country. With six of 10 Valley teams spending time in the NCAA's regional rankings this fall not even the Big12 or BigTen conferences have had more women's teams ranked in the Midwest Region.

This quickly emerging conference has been dominated in cross country by the Missouri State Lady Bears over recent years. Valley champion in four of their last five tries the Lady Bears have finished now lower than the runner-up spot this decade.

In 2004 the Lady Bears completed a history making feat winning their fourth straight MVC title. No Valley team had ever won four titles in a row before Missouri State did so that fall. With that challenge complete for the Lady Bears so was much of the veteran squad that had been leading them. Last fall graduation left the Lady Bears without former team leaders Casey Owens and Erin Sutton, who had combined to set eight Missouri Valley Conference records on the track. The Lady Bears also lost all-Conference performer Kate Chettle. As the season began the Lady Bears leadership was forced to take on a new identity with only one runner from the previous seasons top five back in that position for the new year.

Youth was the theme of the 2005 season as freshman surprise Kristin Wolkey took the on course leadership position. Wolkey, along with senior Ashley Sanders and sophomore Carrie Vestal ran to all-Valley honors and the second, third and fourth fastest 5K cross country times in MSU history. However, their front running charge was not enough to lead the Lady Bears scoring group to the Valley title. The team's top five comprised of three freshmen, one sophomore and a senior saw their streak snapped as they took runner-up honors. Despite the loss the team's chase to keep their streak alive saw an average 5K personal best improvement of 50-seconds per runner on the 11 member squad.



Now in 2006 this Lady Bear squad, while still young, seems poised to reclaim the top spot in the Valley that they have only briefly been without. Wolkey is again leading the Missouri State team but this time she enters the Valley championship with this falls top MVC performance along with an MSU 5K cross

country record that she set at the Memphis Twilight Classic earlier this month. That record was previously held by multi-time MVC champ and all-American Casey Owens.

The Overland Park, Kan. native, Wolkey, will look to lead MSU to the team title as she is one of a few favorites for the individual Valley cross country title, an honor one of coach Greg Hipp's runners has earned in each of his two seasons at the helm of the program. Owens won the women's title in 2004 while Michael Breshears won the men's title in 2005.



Junior Carrie Vestal, the former Springfield Parkview H.S. standout and the 2005 MVC 10K champion on the track, saw her progression this fall slowed by an early summer injury but her patient training plan appears to have her ready to run for all-Valley honors for the second straight season.

Sophomore Jamie Vest and junior Chloe Key are fresh off personal best runs in their last 5K attempts that rank them fourth and seventh, respectively, on the Valley season performance list.

Vest, the Stoutland, Mo. native and 2004-05 News-Leader Prep Athlete of The Year, seems poised to earn her first all-conference honor after placing 26th in her first MVC meet just a year ago.

Key, also a former Parkview H.S. runner, will be competing in her first Valley cross country championship this week. Prior to this fall Key's best 5K cross country time was 20:22, now she owns an 18:13 best for the same distance and is poised for another improvement this week. Key, the daughter of former MSU 800-meter great Brett Key, could be ready for a selection to the all-conference team herself.

Clarissa Codrington will be the lone Missouri State senior to toe the line at the fall championship. Codrington has long been a middle distance force on the track for the Lady Bears. While not competing in cross country in high school this Michigan native is focused on stepping up to the needs of her team this fall. Personal bests over 5K and 6K have come in her last two races and she will try to cap off her final season of eligibility as a member of an MVC title team.

Rounding out Missouri State's championship meet line-up will be three freshmen looking to get their first Valley championship watches. Former Willard, Mo. star Auvia Miller, Springfield, Ill. native Staci Nelson and former Fort Dodge, Iowa prep Emily Fletcher will look to give the Lady Bears the depth they need to hold off their challengers.

Should the Lady Bears win the 2006 Missouri Valley cross country championship Missouri State will tie the record for most women's cross country conference titles won by a single program. The 2006 MVC championship will mark the 25th year the conference has contested women's cross country championships and all of MSU's cross country titles have occurred over the last 10 years.

Missouri Valley Championship Information:

Location: Pioneer's Park, Lincoln, Neb.



Race Time: 10:30 a.m.

Race Distance: 5,000-meters

Teams Competing:

- Bradley University
- Creighton University
- Drake University
- Evansville University
- Illinois State University
- Indiana State University
- Missouri State University
- Northern Iowa University
- Southern Illinois University
- Wichita State University

Keys To The Win:

- A balance of front running and depth will be needed for this title. The Lady Bears will need a complete scoring team from the first to fifth runner.
- MVC championship teams have traditionally place their top five runners in the meet's top 15 with at least three of those runners finishing in the top 10.

Directions:

Course is located at 3201 S. Coddington, Lincoln, Neb.

From I-80: Take Exit 397 (US-77S) go approximately 1 mile and turn right on Capitol Parkway West. Capitol Parkway becomes South Coddington Avenue, look for the park entrance on your left.

From Downtown: Take South 9th Street go approximately two miles to Capitol Parkway west, Capitol Parkway becomes South Coddington Avenue, look for the park entrance on your left.



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, 10:30AM

Missouri Valley Conference Championships
Creighton University
Pioneer's 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.



2006 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown</u>
Lindsey Billington	Fr	Lee's Summit, Mo.
Clarissa Codrington	Sr	Ann Arbor, Mich.
Chloe Key	Jr	Springfield, Mo.
Emily Fletcher	Fr	Fort Dodge, Iowa
Auvia Miller	Fr	Springfield, Mo.
Staci Nelson	Fr	Springfield, Ill.
Lauren Nystrom	Sr	St. Charles, Mo.
Kaly Prather	So	Lee's Summit, Mo.
Jamie Vest	So	Lebanon, Mo.
Carrie Vestal	Jr	Springfield, Mo.
Kristin Wolkey	So	Overland Park, Kan.

Greg Hipp, Head Cross Country Coach, (3rd Year)

David Glazer, Volunteer Assistant Coach, (1st Year)

Michael Farmer, Student Assistant Coach, (1st Year)

Chavis Clawson, Student Assistant Coach, (1st Year)

Terry Sauerbry, Head Strength Coach, (1st Year)

Seth Billings, Athletic Trainer, (2nd Year)