

Mizzou Tigers

2009 Cross Country • Big 12 Championships



2009 Mizzou Cross Country

Big 12 Cross Country Championships

- Saturday Oct. 31, 2009 -

- Men's Race 10 a.m. • Women's Race 11 a.m.

Location..... Columbia, Mo.
 Arena..... Hearn Center
 Results..... MUTigers.com
 Notes, Quotes, Recap..... MUTigers.com



Schedule & Results

Sept. 4	SIU Early Bird	NTS
Sept. 12	Missouri XC Challenge	W: 1/5 /M: 2/4
Sept. 26	Griak Invitational	M: 13/18
Oct. 10	Greater Louisville Classic	W: 4/34
Oct. 17	Chile Pepper Festival	W: 4/34/M: 7/29
Oct. 31	Big 12 Championships	10 a.m.
Nov. 14	NCAA Regionals	11 a.m.
Nov. 23	NCAA Nationals	11 a.m.

2008 Men's Big 12 Championship Results

1.	Oklahoma State	26
2.	Colorado	66
3.	Iowa State	67
4.	Texas A&M	95
5.	Missouri	155
6.	Texas	179
7.	Nebraska	200
8.	Kansas	208
9.	Texas Tech	255
10.	Baylor	297
11.	Kansas State	355
12.	Oklahoma	365

2008 Women's Big 12 Championship Results

1.	Texas Tech	44
2.	Baylor	71
3.	Nebraska	102
4.	Texas	117
5.	Colorado	145
6.	Kansas State	158
7.	Oklahoma State	168
8.	Kansas	203
9.	Iowa State	255
10.	Oklahoma	229
11.	Texas A&M	242
12.	Missouri	284

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All student-athlete and coach interviews must be arranged through the University of Missouri Athletic Media Relations Office at least 24 hours in advance. Interviews with players and coaches may be scheduled by contacting Shawn Davis, Media Relations Graduate Assistant, at (573) 884-9486. Interview and credential requests can also be made via e-mail by sending the request to davisshaw@missouri.edu.

This Weekend

For the second time in history, AL Gustin Golf Course and the University of Missouri Athletic Department will play host to the Big 12 Cross Country Championships this Saturday. The Championships will begin with the running of the men's 8K race at 10 a.m. (CT). The event will then run right into the women's 6K Championship at 11 a.m. (CT). This season marks the first time since 2002 that Mizzou has played host to this event. Admission is free to the public.

The Texas Tech women and Oklahoma State men were crowned the 2008 Big 12 Cross Country Champions - the first for both programs - in Ames, Iowa last season. OSU ended the 12-year win streak held by Colorado, becoming the second men's team to win a Big 12 Cross Country team title. Meanwhile, Texas Tech was the third women's squad to win the event.

The Big 12 features four men's teams in the USTFCCCA Top 30 - Oklahoma State (No. 3), Colorado (No. 4), Oklahoma (No. 20) and Iowa State (No. 23). Texas sits just outside of the top 30 after receiving one vote in last week's poll. Four women's teams - Colorado (No. 3), Texas Tech (No. 14), Iowa State (No. 19) and Baylor (No. 26) - rank in the top 30 while Nebraska sits just outside the top 30 after receiving three votes last week.

Last Time Out

Mizzou is coming off of what was perhaps its strongest effort of the season at the Chile Pepper Festival two weeks ago. The women - who rank seventh in the Midwest Region - took fourth place out of 34 teams with 165 points at the event, topping three of the four other Big 12 schools in the race. The only Big 12 team to top Mizzou in the race was defending Big 12 Champion Texas Tech. The men enter Saturday's contest ranked 11th in the Midwest Region but also are riding a wave of momentum after their seventh-place performance at the Chile Pepper Festival.

An Eye on the Course Conditions

Saturday's forecast looks to be promising in Columbia - around 60-degrees and sunny - but a mostly rainy month of October has left AL Gustin Golf Course water-logged. The competitors running at the Big 12 Championships this weekend will be treated to tough course conditions on what is already a difficult and hilly course for any collegiate cross country runner. With a full day of sunshine Friday and early Saturday, hopes are that the course dries out to reduce the challenge.

Competing for the Tigers

Here is a look at the competitors for the Tiger men:

Name	Bib Number
Phil Bascio	118
Ben Brammeier	119
Tyler Compton	120
Aaron Dixon	121
Phillip King	122
Kevin McKee	123
Michael Pandolfo	124
Dan Quigley	125
Stanton Ragland	126
Kyle Rood	127
Max Storms	128
Ben Wade	129

Here is a look at the competitors for the Tiger women:

Name	Bib Number
Jessica Armstrong	106
Emily Baker	107
Bailey Belvis	108
Aimee Bonte	109
Chelsea Chrisman	110
Kinsey Farren	111
Megan Kowalik	112
Shannon Leinert	113
Ellen Ries	114
Laura Roxberg	115
Kaitie Vanatta	116
Esther Vermue	117

What You Need to Know

• 2009 marks the second time that the University of Missouri and AL Gustin Golf Course have played host to the Big 12 Cross Country Championships. That last time that Mizzou hosted was 2002 when the Tiger women had their best-ever performance at the Championships, placing second.

• The Tiger men finished fifth at last year's Big 12 Championships, tying its best-ever finish at the Championships.

• **Bailey Belvis** (Prosper, Texas) and **Kaitie Vanatta** (Littleton, Colo.) have been the women's top two finishers in each Tiger race this season. Both are true freshmen.

• The Tigers are in search of their first All-Big 12 honoree for the first time since men's standout Tim Ross earned the distinction back in 2006.

<i>Mizzou Men's Cross Country Roster</i>		
<i>Name</i>	<i>Class</i>	<i>Hometown (Previous School)</i>
Phil Bascio	Sophomore	Florissant, Mo. (Christian Brothers HS)
Ben Brammeier	Junior	Ballwin, Mo. (Florida)
Tyler Compton	Freshman	Buffalo, Mo. (Buffalo)
Aaron Dixon	Junior	Lee's Summit, Mo. (Rend Lake (Ill.))
Blake Irwin	Sophomore	Bettendorf, Iowa (Pleasant Valley HS)
Phillip King	Junior	Columbia, Mo. (Rock Bridge HS)
Hayden Legg	Freshman	Mexico, Mo. (Mexico)
Kevin McKee	Sophomore	Kansas City, Mo. (Park Hill)
Michael Pandolfo	Junior	Lone Tree, Colo. (Creighton)
Dan Quigley	Junior	St. Louis, Mo. (Christian Brothers)
Stanton Ragland	Sophomore	Liberty, Mo. (Liberty HS)
Kyle Rood	Junior	St. Peters, Mo. (Fort Zumwalt South)
Rick Scheff	Junior	Atlanta, Ga. (St. Pius X)
Max Storms	Freshman	Kansas City, Mo. (O'Hara)
Ben Wade	Senior	St. Charles, Mo. (St. Charles West)
<i>Coaching Staff</i>		
Head Coach: Jared Wilmes (10th Season)		

Men's Race-By-Race Results

Phil Bascio

Missouri Challenge (8K) - 11th (26:40.40)

Ben Brammeier

SIU Early Bird (6K) - DNF

Missouri Challenge (8K) - 14th (27:18.50)

Roy Griak (8K) - 108th (27:33)

Chile Pepper (10K) - 83rd (32:21.32)

Tyler Compton

Chile Pepper (10K) - 77th (32:14.00)

Aaron Dixon

SIU Early Bird (6K) - 11th (19:55.60)

Roy Griak (8K) - 96th (27:13)

Blake Irwin

SIU Early Bird (6K) - 22nd (21:33.80)

Phillip King

Missouri Challenge (8K) - First (25:46.30)

Roy Griak (8K) - 85th (26:51)

Chile Pepper (10K) - 35th (31:17.61)

Hayden Legg

SIU Early Bird (6K) - 16th (20:22.80)

Kevin McKee

SIU Early Bird (6K) - Fifth (19:40.60)

Missouri Challenge (8K) - 15th (27:25.50)

Roy Griak (8K) - 92nd (27:03)

Chile Pepper (10K) - 63rd (31:55.87)

Michael Pandolfo

Roy Griak (8K) - 74th (26:40)

Chile Pepper (10K) - 45th (31:30.03)

Dan Quigley

Roy Griak (8K) - 46th (25:51)

Chile Pepper (10K) - 29th (31:04.29)

Stanton Ragland

SIU Early Bird (6K) - 23rd (21:34.60)

Kyle Rood

Missouri Challenge (8K) - Ninth (26:33.30)

Rick Scheff

SIU Early Bird (6K) - 25th (21:57.80)

Max Storms

Roy Griak (8K) - 77th (26:42)

Chile Pepper (10K) - 51st (31:42.44)

Ben Wade

Missouri Challenge (8K) - 19th (28:08.80)

Chile Pepper (10K) - 111th (32:31.84)

A Look at the Men's Team

The men are led by **Dan Quigley** (St. Louis, Mo.) and **Phillip King** (Columbia, Mo.) as both have been the men's top two runners all season long. King opened his season by winning the Missouri Cross Country Challenge (25:46.30) and earning Big 12 Runner of the Week for his performance. King - a local Rock Bridge High School graduate - has ran at AL Gustin in a competitive setting dating back to his high school days, so needless to say, he knows the course well.

Quigley has also been a bright spot Mizzou, finishing as the top Tiger at both the Griak Invitational (46th overall, 25:51) and at the Chile Pepper Festival (29th overall, 31:04.29). Other notable runners on the men's side are **Kevin McKee** (Kansas City, Mo.), who raced in all four regular season treks and was the Tigers' top finisher at the SIU Early Bird, along with **Michael Pandolfo** (Lone Tree, Colo.) who had a great showing in each of his two final regular season races.

Senior **Ben Wade** (St. Charles, Mo.) will also run in his final

Big 12 Championships at home this season. Wade is a three-time Academic All-Big 12 honoree during his stint at Mizzou. He is the only senior on the Tiger men's roster in 2009.

A Look at Last Year's Men's Championship

Mizzou's men placed fifth (155) behind four nationally ranked teams at the 2008 Big 12 Championships and ahead of No. 30 Texas for its fifth-straight season in the top half of the league.

Garett Jeffries (Clarkson Valley, Mo.) shined once again for the Mizzou men in the 8k Championship with a 16th-place showing (24:55.7), just one spot shy of earning All-Big 12 honors.

The other four Tiger scorers were solid in securing the team's fifth-place slot, as they would cluster their finish, crossing the line within 12 seconds of each other and denying Texas' fourth and fifth scorers a chance to close. **Phillip King** (Columbia, Mo.) was the team's second scorer, taking 32nd overall with a 25:20.8 clocking. **Michael Pandolfo** (Lone Tree, Colo.) was Mizzou's third finisher at 25:23.1 (35th). **Dan Hedgecock** (St. Louis, Mo.) and **Dan Quigley** (St. Louis, Mo.) went four-five for Mizzou with 37th (25:25.6) and 41st (25:32.4) showings, respectively.

No. 3 Oklahoma State won its first-ever Big 12 title (26 points), topping No. 17 Colorado (66) and No. 22 Iowa State (67). No. 18 Texas A&M was fourth. OSU freshman German Fernandez was the individual champ with a 23:47.4 clocking, followed by Texas A&M transfer Shadrack Songok (23:53.1).

Chasing All-Big 12 Honors

The last Tiger to earn All-Big 12 honors on either the men's or the women's side was men's standout Tim Ross, who earned the laurel back in 2006 after placing 15th overall. Valerie Lauver was the last Tiger to earn All-Big 12 accolades on the women's side as she did so back in 2005 after running to a ninth-place finish. Mizzou has 15 All-Big 12 honorees on the women's side and three on the men's side since the inception of the Big 12. The Tigers look to earn their first All-Big 12 honor on their home course since Lauver finished fifth back in 2002.

Tigers Sweep Big 12 Weekly Honors

After a successful Missouri Cross Country Challenge, the Tiger cross country program was honored by the Big 12 Conference as both **Phillip King** (Columbia, Mo.) and **Kaitie Vanatta** (Littleton, Colo.) earned Big 12 Runner of the Week on Sept. 15. Vanatta was the first weekly award winner on the women's since current Tiger **Kinsey Farren** (Dallas, Texas) took home the award on Sept. 30, 2008. King is the first honoree on the men's side since **Ben Brammeier** (Ballwin, Mo.) took home the award on Sept. 18, 2007. The weekly honors are career-firsts for both King and Vanatta.

"It is great to see both of these student-athletes honored for their hard work," head coach Jared Wilmes said. "Kaitie has recently had to overcome some injuries and has now shown that she can still perform at a really high level. Phillip has been very consistent in his training and is now reaping all of the benefits that come with that training."

Men's Runners to Watch



Phillip King
Junior
Columbia, Mo.



Dan Quigley
Junior
St. Louis, Mo.



Kevin McKee
Sophomore
Kansas City, Mo.

A Look at the Women's Team

A pair of freshmen - **Kaitie Vanatta** (Littleton, Colo.) and **Bailey Belvis** (Prosper, Texas) - have made an immediate impact on the Tiger roster this season as one of the two has been the Tigers' top finisher in every race this season. Belvis opened the season by winning the SIU Early Bird with a time of 14:10.09 in the 4K trek. Vanatta followed Belvis' performance by winning the Missouri Cross country Challenge, helping Mizzou claim back-to-back titles in the event.

Belvis went on to turn in a team-best eighth-place finish at the Greater Louisville Classic with a 5K time of 17:34.63 while Vanatta followed that with a team-high 11th-place nod at the Chile Pepper Festival. Vanatta ran the 6K race in 21:18.78.

The women will also receive a boost as senior **Ellen Ries** (Ryan, Iowa) returns to the young corps of runners. Ries raced in the Tigers' first race of the season - the SIU Early Bird - and turned in a second-place finish with a 4K time of 14:11.10. Ries is a fifth-year senior that will be racing in her final Big 12 Championship, doing so on her home course. Also running for the Tigers will be **Kinsey Farren** (Dallas, Texas), who was the Tigers' top finisher in each race last season including at the 2008 Big 12 Championships.

A Look at Last Year's Women's Championship

The Tiger women, led by three sophomores, placed 12th with 284 points in the 6K race in Ames, Iowa last season.

Kinsey Farren (Dallas, Texas) was 47th in the running at 22:31.6. **Jessica Armstrong** (Dorr, Mich.) was 50th at 22:41.1 while **Layne Moore** (Emporia, Kan.) knocked nearly two minutes off of her personal-best time with a 22:58.3 run for 59th. Moore, a mid-distance specialist during the track season, was the squad's surprise of the season with her ability to adjust to the long-run season.

Emily Baker (Wildwood, Mo.) and **Angela Potrykus** (Evergreen, Colo.) rounded out the Tiger scoring with 61st- and 70th-place showings.

No. 12 Texas Tech won its first-ever women's Big 12 title with 44 points while No. 17 Baylor was second at 71. Sally Kipyego of Texas Tech won her third-consecutive individual title with a 50-second win, clocking 19:45.0.

11 Land on All-Big 12 Team

Eleven members of the 2009 Mizzou cross country program earned a spot on the Big 12 Academic All-Big 12 teams, as announced by the league office on Wednesday (Oct. 28). Men's runner **Kevin McKee** (Kansas City, Mo.) was one of seven student-athletes on both the men's and women's sides to earn a perfect 4.00 grade-point-average. All six of the men's selections landed on the first team while three of the five women selected were represented on the first team - the other two were second-team honorees.

Joining McKee on the men's team is **Ben Brammeier** (Ballwin, Mo.), **Phillip King** (Columbia, Mo.), **Michael Pandolfo** (Lone Tree, Colo.), **Dan Quigley** (St. Louis, Mo.) and **Ben Wade** (St. Charles, Mo.). With the honor, Wade becomes a three-time first-team honoree during his stint at Mizzou while King and Quigley are both repeat first-team selections. Pandolfo and Brammeier earn their first career Big 12 academic honors.

The women's first-team selections are **Aimee Bonte** (Fenton, Mo.), **Kinsey Farren** (Dallas, Texas) and **Ellen Ries** (Ryan, Iowa). Both **Emily Baker** (Wildwood, Mo.) and **Laura Roxberg** (Overland Park, Kan.) were selected to the second team. With the first-team distinction in 2009, both Farren and Ries earn their second career first-team honors while Baker earns second second-team honor. Bonte and Roxberg are both first-time selections.

Mizzou Women's Cross Country Roster

<i>Name</i>	<i>Class</i>	<i>Hometown (Previous School)</i>
Jessica Armstrong	Junior	Dorr, Mich. (Wayland Union)
Emily Baker	Senior	Wildwood, Mo. (Lafayette)
Bailey Belvis	Freshman	Prosper, Texas (Prosper)
Aimee Bonte	Sophomore	Fenton, Mo. (Rockwood Summit HS)
Chelsea Chrisman	Freshman	Eureka, Mo. (Eureka)
Kinsey Farren	Junior	Dallas, Texas (Bishop Lynch)
Megan Kowalik	Sophomore	Foristell, Mo. (Wright City HS)
Shannon Leinert	Senior	Eureka, Mo. (Florida)
Ashley Mark	Sophomore	Lee's Summit, Mo. (Lee's Summit North HS)
Layne Moore	Junior	Emporia, Kan. (Emporia)
Ellen Ries	Senior	Ryan, Iowa (North Linn)
Laura Roxberg	Sophomore	Overland Park, Kan. (Blue Valley Northwest HS)
Kaitie Vanatta	Freshman	Littleton, Colo. (Dakota Ridge)
Esther Vermue	Senior	Rotterdam, Netherlands (Breda University)

Coaching Staff

Head Coach: Rebecca Wilmes (10th Season)

Women's Race-by-Race Results

Jessica Armstrong

SIU Early Bird (4K) - 13th (15:29.00)
Greater Louisville (5K) - 125th (19:25.12)

Emily Baker

SIU Early Bird (4K) - Sixth (14:44.80)
Missouri Challenge (5K) - 13th (19:42.20)
Greater Louisville (5K) - 22nd (18:07.69)
Chile Pepper (6K) - 65th (22:39.98)

Bailey Belvis

SIU Early Bird (4K) - First (14:10.90)
Missouri Challenge (5K) - Third (18:05.70)
Greater Louisville (5K) - Eighth (17:34.63)
Chile Pepper (6K) - 16th (21:30.43)

Aimee Bonte

SIU Early Bird (4K) - Third (14:27.60)
Missouri Challenge (5K) - Eighth (18:56.00)
Greater Louisville (5K) - 52nd (18:33.87)
Chile Pepper (6K) - 61st (22:36.25)

Chelsea Chrisman

SIU Early Bird (4K) - Eighth (15:09.70)
Greater Louisville (5K) - 65th (18:43.77)

Kinsey Farren

Greater Louisville (5K) - 81st (18:52.65)
Chile Pepper (6K) - 39th (22:08.45)

Megan Kowalik

Missouri Challenge (5K) - 25th (21:24.40)
Greater Louisville (5K) - 190th (20:03.07)
Chile Pepper (6K) - 162nd (23:57.57)

Shannon Leinert

Greater Louisville (5K) - 102nd (19:12.41)
Chile Pepper (6K) - 190th (24:36.89)

Ellen Ries

SIU Early Bird (4K) - Second (14:11.10)
Missouri Challenge (5K) - Second (18:02.80)

Laura Roxberg

Missouri Challenge (5K) - 10th (19:12.40)
Greater Louisville (5K) - 35th (18:17.58)
Chile Pepper (6K) - 69th (22:44.44)

Kaitie Vanatta

Missouri Challenge (5K) - First (17:54.30)
Chile Pepper (6K) - Eighth (21:18.78)

Esther Vermue

Greater Louisville (5K) - 62nd (18:41.87)

Women's Runners to Watch



Bailey Belvis
Freshman
Prosper, Texas



Kaitie Vanatta
Freshman
Littleton, Colo.



Ellen Ries
Senior
Ryan, Iowa

Men's 6K Course



Women's 6K Course



AL Gustin Golf Course

Home to the Missouri men's and women's cross country teams, the A.L. Gustin Golf Course was created in 1957. Located on the west side of the University of Missouri-Columbia campus, the course provides dramatic settings and challenging hills that prove a true test for even the strongest cross country runners. The 18-hole, 6,430-yard course is set up once a year for a 5K and 8K cross country meet.

"The men and women that have competed on the course have used strength, skill and speed to make it to the end of the meet," Head Coach Rick McGuire said. "It is both a physical and mental challenge to our student-athletes."

In a race for first, several individuals have set exceptional times on the A.L. Gustin Golf Course. Missouri's Ryan Hampton was a junior in 2002 when he set a time of 24:28.79, (8K), at the Big 12 Championships on Nov. 2. On the women's side, Valerie Lauver set Missouri's best time (17:18.09), on the 5K course at the 2002 Missouri Cross Country Challenge on Sept. 14.

Over the years, the course has played host to several home cross country meets as well as the Big 12 Cross Country Championships (2002), NCAA Midwest Regional Cross Country Championships (1982 and 1990) and the Missouri State High School Cross Country Championships (1963-1975).

"We are really proud to have such an amazing course that our cross country athletes can compete on," McGuire said. "It was an honor to be selected as host for the Big 12 Cross Country Championships in 2009. Our hope is that in the future we'll be able to host even larger events."

A.L. Gustin, Jr. of Kansas City donated the land to the University of Missouri. This land was earmarked specifically for use as a golf course.

Gustin Golf Course has 18 holes of golf, a clubhouse that was constructed in 1997, a putting green and a driving range. The facility is open to the public, but its main mission is to serve the students, faculty, staff, and alumni of the University of Missouri.

Gustin Golf Course was the first college golf course in the United States certified by Audubon International. Gustin Golf Course was recognized as a Cooperative Sanctuary in 1997 and has maintained that status ever since. The golf course has been recognized for its excellence in wildlife habitat management, water conservation and environmentally friendly turf management practices.

Each year, around 29,000 rounds of golf are played at Gustin Golf Course. The golf course also hosts numerous outside events and golf tournaments. Gustin Golf Course is the yearly host of the Show Me State Games and the Phil Cotton Invitational, one of Missouri's premier amateur golf events. The course has also played host to the Missouri State Open and the Missouri State High School Championships.



Quick Facts

- A.L. Gustin is home to the annual Missouri Cross Country Challenge, held every fall at the start of the Tigers' season.
- Over the past 12 years of competition, 10 Tiger men and eight Mizzou women have claimed Missouri Cross Country titles on the A.L. Gustin Golf Course
- Missouri's Ryan Hampton set the current best time (24:28.79) on the 8K A.L. Gustin Golf Course, while Tiger Valerie Lauver set the best women's 5K (17:18.09) time in 2002.

Post-Season Cross Country Meets Held on A.L. Gustin Golf Course

- 2009 Big 12 Cross Country Championships
- 2002 Big 12 Cross Country Championships
- NCAA Midwest Regional Cross Country Championships (1982, 1990)