

2007 Florida State Cross Country Media Guide

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2007 Quick Facts:

University Information

Location:	Tallahassee, Fla
Symbol:	Seminoles
Colors:	Garnet and Gold
Enrollment:	38,553
President:	Dr. T.K. Wetherell
Athletic Director:	Dave Hart, Jr.
Senior Associate AD (cross country):	Charlie Carr
Conference:	Atlantic Coast
Affiliation:	NCAA Division I

Cross Country Information

Head Coach:	Bob Braman (Florida '80)
Assistant Coach:	Karen Harvey (Michigan '96)
Volunteer Coaches: ..	Sean McManus (Notre Dame '01)
.....	Kevin Sullivan (Michigan '98)
Graduate Assistants:	Althea Belgrave (Idaho '97)
.....	Joey Zins (Georgia Tech '03)

2006 Season In Review

ACC Championships:	Men: 2nd
.....	Women: 4th
NCAA South Regionals:	Men: 1st
.....	Women: 4th
NCAA Championships:	Men: 30th
.....	Women: 21st

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Florida State's home cross country meet is held at Miccosukee Greenway. If any assistance is needed in covering the Seminoles at home, contact Michael Smoose and Shannon O'Neil in the FSU Sports Information Department at (850)644-5653 or 644-4836 or via email at msmoose@fsu.edu or slo03c@fsu.edu.

Interviews or other information concerning the coaches or team members will be handled by Michael Smoose and Shannon O'Neil. 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.

Credits:

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Dr. T.K. Wetherell
President, Florida State University



Dave Hart, Jr.
Director of Athletics



Charlie Carr
Senior Associate Athletics Director



Michael Smoose
Cross Country SID



Shannon O'Neil
Cross Country SID

Cross Country Head Coach



**Bob
Braman
Head Coach
8th Season
Florida '80**

**2006 & 07 NCAA Division I Men's
National Outdoor Track
Coach of the Year**

**2005, 06 & 07 NCAA East Region Men's
Outdoor Track Coach of the Year**

**2005, 06 & 07 NCAA South Region Men's
Indoor Track Coach of the Year**

**2004 & 05 NCAA South Region Men's
Cross Country Coach of the Year**

**2006 & 07 NCAA South District Men's
Outdoor Track Coach of the Year**

**2005, 06 & 07 ACC Men's
Outdoor Track Coach of the Year**

**2005, 06 & 07 ACC Men's
Indoor Track Coach of the Year**

**2003 ACC Men's Cross Country
Coach of the Year**

Since his arrival in Tallahassee, Florida State cross country coach Bob Braman has built the Seminoles into one of the top programs in the country. About to start his eighth season at the helm of the program after leading the men's track and field team to its second-straight national championship, Braman has stockpiled a lot of talent on both the men's and women's sides and is poised to make the 2007 campaign the best yet.



There is no question that Braman has been the driving force behind the resurrection of the FSU cross country programs. After a 22-year NCAA Championship drought, the men's team has become a staple at the national summit and the women have been at the national meet three of the last five years.

In the nine seasons prior to his arrival, Florida State did not have a single All-ACC runner, but since then, the Seminoles have earned 18 conference accolades. Four of the five women's All-Americans – including 2006 recipient Susan Kuijken – have come under his watch and Andrew Lemoncello broke a 24-year dry spell for the men in 2005.

Guided by All-America selections Lemoncello and Tom Lancashire, the men's team captured its second NCAA South Regional title in three years. Joining the duo on the All-South Region team were newcomers Luke Gunn and Mark Buckingham. The women also had four runners on the All-South team, led by Kuijken as she won the event, with Amy Huss, Jessica Crate and Abi Wilshire helping the team to a fourth-place finish.

In a preview to the 2007 season, the women's squad took 21st at the NCAA Championship with Kuijken crossing the line 27th to capture All-America accolades. The men came in 30th during their fourth-straight appearance at the meet.

Last season the men's squad posted its fourth-straight second-place finish at the ACC meet, while the women came in fourth, the best finish in school history. A look at the career top 10 list shows that every slot on the women's list is owned by a Braman runner and eight of the 10 best men's times is by one of his protégées.

Braman's distance coaching acumen has translated onto the track as well. Over the last two years his distance runners have produced nine top-four finishes at the NCAA Championships, which is more than any distance coach in the country.

In 2005, he coached the men's team to its third consecutive trip to the NCAA Championships where it finished 18th and Lemoncello placed 21st individually. His efforts earned Braman NCAA South Region Men's Cross Country Coach of the Year for the second-straight season. Lemoncello also won his second-straight individual ACC title and broke the 25-year-old school record in the 8k. At the ACC Championships, the Seminoles finished in second for the third consecutive year and their point total of 38 was the lowest ever by any FSU squad. For the second year in a row the Seminoles put a school-record four runners on the All-ACC team.

The women's team just missed qualifying for nationals by one spot as it finished third at the NCAA South Regional. However, Laura Bowerman earned one of two at-large bids to nationals.

The 2004 season was one of the men's best under Braman as the team took 17th, the best finish in school history since the meet was expanded. That year the men won their first NCAA South Region title and Braman earned regional Men's Cross Country Coach of the Year honors. Lemoncello won the Seminoles' first individual ACC Championship and the men's team finished in second-place, just one point shy of first. On the women's side, FSU placed fourth at regionals where Bowerman and Natalie Hughes each earned All-South Region honors.

During the 2003 season, both cross country squads went to the NCAA Championship meet. Vicky Gill and Hughes earned All-America status en route to an 18th-place finish, the best finish in program history and up 10 spots from the previous year's team. In addition to earning All-America honors, Gill won her second NCAA South Region meet and NCAA South Region Athlete of the Year honors. On the men's side, FSU qualified as a team for the first time since 1981 after setting program bests by finishing second at the ACC and NCAA South Regional meets. In addition, Braman was honored as the ACC Men's Cross Country Coach of the Year.

In 2002, Braman's men's cross country squad placed fifth at the ACC Championships and fourth in the South Region, narrowly missing an automatic bid to the NCAA Championships. Under Braman's guidance, Joep Tigchelaar earned his second-straight trip to the NCAA Championships with the last coming as an automatic bid. Tigchelaar was the first Seminole to earn All-ACC Cross Country honors twice.

Cross Country Head Coach



The women earned a sixth-place finish at the ACC Championships, the NCAA South Region runner-up spot and FSU's first appearance in the NCAA Championships. Gill finished 15th at the NCAA Championships to become the first female athlete to earn All-America accolades since 1981.

In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place at the South Region, missing the NCAA qualifier by one point. The rookie Hughes was the top freshman in the country at 1500 meters and earned All-America status.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached the best female distance runner in FSU history. He guided five-time All-America and NCAA runner-up in the 10,000m ('04), Gill through three years of track and field and cross country. The 2003 NCAA South Region Athlete of the Year is the only female two-time cross country All-America and one of three women's runners to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the indoor 3000m, the outdoor 10k and both 5000m marks.

On the track, no team has been able to match the success the men's team has had over the last two seasons. Florida State has won the last two NCAA Outdoor National titles and finished in the top three of the indoor summit. In addition, FSU has captured the last three NCAA Outdoor East Region crowns as well as 10 of the last 11 indoor and outdoor ACC championships. During the last three years Braman has been honored with 16 national, regional, district and conference Coach of the Year awards.

For the second year in a row Braman hoisted the NCAA Men's Outdoor Track and Field trophy in 2007. He also earned his second NCAA Division I Men's National Outdoor Track Coach of the Year. NCAA Division I Male Track Athlete of the Year Walter Dix won the 100m and 200m and took part in the winning 4x100 relay team. Ricardo Chambers brought home the gold in the 400m run while Lemoncello and Gunn earned All-America honors in the steeplechase. The women took 14th – tying the 2006 squad for the best finish in school history – as Kuijken took second in the 1500m and Parker was third in the 3000m steeplechase.

During the indoor season the men just missed out in winning their first title with a second-place finish powered by Dix's 200m win. The women finished 30th, but did get an All-America award as Parker took fourth in the mile.

In 2006, Braman coached the men's track and field team to the school's first NCAA Outdoor Championship after a third-place finish at indoors. Dix, in the 200m, and Garrett Johnson, in the shot put, each won indoor and outdoor national championships while Rafeeq Curry added another national title in the outdoor triple jump. Dix and Lancashire added runner-up finishes in the 100m and 1500m, respectively.

The women's team capped off a successful season with a 14th-place finish at the NCAA Outdoor Championships. Lacy Janson led the way as she won a national championship in the pole vault. During the season, the women's team finished

fifth at the NCAA East Region Championships, second at the ACC Outdoors, 15th at the NCAA Indoor Championships and third at the ACC Indoor Championships.

On the track in 2005, the men's team finished fourth at the NCAA Outdoor Championships. Dix became the first Seminole since 1980 to win an outdoor national title as he won the 100m and seven other Seminoles earned All-America honors. The women's team sent three qualifiers to nationals, including Parker who competed in the 3000m steeplechase.

In 2004, the Seminoles broke or tied 10 records, finishing the outdoor season in the top 20 on the men's side and 28th on the women's side. The indoor season ended with a 24th-place finish for the women behind All-Americans Hughes and Gill while the men repeated as ACC Indoor Champions. Braman coached 32 student-athletes to 41 NCAA East Regional qualifying marks and brought home four All-Americans and one All-America relay in his first trip to the NCAA Outdoor National Championships as head coach. The All-America men's 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the season, 38.92.

Braman took over the FSU track and field program when longtime head coach Terry Long retired at the end of the 2003 season. In the three seasons prior to Long's retirement, Braman served as an assistant with a focus on the distance runners.

Braman began his coaching career at South Florida 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 USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the men's cross country team won three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending conference champion (1998 & 1999). Braman coached both cross country teams to a top 30 finish in 1999. He also guided the Bulls to their first conference track title, the Conference USA Women's Indoor Track Championships in 2000.

While at USF, Braman's men's cross country teams also won six-straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Braman, 49, is married to the former Debbie Turner and has two sons, Steven (19) and Tyler (17). He graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. Braman 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 UF's record holder in the indoor three-mile run.



Cross Country Assistant Coaches



Karen Harvey
Assistant Coach
First Season
Michigan '96

Of all the recruits Florida State head coach Bob Braman brought into the cross country program this year, none may be more valuable than someone who is never going to run a single race for the Garnet & Gold. After five years as a successful head coach of the Illinois women's cross country team, Karen Harvey has joined the FSU staff as an assistant.

Over the last five years, Harvey turned the Illini into one of the best cross country programs in the country. The last two seasons, Illinois has posted top-10 finishes at the NCAA Championships after an eighth-place showing last year. In 2005 the Illini produced the highest finish in school history by taking fifth. The team made its first appearance under her watch in 2004 and finished 20th.

During the 2006 campaign, Illinois made history as it captured the program's first NCAA Midwest Regional crown. In the process, Harvey was named Midwest Region Coach of the Year by the USTFCCCA. Freshman Angela Bizzarri finished 24th at the NCAA Championships to give Illinois its third All-American in the last two seasons. The team took fifth at the Big Ten meet with Bizzarri coming in fifth overall to produce the fifth First-Team All-Big Ten selection during Harvey's tenure.

Accolades have been the norm for Harvey's runners the last three years. Her star pupil was Cassie Hunt, an All-American in cross country (2005), outdoor track (3000m steeplechase - 2004) and indoor track (3000m - 2005). Hunt won the 2005 Big Ten Cross Country title and was named Big Ten Athlete of the Year and Athlete of the Championship - all firsts for an Illinois runner. During the 2005 outdoor season she won the steeplechase and 5000m at the Big Ten outdoor meet to claim Athlete of the Year and Championship.

The 2005 cross country campaign at Illinois may have been the best in school history. Harvey's fourth season with the Illini produced a second-place showing at the Big Ten Championships - the highest finish in school history - and the number three spot at the regional with everything culminating in a fifth-place finish at nationals.

Hunt took 10th at the NCAA meet and Stephanie Simms crossed the line 27th to earn a pair of All-America awards. In addition, rookie Katie Engel collected Big Ten Freshman of the Year honors after a 13th-place finish at the Big Ten Championships. Engel was the second Illini runner to earn freshman accolades from the conference, following Hunt in 2004.

Three seasons ago, Harvey coached the Illini to a number of program firsts, including competing at the NCAA Championships for the first time, attaining a national ranking and having an individual win the NCAA regional title.

At the 2004 NCAA Regional meet, Hunt became the first Illinois woman to ever win an individual regional championship, running 20:21 to set a personal best, course record and school record. Her performance earned her the Midwest Regional Runner of the Year award.

After one season at Illinois, Harvey was making strides with the cross country program. The 2003 edition moved up from 11th to third at the regional meet for its highest finish since 1994. The team also moved up two spots to seventh at the Big Ten Championships.

Harvey served as a volunteer cross country and track assistant at her alma mater Michigan for two years before taking over at Illinois. Before her two seasons with Michigan, Harvey enjoyed an impressive professional career that included a No. 1 world ranking in the 3000 meter steeplechase in 1998. A

nine-time member of Canadian National Teams, (three world cross country teams) Harvey is the former Canadian record holder in the 3000m steeplechase with a time of 10:14.27 and finished fifth at the 1998 Goodwill games in the event. In 2000, Harvey was the top Canadian 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

An All-American for the Wolverines in cross country and on the track, Harvey competed from 1991-95, placing 21st at the 1992 NCAA Cross Country Championships, while also earning first team All-Big Ten honors in 1992 and '95. In track, Harvey finished eighth in the mile at the 1994 NCAA Indoor Championships and fifth in the 3,000 meters in 1995.

A 1996 graduate of Michigan, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree while winning the 1995 Scholar Athlete of the Year award. A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and 2000 Olympian Kevin Sullivan.



Sean McManus
Volunteer
Assistant Coach
3rd Season
Notre Dame '01

Sean McManus enters his third season with Florida State staff this season as a volunteer assistant coach for the cross country program. With his assistance, the Florida State cross country program finished the 2006 season with a first place mark at the NCAA South Region Championships, second place at NCAA Pre-Nationals, eight All-South Region selections, three All-ACC selections and four All-ACC Academic nods. In addition to McManus' responsibilities as assistant cross country coach, he also assists with recruiting, coordinating travel and managing home meets.

Prior to joining the Seminoles, McManus was an assistant cross country and track coach at Notre Dame from 2001-02 and 2003-05. McManus oversaw training for student-athletes competing in mid to distance and cross country events. He was instrumental in recruiting top local, national and international student-athletes to a highly competitive academic institution.

During his time at Notre Dame, McManus coached student-athletes earning 25 All-Americans, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped produce thirteen individual Big East champions and two Big East Athletes of the Year.

McManus is no stranger to the NCAA Championships scene as he helped the men's and women's cross country squads to multiple appearances. During McManus' tenure the men's team finished sixth (2001) and 11th (2004) and the women's team finished 19th (2001), 10th (2003) and fourth (2004). The Fighting Irish grad was an integral part of a Notre Dame staff that earned two Big East coaching staff of the year honors.

From 2002-03, McManus served as a volunteer assistant at the University of Florida where he assisted the men's and women's cross country and distance programs. He helped to produce six All-SEC, five All-South Region, one All-American and one Academic All-District award winner. McManus earned his master's degree in exercise science with a specialization in sports pedagogy with an emphasis on athlete motivation.

As an undergraduate, McManus attended Notre Dame from 1996 to 2001 where he earned his bachelor's in civil engineering. He competed four years in cross country and track. While running for the Fighting Irish, he helped his cross country team to four, top-12 team finishes at the NCAA Championships.

Cross Country Assistant Coaches



Joey Zins
Graduate Assistant
4th Season
Georgia Tech '03

Joey Zins is entering his fourth season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5000m and 10000m track events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and was a member of the Yellow Jacket squad that finished in second place in 1998. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Boulder, Colo., where he finished 11th overall. Zins helps the FSU coaching staff with both home meets and practices.



Althea Belgrave
Graduate Assistant
5th Season
Idaho '97

Althea Belgrave continues as a graduate assistant with the Seminoles, overseeing the compliance and recruiting responsibilities for the women's cross country team and heading up the Seminole Striders program. Most recently, she received her IAAF Level I certification. Belgrave, a native of St. John, Barbados, spent four seasons running track and two running cross country at the University of Idaho. The three-time Barbadian national 800m and 1500m champion earned All Big West Conference team honors in 1997 in the 800m. Belgrave also held the national Barbadian record in the 1500m event. She spent two seasons running cross country during her freshman and senior years racing in the 5000m event. During her senior season, Belgrave led Idaho with the fastest time in the 5000m event. After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant, Belgrave worked with middle and long distance runners on the 2003 Big West women's championship track and field team. She also helped with meet management for indoor and outdoor home jumps events. Belgrave earned her master's degree in education at the University of Idaho in Counseling of Human Services.



Kevin Sullivan
Volunteer
Assistant Coach
First Season
Michigan '98

Most volunteer assistant coaches are looking for their start in the profession, but then again Kevin Sullivan isn't your average volunteer assistant. A two-time Olympian and multiple NCAA Champion, Sullivan joins the Florida State staff this season.

At the 2000 Olympic Games in Sydney he took fifth in the 1500m and returned to compete at the 2004 Games in Athens. He has taken part in 21 IAAF World Championship events and has run 32 sub four-minute miles during his career.

During the 90's Sullivan was one of the most dominant distance runners in the NCAA. He won four NCAA titles – 1995 & 98 indoor mile run, 1995 1500m run and 1995 distance medley relay – and produced 14 All-America honors. Sullivan is still the NCAA Indoor Championships record holder in the indoor mile with a time of 3:55.33. Within the conference ranks he captured 12 Big Ten titles and is one of only three runners to win four cross country championships. He was named Big Ten Athlete of the Year nine times.

Sullivan has been a member of the Canadian National Team since 1993, including seven-consecutive spots on the World Cross Country Championship squad. He has won 15 national championships and holds the Canadian records for the 1500m (3:31.71) and outdoor mile (3:50.26). In addition to his Olympic success, he was a silver medalist in the 1500m at the 2001 Goodwill Games and the 1994 Commonwealth Games.

A 1998 graduate of Michigan with a degree in civil engineering, Sullivan is married to Florida State assistant coach Karen Harvey. The Brantford, Ontario, native has served as a volunteer assistant at both Illinois and Michigan.



Men's 2007 Season Preview

Squad Breakdown

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A new era will begin for the Florida State men's cross country team with the dawn of the 2007 season. Gone is the one-two punch of All-America selections Andrew Lemoncello and Tom Lancashire, but this year's Seminole squad will be a deeper group that will keep head coach Bob Braman's team as one of the best programs in the country.

"It's going to be hard to replace those two guys, they always gave us low scores," Braman said of Lemoncello and Lancashire. "You can be a good pack team if you have a couple of aces like them, but this year we have to be a great pack team and I think we can do that because we're going to have better depth than we've ever had in my eight years here. In addition, we have to have someone develop into an ace like Luke Gunn or someone else."



Luke Gunn

This season the Seminoles bring back four runners from the team that captured the 2006 NCAA South Region title and ran at the NCAA Championship. Headlining this group are All-South selections Luke Gunn and Mark Buckingham. The seniors finished in the top four on the team in all five races they ran last season and will be the leaders of the young squad.

When it came time for the postseason, Gunn appeared as the likely successor to Lemoncello and Lancashire as he finished third on the team at the ACC Championships, NCAA South Regional and NCAA Championships. At the NCAA Pre-National Meet, he turned in the seventh-best 8k time in school history with a 24:10. Gunn bounced back from injuries to have a great Outdoor NCAA Championship meet as he earned All-America accolades by finishing eighth in the 3000m steeplechase.

"Luke Gunn has to come in and be our number one guy and be our leader, but I think he knows he can do it," Braman said. "He needs to be the guy who comes in and beats NC State or Virginia's top guys at the ACC meet or take down Alabama or Florida's top guys at regionals. He leads by example and doesn't have a big ego and I think it's important that your leader be your number one guy."

The Pre-National Meet showed what kind of talent Buckingham possesses as he ran a 24:02 – the fifth fastest 8k time in school history - to take 13th overall and finish just ahead of Lancashire. He would not perform at that level the rest of the season, but he did rise to the occasion to earn All-South Region honors. Buckingham ended the outdoor season on an upswing by running the steeplechase at the East Regional.

"Mark Buckingham is a guy who's got a lot of talent, but he needs to be more consistent," Braman added. "He ran great at Pre-Nationals and Notre Dame, but ran out of gas at the end. If he can step up and be consistent in every meet, he's going to make us a better team."

A trio of returning veterans will have a chance to make an impact on the team this year. Senior Chris Nickinson and juniors Javier Cruz and Steeve Gabart are going to be called upon at every meet to secure low finishes. Nickinson and Cruz ran at the NCAA Championships last season and Gabart is in his first season with the cross country program after a promising spring season on the track team.

"The older guys like Cruz, Gabart and Nickinson have a chance to step up, but at the same time they are going to have

to get it done," Braman noted. "They are not going to automatically get on the plane and fly to the meet; we've got a lot of talented new guys that are going to fight for one of those seven spots."

Three newcomers will challenge the veterans for spots at every race. Matt Leeder from Brockville, Ontario, was the second-fastest North American in the junior division of the World Cross Country Championships. A two-year qualifier for the Foot Locker Championships, Bunnell, Fla., native Justin Harbor transferred to FSU after redshirting his first year at Oregon. Another transfer who could make an impact is Nick Sunseri who came to FSU after earning a pair of all-conference honors at Charlotte.

The 2007 schedule is nearly identical to the 2006 season with challenging meets such as the Notre Dame Invitational and Pre-National Meet designed to have the Seminoles ready to peak at the conference championship, regional meet and national championship. If the veterans rise to meet their challenges and the newcomers fulfill their potential, FSU will have another successful season even without the Dynamic Duo.



Mark Buckingham

Men's 2007 Roster

Name.....	Year	Hometown	High School/Last School
Trey Andrews.....	So.	Titusville, Fla.	(Astronaut)
Jonathan Blocker.....	Fr.	Tallahassee, Fla.....	(Chiles)
Mark Buckingham....	Sr.	Huddersfield, England	(Sheffield)
Javier Cruz.....	Jr.	Miami, Fla.	(Belen Jesuit)
Steeve Gabart	Jr.	Miami, Fla.	(North Miami Senior/Rend Lake College)
Luke Gunn	Sr.	Forest Gate, England.....	(Birmingham)
Justin Harbor.....	Fr.	Bunnell, Fla.	(Flagler Palm / Oregon)
David Huckaby.....	Fr.	Fort Mill, S.C.	(Fort Mill)
Kevin Jones	Fr.	Dover, Fla.....	(Durant)
Andrew Krummins...	Sr.	Melbourne, Australia	(Scotch College)
Jason Lakritz.....	So.	Newburgh, N.Y.....	(Newburgh Free Academy)
Matt Leeder	Fr.	Brockville, Ontario	(Thousand Island Secondary)
Christian Minor	So.	Rockledge, Fla.	(Rockledge)
Chris Nickinson	Sr.	Pensacola, Fla.....	(Booker T. Washington)
Tommy Noyes	Sr.	North Canton, Ohio.....	(Hoover)
Tyler Price.....	Fr.	Tallahassee, Fla.....	(Wakulla)
Daniel Robert	So.	Vicksburg, Mich.....	(Crested Butte Academy, Colo./Cedarville)
Nick Sunseri	Jr.	Raleigh, N.C.....	(Cardinal Gibbons/Charlotte)
Stephen Wilson.....	So.	Brandon, Fla.....	(Riverview)



Men's Biographies



Luke Gunn
Senior
Forest Gate, England
(Birmingham)

2007 OUTDOOR NCAA ALL-AMERICA 2006 NCAA ALL-SOUTH REGION TEAM

2006 Cross Country: Garnered NCAA All-South Region team accolades after finishing 12th overall, third on the team, at the regional championships with a career-low 10k time of 31:40.6 ... Finished no lower than third on the team in all but one of his five events ... Posted a career-best 8k time of 24:09.5 at the NCAA Pre-National meet, the seventh-fastest time in school history... Took 16th at the ACC Championship with a time of 24:54.9 ... Placed third on the team, 163rd overall, with a time of 33:12 at the NCAA Championship.

2007 Track: Outdoor – Earned All-America honors with an eighth-place finish of 8:37.30 in the 3000m steeplechase at the NCAA Championships. Mark is the second fastest in school history and was the third-best time in the ACC ... Returned from injury to compete at the Georgia Tech Invitational where he posted a regional qualifying time of 8:57.97 to win the event ... Took third at the NCAA East Region Championships by crossing the line at 8:44.92. **Indoor** – Provisionally qualified for the NCAA Indoor Championships in the 3000m with a time of 7:57.76 at the Huskie Classic. Mark was the third-fastest in the ACC.

At Birmingham: Finished second at the 2006 BMC Grand Prix 4 with a 3k time of 8:13.68 ... Fourth at the 2006 AAA Championships with a 3KST of 8:43.86 ... Took second in the 800m (1:54.78) and 1500m (3:52.33) at the BAL Division 3 Match 3 ... Finished second at the 2006 British University Cross Country Championships with a 5k of 14:23.38 ... Won the 2005 Welsh Championships with a 3KST of 8:56.24 ... Finished eighth and was the first British finisher on the bronze-medal winning team at the 2004 European Junior Cross County Championships.

Personal: Born March 22, 1985 ... Majoring in social science ... Son of Anita and Andy Heath.

Collegiate Bests

8k (XC): 24:09.5
10k (XC): 31:40.6
3000m: 7:57.76
3000m steeplechase: 8:37.30



Mark Buckingham
Senior
Huddersfield, England
(Sheffield)

2006 NCAA ALL-SOUTH REGION TEAM ALL-ACC

2006 Cross Country: Earned NCAA All-South Region accolades by finishing 14th at the South Region Championships with a career-best 10k time of 31:46.3, the fourth fastest time on the team ... Ran his first race at the Notre Dame Invitational posting an 8k time of 25:01 to take 62nd ... Came in second on the team (13th overall) with a personal-best 8k time of 24:01.6 at the NCAA Pre-Nationals that is the fifth-fastest in school history ... Time of 25:05.6 was good enough to finish fourth on the team and 20th overall at the ACC Championship ... Ran a 34:19.3 at the NCAA Championships.

2007 Track: Outdoor – Placed sixth at the ACC Championships with a mark of 9:04.52 during the 3000m steeplechase ... Time of 14:56.32 placed him 15th in the 5000m ... Ran a 9:03.8 – the ninth-fastest time in the ACC – at the Georgia Tech Invitational in the steeplechase ... Top time in the 5000m was a 14:49.81 at the Stanford Invitational ... Ran a time of 9:16.20 during the steeplechase at the NCAA East Regional meet. **Indoor** – Earned All-ACC honors by finishing third in the mile with a time of 4:05.67 at the ACC Championships ... Ran the opening leg of the winning distance medley relay at the league summit ... Posted his best mile time of the season with a 4:05.34 – the sixth-fastest time in the ACC – to finish third at the Tyson Invitational ... Best 3000m mark was an 8:15.99 during the New Balance Collegiate Invitational in a 16th-place showing.

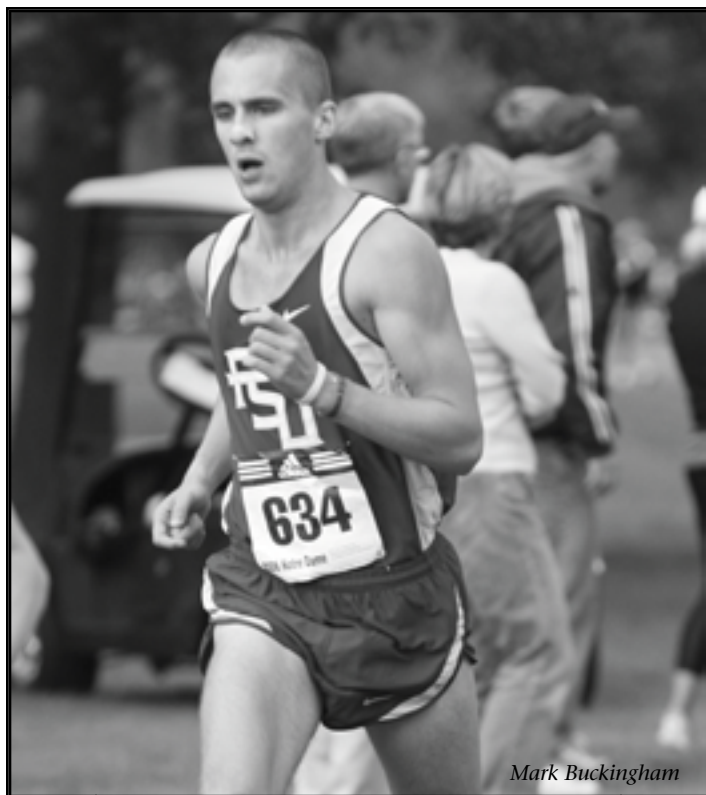
At Sheffield: Named the 2006 Sheffield Hallam University Sportsman of the Year ... 2006 Yorkshire Counties cross country champion (10k) ... Won the silver medalist 2006 at the 2006 British Universities Cross Country Championships (4k)... Took the Universities' 3k title at the indoor meet the following season ... Placed fourth in the 3k steeplechase at the European U/23 Championships in 2005 ... Advanced to the finals of the 3k steeplechase at the World Student Games ... Captured the National Junior Championship in the 3k steeplechase in 2004 and 2005 ... Helped his team to a bronze medal at the 2006 European U/20 Cross Country Championships ... Set the British Milers Club record for the U/20 3k steeplechase (8:51) in 2004 ... Was the English Schools Champion in the 2k steeplechase in 2004.

Personal: Born May 4, 1985 ... Majoring in social science... Son of John and Christine Buckingham.

Collegiate Bests

8k (XC): 24:01.6
10k (XC): 31:46.3
Mile: 4:05.34
3000m: 8:15.99
3000m steeplechase: 8:30

Men's Biographies



Mark Buckingham



Chris Nickinson
Senior
Pensacola, Fla.
(Booker T. Washington)

All-ACC

2006 Cross Country: Competed in five meets for the Seminoles ... Tops on the team with a 10th-place finish at the Covered Bridge Open as he crossed the finish line in 26:35.11 ... Posted a season-best time of 24:47.1 to take 83rd at the NCAA Pre-National meet ... Ran a 25:49.9 to take 37th at the ACC Championships ... Lone 10k time of the year was a 36:28 at the national championship.

2007 Track: Indoor – Took 11th in the prelims of the mile run at the ACC Championships, coming in at 4:15.16 ... Ran a season-best time of 4:14.68 to take 11th at the Diet Pepsi Invitational ... Finished 11th in the mile in the College Division of the Tyson Invitational.

2005 Cross Country: Slowed by injuries to open the season ... Recorded a lifetime best at the ACC Championship with an 8k time of 24:40.6 to finish 23rd ... Finished 152nd with a time of 25:34.7 at the NCAA Pre-Nationals Meet ... Took 61st in a career-best 32:52.73 at the NCAA South Regionals ... Concluded the season at the NCAA Championships with a 10k mark of 33:02.2.

2006 Track: Outdoor – Finished 10th at the Seminole Invite in the 1500m with a time of 4:01.45 ... Ran a season-best 3:59.51 in the 1500m to finish fifth at the Seminole Twilight ... Placed eighth at the Snowbird Invitational in the 5000m with a career-best time of 14:55.64.

2004 Cross Country: Made his cross country debut at the Mountaineer Open, taking 17th with a time of 26:01.70.

2005 Track: Outdoor– Placed second with a season-best mark of 3:50.88 in the 1500m at the Seminole Invitational ... Had the third fastest time at the ACC Championships, posting a 3:51.96 in the preliminary race of the 1500m run. Came back to finish 13th in the event with a time of 3:59.67 ... Took second in the 1500m run at the Seminole Twilight in 3:54.10. **Indoor** – Earned the first All-ACC honor of his career as leadoff leg of the winning distance medley relay that crossed the finish line in a time of 9:53.55 ... Posted a season-best time of 4:10.51 in the mile at the Gator Invitational to take fourth ... Highest finish came at the Florida Intercollegiate where he placed second in the mile with a time of 4:15.22 ... Third fastest miler at the Wildcat Invitational, clocking a 4:12.87.

2003 Cross Country: Redshirted during his freshman season in cross country.

2004 Track: Outdoor – Added depth to the middle distance area, competing in the 1500m event ... Ran a season-best time of 3:52.33 at the Yellow Jacket Invite to finish 10th ... Won the event at the Seminole Invitational in 3:52.77 ... **Indoor** – Held two of the top 10 times on the squad in the 3000m ... Crossed the line third in the mile at the Gator Invite in a time of 4:14.22 ... Ran a season-best 8:36.03 at the Florida Intercollegiate meet in the 3000m ... Took fourth at the Clemson Opener in the 300m and in the mile run at the Clemson Invite.

Prep: Earned all-state honors at the 2003 FHSAA Track & Field Championships with a third-place finish in the 3A 1600m ... Also earned all-state honors as a member of the cross country team and in the 1600m during his senior season ... Named to the All-Panhandle Cross Country team.

Personal: Born October 23, 1984 ... Majoring in political science ... Son of Ed and Jean Nickinson

Collegiate Bests

8k (XC) – 24:40.6
10k (XC): 32:52.73
1500m – 3:50.40
mile – 4:10.51
5000m – 14:55.64



Chris Nickinson

Men's Biographies



Javier Cruz
Junior
Miami, Fla.
(Belen Jesuit)

2006 Cross Country: Ran competitively for the Seminoles for the first time, taking part in six meets ... Posted a personal-best time of 25:10.7 to take 146th at the NCAA Pre-National event ... Took fourth on the team, 22nd overall, with a time of 27:10 at the Covered Bridge Open ... Fifth on the team with a time of 25:42.6 to take 33rd overall at the ACC Championship ... Came in 27th with a personal-best 10k time of 32:28.8 at the NCAA South Regional Championship ... Ran a 34:54 at the NCAA Championship.

2007 Track: Outdoor – Earned points with a seventh-place 30:31.88 in the 10000m at the ACC Championships ... Posted a career-best 29:56.5 in the 10000m that was the sixth-fastest time in the league during the Stanford Invitational. **Indoor** - Took ninth in the 5000m at the ACC Championship with a time of 14:41.70 that was the 10th-fastest in the league ... Finished 13th at the Tyson Invitational with a time of 14:43.23 ... Ran a personal-best 8:53.26 at the ACC meet during the 3000m.

2006 Outdoor: Ran unattached all season ... Finished 14th in the 5000m with a time of 15:20.38 at the FSU Relays ... Placed sixth in the 5000m at the Seminole Invitational with a personal-best time of 15:17.42.

2004-05: Redshirted during the indoor and outdoor seasons and the 2005 cross country campaign.

Prep: Miami-Dade Boys Track and Field second-team honoree in 2003 and 2004 in the 3200m run ... Top cross country runner at Belen Jesuit in 2001 and 2002 ... won the 3200m run at the Hurricane Invitational and the Dade County Championships.

Personal: Born May 5, 1986 ... Majoring in management ... Son of Armando and Marta Cruz.

Collegiate Bests

- 8k (XC): 25:10.7
- 10k (XC): 32:28.8
- 5000m (Outdoor): 15:17.42
- 5000m (Indoor): 14:41.70
- 10000m: 29:56.5



Javier Cruz



Steeve Gabart
Junior
Miami, Fla.
**(Rend Lake College/
 North Miami Senior)**

2007 Track: Outdoor – Took fifth in the 10000m at the ACC Championship, posting a time of 30:12.56 ... Ran a career-best 30:08.66 in the event at the Stanford Invitational ... Placed 12th at the conference championships in the 5000m in a career-best time of 14:45.12 ... Ran a 14:56.41 at the Georgia Tech Invitational. **Indoor** – Joined Florida State during the spring semester ... Posted a season-best time of 14:59.82 at the ACC Championships in the 5000m.

At Rend Lake College (2006): Earned All-America honors in his lone semester at RLC ... Took ninth at the NJCAA Championships to help the Warriors to the national championship.

At Virginia Intermont College (2004-05): Earned 2005 All-America honors in cross country, crossing the line ninth at the NAIA Championships with a team-best time of 24:54.65 ... Effort helped VIC to the national championship ... Scored points at the 2005 NAIA Outdoor Championships as he came in eighth in the 5000m with a time of 15:04.50 ... Also ran the 10000m, coming in at 31:52.95 to take 13th ... Lone race at the 2005 NAIA Indoor meet was an 8:57.09 for 22nd in the 3000m ... Redshirted during the 2004 cross country season.

Personal: Born June 12, 1986... Majoring in social science ... Son of Anne Joseph.

Collegiate Bests:

- 5000m (Outdoor): 14:39.12
- 5000m (Indoor): 14:59.82
- 10000m: 30:08.66



Steeve Gabart

Men's Biographies



Trey Andrews
Sophomore
Titusville, Fla.
(Astronaut)

2006 Cross Country: Had his highest finish of the year in the first event of his collegiate career as he crossed the tape with a 12th-place time – second on the team - of 26:39.65 at the 8k Covered Bridge Open ... Returned at the Notre Dame Invitational to set an 8k personal-best of 25:27... Had his second sub-26 minute 8k of the season (25:51.6) at the NCAA Pre-Nationals ... Finished 68th at the ACC Championships with a time of 26:40.9.

2007 Track: Outdoor – Ran a season-best time of 8:41.53 in a second-place performance of the 3000m during the Seminole Invitational ... Turned in a top-time of 31:36.11 in the 10000m at the Stanford Invitational ... Took second in the Seminole Invitational with a time of 8:41.53 in the 300m.

2005 Cross Country: Redshirt season.

2006 Track: Outdoor – Ran unattached all season...Came in fourth at the Seminole Invitational in the 5000m with a time of 15:06.82 ...Finished 12th in the 5000m at the FSU Relays with a time of 15:09.79 ... Took 12th at the Snowbird Invitational in the 5000m with a time of 15:08.47.

Prep: Named First Team All-Brevard County in 2005 for the 1600m ... Finished 13th in the 1600m at the FHSAA 3A-4A State Championship with a time of 4:25.21 ... Won the 1600m with a personal-best 4:21.71 and 3200m with at time of 9:40.38 at the regional ... Named all-county in cross country ... Named Florida Today's 2004 All-Space Coast Boy's Cross Country Runner of the Year.

Personal: Born October 11, 1986 ... Majoring in exercise science ... Son of Richard and Debbie Andrews.

Collegiate Bests
 8k (XC): 25:27
 3000m: 8:41.53
 5000m: 14:44
 10,000m: 31:36.11



Trey Andrews



Christian Minor
Sophomore
Rockledge, Fla.
(Rockledge)

2006 Cross Country: Ran in a trio of meets during his first season with the Seminoles ... Had his best meet of the year with the B-team at the Auburn Invitational as he posted a 8k mark of 25:05.49 ... Posted a time of 26:13.06 to take 12th overall, third on the team, at the Florida State Invitational ... First meet as a Seminole was the Covered Bridge Open where he posted a time of 27:56.52.

2007 Track: Did not run during the indoor or outdoor season.

Prep: Ran a personal-best 5k time of 16:40 at the FHSAA 3A meet ... Took 12th during the regional competition with a time of 17:01.00 ... Crossed the finish line in eighth at the district meet in a time of 17:09.21.

Personal: Born March 17, 1987... Majoring in pre-law ... Son of Mark and Karen Minor.

Collegiate Bests:
 8k (XC): 24:44



Christian Minor

Men's Biographies



**Jason
Lakritz**
Sophomore
Newburgh, N.Y.
(Newburgh Free
Academy)

2006 Cross Country: Finished first on the team, fifth overall, with a personal-best time of 26:01.29 at the Florida State Invitational ... Made his collegiate debut with a time of 28:15.74 to take 41st at the Covered Bridge Open ... Posted a time of 26:15.61 for the B-team at the Auburn Invitational.

2007 Track: Outdoor – Posted a career-best 4:04.29 in the 1500m at the Seminole Invitational ... Took ninth at the FSU Relays in the 1500m with a time of 4:04.89 ... 15th at the Walt Disney World Invitational in 4:05.67 ...

2005-06: Redshirted during the cross country, indoor and outdoor track seasons.

Prep: Finished third at the New York State Indoor Track Championships in the 1600m with a personal-best of 4:22.84 ... Took 49th at the 2004 New York State AA Cross Country Championships with a time of 17:13.2 ... Won the Section IX Championships in 16:03.2 ... Time of 16:18.45 earned him a 12th-place finish in the three-mile run at the Orange County Championships.

Personal: Born July 30, 1987 ... Majoring in exercise science ... Son of Mark and Shela Lakritz.

Collegiate Bests

8k (XC): 26:01.29
1500m: 4:04.29



Jason Lakritz



**Stephen
Wilson**
Sophomore
Brandon, Fla.
(Riverview)

All-ACC

2006 Cross Country: Posted a time of 28:13.95 at the Florida State Invitational ... Notched a personal-best time of 26:50 with the B team at the Auburn Invitational.

2007 Track: Outdoor – Qualified for the NCAA East Regional meet, posting a time of 1:53.65 in the 800m at the meet ... Scored a point at the ACC Championship by taking eighth in the 800m. Posted his second-fastest time of the year in the event during the prelims with a 1:50.70 ... Best 800m mark of the year was a 1:50.39 during the Seminole Invitational ... Won the 800m dash at the Snowbird Invitational, notching a time of 1:53.64 ... Only 1500m time of the season came at the Walt Disney Invitational in 4:10.51. **Indoor** – Earned All-ACC honors as a member of the winning distance medley relay team ... Ran a 1:54.70 to take 11th in the 800m at the ACC Championships.

Prep – Qualified for the FHSAA 4A meet his final two seasons in the 800m ... Best finish was a sixth-place 1:56.41 his junior season ... Placed second in the region as a junior and senior in the event, posting a top time of 1:57.96 his last year ... Two-time 800m district champion ... Also ran for the Riverview cross country team that advanced to regionals his last two seasons ... Cross country coach was Larry Bass while Orlando Green served as track coach.

Personal: Born February 16, 1987... Majoring in religion... Son of Joel Wilson.

Collegiate Bests:

8k (XC): 26:50
800m: 1:50.39
1500m: 4:10.51



Stephen Wilson

Men's Biographies



Jonathan Blocker
Sophomore
Tallahassee, Fla.
(Chiles)

2006 Cross Country: Ran unattached in his only meet of the year, clocking a time of 25:54.37 to finish fourth at the Florida State Invitational.

2007 Track: Outdoor – Won the 1500m at the Seminole Invitational, posting a time of 3:59.09 ... Ran unattached at the FSU Relays, taking fourth in the 1500m with a time of 3:57.31 ... Posted a time of 4:00.35 in the 1500m at the Pepsi Florida Relays.

Prep: Earned First-Team All-State his junior and senior years in cross country ... Finished third in cross country at the class 3A state meet during his junior and senior seasons ... Earned Second Team All-State honors as a sophomore when he finished 14th at the state cross country meet ... Took fifth in the 1600m with a personal-best of 4:19.90 at the 2006 FHSAA 3A-4A State Championships ... Won the 16th Annual Panhandle Cross Country Championships with a 5000m career-best of 15:25 in 2005 ... Named All Big Bend Runner of the Year in 2005.

Personal: Born July 8, 1987 ... Majoring in sports management ... Son of Joyce Blocker.

Collegiate Bests
8k (XC): 25:54.37
1500m: 3:57.31



Nick Sunseri
Junior
Raleigh, N.C.
(Cardinal Gibbons/Charlotte)

At Florida State: Joins the Seminoles with two years of eligibility ... Redshirted in both cross country and track during 2006-07.

2005 Cross Country: Earned Atlantic-10 honors for the second-straight year by finishing sixth at A-10 Championship with a career-best 8k time of 24:56.6 ... Turned in an 18th-place finish (25:52) at Clemson Invitational ... Finished second at the Charlotte Invitational with a 5k time of 15:29 ... Scored in five of six meets overall.

2006 Track: Indoor – Had the third fastest times on the team in the mile, 3000m and 5000m races with a trio of personal bests ... Took 14th in the 5000m at the A-10 Championships in a time of 15:35.74 ... Turned in a 4:26.98 at the UNC Invitational to take ninth in the mile ... Rounded out his season-best times with a 3000m time of 8:51.93 at the Virginia Tech Invitational.

2004 Cross Country: Earned a spot on Canadian Junior National cross country team by finishing fourth at Canadian Junior National Championships in Toronto ... Dual citizen competed at World Cross Country Championships in France (March, 2005), taking 112th with a time of 28:41 ... Earned All-Conference USA honors with a season-best, 8k time of 25:26 to take 13th at the C-USA Championships ... Posted the seventh-fastest 10k time in school history (31:21.3) by taking 36th at the NCAA Southeast Regionals.

2005 Track: Outdoor – Did not compete during the outdoor season in order to train for the World Cross Country Championships. **Indoor** – Had the team's fourth-fastest 3000m time, posting an 8:52.08 at the Virginia Tech Invitational ... Ran the fifth-best mile with a mark of 4:38.96 during the Niswonger Invitational.

Personal: Born May 21, 1986 ... Majoring in philosophy ... Son of Joyce and Joe Sunseri.

Collegiate Bests
8k (XC): 24:56.6
10k (XC): 31:21.3
Mile: 4:26.98
3000m: 8:51.93
5000m: 15:35.74



Justin Harbor
Freshman-R
Bunnell, Fla.
(Flagler Palm/Oregon)

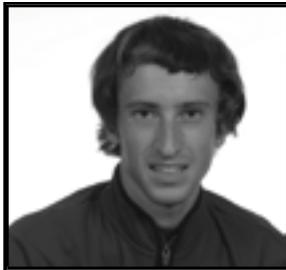
2006-07 (At Oregon): Redshirted his only year at Oregon. Will have four years of eligibility at Florida State.

Prep: Two-time Foot Locker Championships qualifier (2004, 2005), and was a top-10 Foot Locker South Regional finisher in 2004 (third) and 2005 (seventh) ... Collected state cross country titles as a senior (15:59) and junior (15:19) and was fifth as a sophomore (15:45) ... Helped Flagler Palm to the 2005 4A state team title ... Capped senior year by winning the 800m (1:55.01) and 1600m (4:15.22) at the FHSAA 4A meet ... Took third in 1600m as a junior (4:24.06) ... As a sophomore he won the state 3200m (9:31.39) and added third in the 1600m (4:21.51) ... 2006 Nike Indoor Nationals mile runner-up (4:15.66) ... Ranked third among preps in 1500m outdoors in 2006 with personal-best from Snowbird Invitational (second overall / top prep, 3:49.94).

Personal: Born February 25, 1988 ... Majoring in business ... Son of Randy and Cindy Harbor.

Harbor's Bests
1500m: 3:49.0
1600m: 4:12.13
3000m: 8:24.19

Men's Biographies



David Huckaby
Freshman
Fort Mill, S.C.
(Fort Mill)

Prep: Helped Fort Mill to the cross country AAAA state championship his senior year by taking fourth with a time of 16:03 ... Picked up a pair of top three individual finishes at the state track meet to push the Yellow Jackets to a second-place finish ... Took second in the 3200m with a time of 9:40.19 ... Started the meet with a third-place mark of 4:25.20 ... Member of Fort Mill's winning 4x800m relay team ... Took 27th at his first state cross country meet, coming in with a time of 17:15 as the Yellow Jackets finished second ... Posted his first top-five finish at the state meet as a junior, crossing the tape fourth in the 3200m at 10:05.95 ... Finished a spot back in the 1600m with a time of 4:28.10 ... Performance helped Fort Mill to a sixth-place finish ... Ran at the 2005 Footlocker South Championships, coming in 120th at 16:27.

Personal: Born May 30, 1988 ... Majoring in exercise science ... Son of Riley and Amy Huckaby.

Huckaby's Bests

5k: 15:53
 1600m: 4:25.20
 3200m: 9:35.63



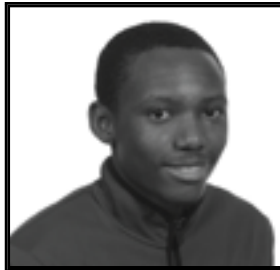
Matt Leeder
Freshman
Brockville, Ontario
(Thousand Island Secondary)

Prep: Ran at the IAAF World Cross Country Championships, finishing 64th overall in the junior division – second amongst North American runners – with a time of 27:30 in the 8k race ... Took fourth in the event at the 2007 World Youth Championship in Brazil ... Silver medalist at the 2007 NACAC Cross Country Championships with a 6k time of 18:56 ... Took second at the Canadian Cross Country Championships with a time of 25:59.2 to earn his spot on the national team at the World Championships ... Won a trio of Ontario Federation of School Athletic Association (OFSAA) cross country titles, capped by the senior division title in 2006 ... Won both the 1500m and 3000m titles in the senior division in 2007 after silver medals in both races during the 2006 summit ... Captured the gold medals in the junior division of both the 1500m and 3000m as a sophomore ... Twice named Thousand Island Secondary School Athlete of the Year in 2006 and 2007 ... Four-time track and field MVP ... Three-year winner of the Brockville and Area Sportsman of the Year award ... Earned Outstanding Athletic Achievement Award from the OFSAA ... Coached by Randy Givogue.

Personal: Born December 19, 1989 ... Majoring in education ... Son of Raymond and Diane Leeder.

Leeder's Bests

800m: 1:52.3
 1500m: 3:45.5
 3000m: 8:19.78



Kevin Jones
Freshman
Dover, Fla.
(Durant)

Prep: Appeared in his first state cross country meet as a senior, finishing 20th at the FHSAA 4A meet with a time of 16:50 ... Ran a career-best time of 16:45.00 to take fourth at the district competition ... Took fourth in the regional meet (16:50.23) ... First appeared at the district and regional meets as a junior, taking sixth at the district meet (17:08.23) and seventh during the regional competition (16:59.79) ... Finished second at the state 4A meet in the 1600m with a time of 4:19.25 ... Also second at the regional meet, crossing the line with a personal-best time of 4:18.22 ... Won the 800m run at the regionals with a mark of 1:56.26 ... District champion in the 1600m and 800m as a senior, posting times of 4:26.58 and 1:58.56, respectively ... Holds the school record in the 5k (16:21), 800m (1:56) 1500m (4:08), 1600m (4:18) and 3000m (9:14) ... Coached by Bryce Predmore in cross country and Matt Wright in track.

Personal: Born October 30, 1988 ... Majoring in film ... Son of Kevin and DonEthlyn Jones.

Jones' Bests:

5k: 16:21
 1600m: 4:18.22
 800m: 1:56.26



Tyler Price
Freshman
Tallahassee, Fla.
(Wakulla)

Prep: Earned All-State honors in cross country his senior year as he finished seventh at the FHSAA 2A meet with a time of 16:50 ... Placed second at both the district and regional races ... First runner in school history to compete at the state cross country meet his junior year. Came in 33rd ... Also earned All-State honors in the 3200m by taking third at the state meet with a personal-best time of 9:35.38 ... Won the event at the regional and district meets while taking second in the 1600m ... Named All-Big Bend by the *Tallahassee Democrat* in cross country, track and tennis ... Posted a personal-best 5k cross country time of 16:10 at the 17th Annual Panhandle Championships ... Ran a career-best 15:38.29 in the 5000m at the Nike Outdoor Championships ... Coached by his father David on the WHS cross country and tennis teams while Paul Hoover was his track coach ... Awarded the Wakulla Scholar-Athlete Award and was a member of the National Honor Society.

Personal: Born March 21, 1989 ... Majoring in communications ... Son of David and Diane Price ... Father Dave ran track at North Texas and Florida State.

Price's Bests

5k (XC): 16:10
 1600m: 4:26.35
 3200m: 9:35.38
 5000m: 15:38.29

Women's 2007 Season Preview

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Coming off an outstanding year in 2006, Florida State's women's cross country team looks to continue its presence in the Atlantic Coast Conference and the NCAA in 2007.

Twenty-nine members of last year's Seminole squad will return this fall, including sophomore USTFCCA All-America selection Susan Kuijken. Florida State will also return seniors Laura Bowerman, Barbara Parker, twins Debbie and Amy Huss and nine other veteran upperclassmen. Of the Seminoles' seven competitors that contributed to last year's 21st-place finish at the NCAA Championships, five will return this fall.

"I think that's going help us a ton," FSU head coach Bob Braman said of the upperclassmen. "We've found over the last few years that they've got the talent and their success is



Susan Kuijken

not predicated on being able to get it done, they've got enough ability, but rather it's a matter of being healthy at the right time of the year. Having the depth we have is going to allow us to rest some athletes when they are tired and still be ready for regionals and nationals. We've never had that luxury."

In addition to its returning group, FSU also boasts seven incoming assets to the team, including one major addition on the coaching staff. Former Illinois women's cross country head coach Karen Harvey joins the Seminoles this season as an assistant coach after leading Illinois to a pair of top 10 finishes at the NCAA Cross Country Championships. Harvey was also named the Midwest Region Coach of the Year after she directed the program to its first NCAA Midwest Regional crown in 2006.

Harvey will inherit a Seminole squad composed almost entirely of veteran runners, highlighted by Kuijken, Florida State's first All-America selection since 2003. Her career-best time of 20:54 at the South Regionals was the fifth-fastest 6k time in Seminole history. She was named South Region Athlete of the Year after winning the regional title.

"Susan can be a really, really special collegiate athlete," Braman added. "She finished second in the 1500m at NCAA last year and that was only her third race of the year because of injury so we've just seen a little bit of how well Susan can be. She can compete with anyone in the country and she's got a shot at a national championship this year or beyond. She's as good as anyone I've ever coached. Vicky Gill was a true miler and Natalie Hughes was great at long distance, but Susan can do both."

Joining Kuijken are 13 returning seniors including NCAA Championship participants Bowerman, Parker and the Huss twins. Bowerman returns to the Seminoles boasting the second-fastest 6k time in school history (20:40). Parker, a member of the 2007 All-East Region and All-ACC track teams has the seventh-fastest 6k time in school history (21:10). Running with the track team in the spring of 2007, Parker also received indoor and outdoor All-America honors.

Amy and Debbie Huss return for their second cross country season with the Seminoles after starting their

collegiate careers at Vanderbilt. Amy Huss earned NCAA All-South Region honors after she finished 12th at the NCAA South Regionals. Debbie Huss finished second on the team at the NCAA Championships.

The 33-person squad will kick off the season in late August, with the third appearance at the Covered Bridge Open hosted by Appalachian State. The regular season will be highlighted by the only home event for the Seminoles, the Florida State Invite in September.

"The women can be incredibly good," Braman added. "This is as veteran a group as I've ever coached, men or women. How healthy they are at the right time of the year is going to determine how good they are going to be. Health is going to determine if they are a top 20 team like last year or if they're on the podium in the top four. They have as much ability as any team that is expected to finish on the podium."

With an incredible line-up of returning stars packaged with a promising group of newcomer talent and one gifted new coaching asset, Florida State's 2007 season looks to build upon the success of the previous year with a long list of new accolades and accomplishments.



Barbara Parker

Women's 2007 Roster

Name.....	Year	Hometown.....	High School/Last School
Ashley Address.....	Sr.	Davie, Fla.	(Archbishop McCarthy)
Rosanna Bell.....	Fr.	Gainesville, Fla.	(Gainesville)
Tina Biedenharn.....	Sr.	Orange Park, Fla.	(Ridgeview)
Laura Bowerman.....	Sr.	Temple Terrace, Fla.	(King)
Kayann Chambers.....	So.	Pompano Beach, Fla.	(Pompano Beach)
Shannon Coates.....	Jr.	Delray Beach, Fla.	(Spanish River)
Laura Cullen.....	Jr.	Temple Terrace, Fla.	(King)
Christine Dion.....	So.	Cape Coral, Fla.	(Fort Myers)
Hannah England.....	So.	Oxford, England	(Birmingham University)
Kirsten Hagen.....	Sr.	Blacksburg, Va.	(Christiansburg)
Amanda Hahn.....	Jr.	Gainesville, Fla.	(Gainesville)
Audrey Hand.....	Sr.	Virginia Beach, Va.	(Kellam)
Jennifer Hillis.....	So.	Tampa, Fla.	(C. Leon King)
Quiana Holsey.....	Jr.	Gainesville, Fla.	(Gainesville)
Sarah Hughes.....	So.	Maitland, Fla.	(Winter Park)
Amy Huss.....	Sr.	Wyomissing, Pa.	(Wyomissing/Vanderbilt)
Debbie Huss.....	Sr.	Wyomissing, Pa.	(Wyomissing/Vanderbilt)
Meredith Kelly.....	Jr.	Clermont, Fla.	(East Ridge)
Susan Kuijken.....	So.	Nijmegen, Netherlands.....	(Stedelijk Gymnasium)
Courtney Laster.....	Jr.	Woodbridge, Va.	(Hayfield)
Katie Leary.....	Jr.	Klamath Falls, Ore.	(Klamath Union/Oregon)
Michelle Lewis.....	Fr.	Sunrise, Fla.	(Piper)
Mary Magee.....	Jr.	Seminole, Fla.	(Seminole)
Ryann Mathews.....	Sr.	St. Petersburg, Fla.	(Largo)
Bree-Arne McArdle.....	Fr.	Queensland, Australia.....	(St. Peter's Lutheran College)
Pilar McShine.....	Fr.	Port-of-Spain, Trinidad & Tobago... ..	(Success Laventille Composite)
Ashley Montagnese.....	Jr.	Tallmadge, Ohio	(Tallmadge)
Barbara Parker.....	Sr.	Norfolk, England.....	(Loughborough College)
Jennifer Patterson.....	Sr.	Valparaiso, Fla.	(Niceville)
Amanda Quick.....	Fr.	Tampa, Fla.	(Gaither)
Angelina Ramos.....	Sr.	New Fairfield, Conn.	(New Fairfield)
Hshkeni Richmond.....	Jr.	Suffern, N.Y.	(Suffern)
Whitney Schnarr.....	Sr.	Waterloo, Ontario	(Waterloo/St. Francis PA)
Heather Smith.....	So.	Coral Springs, Fla.	(Marjory Stoneman Douglas)
Keyla Smith.....	Fr.	Daytona Beach, Fla.	(Mainland)
Meredith Urban.....	Sr.	Raleigh, N.C.	(Green Hope)
Lydia Willemse.....	Jr.	Forest, Ontario.....	(St. Christopher)
Christina Woytalewicz.....	So.	Brandon, Fla.	(Riverview)



Women's Biographies



**Susan
Kuijken**
Sophomore
Nijmegen,
Netherlands (Stedelijk
Gymnasium)

**2006 NCAA CROSS COUNTRY
ALL-AMERICA**

**2007 NCAA TRACK ALL-AMERICA:
1500m**

**2006 NCAA SOUTH REGION
ATHLETE OF THE YEAR**

**2006 NCAA CROSS COUNTRY
ALL-SOUTH REGION**

**2007 NCAA TRACK ALL-EAST REGION
ALL-ACC**

2006 Cross Country: First Florida State cross country All-America selection since 2003 as she finished 27th at the NCAA Championships with a time of 21:18 ... Earned a spot on the NCAA All-South Region team by winning the meet with a career-best time of 20:54, the fifth-fastest 6k time in Seminole lore ... Victory earned her South Region Athlete of the Year honors ... Garnered All-ACC honors – a first by a women's runner since 2003 – by placing sixth at the conference meet with a 6k time of 21:20.2 ... Ran the fastest 5k time of the year, 16:52, as she took second at the Notre Dame Invitational ... Finished second on the team, 52nd overall, with a 6k time of 21:08.1 at the NCAA Pre-National meet.

2007 Track: Outdoor – Earned All-America honors by placing second at the NCAA Championships in the 1500m with a school-record time of 4:11.34 ... Mark was the second-fastest in the ACC ... Earned NCAA All-East Region honors by placing second in the 1500m with a time of 4:21.77 ... Placed fifth at the ACC Championships, crossing the line in 4:29.56 during the 1500m.

2006 Track: Outdoor – One of two freshmen NCAA Regional qualifiers, taking part in the 1500m ... Fastest freshman in the ACC and the NCAA East Region as well as the fifth speediest rookie in the nation ... Second on the FSU all-time top 5000m performers list with a 16:20.30 at the Stanford Invitational ... Finished eighth in the 1500m (4:27.79) and 12th in the 800m (2:11.50) at the ACC Championships ... Won the 3000m at the FSU Relays, running a 9:49.87. **Indoor** – Anchored the Seminoles' winning distance medley relay team that posted a time of 11:16 ... Finished second at the ACC Indoor Championships in the 3000m with a time of 9:28.97 ... Joined the Seminoles during the spring semester.

Personal: Born July 8, 1986 ... Majoring in exercise science ... Daughter of Jan and Tineke Kuijken.

Collegiate Bests
5k (XC) – 16:52
6k (XC) – 20:54.1
1500m – 4:11.34
3000m – 9:49.87
5000m – 16:20.30



Susan Kuijken



**Barbara
Parker**
Senior
Norfolk, England
(Loughborough
University)

**2007 NCAA INDOOR ALL-AMERICA:
MILE RUN**

**2007 OUTDOOR ALL-AMERICA:
STEEPLECHASE**

2007 NCAA ALL-EAST REGION

**2006&07 ACC 3000M STEEPLECHASE
CHAMPION**

ALL-ACC

2006 Cross Country: Second on the team, 15th overall, with a career-best time of 17:13 at the Notre Dame Invitational ... Took fifth in her first collegiate cross country race, turning in an 18:32.95 at the Covered Bridge Open ... Recorded the seventh-fastest 6k time in school history with a 21:10 to finish third on the team, 53rd overall, at the NCAA Pre-National Meet ... Fourth on the squad at the NCAA Championships, recording a 6k time of 22:28.

2007 Track: Outdoor – Collected her second All-America honor of the year, placing third in the 3000m steeplechase with a school-record time of 9:48.82 that was the fastest in the ACC ... Earned NCAA All-East Region accolades with a second-place finish in the steeplechase, recording a time of 9:53.23 ... Won her second ACC steeplechase championship in a time of 9:56.29 ... Took fifth at the league summit in the 5000m, turning in a time of 16:43.81 ... Ran a 16:20.56 in the 5000m at the Stanford Invitational, the third-fastest time in school history ... Won the 1500m at the Seminole Invitational, posting a time of 4:18.86 that is the fourth-best mark in FSU lore. **Indoor** – Earned the first All-America honors of her career, turning in a fourth-place, 4:45.97 during the mile run ... Took fourth in the 800m at the ACC Championships, posting a time of 2:09.65 that was the fourth-fastest in the league ... Second-place mark of 4:40.97 at the Tyson Invitational was the fourth-best in the ACC ... Finished second in the mile run at the New Balance Invitational, posting a time

Women's Biographies

of 4:46.69.

2006 Track: Outdoor – Placed 16th at the NCAA Championships in the 3000m steeplechase with a time of 10:22.57 ... Took 12th at the regional in the event, posting a time of 10:33.45 ... Won her first ACC Championship in the steeplechase in a season-best 10:21.16 ... Regionally qualified for the first time of the year by placing third at the Stanford Invitational, running a time of 10:24.75 ... Took the 1500m crown at the Seminole Twilight in a season-best 4:28.36. **Indoor** – Member of the winning distance medley relay team at the ACC Championships that regionally qualified with a time of 11:16.82 ... Finished fifth at the ACC Championships with a time of 4:52.15 in the mile run ... Placed second in the mile run at the Florida Fast Times meet with a time of 4:50.66.

2005 Track: Outdoor – Advanced to the NCAA Championships in her first year with the Seminoles, taking 21st in the 3000m steeplechase ... Regionally qualified for the steeplechase and 1500m ... Placed sixth in the steeplechase with a 10:20.82 at the East Regional ... Won the steeplechase at the Georgia Tech Invitational with a time of 10:23.90 ... Ran a 10:25.91 at the league championships, narrowly missing All-ACC honors with a fourth-place finish ... Finished first at the FSU Relays in the 1500m with a regional qualifying mark of 4:23.86 that was the fifth-best in the ACC ... Placed seventh in the 1500m at the ACC Championships in 4:29.58 ... Turned in a 800m run time of 2:10.05 during a second-place run at the Seminole Twilight. **Indoor** – Posted a 2:14.03 in the finals of the 800m at the ACC Championships to take fifth ... Ran a season-best 800m clip of 2:12.53 at the Gator Invitational, the eighth-fastest time in the ACC ... Also had the 10th-best mile run with a second-place time of 4:54.50 at the Florida Fast Times Meet.

At Loughborough – Two-time gold medalist (2002-03) in the AAA Under-23 3000m steeplechase ... 2000 English Schools 800m run champion and made it to the European Under-23 finals of the 3000m steeplechase ... Represented the English schools at the pentathlon event in 2003 ... Ran a personal-best time of 10:13 at the Golden League Pre-Meet in 2003.

Personal: Born November 8, 1982 ... Majoring in social science ... Daughter of Roy and Carol Parker.

Collegiate Bests

5k (XC): 17:13

6k (XC): 21:10

800m: 2:10.05

1500m: 4:15.33

Mile Run: 4:40.97

3000m Steeplechase: 9:48.82 – school record

5000m: 16:20.56



Barbara Parker



Laura Bowerman
Senior
Temple Terrace, Fla.
(King)

2005 NCAA NATIONAL XC QUALIFIER

2004&05 NCAA ALL-SOUTH REGION TEAM ALL-ACC

2006 Cross Country: Competed for the first time since 2005 track season at the Notre Dame Invitational, coming in with a time of 17:45.00 ... Clocked a time of 21:40 in the 6k race at the NCAA Pre-Nationals to take fifth on the team ... Posted a time of 22:45 during the ACC Championships to take 40th overall ... Came in third on the team at the NCAA Championships, crossing the line in a time of 22:24.00.

2007 Track: Outdoor – Ran her best 5000m time of the year at the Penn Relays, taking 21st with a time of 17:12.02 ... Posted a season-best time of 35:24.08 to take 12th in the 10000m at the Stanford Invitational ... Came in 11th at the ACC Championships with a 35:44.12 in the 10000m ... Added a 17:31.34 in the 5000m during the league summit.

2005 Cross Country: Emerged as the Seminoles' leader by finishing first on the team in all six events ... Recorded the second-fastest 6k time ever at FSU as she finished seventh at the NCAA Pre-Nationals with a 20:40.3 ... Opened the season by winning the Covered Bridge Open with a 5k time of 18:17.44 ... Crossed the finish line with a time of 17:56.45 to take third at the FSU Invitational ... Placed eighth during the Notre Dame Invitational with a personal-best 5k mark of 17:07 ... Finished 17th at the ACC Championships, running the 5.75k race in 20:07.9 ... Came in seventh at the NCAA South Regional with a 6k time of 20:52.59 to earn NCAA All-Region honors and earn one of two at-large bids to the NCAA Championships ... Took 177th at her first national meet with a 6k time of 21:19.9.

2006 Track: Redshirted during the indoor and outdoor seasons due to injuries.

2004 Cross Country: Earned NCAA All-South Region honors ... Ended her first cross country campaign on a high note at the regional meet with a season-best, 6k time 21:29.71 to take ninth ... Finished either first or second on the team in every meet ... Second-fastest freshman and top Seminole finisher at the conference meet, running a 19th-place 22:52.2 ... Picked up consecutive second-place finishes at the Mountaineer Open (18:27.9) and the Florida Intercollegiate Championships (17:56.72) ... Posted a top-50 finish at the Notre Dame Invitational (17:42) ... Finished in 37th at the NCAA Pre-National meet with a time of 21:22.5.

2005 Track: Outdoor – First female FSU athlete to earn ACC Outdoor Track and Field Rookie of the Year accolades ... Took third in the 10000m (35:17.22), earning her All-ACC honors, and sixth in the 5000m (16:47.72) at the league championships. Mark in the 10000m is the sixth-best in Seminole lore ... Ran the sixth-fastest 5000m time in school history with a 16:40.42 to finish 19th at the NCAA East Region Championships ... Top 5000m time ranked eighth in the ACC while her 10000m mark was ninth. **Indoor** – Ran a career-best 3000m time in her first collegiate indoor meet at the Wildcat Invi-

Women's Biographies

tational, finishing sixth in 10:00.44 ... Posted a season-best 5000m time of 17:44.14 for 15th place at the league meet ... Took 20th in the 3000m at the ACC Championships, running a clip of 10:06.83.

Prep: Won her second FHSAA 3A Cross Country Championships in a then-course record of 18:07 during the 2003 season ... Posted a winning time of 18:41 the year before ... 2003 FHSAA 3A state champion with a 3200m time of 11:06.73 ... Took second in the 3200 her senior year with a mark of 11:21.14 ... Place seventh in the 2003 Foot Locker Cross Country South Regionals, running a 17:53, en route to earning a spot at the Foot Locker finals ... Finished in the top 32 at the Foot Locker National Cross Country Championship, posting a time of 19:28 ... Ran a time of 17:42 in the 5K at the USF/Jesuit Invitational

Personal: Born July 22, 1986 ... Majoring in psychology ... Daughter of Richard and Theresa Bowerman ... Father was a cross country All-American at Wabash College.

Bowerman's Bests

5k (XC):17:07
6k (XC): 20:40.3
5000m - 16:40.42
10000m - 35:17.22



**Amy
Huss**
Senior
Wyomissing, Pa.
(Wyomissing/
Vanderbilt)

2005&06 NCAA ALL-SOUTH REGION

2006 USTFCCA CROSS COUNTRY ALL-ACADEMIC

2006 Cross Country: Earned NCAA All-South Region honors by taking 12th overall, second on the team, during the South Regional meet with a 6k time of 21:40.8 ... Named to the USTFCCA Women's Cross Country Academic All-America team ... Just missed earning All-ACC honors by one spot at the league championships as she crossed the finish line 15th overall - second on the team - with a mark of 21:54.2 ... Posted a career-best 20:50 - the third-best time in school history - to lead the team and take 27th overall in the 6k NCAA Pre-National meet ... Reset her 5k personal-best at the Notre Dame Invitational as her 17:14 placed her third on the team and 16th overall ... Came in sixth for the team (151 overall) at the NCAA Championships with a time of 22:31.6 ... Efforts in the classroom and on the trail earned her a spot on the 2006 All-ACC Academic Women's Cross Country Team and ACC Academic Honor Roll.

2007 Track: Indoor - Took 16th at the Tyson Invitational, posting a season-best time of 9:53.04 in the 3000m ... Placed 15th at the ACC Championships in the 5000m, crossing the line in a year-low mark of 17:22.42.

2005 Cross Country (Vanderbilt): Finished first or second on team in every competition ... Led the team with 18th place finish at NCAA Regionals running a 6k time of 21:34.86 to earn NCAA All-South Region honors ... Team's second-best finisher at SEC Championships, concluding with 29th place and 21:12.01 6k effort ... Opened the season in excellent fashion, finishing fifth at Belmont Invitational (14:42 for 4k), second at Commodore Classic (18:17.29 for 5k), 42nd at Notre

Dame Invitational (17:47 for 5k) and 68th at Pre-Nationals (21:48 for 6k) ... At the time, marks at Notre Dame and Pre-Nationals were personal-bests ... Effort at Commodore Classic was No. 5 all-time by Vanderbilt runner at home course.

2006 Track (Vanderbilt): Outdoor - Had a breakout season for the Commodores, finishing 10th at the NCAA Regional in the 5000m ... Took third at the Penn Relays with a lifetime-best time in the 5000m of 16:29 ... Finished third at the SEC Championships in the 5000m with a 16:41.45 to earn First-Team All-SEC honors... **Indoor** - Had a remarkable winter where she posted five consecutive career best performances in the 3000m ... Set the Vanderbilt record at the Last Chance Meet in South Bend Ind., with a time of 9:40.43 in the 3000m and just missed an NCAA bid. ... Dropped her best time in the 3000m under 10:00 for the first time, running 9:50.16 at the Tyson Invitational ... Scored points at the SEC Championships with a time of 9:46.58.

2005 Track (Vanderbilt): Missed the indoor and outdoor track seasons due to injuries.

2004 Cross Country (Vanderbilt): Limited due to injuries.

2004: Outdoor (Vanderbilt) - Missed the season due to injuries. **Indoor** - Best effort came at Ohio State Invitational, running 3000m in 10:39.63 ... Also ran 5:17.85 mile at Middle Tennessee meet.

2003: Cross Country (Vanderbilt) - Ended solid season with a gutsy performance at the SEC Championships, taking 37th place in 23:47 ... Established a then 5k PR of 18:38 at Notre Dame Invitational ... Opened the season with 12th place finish at Belmont Invitational, followed by 12th place finish at Commodore Classic ... Added 19th place finish at the Bulldog Invitational ... Missed NCAA Regionals due to injury.

Prep: Named Cross Country Most Valuable Runner three out of four years ... Captained cross country and track squads as senior ... Named All-State and All-District in cross country all four years of her career ... Superb cross country squad captured four state championships and four district titles ... Four-time All-State, finishing no worse than 13th individually in all four state championship races ... PRs included 5:06.22 (1600), 11:04 (3200) and 18:19 (cross country).

Personal: Born July 17, 1985 ... Majoring in economics ... Daughter of Frank and Regina Huss ... Twin sister Debbie also runs for Florida State.

Collegiate Bests

5k (XC) - 17:14
6k (XC) - 20:50
3000m - 9:37
5000m - 16:29



Women's Biographies



**Debbie
Huss**
Senior
Wyomissing, Pa.
(Wyomissing/
Vanderbilt)

2003 ALL-NCAA SOUTH REGION

2006 Cross Country: Broke her personal-best in the 5k by seven seconds (17:46) to finish 54th at the Notre Dame Invitational ... Had her best 6k time, 21:40.7, at the NCAA Pre-Nationals ... Ran a 22:17.1 to finish second on the team and 118th overall at the NCAA Championships ... Came in 12th overall, fifth on the team, with an 18:45.98 in her FSU debut during the Covered Bridge Open ... Posted a 22:25.1 at the NCAA South Region Championships to rate fifth on the squad and 37th overall.

2007 Track: Outdoor – Advanced to the NCAA Championships for the first time in her career, taking part in the 10000m ... Took 26th with a time of 35:41.52 ... Ran the second-fastest 10000m time in school history with a personal-best 33.56.38 at the Stanford Invitational. Mark was also the seventh-best in the ACC ... Turned in a personal-best 16:44.29 to take sixth at the ACC Championship ... Took 24th at the NCAA East Region meet, turning in a time of 17:05.64 in the 5000m ... Held the number six spot in the 10000m, crossing the line in 34.37.04 ... Had the fastest 3000m time on the team, posting a personal-best 9:39.23 to take ninth at the Penn Relays ... Won the 3000m at the Seminole Invitational, crossing the line in 9:41.62. **Indoor** – Scored points in a pair of races at ACC Championships ... Took seventh in the 3000m with a 9:45.00 ... Finished a spot back in the 5000m, crossing the finish line in 16:57.18 ... Ran an eighth-place, 17:08.99 5000m at the Tyson Invitational.

2005 Cross Country (Vanderbilt): - Limited due to injuries ... Finished sixth on the team in her only meet, posting a 5k 18:59 at the Notre Dame Invitational.

2006 Track (Vanderbilt): Outdoor – Did not compete. **Indoor** – Opened the season finishing 20th in the 3000m at the Kentucky Invitational with a time of 10:43 ... Placed 21st in the 3000m at the Tyson Invitational with a time of 10:12.68.

2004 Cross Country (Vanderbilt): Began the season with a 19th-place finish at the Belmont Invitational, running a time of 15:13.21 to finish in the top five on the team.

2005 Track (Vanderbilt): Outdoor – Opened the season with promise before injuries sidelined competition ... Posted 5000m effort of 18:06.90 at Vanderbilt Spring Classic and ran legs on 4x1500 and 4x800 foursomes at Clemson Invitational prior to stopping competition.

2003 Cross Country (Vanderbilt): Finished either second or third on the team in all seven meets ... Finished 20th at the NCAA Regional, posting a 21:35 that was the ninth-fastest in school history ... Took 18th overall at SEC Championships ... Third-best freshman at the SEC Championships ... Established initial 5k personal-best of 17:53 in a 21st place effort at Chile Pepper Invitational ... Opened the season with a fifth place finish at Belmont Invitational (11:09 for two miles) ... Vandy's second-best runner in Commodore Classic victory, notching a third overall in 18:23 ... Finished eighth overall at the Bulldog Invitational, coming in at 17:59 ... Placed 29th at Notre Dame Invitational.

2004 Track (Vanderbilt): Outdoor – Won the 3000m at Vanderbilt Invitational in 10:07.25, the 10th fastest time ever by a Commodore ... Captured the 3000m at the Vanderbilt Invitational in 10:07.25 ... Concluded season with a low time of 17:33 for 5000m at SEC Championships. Effort was the ninth-fastest in school history ... Ran a 1500m personal-best of 4:41.00 at Ole Miss Invitational. **Indoor** – Posted a 5000m season-best of 17:28.72 at Iowa State Open, the fourth-fastest time in school history ... Ran the fastest 3000m of season indoors, finishing in 10:05.99 at Tyson Invitational ... Fastest indoor mile (5:08.15) came at Ohio State Invitational.

Prep: Co-captain of cross country and track squads as senior ... Named Most Valuable Athlete of cross country squad as sophomore ... Four-time All-American at one-mile distance in track... Earned All-State honors three of four varsity seasons ... Nationally ranked squad captured four state championships and four district titles in cross country ... Four-time All-District in cross country... PRs of 18:15 (cross country), 5:02 (1600) and 10:45 (3200).

Personal: Born July 17, 1985 ... Majoring in psychology ... Daughter of Frank and Regina Huss ... Twin sister Amy also runs for Florida State.

Collegiate Bests

5k (XC): 17:46
6k (XC): 21:35
1500m: 4:41.00
3000m (Outdoor): 9:39.23
3000m (Indoor): 10:05.99
5000m (Outdoor): 16:44.29
5000m (Indoor): 16:58.18
10000m: 33.56.38



Debbie Huss



**Kirsten
Hagen**
Senior
Blacksburg, Va.
(Christiansburg)

2006 Cross Country: Started the season by finishing 10th at the Covered Bridge Invitational with an 18:41.15 ...Fifth across the line for the Seminoles at the Notre Dame Invitational with a season-best time of 17:44 ... Best 6k mark of the season was a 22:04 at the NCAA Pre-Nationals ... Ran a 6k time of 22:44.3 at the ACC Championships.

Women's Biographies

2007 Track: Outdoor – Placed fourth in the 1500m at the Seminole Invitational in a time of 4:38.12 ... Took 19th with a 4:36.97 in the prelims of the 1500m at the ACC Championships ... Just missed her personal best in the 1500m as she crossed the line in 4:35.69 at the Georgia Tech Invitational. **Indoor** – Placed sixth at the ACC Championships with a mile run time of 5:12.47 ... Ran a career-best 4:59.6 during the prelims ... Posted a season-best 10:01.68 in the 3000m at the Tyson Invitational.

2005: Cross Country – Finished in the Seminoles' top five in four of six meets ... Opened the season by finishing 10th at the Covered Bridge Open running the 5k in 19:17.64 ... Followed up by finishing 21st at the FSU Invitational in 18:51.03 and 114th at the Notre Dame Invitational in 18:39 ... In her first 6k of the season, she finished 95th at the NCAA Pre-Nationals Meet in 22:06.9 ... Finished 47th at the ACC Championships, running the 5.75k in 20:58.8 ... Closed out her 2005 season at the NCAA South Regional taking 28th with a 6k of 22:02.75.

2006 Track: Outdoor – Recorded a 5000m personal-best of 17:12.64 in the 5000m to take third at the Reebok Invite ... Crossed the line of 3000m with career-best 9:57.79 to finish fourth at the FSU Relays ... Finished 20th at the ACC Championships in the 5000m with a time of 17:19.05. **Indoor** – Made first 3000m run appearance at the ACC Championships, posting a time of 10:13.45.

2004: Cross Country – One of the top three runners for FSU during freshman campaign, she scored points in every meet ... Opened the season with a third-place finish at the Mountaineer Open (18:34.40) ... Finished in the Top 50 at the Notre Dame Invitational, running a personal-best 5k time of 17:42 for 42nd place... Ran a personal-best 6k time of 21:44.1 at NCAA Pre-Nationals ... Placed 26th overall, second on the team, with a 23:09.4 during the ACC Championship ... Wrapped up the 2004 season with a 22:00.58 time at the NCAA South Region Championships.

2005: Outdoor – Top 3000m runner on the team in her first season ... Won the 3000m at the Seminole Invitational in 9:59.97... Took eighth-place at the FSU Relays in 10:06.33... At the Penn Relays, ran a 10:08.16 to finish in 13th place... Was the second fastest 5000m runner, posting a 17:36.43 at the Snowbird Invitational ... Competed in the 5000m at the Stanford Invitational, posting a time of 17:43.94 ... Ran a 18:06.52 in the 5000m at the ACC Championships ... Narrowly missed the finals of the 1500m at ACCs, running a 4:35.14 in the 1500m ... Ran a 5:05.52 mile at the Gator Invitational, good for fifth place ... Posted a season-best 3000m time of 9:58.98 at the Wildcat Invitational ... Completed the 3000m event at the ACC Championships with a time of 10:04.50.

Prep: Top-ranked cross country runner in the Virginia State Group AA ... Completed the 2003 season in fifth place at the VHSL Group AA Championships en route to all-state honors ... Won the VHSL Region III Cross Country title in 18:53 ... Placed 15th at the Foot Locker Southeast Regional ... Was the 2003 Timesland Girls Cross Country Runner of the Year ... Set a new course record with a time of 18:29 at the Bristol Cross Country Invitational ... Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65 ... 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 ... Played indoor soccer in addition to cross country and track during high school.

Personal: Born September 21, 1986 ... Majoring in religion ... Daughter of Joel and Susan Hagen

Collegiate Bests

5k (XC): 17:42
6k (XC): 21:44.1
1500m: 4:35.14
Mile: 4:59.60
3000m – 9:57.79
5000m – 17:12.64



Kirsten Hagen



Audrey Hand
Senior
Virginia Beach, Va.
(Kellam)

2006 Cross Country: Improved her personal-best 5k time by over 90 seconds by turning in the best performance for the B-team at the Auburn Invitational, topping the team with a time of 17:39.93 ... Finished second with a time of 18:16.34 at the Florida State Invitational ... Finished in 27th at the Covered Bridge Invitational with a 5k time of 20:28.86.

2007 Track: Outdoor – Took ninth at the Penn Relays with a personal-best time of 9:51.61 in the 3000m ... Finished 11th at the ACC Championships in the 1500m with a time of 4:40.55. Set a personal-best of 4:28.13 during the prelims ... Won the 1500m at the Walt Disney Invitational, turning in a top time of 4:37.05 ... Took second at the Seminole Invitational with a time of 4:37.41 in the 1500m ... Recorded a personal-best 2:16.16 to take fourth in the 800m race during the FSU Relays.

2005: Cross Country – Led the way for FSU's B-team during 2005 season and also competed in the Seminoles' varsity line-up at the ACC Championships ... Tops on the team, 29th overall, at the Mountain Dew Invitational as she ran the 5k in 19:07.86 ... Took eighth with a 5k time of 19:26.90 at the FLrunners.com Invitational ... Finished 36th at the FSU Invitational with a 5k of 19:26.69 ... Joined the varsity line-up at the ACC Championships where she finished 72nd during 5.75k run in 22:00.2.

Women's Biographies

2006 Track: Outdoor – Had a breakout season rewriting her PR's in three events ... Originally set two marks at the FSU Relays with fifth-place time of 4:38.06 in the 1500m and a 3000m time of 10:13.26... Placed 32nd in the 5000m at the ACC Championships with a PR of 18:06.11. **Indoor** – Had a season-best during the mile run in the prelims of the ACC Championships, crossing the line 17th in a time of 5:04.44 ... Only Seminole to compete in the mile run at the Pepsi Invitational, finished fourth with a time of 5:11.36.

2004 Cross Country: Ran at the Florida Intercollegiate Championships and the FLrunners.com Invitational, where she finished 14th and ninth, respectively ... 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.

2005 Track: Outdoor – Finished the 800m run at the ACC Championships with a clip of 2:19.95 ... Third in the 800m and 1500m events at the Seminole Invitational ... Ran a season-best 1500m time of 4:46.15 at the FSU Relays to take second ... Mark of 4:49.38 at the Yellow Jacket invitational earned her third place in the 1500m. **Indoor** – Only competed in one event during the indoor season, finishing second in the mile run at the Clemson Opener in 5:14.06.

Prep: Finished fifth in the Virginia Class AAA 1600m event during the indoor and outdoor seasons to earn all-state honors ... Ran a leg of the 4x800m relay team that finished first during the state meet ... Helped Kellam to a second place finish first at the outdoor state meet ... High school All-American in the indoor 4-mile relay ... Earned academic letters all four seasons as well as inducted in the National Honor Society.

Personal: Born August 4, 1986 ... Majoring in biological sciences ... Daughter of Frankie and Nancy Hand.

Collegiate Bests

5k (XC): 17:39.93
 800m: 2:16.16
 1500m: 4:28.13
 Mile: 5:04.44
 3000m: 9:51.61
 5000m: 17:25.82



Audrey Hand



Whitney Schnarr
Senior
Waterloo, Ontario
(Waterloo Collegiate Institute/St. Francis PA)

2006-07: Redshirted during cross country, indoor and outdoor track.

At St. Francis (PA): Three-year All-Northeast Conference selection in cross country after finishing in the top 10 during her first three seasons while helping the Red Flash to three conference titles ... Finished runner-up as a sophomore and junior, turning in a top time of 18:51.7 as a sophomore ... Named NEC Athlete of the Week in cross country on October 4, 2005, after she finished 18th out of 310 runners at the Brooks Paul Short 6k with a time of 21:08.4 ... Earned 10 All-NEC honors during her three years between outdoor and indoor track ... Finished ninth at the 2006 NCAA Regionals in the 1500m with a time of 4:27.81 ... Won the 3000m at the prestigious Penn Relays with a PR time of 9:38 ... Won the 1500m at the ECAC's with a lifetime best of 4:24 ... Posted second-place finishes in the one mile run and 3000m at the 2006 NEC Indoor Championship... Top three in the 800m, 1500m and 5000m at the 2005 outdoor championships ... Second in the 800m and 1500m at the 2005 NEC Outdoor meet, third in the 5000m ... Took third in the mile during the indoor meet ... Ranked in top five all-time at SFU in five events and ran on three school record-holding relay teams ... Earned SFU and NEC Academic Honor Roll status.

Prep: Placed fifth in both the 800m and 1500m at the 2003 OFSAA West Region meet ... Dominated the 2003 WCSSAA, winning the 800m in a time of 2:26.40 as well as the 1500m with a 5:00.70 ... Also took second in the 3000m, crossing the line in 11:13.10 ... Took 13th during the 2002 OFSAA Championships in the 800m with a time of 2:22.40.

Personal: Born March 2, 1984... Majoring in finance ... Daughter of Susan and Michael Schnarr.

Collegiate Bests

6k (XC) :21:08
 1500m: 4:24
 3000m: 9:38
 5000m: 16:37



Meredith Urban
Senior
Raleigh, N.C.
(Green Hope)

2006 Cross Country: Turned in her best 5k time of the year for the B-team at the Auburn Invitational, taking fourth on the team, 37th overall, with a time of 18.10.82 ... Had her best finish of the year - seventh overall, fifth on the team - at the FSU Invite with a time of 18:53.57.

2007 Track: Outdoor – Ran her best 10000m time of the season at the FSU Relays, turning in a fifth-place time of 38:27.82 ... Placed seventh in the 5000m at the Snowbird Invitational, clocking a time of 17:51.68.

Women's Biographies

2005 Cross Country: Limited due to injuries.

2006 Track: Took redshirt season after being limited due to injuries.

2004 Cross Country: A consistent performer, finishing in the Seminoles' top five at every meet ... Ran a collegiate-best 5k in a time of 18:27 at the Notre Dame Invitational ... Scored her best 6k time ever at the NCAA Pre-Nationals where she recorded a time of 22:16.89 ... Opened the season by placing sixth overall at the Mountaineer Open and fourth at the Florida Intercollegiate ... At the ACC Championships, took 46th place with a time of 24:03.4 ... Finished the season with 46th place finish at the NCAA South Regional Championships in a time of 22:26.89.

2005 Track: Outdoor – Ran a career-best 17:37.15 in the 5000m at the Yellow Jacket Invitational ... Placed fifth at the Snowbird Invitational in the 5000m ... Posted her best 10000m with a 36:50.4 during the FSU Relays ... Ran the 10000m at the ACC Championships, finishing in 15th with a time of 37:53.14.

2003 Cross Country: Saw limited action for the Seminoles.

2004 Track: Outdoor – Competed in one event during the outdoor campaign, running 18:18.97 in the 5000m at the Gator Invitational.

Prep: Named 2003 Green Hope Women's Athlete of the Year ... Earned team MVP honors during her freshman, sophomore and senior years ... Named academic all-conference all four years of high school and was co-champion of the Tri-7 Conference.

Personal: Born January 24, 1985 ... Majoring in interior design ... Daughter of Bill and Linda Urban.

Collegiate Bests

5k (XC) – 18.10
6k (XC) – 22:16.89
5000m – 17:37.15
10000m – 36:50.4



Amanda Hahn
Junior
Gainesville, Fla.
(Gainesville)

2006 Cross Country: Posted the best 5k time of her career at the Auburn Invitational with the B team as she ran a mark of 18:37.84 ... Ran a time of 20:28.86 to finish 36th in the 5k at the Covered Bridge Open ... Posted a time of 19:19.88 during the FSU Invitational ... Finished 34th (20:42.70) in the Great American Invitational.

2007 Track: Outdoor – Posted a personal-best time of 10:26.01 in the 3000m at the Seminole Invitational ... Ran her best 10000m time of the year at the FSU Relays, crossing the line in 38:00.31 ... Best 5000m time of the season was a 18:23.95 during the Snowbird Invitational. **Indoor** – Ran only once during the indoor season, recording a time of 10:18.58 in the 3000m at the Diet Pepsi Challenge.

2005 Cross Country: Proved to be a reliable runner as she finished in FSU's top seven in all six meets ... At the Covered Bridge Open she finished in 18th by running the

5k in 20:07.76 ... Followed that by finishing 27th at the FSU Invitational in 19:02.20 and 132nd at the Notre Dame Invitational in 18:50 ... Finished her first 6k of the season at the NCAA Pre-Nationals with a time of 22:24.3 ... At the ACC Championships, she finished the 5.75k in 63rd at 21:30.2 ... Closed out the season by finishing 45th at the NCAA South Regionals with a 6k of 22:27.48.

2006 Track: Outdoor – Finished fifth at the Snowbird Invite in the 5000m with a time of 18:23.29 ... Took fourth at the FSU Invite in the 5000m with a time of 18:39.11 ... Placed third in the 3000m at the Seminole Twilight with a time of 10:52.22. **Indoor** – Finished seventh in the 5000m run at the Pepsi Invite (19:03.87).

2005 Track: Outdoor – Ran a season-best 5000m time of 17:48.68 at the Snowbird Invitational, taking seventh ... Had the 11th-fastest time at the Yellow Jacket Invitational with an 18:17.57 clip ... Second-place finish in the gold division at the FSU Relays was a season-best 10000m time of 36:57.90 ... Competed in the 5000m and 10000m events at the ACC Championships.

Prep: Took 11th her senior year at the FHSAA 3A cross country meet, crossing the line in 19:32 ... Fourth at the regional meet (19:38.23) and second at the district championships (19:59.85) that year ... Placed 11th at the 2003 FHSAA track and field championships in the 3200m with a mark of 12:05.88 ... Won the event at regionals with a prep-best time of 11:52.85 ... Took 12th at the 2002 FHSAA cross country meet with a time of 20:08 ... Came in seventh during the regional at 20:16.79 ... Qualified for two triathlon junior world championships ... Finished the 2003 season ranked fourth in her age group ... Member of the National Honor Society ... Participated in the 2004 Athens Olympic Youth Camp designed for potential Olympians to help adjust to the Olympic Games.

Personal: Born July 29, 1986 ... Majoring in mass media studies ... Daughter of Richard and Mary Hahn.

Collegiate Bests

5K (XC): 18:37.84
6K (XC): 22:24.3
3000m (Indoor): 10:26.01
3000m (Outdoor): 10:18.58
5000m: 17:48.68
10000m: 36:57.9



Lydia Willemse
Junior
Forest, Ontario
(St. Christopher)

2006 Cross Country: Had her best 5k race of the year at the Notre Dame Invitational where she finished 82nd overall with an 18:10 ... Best 6k time was a 22:42.7 to take 38th at the ACC Championships ... Came in 70th with a 6k time of 23:36.1 in the NCAA South Region Championships ... Recorded a time of 19:35.41 which was strong enough for 19th place at the Covered Bridge Open.

2007 Track: Outdoor – Qualified for the NCAA East Regional where she finished 13th in the 3000m steeplechase in a season-best time of 10:32.42, the eighth-fastest time in

All-ACC