

HOME OF THE 2005 ACC CHAMPIONSHIPS

All eyes will be on Tallahassee Monday, October 31st when Florida State hosts the 28th Annual Atlantic Coast Conference Cross Country Championships at the Miccosukee Greenway. The event will mark the second time that Florida State has hosted the meet, with the first being in 1997, and the Seminoles hope to capitalize on not only a home course advantage, but the timing of the meet as well.

“The idea that we get to piggy back off of Homecoming weekend, I think, will help us a lot,” said head coach Bob Braman. “With the race being on a Monday, we expect to get more of a crowd because it is during high school season and nobody is going to be running on a Monday. I know the city of Tallahassee will turn out to support us and that we will get a great deal of support from the University as well.”

The men’s team, which has finished in second place at the meet the past two seasons, will be led by Andrew Lemoncello, who captured FSU’s first ACC Cross Country individual championship with a first place finish last year. He and fellow 2004 All-ACC honoree Tom Lancashire will guide a talented Seminole squad that fell just one point short of the ACC title in 2004.

“Last year we lost the men’s championship by one point and I would have liked to have seen what our effort on our own course would have been versus running at Maryland,” said Braman. “Maryland has an extremely hilly and very tight turn course. We had some athletes who were injured and had to walk around the turns and then reaccelerate. I feel like had we been on the Miccosukee Greenway last year, we would have found that one point.”

With a year of experience under its belt, a young but talented women’s team expects to improve on its sixth-place finish from a year ago. In only their first year, Laura Bowerman and Kirsten Hagen finished 19th and 26th, respectively, in last year’s championships. Braman thinks the opportunity to compete in Tallahassee will be an even greater benefit for the women’s squad.

“With our young women’s team, not having to go on the road will be huge,” said Braman. “We will have a chance to knock off some nationally ranked teams in our own backyard.”

Holding ACC events in Tallahassee has become somewhat of

a norm for Florida State as the school has played host to at least one league championship in each of the last nine seasons.

“I think it is really big to host the ACC Championships,” said Braman. “In any sport, being at home is very important from a travel, a sleep and a routine standpoint. For us, our advantage will be the familiarity of the course. We are going to be on the Miccosukee Greenway one or two days a week and will be doing quality workouts right where we are going to have the ACC Championships, so obviously our familiarity with the course, the hills, the terrain and the turns will be huge.”



Miccosukee Greenway