

2004 WOMEN'S CROSS COUNTRY SEASON PREVIEW

Fifth-year head coach Bob Braman will step into familiar territory – a team full of talent, a tough schedule and a new face to a tough conference. The 2004 Florida State cross country team starts the season with two veteran leaders in a group of highly-touted newcomers and competing among the best teams in the country, including two programs added to the ever-expanding Atlantic Coast Conference.

"For the women's team, it is going to be a challenge," said head coach Bob Braman. "We lost the best cross country runner in school history in Vicky Gill but return a solid core to build around. Our goal is still the same - compete at the conference meet, qualify for nationals at the regional meet and continue to strive for national prominence."

At the top of the lineup, senior four-time All-American Natalie Hughes will step into the number one position, after three years of success in the two slot. Coming off a cross country season that saw the Grand Junction, Colo., native improve to 34th place at the 2003 NCAA National Championships, Hughes is expected to be a solid scorer in the top spot. Fellow classmate Anne Clinton, who developed into a varsity runner after starting in the Strider program, will help to balance the leadership among the incoming class of Seminoles. Clinton will look to move up from the middle of the lineup and join Hughes in the top two positions.

"This year's group is similar to the same group I had five years ago when I first started at FSU," said Braman. "We have five newcomers who were very successful on the high school level and that we expect to run in the top eight and score points."

Junior Jenny Gomez was a big addition to the Tribe corps during the 2003 season, and should return in prime condition to continue to compete for Florida State. Gomez was instrumental in consecutive nationals trips for FSU, shaving close to a minute off of her personal best mark. Sophomore transfer Kara Newell and true sophomore Meredith Urban are expected to come in and help solidify the lineup with experience on the intercollegiate level.

"Urban and Newell both had great track seasons and should provide immediate support in the top seven," said Braman.

A talented group of newcomers enter the season with high hopes of continuing FSU's streak of national championship appearances. Included in this group are highly-touted freshmen Laura Bowerman and Kirsten Hagen. Bowerman is the first Foot Locker finalist to sign with Braman and the Florida State program while Hagen was one of the top cross country runners in Virginia during the 2003 campaign.

Bowerman confirmed her reputation of being one of the top runners in the state by running a 17:42 in the 5K run at the USF/Jesuit Invitational. Despite a late-September injury during a workout, she came back to win her second consecutive Class 3A State Cross Country Championship, winning the 2004 meet by 28 seconds in a time of 18:07, setting a then-state course record.

Hagen was ranked No. 1 for the majority of the season in the Virginia State Group AA competitors during the 2003 cross country season, finishing the year in fifth place at the VHSL Group AA Championships en route to all-state honors. Prior to the state race, Hagen took the VHSL Region III Cross Country title in 18:53. Competing in the Foot Locker Southeast Regional, Hagen placed 15th overall.

Amanda Hahn and Audrey Hand are also on the roster and expected to contribute to the national prominence of the program. Barbara Parker was the top senior steeplechaser in the United Kingdom and she is also a highly-touted 1500m runner. Parker's steeplechase personal best would have been the second fastest time in the conference last season.

In the talented recruiting class are a group of high school runners who will make the shift to the intercollegiate competition. Audrey Hand was an integral piece at Kellam High School, helping her school to a Virginia Group AAA state runner-up finish. Hand placed fifth in the 1600m run in 5:06 during the indoor and outdoor seasons. Her

4x800m relay team took the title at the Virginia Group AAA State Championships meet. Cristen Litz was a late bloomer who ended the 2004 track and field campaign with Florida prep top ten times in both the mile and the two-mile. Litz ran 11:14 to finish 5th and earn all-state honors in the 3200m run.

"The three-time all-state track runner should emerge as a cross country runner over the course of the season," said Braman. "Hand's success on the high school level, coming from one of the top programs in the country, should allow her to make an easy transition to collegiate training."

"We will depend on Hughes and Clinton to lead the group and let our depth and talent come through over the course of the season," said Braman. "Bowerman and Hagen are impact runners but our success this fall may well depend upon how well Litz, Hand and Hahn run."

Entering the 2004 season, the Seminoles not only face the challenge of life without its best competitor but also a new look in the Atlantic Coast Conference. Florida State, alongside the other schools in the league, welcome Miami and Virginia Tech to the ACC Championships. Both are viable programs that should challenge the already high level of competition in the conference.

The ACC sent five schools to nationals in 2003, with FSU finishing 18th overall and third behind N.C. State and North Carolina. Duke and Wake Forest rounded out the group representing one of the top conferences in the nation.

"We train hard through the NCAA Pre-Nationals meet with the expectation of peaking at the end of the season – just in time for nationals," said Braman. "If everyone runs well, we do well as a team. We just have to stay healthy and train hard in order to win. No team wins the national championship without health and hard work."

2003 WOMEN'S CROSS COUNTRY SEASON WRAP-UP

After three persistent seasons of pushing to become one of the top teams in the country, and build a program that remains amongst the best in the nation, fourth-year head coach Bob Braman was at the doorstep of that prophecy in 2003. Florida State concluded the 2002 season with their first trip to the NCAA National Championships – the first team to qualify for the national championship. This season, the Tribe concluded the 2003 campaign with another trip and another first at nationals - a top 20 finish.

The plan throughout the season was to push and learn – push to win in every race and apply what you learned from the last contest. FSU dwarfed a number of its individual and team race finishes. The most important finish from last year was the 28th place mark earned at the 2002 NCAA Cross Country National Championship. In 2003, the Tribe moved up ten spots at nationals to complete the course in 18th place. Important individual finishes included senior Vicky Gill's national race finish of 15th to 11th and junior Natalie Hughes' prior season mark of 197th and this year's 34th.

The Tribe started the season at the Mountaineer Open, finishing second, behind fellow ACC member Wake Forest, in a 44-point effort. With Gill waiting to hear if she was awarded a sixth and final year, Hughes and junior Anne Clinton finished first and second for FSU in times of 18:27 and 18:35.

At the Florida Intercollegiate, the only home meet of the season, Hughes and senior Helen Hofstede took second and third en route to a first-place overall finish (38 points) for the ladies squad. Freshmen Carla Agnew and Heather Clark ran 5K collegiate bests in their second meet of the season, besting their previous times by almost a minute. Clinton finished fifth with a time of 18:21.58 and an 18:36.99 finish was enough for Clark to place seventh. Redshirt junior Rachel Marsh (18:53.51), sophomore Jennifer Gomez (19:07.81) and Agnew (19:29.44) contributed to the women's 28-point finish.

At the prestigious Great American Cross Country Festival, the Noles continued their strong performance with a fourth-place finish, defeating ranked opponents Virginia and Duke. Turning in the top performance for the Tribe was Gill as she came in second with a time of 17:07.20. Next across the tape was Hughes in 14th place at 18:15.8, followed by Hofstede as her time of 18:

37.30 placed her 22nd. Rounding out the Seminole place winners was Clinton in 27th with a time of 18:44.30 while Marsh crossed the line in 19:16.3 to take 47th.

After two weeks of preparation, the Garnet and Gold traveled to the NCAA Pre-National meet to get accustomed to the course and preview some of the competition they hoped to face again in the upcoming national championships. Heading

defending national champion, North Carolina's Shalane Flanagan. Hughes finished in a time of 21:34.3 for 24th place. Clinton crossed the tape in a time of 21:56.3, placing 32nd, and Hofstede placed 38th in a time of 22:12.6. Clark (39th, 22:15.4), Marsh (42nd, 22:19.0) and Gomez (46th, 22:51.7) rounded out the scoring for the Noles.

The NCAA South Regionals solidified Florida State's spot at the national championships. Gill



into the meet, Braman set goals to finish in the top ten. FSU complied with the women placing 10th. Gill posted a third-place finish in the meet in Cedar Falls, Iowa, in a time of 19:56, finishing three seconds behind overall champion Alicia Craig of Stanford University. Hughes finished in 18th place with a time of 20:59 in a group filled with 21 of the nation's top 30 teams. Hughes improved on last year's individual finish of 81st place while shaving a minute of her 2002 time. Hofstede and Clark crossed the line third and fourth respectively for the Noles, with Hofstede finishing 82nd overall in a time of 22:06 and Clark posting a 99th place finish in 22:17. Clinton posted a 22:23 mark for 108th place and Gomez recorded a time of 22:58 (150th) leaving Marsh to round out the group in a time of 23:13 and 166th place.

Coming off a strong showing at the pre-nationals, the Noles headed to the ACC Championships in Winston-Salem, N.C., to challenge their record-best finish of fifth. FSU finished fifth, tying a 10-year old mark, Gill ran steadily in the lead pack to finish second in a time of 19:49.5, behind the

won her first race of the season, the 6K event in a time of 19:48.04, earning her second NCAA South Region Athlete of the Year honor along with a spot on the All-South Region team, comprised of the top 25 runners in the region. For the Seminole women, Hughes finished 11th – receiving a spot on the All-South Region team alongside Clinton (21:43.16, 23rd) and Hofstede (21:44.40, 25th). Marsh finished 33rd, crossing the tape in a time of 22:01.07. Clark finished in 58th with a time of 22:37.70 and Gomez posted a 23:05.80 mark to place 79th, closing out the top seven for the Tribe.


Heading to the national championships hosted in Cedar Falls Iowa, the Noles ran in un-Florida like weather with the temperature holding steady at minus three degrees at the start. Gill and Hughes earned All-America honors completing the 6K course in 20:08.5 and 20:50.1. The team finished 18th overall with 455 points. Hofstede completed the race in a time of 21:20.3 which was good for 89th place, Marsh ran another personal best time of 21:58 to place 156th followed by Clinton who finished in 165th place at 22:06.1.

2004 CROSS COUNTRY WOMEN'S ROSTER

Stefanie Bechler	So.	Libertyville, IL	Libertyville
Tina Biedenharn	So.	Orange Park, FL	Ridgeview
Christina Boekhout	So.	Merritt Island, FL	Merritt Island
Laura Bowerman	Fr.	Tampa, FL	King
Anne Clinton	Sr.	Richmond, IN	Richmond
Shannon Coates	Fr.	Boca Raton, FL	Spanish River
Abbie Day	Jr.	Winter Park, FL	Lake Howell
Claudia Dorvillus	Jr.	Naples, FL	Naples
Tracy Friedlander	Jr.	Miami, FL	Ransom Everglades
Jenny Gomez	Jr.	Miami, FL	Lourdes Academy
Kirsten Hagen	Fr.	Blacksburg, VA	Christiansburg
Amanda Hahn	Fr.	Gainesville, FL	Gainesville
Audrey Hand	Fr.	Virginia Beach, VA	Kellam
Janet Howard	R-Jr.	Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	Sr.	Grand Junction, CO	Palisade
Marla Jackson	Jr.	Jacksonville, FL	Stanton College Prep
Mari Leitner	Sr.	Pensacola, FL	Washington
Cristen Litz	Fr.	Sarasota, FL	Sarasota
Meghan Logue	R-So.	Orlando, FL	Valencia Community
Adrienne Lufkin	So.	St. Petersburg, FL	Lakewood
Sydney Mondragon	Sr.	Pueblo, CO	South
Kara Newell	Jr.	Tallahassee, FL	Maclay
Jennifer Patterson	Fr.	Valparaiso, FL	Niceville
India Pettus	R-Fr.	Cleveland, OH	Trinity
Katie Puckett	Sr.	Pensacola, FL	East Hill Christian
Angelina Ramos	So.	New Fairfield, CT	New Fairfield
Gina Riano	So.	Miami, FL	Arch Bishop Curley ND
Meghan Rogers	Sr.	Wellington, FL	Cardinal Newman
Amanda Schramski	So.	Troy, MI	Avondale
Suzanne Shepherd	R-Jr.	Ellis, OK	Ellis
Audrey Snider	Fr.	Gainesville, FL	Gainesville
Sara Swanson	Sr.	Denver, CO	Tampa Prep
Meredith Urban	So.	Raleigh, NC	Green Hope
Candace Walls	Jr.	Boynton Beach, FL	Atlantic
Kristin Walls	Jr.	Boynton Beach, FL	Atlantic
Cathleen Willy	R-So.	Pembroke Pines, FL	Flanagan

Head Coach:	Bob Braman (Florida '80)
Assistant Coach:	Jackie Richards (New Mexico '98)
Graduate Assistants:	Althea Belgrave (Idaho '97)
	Keith Batten (USF '94)
Administrative Assistants:	Vicky Gill (FSU '04), Peter Ormsby (Elon '98)

2004 CROSS COUNTRY WOMEN'S BIOS



NATALIE HUGHES

Senior • Grand Junction, CO
Palisade

"Natalie had a breakthrough cross country season last Fall in earning All-American honors. We now expect her to take the next step and be a national contender. She has as much talent as anyone in the country."
- Head Coach Bob Braman

FIVE-TIME ALL-AMERICAN (2002 OUTDOOR, 2003 OUTDOOR, 2003 CROSS COUNTRY, 2004 INDOOR)
FIVE-TIME ALL-ACC (2002 INDOOR, 2002 OUTDOOR, 2003 INDOOR, 2004 INDOOR, 2004 OUTDOOR)
THREE-TIME ALL-SOUTH REGION HONOREE
 (2001 CROSS COUNTRY, 2002 CROSS COUNTRY, 2003 CROSS COUNTRY)

Hughes has stepped up as a team leader and as a scorer, crossing the tape in the top two for the Noles in all seven meets last season. The three-time track and one time cross country All-American finished 43rd overall in a season and collegiate best time of 20:50.1 to earn the honor. A consistent runner, the highlight of her season came when she placed

HUGHES' BESTS


5K (XC)	17:32
6K (XC)	20:50.1
800m run	(2:07.94)
Mile run	(4:42.69)
1500m run	(4:16.33)

18th at the NCAA Pre-Nationals meet in a then personal best time of 20:58.5 for the 6K course to lead FSU to a history setting tenth place finish. Hughes ran a season best 5K time at the Florida

Intercollegiate Race, hosted by Florida State. She finished at the 18:11.06 mark for a second place finish helping the Garnet and Gold women to their only first place finish of the season. Season honors included a third NCAA South Region honor and first All-American award in cross country. Hughes joins a small list of Seminoles (Vicky Gill and Darien Andreau) to earn the honors in both cross country and track and field.

Hughes staked her claim early on as one of the top runners in the nation following impressive sophomore and freshman campaigns. She scored for the Lady Seminoles in all seven meets she ran in, a distinction accomplished by only two other teammates. Her eighth place performance at the 2002 NCAA South Regional meet helped FSU finish second and secure a spot at the NCAA Championships and also earned her All-NCAA South Region honors for the second consecutive time. Hughes began the season as the top finisher for FSU at the Mountaineer Open and then at the Seminole Invitational. Her season best 5K time of 18:20 came at the Seminole Invitational and she ran her best 6K time of 21:47 at the ACC Championships to finish 19th. At that point her career bests included a 21:35 in the 6K and a 17:32 in the 5K.

In track, Hughes solidified her place in the Seminole record books, breaking Florida State school marks during the indoor and outdoor seasons. She owns the indoor mile mark, running a 4:42.69 mile at the Adidas Invite and the outdoor 1500m run (4:16.32) which she set during the 2003 season. She earned All-American honors in the 1500m run in 2003 (outdoor) and 2004 (outdoor) in addition to the honors she won as the best American freshman in the nation for that event and during the 2004 indoor season (mile run). Hughes won the first NCAA Region track championship with her win in the 1500m event. During her impressive freshman campaign, the sports management major also garnered All-ACC honors in the mile and 1,500m run. She came to Tallahassee as a highly recruited athlete after winning 13 Colorado high school state titles in both cross country and track.



ANNE CLINTON

Senior • Richmond, IN
Richmond

"Anne was huge in our qualifying for the last two NCAA Championships and now we need her to be a senior leader in our quest for three straight."
- Head Coach Bob Braman

2003 ALL-SOUTH REGION

At the beginning of the season, head coach Bob Braman counted on Clinton to be a solid scorer with experience for the Noles in the middle of the lineup. She exceeded expectations, stepping up in big meets for FSU to continue the winning tradition emerging from the women's cross country squad. Clinton has held true to form solidifying the middle with consistency, crossing the line third in three of the team's biggest meets. She earned NCAA South Region team honors after posting a collegiate best 6K time of 21:43.16. The Richmond, Ind. native is one of four Noles returning from seven scorers at last season's NCAA Nationals. Clinton ran three straight personal best times at the end of the 2003 campaign in one of the most successful seasons yet for the women's team. Clinton recorded career bests in the two meets prior to the regionals and helped the Noles finish second overall and earn consecutive trips to nationals. At the first meet of the year, Clinton crossed the tape fifth overall

CLINTON'S BESTS

5K (XC)	18:21.58
6K (XC)	21:43.16
1500m	4:37.69
3000m	10:17.17
5000m	17:11


and second for FSU to help the ladies' squad to a second place finish. Clinton posted times of 21:56.3 at the ACC Championships to aid the Garnet and Gold to a fifth-place performance tying an FSU women's record for highest placing in a conference championship. At the ACC Championships, the junior crossed the tape in a time of 21:56.3 and a 32nd place finish. In her second appearance at nationals, Clinton finished 165th in 22:06.1.

Clinton's clutch performance at the 2002 NCAA Regionals helped the Seminoles reach their first national championships appearance in program history. Clinton returned to the team after missing her freshman season. She turned in a remarkable first season of collegiate competition by scoring at every meet in which she raced. Clinton ran a season best 22:34 at the NCAA Championships. The year was highlighted by second place finishes on the team at the Mountaineer Open, Seminole Invitational and the Great American Cross Country Festival. At the NCAA South Region Championships, Clinton added a top 30 finish. Clinton is a former Richmond High School standout where she not only excelled in the classroom but on the track, golf and gymnastics teams. She is majoring in parks and recreation management.

On the track, Clinton excelled in the 5000m event where she finished at the 2003 ACC Championships. The former high school track standout narrowly missed qualifying for the NCAA South Regionals with her personal best time of 17:11 at the Georgia Tech Invite.

After an impressive freshman campaign that saw her compete and

During her first season with FSU, Gomez scored points for the Lady Seminoles at the Seminole Invitational and Great American Cross Country Festival. Her best performance of the year came at the ACC Championships where she finished 50th in a season-best 6K time of 23:46. The former 2A State title champion (2000) is a special education major.




Laura Bowerman

Freshman • Temple Terrace, FL

King

“Laura is our 1st Foot Locker Cross Country finalist at FSU. She is a true distance runner that will do super things for us this season.”

– Head Coach Bob Braman




Bowerman confirmed her reputation of being one of the top runners in the state by running a 17:42 in the 5K run at the USF/Jesuit Invitational. Despite a late-September injury during a workout, she came back to win her second consecutive Class 3A State Cross Country Championship,

BOWERMAN'S BESTS	
Mile	5:04
3200m	10:59
5K (XC)	17:53

winning the 2004 meet by 28 seconds in a time of 18:07, setting a then-state course record. Bowerman finished seventh in the 2003 Foot Locker Cross Country South

Regionals, running 17:53, en route to earning a spot in the national spotlight as a Foot Locker finalist (top 32 runners in the nation). She then went on to finish in the top 32 in the country at the high school national cross country race, posting a time of 19:28 through the hilly San Diego course.

On the track, the 2003 Class 3A 3200m State Champion placed third in the a time of 5:08.07 in the one-mile at the Florida Relays this season. Bowerman, the runner-up in the 3200m run at the 2004 state meet, was ranked sixth in the state of Florida. Her personal bests include a 5:04 mile and 10:59 in the 3200m run.




Jennifer Gomez

Junior • Miami, FL

Lourdes Academy

“Jenny worked extremely hard last season and it showed with her one minute personal record. She's on the verge of something special.”

– Head Coach Bob Braman



finish in the top seven of seven races, Gomez came out solid last season to help the Noles attain another spot at the NCAA National Championships. After finishing the 2002 season with a 6K personal best time of 23:46, the Miami native shaved close to a minute off her time running a personal best at the ACC Championships. Gomez posted a time of 22:51.7, good for 46th place overall in one of the toughest cross country conferences in the nation. The former Lourdes Academy standout competed in seven races this season for the Noles. In the 5k event, she tied her personal best mark set in 2002

GOMEZ'S BESTS	
5K (XC)	19:07
6K (XC)	22:51.7
3000m	10:50.95
5000m	18:07

at the Seminole Invitational, this season at the same meet finishing 16th for FSU.



JENNIFER GOMEZ



KIRSTEN HAGEN

Freshman • Blacksburg, VA
Christiansburg

"Kirsten had a breakout season last spring and comes in with impressive credentials in the mile and 2-mile. She has the talent to be Top 5 right away."
- Head Coach Bob Braman



Hagen enters FSU as the top-ranked cross country runner in the Virginia State Group AA during the 2003 season. She completed the year in fifth place at the VHSL Group AA Championships en route to all-state honors. Prior to the state race, Hagen took the VHSL Region

HAGEN'S BESTS

5K (XC)..... 18:12
1600m 5:00:95
3200m 10:54

III Cross Country title in 18:53. Competing in the Foot Locker Southeast Regional, Hagen placed 15th overall. The 2003 Timesland Girls Cross Country Runner of the

Year also set a new course record with a time of 18:29 at the Bristol Cross Country Invitational.

On the track, Hagen is the Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65 and was fourth overall in the high school indoor national championships earning All-America honors. Her personal best times included a 5K mark of 18:12, a 10:54.02 in the 3200m run and 5:00.95 in the 1600m run. In addition to participating in cross country and track, she also was involved in indoor soccer.



AMANDA HAHN

Freshman • Gainesville, FL
Gainesville

"Amanda is a world-class age-group triathlete that is just finding herself as a distance runner. She is an aerobic animal who will do very well in the longer collegiate races."
- Head Coach Bob Braman



Hahn is a nationally-ranked junior triathlete from Gainesville. She has qualified for two triathlon junior world championships and finished the 2003 season ranked fourth in her age group. The 2004 graduate of Gainesville High School participated in cross country, track and field and swimming and was a member of the National Honor Society. Hahn is represented in Who's Who in American High Schools and is a recipient of the President's Award for Educational Excellence. During the summer, Hahn was selected to participate in the Athens Olympic Youth Camp. The camp is designed for potential Olympians and organized and funded by the Athens Organizing Committee for the Olympic

HAHN'S BESTS

3200m 11:17.94

Games (ATHOC), is designed to help future Olympians get adjusted to the Olympic Games.



AUDREY HAND

Freshman • Virginia Beach, VA
Kellam

"Audrey comes from a top-notch high school program with a strong Cross Country tradition. She has incredible range from 800m on the track to 5k Cross Country. She can be a Top 7 runner for us right away."
- Head Coach Bob Braman



Hand is one of a number of newcomers who comes in with talent and a hunger to help Florida State continue its streak of national championship appearances. The Virginia Beach, VA, native finished fifth in the Virginia Class AAA 1600m event during the indoor and outdoor seasons. Her

HAND'S BESTS

800m 2:18.42
1600m 5:06.26

1600m mark was ranked 13th in the state of Virginia. She ran a leg of the 4x800m relay team that won the Virginia Class AAA. She was

instrumental in her team's second place finish at the state meet during the outdoor season. Hand was a high school All-American in the indoor 4-mile relay.



CRISTEN LITZ

Freshman • Sarasota, FL
Sarasota

"Cristen improved so much her senior year in high school that she doesn't yet know how good she can be. She can be a tremendous collegiate distance runner for us."
- Head Coach Bob Braman




Litz comes to FSU after a stellar cross country and track campaign at Sarasota High School. She was the team MVP during her last

LITZ'S BESTS

1600m run 5:14.44
3200m run 11:14.54

two seasons in cross country and final three in track and field. Litz's cross country team took second place in the district race with

the senior finishing the 2003 Class 4A meet amongst the top 25. On the track, she picked up wins at the region meet in the 3200m and 4x800 relay, adding a second place mark in the 1600m run. At states, she took fourth in the 3200m relay and fifth in the 3200m event.



SYDNEY MONDRAGON

Senior • Pueblo, CO
South

"Sydney's cross country work will enable her to smash her track personal records this spring."
- Head Coach Bob Braman


Mondragon has run cross country for the past three seasons as a preparation for the middle distances in track. She ran in the FLrunners.com Invitational posting a time of 21:06.36, crossing the tape third overall for FSU and 30th for the meet. In track, the Pueblo, Col. native has excelled running in several mid-distance events for

the Tribe including running the third leg of the Atlantic Coast Conference winning distance medley relay team that posted the

MONDRAGON'S BESTS

800m run	2:13.92
1500m	4:47.77

fastest time of the season. She had three top-ten finishes in the 800m dash, including a second place mark at the Seminole Invite. In 2003 finished top five in three 800m events. She competed for FSU at the 2003 ACC Outdoor Championships and recorded a personal best time in the 800m with a 2:14.98 mark. In high school, Mondragon was a cross country state qualifier and participated in track and field and basketball all four years at South High School. She also earned regional champion honors in the 800m during her first three years under coach Bill Bustillos. The math education major has earned Dean's list honors three times in two years and the ACC honor roll last season.



KARA NEWELL

(R) Sophomore • Tallahassee, FL
Boston University

"Kara ran a great 10K in track. That was a sign of her true cross country ability."
- Head Coach Bob Braman


The highly-decorated Florida high school runner returned home after spending her freshman season at Boston University. Newell ran an impressive 37:40.42 in her 10K track debut and 18:17.61 in the 5K at the Yellow Jacket Invite. She also ran the 10K at the ACC Championships finished 18th overall. At Boston University, Newell ran in two meets at for the Terriers, placing as high as 21st in a time of 21:08. The Tallahassee, Fla., native helped her team to a first place finish in a group meet with Northeastern and Albany and an 11th place team mark. In

NEWELL'S BESTS

10000m	37:40
5000m	18:03
Mile	5:06
2-mile	10:51

high school, she was the MVP for her cross country team for three years in addition to winning two leadership awards. During her high school career, the

Maclay High School graduate won the team cross country and track and field championships all four seasons. On the track, Newell was the state champion in the 1600m and 3200m events in 2003.



MEREDITH URBAN

Sophomore • Raleigh, N.C.
Green Hope


"Meredith is an extremely dedicated runner who gets better each season. She has the talent and focus to be a Top 5 runner for us this season."
- Head Coach Bob Braman

Urban returns to Tallahassee with a season of experience under her belt after competing with FSU during the fall in cross country and in the spring on the track. Meredith had a solid freshman campaign for FSU, representing the Tribe at the 2003 Atlantic Coast Conference Cross Country Championships. The 2003 Green Hope High School Women's Athlete of the Year left her hometown of Raleigh, N.C after earning team MVP honors during her freshman, sophomore and senior years. She also earned academic

URBAN'S BESTS

3200m run	11:05
5000m	18:14

all-conference all four years in high school and was co-champion of the Tri-7 Conference. Urban qualified for the state meet eight times before graduating in 2003.



CATHLEEN WILLY

(R) Sophomore • Pembroke Pines, FL
Central Kitsap

"Injuries have prevented Cathleen from realizing her great potential. She has the talent to be a top five runner for us."
- Head Coach Bob Braman

Cathleen Willy, a highly touted recruit from the state of Florida, redshirted for the 2003 season. Prior to that, Willy served as a positive contributor for the Seminoles. Her best performance of the 2002 campaign came at the Great American Cross Country Festival where she placed seventh among FSU runners and also competed at the Seminole Invitational. That summer, the Pembroke Pines native qualified for the Junior National Championships in Palo Alto, Calif. Willy came to FSU after winning the Florida High School state championship her senior year in the two-mile run and the 5K state all-star meet held in Tallahassee. She is majoring in biology.

WILLY'S BESTS

3 Mile	17:52
3200m	10:46
3K	10:06