

Missouri State Game Notes



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ATHLETICS COMMUNICATIONS



2011 MVC Cross Country

Championships Results

Place	Team	Points
1.	Illinois State	44
2.	Wichita State	54
3.	Bradley	91
4.	Missouri State	105
5.	Northern Iowa	123
6.	Indiana State	138
7.	Southern Illinois	165
8.	Evansville	209
9.	Drake	234
10.	Creighton	279

Individual Results

Place	Name
8.	Emily Beaver
18.	Erin Edwards
21.	Terry Phillips
22.	Emma Burditt
36.	Ashton Stubbs
53.	Lisa Imgrund
54.	Dana Roberson

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Coaching Staff

Head Coach ----- Alick Musukuma
Alma Mater ----- Oklahoma Baptist, 1996

2011 Missouri State Cross Country Season Review



A new era arrived in 2011 as head coach Alick Musukuma completed his first season at the helm of the Missouri State cross country program. Before moving to Springfield, Mo., Musukuma served in the same capacity at Oral Roberts from 1998-2009, where he guided 28 NCAA qualifiers in cross country and track and 13 All-Americans. In addition, he has coached three Olympians and four World Championship qualifiers.

"Alick [Musukuma] has a lot of coaching experience at the Division I level and knows how to win," said Ron Boyce, Director of Track & Field/Cross Country. "He knows how to develop programs and develop student-athletes and I have a lot of confidence in his ability to do that here and help us continue to be successful."

Heading into the season, the Bears, who returned four runners from the top 30 at the 2010 MVC Championships, were tabbed fourth in the MVC preseason coaches' poll.

The original schedule had Missouri State slated for two meets in the metro area to open the 2011 cross country slate – Evangel (dual) and MSU's Richard Clark Invitational – but both meets were scratched from the calendar. Instead, Missouri State trekked to Tulsa, Okla. for the Hurricane Festival on Sept. 3 to kick off the season.

In his first meet as MSU head coach, Musukuma said that the Hurricane Festival was a great way to gauge where his runners were at physically and what they needed to do differently heading into their next competition. The Bears had a strong showing against the five teams in dual competition, finishing 3-2 on the day. Missouri State defeated Oklahoma, Oklahoma Wesleyan and Arkansas Fort Smith, while the two losses came against Oklahoma State and host Tulsa. The Bears' top individual, junior Emily Beaver, placed eighth overall in the 2-mile race (11:27). Following closely behind was senior Terry Phillips (11:35) in 11th, and freshman Emma Burditt logged a time of 11:56 to finish 18th overall in her first collegiate meet.

On Sept. 17, the MSU women were in Joplin, Mo. for the Missouri Southern Stampede, but were unable to hit the course due to lightning and continuous rainfall. After hours of waiting, Missouri Southern was forced to cancel the 23rd annual event.

Despite some twists and turns in the schedule, the Bears continued to train and gear up for the MVC Championships and NCAA Midwest Regional Championships.

After a month-long hiatus, the Bears were back in action at the Greater Louisville Classic on Oct. 1 at E.P. Tom Sawyer State Park. In just their second meet of the year, the Bears took home the top team honors in the blue race (5K) with 38 points, while South Alabama and Murray State rounded out the top three in the 32-team field with 125 and 165 points, respectively. Missouri State was the only squad to place multiple runners in the top-10 with four. Phillips (17:52.46) and Beaver (18:02.45) led the charge, sweeping the top two spots. Also cracking the top-10 were Burditt (6th) and sophomore Erin Edwards (9th).

Next up for the Bears was the Chile Pepper Festival on Oct. 15 in Fayetteville, Ark. Missouri State held its own as it competed against some of the top runners from across the country. The Bears finished 12th out of 33, running an average time of 22:11.80 in their first 6K race of the season. Beaver logged Missouri State's fastest time with a 21:52.90, placing 50th out of 296 total athletes. Edwards and Phillips were no far behind, finishing 56th and 59th, respectively.

Heading into the conference meet, the Bears checked in at No. 3 in the pre-championship poll released on Oct. 25. The first-year MSU coach told his squad that if they were pain free and enjoying what they were doing, the results would be there.

"I am trying to help them understand what it takes to be champions," Musukuma said before the MVC meet. "If they are hungry for that championship, I don't think they can be beat. They are looking great in practice right now so it will be an exciting meet."

Beaver raced to an eighth-place finish at the 2011 State Farm MVC Cross Country Championships (5K) on Sunday, October 30. For the third meet of the season, Beaver was the first MSU runner to cross the finish line. Because she placed in the top-10 individually, the junior earned the Bears' lone All-Conference honor.

As a team, the Bears finished fourth behind champion Illinois State, Wichita State (2nd) and Bradley (3rd). A pack of MSU runners finished within six seconds of each other to secure three more individual top-25 performances. Sophomore Erin Edwards placed 18th, two-time MVC All-Conference performer Terry Phillips finished 21st and just 0.2 seconds behind her was freshman Emma Burditt in 22nd place.

"The thing is they all ran well," said Musukuma following the Bears' performances at the LaVern Gibson Championship Cross Country Course. "Cross country is all about position and there were just a few other teams that were able to outrun us."

The squad concluded its cross country season with the 2011 NCAA Midwest Regional Championships on Saturday, November 12 in Dekalb, Ill. In the 28-team field, the cross country Bears finished 25th overall.

Edwards was Missouri State's highest finisher as she cracked the 23-minute plateau in the 6K race at the NIU North 40 Course. Her time of 22:55.57 landed her in the top-100 as she placed 88th overall. Beaver also placed in the top-100 for Missouri State, finishing with a time of 23:06.30 (100th).

The Midwest Regional featured schools from 10 different conferences including the Atlantic 10, Big 12, BIG EAST, Big Ten, Conference USA, Great West, Horizon League, Mid-American, Missouri Valley, Ohio Valley and Summit League.

AWARDS & HONORS: Along with earning All-MVC honors for finishing in the top-10 at the State Farm MVC Cross Country Championships, Missouri State student-athlete Emily Beaver also received one of the highest academic distinctions. The junior from Diamond, Mo. received the Women's Elite 18 Award in Terre Haute, Ind., which recognized the highest performance in both athletics and academics.

Beaver, who is majoring in English education and has a cumulative grade point average of 4.0, was the first MSU student-athlete to win the Elite 18 Award in any sport. The Elite 18 Award Program is modeled after the NCAA Elite 88 Academic Recognition Award Program and was established by the MVC in the fall of 2010 to honor the highest achievement in academics and athletics by a student-athlete in each MVC-sponsored sport.

Shortly after the MVC Championships, Beaver and sophomore Erin Edwards were named to the 2011 MVC Cross Country Scholar-Athlete Team. Because the pair of MSU runners finished among the first 20 runners at the conference meet and held a cumulative GPA of 3.2, Beaver and Edwards were two of just fourteen student-athletes named to the women's team.



2011 Missouri State Cross Country

Women's Times

Updated 11/18/11

Hurricane Cross Country Festival

Tulsa, Oklahoma
September 3, 2011
2-Mile

1. Emily Beaver	11:27.00	8th
2. Terry Phillips.....	11:35.00	11th
3. Emma Burditt.....	11:56.00	18th
4. Lisa Imgrund	12:35.00	24th
5. Ashton Stubbs.....	12:38.00	28th
6. Dana Roberson	12:44.00	32nd
7. Nicole Thate.....	13:09.00	33rd

Missouri Valley Conference Cross Country Championships

Terre Haute, Indiana
October 30, 2011
5K

1. Emily Beaver	18:14.20	8th
2. Erin Edwards	18:37.80	18th
3. Terry Phillips.....	18:43.70	21st
4. Emma Burditt.....	18:43.90	22nd
5. Ashton Stubbs.....	19:08.90	36th
6. Lisa Imgrund	19:46.10	54th
7. Dana Roberson	19:46.20	55th
8. Nicole Thate.....	19:51.70	56th

Greater Louisville Cross Country Classic (Blue Race)

Louisville, Kentucky
October 1, 2011
5K

1. Terry Phillips.....	17:52.46	1st
2. Emily Beaver	18:02.45	2nd
3. Emma Burditt.....	18:18.76	6th
4. Erin Edwards	18:23.53	9th
5. Dana Roberson	18:41.12	20th
6. Ashton Stubbs.....	18:53.72	34th
7. Lisa Imgrund	18:56.44	36th
8. Nicole Thate.....	19:20.12	70th
9. Monica Smith.....	19:42.50	107th

NCAA Midwest Cross Country Regional

Dekalb, Illinois
November 12, 2011
6K

1. Erin Edwards	22:55.57	88th
2. Emily Beaver	23:06.30	100th
3. Emma Burditt.....	23:37.52	135th
4. Ashton Stubbs.....	23:50.54	142nd
5. Lisa Imgrund	24:32.12	165th
6. Nicole Thate.....	25:03.55	171st
7. Terry Phillips.....	25:47.20	179th

Chile Pepper Cross Country Festival

Fayetteville, Arkansas
October 15, 2011
6K

1. Emily Beaver	21:52.90	50th
2. Erin Edwards	21:59.80	56th
3. Terry Phillips.....	22:02.20	59th
4. Emma Burditt.....	22:14.20	77th
5. Ashton Stubbs.....	22:49.90	113th
6. Lisa Imgrund	23:10.20	131st
7. Dana Roberson	23:10.70	133rd
8. Nicole Thate.....	23:50.20	168th
9. Monica Smith.....	24:10.70	187th