

2005 WOMEN'S CROSS COUNTRY SEASON PREVIEW

The 2005 Florida State women's cross country team returns a young group of runners with a lot of talent and ability. With several highly touted recruits added to the team, FSU will expect to crack the top four in the conference, contend for a regional title and return to the national scene.

"The women's team could be really amazing," said head coach Bob Braman. "It could be one of the most fun years in my coaching career and this is my 25th year of coaching. There is a lot of potential, a lot of new athletes, a lot of wild cards and anyone of the top seven could have a breakout season."

The Garnet and Gold will be led by sophomore sensation Laura Bowerman. Bowerman's success last season earned her All-South Region team honors and after a remarkable campaign on the track, she was named ACC Outdoor Track and Field Rookie of the Year.

"Laura Bowerman is our one known commodity on the women's side," said Braman. "She had a really good freshman year and she got better between cross country and track. She was one of the top freshmen in the country. I think Laura plugs in as an All-ACC top 10 athlete. She is still young and has a lot of years in front of her."

Joining Bowerman will be two other top runners from last season in sophomore Kirsten Hagan and junior Meredith Urban. Hagan

and Urban were two of the Seminoles' most reliable runners in 2004 both consistently finishing in the top four in every meet that they ran. Expect both runners to make an even bigger impact in 2005.

"I think the expectation is that we will be a lot better than last year," said Braman. "If everything comes together we could be a national qualifying team. That will be our main goal. We went to nationals in '02, finished 28th and improved to 18th in '03. If we get to nationals, then we have a chance for anything to happen. Maybe even a top 20 finish which would be a storybook type season for this team."

There will also be several new faces running cross country for the Seminoles in 2005. Braman's talented recruiting class is led by junior transfer Jessica Crate, who should

make an immediate impact on the starting line-up. Crate, who received All-West Region honors in 2004, has experience running at the national level and should provide a huge boost to the squad.

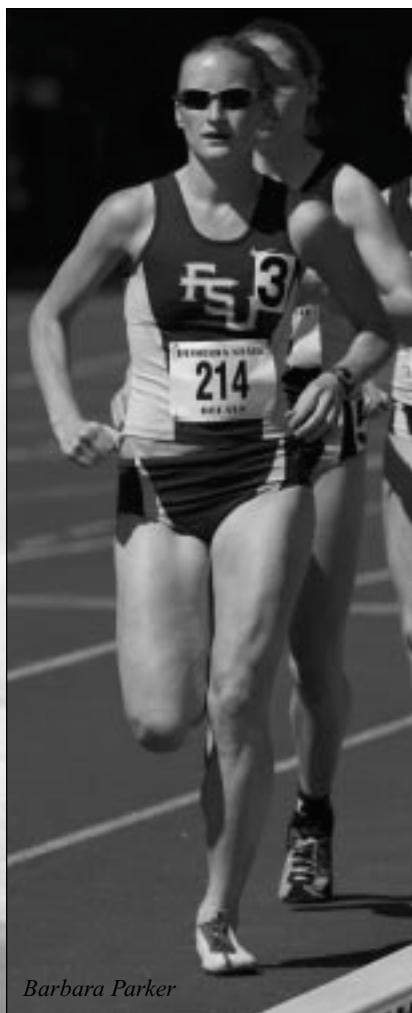
The Seminoles add another junior transfer with a lot of potential to their line-up in Abbie Wilshire. Wilshire joins Florida State after running two years for Birmingham University in England. Wilshire has a strong track background but this year also ran extremely well at the British Schools Cross Country Championships.

Canadian Lydia Willemse joins the group after a successful career at St. Christopher's secondary school. Willemse has cross country experience and is an expert in the steeplechase. She was named to the Canadian Junior National Team and she also holds the Canadian junior record for the 2000m steeplechase.

Barbara Parker rounds out the group of newcomers and will be a nice addition to the squad after running for the Seminoles on the track and qualifying for nationals in the 3000m steeplechase last spring.

"We are going to coach the parts, then worry about the whole, rather than coaching the team as a whole and hoping that the parts are sound," said Braman. "I'm going to do a lot of individual coaching since we have a very diverse population with athletes of different backgrounds from true 10K cross country runners to steeplechase experts.

"This is the deepest we have been since I have been here. We always used to live and die by five and hoped that nobody got hurt. If we have some luck, explosions to the positive and with more depth than we have ever had, it could be a really special year."



Barbara Parker



Meredith Urban

2004 WOMEN'S CROSS COUNTRY SEASON WRAP-UP

After a stellar season in 2003 which included the team's first top 20 finish, the women of the Florida State cross country team set out to top themselves again in 2004 and did not disappoint. All-American Natalie Hughes was the only senior in the line-up and she set out to accomplish bigger and better things in 2004. The team also boasted a pair of excellent freshman recruits in Laura Bowerman and Kirsten Hagen. The Tribe's 2004 season concluded with top six finishes in both the ACC and NCAA South Region Championships.

The Seminoles' 2004 season started off strong at the Appalachian State Invitational in Boone, N.C. where they took the first of two event team titles with a total of 19 points. Senior Natalie Hughes led the way, winning her first Mountaineer Open with a time of 18:18. Hughes was followed by freshmen Laura Bowerman and Kirsten Hagen, placing second and third in their first intercollegiate race with times of 18:27 and 18:34, respectively.

At the Florida Intercollegiate Championships, the Seminoles continued their winning streak with their second consecutive meet title, recording a season-best 15 points. Hughes again led the way with a time of 17:44 while Bowerman and Hagen stayed true to form, taking second and third place on their home course in 17:56 and 18:15 respectively, just three seconds shy of their personal best marks. Rounding out the top five were sophomore Meredith Urban, who crossed the tape in 18:53 and rookie Cristen Litz, who finished in a season-high, fifth place with a clip of 18:54.

The Seminoles took a break from their intercollegiate competition schedule with the Across the State Relay, an event organized by Braman to raise money for charitable organizations and give FSU the opportunity to get active in the community. The Seminoles raced from Crystal River to Daytona Beach with nothing but a water bottle containing ocean water and drive to help support those affected by the hurricanes that rocked the southeast during the 2004 season.

At the Flrunners.com invitational, the Tribe's B-Team had a strong showing, finishing third with 75 points behind striders' freshman Amanda Hahn and sophomore Cathleen Willy. Hahn took eighth place with a time of 19:39 and right behind her in ninth place was Willy with a time of 19:46. Senior Sydney Mondragon finished with a time of 19:57, in 12th-place.

At the highly competitive Notre Dame Invitational, the varsity squad returned placing ninth with 311 points. The women were the first unranked team to cross the finish line and five of the top seven finishers posted lifetime bests. The group was led by Hughes who was first on the team and 27th overall with a time of 17:28. Following her were freshmen Kirsten Hagen and Laura Bowerman, both with marks of 17:42.

The B-Team participated in the

Disney Invitational in Orlando. The group was led by freshman Audrey Hand who finished with a time of 19:33, followed by junior Suzanne Shepherd and freshman Lauren Kolakowski with times of 19:65 and 20:60, respectively. The team took 43rd place in the meet, finishing with a total of 350 points.

The start of the championships season, ironically, begins at the site where the season typically ends with the NCAA Pre-National meet. The opportunity to showcase your best teams is what many programs use as motivation to enter and compete in this event. The Seminoles cracked the top 15 in the nation at the 2004 meet, taking 13th place with a score of 424 points. Hughes crossed the line in 21:15, first for FSU and 30th overall, just ahead of Bowerman with a time of 21:22 and Hagen with a mark of 21:44. The rookie tandem of Bowerman and Hagen set personal best marks at the meet and finished in the top 60.

The next step was the 2004 Atlantic Coast Conference Championships in College Park, MD. Looking to move into the top teams in one of the toughest leagues in the nation, Florida State placed sixth with 168 points. This marked the third time in Seminole history that the team finished in sixth place. A different leader emerged as Bowerman finished in 19th place with a time of 22:52.2. Hagen was a few steps behind her in 26th in 23:09.4 while Hughes and Urban, recorded times of 23:25 and 24:03, respectively.

As the season came to a close at the NCAA South Region Championships, the team placed fourth with 176 points. Bowerman rounded out a great rookie campaign, running her collegiate best time of 21:19 for ninth place and All-NCAA South Region team honors. Bowerman just barely missed an individual berth to nationals by two spots and was also the fastest freshman in the race. Hughes ended her cross country career with an all-region 12th place finish, her fourth all-region in a row, in a time of 21:29.33 while Hagen ran 22:00.58 for 27th.



2005 CROSS COUNTRY WOMEN'S ROSTER

NAME	YEAR	HOMETOWN	PREVIOUS SCHOOL
Ashley Andress	So.	Davie, FL	Archbishop McCarthy
Pamela Arnedos	So.	West Palm Beach, FL	Cardinal Newman
Stefanie Bechler	So.	Libertyville, IL	Libertyville
Tina Bidenharn	So.	Orange Park, FL	Ridgeview
Laura Bowerman	So.	Temple Terrace, FL	King
Leilani Caraballa	Fr.	Miami, FL	Lourdes Academy
Shannon Coates	So.	Delray Beach, FL	Spanish River
Jessica Crate	Jr.	Brights Grove, Ontario	Arizona State
Abbie Day	Sr.	Winter Park, FL	Lake Howell
Raquel Espinosa	Fr.	Longwood, FL	Bishop Moore
Kirsten Hagen	So.	Blacksburg, VA	Christiansburg
Amanda Hahn	R-Fr.	Gainesville, FL	Gainesville
Audrey Hand	So.	Virginia Beach, VA	Kellam
Sarah Hughes	Fr.	Maitland, FL	Winter Park
Meredith Kelly	Fr.	Clermont, FL	East Ridge
Danielle Laramée	Fr.	Margate, FL	Coral Springs
Courtney Laster	Fr.	Woodbridge, VA	Hayfield
Adrienne Lufkin	Jr.	St. Petersburg, FL	Lakewood
Mary Magee	Fr.	Seminole, FL	Seminole
Kaley Matthews	Fr.	St. Petersburg, FL	Largo
Ashley Montagnese	Fr.	Tallmadge, OH	Tallmadge
Kara Newell	R-Jr.	Tallahassee, FL	Boston University
Barbara Parker	R-Jr.	Norfolk, England	Loughborough University
Jennifer Patterson	So.	Valparaiso, FL	Niceville
Brittany Raffa	Fr.	Tampa, FL	Chamberlain
Angelina Ramos	So.	New Fairfield, CT	New Fairfield
Meredith Urban	Jr.	Raleigh, NC	Green Hope
Julia Vola	So.	Boca Raton, FL	Spanish River
Candace Walls	So.	Boynton Beach, FL	Atlantic
Kristen Walls	Jr.	Boynton Beach, FL	Atlantic
Lydia Willemse	Fr.	Forest, Ontario	St. Christopher
Abbie Wilshire	Jr.	Bristol, England	Birmingham
Christina Woytalewicz	Fr.	Brandon, FL	Riverview



2005 SEMINOLES WOMEN'S BIOGRAPHIES



"Laura had a dream freshman year in both cross country and track. She is ready now to challenge for All-America honors."

Bowerman entered Florida State as a highly-touted recruit and solid addition to the Seminoles' varsity lineup. She provided a needed boost to a squad that was coming off back-to-back trips to the national championships but was hit hard by graduation. The NCAA South Region honoree had a standout rookie campaign, finishing in the top two of the Tribe scoring front at every meet.

To open the season, she picked up consecutive second-place finishes at the Mountaineer Open and on her home course, Miccosukee Greenway at the Florida Intercollegiate Championships. She continued her stellar season with a top 50 finish at the oldest cross country meet in the country, the Notre Dame Invitational. Bowerman continued to solidify her position as one of the fastest freshman in the conference and region, finishing 37th at the NCAA Pre-National Meet and recording back-to-back top 20 finishes at the ACC Championships and the NCAA South Region Championships. She was the second fastest freshman and the top Seminole in the conference meet, running 22:52.2 for 19th place. At regionals in Tuscaloosa, AL she concluded her freshman season on a high note, with a season-best 21:29.71 for ninth place, just two spots shy of an individual bid to nationals.

On the track, Bowerman earned 2005 ACC Outdoor Track and Field Rookie of the Year honors for her third- and sixth-place finishes at the conference meet. She moved into third all-time at FSU on the 5000m list with her 16:40.42 time at the NCAA East Region Championships and sits at fifth in the 10000m run with a mark of 35:17.22. She remained one of the top rookie distance runners in the league during the indoor and outdoor seasons.

In high school, Bowerman was one of the top runners in the state, running a personal best 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. 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 National Finalist (top 32 runners in the nation). She then went on to finish 31st in the country at the high school national cross country race, posting a time of 19:28 through the hilly San Diego course. Bowerman won the 2003 state 3200m title and finished runner-up in 2004 at the same distance.

**5K (XC) - 17:42
6K (XC) - 21:19.71
5000m - 16:40.42
10,000m - 35:17.22**

BOWERMAN'S BESTS



2005 SEMINOLES WOMEN'S BIOGRAPHIES



"Kirsten had an outstanding season last year and we are expecting her to move up and be top 15 in the ACC. She can become a big time collegiate distance runner at FSU."

Hagen made her mark on the Florida State campus as one of the top runners in the lineup in 2004. The Blacksburg, Va., native finished every meet in the top three in the lineup and scored points in every meet. She opened the season with a third place finish at the Mountaineer Open, contributing points to the Seminoles' first team title. Hagen followed that outing with a strong, Top 50 finish at the oldest meet in the nation, the Notre Dame Invitational, running a personal best 5K time of 17:42 for 42nd place. At NCAA Pre-Nationals, she continued to excel, running a then-personal best 6K time of 21:44.1, good for 60th place. At the conference championships, Hagen took 26th in 23:09.4. Concluding her rookie campaign with the NCAA South Region Championships, she ran a 22:00.58 for 27th place.

On the track, Hagen ran the 1500m, 3000m and 5000m events for FSU. She had the team's top 3K time, in winning the Seminole Invitational in 9:59.97. Hagen's best 5000m mark of the season came at the Snowbird Invitational where she posted a clip of 17:36.43. She ran a lifetime best of 4:35.14 in the 1500m at the ACC Outdoor Championships, narrowly missing the ACC finals.

In high school, the top-ranked Virginia cross country runner during the 2003 season 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 III Cross Country title in 18:53. Competing in the Foot Locker Southeast Regional, she 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. In high school track, Hagen was 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 was also involved in indoor soccer.

5K (XC) - 17:42
6K (XC) - 21:44.1
1500m - 4:35.14
1600m - 5:00.95
3200m - 10:54
5000m - 17:36.43

HAGEN'S BESTS



2005 SEMINOLES WOMEN'S BIOGRAPHIES



**JESSICA
CRATE**

Junior
Brights Grove, Ontario
(Arizona State)

ALL-NCAA WEST REGION TEAM ('04)

"Jessica is a great distance talent. She is a plug-in transfer that is going to be in our top three and is a definite All-ACC candidate."

Crate, a transfer from Arizona State, is expected to make an immediate impact and should be one of the Seminoles' top runners. Crate comes to FSU after running two years at Arizona State. In 2004, Crate opened up her season by placing eighth at the Dave Murray Invitational in a time of 15:56. She followed that with a third-place finish at the ASU Invite. Crate's success continued as she scored in the top five on her team in both the PAC-10 and NCAA West Region Championships. She also brings experience to the team from the national level as she finished sixth on her team at the NCAA Championships in a time of 22:44.

In 2003, Crate ran in all six races for ASU. She placed second at the ASU Invitational and finished 17th at the Roy Griak Invite. Crate also ran in the conference, regional, and national meets for ASU in her freshman campaign.

Crate graduated high school from Northern Collegiate I&VS (Sarnia, Ontario) in 2003. In cross country, she won the Canadian National Championships in 2001 and 2002 and also placed second at the Canadian Junior Nationals in 2000. She earned spots on two national teams and two world team in 2001-2002. Crate has run all over the world as she participated in the world junior championships in track and field (Debrecen, Hungary) and cross country (Dublin, Ireland). She garnered multiple honors on the track including all-city, all-conference and all-province in the 800m, 1500m, and 3000m runs in 2000. In 2001 she earned all-city and all-conference in the same events. Crate set several school records including her 2:12.16 in the 800m, which she set in 2000, and her time of 4:33.08 in the 1500m set in 2001. She was the captain of the cross country and track and field teams from 2000-2003 and she lettered in both four times.

800m - 2:12.16	CRATE'S BESTS
1500m - 4:33.08	
3000m - 9:55	
5000m - 17:01	



**BARBARA
PARKER**

Junior (R)
Norfolk, England
(Loughborough University)

NCAA NATIONAL QUALIFIER (3000m steeplechase '05)

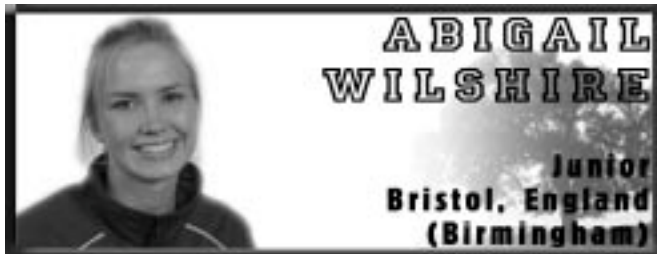
"Barbara has incredible talent and can be an impact athlete for us. She can get up and run as high as our top three."

Parker will compete in her first cross country season in 2005 after she joined the Seminole program during the indoor track season, leading the mid-distance events for Florida State. In her first outing as a Seminole, she finished in third place in 2:12.53 in the 800m at the Gator Invitational. At her first Atlantic Coast Conference Championships, Parker was the second fastest runner in the preliminary race and fifth overall in the final of the 800m run, to help score points for FSU. In the mile run, she had the top FSU time at 4:50.67, in winning the event at the Wildcat Invitational. She also recorded a 4:54.50 in a second-place finish at the Florida Fast Times meet. An NCAA qualifier in the 3000m steeplechase during the outdoor campaign, Parker ran a season-best 10:20.82 at the NCAA East Region Championships for second place. A two-event regional qualifier, Parker won the steeple event at the Yellow Jacket Invitational and met the regional standard on five different occasions. She helped the FSU women's team to a fourth-place league finish taking fourth in the 3000m steeplechase, narrowly missing All-ACC honors. At the Mt. SAC Relays, she had the fourth fastest time in the steeple final, running a season-opening 10:45.16. In the 1500m, Parker led all Seminoles, and was fifth in the conference, running a 4:23.86 clip at the FSU Relays. She also led the team in the 800m, missing the regional standard by .25 seconds, with a second-place finish at the Seminole Twilight in 2:10.05.

Parker is a two-time gold medalist in the AAA Under-23 3000m steeplechase, earning gold in 2002 and 2003. The Norfolk, England native was the 2000 English Schools 800m run champion and made it to the European Under-23 finals of the steeplechase. The junior physical education major represented the English schools at the pentathlon event in 2003. She ran a personal best time of 10:13 at the Golden League Pre-Meet in 2003, a mark that would have earned her All-America accolades in the 2004 NCAA National Championships.

800m - 2:10.05	PARKER'S BESTS
1500m - 4:23.86	
3000m Steeplechase - 10:13.3	

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**ABIGAIL
WILSHIRE**

Junior
Bristol, England
(Birmingham)

"Abbie is a track background athlete who ran well in the British University Cross Country Championships and has some really good 5K times."

Wilshire, a junior transfer from Birmingham University in England, is expected to contend for one of the Seminoles' top five in the women's varsity rotation. Wilshire ran extremely well in cross country and track over the two years that she spent at Birmingham. She took 5th-place at the 2005 British Universities Cross Country Championships on the short course with a time of 11:00. Wilshire finished in seventh place at the 2004 Midland Counties Cross Country Women's League Race at Aston University with a time of 22:54. At the 2003 British University Sports Associations' National Cross Country Championships Wilshire finished in 31st-place with a time of 25:41.

Wilshire also has a strong track background. She took home third place in the 3000m run with a time of 9:40.37 at the 2005 BUSA Indoor Championships. At the 2005 BUSA Outdoor Championships Wilshire finished fourth in the 5000m run.

As a prep, Wilshire finished in 36th-place at the 2002 ESAA National Cross Country Championships with a time of 17:42. In 2000 at the Reebok CAU Inter-County Cross Country Championships, Wilshire finished in 23rd-place in 19:57.

3000m - 9:40.37
5000m - 16:59.3

WILSHIRE'S BESTS



**MEREDITH
URBAN**

Junior
Raleigh, NC
(Green Hope)

"Meredith is our most consistent runner and is coming off of a break through track season."

Urban enters the 2005 season as one of the Seminoles' most experienced runners. She was a consistent performer all of last season, finishing in the Seminoles' top five at every meet. Urban opened up her season by placing sixth at the Mountaineer Open and fourth at the Florida Intercollegiate. The Raleigh, N.C., native then ran a collegiate best 5K in a time of 18:27 at the Notre Dame Invitational. Urban continued to run well for FSU at the NCAA Pre Nationals where she recorded a time of 22:16.89,

good for 130th place. At the ACC Championships, Urban took home 46th place with a time of 24:03.4. Urban finished her season on a strong note with a 46th place finish at the NCAA South Region Championships and ran a collegiate best 6K in a time of 22:26.89.

Urban 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 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.

5K (XC) - 18:27
6K (XC) - 22:26.89
5000m - 17:37.15
10,000m - 36:50.4

URBAN'S BESTS



**KARA
NEWELL**

Junior (R)
Tallahassee, FL
(Boston University)

"Kara has run great in the 10K on the track and we need her to be a leader in cross country now."

Newell was one of four newcomers to the Seminole lineup in 2004 and a constant in the top six scorers for FSU. She opened the season with a 14th-place performance at the Mountaineer Open, running a time of 19:41.70. She shaved close to 42 seconds off her 5K time, running 18:59 at the Notre Dame Invitational. At the Atlantic Coast Conference Championships, Newell ran a 25:26.9 in unseasonably cold weather. She concluded the 2004 campaign with her a season-best 6K clip of 23:46.03.

On the track, the former Maclay standout saw action in the distance events for the Seminoles. She ran a season-best 5000m time of 18:23.06 at the Yellow Jacket Invitational and hit 37:54.73 in the 10000m run at the FSU Relays.

The highly-decorated Florida high school runner returned home during the spring of 2004 after spending her freshman season at Boston University. Newell ran an impressive 37:40.42 in her 10K track debut during the 2004 season and 18:17.61 in the 5K at the Yellow Jacket Invite. She also ran the 10K at the ACC Championships, finishing 18th overall.

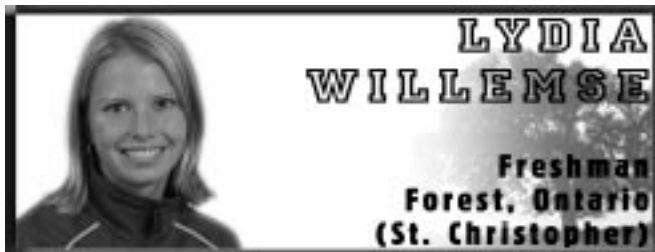
At Boston University, Newell ran in two meets for the Terriers, placing as high as 21st in a time of 21:08. The Tallahassee, Fla., native helped her team to a first-place finish in a group meet with Northeastern and Albany and an 11th place team mark.

In high school, she was the MVP of 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

2005 SEMINOLES WOMEN'S BIOGRAPHIES

seasons. On the track, Newell was the state champion in the 1600m and 3200m events in 2003.

5K (XC) - 18:59	NEWELL'S BESTS
6K (XC) - 23:46.03	
2-mile - 10:51 (HS)	
5000m - 18:03	
10,000m - 37:40.42	



"Lydia broke the Canadian Junior record in the steeplechase by 15 seconds and exploded this last year in high school so we are ecstatic about the impact she is going to have on this team."

Willemse comes to Florida State after an impressive career running cross country and track at St. Christopher Catholic Secondary School. At the LSSAA Cross Country Championships, Willemse led St. Christopher to a win as she took second-place in the 4.7K with a time of 17:44.7. She followed that performance with another second-place finish at the SWOSSAA Cross Country Championships as she ran the 4.7K in a time of 17:50.62. At the OFSAA Cross Country Championships, Willemse finished in 13th place overall.

On the track, Willemse is an expert in the steeplechase and was named to the Canadian National Junior Team in the 3000m steeplechase in July 2005. She currently holds the Canadian junior 2000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005. At the 2005 OFSAA Track and Field Championships, Willemse won the individual title in the 1500m steeplechase.

1500m - 4:32.47	WILLEMSE'S BESTS
1500m Steeplechase - 4:58.97	
2000m Steeplechase - 6:48.98	



"Amanda was the surprise distance runner of the spring. She is definitely a top seven scorer for us."

Hahn joined the FSU cross country program late in the 2004 season, after participating in the Athens Olympic Youth Camp during the summer of 2004, a program designed to help future Olympians get adjusted to the Olympic Games, organized

and funded by the Athens Organizing Committee for Olympic Games (ATHOC).

On the track, Hahn ran in the distance events for FSU during the outdoor season. In the 5000m, she had a season best time of 17:48.68, good for seventh place at the Snowbird Invitational. Hahn finished in second place in the 10,000m run at the FSU Relays and 17th at the Atlantic Coast Conference Championships.

As a student at Gainesville High School, Hahn was a nationally-ranked junior triathlete. She has qualified for two triathlon junior world championships and finished the 2003 season ranked fourth in her age group. She 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.

3200m - 11:17.94 (HS)	HAHN'S BESTS
5000m - 17:48.68	
10,000m - 36:57.9	



"Audrey has incredible range from 800m on the track to 5K cross country. She has the talent to be a top seven runner for us."

During her freshman campaign in 2004, Hand was one of the top B-Team runners, running at the Florida Intercollegiate Championships and the Flrunners.com Invitational, where she finished in 14th and ninth place, respectively. She ran a season-best 5K clip of 20:07.65 at the Flrunners.com meet, finishing third for FSU. At the only home meet of the season, she finished in 20:09.81.

During track, Hand was second in the mile run at the Clemson Opener with a time of 5:14.06 during the indoor track season. Switching gears to outdoor, she competed in the 800m and 1500m events. She ran a season-best 800m mark of 2:19.95 and a career-best 1500m time of 4:46.15 in a second-place finish at the FSU Relays. At the Seminole Invitational, Hand had a pair of third-place finishes, running the 800m in 2:20.98 and the 1500m in 4:48.52. Against a good 1500m group at the Yellow Jacket Invitational, Hand ran a 4:49.38 for eighth place. At the ACC Championships she ran a lifetime best of 4:42.01 in the prelims.

The Virginia Beach, Va, native finished fifth in the Virginia Class AAA 1600m event during the indoor and outdoor seasons. Her 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 State Championship. 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 four-mile relay.

800m - 2:18.42	HAND'S BESTS
1500m - 4:42.01	
Mile - 5:14.06	