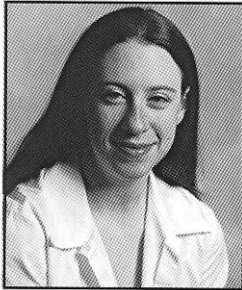


2000 FLORIDA STATE CROSS COUNTRY MEDIA GUIDE

MEDIA INFORMATION

FLORIDA STATE'S HOME CROSS COUNTRY meets are held at Seminole Golf Course. If any assistance is needed in covering the Seminoles at home, contact Jen Dowling at the FSU Sports Information Department in the Moore Athletic Center at (850) 644-1403.



Jen Dowling

Interviews or other information concerning the coaches or team members can also be handled by the Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

Releases, standings and other sports information are regularly available by accessing www.mediateamlink.com. You can have documents delivered to your e-mail and/or fax machine the moment they are updated. Media Teamlink is free to all accredited media. To access stats and information at Media Teamlink, type in the URL www.mediateamlink.com and simply login. From the "select documents" menu, please select college conferences, followed by Atlantic Coast Conference followed by Florida State University. From that page, information on all FSU sports is available by selecting a sport from the pull down menu.

Florida State cross country information is available through Media Teamlink using the following cell numbers:

ACC Release 70.7400.5450
 XC Release 70.7404.3140
 XC Stats/Roster 70.7404.3141

FLORIDA STATE FACTS

President Talbot "Sandy" D'Alemberte
Location Tallahassee, FL
Enrollment 35,019
Founded 1851
Symbol Seminoles
Colors Garnet & Gold
Conference Atlantic Coast
Director of Athletics Dave Hart, Jr.
Senior Associate Athletics Director... Charlie Carr
Athletics Board Chair Charles Earhardt

CROSS COUNTRY FACTS

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Braman's Phone (850) 644-3270
Braman's E-mail Rbraman@mailier.fsu.edu
Assistant Coach Paul Spangler
Spangler's Phone (850) 644-8922

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2000 Results & Times	16
2001 Schedule	Back Cover

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2000 NCAA Regionals M-9th, W-5th

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FLORIDA STATE CROSS COUNTRY

Dear Friends of Seminole Cross Country,

After 17 years of coaching collegiate cross country teams at the Top 25 national level I jumped at the opportunity to coach at Florida State where I believe we will be able to assemble teams that can compete with anyone in the United States. My goal is for FSU to field teams that annually finish in the Top 10 nationally and have a chance to compete for a national championship.

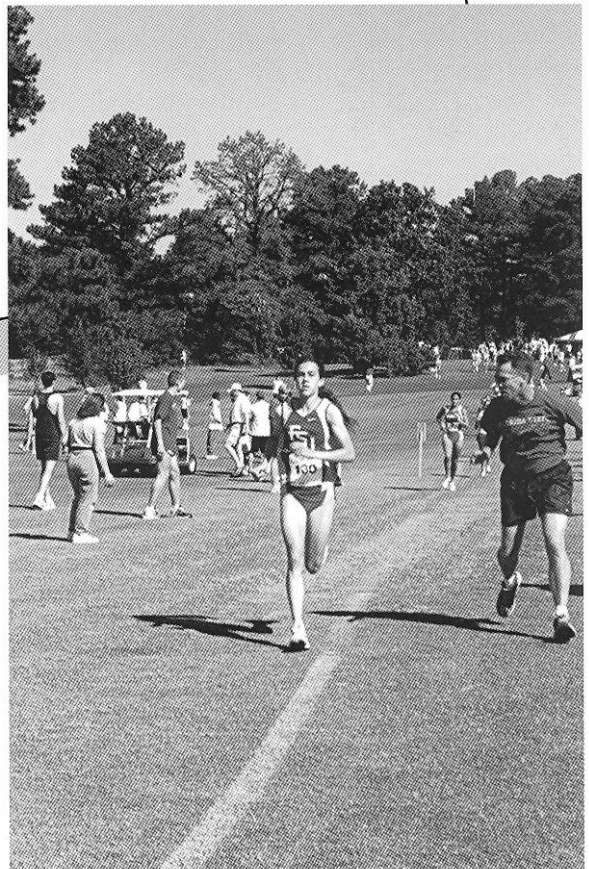
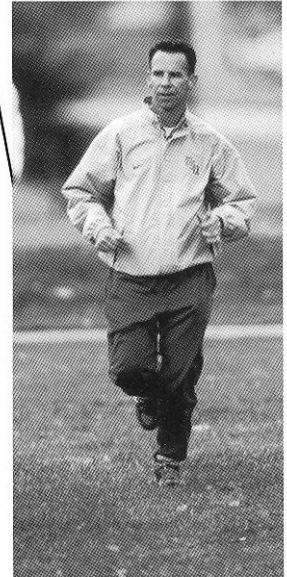
Florida State, Tallahassee, and North Florida provide us with a truly unique environment for the elite distance runner. We have a world-class university in Florida's capital city that provides us with wonderful hills and trails, and of course, one of the world's greatest training climates. We can prepare our athletes outdoors year-round for any cross country environment or world-class track environment in order for runners to reach their absolute potential.

To be part of one of the top up and coming distance programs in the nation click onto FSUTrack.com, download a questionnaire and send it in today.

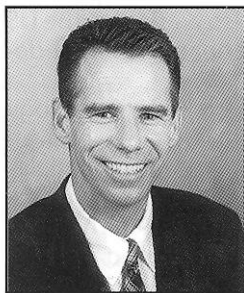
Yours on the Trails,

Bob Braman

Coach Bob Braman



FLORIDA STATE COACHING STAFF



BOB BRAMAN

Head Coach
University of Florida '80

Bob Braman takes the helm of Florida State cross country after 17 years of national level success at the University of South Florida. Braman

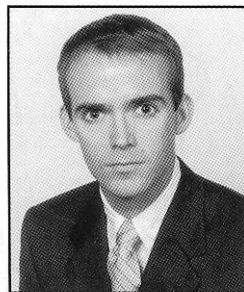
has taken over the head coaching duties for the men's and women's cross country teams and serves as the distance coach on head coach Terry Long's track and field staff.

Braman began coaching in 1983 as a men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance the USF men's cross country team won the last three Conference USA titles while the women's team is the two time defending Conference USA champion. Braman coached the men's and women's cross country teams to top 30 finishes 1999. His men's cross country teams also won six-straight conference titles between 1988 and 1993, three were in the Sun Belt Conference and three were in the Metro Conference.

During his tenure at South Florida, Braman was honored as Coach-of-the-Year 14 times. His men's cross country teams earned national rankings ten of the last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of the last six years. Braman has coached 38 national qualifiers in cross country, and 28 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000 meters 1992 and 1993).

Braman, 42, is married to the former Debbie Turner and has two sons, Steven (12) and Tyler (10).

Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



PAUL SPANGLER

Assistant Coach
University of Alabama '98

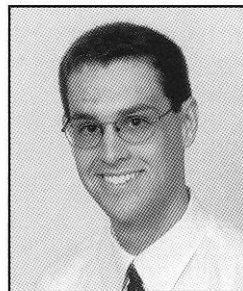
Paul Spangler begins his third season as the assistant coach for the men's and women's cross country team. Spangler came to Florida

State after an accomplished four-year career at the University of Alabama. At FSU, he assists in the coaching and recruiting of all distance runners.

After originally walking on at Alabama, he went on to earn a scholarship and numerous honors for the Crimson Tide. Spangler was named to the All-Southeastern Conference and all-district teams in cross country while also recording the fifth-fastest time in the indoor 5000 meter and the 10th fastest outdoor 10,000 meter in school history on the track. Spangler also competed at two NCAA cross country national championships. An All-SEC academic team selection, he graduated with a degree in sports management.

A native of Brooksville, Fla., Spangler began his distance career at Hernando High School. He won the state two-mile title as a junior and was the runner-up as a senior. In cross country, he was a two time champion at the conference and district championships and he also earned academic all-conference honors.

Spangler, 25, is currently pursuing his masters degree in sport administration. He continues to train and run competitively.



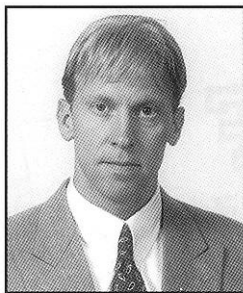
JAMIE VAUGHN

Graduate Assistant
University of North Carolina at Asheville '97

Jamie Vaughn takes over the position of Graduate Assistant after serving last year as a volunteer

assistant. Vaughn came to FSU after two year stint as an assistant coach for the Chapel Hill-Carrboro Pacers, a youth running club that competes in the USATF Junior Olympic circuit in North Carolina. Under Vaughn's guidance 35 athletes have qualified for the national championships in both cross country and track and field, while four of those athletes moved on to earn All-America honors and one won a national cross country championship. Vaughn handles the day to day tasks of team travel planning, compliance issues, as well as maintaining the cross country and track and field programs' website, www.fsutrack.com.

Jamie competed collegiately at the University of North Carolina at Asheville. He was a two time scorer in the 10,000m race at the Big South Conference Outdoor Track and Field Championships. Vaughn earned a bachelors degree in economics at UNCA where was named to the Dean's list several times and earned All-Big South academic honors. He is currently pursuing a masters in sport administration at FSU and plans to pursue a second master's in business administration.



TRENT SANDERSON

Volunteer Assistant
University of New Orleans

Sanderson comes to FSU for his first year as a volunteer assistant after a stint as the head cross country coach at Colorado Rocky

Mountain School, the middle distance and distance coach at Glenwood Springs High School and the coach of the Springers' track club in the summer.

He also directs a non-profit sports organization that foster amateur athletes in their development throughout the country. Over the past four-year stint, he has pro-

duced two national champions, four regional champions, and nine athletes to earn prep All-American status. He has also coached half the women's junior cross country national team who competed in Belfast, Ireland at the World Junior Cross Country Championships in 1999. He has worked with some of the top prep female distance runners in the country including Denna Drossin, US Olympic trials 10,000m champion in 2000. He has also worked at the US Olympic training center working to enhance mental development in athletes.

Sanderson graduated with a BS in exercise physiology from the University of New Orleans where he had an illustrious career in cross country and track and field. Sanderson was All-Sunbelt Performer, All-Louisiana in track and field, posted the second-fastest 10,000m in the state of Louisiana, All-American in the NJCAA marathon and all conference in the 1500m.

2000 ROSTERS

SEMINOLES

Nathan Adams	SO	Longwood, FL
Ryan Atkins	JR	Venice, FL
Aaron Caruso	SO	Boynton Beach, FL
Dan Clark	FR	Fairbury, IL
Nate Davis	FR	Largo, FL
Brian Fleishman	JR	Jacksonville, FL
Danny Fritz	FR	Cincinnati, OH
Dave Guerra	SO	Vallejo, CA
Ryan Hicks	SO	Nokesville, VA
Tommy Kunish	JR	Pensacola, FL
Shawn Patterson	FR	Valpariso, FL
Mike Pearce	FR	Rockledge, FL
Eric Ritchson	SO	Niceville, FL
Nick Stuart	SO	Lake Mary, FL
Jim Van Veen	FR	Satellite Beach, FL
Josh Ware	SR	Ft. Myers, FL
Glen Wilson	FR	Winter Springs, FL

LADY SEMINOLES

Brooke Bastien	JR	Brooksville, FL
Cynthia Campbell	SR	St. Catherines, Canada
Kelly Cramer	FR	Cary, NC
Andrea Dulmage	SO	Orlando, FL
Misty Harper	SO	Seminole, FL
Katie Jeffery	SO	Kanata, Canada
Erica Lazarus	JR	Wellington, FL
Mari Leitner	FR	Pensacola, FL
Beth Lukens	FR	Sarasota, FL
Rachel Marsh	FR	Kissimmee, FL
Erin McGee	SO	Gulf Breeze, FL
Amy Pleckaitis	FR	Woodbridge, CT
Brandi Rook	SO	Tallahassee, FL
Laurel Slyck	JR	Germany
Jordana Whittington	FR	Sarnia, Ontario Canada
Kim Winn	SO	Tallahassee, FL

HEAD COACH	Bob Braman
ASSISTANT COACH	Paul Spangler
GRADUATE ASSISTANT	Jamie Vaughn
VOLUNTEER ASSISTANT	Trent Sanderson

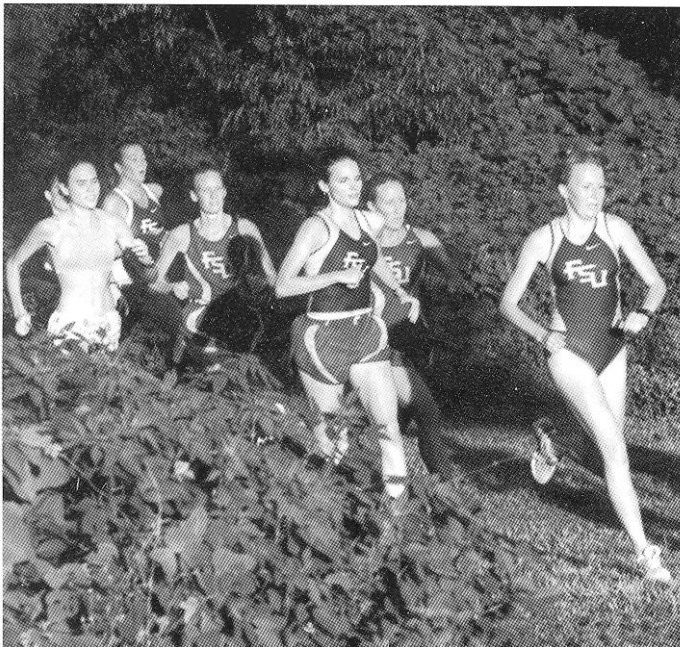
2000 WOMEN'S CROSS COUNTRY YEAR IN REVIEW

The Florida State women's cross country team fielded a young squad this season, including the new face of renowned head coach Bob Braman. Braman came to FSU after a distinguished career at the University of South Florida. During his tenure at USF, Braman was honored as Coach-of-the-Year 14 times, leading the Bulls to 14 conference titles and qualifying five teams for the NCAA Championships. Braman came to FSU with high hopes for the Lady Seminoles, many of which were met.

The women's team earned four top-five team finishes throughout the season, the highest of which was a victory at the Florida Intercollegiate Championships. FSU added a runner-up finish at the Crimson Classic, a fourth-place finish at the Appalachian State Invitational and a fifth-place finish at the NCAA South Regional Championships. Those finishes were good enough to earn the Lady Seminoles a number two ranking in the South NCAA Region, their highest ranking ever.

The Lady Seminoles began their season with an impressive start, taking fourth place at the Appalachian State Invitational. Freshman Amy Pleckaitis showed early signs of how important she would be to the team throughout the season, by winning the meet with a time of 18:10 over the 5K course. The second positive sign from the race was the emergence of junior Brooke Bastien. Bastien displayed her improvement over the summer with her second-place finish with a time of 18:18. The one-two punch of Pleckaitis and Bastien would lead the Lady Seminoles to new heights throughout the season.

On September 16th, the team traveled to Tuscaloosa, Ala., for the NCAA Pre-Region meet, where once again the Lady Seminoles put on an impressive performance while



showing that they were a threat in the South Region. The team finished second in a 26-team field, a mere three points behind defending South Region Champion, South Florida. Pleckaitis once again lead the Lady 'Noles, placing fifth. Her personal record of 17:35 over the 5K course was good enough to be in the top ten all-time for the Seminoles. Bastien ran second for the team running 17:54. The trio of sophomore Katie Jeffrey, senior Cynthia Campbell, and junior Kim Winn placed 15th, 16th, and 17th, respectively.

Up next for the women from FSU was the highly competitive and prestigious Notre Dame Invitational. Pleckaitis continued to lead the Lady 'Noles and finished 27th overall, with a time of 17:54 over the 5K course. Bastien placed second for the team with a time of 18:03 and Jeffrey followed, running 18:27. The team finished 11th out of 31 teams and was only a couple of points behind teams that qualified for the NCAA Cross Country Championships.

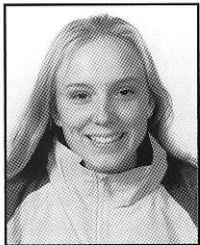
The next weekend the team headed to the University of South Florida, for the Florida Intercollegiate Championships. The women literally ran away from the competition and won the meet. Pleckaitis again lead the Lady Seminoles and the competition, running 17:55 over the 5200 meter course and winning the race over an impressive field, which included several national caliber runners. The meet also saw four other Lady Seminoles place in the top-ten overall, Bastien (3rd-18:13), Jeffrey (5th-18:23), Campbell (6th-18:26), and Winn (8th-18:43).

Full of confidence, the women headed to the Atlantic Coast Conference Championships hosted by North Carolina State University in Raleigh, N.C. Pleckaitis ran tough against the ACC competition and placed ninth overall, earning All-ACC honors, the first Lady Seminole ever to achieve that honor. She ran 18:52 over the hilly 5K course. Bastien ran 19:02 and placed 14th, while Jeffrey ran 19:29 and placed 29th, overall. The team finished sixth in the meet behind five national qualifiers.

The final meet of the season was the NCAA South Regional Cross Country Championships. The Lady Seminoles were one of the top contenders for the top two spots and a trip to the NCAA Cross Country Championships in Ames, Iowa. The team finished fifth overall, the highest finish ever for a Lady Seminole team in the South Region, as well as scoring their lowest point total ever. On the individual side, Bastien placed 13th, running 21:27 over the 6K course and Jeffrey ran 21:32, finishing in 15th place. Both runners earned All-NCAA South Region honors.

The inaugural season for Bob Braman as the head of the Lady Seminole Cross Country team was impressive. The team had set difficult goals and achieved the majority of them. For each of the women on this team, success was gained and even greater success is waiting in future seasons to come.

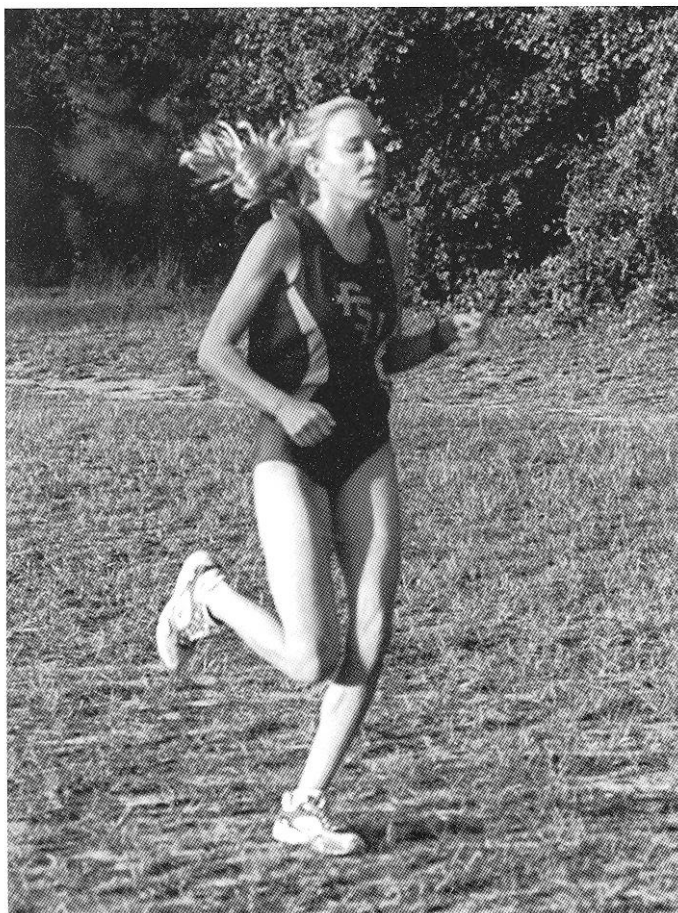
LADY SEMINOLE BIOGRAPHIES



BROOKE BASTIEN Junior Brooksville, FL

This summer Brooke Bastien truly committed herself to becoming the best distance runner possible. This was evident in her runner-up finish at the Appalachian State Invitational behind teammate Amy Pleckaitis. Over the season Bastien posted a personal best of 17:54 at the Crimson Classic Invitational, a full 1:30 faster than her best a year ago. Her season highlight came when she earned NCAA All-South Region Honors with her 13th place finish. Bastien improved 46 places from the 1999 ACC Meet when she finished 14th and narrowly missed All-ACC honors. In the fall of 2000 Bastien was named Academic All-American for her success in the classroom. She had an excellent prep career at Central High School in Brooksville where she was the state runner-up at 3200m in both her junior and senior years and fourth place in the mile her senior year. A transfer from Jacksonville University, Bastien is in her second year at Florida State, majoring in English education.

5K XC BEST: 17:54
TRACK BESTS: 10:57 3200m 14:00 4000m



Brooke Bastien



CYNTHIA CAMPBELL Senior St. Catherines, Ontario

Campbell's best races of the year came at both the Crimson Classic Invitational and the Florida Intercollegiate Championships where she finished 16th and sixth, respectively. Campbell, finished 26th overall at the 1999 NCAA Regional Cross Country Championships running 17:46 over the 5000m course. On the track Campbell placed eighth at the ACC Track and Field Championships in the 10,000m run posting the seventh-fastest time in FSU history. As a prep her career was highlighted with a third-place finish in the Canadian Junior Nationals her senior year. Cynthia is an international affairs major who spent the summer working in Washington D.C. She has been named to the Dean's List and to the All-ACC Honor Roll while at FSU.

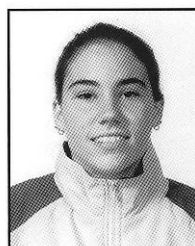
5K XC BEST: 17:29
TRACK BESTS: 10:06 3000m 14:05 4000m



ANDREA DULMAGE Sophomore Longwood, FL

Andrea Dulmage's best race of the year came at the prestigious Notre Dame Invitational where she ran 18:39 over 5000m. She placed in the top seven for the Lady Seminoles at the ACC and NCAA Regional Cross Country Championships in 1999. On the track, Dulmage qualified for the 2000 Junior National Track and Field Championships in the 5000m run. As a prep at Lake Brantley High School she won a state cross country team championship in 1998, and also placed seventh overall in the 3200m in 1999. She is also an excellent student who was named to the National Honor Society in High School and to the Dean's List at FSU.

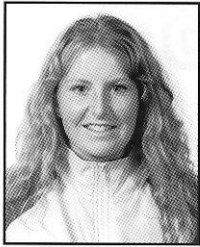
5K XC BEST: 18:30
TRACK BESTS: 11:12 3200m 14:22 4000m



MISTY HARPER Sophomore Seminole, FL

Misty Harper ran in the top seven for the Lady Seminoles in the ACC Championships. She hails from Seminole High School in Seminole, Fla., where she was named the MVP in both track and field and cross country multiple times. She also earned All-Conference honors. Harper is currently a psychology major.

5K XC BEST: 19:11
TRACK BESTS: 11:27 3200m



KATIE JEFFREY
Sophomore
Ottawa, Canada

Katie Jeffrey ran her best race of the year at the NCAA South Region Championships, where she placed 15th overall and earned All-South Region honors becoming the first Lady Seminole to be named to the All-Region Cross Country Team back-to-back years. Jeffrey was the top runner for the Lady Seminoles in both the 1999 ACC and Regional Championships, earning All-Region honors with her 15th-place finish. Came to FSU as a highly regarded high school runner where she finished in the top 15 in the Canadian National Junior Cross Country Championships. A very versatile athlete who also played basketball and soccer while in high school. Jeffrey is a business major.

5K XC BEST: 17:30
TRACK BESTS: 10:01 3000m 14:08 4000m



ERICA LAZARUS
Junior
Wellington, FL

Erica Lazarus is another individual that has improved a lot while at Florida State University. She dropped almost three minutes off her high school personal best of 14:21 for 3200m, which makes Lazarus one of the most improved athletes on the team. A nursing major who is also an excellent student, she has been named to the Dean's List every year while at FSU. She also has been named to the All-ACC Academic Honor Role several times. Lazarus comes from a long line of Seminoles, her father and all three of her siblings have attended FSU.

5K XC BEST: 19:32
TRACK BEST: 11:30 3200m 19:16 5000m



BETH LUKENS
Freshman
Sarasota, FL

Beth Lukens was a consistent top-seven performer for the Lady Seminoles in 2000. She was a multiple time all-state performer in cross country who finished sixth overall in the state her senior year while competing for Riverview High School. In high school, Lukens finished eighth in the state championships her senior year in the 1600m run and third overall in the 3200m run. Lukens is also an excellent student who was on the honor roll all four years in high school. She plans to major in graphic design and photography.

5K XC BEST: 19:10
TRACK BESTS: 11:20 3200m 5:04 1600m



RACHEL MARSH
Freshman
Kissimmee, FL

Rachel Marsh came to FSU from Osceola High School where she was a several time MVP in both track and cross country. Like her fellow teammate Kim Winn, Marsh improved her 5k time by over three minutes from high school in just her first season. She is a very outgoing person who will continue to improve and she should make an impact in the future. Marsh also played soccer in high school, where she was chosen the team captain her senior year. She plans on majoring in exercise science.

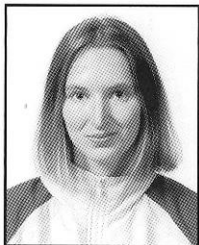
5K XC BEST: 19:16
TRACK BESTS: 5:16 1600m



AMY PLECKAITIS
Freshman
Woodbridge, CT

After a herald prep career where she led the nation during the indoor track season (9:54-3000m), Amy Pleckaitis was better than advertised in her first collegiate cross country season. Pleckaitis led the Lady Seminoles throughout the fall campaign in five-consecutive races before falling ill at the NCAA South Region Championships. That streak included two invitational wins and an All-ACC Honor; the first time any FSU harrier has earned that honor. Along the way Pleckaitis also contributed outstanding races at the prestigious Notre Dame Invitational (27th-17:50) and the Alabama Crimson Classic (3rd-17:35). In each of those races she defeated several eventual NCAA National Qualifiers, an honor she surely would have achieved if not for her untimely illness at the Regional Cross Country Championships. Pleckaitis is certainly a threat to win the NCAA South Region title next fall. Among her achievements is a seventh place finish at the USA Junior National Cross Country Championships and was the first alternate for the 2000 IAAF World Junior Cross Country Championships. Pleckaitis is a computer science major.

5K XC BEST: 17:35
TRACK BESTS: 9:54 3000m 13:58 4000m



KIM WINN
Sophomore
Tallahassee, FL

Kim Winn is a redshirt sophomore who was in the top five for the Lady 'Noles in all but one meet this season. She is one of the most improved runners on this year's squad having improved over three minutes from her 5k high school personal best. Named an all-state performer in both the 800m open and 4x800m relay, multiple times while attending Florida High School in Tallahassee. Kim also enjoys running road races and recently finished in the top 20 at the National 15k Championships. Winn is an art education major.

5K XC BEST: 18:09
TRACK BESTS: 11:15 3200m 14:12 4000m

2000 MEN'S CROSS COUNTRY YEAR IN REVIEW

The Florida State men's cross country team began the season with a few new faces, including new head coach, Bob Braman. Braman came to FSU after 17 years at the University of South Florida where his men's teams won nine conference cross country championships including the last three Conference USA titles. Braman's experience paid immediate dividends.

The 2000 men's team entered the season with many new faces and few experienced runners, yet the team managed to secure five top-ten finishes including a Florida Intercollegiate title, two third-place finishes, and a ninth-place finish in the NCAA South Region. The team relied on a number of runners to improve and compete hard to achieve the team's goals throughout the season.

The season started out on a positive note at the Appalachian State Invitational where the squad placed third behind two conference champions, South Florida (Conference USA) and host Appalachian State (Southern Conference). Three runners placed in the top twenty overall, lead by sophomore Nick Stuart. Stuart finished fifth overall with a time of 26:01 over the 8K course. Senior and top returner Josh Ware was the second finisher for the

team, he placed seventh overall running 26:10. Unfortunately this was the only race Ware would run during he season as he developed an early season injury that kept him out of competition for the rest of the season. The Seminoles missed Ware's experience and racing savvy, and were forced to rely on some young runners to step up to the challenge for the rest of the season.

Up next for the Seminoles was a trip to Tuscaloosa, Ala., to compete in the NCAA South Pre-Region meet. The men were led by Stuart who ran 24:57 over the 7800 meter course, finishing 22nd overall. Sophomore Ryan Hicks and Freshman Danny Fritz were two-three for the team finishing 33rd and 40th, respectively. The team placed sixth out of 23 schools.

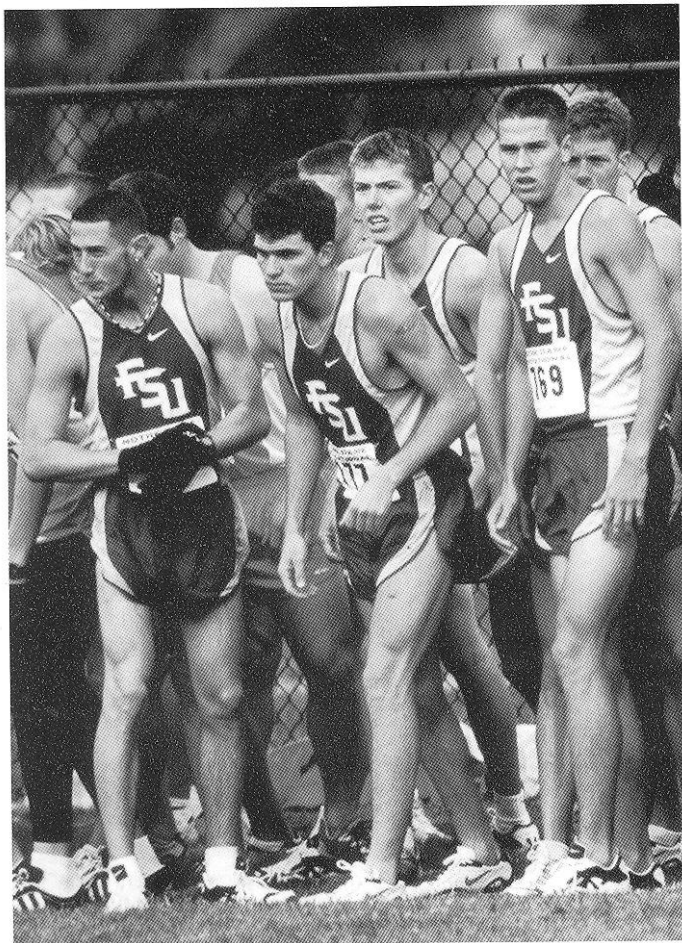
On October 6th, the 'Noles headed north to race in the highly competitive and prestigious Notre Dame Invitational. This meet saw four Seminoles run lifetime bests over the 8K course, Stuart (25:21), sophomore Dave Guerra (25:39), junior Brian Fleishman (25:59) and Hicks (26:07).

The men then headed south to the former stomping grounds of coach Braman, the University of South Florida and the Florida Intercollegiate Championship. This race was an outstanding effort for the team. The meet saw eight of the first eleven finishers wear garnet and gold, lead by Stuart who ran 26:08 over the 8300 meter course. The second Seminole finisher was Fleishman (5th-26:57), followed by Hicks (6th-26:58), Tommy Kunish (7th-27:04), Eric Ritchson (8th-27:05), Ryan Atkins (9th-27:08), Dan Clark (10th-27:14), and Jim Van Veen (11th-27:14). The men won the overall title by 70 points. As a result of their strong performance they were rewarded with a ranking of eighth in the South Region. That ranking matched their highest ever South Region ranking.

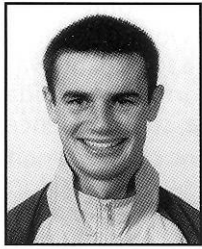
With the confidence boost of the Florida Intercollegiate behind them, the men headed to Raleigh, N.C. for the Atlantic Coast Conference Championships. Guerra stepped up for the Seminoles at the conference championships. He ran his best meet of the year and placed 26th overall, running 26:20 over a very tough 8K course. The Seminoles placed seventh, as a team, in the meet. The squad bettered its point total by 30 as well as moving up one spot from last year's eighth-place finish.

The final race of the season for the Seminoles was the NCAA South Region Championships in Tuscaloosa, Ala. Guerra again shined in the big race as he became the first 'Nole since Aaron Scheer in 1998 to earn all-district honors with a 22nd-place finish over the 10K course. His time was 32:23. The Seminoles finished ninth as a team in the 19-team field, improving six places from last year's finish.

The harriers from FSU return all but one runner from this year's team and have already recruited several runners who will make an immediate impact. The future looks bright for FSU cross country.



SEMINOLE BIOGRAPHIES



RYAN ATKINS Junior Venice, FL

Ryan Atkins is a third-year runner for the Seminoles. He has been a member of the top seven at the ACC and NCAA Regional Championships throughout his career. Atkins came to FSU from Venice High School where he was named to the all-region team in his final three years. He earned all-state honors his senior year. Atkins enjoys hunting and fishing and is majoring in criminology.

8K XC BEST: 26:14
TRACK BEST: 20:28 4 mile



Dave Guerra



DAN CLARK Freshman Fairbury, IL

Dan Clark is a redshirt freshman. Clark ran a personal best 26:08 8k at the Crimson Classic. Clark was a consistent member of the top seven for the Seminoles the entire season. He came to FSU from Illinois Prairie Central High School where he earned all-state honors on the track as a senior, and was a member of the basketball team. He is a psychology major.

8K XC BEST: 26:08
TRACK BEST: 20:19 4 mile 14:51 3mile



BRIAN FLEISHMAN JUNIOR JACKSONVILLE, FL

Brian Fleishman is a Seminole that excels at the longer distances, who consistently placed in the top three throughout the year. Fleishman graduated from Stanton High School, where he participated in swimming. Not until Fleishman came to college did he explore running as a career. During the season, Brian posted the second-fastest time in the four-mile team time trial with a time of 19:55. He also participates in triathlons, and placed second overall at the 2000 US Triathlon National Championships. A former Junior National Triathlon Champion, Fleishman has a half marathon personal record of 1:11:17. Fleishman is sociology major.

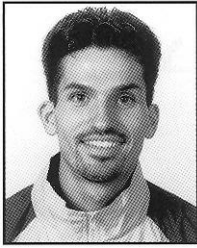
8X XC BEST: 25:56
TRACK BEST: 14:41 3 mile 19:55 4 mile



DANNY FRITZ Freshman Cincinnati, OH

Danny Fritz is a second-year runner who redshirted last year due to injury. His best race of the year came at the Crimson Classic Invitational where he posted a personal best of 25:49. Fritz also ran a 9:39 for the 3000m steeplechase as a true freshman during track season. Fritz is an excellent student who was named to the Dean's List his first two semesters at FSU, and also was named to the National Collegiate Scholars Honor Society. He ran at St. Xavier High School where his team won a state cross country title. Fritz was also the MVP of his team his senior year in high school and plans to major in business.

8K XC BEST: 25:49
TRACK BEST: 14:43 3 mile 9:39 3K Steeple



DAVE GUERRA
Sophomore
Vallejo, CA

Dave was the No. 1 runner at the ACC Championships and NCAA South Regional Championships. At the South Regional Championships, he placed 22nd overall and earned All-Region honors. Guerra was the first Seminole

to earn that honor since Aaron Scheer in 1998. He came back to running after taking four years off while serving a tour of duty in the Air Force. This cross country season was Guerra's first since his freshmen year in high school, eight years ago. He graduated from Vallejo High School where he ran personal records of 9:21 for 3200m and 4:20 for 1600m. He also earned an AA degree in communications from Gulf Coast Community College. Guerra is majoring in public relations.

8K XC Best: 25:39

TRACK BEST: 14:53 3 mile 20:11 4 mile



RYAN HICKS
Sophomore
Nokesville, VA

Ryan Hicks ran a personal best of 25:43 for 8k in 2000 at the Crimson Classic Invitational. Hicks also ran a personal best of 14:44 for the three-mile team time trial during the fall. He comes to

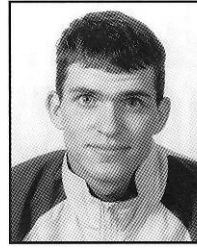
FSU from Brentsville District High School, where he was an all-state performer four times. In his senior year, he was the state runner up in the 3200m run with a time of 9:34. He is an excellent student who was named to the Dean's List and the National Collegiate Scholars Honor Society in his first year at FSU. His brother Ken ran for Mississippi State University.

8K XC BEST: 25:43

TRACK BEST: 14:44 3 mile



Nick Stuart



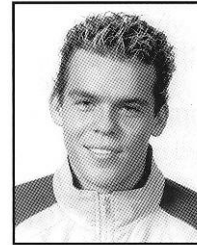
TOMMY KUNISH
Junior, Pensacola, FL

Tommy Kunish is a third-year runner for the Seminoles. He qualified for the USA Junior National Championships his freshmen year in the 1500m run. Kunish came to FSU as a highly decorated prep athlete who won the 1600m state championship as a senior and was

also named the Runner of the Year for Northwest Florida his junior and senior years. Kunish is a social science education major.

8K XC BEST: 25:35

TRACK BEST: 3:55 1500m 14:49 3 mile



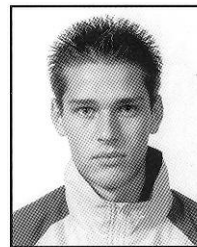
ERIC RITCHSON
Sophomore, Niceville, FL

Eric Ritchson is a second year runner for the Seminoles. He ran his personal best 8k of 26:10 at the Crimson Classic. Ritchson ran 3:55 for 1500m as a true freshman on the track and qualified for the USA Junior National Championships. As a prep, he competed for Niceville High School where

he ran 4:18 for 1600m and placed third overall in the state meet at 1600m. He is an excellent student who graduated Cum Laude from high school and was on the top honor roll all four years. Ritchson is majoring in chemical engineering.

8K XC BEST: 26:10

TRACK BESTS: 3:55 1500m 14:39 3 mile



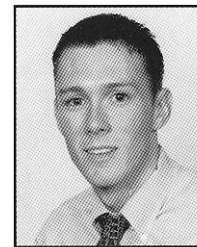
NICK STUART
Sophomore
Lake Mary, FL

Nick Stuart led the Seminoles in all but two races throughout the 2000 season. Stuart's best races of the year came at the Florida Intercollegiate Invitational where he posted a second-place finish with a time of 26:08 over the 8300m course,

and the Notre Dame Invitational where he ran 25:21 for 8000m. As a freshman on the track, Stuart ran 3:58 for 1500m and just missed qualifying for the USA Junior National Championships. He had a stellar prep career at Lake Mary High School where he ran 4:21 for 1600m his senior year. Stuart is currently majoring in business.

8K XC BEST: 25:21

TRACK BEST: 14:32 3 mile 3:58 1500m



JOSH WARE
Senior, Fort Myers, FL

Josh Ware is the lone senior on this year's cross country squad. He was only able to compete in one meet before falling to an early-season injury. At the Appalachian State Invitational Ware recorded a seventh-place finish directly behind teammate Nick Stuart. During the 2001 track

season Ware will be looked upon to excel in the 10,000m run where he placed eighth in the ACC Championships his sophomore year. A transfer from Troy State University, Ware is majoring in accounting.

8K XC BEST: 26:07

TRACK BEST: 15:32 5000m

THIS IS FLORIDA STATE UNIVERSITY

Florida State University, a coeducational graduate research institution, stands among the nation's elite in both academics and athletics, as it celebrates its sesquicentennial anniversary in 2001.

Located on the oldest continuous site of higher education in Florida and building upon the impeccable reputation of its beginnings as a distinguished liberal arts college for women, the university has grown in the past 53 years as an institution of national and international esteem.

Its stature is evident in its recent record of excellence:

- ▼ In 1994, Florida State was classified a "Research University I" by the Carnegie Foundation, placing it among the nation's top research universities.
- ▼ In 2000, following approval by the 2000 Florida Legislature, FSU created the Institute of Medical Sciences as a transitional unit that will evolve into the College of Medicine by fall 2001. The college will increase the quality of Florida medical care by training primary care physicians with a focus on treating the elderly and people in underserved areas such as rural communities and inner cities.
- ▼ In 2000, FSU bought the most powerful university-owned supercomputer in the world. The IBM RS/6000 Supercomputer can perform 2.5 trillion calculations per second. Located in the School of Computational Science and Information Technology, the supercomputer will be used by FSU researchers to predict hurricanes and compare DNA sequences as complex as those of the human genome.
- ▼ In 2000, FSU was ranked 18th among universities in the "America's Most Wired Colleges" ranking by Yahoo! Internet Life Magazine.
- ▼ The Challenger Learning Center of Tallahassee, a project of the FAMU-FSU College of Engineering, is scheduled to open in March 2002. The center, to be built on Kleman Plaza in downtown Tallahassee, will feature a space mission simulator common to all of the centers, and a 300 seat IMAX theater and a domed planetarium laser theater. It will serve middle schools in a 66-county area of North Florida, Southeast Alabama and South Georgia. The 39 Challenger Learning Centers throughout the United States, Canada and Europe introduce more than 350,000 middle school students annually to the exciting possibilities of science, engineering and technology.
- ▼ LEXIS®-NEXIS® Academic Universe, the online information service that FSU helped develop and test from 1995 to 1998, is now used at more than 1,200 universities and colleges.
- ▼ As a testament to FSU's effort to foster a spirit of community service among its students, FSU ranks second in Florida and third in the Southeast for producing 27 currently serving Peace Corps volunteers. The Center for Civic Education and Service was established in 1994 to promote civic responsibility and community involvement through service as integral elements of the liberal arts education at FSU. Through ServScript, students' service may be recorded on their official academic transcript.
- ▼ In 2000, the Ph.D. program in the College of Business has the highest minority enrollment of any Ph.D. business program in the United States. In recent years, it has graduated more minority doctoral students than any other Ph.D. granting institution.
- ▼ In 2000, the National Geographic Society and FSU started the Florida Geographic Alliance that will bolster geographic education among Florida school children by preparing and equipping Florida's K-12 teachers with better information and tools.
- ▼ In 1999, FSU was selected by the U.S. Department of Energy to become one of the research institutions to operate the Oak Ridge National Laboratory (ORNL), a multiprogram science and technology laboratory in Oak Ridge, Tenn., headed by the University of Tennessee-Battelle. The five-year management and operations contract is valued at about \$2.5 billion. FSU was invited to join ORNL because of its strong faculty research activities in material sciences, structural biology, computational sciences and magnet technologies.
- ▼ In fiscal year 1999-2000, FSU reached the highest level of external funding for research in its history, attracting more than \$116.9 million. The amount represents a 15.5 percent increase over last year's award level.
- ▼ In fiscal year 1999-2000, the FSU Foundation raised \$89.7 million, the largest amount ever raised in a single year at FSU. The amount represents a 21 percent increase over the previous year.
- ▼ At more than \$287.4 million, FSU's endowment has been ranked 150th in the nation by the National Association of College and University Business Officers, the benchmark of higher education fundraising success, in 2000. Since 1994, FSU's endowment ranking has surpassed 156 other institutions.
- ▼ Among public institutions with National Merit Scholars in 1999, FSU was ranked No. 12 with 284. Among those with National Achievement Scholars, FSU was ranked No. 3 with 73.
- ▼ In December 1999, researchers at the National High Magnetic Field Laboratory used a hybrid magnet to conduct the lab's first research in continuous magnetic fields of 45 tesla, or one million times the Earth's magnetic field. The \$100 million magnet lab, which was established in 1990 by the National Science Foundation, is run by FSU in partnership with the University of Florida and the Los Alamos National Laboratory. Vice President Al Gore spoke at the dedication of the magnet lab in October 1994.
- ▼ In 1999, FSU created the Institute on World War II and the Human Experience to "save the memories of those who saved the world" by collecting letters, diaries, memoirs and photos from participants in the war effort, in order to preserve the materials for classroom teaching, scholarly research and public viewing.

As this list of highlights attests, Florida State has excelled in the 1990s with exceptional strength, energy and vision for the future. Under the leadership of the university's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, FSU will continue to build on the foundation of its history of excellence in scholarship, research and service.

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1851 by legislative act and began in Tallahassee with its first students in 1857.

Today, FSU's operating budget is \$600 million. Faculty and administrators generate more than \$116 million annually in external funding to supplement state-sponsored re-

search. Three direct-support organizations serve to bolster the university: the FSU Foundation, which raised \$301 million in private gifts during the university's first capital campaign, Seminole Boosters and the FSU Alumni Association.

The main campus is spread over 463.4 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s after years of being landlocked at 347 acres. FSU owns 1,368.5 acres in Leon, Bay, Franklin, Gadsden and Sarasota counties.

Within the state, the university maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory in the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years, FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica, Spain, Russia, Vietnam and the Caribbean. FSU's student centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe.

Florida State offers 292 graduate and undergraduate degree programs through its eight colleges — Arts and Sciences; Business; Communication; Education, Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences, Law, and Social Sciences (which also incorporates the Reubin Askew School of Public Administration and Policy) — and eight schools — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,784 members, the FSU faculty has included nine National Academy of Sciences elected members, nine American Academy of Arts and Sciences fellows and five Nobel laureates. It is backed by 3,136 administrative/professional and support staff.

Library holdings at Florida State include 2.2 million book

titles, 15,511 serials and 4.7 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Center Library is located at the heart of the university's science research complex. FSU also maintains extensive music, library science and law libraries.

FSU's 6,215 graduate students pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

FSU, a residential campus, places a high priority on its 33,327 students and their needs and interests (of the student population: 44.4 percent are male; 55.6 percent are female; 22.3 percent are minorities; 3.5 percent are foreign students). The University Honors Program, Disabled Student Services, International Student and Scholar Center, Student Government Association, Flying High Circus and intramural sports are among more than 200 organizations and activities in which students may participate.

Situated in the heart of the state's thriving capital city, Florida State's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods, palms and azaleas of North Florida.

Florida State continues to progress and grow — from its pre-Civil War foundation as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.

Florida State University enters the 21st century with excellence in all areas of its mission — teaching, research and public service.



THIS IS TALLAHASSEE

Near, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent.

Best known as Florida’s capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two- or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents.

Tallahassee touts a menagerie of sights including one of the world’s deepest freshwater springs, site of America’s first Christmas, a wildlife habitat, Capitol buildings, fascinating museums of history, sprawling plantations, highly acclaimed fishing and hunting adventures and nearby beaches. Spirited area festivals range from celebrations of Tallahassee’s spectacular spring and swamp stomps to genuine rattlesnake roundups and seafood festivals.

With the Gulf of Mexico just 20 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida’s panhandle and peninsula. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate and lifestyle.

Accentuating Tallahassee’s Southern persona are lush rolling hills, likened to the seven hills of Rome, and five “official” canopy roads of patriarch oaks. The fertile, rich soil and four distinct, yet pleasant, seasons breed floral brilliance and natural vitality year-round.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to find a permanent, central location for the Legislature to convene. The two met at a beautiful site that the Creek and Seminole Indians called “tallahassee” — derived from the words “talwa” meaning town and “ahasee” meaning old. The rendezvous point remains Florida’s capital.

The “old town” has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage. The Capitol buildings, both old and new, epitomize Tallahassee’s perseverance.

The 22nd floor of the New Capitol provides a panoramic scope of a sophisticated Southern city awash in a sea of flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of shimmering lakes, springs, swamps, rivers and sink holes. Special legislative viewing galleries are open during the legislative session.

Below, in the shade of giant live oaks, proudly stands the Old Capitol, originally constructed in 1845 and restored to its 1902 splendor complete with red-and-white candy-striped awnings, a dome adorned with stained glass, antique furnish-

ings and political memorabilia.

Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran’s Memorial, and the blue stone Union Bank, Florida’s oldest surviving financial institution. The nostalgic Old Town Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for *free* — unheard of even 100 years ago.

Minutes from downtown lies the Governor’s Mansion, which resembles the home of Florida’s military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals.

Tallahassee remains firmly linked with the past as evidenced by the unearthed 1539 winter encampment of Spanish Hernando de Soto, the site of the first Christmas celebration in America. Visitors travel back through time as they stand in the shadow of a giant 12,000-year-old American Mastodon at the Museum of Florida History or explore other historical spots including The Knott House that Rhymes, The Columns, San Luis Mission, Lake Jackson State Archaeological Site, Natural Bridge Battlefield, First Presbyterian Church, Brokaw-McDougall House, Goodwood Plantation and Adams Street Commons.

Nearby, alligators lazing in the sunshine and aninga “snake birds” perched on twisted cypress branches are seen at Wakulla Springs, one of the world’s deepest freshwater springs and site of many underwater scenes in the “Tarzan” movies with Johnny Weissmuller and Maureen O’Sullivan. Safaris aboard glass-bottomed and jungle cruise boats whisk visitors within arm’s length of “The Other Florida.”

Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds and the Gulf — just 30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the “big ones,” and dense forests offer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St. Marks National Wildlife Refuge and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking and exploring.

Appealing to the strokes of different folks, Tallahassee also features 99 holes of golf on six courses and a proliferation of tennis centers. Sideline athletes cheer the nationally-ranked Florida State Seminoles, Florida A&M Rattlers and the Tallahassee Tiger Sharks, of the East Coast Hockey League. And always a sure bet are the nearby greyhound races.

A sport of sorts, shopping at two regional malls and many specialty centers offer many “playing options” — from popular chains to curiosity and antique shops.

Cultural interests are sparked by widely-acclaimed museums and galleries and elaborate entertainment at the 14,000-seat Tallahassee-Leon County Civic Center.

Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.

WELCOME TO "TRAIL" AHASSEE

Tallahassee is home to some of the best running trails in the Southeast United States. Combined with the ideal climate of North Florida, Tallahassee is regarded as one of the No. 1 training sites for distance runners in the world.

The capital city host over 200 miles of running trails. Within a 10-minute drive from campus one can visit various training sites that range from single-track trails to large carriage trails. The wide varieties of training options are idea for distance training. If you are looking to do a long trail run or a hard tempo run over hilly terrain, Tallahassee has what you're looking for.

▼ **Wakulla Springs:** Located just a short drive from campus, Wakulla Springs is a great place for your long distance training runs. Over 10 miles of trails intersect the park, which also includes a natural spring and diving platform. The water is a constant 65 degrees that is refreshing after the hard week of training.

▼ **Lake Jackson:** Included in the Lake Jackson Park are a variety of training options. Over 15 miles of wide carriage trails run throughout the park. The hilly terrain surrounding Lake Jackson make it ideal for tempo runs. Intersecting many of the carriage trails in Lake Jackson is a vast network of single-track trails. These picturesque trails run through ravines and natural streams that blanket the park.



- ▼ **Capital City Country Club:** Called C-4 by members of the cross-country team Capital City Country Club sits on some of the hilliest land in Florida. The golf course's soft footing makes it an ideal site for hill training and tempo running.
- ▼ **Apalachicola National Forest:** Located just 5 minutes south of town, Apalachicola National Forest covers over 550,000 acres of land stretching from Tallahassee to the Gulf of Mexico. Included in this vast area are many trails and unmapped forest roads. Apalachicola Forest also is home to a section of the Florida Scenic Trail, which stretches across the entire state of Florida covering close to 1000 miles.
- ▼ **Fern Trail:** The Fern Trail runs through the heart of Tallahassee taking you from the center of town to the outskirts of the city. The Fern Trail intersects Tom Brown Park and the Lake Lafayette Trail covering close to 10 miles from point to point. An ideal site for a nice easy long run, the Fern Trail is a local favorite amongst the running community.
- ▼ **Leon Sinks:** Preserved, as a geological park Leon Sinks is a single-track trail that runs past many of the natural sinkholes that blanket the park. Some of the sinkholes are filled with water and are close to 100 feet deep. The majority of the trail is hard packed dirt with the exception of a section of boardwalk which cuts through the swamp that is located in the park.
- ▼ **Lafayette Trail:** The most recently discovered of all the trails in Tallahassee is Lafayette Trail. It is a combination single-track trail and carriage trail that sits on some of the most picturesque land in Florida.



Cypress trees line the landscape that one passes on a run past Lake Lafayette. If you're lucky you'll see an alligator or deer on your run. Lafayette Trail intersects Tom Brown Park and the Fern Trail totaling over 10 miles from end-to-end.

- ▼ **Lake Overstreet:** Located adjacent to Lake Jackson, Lake Overstreet consist of a five mile figure eight carriage trail ideal for tempo and fartlek workouts. Also included is a vast network of single-track trails nicknamed the "Blair Witch Trail" by the local runners.
- ▼ **Munson Sand Hills:** Located about 10 minutes from campus, Munson Sand Hills encompasses close to 10 miles of moderately hilly single-track trails. A map of the trails is a must since many runners have been known to get lost in the network of trails.
- ▼ **St. Marks Trail:** The St. Marks Trail is the reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to 20 miles, stretching to the Old seaside Town of St. Marks.

WORLD-CLASS TRAINING ENVIRONMENT

In addition to the many great off-road training opportunities, FSU's Track & Field complex, along with Tallahassee's outstanding climate, make for a fantastic training environment for distance runners. During FSU's academic year, the training weather is absolutely ideal.

2000 FLORIDA STATE RESULTS

SEPTEMBER 1, 2000 Appalachian State Invitational BOONE, N.C.

Men's 8K: 3rd Place/7 Teams (66)

Nick Stuart	5th	26:01
Josh Ware	7th	26:10
Ryan Hicks	13th	26:27
Brian Flieshmann	19th	26:47
James Van Veen	27th	27:02
Dan Clark	29th	27:06
Eric Ritchson	33rd	27:14
Aaron Caruso	34th	27:15
Danny Fritz	37th	27:20
Ryan Atkins	41st	27:35

Women's 5K: 4th Place/ 10 Teams (81)

Amy Pleckaitis	1st	18:10
Brooke Bastien	2nd	18:18
Kim Winn	23rd	19:10
Cynthia Campbell	24th	19:11
Beth Lukens	31st	19:27
Andrea Dulmage	33rd	19:28
Katie Jeffrey	37th	19:44
Lauren Beaulieu	40th	19:49
Misty Harper	56th	20:15
Erica Lazarus	61st	20:23

SEPTEMBER 16, 2000 Crimson Classic TUSCALOOSA, AL

Men's 8K: 6th Place/23 Teams (168)

Nick Stuart	22nd	24:57
Ryan Hicks	33rd	25:13
Danny Fritz	40th	25:19
Brian Flieshman	46th	25:26
Dan Clark	56th	25:38
Jim Van Veen	58th	25:39
Ryan Atkins	60th	25:44
Eric Ritchson	61st	25:45
Aaron Caruso	87th	26:27

Women's 5K: 2nd Place/26 Teams (58)

Amy Pleckaitis	3rd	17:35
Brooke Bastien	7th	17:54
Katie Jeffrey	15th	18:05
Cynthia Campbell	16th	18:05
Kim Winn	17th	18:09
Andrea Dulmage	32nd	18:38
Beth Lukens	51st	19:10
Rachel Marsh	57th	19:16
Erica Lazarus	70th	19:32
Misty Harper	75th	19:37
Lauren Beaulieu	76th	19:40
Laurel Slyck	85th	19:51

OCTOBER 6, 2000 Notre Dame Invitational SOUTH BEND, INDIANA

Men's 8K: 19th Place/22 Teams (465)

Nick Stuart	60th	25:21
Dave Geurra	83rd	25:39
Brian Fleishmann	107th	25:59
Ryan Hicks	110th	26:07
Tommy Kunish	119th	26:11
Danny Fritz	126th	26:18
Dan Clark	144th	26:47

Women's 5K: 11th Place/ 31 Teams (277)

Amy Pleckaitis	27th	17:54
Brooke Bastien	33rd	18:03
Katie Jeffrey	67th	18:27
Kim Winn	76th	18:33
Andrea Dulmage	85th	18:39
Cynthia Campbell	100th	18:45
Beth Lukens	188th	19:51

OCTOBER 13, 2000 Florida Intercollegiate Championships TAMPA, FLORIDA

Men's 8300M: 1st Place/ 18 Teams (28)

Nick Stuart	2nd	26:08
Brian Flieshmann	5th	26:57
Ryan Hicks	6th	26:58
Tommy Kunish	7th	27:04
Eric Ritchson	8th	27:05
Ryan Atkins	9th	27:08
Dan Clark	10th	27:14
Jim Van Veen	11th	27:14
Danny Fritz	14th	27:27
Shawn Patterson	15th	27:32
Aaron Caruso	34th	28:09
Nate Davis	36th	28:13
Dave Guerra	38th	28:18

Women's 5200M: 1st Place/ 22 Teams (23)

Amy Pleckaitis	1st	17:55
Brooke Bastien	3rd	18:13
Katie Jeffrey	5th	18:23
Cynthia Campbell	6th	18:26
Kim Winn	8th	18:43
Andrea Dulmage	14th	19:22
Misty Harper	18th	19:27
Rachel Marsh	21st	19:32
Laurel Slyck	29th	20:00
Erica Lazarus	31st	20:05
Beth Lukens	37th	20:18
Mari Leitner	75th	21:25

OCTOBER 28, 2000 ACC Championships RALEIGH, N.C.

Men's 8300M: 7th Place/ 9 Teams (188)

Dave Guerra	26th	26:20
Tommy Kunish	41st	27:09
Danny Fritz	42nd	27:14
Dan Clark	44th	27:22
Ryan Hicks	46th	27:32
Nick Stuart	51st	27:47
Eric Ritchson	58th	28:43

Women's 5200M: 6th Place/ 9 Teams (128)

Amy Pleckaitis	9th	18:52
Brooke Bastien	14th	19:02
Katie Jeffrey	29th	19:29
Kim Winn	37th	19:38
Cynthia Campbell	39th	19:46
Andrea Dulmage	46th	20:05
Misty Harper	54th	20:23
Beth Lukens	62nd	20:58

NOVEMBER 11, 2000 South District Championships TUSCALOOSA, ALABAMA

Men's 10,000M: 9th Place/ 19 Teams (253)

Dave Guerra	22nd	32:23
Danny Fritz	59th	33:20
Brian Fleishmann	62nd	33:24
Dan Clark	63rd	33:27
Ran Hicks	76th	33:53
Eric Ritchson	88th	34:19
Nick Stuart	92nd	34:28

Women's 6000M: 5th Place/ 18 Teams (134)

Brooke Bastien	13th	21:27
Katie Jeffrey	15th	21:32
Amy Pleckaitis	38th	22:11
Andrea Dulmage	43rd	22:20
Cynthia Campbell	44th	22:23
Kim Winn	63rd	22:57
Beth Lukens	69th	23:07

