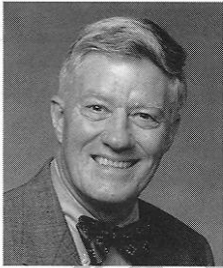
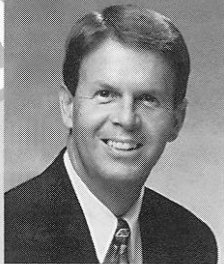


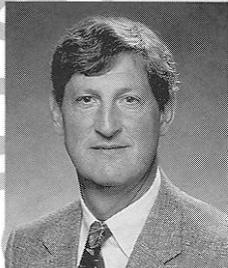
2001 Florida State Cross Country MEDIA GUIDE



**TALBOT
"SANDY"
D'ALEMBERTE**
*President, Florida
State University*



DAVE HART, JR.
Athletics Director



CHARLIE CARR
*Senior Associate
Athletics Director*



KIM RECORD
*Senior Associate
Athletics Director*

ON THE COVER: Left to Right: 2001 NCAA Qualifiers Joep Tigchelaar, Vicky Gill and Kim Bergdahl

CREDITS:

The 2001 FSU cross country postseason guide is a publication of the Florida State University Sports Information Office. Written and edited by Bill Baker and Bill Mayville. Additional editing by Bob Braman, Paul Spangler, Jamie Vaughn, Jen Dowling and Katy Baker. Designed by Chameleon Graphics & Design. Printing by FSU Printing Services. Photos by Ross Olbey, Bill Langford, Paul Spangler, Jamie Vaughn, John Killen and the FSU Photo Lab.

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MEDIA INFORMATION

Florida State's home cross country meets are held at Miccosukee Greenway. If any assistance is needed in covering the Seminoles at home, contact Bill Baker at the FSU Sports Information Department in the Moore Athletic Center at (850) 644-4836.



BILL BAKER
Graduate Assistant



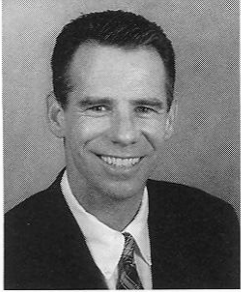
BILL MAYVILLE
Student Assistant

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, results and other information regarding the FSU cross country team will be available at www.seminoles.com and www.fsutrack.com.

Head Coach **BOB BRAMAN**

UNIVERSITY OF FLORIDA '80



Bob Braman completed his second year at the helm of the Florida State cross country team after 17 years of national level success at

the University of South Florida. In addition to his head coaching duties for the men's and women's cross country teams, Braman also serves as the distance coach on head coach Terry Long's track and field staff.

In only two years Braman has turned Florida State into one of the fastest rising programs in the nation. In 2001, both men and the women achieved national rankings. In addition, both squads placed third at the NCAA South Regional, which were the best finishes in school history. At FSU, Braman has coached three All-ACC honorees, 10 All-South Region honorees and three NCAA National Championship individual qualifiers.

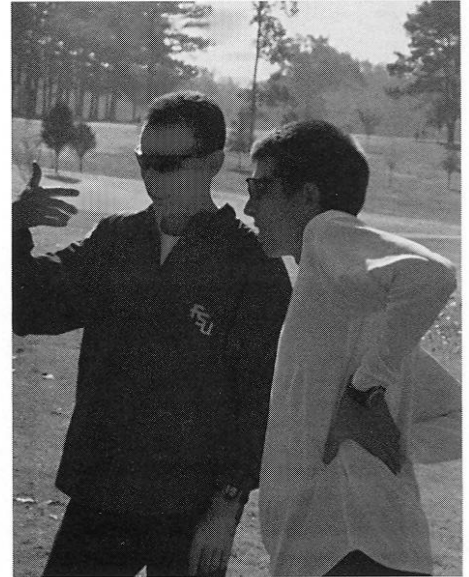
Braman's Seminoles have flourished off the trails, as well. In the classroom, 16 runners were named to the ACC All-Academic Honor Roll in 2000-2001. The Seminoles also made generous

donations in 2001 to charities such as the United Way and the Refuge House of Tallahassee.

Braman began coaching at USF in 1983 as the 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 in 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.

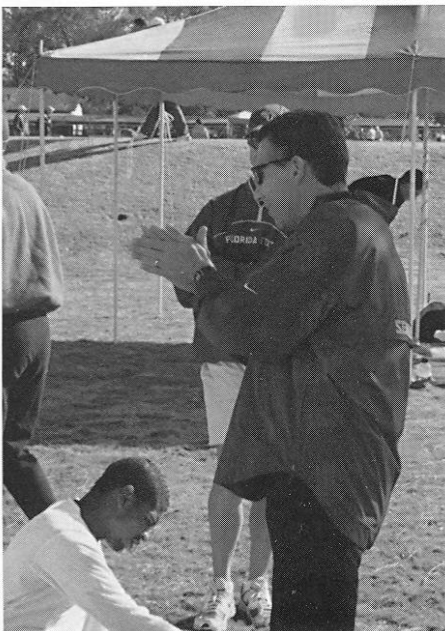
During his tenure at South Florida, Braman was honored as Coach-of-the-Year 14 times. His men's cross country teams earned national rankings ten of the last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of the last six years. Braman has coached 38 national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



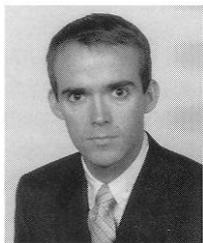
Jon Dennis (5000 meters 1992 and 1993).

Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gators' 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.

Braman, 43, is married to the former Debbie Turner and has two sons, Steven (13) and Tyler (11).



Cross Country Coaching ASSISTANTS



PAUL SPANGLER

ASSISTANT COACH
UNIVERSITY OF
ALABAMA '98

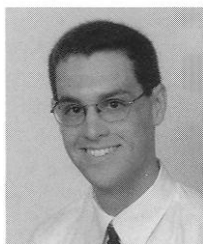
Paul Spangler begins his fourth season as the

assistant coach for the men's and women's cross country team. Spangler came to Florida State after an accomplished 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-region 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 the University of Alabama 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, 26, is graduated from FSU in 2001 with a masters in sports administration. He continues to train and run competitively.



JAMIE VAUGHN

GRADUATE ASSISTANT
UNIVERSITY OF
NORTH CAROLINA
AT ASHEVILLE '97

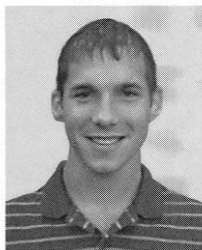
Jamie Vaughn is in his second year

as the graduate assistant after serving his first 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 Championship. 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 earned a masters degree in sports administration in 2001 and is currently pursuing an MBA.



MATT WHALEY

VOLUNTEER
COACH
SOUTH FLORIDA '01

Matt Whaley joins the Seminole coaching

staff this year as a volunteer assistant following a successful collegiate career at South Florida where he ran four years under coach Bob Braman. Whaley's duties include assisting Braman in office work, coordinating practices and travel and helping organize the 2001 Florida State Intercollegiate Championship.

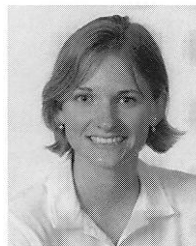
While at USF, Whaley was a three-time NCAA Championship qualifier, a two-time All-Conference USA honoree and an All-South Region member. Whaley's personal best time of 24:36 in the 8K came as a member of the Bulls' cross country team. He graduated from

USF in 2001 with a degree in social science.

At Estero High School in Bonita Springs, Fla., Whaley won three individual state championships. He was a two time state champ in the 3,200-meter run and a champion in the 1,600-meter run. In addition to his individual achievements, Whaley helped lead his high school cross country team to a state championship.

CYNTHIA CAMPBELL

GRADUATE
ASSISTANT
FLORIDA STATE '01



Cynthia Campbell, a former runner on the FSU cross country team,

begins her first year on coach Bob Braman's staff. In addition to her general office duties, Campbell is in charge of coaching the Lady Seminole Striders. The Striders program, which offers expanded opportunities to female cross country runners, began under FSU cross country coach Braman who ran a similar program while coaching at the University of South Florida.

As an undergrad at FSU, Campbell competed on both the cross country and track and field teams. Her best cross country races of her senior year came at the Crimson Classic and Florida Intercollegiate Championship where she finished 16th and sixth, respectively. On the track, she placed eighth at the ACC Championship in the 10,000-meter run posting the seventh-fastest time in FSU history.

Campbell graduated from Florida State in 2001 with a degree in international affairs and is currently working towards a graduate degree in sports administration. During her undergrad studies, she was named to the Dean's List and to the All-ACC Honor Roll.

2001 Alphabetical Roster

SEMINOLES

Nate Adams	So	Longwood, FL	Lyman HS
Ryan Albertson	Fr	Pensacola, FL	Pine Forest HS
Andrew Bautel	Fr	Ocala, FL	Vanguard HS
Kim Bergdahl	Jr	Kokkola, Finland	Svenska Handelshogskolan
Aaron Caruso	Jr	Boyton Beach, FL	Atlantic HS
Dan Clark	So	Fairbury, IL	Prairie Central HS
Nate Davis	So	Largo, FL	Largo HS
Danny Fritz	So	Cincinnati, OH	St. Xavier HS
Dave Guerra	Jr	Vallejo, CA	Vallejo HS
Tommy Kunish	Sr	Pensacola, FL	Woodham HS
Shawn Patterson	So	Valparaiso, FL	Niceville HS
Nick Stuart	Jr	Lake Mary, FL	Lake Mary HS
Joep Tigchelaar	Fr	Macharen, Netherlands	Titus Brandsmalyceum
Nathan Timm	So	Marion, IL	Marion HS
Maarten van den Heuvel	So	Warnsveld, Netherlands	Bandartius College
Jim Van Veen	So	Satellite Beach, FL	Satellite HS

Head Coach:

Bob Braman (Florida '80)

Assistant Coaches:

Paul Spangler (Alabama '98)

Jamie Vaughn (North Carolina-Asheville '97)

Cynthia Campbell (Florida State '01)

Matt Whaley (South Florida '01)



2001 Alphabetical Roster

LADY SEMINOLES

Brooke Bastien	Sr	Brooksville, FL	Central HS
Jenny Chang	Fr	Jacksonville, FL	Mandarin HS
Anne Clinton	Fr	Richmond, IN	Richmond HS
Amy Coburn	So	Tallahassee, FL	Leon HS
Erin Courtney	Fr	Brooksville, FL	Central HS
Karen Daigle	Sr	Houma, LA	Terrebonne HS
Andrea Dulmage	Jr	Longwood, FL	Lake Brantley, HS
Hannah Gerber	Sr	Bunnell, FL	Flagler Palm Coast HS
Vicky Gill	Jr	Lancashire, England	St. Andrews University
Kathleen Gouldy	Jr	Jupiter, FL	Jupiter HS
Terra Guebel	Fr	Bunnell, FL	Flagler Palm Coast HS
Misty Harper	Jr	Seminole, FL	Seminole HS
Janet Howard	Fr	Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	Fr	Grand Junction, CO	Palisade HS
Mellisa Ippolito	Sr	Ft Meyers, FL	Bishop Verot HS
Katie Janson	So	Oviedo, FL	Oviedo HS
Katie Jeffrey	Jr	Kanata, Ontario	Holy Trinity Catholic HS
Amanda Jordan	Fr	Oklahoma City, OK	Bishop McGuiness HS
Mari Leitner	So	Pensacola, FL	Washington HS
Allison Lind	Jr	Woodbury, CT	Nonnewaug HS
Beth Lukens	So	Sarasota, FL	Riverview HS
Valeria Maile	So	New Port Richey, FL	Gulf HS
Rachel Marsh	So	Kissimmee, FL	Osceola HS
Erin McGee	Jr	Gulf Breeze, FL	Gulf Breeze HS
Laura Melendez	Fr	Livermore, CA	Granada HS
Sydney Mondragon	Fr	Pueblo, CO	South HS
Megan Rogers	Fr	Wellington, FL	Cardinal Newman HS
Elaine Skislak	So	Gulf Breeze, FL	Gulf Breeze HS
Kelly Wagner	Jr	Stuart, FL	Martin County HS
Megan Walker	So	New Port Richey, FL	Gulf HS
Emily Wehr	So	Tarpon Springs, FL	Palm Harbor University HS
Jordana Whittington	So	Sarnia, Ontario	St Christopher HS



2001 Men's Cross Country YEAR IN REVIEW

In only his second season at the helm of the Florida State men's cross country team, head coach Bob Braman led his squad to one of the best seasons in school history. Following a successful first year, Braman's goal in 2001 was to build off that success and qualify the men in the NCAA National Championship. At the NCAA South Region Championship, Braman and his men finished third, only one point behind Tennessee, and an automatic berth to the NCAA.

Despite a strong season on the trails and defeating top-ranked competition, the Seminoles just missed an at-large bid to the national meet. However, newcomers Joep Tigchelaar and Kim Bergdahl both finished with individual qualifying places for the NCAA national meet.

Tigchelaar, a freshman from Macharen, Netherlands, had one of the most successful and decorated freshman campaigns in school history. Tigchelaar's accolades include NCAA All-South Region honors and being the first Seminole ever to earn All-Atlantic Coast Conference and ACC Freshman of the Year honors. In addition, Tigchelaar was the top finisher for the Seminoles in their final three meets, including a 71st-place finish at the NCAA National Championship.

Not to be outdone, Bergdahl, a junior transfer from Kokkola, Finland, also earned All-South Region in his first year with the Tribe. Bergdahl was the top finisher for FSU in his first three meets, including a season-best third-place finish at the Florida State Intercollegiate Championship. Hampered by an Achilles injury at the NCAA championship, Bergdahl finished 208th.

The Seminoles began their season in Boone, N.C., placing second overall at the Appalachian State Invitational. Junior Zach Heissner led the Seminoles, who were without the services of Bergdahl, with a 15th-place finish at 25:22 over the 8K course. Fellow junior, Nick Stuart, placed 17th for the Tribe with a time of 25:24.

On September 22, the Seminoles played host to their only home meet of the season, the Florida State Intercollegiate Championship. The Tribe placed second out of ten Florida schools on the 8K course at the Miccosukee

Greenway, which would be their highest finish as a team in 2001. Bergdahl, in his first meet of the season, proved how valuable he would be to the squad with a third-place finish at 24:38. The Seminoles' second-highest finisher was Tigchelaar's fifth-place finish. This would mark the first of five consecutive meets in which Bergdahl and Tigchelaar would finish first and second for FSU. Stuart placed seventh while Tommy Kunish, the team's lone senior, placed 10th.

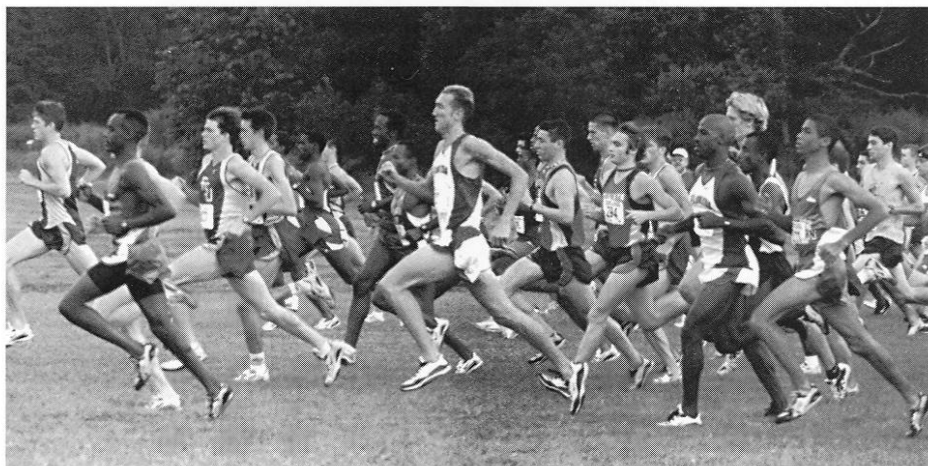
Next on the schedule for the Seminoles was the Auburn Cross Country Invitational. FSU placed fourth out of 31 teams in the 8K course. Leading the way for the Tribe was Bergdahl, who finished ninth with a time of 24:50, and Tigchelaar placing 16th. In the end, the Seminoles placed five runners in the top 50.

FSU's next challenge came at the NCAA Pre-Nationals in Greenville, S.C. The Seminoles were impressive against the strong field of competition, placing 13th out of 38 teams. In addition, they defeated the University of Florida for the first time since 1981. Bergdahl was the top finisher for FSU for the third-straight meet, placing 24th in the 8K race with a time of 24:59. In a field consisting of the top talent in the nation, the Seminoles placed four runners in the top 100. The strong showing led to a national ranking of 30th for FSU.

Full of confidence, the men headed to Clemson, S.C. for the Atlantic Coast Conference Championship. This season's championship meet turned out to be the best ever for the Seminoles since joining

the ACC in 1991, placing fifth overall in spite of not having the services of their number three runner Maarten van den Heuvel. Tigchelaar finished sixth with a time of 24:36 over the 8K course to lead FSU for the first time. His sixth-place finish was the highest ever for a FSU runner and led all freshmen. Tigchelaar became the first Seminole to earn All-ACC honors and ACC Freshman of the Year honors. Bergdahl placed 12th, crossing the finish line at 25:03. In addition, the Seminoles placed five more runners in the top 50: Dave Guerra (34th), Kunish (42nd), David Johnson (47th), Danny Fritz (48th) and Andrew Bautel (49th).

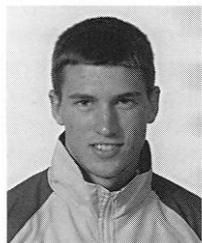
The final meet of the season, the NCAA South Region Championship in Tuscaloosa, Ala., would turn out to be the most heartbreaking event of the season for the men. The Seminoles had high hopes of placing in the top two in order to receive an automatic bid to the NCAA National Championship. However they fell short, placing third, only one point behind second-place Tennessee. The third-place finish was the best ever for the men. Tigchelaar finished the 10K course at 31:00, good enough for fifth-place and All-South Region honors. Bergdahl placed right behind Tigchelaar in seventh, completing the race in 31:17 and earning All-South Region honors. Both Tigchelaar's and Bergdahl's places were good enough to earn them an invite to run in the NCAA championship meet. Guerra (20th) and Maarten van den Heuvel (21st) also earned all-region honors. This marked the second year in a row that Guerra was an all-region honoree.



2001 Biographies SEMINOLES

RYAN ALBERTSON

FR, Pensacola, FL
(Pine Forest)



"Ryan was one of the top high school runners in Florida last year. His potential is enormous."

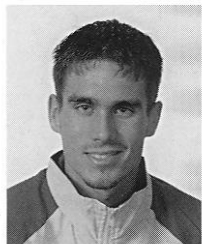
Albertson is an excellent addition

to the Seminoles. He is a highly decorated prep runner from Pine Forest High School and was the 800-meter state champion his senior year. He was also named the Northwest Florida Runner of the Year both his junior and senior year in high school and earned all-state honors 10 times during his prep career. In his first year as a Seminole, Albertson's top individual finish was 16th overall at the Florida Intercollegiate Championship with a season best time of 25:41. He graduated from high school with high academic honors and is majoring exercise science.

ALBERTSON'S PERSONAL BEST —
Cross Country: 25:41 8k

ANDREW BAUTEL

FR, Ocala, FL
(Vanguard)



"Andrew is a natural long distance runner. He has the ability to be an All-American during his career at FSU."

Bautel is another

highly coveted recruit from Florida. As a prep runner at Vanguard High School, he earned numerous all-state honors in both cross-country and track and field. He was named the Marion County Runner of the Year in both 1999 and 2000 and was also named the Marion County Track Athlete of the Year in 2001. In his first year as a Seminole, he competed at the ACC Championships and ran a personal-best time of 26:02 at the Appalachian State Invitational. Bautel is an excellent student who

graduated cum laude and was on the honor roll all four years in high school.

BAUTEL'S PERSONAL BESTS —

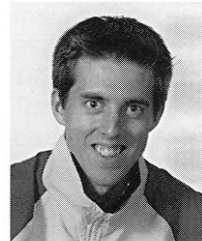
Track: 19:53 4mile

Cross Country: 26:02 8k

★ **NCAA National Championship Qualifier** ★ **All-South Region Team**

KIM BERGDAHL

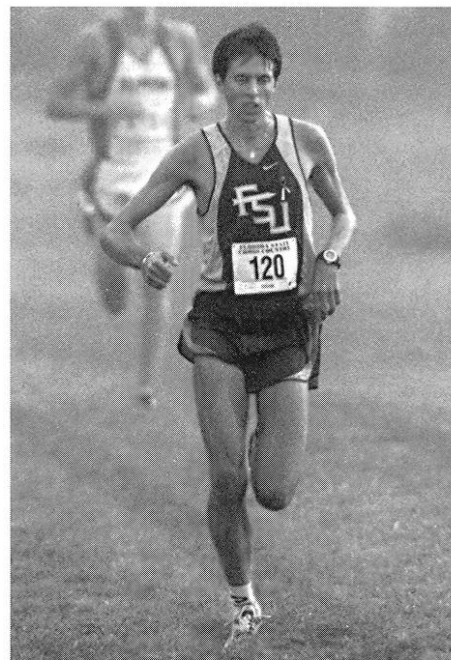
JR, Kokkola, Finland
(Svenska
Handleshogskolan)



"Kim is a national title contender in the steeplechase, but has shown outstanding ability in cross country as his top

finishes in the ACC and NCAA Regions will attest."

Bergdahl is an experienced runner who lends leadership and front running ability to the Seminoles. He is a junior transfer from Finland who is an excellent steeplechaser on the track. Before coming to FSU, he won the Finnish Senior Steeplechase National Championship two years in a row. Owns a



Kim Bergdahl

personal record of 8:35 in the 3000-meter steeplechase. In his first year as a Seminole, Bergdahl immediately put his name as one of the top distance runners in FSU history. He finished as the Seminole's first or second runner in every meet he ran this season. He placed 12th overall at the ACC Championships with a time of 25:03 for 8,000 meters. Two weeks later he placed seventh at the NCAA South Region Championships. At the regional meet he earned All-South region honors and an individual berth to the NCAA Championships at Furman University, where an Achilles injury slowed him and he placed 208th overall. Bergdahl is majoring in business.

BERGDAHL'S PERSONAL BESTS —

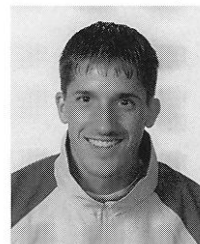
Track: 8:35 3k Steeplechase, 14:26 5k

Cross Country: 24:38 8k, 31:17 10k

★ **ACC Academic Honor Roll**

DANNY FRITZ

SO, Cincinnati, OH
(St. Xavier)



"Danny has made a nice transition to being a top collegiate cross country runner after scoring in the steeplechase at the ACC Out-

door meet last spring."

Fritz is an outstanding steeplechaser on the track. He scored at the 2001 ACC Track and Field Championships. Fritz is a redshirt sophomore from Ohio. He continues to improve and lends depth to the Seminoles. In his second year competing as a Seminole, he competed at the ACC Championships and placed 48th overall. He ran his best time of the year, 25:50, at the Appalachian State Invitational. In high school he was named all-state twice, and named all-conference eight times. Fritz has been named to the Dean's List every semester at FSU, possesses a 3.9 grade point average and his major is marketing.

FRITZ' PERSONAL BESTS —

Track: 14:43 3mile, 9:21 3k Steeplechase

Cross Country: 25:50 8k

★ All-South Region Team

DAVE GUERRA
JR, Vallejo, CA
(Vallejo Senior)

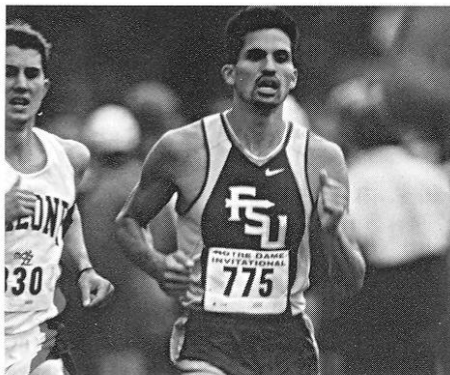


"Dave's cross country identity is simply toughness. His clutch performances have resulted in two all-Region honors."

Guerra is a junior who has turned in big-time performances when the Seminoles needed him. His maturity and experience allows him to take on a leadership role. He is the only Seminole to ever be a two-time NCAA All-South region honoree. He placed 20th in 2001 and 22nd in 2000 at the regional meet. Guerra ran an outstanding time of 32:01 for 10,000 meters on a difficult University of Alabama course. Before he came to FSU, he served a tour of duty in the US Air Force where he was an aircraft mechanic. As a California prep runner, he ran 9:21 for 3,200 meters and 4:18 for 1600 meters. Guerra's major is public relations.

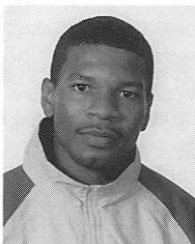
GUERRA'S PERSONAL BESTS —

Track: 14:53 3mile
Cross Country: 32:01 10k, 25:39 8k



Dave Guerra

DAVID JOHNSON
JR, Tifton, GA
(Tift County)



"DJ did an incredible job in his first cross country season since high school. His All-America track ability shined throughout cross

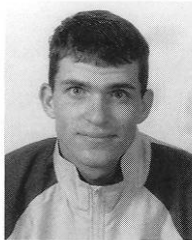
country season, as he cracked our top five."

Johnson is a junior transfer from Auburn University. He is an excellent middle-distance runner who had not run cross country since high school. He was asked to move up in distance to lend depth to the team. In his collegiate cross country debut at the Auburn Invitational, Johnson ran an outstanding time of 25:44 for the 8000-meter course to place 44th. At the NCAA Pre-National meet, he finished in the top 100 overall and top five for the Seminoles. In addition, he competed at the ACC and NCAA South Region championships. While at Auburn, he earned numerous All-America honors in the Distance Medley Relay and 800-meter run. In high school he was a Georgia state champion in both cross country and track and field. He is majoring in business.

JOHNSON'S PERSONAL BESTS —

Track: 1:49 800m
Cross Country: 25:44 8k

TOMMY KUNISH
SR, Pensacola, FL
(Woodham)



"As our only senior, Tommy made it his mission to have a great season. He did that, setting personal bests at both 8K and 10K."

Kunish is the lone senior for the Seminoles. He has been a member of the top seven all four years of his career at FSU. His senior year was by far his best campaign. He started the season strong with an excellent effort at the Appalachian State Invitational and continued to run in the top five all season. At the Florida Intercollegiate, he recorded a season-best time of 25:22 for 8,000 meters. Kunish came to FSU as a highly decorated prep runner. He won the state 1600 championship his senior year and earned numerous all-state honors.

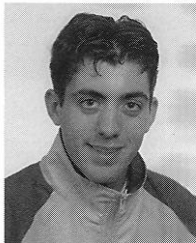
KUNISH'S PERSONAL BESTS —

Track: 3:55 1500
Cross Country: 25:22 8k



Tommy Kunish

SHAWN PATTERSON
SO, Valparaiso, FL
(Niceville)

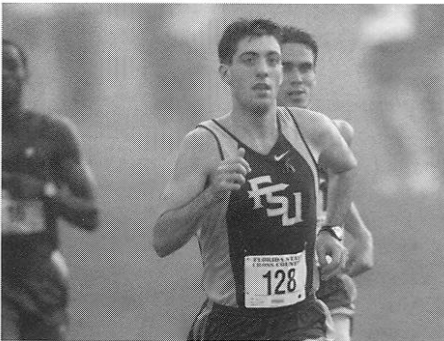


"Shawn was our most improved cross country runner. He knocked over a minute off his personal record and cracked our top seven in several meets."

Patterson is a second-year runner who continues to improve. He ran in the top seven for the Seminoles twice during the season. Best performance of the season came at the Florida Intercollegiate Championships where he placed 20th overall and was the sixth man for the Seminoles in a time of 25:51 for the 8000-meter race. In high school, Patterson was named to the all-state team and won conference and regional championships in both track and field and cross-country. As a freshman, he was named to the all-ACC academic team. Patterson is a business major and was named an FSU academic merit scholar. Came to FSU as an academic standout as well and graduated Suma Cum Laude from high school.

PATTERSON'S PERSONAL BESTS —

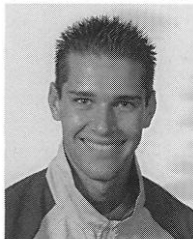
Track: 20:16 4mile
Cross Country: 25:51 8k



Shawn Patterson

★ ACC Academic Honor Roll

NICK STUART
JR, Orlando, FL
(Lake Mary)



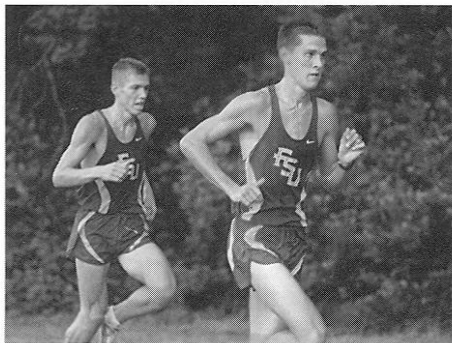
"Nick ran personal bests at all distances and showed great leadership throughout the season; only an untimely illness

kept him from also earning all-region honors."

Stuart is a three-year top five runner for the Seminoles. He has competed at the ACC and South Region Championships every season he has been a Seminole. Placed 35th overall at the NCAA South Region Championship in a time of 32:22 for 10,000 meters. He recorded his season best time of 25:04 for 8000 meters at the Florida Intercollegiate Championship. In his sophomore year he was the top runner for the Seminoles in all but two meets. In high school, he was named all state numerous times. He also won several conference and regional titles as a prep runner. He has been named to the All-ACC academic team and was an honor role student in high school. Stuart is now majoring in business.

STUART'S PERSONAL BESTS —

Track: 19:46 4mile, 3:52 1500, 14:57 5k
Cross Country: 25:04 8k, 32:22 10k



Nick Stuart

★ **NCAA National Championship Qualifier** ★ **All-South Region Team**
★ **All-ACC Team** ★ **ACC Freshman of the Year**

JOEP TIGCHELAAR
FR, Macharen, Netherlands
(Titus Brandsmalyceum)



"Joep not only proved he was one of the top freshman in the country, he proved he could run with anyone in the ACC. Joep was

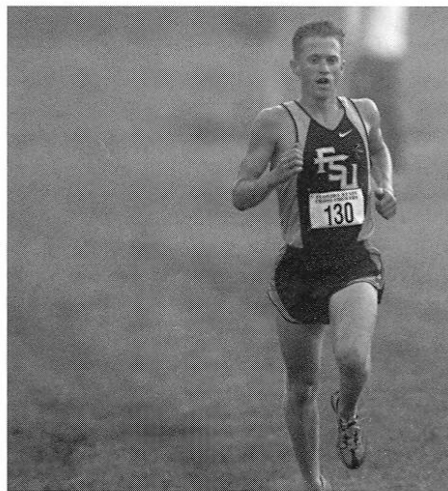
simply brilliant this season, finishing in the top six of both the ACC and the South Region."

Tigchelaar is by far the most decorated freshman runner in Seminole history. In his first cross country campaign at FSU, Tigchelaar placed sixth overall at the ACC Championship and earned Freshman of

the Year honors in a personal best time of 24:36 for the 8000-meter race. He is the first Seminole to ever earn that honor. At the NCAA South Region Championship, he placed fifth overall and was the top freshman finisher, earning an individual bid to the NCAA Cross Country Championship. He placed 71st at the national meet and set a new personal record time of 30:38 for the 10,000-meter course. At both the ACC and NCAA South Region Championships, Tigchelaar was the top Seminole finisher. Before coming to FSU from the Netherlands, he competed at the World Junior Cross Country Championships in 1999 and ran in the European Junior Cross Country Championships in 1998, 1999, and 2000. In addition, he ran the 10,000-meter run at the 1999 World Junior Track and Field Championship. Owns a personal record of 29:42 for 10,000 meters on the track. Tigchelaar is majoring in multinational business and marketing.

TIGCHELAAR'S PERSONAL BESTS —

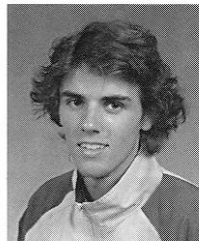
Track: 29:47 10k, 14:24 5k
Cross Country: 30:38 10k, 24:36 8k



Joep Tigchelaar

★ **All-South Region Team**

MAARTEN VAN DEN HEUVEL
JR, Warnsveld, Netherlands
(Bandaritus College)



"Maarten's development in cross country was the key to our success this season. We couldn't have earned our national recognition

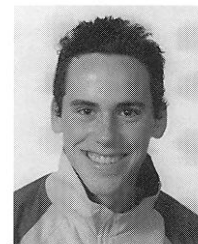
without his tenacious racing."
Van den Heuvel is an excellent interna-

tional middle-distance runner who has moved up in race distance to solidify the Seminole lineup. In 2001, he was the ACC Outdoor Track and Field 800 meter champion after being the runner-up in 2000. This season van den Heuvel was one of the most pleasant surprises as he ran in the top three for the Seminoles in most meets and recorded a personal best time of 25:27 for 8,000 meters at the Auburn Invitational. A native from the Netherlands, he earned all-region honors at the NCAA South Region championship. Before he came to FSU, he was a three time Dutch junior national champion in the 800-meter run, which he owns a personal-best time of 1:48.8. In addition, he placed second at the Dutch National Junior Cross Country Championship. He is majoring in exercise physiology.

VAN DEN HEUVEL'S PERSONAL BESTS —

Track: 1:48 800m, 3:47 1500m
Cross Country: 25:27 8k, 32:02 10k

JIM VAN VEEN
FR, Satellite Beach, FL
(Satellite)



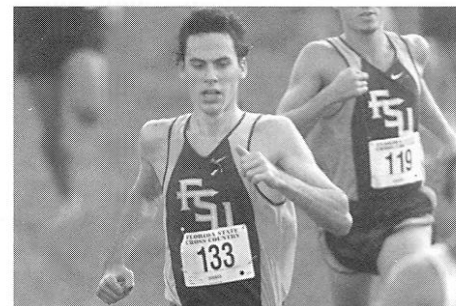
"Jimmy V. knocked a ton of time off his personal record, and showed he has the ability to be a consistent top-seven runner

for us next year."

Van Veen came to FSU as a highly regarded prep runner and was named the 2000 Cape Coast runner of the year. He finished seventh overall in the 3200-meter run in 2000 and ninth overall in the 1999 state cross-country championship. In his second year as a Seminole, his performance improved in every meet. He ran a career best 8000-meter time of 26:06 at the Florida Intercollegiate. Van Veen is an excellent student and was named to the Dean's List in his freshman year at FSU.

VAN VEEN'S PERSONAL BESTS —

Track: 32:43 10k
Cross Country: 26:06 8k



Jim Van Veen

2001 Women's Cross Country YEAR IN REVIEW

The second season under Coach Bob Braman produced some dramatic results, including an All-ACC team honoree, three All-South Region honorees, two ACC Performers of the Week, their first win over Florida in 17 years, first-ever national ranking (31st), highest-ever NCAA South Region ranking (1st) and taking third place overall at the NCAA South Region Championship.

Consistency was the hallmark of the women's team early on, as the Lady Seminoles took second place in each of their first three meets, including the Appalachian State Invitational, the Florida Intercollegiate Championships, and the Auburn University Invitational. The Seminoles used strong performances from junior Allison Lind and junior transfer Vicky Gill to earn second place finishes at their first three meets. Lind was the squad's top runner at both the Appalachian State Invitational and the Florida State Intercollegiate Championships. Her time of 18:26 at the Appalachian State meet was good for sixth overall, and she earned fourth overall at the Florida State Intercollegiate meet, earning ACC Performer of the Week honors.

Lind's race at the Appalachian State Invitational capped a strong team performance, as the Tribe placed five runners in the top 20 overall in what proved to be a tight field. Senior

Brooke Bastien's 11th-place time of 18:29 was just three seconds off Lind's sixth-place time. Junior Misty Harper took 12th place, freshman Laura Melindez finished 13th, and freshman Natalie Hughes claimed 19th place. Improving on the squad's strong showing at the Appalachian meet could have been difficult, but the Lady Seminoles responded, placing five runners in the top 15 at the Florida Intercollegiate Championships. As added inspiration, the Seminoles were facing the University of Florida, a team that had not beaten in 17 years. That streak fell by the wayside as the Seminoles placed three runners in the top ten. Leading the way for the second straight meet was Allison Lind, whose time of 21:47 was best on the team on good for fourth overall. Misty Harper finished sixth with a time of 22:01, and Brooke Bastien took ninth, with a final time of 22:16.

The Auburn University Invitational was up next for the Seminoles. Junior transfer Vicky Gill came out of nowhere, taking first overall with a time of 16:18.30. Gill's strong effort, along with solid runs from Allison Lind and Natalie Hughes paced the women's squad to their third consecutive second-place finish. The awards kept coming for the Seminoles, as Gill's impressive run earned her ACC Performer of the Week honors.

The Seminoles went up against a

strong field in the NCAA Pre-Nationals meet, and FSU held their own, placing 20th in the field of 37 teams. Vicky Gill followed her extraordinary run at the Auburn Invitational with another strong performance, finishing 30th overall with a time of 21:47. Katie Jeffrey finished second for the Lady Seminoles, with teammate Misty Harper close on her heels. Allison Lind and Natalie Hughes rounded out the top five for FSU.

The Lady Seminoles' next meet was the ACC Championships, where Vicky Gill continued her hot streak. Gill's first-place finish for FSU was good for fifth overall, which was the best-ever individual finish for the Lady Seminoles at the conference meet, earning her All-ACC honors. Hughes' effort was good enough for a second-place finish on the team and 27th overall. The performance of their top finishers was indicative of the field, as the Lady Seminoles had five runners in the top 50 and placed seventh overall at the meet.

The final team meet of the season came at the NCAA South Region Championships, where Vicky Gill and Natalie Hughes once again turned in strong performances to close out the season. Gill once again led FSU, improving one spot to fourth overall, while Hughes' second-place finish for FSU was good for ninth overall, giving the Seminoles two runners in the top ten. Katie Jeffrey and Misty Harper followed with top-30 finishes, followed by Allison Lind, Brooke Bastien and Andrea Dulmage.

Despite the strong runs from all Lady Seminoles, the team finished in third place, missing an automatic bid to the NCAA Championships by just 11 points. Gill, Hughes and Jeffrey brought home All-South Region honors. This marked the third-straight year Jeffrey was named to the all-region team.

Despite the Lady Seminoles' heartbreaking miss at the regional meet, FSU was represented at the NCAA Championships. Vicky Gill's torrid running was good enough to earn her an invite to Greenville, South Carolina, to compete in the NCAA National Championships. In a field of 249 of the top runners in the NCAA, Gill's time of 22:20 earned her 122nd place overall.



Vicky Gill (top row, second from left) receives her All-ACC honors.

2001 Biographies

LADY SEMINOLES

★ ACC Academic Honor Roll

BROOKE BASTIEN SR, Brooksville, FL (Central)



"Brooke has been a true leader for us these past two years. Her development from walk-on to NCAA All-Region runner epitomizes what our program is all about."

Bastien returned for her final year as a Seminole in 2001 after an excellent junior effort. She was in the Lady Seminoles top two every race last season. In 2001 at the ACC Outdoor Track and Field Championship, Bastien placed fourth overall in the 3,000-meter steeplechase. She set the Mike Long Track and the FSU Record for the 3,000-meter steeplechase running 11:00.67. In her senior cross country campaign, Bastien was a consistent top five runner. Her season-best time came at the Auburn invitational where she ran 17:39 for the 5000-meter race. As a junior, she narrowly missed All-ACC honors with a 14th-place finish at the conference meet and later earned All-South Region honors with a 13th-place finish at the regional meet. Bastien will graduate in April 2002 with a degree in English and plans to be a teacher.

BASTIEN'S PERSONAL BESTS —

Track: 17:12 5k, 10:50 3k Steeplechase, 14:00 4k

Cross Country: 17:39 5k

ANDREA DULMAGE JR, Altamonte Springs, FL (Lake Brantley)



"Andrea exemplifies everything that I'm proud of in this program. She's our hardest worker, student-athlete advisory council representative, outstanding student and three-year top-seven runner."

representative, outstanding student and three-year top-seven runner."

A third-year runner for the Lady Seminoles who continues to improve throughout her career. She has competed at the ACC and NCAA South Region championships in each of her three years competing at FSU. In her junior season she ran her personal-best time of 18:12 for 5000m at the Auburn Invitational. At the ACC Championship, she was a top five runner for the first time in her career. As a prep runner, she led her team to a state cross country title in 1998. Dulmage is majoring in marketing.

DULMAGE'S PERSONAL BESTS —

Track: 17:22 3mile

Cross Country: 22:54 6k, 18:12 5k



Andrea Dulmage

★ NCAA National Championship Qualifier ★ All-South Region Team ★ All-ACC Team ★ ACC Performer of the Week

VICKY GILL JR, Lancashire, England (St. Andrews University)



"Vicky may be the most talented distance runner in America. There's no one in the country that can match her 100-mile weeks. She

can become a national title contender with just a little more experience. Her top five finishes at ACC's and Regions are just the beginning."

Gill has the potential to be the greatest female distance runner in FSU history. She transferred to FSU from St. Andrews University in Scotland and immediately demonstrated that she would be a force. Competing unattached at the Florida Intercollegiate and won the race in an incredible time of 20:46 for the 6000-meter course. In her first race as a Seminole at the Auburn Invitational, she ran one of the fastest 5,000-meter times in the nation this year completing the course in 16:18. She was named ACC Performer of the Week for that effort and became the second Lady Seminole to earn that honor. At the ACC Championship, she finished fifth overall in a time of 21:22 for the 6,000-meter course. Her placing was the highest ever for an FSU harrier and earned her All-ACC honors. She is only the second FSU runner ever to earn that honor. At the NCAA South Region Championship, Gill placed fourth overall with a time of 21:20 for the 6000-meter course. Her performance was good enough to earn All-South region honors and an individual invitation to the NCAA Championship, becoming the first Lady Seminole to earn a bid. At the NCAA Championship, Gill was hampered by a quadricep injury and placed 122nd in a time of 22:20. Gill is social science major.

GILL'S PERSONAL BESTS —

Track: 16:26 5k

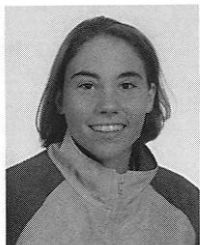
Cross Country: 16:18 5k, 20:46 6k



Vicky Gill

MISTY HARPER

JR, Seminole, FL
(Seminole)



"Misty has made more progress than anyone on the team in the last 12 months. She has worked herself into an outstanding

collegiate distance runner. An All-ACC performance at 10,000 meters is very realistic."

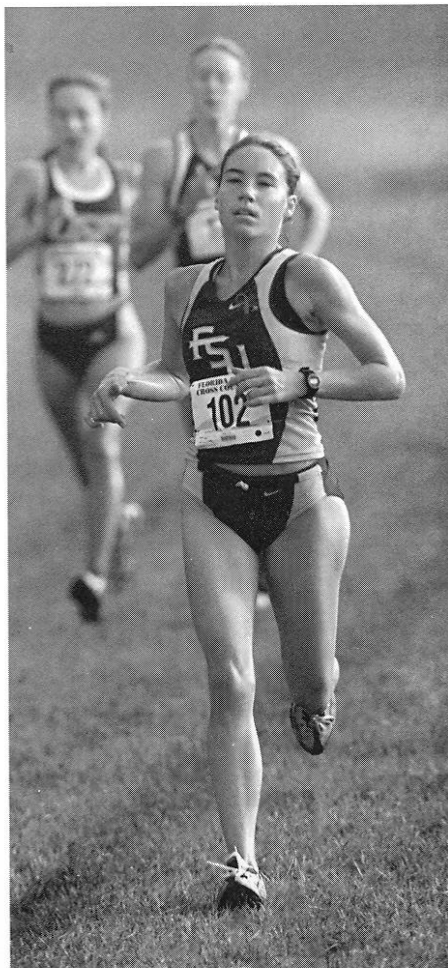
Harper is a junior who made a tremendous improvement to compete in the top five in every race she ran this season. Has been a member of the top seven at the ACC and NCAA South Region Championships in every season at FSU. In her junior campaign, ran her fastest 5000-meter time, 17:57, at the

Auburn Invitational. She narrowly missed All-South Region honors finishing 27th overall at the NCAA South Region Championship. Her fastest race of the season came at the Florida Intercollegiate Championship where she ran 22:01 for 6,000-meter and placed sixth overall. She was named all-state as a result. As a prep runner she earned numerous all-conference honors. Harper is a psychology major.

HARPER'S PERSONAL BESTS —

Track: 17:10 3mile

Cross Country: 17:57 5k, 22:01 6k



Misty Harper

★ All-South Region Team

NATALIE HUGHES

FR, Grand Junction, CO
(Palisade)



"Natalie is the most naturally gifted freshman I've ever coached. Her 13 Colorado State titles told us that she would be good, and she

responded to become the top freshman in the South Region this year."

Hughes is an excellent addition to the Lady Seminoles who will be an impact runner throughout her career. She came to FSU as a highly recruited athlete from Colorado. She won 13 state titles throughout her prep career in cross country and track and field. In her freshman campaign as a Lady Seminole, she placed in the top five for the team in a majority of the meets. Her best effort of the season came in at the NCAA South Region Championship where she finished ninth overall, narrowly missing an NCAA individual berth, in a time of 21:35 for the 6,000-meters course. She was also the top freshman at the race and earned All-South Region honors. At the ACC Championship, Hughes finished 27th overall and second for FSU. Honors that were bestowed on Hughes while in high school were Varsity Online Athlete of the Year and schoolsports.com Greater Denver Girls Cross Country Athlete of the Year. She plans to major in sport management.

HUGHES' PERSONAL BESTS —

Cross Country: 17:32 5k, 21:35 6k

Track: 2:12 800m, 5:00 1600m



Natalie Hughes

★ All-South Region Team
★ ACC Academic Honor Roll

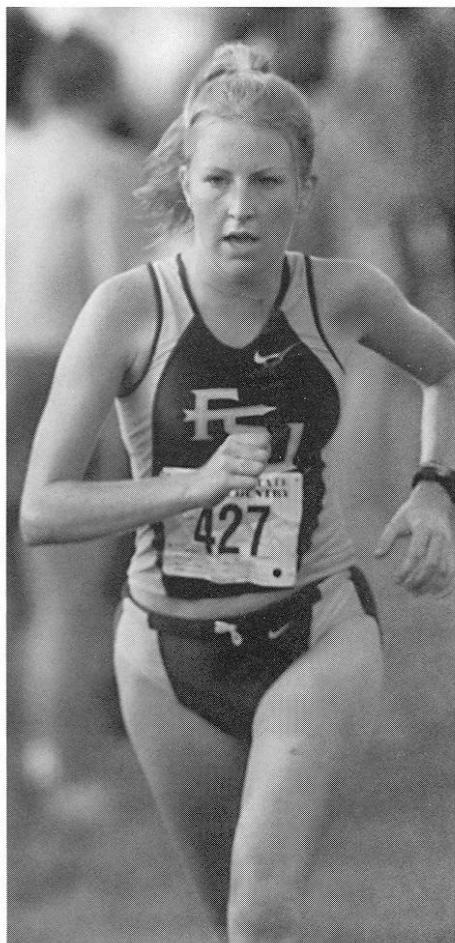
KATIE JEFFREY
JR, Ottawa, Ontario
(Holy Trinity Catholic)



"Consistency and clutch running describe Katie best. She is now three for three in All-South Region honors. I now expect Katie to

take the next step and become a leader on this team."

Jeffrey is the only Lady Seminole to ever earn All-South Region honors three times. She ran in the top five for the team in every meet, with her best effort of the season coming at the Auburn Invitational where she placed 38th overall in a time of 17:44 for the 5,000-meter race. She also turned in an excellent race at the NCAA Pre-National meet where she finished second for the team and 96th overall in a time of 22:52 for the 6,000-meter course. In high school, Jeffrey finished in the top 15 at

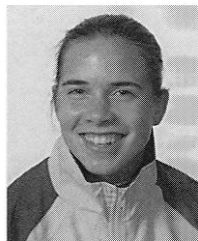


Katie Jeffrey

the Canadian Junior National Cross Country Championships. She also played basketball and soccer. Jeffrey is a business major.

JEFFREY'S PERSONAL BESTS —
Track: 17:01 3mile, 10:01 3k
Cross Country: 021:32 6k, 17:30 5k

AMANDA JORDAN
FR, Oklahoma City, OK
(Bishop McGuinness)



"Amanda's nine Oklahoma state titles tells the story of her abilities. We never got to see the talent, however, as a

preseason injury forced a redshirt season. Amanda will be a big-time collegiate runner for years to come."

Jordan redshirted this season due to injury. She will contribute to the team next year when healthy. As a prep runner in Oklahoma, she won the prestigious Chili Pepper Invitational numerous times. In addition, she won nine state titles in both cross country and in Oklahoma. She owns a personal best of 10:56 for 3,200-meter. Jordan is also an excellent student, coming to FSU a National Hispanic Scholar.

JORDAN'S PERSONAL BEST —
Track: 10:56 3200m

★ ACC Performer of the Week

ALLISON LIND
JR, Woodbury, CT
(South Dakota State)



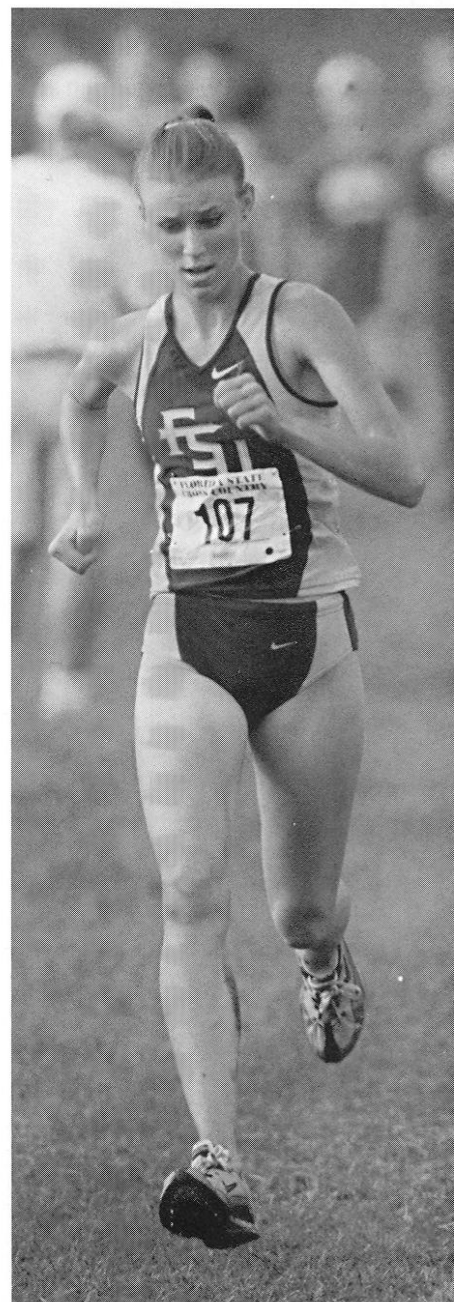
"The addition of Allison to this team was an absolute coup. She was the NCAA Division II national runner-up at 5000

meters, and she showed that talent before falling ill at the ACC Championships. Allison has the ability to be a cross country All-American for us next year."

Lind is a highly regarded junior transfer from NCAA Division II South Dakota State. In her first race as a Seminole, the Appalachian State Invitational, she placed sixth overall in a time of 18:26 for the 5,000-

meter course. That effort earned her ACC Performer of the Week honors, becoming the first Lady Seminole to earn that honor. She finished in the top five for the team in all meets, and her best effort came at the Auburn Invitational where she finished 15th overall and ran 17:23 for 5,000 meters. She also set a 6,000-meter personal-best at the Florida Intercollegiates in a time of 21:47. Before coming to FSU, she earned All-America honors in both cross country and track at SDSU. She finished second overall in the 5,000-meter run at the 2000 NCAA Division II Indoor Track and Field Championship in a time of 16:40. She is majoring in biology.

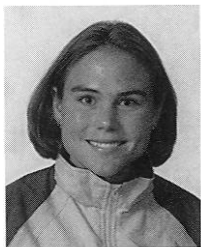
LIND'S PERSONAL BESTS —
Track: 16:40 5k
Cross Country: 21:47 6k, 17:23 5k



Allison Lind

BETH LUKENS

SO, Sarasota, FL
(Riverview)



"Beth showed tremendous courage this season, rebounding from a tough track season. She set personal records at all

distances and simply willed herself to become a good collegiate runner. She will be a top seven runner for years to come."

Lukens is a member of the varsity travel squad in both her freshman and sophomore seasons. She turned in top



Beth Lukens

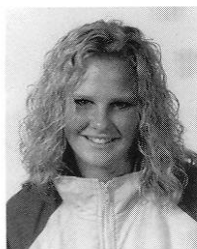
performances of the season at the Florida Intercollegiate where she ran 23:51 for 6,000 meters. Lukens ran her personal best 5000-meter time of 18:24 at the Auburn Invitational. As a freshman, she ran in the top seven in most of meets. On the track, she focuses on the steeplechase and has shown tremendous potential. As a prep runner, she earned all-state honors in both cross country and track, and set a personal record of 5:04 for 1,600-meters.

LUKEN'S PERSONAL BESTS —

Track: 017:47 3mile, 5:04 1600
Cross Country: 23:51 6k, 18:24 5k

RACHEL MARSH

SO, Kissimmee, FL
(Osceola)



"Rachel had an incredible summer training program and showed her abilities in the pre-season time trial with a fifth-

runner performance. An injury is all that prevented her from competing for All-Region honors."

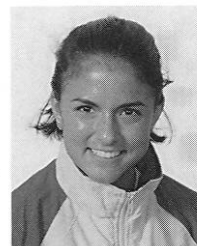
Marsh is sophomore who redshirted the 2001 season due to injury who was a top five finisher at the pre-season time trial. As a freshman, she made an immediate impact by running in the top seven every meet. She competed at the 2001 ACC Outdoor Track and Field Championship in the 1,500-meter run. As a prep runner, she was MVP of her team three times and named most improved. In addition to track and field and cross country she also played soccer. Marsh is majoring in sport management.

MARSH'S PERSONAL BEST —

Track 18:27 5k, 4:46 1500

LAURA MELENDEZ

FR, Livermore, CA
(Granada)



"Laura is a natural distance runner. Her adaptation to collegiate races was outstanding this year as she was a mainstay on

our varsity squad. Her potential is enormous."

Melendez finished in the top seven for the team in the majority for the races this season after winning the 4,000-meter team time trial. She ran her best race at the Auburn Invitational with a career best time of 18:00. As a prep runner in California, she was named the MVP of her team. She ran a personal record time of 10:56 for 3,200-meter at the California State Track and Field Championship. Also an excellent student, Melendez came to FSU as a National Hispanic Scholar. She is majoring in music.

MELENDEZ' PERSONAL BESTS —

Track: 10:56 3200
Cross Country: 23:12 6k, 18:00 5k



Laura Melendez

EMILY WEHR
SO, Tarpon Springs, FL
(Palm Harbor)



"Emily made a smooth transition from good track runner to outstanding cross country athlete. She is a very talented runner

whom we look to be a top five racer next fall."

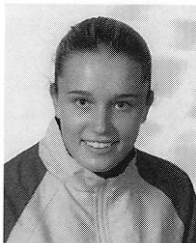
Wehr is a Florida high school runner who transferred from the University of North Carolina at Charlotte. She showed improvement every meet as a Seminole and competed at the ACC Championship. Her best race came at the ACC Championship where she ran

23:59 for 6,000-meters. As a prep runner, she was named the Pinellas County Athlete of the Year and won the GTE Student-Athlete award. Wehr is a biology major.

WEHR'S PERSONAL BESTS —

Track: 17:30 3mile
Cross Country: 18:40 5k

JORDANNA WHITTINGTON
SO, Ontario, Canada
(St. Christopher)



"This outstanding 800-meter runner did a super job in her first cross country season ever. Her new-found strength

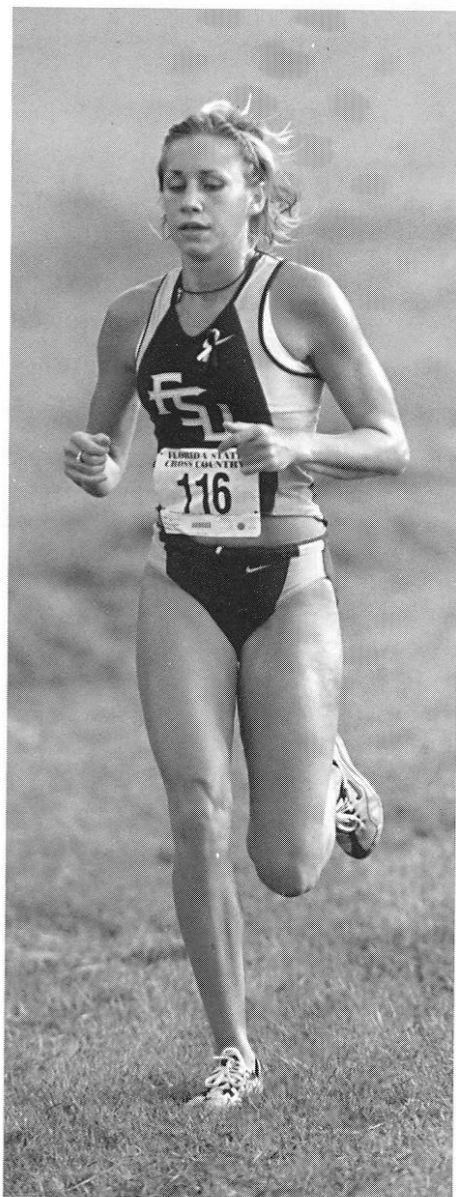
should propel her to All-ACC honors in the 800 and 1500-meter this spring."

Whittington is a top middle-distance runner who is running the longer races to gain strength. She ran her best 6,000-meter time of the year, 24:13, at the Florida Intercollegiates and a best 5,000-meter time of 19:11 at the Disney Invitational. At the 2001 ACC Track and Field championships, she was a finalist in the 800-meter run, running it in 2:13.

As a prep, she was a top runner in Ontario and won seven OFSAA medals. She is also an academic scholar and made the honor roll every year.

WHITTINGTON'S PERSONAL BESTS —

Track: 11:19 3200, 2:13 800
Cross Country: 19:11 5k



Emily Wehr



Jordanna Whittington

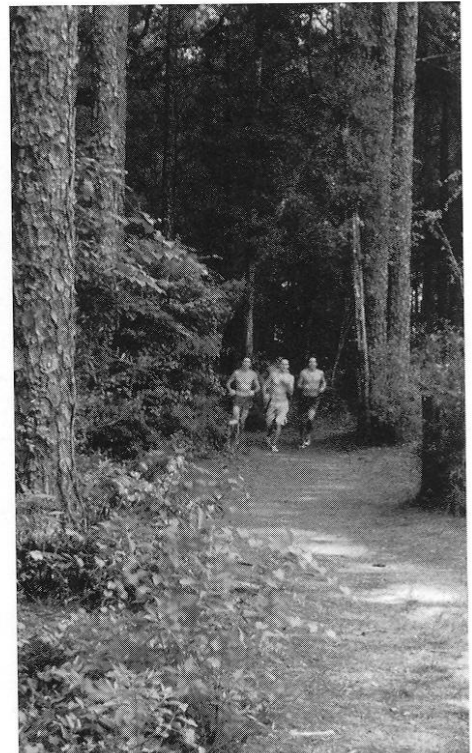
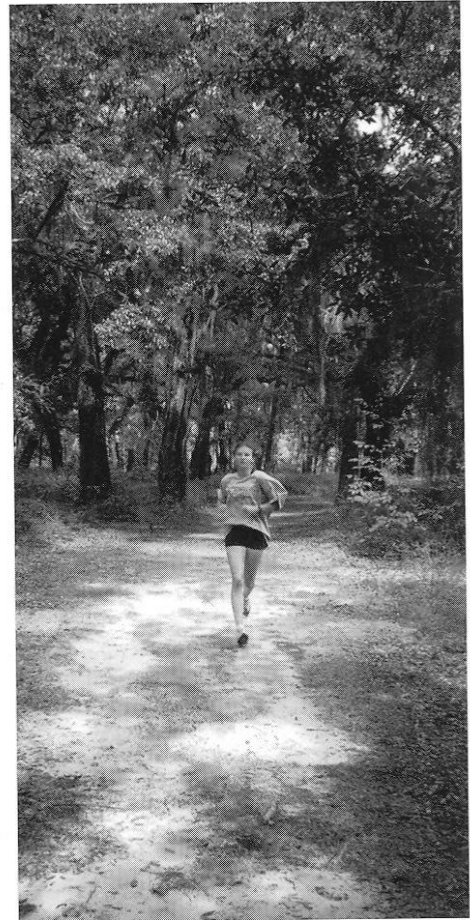
Welcome To "TRAIL" AHASSEE

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 top training sites for distance runners in the South.

The capital city is home to 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.

- **Micosukee Greenway:** Florida State University's home cross country course has been regarded by collegiate and high school coaches as one of the best courses in the Southeastern United States. The greenway includes two 30-acre fields situated on rolling hills and surrounded by forest trails on all sides. One can run approximately 12k without overlapping other sections of the park. An ideal place for intervals, tempo runs or just an easy long run.

- **St. Marks Wildlife Refuge:** Located 40 minutes south of Tallahassee on the Gulf of Mexico, St. Marks Wildlife Refuge is a favorite among visiting teams. The refuge holds close to 40 miles of trails atop dikes. But beware — alligators call the refuge home and you are guaranteed to see a few on the trails.
- **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 makes 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.

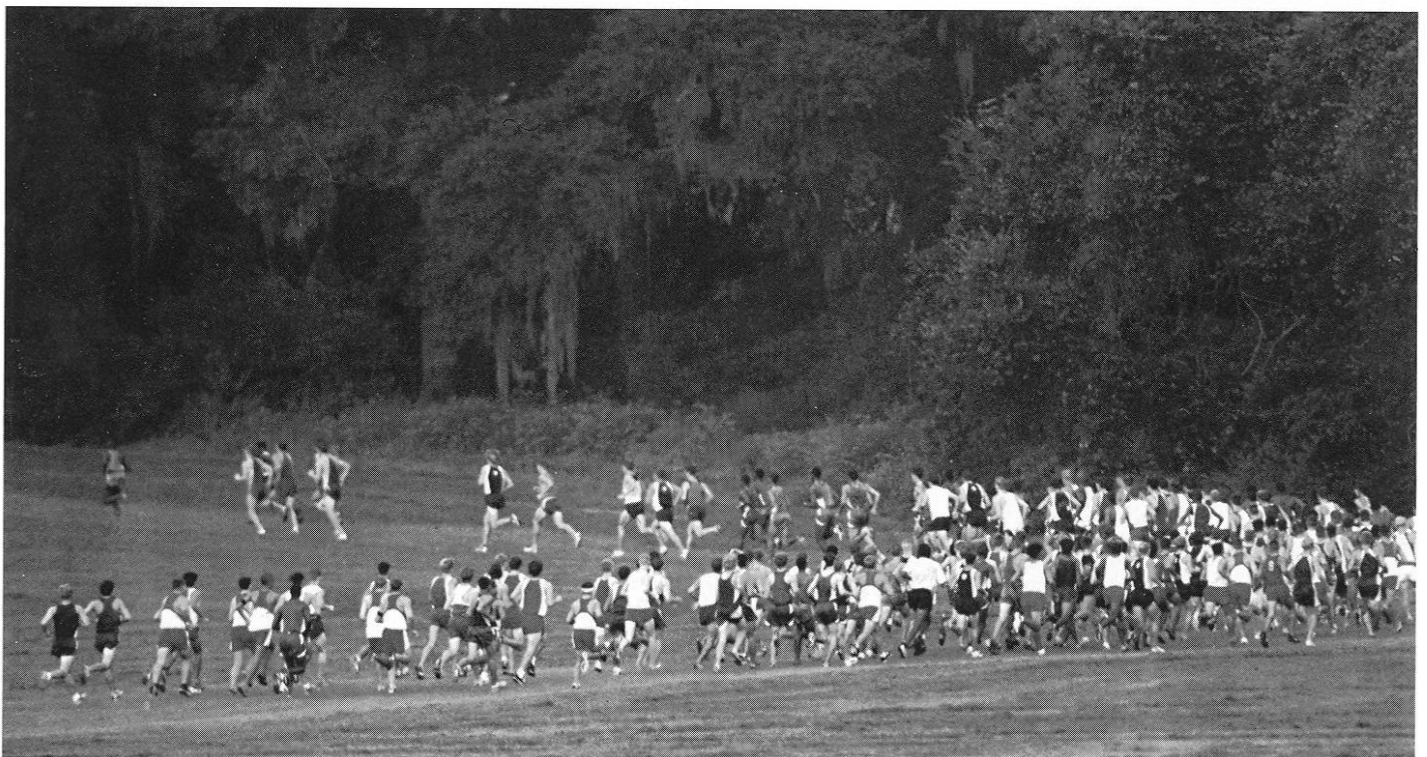
- **Apalachicola National Forest:** Located just 5 minutes south of town, Apalachicola National Forest covers over 550,000 acres of land stretching from Tallahassee to the Gulf of Mexico. Included in this vast area are many trails and unmapped forest roads. Apalachicola Forest also is home to a section 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 consists 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.



This Is TALLAHASSEE

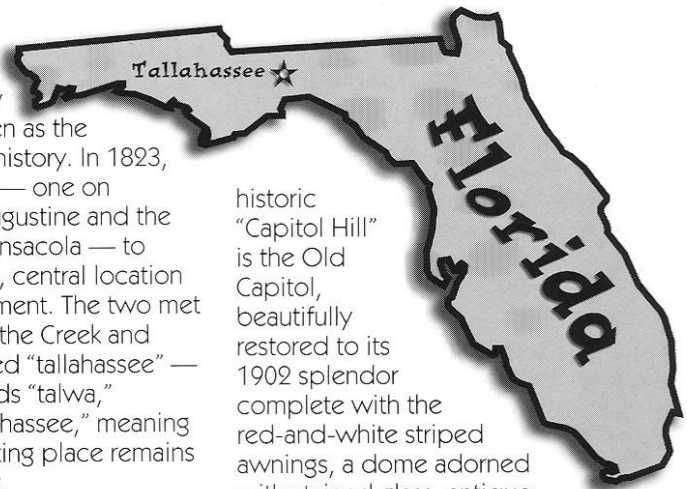
Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State—Tallahassee, Florida's capital city. With its intriguing combination of power-play politics and classic character splashed with a twist of Southern beauty and charm, Tallahassee is a side of Florida few expect to find.

With the Gulf of Mexico just 25 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 in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Georgia neighbor than Florida in topography,

climate and lifestyle.

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 establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

Boasting more than 145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida's



historic "Capitol Hill" is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd-floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other downtown delights. Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry "natives."

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs.



TALLAHASSEE

In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida's capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.



PHYSIOGRAPHY

Tallahassee's rolling landscape, typical of regions further north, is unique among the major cities of Florida. Some areas of the county, including the downtown ridge encompassing the Capitol complex, City Hall and the County Courthouse, exceed elevations of 200 feet. The highest elevation in Leon County is 288 feet, found in the northern part of the county. To the south of the city, the hills yield to the flat terrain that is typical throughout the peninsula of Florida.



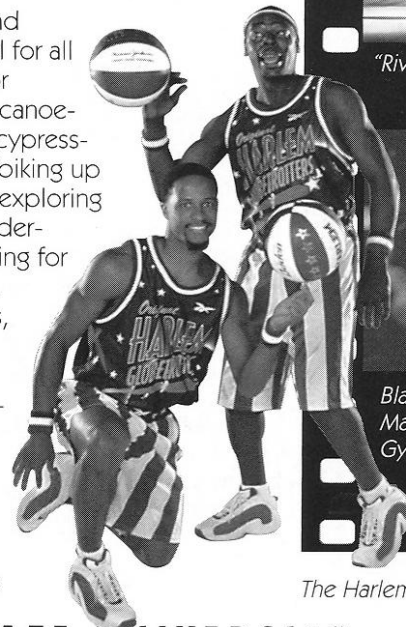
Glass-bottomed boat tours across these mystical waters are available.

Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum. Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, science and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great

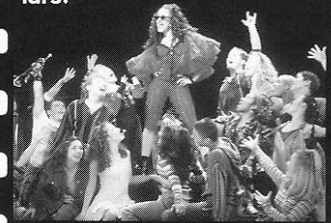
outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite quail. Area lakes, rivers, ponds and the Gulf — just 30 minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the



The Harlem Globetrotters

TALLHASSEE-LEON COUNTY CIVIC CENTER

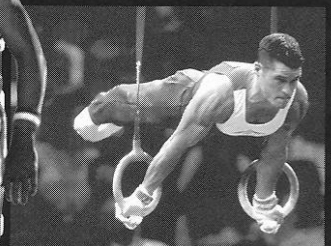
It is easy to understand why over one million people a year flock to the Tallahassee-Leon County Civic Center, what with the varied array of attractions it offers. Consider: a \$33.8 million versatile, contemporary complex with excellent facilities and a cooperative and efficient staff that knows its business. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events. Some people come to the Civic Center to enjoy the sounds of rock, country, pop and urban concerts. Some come for the thrills of basketball, ice hockey, rodeos, arena football and three-ring spectacles.



"Fame" — The musical



"Riverdance" — The show



Blaine Wilson — The T.J. Maxx 2000 Tour of World Gymnastics Champions

bass fishing world for yielding the "big ones." Local wild life areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it's a wild array of spectator sports that leave the crowds screaming for more. The Florida State Seminoles and Florida A&M Rattlers provide collegiate action while the Tallahassee Thunder is the city's featured arena football team. And always a sure bet are the nearby greyhound races.

For another favorite "sport" — shopping — two large regional malls and many specialty centers offer an array of "playing options," from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfast's, rustic "gentlemen" lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

CLIMATE

Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.

Annual January temperature: 40-63° F

Annual July temperature: 72-91° F
Yearly average maximum temperature: 78.7°

Yearly average minimum temperature: 55.7°

Yearly average days above 90 degrees: 91.0

Yearly average days below 32 degrees: 35.7

POPULATION

City of Tallahassee 148,400
Leon County 243,300



Above: The Black Archives at Carnegie Library; Left: The Tallahassee Museum

MUSEUMS AND CULTURE

The federal Institute of Museum and Library Services (IMLS) named the Tallahassee Museum of History and Natural Science as one of the nation's exemplary museums on September 19, 2000. The Tallahassee Museum, along with 176 other museums, was selected out of a field of 823 applications from museums throughout the nation in a highly competitive competition. The museum features a 52-acre natural habitat zoo, nature trails, authentic 1880s farmstead, hands-on Discovery Center, birds of prey aviary, reptile exhibits, annual events and more!

Other points of interest include:

MARY BROGAN MUSEUM OF ART & SCIENCE

Interactive hands-on science center and national traveling art and science exhibitions.

MISSION SAN LUIS

Site of Spanish/Indian village settled from 1656-1704. Ongoing excavations/ exhibits/reconstructions.

MUSEUM OF FLORIDA HISTORY

Permanent exhibits include a nine-foot mastodon, Spanish galleon treasures, Civil War memorabilia, reconstructed steamboat and Prehistoric Florida plus traveling exhibits.

OLD CAPITOL MUSEUM

Restored to 1902 appearance featuring red candy-striped awnings, stained glass dome, House and Senate Chambers, Supreme Court and Governor's office.

MACLAY STATE GARDENS

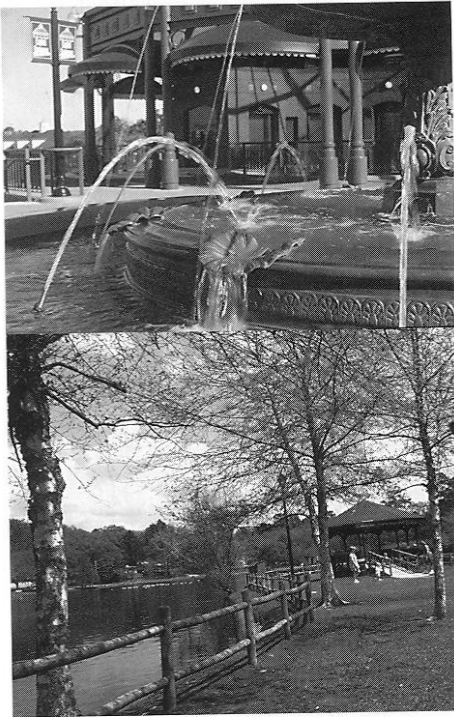
Enchanting floral architecture surrounds 1930s home of NY financier Alfred B. Maclay. Impressive grounds feature 200+ floral varieties plus hiking, biking and nature trails, swimming, fishing and boating.

TALLAHASSEE ANTIQUE CAR MUSEUM

Impressive showroom features award winning Chevys, one-of-a-kind Ford Roadster, 1913 CarNation Tourer, 1931 Duesenberg, 1956 T-Bird, Delorean, Cadillacs, Corvettes and more. Plus two original Bat Mobiles.

THE CAPITOL

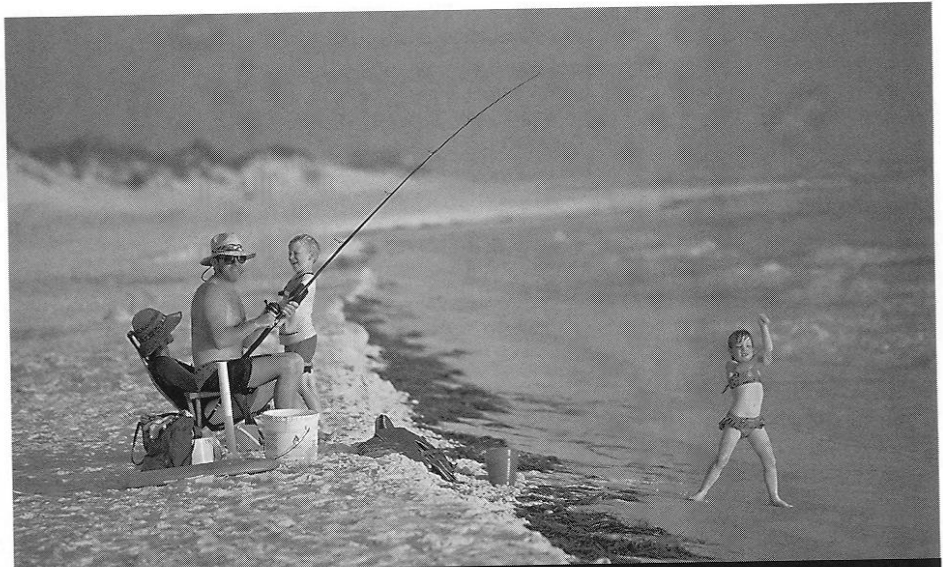
One of 5 tower Capitols in the U.S. features panoramic view from 22-floor observatory/art gallery, House and Senate viewing galleries.



**TALLAHASSEE'S
AN ALL-AMERICA CITY!**

On June 26, 1999, judges from the National Civic League named Tallahassee as one of 10 cities to win the prestigious All-America City (AAC) award from the 1999 All-America City conference in Philadelphia. The All-America City award is the most prestigious and coveted award a community can win. The annual award recognizes exemplary, grassroots and problem-solving efforts of communities that cooperatively tackle challenges and achieve measurable results. Judging is based on the overall level of community involvement in solving critical local problems, including public-private partnerships.

"This is clearly one of the most exciting things to ever happen to Tallahassee," said a jubilant Mayor Scott Maddox. "For those of us who call Tallahassee home, the All-America City award verifies what we've known for so long — that we have one of the greatest cities in all of America!"



WHERE'S THE BEACH?

Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.

ALLIGATOR POINT

Natural dune public beach, 45 miles south of Tallahassee

CARRABELLE

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

DEKLE BEACH

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

MASHES SANDS BEACH

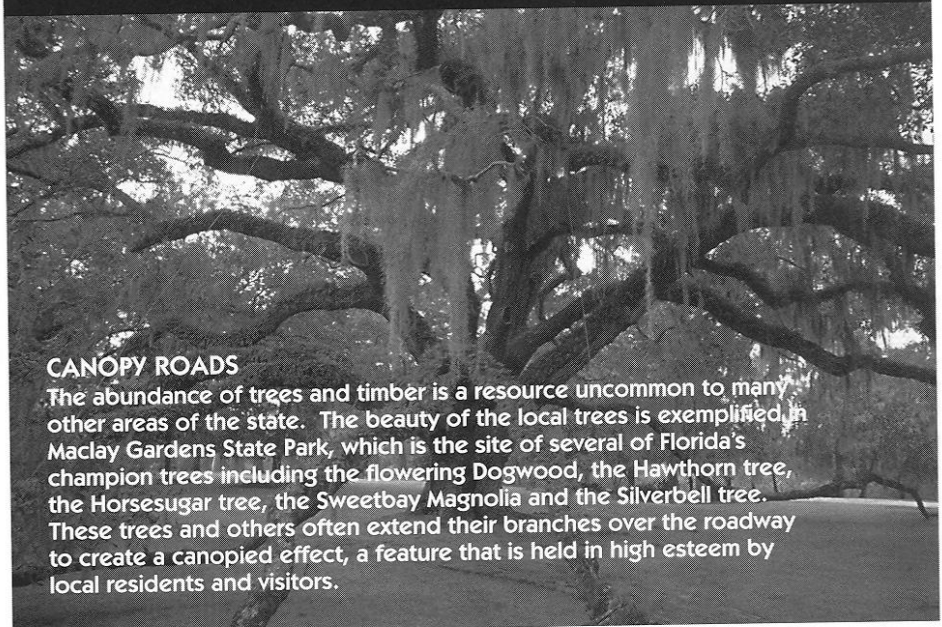
Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

ST. GEORGE ISLAND

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

SHELL POINT

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee



CANOPY ROADS

The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park, which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.

This Is **FLORIDA STATE**

Florida State University, a 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, the university is situated in the heart of the state's capital city. The university's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods and azaleas of North Florida.

As the university has progressed and grown — from its pre-Civil War beginnings as the Seminary West of the Suwannee, to the Florida State College for Women and, finally, returning to coeducational status as a university in 1947 — it has developed into an acclaimed research institution, a top-

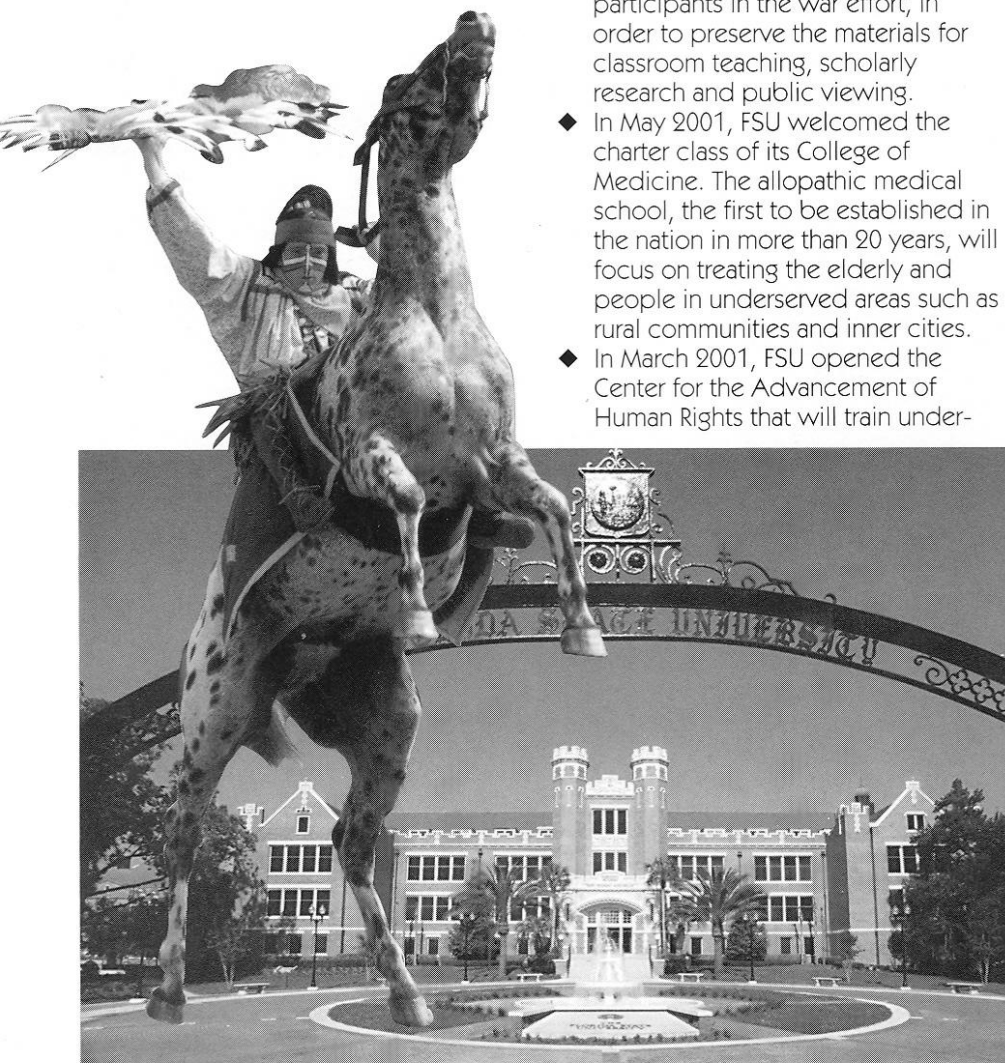
ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.

The university has entered the 21st century with excellence in all areas of its mission — teaching, research and public service, including such milestones as:

- ◆ In June 2001, NBC Nightly News anchor Tom Brokaw donated more than 5,000 collections of World War II memorabilia that had been sent to him as the result of his three-book series on "The Greatest Generation" to the FSU Institute on World War II and the Human Experience. FSU created the institute in 1998 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.
- ◆ In May 2001, FSU welcomed the charter class of its College of Medicine. The allopathic medical school, the first to be established in the nation in more than 20 years, will focus on treating the elderly and people in underserved areas such as rural communities and inner cities.
- ◆ In March 2001, FSU opened the Center for the Advancement of Human Rights that will train under-

graduate students from nine FSU colleges and schools to be human rights advocates and be placed with international human rights organizations.

- ◆ In the *blackenterprise.com* 2001 "Top Fifty Colleges for African Americans" rankings, FSU was rated 23rd in the nation, up from 26th in 1999.
- ◆ In the March-April 2001 issue of *National Jurist* that rated the nation's "most wired" law schools, the FSU College of Law was ranked 13th.
- ◆ The FSU School of Motion Picture, Television and Recording Arts was named among the nation's top 12 film schools in the fall 2000 "special showbiz issue" of *Entertainment Weekly* magazine.
- ◆ During the fall of 2000, FSU had 243 National Merit Scholars, 77 National Achievement Scholars and 28 Hispanic Scholars enrolled.
- ◆ In 2000, the Florida Legislature placed under FSU's control the Ringling Center for the Cultural Arts in Sarasota, which includes the John and Mable Ringling Museum of Art, the state art museum of Florida.
- ◆ 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.
- ◆ 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.
- ◆ In 2000, the doctoral program in the College of Business had 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 to 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.
- ◆ 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.
- ◆ 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 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.
- ◆ 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, the distinction was renamed "Doctoral/Research University-Extensive."

Under the leadership of the university's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, FSU continues to build on the foundation of its history of excellence in scholarship, research and

service.

A senior member of the State University System, FSU was founded as an institution of higher learning in 1851 by legislative act. It began in Tallahassee with its first class of male students in 1857 and added women in 1858.

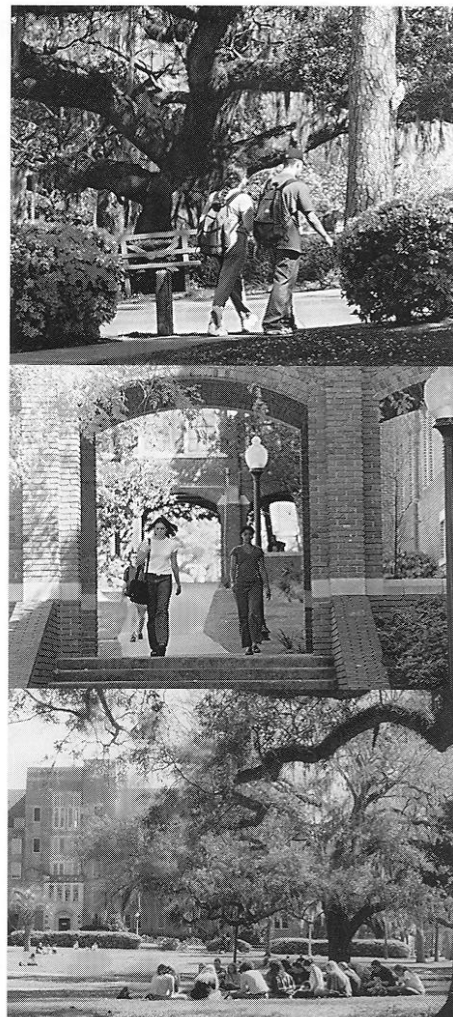
FSU's operating budget is \$656 million. Faculty and administrators generate more than \$116 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the university: the FSU Foundation, which raised \$301 million in private gifts 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. FSU encompasses 1,422.7 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 at Turkey Point on 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 294 graduate and undergraduate degree programs through its nine colleges — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University); Human Sciences; Law; Medicine; and Social Sciences (which also incorporates the Reubin O'D 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 1,897 members, the FSU faculty has included nine National Academy of Sciences elected members, 10 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 2.3 million book titles and 6.6 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 Library is located at the heart of the university's science research complex. FSU also maintains music, library science and law libraries, and the Mildred and Claude Pepper Library.

FSU's 6,367 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.

Of FSU's 34,477-student population, 43.8 percent are male; 56.2 percent are female; 22.3 percent are minorities; and 3.7 percent are foreign students.

UNIVERSITY FACTS

BACKGROUND: The Florida State University is one of 10 universities of the State University System of Florida...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 34,477 in the Fall Semester 2000.

ENROLLMENT (FALL 2000): Total, 35,000...in-state, 26,522...out-of-state, 2,958...undergrad, 26,422...graduate, 6,367...other, 1688...international, 3.7%...minority, 22.3%...male, 43.8%...female, 56.2%...students from all 50 states are in attendance...10 foreign countries contributed over 50 students each...19 states contributed over 100 students each

ACREAGE: 463.3 acres in Tallahassee, Leon County (Main campus)...25.6 acres in Panama City, Bay County. The university owns a total of 1,422.6 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties.

OPERATING BUDGET 2000-01: \$656,239,344

COLLEGES/PROGRAMS: Arts and Sciences...Business (largest)...Education...Human sciences...Information studies...Nursing...Criminology and Criminal justice...Law...Social sciences...Social work...Communication...Motion picture, TV and Radio...Music...Theatre...Visual arts and dance...Engineering...Undecided/Special

DEGREE PROGRAMS: 93 possible degrees at Bachelor's level...99 possible degrees at Master's level

DEGREES GRANTED FOR 1999-2000: Bachelor, 5,342...Masters, 1,460...Total, 7,285

ENTERING FRESHMAN FACTS (FALL 2000): High school GPA 3.3-4.0...SAT score 1090-1280...ACT score 23-27

RETENTION RATE: First year, 100%...second year, 85.1%...third year, 74%...fourth year, 70.7%

FACULTY/STAFF: Full time 1,520...Part time 377...Total 1,897...Highly qualified faculty includes five Nobel Laureates...10 members of the National Academy of Sciences...4 members of the American Academy of Arts and Sciences...a former astronaut

EDUCATIONAL ADVANTAGES: Ranks as one of top 10 universities in the country in revenues generated from scientific research and discoveries...The country's newest Medical School...The world's largest magnet at the National High Magnetic Field Laboratory...Florida's most wired campus and 18th most wired campus nationally (Yahoo! Internet Life), and an Internet 2 site...IBM hired 29 grads in 1998...FSU is one of only six universities from which Revlon recruits.

EDUCATIONAL OPPORTUNITIES ABROAD: The University is strongly committed to its mission in international education and offers a wide variety of educational opportunities during both the year and the summer sessions to places including London, Florence, Czech Republic, Prague, Costa Rica and Switzerland.

EXTRACURRICULAR ACTIVITIES: There are over 250 student organizations in which to become involved

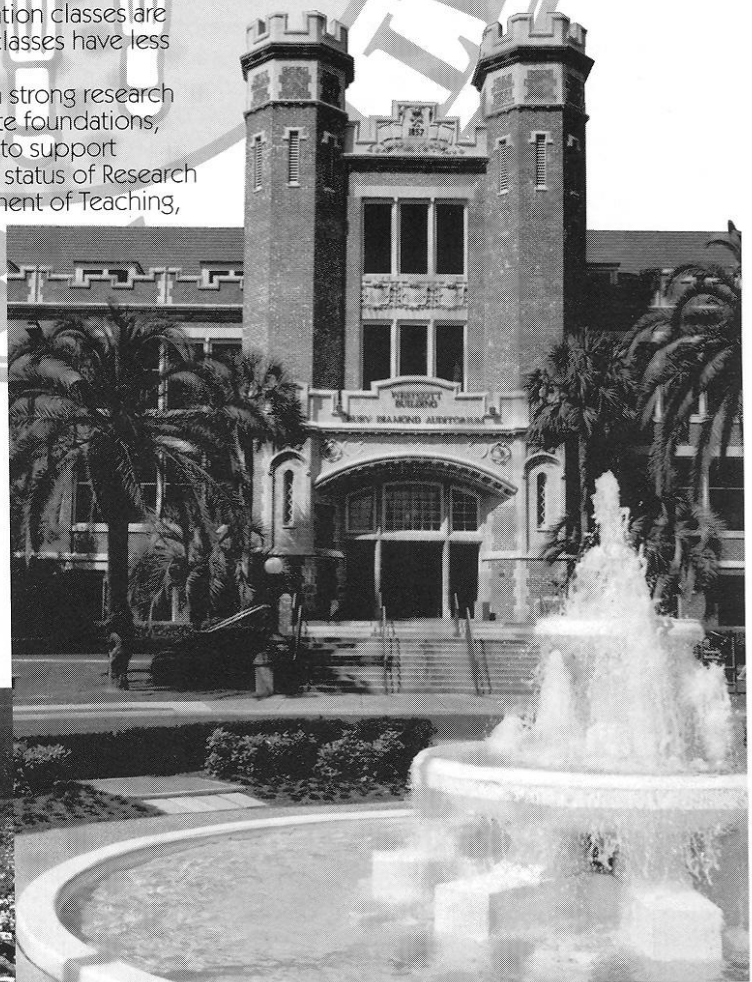
FINANCIAL AID: Over \$160 million given away for financial assistance every year

STUDENT/FACULTY RATIO: 18-1...Many of the general education classes are large lecture classes, however over 80 percent of major classes have less than 40 students.

RESEARCH: Florida State University has built a reputation as a strong research institution in both the sciences and the humanities...Private foundations, industries, and government agencies all provide funding to support research at FSU...In 1994, Florida State was accorded the status of Research I University by the Carnegie Foundation for the Advancement of Teaching, an elite distinction that recognizes the university's strengths in doctoral programs and federal funding.

SPONSORED RESEARCH: \$102,018,403

LIBRARIES: The University libraries have volume holdings totaling over 2,300,000 books and periodicals, over 5,600 computer files and over 900,000 government documents...The University libraries contain over 6,600,000 microforms including film, cards, print and fiche...The Library's on-line catalog includes materials from FSU and the other nine State University System libraries, as well as access to many data bases in a variety of subjects...Campus libraries include: The Robert Manning Strozier Library, the main library; the Paul A.M. Dirac Science Library, the Warren D. Allen Music Library; the Harold Goldstein Library School Library, the Mildred and Claude Pepper Library and the Law Library.



10 Leading States of Origin

(Enrollment)

Florida	26,552
Georgia	865
Virginia	369
New York	293
North Carolina	260
Texas	248
Pennsylvania	241
Alabama	235
Illinois	227
New Jersey	220



FAMOUS ALUMNI

RITA COOLIDGE

Rita Coolidge is a two-time Grammy Award winner. She has worked with Joe Cocker (backup singer and soloist) on his "Mad Dog and Englishman" tour. She has also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills. Coolidge co-wrote "Superstar" which was a huge hit for the Carpenters.

LEE CORSO

Lee Corso, College football Analyst for ESPN. Corso joined ESPN in 1987 after 28 years of football coaching experience at the college and professional levels – including 17 seasons as a head coach – serves as a game analyst for the Thursday night telecasts and as a studio analyst for College GameDay and the half-time and scoreboard shows. He is a member of the FSU Hall of Fame, received four varsity letters in both football and baseball at FSU.

PAUL GLEASON

A teammate of Burt Reynolds, is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal in "The Breakfast Club."

BARBARA HARRIS

Barbara Harris is currently the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. SHAPE has a current circulation of 808,634 and over 2.2 million readers. Harris, who lettered in volleyball at FSU from 1974-77, frequently appears on national and local television, radio talk shows, and is interviewed regularly by the newspaper media, sharing her experience in the areas of exercise, health, wellness, and women's issues.

TRAYLOR HOWARD

Traylor Howard, an actress best known for her role as "Sharon" in the hit TV Series "Two Guys and a Girl" (ABC). Howard appeared in more than 30 national commercials before winning the role of Joy on the comedy series "Boston Commons." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

GABRIELLE REECE

Gabrielle Reece is best known for her career in volleyball and as a model. Reece began modeling in 1989 and has appeared on the covers of Women's Sports & Fitness, Outside, SHAPE, Elle, Life and others. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece has co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle" and writes a column for Women's Sports & Fitness.

BURT REYNOLDS

Academy award nominee and Golden Globe winner, Burt Reynolds has enjoyed enormous success as an actor and director in feature films, television and stage productions. Some of Burt's most prominent films include: "Mystery Alaska", "Striptease", "Citizen Ruth", "Deliverance", "Stroker Ace", "Smokey and the Bandit" and many more. Reynolds also starred in the hit television series "Evening Shade".

DR. TONEA STEWART

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, Dr. Stewart is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe. Dr. Stewart also had roles in John Grisham's film "A Time To Kill" portraying Samuel L. Jackson's wife. She won an NAACP Image Award nomination as best supporting actress in 1997. Dr. Stewart was the first African American female to receive a doctorate from the FSU School of Theatre and the first McKnight Doctoral Fellow in Theatre Arts.

NORM THAGARD

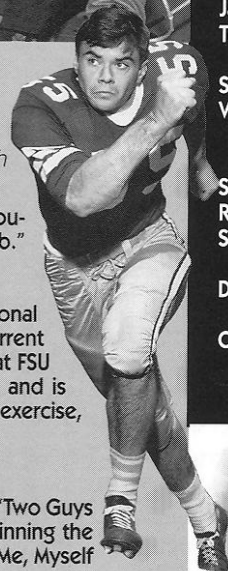
Former NASA Astronaut, Norm Thagard was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, also aboard Challenger and STS-30 in 1989, on Orbiter Atlantis. He also served as the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995, which required he live and train at the Gagarin Cosmonaut Training Center at Star City, Russia for more than one year prior to the mission. He logged over 140 days in space during five space flights.

ROBERT URICH

Robert Urich, actor, is best known for his roles as a private investigator on Vegas (1978) and "Spenser: For Hire" (1985) and Captain on UPN's Love Boat: The Next Wave (1998). Urich came to FSU on a four-year football scholarship. While at FSU, he earned a BA in Communications and later received an MA at Michigan State University.

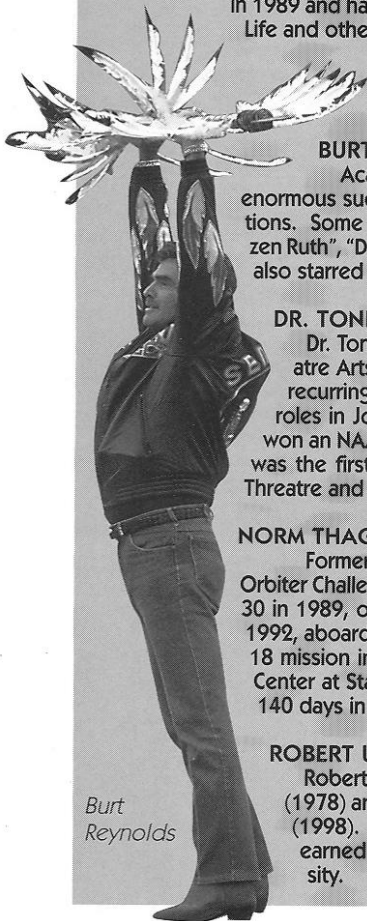


ABOVE:
Norm
Thagard;
RIGHT:
Robert Urich



OTHER FAMOUS ALUMNI:

Paul Azinger, professional golfer
Allan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
John W. Bradley, actor, "The New Adventures of Robin Hood"
Clifton Campbell, playwright
Davis Gaines, performer, "The Phantom of the Opera"
Jane Geddes, professional golfer
Tony LaRussa, Manager, St. Louis Cardinals
Scott Maddox, Tallahassee Mayor
Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence
Steven Sears, writer and producer
Randy Ser, theatrical director
Sonny Shroyer, actor, "The Dukes of Hazard"
Dr. Valint Vazsonyi, international concert pianist
Claudia Waite, award-winning Soprano.



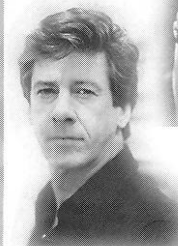
Burt
Reynolds



Lee Corso



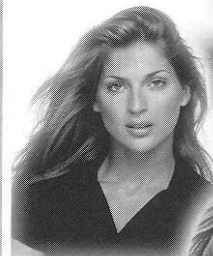
Rita Coolidge



Paul Gleason



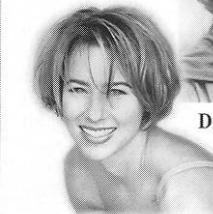
Barbara Harris



Gabrielle Reece



Dr. Tonea Stewart



Traylor Howard

This Is The ATLANTIC COAST CONFERENCE

THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 49th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 82 national championships, including 40 in men's competition and 42 in women's. In addition, 120 men and 31 women have earned the coveted title of NCAA champion.

The ACC also stands at the forefront of intercollegiate athletics in terms of the academic accomplishments of its student-athletes. Since 1983, 321 women's basketball players have received ACC Academic Honor Roll recognition. The 2000-01 academic year included 29 selections. In addition ACC basketball players have earned first-team Academic All-America honors six times. In 1997 NC State's Jennifer Howard was tabbed GTE CoSIDA Academic Player of the Year after posting a 4.0 grade point average throughout her career. 11 players have earned ACC Postgraduate scholarships, while three others were named NCAA Postgraduate Scholars.

2000-01 IN REVIEW

The 2000-01 academic year concluded with the league pocketing three more national team titles and four individual NCAA crowns. In all, the ACC

has won 39 national team titles over the last 11 years.

The ACC's 2000-01 national championships were North Carolina in women's soccer, Duke in men's basketball and Maryland in women's lacrosse. Overall, ACC teams posted a 73-56 (.566) mark in NCAA Tournament play.

The ACC placed at least one team in the Top 10 nationally in 15 of the 25 sports sponsored by the league. Other records of note during the 2000-01 season include 98 teams competing at NCAA Championships, five bowl teams and 43 Top 10 showings.

The ACC Academic Honor Roll record was broken for the 14th-straight year in 1999-2000 as 1,664 student-athletes were recognized for their work in the classroom.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest — drawing up the conference bylaws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia. The first, and only, withdrawal of a school from the ACC came on June 30, 1971 when the University of South

Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when Georgia Tech was admitted. The Atlanta school withdrew from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State.

FLORIDA STATE BOARD OF TRUSTEES

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ATHLETICS DEPARTMENT MISSION STATEMENT

The Mission of the Department of Intercollegiate Athletics at Florida State University shall be to produce National Collegiate Athletic Association (NCAA) Division I programs for men and women equally characterized by excellence. In addition, the Department strives to be recognized as a campus leader in terms of its ethics, non-discrimination and unquestioned fiscal integrity.

Excellence in intercollegiate athletics programs is determined by academic achievement in the classroom, as well as development of character, maturity and a sense of fair play in athletic competition. Such excellence engenders support for the University among its constituent groups including students, faculty, alumni, and friends at all levels of interest. The Department shall subscribe fully to the philosophy and regulations set forth by the National Collegiate Athletic Association and operate within the fiscal regulations and non-discriminatory procedures established by the Florida State University Board of Trustees and the Florida Legislature.

It is the explicit philosophy of the Department that our student-athletes will be strongly encouraged and supported in their endeavors to progress toward a degree while simultaneously participating in intercollegiate athletic program whose environment is consistent with the highest standards of academic scholarship, sportsmanship, ethics, and institutional loyalty. Finally, the decisions and priorities of the Department should always focus on our student-athletes first, as individuals; second, as students; and third, as athletes.

2001 Florida State MEET RESULTS

AUGUST 31, 2001

APPALACHIAN STATE INVITATIONAL

Boone, N.C.

Men's 8,000M: 2nd-Place/12 Teams (135 pts)

Zach Heissner	15th	25:22
Nick Stuart	17th	25:24
Tommy Kunish	21st	25:30
Joep Tigchelaar	22nd	25:38
Danny Fritz	27th	25:50
Ryan Albertson	28th	25:52
Andrew Bautel	35th	26:02
Jim Van Veen	41st	26:12
Shawn Patterson	42nd	26:19
Dan Clark	60th	26:51

Women's 5,000M: 2nd-Place/12 Teams (50 pts)

Allison Lind	6th	18:26
Brooke Bastien	11th	18:29
Misty Harper	12th	18:32
Laura Melendez	13th	18:34
Natalie Hughes	19th	18:41
Anne Clinton	26th	19:02
Emily Wehr	27th	19:03
Katie Jeffrey	29th	19:11
Andrea Dulmage	32nd	19:17
Sydney Mondragon	35th	19:23

SEPTEMBER 22, 2001

FLORIDA INTERCOLLEGIATE CHAMPIONSHIPS

Tallahassee, Fla.

Men's 8,000M: 2nd-Place/26 Teams (178 pts)

Kim Bergdahl	3rd	24:38
Joep Tigchelaar	5th	24:57
Nick Stuart	7th	25:04
Tommy Kunish	10th	25:22
Ryan Albertson	16th	25:41
Shawn Patterson	20th	25:51
Dave Guerra	21st	25:56
Danny Fritz	22nd	25:58
Jim Van Veen	26th	26:06
Andrew Bautel	27th	26:07

Women's 6,000M: 2nd-Place/24 Teams (174 pts)

Allison Lind	4th	21:47
Misty Harper	6th	22:01
Brooke Bastien	9th	22:16
Natalie Hughes	13th	22:24
Katie Jeffrey	14th	22:26
Andrea Dulmage	23rd	22:54
Laura Melendez	27th	23:12
Anne Clinton	32nd	23:20
Beth Lukens	45th	23:51
Sydney Mondragon	46th	23:55

SEPTEMBER 29, 2001

AUBURN UNIVERSITY CROSS COUNTRY INVITATIONAL

Auburn, Ala.

Men's 8,000M: 4th-place, 31 Teams (123 pts)

Kim Bergdahl	9th	24:50
Joep Tigchelaar	16th	25:08
Maarten van den Heuvel	25th	25:27
Tommy Kunish	36th	25:38
David Johnson	43rd	25:44
Jim Van Veen	68th	26:10
Danny Fritz	70th	26:11
Dave Guerra	78th	26:14
Andrew Bautel	81st	26:16
Shawn Patterson	106th	26:47

Women's 5,000M: 2nd-place, 32 Teams (107 pts)

Vicky Gill	1st	16:18
Allison Lind	15th	17:23
Natalie Hughes	24th	17:32
Brooke Bastien	35th	17:39
Katie Jeffrey	38th	17:44
Misty Harper	48th	17:57
Laura Melendez	50th	18:00
Andrea Dulmage	63rd	18:12
Beth Lukens	74th	18:24
Anne Clinton	111th	19:08

OCTOBER 13, 2001

NCAA PRE-NATIONALS MEET

Greenville, S.C.

Men's 8,000M: 13th-Place/36 Teams (356 pts)

Kim Bergdahl	24th	24:59
Joep Tigchelaar	31st	25:06
Maarten van den Heuvel	71st	25:36
David Johnson	99th	25:52
Dave Guerra	131st	26:08
Nick Stuart	141st	26:15
Tommy Kunish	157th	26:24

Women's 6,000M: 20th-Place/37 Teams (522 pts)

Vicky Gill	30th	21:47
Katie Jeffrey	96th	22:51
Misty Harper	105th	22:55
Allison Lind	120th	23:09
Natalie Hughes	171st	23:54
Laura Melendez	203rd	24:33

OCTOBER 27, 2001

ACC CROSS COUNTRY CHAMPIONSHIP

Clemson, S.C.

Men's 8,000M: 5th-place/9 Teams (134 pts)

Joep Tigchelaar	6th	24:36
Kim Bergdahl	12th	25:03
Dave Guerra	34th	25:39
Tommy Kunish	42nd	26:07
David Johnson	47th	26:18
Danny Fritz	48th	26:22

Andrew Bautel	49th	26:31
Nick Stuart	70th	28:35

Women's 5,000M: 7th-place/9 Teams (156 pts)

Vicky Gill	5th	21:22
Natalie Hughes	27th	22:37
Katie Jeffrey	37th	23:03
Brooke Bastien	46th	23:22
Andrea Dulmage	50th	23:38
Emily Wehr	54th	23:59
Laura Melendez	61st	24:46

NOVEMBER 10, 2001

NCAA SOUTH REGION CHAMPIONSHIP

Tuscaloosa, Ala.

Men's 10K: 3rd-place/17 Teams (85 pts)

Joep Tigchelaar	5th	31:00
Kim Bergdahl	7th	31:17
Dave Guerra	20th	32:01
Maarten van den Heuvel	21st	32:02
Nick Stuart	35th	32:26
Dave Johnson	65th	33:28
Tommy Kunish	99th	34:46

Women's 6K: 3rd-place/18 Teams (113 pts)

Vicky Gill	4th	21:17
Natalie Hughes	9th	21:35
Katie Jeffrey	24th	22:17
Misty Harper	27th	22:23
Allison Lind	51st	23:03
Brooke Bastien	61st	23:10
Andrea Dulmage	66th	23:26

NOVEMBER 19, 2001

NCAA NATIONAL CHAMPIONSHIP

Greenville, S.C.

Men's 10K: 244 Participants

Joep Tigchelaar	71st	30:28
Kim Bergdahl	208th	32:22

Women's 6K: 249 Participants

Vicky Gill	122nd	22:20
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2001 All-South Region Honorees – Top (L-R): Kim Bergdahl, Dave Guerra, Maarten van den Heuvel and Joep Tigchelaar. Bottom (L-R): Natalie Hughes, Katie Jeffrey and Vicky Gill.

Seminole Striders Provide A Chance to Keep Running

By Bill Mayville, FSU Sports Information Student Assistant

Their names do not show up in the headlines, nor do they receive full scholarships to continue competing at the intercollegiate level. What the Lady Seminole Striders do get, however, is a chance to keep running.

The program, which offers expanded opportunities to female cross country runners, began under FSU cross country coach Bob Braman, who ran a similar program while coaching at the University of South Florida.

Through the Lady Seminole Striders, female runners who may feel for whatever reason that they cannot compete at the intercollegiate level, have a chance to suit up and run with the FSU Cross Country team. However as Coach Braman is quick to point out, the Lady Seminole Striders is a running club, or an intermediate activity. The cross country team treats these runners the same as any other runner on the team, which means they have to attend practice everyday, do community service, do fundraising, and maintain their academics.

For FSU's part, the runners are treated exactly the same — they are given all the perks associated with being athletes, given equipment and coaching, and are allowed to compete in cross country meets.

"In cross country we have a unique opportunity where you can put an unlimited amount of people at the starting line," Braman explained. "It's not like most sports where you have a limited number of positions, and you would just be putting more people on the bench.

"In cross country, we literally can put them into action. They can go out and train and compete."

To help maintain the concept that there are no differences between the Striders and the scholarship runners, the team budgeted for extra equipment to outfit the extra runners. The team also budgeted for and structured competition for the Striders.

"There are cross country races that are unlimited in size, such as the FSU Invitational, which we host," Braman said. "We took them down to the Disney Invitational, which was an

overnight meet, and we also took them to the Stetson Invitational, where they finished third overall and took home a team trophy, which was great."

Another benefit of the program is that it isn't much more difficult to coach additional athletes in cross country, as it may be in other sports.

"It's a fitness and conditioning oriented sport, so everybody's conditioning and running and training," Braman noted. "You still have the fine tunings you do with your elite athletes, but we can condition maybe as many as 50 athletes.

"Our goal is to get up around 50, and we have about 35 right now."

An example of the opportunity the Striders provides is senior Karen Daigle. The 33-year-old Daigle is a graduate student coming off military service who didn't even think she would be eligible to participate. Her military service provided her with a loophole for the eligibility requirements, and because of the Striders program she is able to compete at the college level for her final year of eligibility.

Daigle noted the program is great for those runners who still want to develop at the next level.

"It's a great opportunity for runners to develop to their full potential," Daigle noted. "If anyone has any desire as a runner to continue to develop and compete, I would definitely recommend the Striders."

Since the Striders receive constant training and coaching, many improve dramatically, as in the cases of Anne Clinton and Misty Harper. Harper and Clinton both joined the Striders, and developed to the point where Clinton earned a spot in the Seminoles' top nine and varsity-travel squad. Harper's performances this season nearly landed her on the All-South Region team.

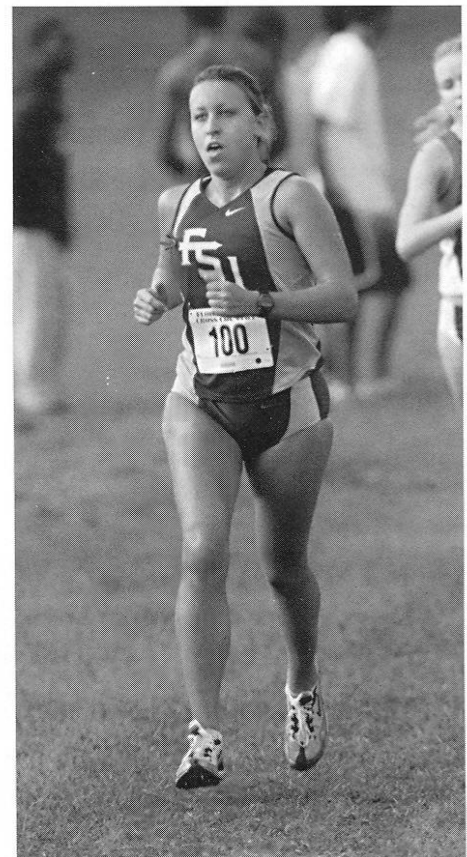
Despite the lack of fanfare surrounding the program, the Striders are not a well-guarded secret. The coaching staff has promoted the program in high schools throughout the state of Florida, by preparing a brochure, running clinics, and putting the program up on the track and field website.

As part of the deal to expand the

roster, FSU Athletic Director Dave Hart and Associate Athletic Director Charlie Carr wanted to ensure the Striders had a leader, and that the cross country coaching staff wasn't stretched out. Coach Braman and the athletic department wanted to use a female graduate assistant who had come out of the FSU program, and former cross country runner and FSU graduate student Cynthia Campbell was selected to watch over the Striders.

The benefits of the program are evident on both sides. From the standpoint of the FSU athletics department, the program extends the number of opportunities for female athletes, without having to break the bank starting up a new program.

The female runners who participate in the program also get a lot out of it. They have the chance to continue to participate in the sport they love at the intercollegiate level, receive top-level coaching, and can continue to develop as runners.



Hannah Gerber of the 2001 Seminole Striders.