



Edition:
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Up Next For The Lady Bears

9/29 – Cowboy Jamboree

Missouri State will seek it's third straight team title when it travels to Oklahoma State for the Cowboy Jamboree.

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.)

Vestal Named MVC Runner of The Week

After claiming her second individual title in as many meets Missouri State's Carrie Vestal has been named the Missouri Valley Conference Runner of The Week.

At last weekend's Missouri State Cross Country Classic, MSU senior Carrie Vestal won the collegiate women's 5K to lead the Lady Bears to their second team title in as many meets.

Vestal also won the individual title at the Washington University Early Bird Meet on Sept. 1.

Vestal, who has personal bests of 17:13 for 5K and 35:39 for 10K is the owner of three all-Missouri Valley Conference honors thus far in her career; including the 2006 MVC individual title in the 10,000-meters.

Lady Bears Open New Course In Style

Missouri State University opened its new cross country facility at the Springfield Underground in style Saturday, as the Lady Bears wrapped up their second team title in as many meets by outpacing the six-team field at the inaugural MSU Cross Country Classic in Springfield, Mo. MSU senior Carrie Vestal won the collegiate women's 5K, her second title of the 2007 season.

Vestal, who won the individual title at the Washington University Early Bird Meet on Sept. 1, bested the competition with a run of 18:29 on the course that showed to be challenging. She withstood a strong final burst from Drake's Nicole Braunsdorf on the home stretch, but pulled out the victory with a strong final kick. Braunsdorf finished second with a time of 18:32, followed by a trio of Missouri State runners. Junior Jamie Vest (18:50), who came in second at WU's meet in St. Louis, finished third, with junior Kristin Wolkey (19:10) and freshman Nancy Nieto (19:23) close behind in fourth and fifth, respectively.



Asher Kyger (19:32) posted a seventh-place finish in her Missouri State debut, while sophomore Emily Fletcher also came through with a top-10 performance, finishing eighth with a run of 19:41.

Missouri State (20 points) has placed four of the top five finishers in each of its first two races of the 2007 season after Saturday's victory. Drake (48 points) secured the second spot, followed by UMKC (87), Drury (91), Webster (147) and Chicago State (166).

Missouri State competed without freshman Terry Phillips who was the Lady Bears number three runner in the teams season opener. Chloe Key, a 10:08 3,000-meter runner, also sat out the competition and is expected to redshirt the 2007 season.

The Classic was the first home meet for Missouri State in six years and the Bears' first ever event at their new facility, located at Springfield Underground. Missouri State will host the 2008 State Farm Missouri Valley Conference Cross Country Championship and hopes to secure the 2009 NCAA Midwest Regional for Springfield in the coming months. Missouri State has also submitted a bid for the NCAA national meet.



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)