

Stephens College Cross Country

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Stars cross country team gears up for season opener

COLUMBIA — The Stephens College cross country team opens its season on Friday at the Mule Run hosted by the University of Central Missouri. Second year coach Bill Bixon said his young squad is anxious, but confident heading into the meet.

“They’ve really been working hard and challenging themselves through the workouts we’ve had the first couple of weeks,” Bixon said. “I think they are a little nervous; obviously being a younger group they anxious and nervous heading into their first college meet. Luckily a couple of them have run this course before as high school athletes.”

Bixon will look to seniors Kelsi Simpson and Ariel Christman to calm the nerves of their younger teammates, leading by example.

“Kelsi and Ariel have really shown some leadership by just keeping up with the workouts and being revigorated by the infusion of the younger group,” he said. “The freshman have come in and brought a renewed sense of enthusiasm. Kelsi has a passion back that she hasn’t had in a while and it shows.”

While it will be the first college competition for most of the squad, the Stars have high goals heading into Friday’s meet, including setting personal bests for each runner.

“I think Lindsey Jo Martin is looking to finish under 20 minutes and in the top five, which she is more than capable of doing and Tara Chronister is going to be on her heels,” Bixon said.

The race is scheduled to begin at 5:30 in Warrensburg.