

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)

All-ACC

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

Women's Biographies

the conference ... Took ninth in the steeplechase at the ACC Championships, posting a time of 10:45.52 ... Best 3000m performance came at the Penn Relays where she finished 14th with a mark of 9:58.33 ... Placed third (10:54.23) at the Georgia Tech Invitational and 15th (11:07.05) at the Stanford Invitational in the steeplechase. **Indoor** – Ran the fastest 3000m time on the team at the ACC Championships as she posted a sixth-place mark of 9:40.97.

2005 Cross Country: Proved to be one of the Seminoles' top runners, finishing in FSU's top five in all six meets ... In her first collegiate meet she took 13th at the Covered Bridge Open, running the 5k in 19:32.41 ... Followed that with a 13th-place finish at the FSU Invitational in 18:24.01 and a 59th-place finish at the Notre Dame Invitational in 17:57 ... Finished 76th in her first 6k of the season at the NCAA Pre-National Meet, recording a time of 21:51.6 ... At the ACC Championships, took 46th by running the 5.75k in 20:56.0 ... Closed the 2005 season finishing 31st at the NCAA South Regional with a 6k of 22:06.79.

2006 Track: Outdoor – Placed 11th at the NCAA East Regional in the steeplechase with a time of 10:31.36 ... Ran a career-best 10:27.01 to take second at the ACC Championships and earn All-ACC honors ... Posted her first qualifying mark at the Stanford Invitational where she took sixth in a time of 10:28.20 ... Second at the FSU Relays in the 1500m in 4:34.11. **Indoor** – Competed in the 3000m run at the Pepsi Invitational, finishing fifth in a time of 9:57.02 ... Raced to a 10:33.62 in the 3000m run at the ACC Championships.

Prep: Took second-place in the 4.7K with a time of 17:44.7 to lead St. Christopher to the LSSAA Cross Country Championship ... Followed that performance with another second-place finish at the SWOSSAA Cross Country Championships where she ran a time of 17:50.62 ... Finished 13th at the OFSAA Cross Country Championships ... Named to the Canadian National Junior Track Team in the 3000m steeplechase ... Holds the Canadian junior 2000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005 ... Won the title in the 1500m steeplechase at the 2005 OFSAA Track and Field Championships.

Personal: Born April 25, 1986 ... Majoring in chemistry ... Daughter of Harry and Lorraine Willemse.

Collegiate Bests

5k (XC) – 17:57
6k (XC) – 21:51.6
1500m – 4:32.47
3000m: 9:40.97
3000m Steeplechase - 10:27.01



Lydia Willemse



Christina Woytalewicz
Sophomore
Brandon, Fla.
(Riverview)

2006 Cross Country: Set a career-best as she crossed the line in 18:01.94 and finished second on the B team, 29th overall, at the Auburn Invitational ... Ran an 18:24.80 to finish third at the FSU Invitational ... Also raced at the Covered Bridge Open where she posted a 19:30.86 to take 17th.

2007 Track: Outdoor – Posted a career-best time of 17:41.63 in the 5000m to take fifth at the Snowbird Invitational ... Ran a season-best 10:26.01 to place fifth in the 3000m at the Seminole Invitational ... Best 1500m time of the year came at the FSU Relays where she took eighth in a time of 4:49.91. **Indoor** – Lone indoor performance was a 12th-place 10:28.25 in the 3000m at the Diet Pepsi Challenge.

2005: Cross Country – Finished her first race as a Seminole by placing 32nd with a 5k time of 20:46.23 at the Covered Bridge Open ... Ran the 5k FSU Invitational in 19:51.14... Took a medical hardship for rest of the season.

2006 Track: Did not compete.

Prep: Earned All-County Cross Country honors as a senior ... Finished 16th in cross country at the FHSAA Championships as a senior ... Named best track athlete at Riverview High as a junior and track MVP as a senior.

Personal: Born April 5, 1987 ... Majoring in financial accounting/real estate ... Daughter of Mark and Kelly Woytalewicz.

Collegiate Bests

5k (XC): 18:01.94
1500m: 4:49.91
3000m: 10:26.01
5000m: 17.41.63



Katie Leary
Junior
Klamath Falls, Ore.
**(Klamath Union/
Oregon)**

At Oregon: Redshirted during the entire 2006-07 season ... Earned 2005 All-Pac-10 Second Team cross country honors with a team best 13th-finish ... Led the team with a career-best 6k time of 21:25 at the Pre-NCAA meet to take 27th ... Sixth overall, second on the team, with a personal-best 5k time of 17:17 at the Willamette Invitational ... Finish second in a pair of races during her freshman year in cross country before getting sidelined with an injury ... Missed the majority of the 2004-05 and 2005-06 indoor and outdoor track seasons due to injury.

High School: Won the state 2003 state 4A cross country title with an 18:03 mark as a senior ... Came in third in the state 4A 1500 meter championships at 4:36.76 ... Ran a 10:00.38 to finish third in the 3000m as well ... Took 14th as a junior at 19:22 and 24th as a freshman at 20:01 ... Ran a 16:00.65 as a

Women's Biographies

senior at the Oregon-Washington Border Clash ... Ranked in the top-five combined state rankings at the end of her senior season in the 1500 (fourth) and 3000 (third) ... Won 1500 meter district title as a junior ... Member of district track and field championship team her freshman year.

Personal: Born March 14, 1986 ... Majoring in family child services ... Daughter of Bill and Nancy Leary.

Collegiate Bests

5k (XC): 17:17
6k (XC): 21:25



**Pilar
McShine**
Freshman-R
**Port-of-Spain, Trinidad
and Tobago (Success
Laventille Composite)**

2006 Cross Country: Redshirted her first season.

2007 Track: Outdoor – Ran a season-best 4:33.67 at the Georgia Tech Invitational in the 1500m ... Placed 18th in the 1500m at the ACC Championships, tallying a time of 4:35.42 ... Took third in the 1500m at the Seminole Invitational, posting a time of 4:37.41 ... Time of 4:37.07 in the 1500m placed her second at the Walt Disney Invitational ... Third during the FSU Relays with a 1500m mark of 4:38.25 ... Top 5000m time was a 17:51.45 at the Snowbird Invitational. **Indoor** – Posted a career-best time of 10:54.17 in the 3000m at the Diet Pepsi Challenge.

Prep: Represented Trinidad and Tobago at seven Carifta Games since age 12 ... Won 10 medals during her career at the Carifta Games in the 1500m, 800m and 3000m at all of the Carifta Games ... Represented Trinidad and Tobago at three CAC Games Championships ... Won a gold medal in the 3000m and silver medal in the 1500m in 2006 ... Won a gold medal in the 1500m in 2004 ... Competed in the 2005 Pan American Junior Championships.

Personal: Born January 6, 1987 ... Majoring in psychology ... Daughter of Pearl Walcott and Cecil McShine.

Collegiate Bests

1500m: 4:33.67
3000m: 10:54.17
5000m: 17:51.45



**Hannah
England**
Sophomore
Oxford, England
**(Birmingham
University)**

Prep: Decorated 1500m runner ... Competed at the 2006 World Junior Championships ... Came in fifth at the 2007 European Under-23s in the 1500m ... Ran a personal-best 1500m time of 4:12.44 at the 2007 Manchester GP 1 ... Finished sixth in the 1500m at the European Youth Olympics in 2003 ... Took home three gold medals at the indoor and outdoor 2006 AAA Nationals ... Earned a gold medal in the 1500m at the 2007 Indoor BUSA after picking up a silver in 2006.

Personal: Born March 6, 1987 ... Majoring in chemistry ... Daughter of Pam and Phillip England.

England's Bests

800m: 2:03.9
1500m: 4:12.44



**Bree-Arne
McArdle**
Freshman
Queensland, Australia
**(St. Peter's
Lutheran College)**

At St. Peter's: Played four different sports including cross-country, touch football, netball and surf life saving ... Named High School Sportsman of the Year four years running (2002-05) ... Tagged as Sportsman of the College in 2006 ... Served as school sports captain and class president... Coached in cross country by her father, John, an accomplished marathon runner.

Personal: Born October 10, 1989 ... Majoring in business ... Daughter of John McArdle.

McArdle's Bests

800m: 2:10.9
1500m: 4:26.2
3000m: 9.51



**Amanda
Quick**
Freshman-R
Tampa, Fla.
(Gaither)

2006 Cross Country: Redshirted her first season with the Seminoles.

2007 Track: Outdoor – Placed sixth in the 1500m at the FSU Relays, posting a career-best time of 4:47.12.

Prep: Awarded *Tampa Tribune's* Athlete of the Year and *St. Petersburg Times* Runner of the Year two years in a row (2005 and 2006) ... Named Best Athlete of the Year all four years at Gaither ... Hillsborough County Runner of the Year (2005 and 2006) ... Earned All-State honors her last two years for track and cross country ... Finished eighth with a 1600m PR of 5:09.43 and seventh with a 3200m PR of 11:14.79 at the FHSAA 3A-4A State Championships as a junior ... Placed fifth at the FHSAA 4A Cross Country Championships.

Personal: Born September 7, 1987 ... Majoring in sports management ... Daughter of Cindy and Ron Quick.

Collegiate Bests

1500m: 4:47.12

Men's 2006 Season Wrap-Up

2006 NCAA National Championships: 30th

2006 NCAA South Region Championships: 1st

2006 ACC Championships: 2nd

2006 NCAA All-South Region Team

Tom Lancashire(5th - 31:02.3)
 Andrew Lemoncello(9th - 31:33.9)
 Luke Gunn(12th - 31:40.6)
 Mark Buckingham(14th - 31:46.3)

2006 All-ACC Team

Andrew Lemoncello(2nd - 24:00.3)
 Tom Lancashire(10th - 24:38.9)

ACC Performer of the Week

Andrew Lemoncello(October 16)

The 2006 season was the culmination of two of the best careers in the history of Florida State cross country. Lemoncello and Lancashire are the only two runners in Seminole lore to earn three NCAA All-South Region honors and just the second and third Seminoles to collect a trio of All-ACC awards. During the 2005 campaign, Lemoncello became the first FSU runner in 24 years to earn All-America honors.

While the quartet of Lemoncello, Lancashire, Gunn and Buckingham may have been the focal point of the year, three runners emerged to have quality seasons and set themselves up for a great 2007 campaign. Junior Chris Nickinson, sophomores Javier Cruz and Trey Andrews all made big contributions to the team through the season.

With a squad composed of a pair of All-America selections, several seasoned veterans and some talented newcomers, the 2006 season was poised to be a memorable one for the Florida State men's cross country team and the Seminoles did not disappoint.

Florida State showed once again that it was one of the top programs in certainly the region as well as the country as it captured its second NCAA South Region Championship in three years. The national championship race wasn't as fruitful, but the Seminoles did turn in a solid showing by taking 30th.

For the fourth year in a row, the Seminoles placed at least four runners on the All-South Region Team, headed up by top 10 performances from Tom Lancashire (fifth) and Andrew Lemoncello (ninth). Newcomers Luke Gunn (12th) and Mark Buckingham (14th) capped their first season in Tallahassee by making the all-region squad and poising themselves as the leaders for the 2007 team.

That first Atlantic Coast Conference title stayed just out of the Seminoles' grasp as they finished runner-up for the fourth year in a row. Lemoncello just missed out on winning the individual title as he earned the third All-ACC honors of his career with a second-place finish. Also picking up his third accolade from the conference was Lancashire as he crossed the finish line 10th.

An early sign of Florida State's success came at the Pre-NCAA meet in Terre Haute, Ind., as the Seminoles came in second with the help of Buckingham as he turned in his best 8k time of the season. The Seminoles also had a good showing at the Notre Dame Invitational as they took sixth with Lemoncello and Lancashire in the top 10.

In the first meet of the season, Nickinson led the team to a third-place finish at the Covered Bridge Open as he was the first Seminole across the line in 10th-place, followed closely by Andrews in 12th. Cruz reset his 8 and 10k personal-best times and was the number five scorer at the ACC Championship and NCAA South Region meet.



Tom Lancashire



Andrew Lemoncello

Men's 2006 Meet Results

Covered Bridge Open (8K) September 1, 2006 – Boone, NC 3rd-place / 9 Teams (68 points)

Name	Time	Place
Chris Nickinson	26:35.11	10
Trey Andrews	26:39.65	12
Tony Krock	26:40.26	13
Javier Cruz	27:10.55	22
Tommy Noyes	27:31.05	27
Sam Gibbons	27:33.05	28
J.P. Cook	27:34.28	29
Alex Miletich	27:44.74	34
Christian Minor	27:56.52	35
Jason Lakritz	28:15.74	41

Notre Dame Invitational (8K) September 29, 2006 – South Bend, IN 6th-place / 20 Teams (165 points)

Name	Time	Place
Andrew Lemoncello	23:48	4
Tom Lancashire	24:00	8
Luke Gunn	24:25	29
Mark Buckingham	25:01	62
Chris Nickinson	25:02	64
Javier Cruz	25:15	85
Tony Krock	25:23	94
Trey Andrews	25:27	103

FSU Invitational (8K) October 7, 2006 – Tallahassee, FL 1st-place / 7 Teams (66 points)

Name	Time	Place
Jason Lakritz	26:01.29	5
Kenny Jesensky	26:04.53	9
Christian Minor	26:13.06	12
Tommy Noyes	26:35.53	17
Stephen Wilson	28:13.95	48
Sam Gibbons	28:16.13	49

NCAA Pre-Nationals Meet (8K) October 14, 2006 – Terre Haute, IN 2nd-place / 36 Teams (141 points)

Name	Time	Place
Andrew Lemoncello	23:45.8	5
Mark Buckingham	24:01.1	13
Tom Lancashire	24:01.6	14
Luke Gunn	24:09.5	26
Chris Nickinson	24:47.1	83
Javier Cruz	25:10.7	146
Trey Andrews	25:51.6	212

ACC Championships (8K) October 28, 2006 – Charlottesville, VA 2nd-place / 12 Teams (79 points)

Name	Time	Place
Andrew Lemoncello	24:00.3	2
Tom Lancashire	24:38.9	10
Luke Gunn	24:54.9	16
Mark Buckingham	25:05.6	20
Javier Cruz	25:42.6	33
Chris Nickinson	25:49.9	37
Luke Beevor	26:25.1	61
Trey Andrews	26:40.9	68

NCAA South Region Championships (10K) November 11, 2006 – Knoxville, TN 1st-place / 25 Teams (67 points)

Name	Time	Place
Tom Lancashire	31:02.3	5
Andrew Lemoncello	31:33.9	9
Luke Gunn	31:40.6	12
Mark Buckingham	31:46.3	14
Javier Cruz	32:28.8	27
Luke Beevor	33:07.7	44

NCAA Championships (10K) November 20, 2006 – Terre Haute, IN 30th-place / 31 Teams (602 points)

Name	Time	Place
Andrew Lemoncello	31:49	43
Tom Lancashire	32:31	91
Luke Gunn	33:12	163
Mark Buckingham	34:20	229
Luke Beevor	34:22	232
Javier Cruz	34:54	239
Chris Nickinson	36:28	250



Andrew Lemoncello

Women's 2006 Season Wrap-Up

NCAA National Championships: 21st

NCAA South Region Championships: 4th

2006 ACC Championships: 4th

2006 USTFCCCA All-America
Susan Kuijken

2006 USTFCCCA All-Academic Team
Amy Huss

2006 NCAA South Region Athlete of the Year
Susan Kuijken

2006 NCAA All-South Region Team
Susan Kuijken(1st - 20:54.1)
Amy Huss(12th - 21:40.8)
Jessica Crate(14th - 21:45.5)
Abi Wilshire(20th - 22:02.5)

2006 All-ACC Team
Susan Kuijken(6th - 21:20.2)

2006 All-ACC Academic Team
Amy Huss
Abi Wilshire

With top 10 finishes in the NCAA South Regional and ACC Championship, as well as a top-25 placement in the NCAA Championships, the Florida State women's cross country team turned the 2006 season into one of its most successful years to date.

Ranked No. 29 in the nation, Florida State notched its second top-25 finish in program history at the 2006 NCAA Championships, coming in 21st with 436 points. Freshman Susan Kuijken highlighted the team's individual accomplishments in Terre Haute, Ind., as she finished 27th with a time of 21:18. Following Kuijken, Debbie Huss crossed the line with a time of 22:18. Laura Bowerman, Barbara Parker and Jessica Crate also scored to lead Florida State to its second-highest finish at the national meet since an 18th-place finish at the 2003 championship.

Prior to the stellar performance at nationals, the Seminoles notched their sixth-consecutive top-five finish at the NCAA South Regionals in Knoxville, Tenn., with 84 points. Once again, Kuijken led the team on the trail, setting a new course record of 20:54.1 that is the fifth-fastest 6k time in school history. Amy Huss finished behind Kuijken at 12th with a time of 21:40.8, followed by Crate at 14th

and senior Abi Wilshire at 20th. Their performances earned all four runners a spot on the All-Region team and the win earned Kuijken South Region Athlete of the Year honors.

The fourth-place mark at South Regionals was FSU's second such placement of the season, coming on the heels of a fourth-place finish at the ACC Championship - the highest ACC finish in school history. Kuijken finished sixth overall with a time of 21:20.2, to secure herself a spot on the All-ACC team. Amy Huss finished 15th with a time of 21:54.2, while Crate rounded out the top 25 placements in a time of 22:13.2.

One of the best meets of the year was the Pre-NCAA meet as three of the top 10 6k times in school history were established. Leading the way was Amy Huss as she crossed the line in a time of 20:50 to tie for the number three spot. Close behind was Palmer as her mark of 21:10 sits sixth and Crate took over the number seven spot with a time of 21:17. Kuijken originally took over the number five spot with a time of 21:09 that she would better at regionals.

Florida State's post-season accomplishments mirrored the success of the team's regular season. Starting with a

first-place finish at the Covered Bridge Open hosted by Appalachian State and ending with a first-place finish at the FSU Invitational, the Seminoles dominated their competition in all parts of the country.

With the team ranked 19th entering the Notre Dame meet, freshman standout Kuijken proved her power once more, crossing the line second with a time of 16:52 to help the team to a fourth place finish. Parker finished next at 17:13, followed by Amy Huss at 17:14, Wilshire at 17:41 and junior co-captain Kirsten Hagen at 17:44.

At the only home-hosted event of the season, the B-Team showed its talents as four members—Crate, junior Audrey Hand, freshman Christina Woytalewicz and junior Shannon Coates—crossed the line first, second, third and fourth, respectively.

Off the trails, the Seminoles also had a successful season in the classroom. Amy Huss made the USTFCCCA All-Academic and the All-ACC teams while her teammate Wilshire was also on the All-ACC Academic team. In addition 29 runners were named the ACC Academic Honor Roll.



Jessica Crate

Women's 2006 Meet Results

Covered Bridge Open (5K) September 1, 2006 – Boone, NC 1st-place / 9 Teams (30 points)

Name	Time	Place
Amy Huss	18:16.54	4
Barbara Parker	18:32.95	5
Jessica Crate	18:40.11	9
Kirsten Hagen	18:41.15	10
Debbie Huss	18:45.98	12
Christina Woytalewicz	19:30.86	17
Lydia Willemse	19:35.41	19
Meredith Urban	20:03.66	26
Audrey Hand	20:05.24	27
Amanda Hahn	20:28.86	36
Shannon Coates	20:30.53	37
Julia Vola	20:42.26	42

Notre Dame Invitational (5K) September 29, 2006 – South Bend, IN 4th-place / 19 Teams (124 points)

Name	Time	Place
Susan Kuijken	16:52	2
Barbara Parker	17:13	15
Amy Huss	17:14	16
Abi Wilshire	17:41	43
Kirsten Hagen	17:44	48
Laura Bowerman	17:45	53
Debbie Huss	17:46	54
Jessica Crate	17:50	56
Lydia Willemse	18:10	82

FSU Invitational (5K) October 7, 2006 – Tallahassee, FL 1st-place / 8 Teams (17 points)

Name	Time	Place
Jessica Crate	17:46.72	1
Audrey Hand	18:16.34	2
Christina Woytalewicz	18:24.80	3
Shannon Coates	18:37.29	4
Meredith Urban	18:53.57	7
Julia Vola	19:09.06	12
Amanda Hahn	19:19.88	14

NCAA Pre-Nationals Meet (6K) October 14, 2006 – Terre Haute, IN 7th-place / 36 Teams (268 points)

Name	Time	Place
Amy Huss	20:50	27
Susan Kuijken	21:09	52
Barbara Parker	21:10	53
Jessica Crate	21:17	62
Laura Bowerman	21:25	74
Debbie Huss	21:41	98
Kirsten Hagen	22:04	142

ACC Championships (6K) October 28, 2006 – Charlottesville, VA 4th-place / 12 Teams (118 points)

Name	Time	Place
Susan Kuijken	21:20.2	6
Amy Huss	21:54.2	15
Jessica Crate	22:13.2	24
Abi Wilshire	22:39.3	35
Lydia Willemse	22:42.7	38
Kirsten Hagen	22:44.3	39
Laura Bowerman	22:45.1	40
Barbara Parker	23:20.5	57

NCAA South Region Championships (6K) November 11, 2006 – Knoxville, TN 4th-place / 23 Teams (84 points)

Name	Time	Place
Susan Kuijken	20:54.1	1
Amy Huss	21:40.8	12
Jessica Crate	21:45.5	14
Abi Wilshire	22:02.5	20
Debbie Huss	22:25.1	37
Laura Bowerman	22:41.8	44
Lydia Willemse	23:36.1	70

NCAA Championships (6K) November 20, 2006 – Terre Haute, IN 21st-place / 31 Teams (436 points)

Name	Time	Place
Susan Kuijken	21:18	27
Debbie Huss	22:18	118
Laura Bowerman	22:24	132
Barbara Parker	22:28	141
Jessica Crate	22:31	148
Amy Huss	22:32	151
Abi Wilshire	22:49	180



Amy Huss

FSU Cross Country History

Cross Country All-Americans

men	women
1969 .. Ken Misner	1981.. Darien Andreau
1970 .. Ken Misner	2002.. Vicky Gill
1971 .. Bobby Brooks	2003.. Vicky Gill
1981 .. Herb Willis Natalie Hughes
2005 .. Andrew Lemoncello	2006.. Susan Kuijken

All-ACC

men	women
2001 .. Joep Tigchelaar	2000.. Amy Pleckaitis
2002 .. Joep Tigchelaar	2002.. Vicky Gill
2003 .. Joep Tigchelaar	2003.. Vicky Gill
..... Ian Hornabrook	2006.. Susan Kuijken
2004 .. Andrew Lemoncello	
..... Ian Hornabrook	
..... Tom Lancashire	
..... Eddy Rodriguez	
2005 .. Andrew Lemoncello	
..... Tom Lancashire	
..... Sean Burris	
..... Phil Nicholls	
2006 .. Tom Lancashire	
..... Andrew Lemoncello	

All-South Region

men	women
2001 .. Joep Tigchelaar	2001.. Vicky Gill
..... Kim Bergdahl Natalie Hughes
..... Dave Guerra Katie Jeffrey
..... Maarten van den Heuvel	2002.. Vicky Gill
2002 .. Joep Tigchelaar Natalie Hughes
..... Maarten van den Heuvel Allison Lind
..... Nathan Adams Misty Harper
2003 .. Joep Tigchelaar	2003.. Natalie Hughes
..... Ian Hornabrook Anne Clinton
..... Kevin Cook Helen Hofstede
..... Eddy Rodriguez	2004.. Laura Bowerman
..... Luke Beevor Natalie Hughes
2004 .. Andrew Lemoncello	2005.. Laura Bowerman
..... Eddie Rodriguez Abi Wilshire
..... Tom Lancashire	2006.. Jessica Crate
..... Ian Hornabrook Amy Huss
2005 .. Andrew Lemoncello Susan Kuijken
..... Tom Lancashire Abi Wilshire
..... Phil Nicholls	
..... Sean Burris	
..... Kevin Cook	
2006 .. Mark Buckingham	
..... Luke Gunn	
..... Tom Lancashire	
..... Andrew Lemoncello	

ACC Performers of the Week

men	women
1996 Jason Ritter..... (9/10)	2001 Alison Lind (9/3)
1997 Aaron Scheer..... (10/6)	2002 Vicky Gill (10/21)
1998 Aaron Scheer (10/12)	
2004 Luke Beevor..... (9/7)	
..... Andrew Lemoncello.... (9/14)	
..... Andrew Lemoncello ... (10/4)	
..... Andrew Lemoncello . (10/18)	
2005 Andrew Lemoncello ... (9/19)	
..... Andrew Lemoncello ... (10/3)	
2006 Andrew Lemoncello . (10/16)	

All-Time Team Finishes

NCAA Championship

men	women
1981 8th (257)	2002 28th (657)
2003 29th (733)	2003 18th (455)
2004 17th (438)	2006 21st (436)
2005 18th (471)	
2006 30th (602)	

South Region Championship

men	women
2001 3rd (85)	2001 3rd (113)
2002 4th (104)	2002 2nd (72)
2003 2nd (64)	2003 2nd (93)
2004 1st (59)	2004 4th (176)
2005 2nd (47)	2005 3rd (118)
2006 1st (67)	2006 4th (84)

ACC Championship

men	women
1991 7th (200)	1991 5th (154)
1992 8th (230)	1992 5th (164)
1993 8th (220)	1993 7th (195)
1994 9th (273)	1994 9th (235)
1995 9th (230)	1995 9th (220)
1996 7th (217)	1996 9th (247)
1997 9th (232)	1997 9th (247)
1998 8th (210)	1998 8th (220)
1999 8th (218)	1999 8th (214)
2000 7th (188)	2000 6th (128)
2001 5th (134)	2001 7th (156)
2002 5th (123)	2002 6th (134)
2003 2nd (66)	2003 5th (135)
2004 2nd (48)	2004 6th (168)
2005 2nd (38)	2005 7th (196)
2006 2nd (79)	2006 4th (118)

Men's All-Time 8K Records

1. Andrew Lemoncello.....	23:43.....	2005
2. Larry Greene	23:47.....	1980
3. Herb Wills	23:52.....	1980
4. Tom Lancashire.....	23:53.....	2005
5. Mark Buckingham	24:02	2006
6. Joep Tigchelaar	24:04.....	2003
7. Luke Gunn	24:10	2006
8. Phil Nicholls	24:12.....	2005
9. Sean Burris	24:13.....	2005
10. Eddy Rodriguez.....	24:17.....	2004

Women's All-Time 6K Records

1. Vicky Gill	19:48.....	2002
2. Laura Bowerman	20:40	2005
3. Natalie Hughes.....	20:50.....	2003
3. Amy Huss	20:50	2006
5. Susan Kuijken	20:54	2006
6. Barbara Parker	21:10	2006
7. Jessica Crate	21:17.....	2006
8. Helen Hofstede	21:20.....	2003
9. Brooke Bastein	21:27.....	2000
10. Abi Wilshire	21:29.....	2005

This is the ACC

The Tradition

Consistency. It is the mark of true excellence in any endeavor.

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

Yet the Atlantic Coast Conference has defied the odds. Now in its 55th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 105 national championships, including 56 in women's competition and 49 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 139 times in men's competition and 86 times in women's action.

2006-07 in Review

The 2006-07 academic year concluded with league teams capturing five national team titles and 24 individual NCAA crowns. In all, the ACC has won 39 national team titles over the last 11 years. The ACC has won two or more NCAA titles in 25 of the past 27 years.

A total of 137 ACC teams placed in NCAA post-season competition in 2006-07. League teams compiled a 109-70-7 (.605) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 181 student-athletes earn first team All-America honors this past year. Overall, the league had 250 first, second or third team All-Americans. In addition, the ACC produced nine national Player of the Year and six national Coach of the Year honorees.

NC State swept the 2006 ACC Cross Country Championship men's and women's races. For the men it was their 10th conference crown in the last 12 years. Florida State finished runner-up for the fourth year in a row and Duke had its best showing since 2002 with a fourth-place mark. Clemson's Itay Magidi brought home the individual title in a time of 23:52.5

In the women's competition, it was the Wolfpack's first triumph since the 2002 season and their 21st overall. Virginia and Florida State each moved up three spots from the 2005 championship with the Cavaliers coming in third and the Seminoles a spot back. It was UVA's best finish since the 2002 campaign and the highest placing ever for Florida State. Julia Lucas from NC State won the individual title as she crossed the finish line in 20:42.1.

The league sent eight women's schools and three men's programs to the NCAA Championships. The Duke women's program had the best finish with a tenth-place showing, while Lucas finished fifth overall. In addition, ten female runners earned All-America accolades from the USTFCCCA. Virginia was the top men's team at No. 14.

Both of NC State's programs brought home NCAA regional titles, while the Florida State men and Boston College women also hoisted trophies. Lucas and Florida State's Susan Kuijken collected individual regional titles. They were both named Women's Athlete of the Year in their region and two of 31 All-Region selections on the women's side. The men's teams produced 16 honorees. NC State's Rollie Geiger and Laurie Henes were named Men's and Women's Coach of the Year, respectively, in the Southeast Region and Boston College's Randy Thomas was the Women's Northeast Region Coach of the Year.

2006-07 National Championships

Field Hockey	Maryland
Women's Soccer	North Carolina
Women's Tennis	Georgia Tech
Women's Golf	Duke
Men's Track & Field	Florida State

The Championships

The conference will conduct championship competition in 24 sports during the 2007-08 academic year - 12 for men and 12 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

A History

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

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

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

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

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

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

School Affiliations

BOSTON COLLEGE — Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON — Charter member of the Southern Intercollegiate Athletic Association in 1894, a charter member of the Southern Conference in 1921, a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE — Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE — Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of Southern Conference in 1921, charter member of the SEC in 1932, joined the ACC in April, 1978.

MARYLAND — Charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

MIAMI — Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

NC STATE — Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, resigned from Southern Conference in December 1936, joined the ACC in December, 1953.

VIRGINIA TECH — Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST — Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.

Welcome to "trail"ahassee

WORLD CLASS TRAINING ENVIRONMENT

The many great off-road training opportunities, FSU's Track & Field complex, along with Tallahassee's outstanding climate, make for a fantastic training environment for distance runners. During FSU's academic year, the training weather is absolutely ideal.



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

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

WAKULLA SPRINGS: Located just a short drive from campus, Wakulla Springs is a great place for your long distance training runs. Over 10 miles of trails intersect the park, which also includes a natural spring and diving platform. The water is a constant 65 degrees that is refreshing after a hard week of training.

LAKE JACKSON: Included in the Lake Jackson Park are a variety of training

options. Over 15 miles of wide carriage trails run throughout the park. The hilly terrain surrounding Lake Jackson makes it ideal for tempo runs. Intersecting many of the carriage trails in Lake Jackson is a vast network of single-track trails. These picturesque trails run through ravines and natural streams that blanket the park.

CAPITAL CITY COUNTRY CLUB: Called C-4 by members of the cross country team Capital City Country Club sits on some of the hilliest land in Florida. The golf course's soft footing makes it an ideal site for hill training and tempo running.

APALACHICOLA NATIONAL FOREST: Located just 5 minutes south of town, Apalachicola National Forest covers over 550,000 acres of land stretching from Tallahassee to the Gulf of Mexico. Included in this vast area are many trails and unmapped forest roads. Apalachicola Forest also is home to a section of the Florida Scenic Trail, which stretches across the entire state of Florida covering close to 1000 miles.



Welcome to "trail"ahassee



FERN TRAIL: The Fern Trail runs through the heart of Tallahassee taking you from the center of town to the outskirts of the city. The Fern Trail intersects Tom Brown Park and the Lake Lafayette Trail covering close to 10 miles from point to point. An ideal site for a nice easy long run, the Fern Trail is a local favorite amongst the running community.

LEON SINKS: Preserved, as a geological park Leon Sinks is a single-track trail that runs past many of the natural sinkholes that blanket the park. Some of the sinkholes are filled with water and are close to 100 feet deep. The majority of the trail is hard packed dirt with the exception of a section of boardwalk which cuts through the swamp that is located in the park.

LAFAYETTE TRAIL: The most recently discovered of all the trails in Tallahassee is Lafayette Trail. It is a combination single-track trail and carriage trail that sits on some of the most picturesque land in Florida. Cypress trees line the landscape that one passes on a run past Lake Lafayette. If you're lucky you'll see an alligator or deer on your run. Lafayette Trail intersects Tom Brown Park and the Fern Trail totaling over 10 miles from end-to-end.

LAKE OVERSTREET: Located adjacent to Lake Jackson, Lake Overstreet consists of a five mile figure eight carriage trail ideal for tempo and fartlek



work-outs. Also included is a vast network of single-track trails nicknamed the "Blair Witch Trail" by the local runners.

MUNSON SAND HILLS: Located about 10 minutes from campus, Munson Sand Hills encompasses close to 10 miles of moderately hilly single-track trails. A map of the trails is a must since many runners have been known to get lost in the network of trails.

ST. MARKS TRAIL: The St. Marks Trail is the reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to 20 miles, stretching to the Old seaside Town of St. Marks.



This is Tallahassee



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

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its' Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning old, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.



Climate

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

Annual January temperature:..... 40-63° F
Annual July temperature: 72-91° F
Yearly average maximum temperature:..... 78.7°
Yearly average minimum temperature:..... 55.7°
Yearly average days above 90 degrees:..... 91.0
Yearly average days below 32 degrees:..... 35.7

Population

City of Tallahassee:..... 153,658
Leon County:..... 244,208
Metropolitan Area:..... 327,869



This is Tallahassee

Donald L. Tucker Center

The Donald L. Tucker Center is a multi-purpose convention and entertainment facility featuring a 12,100 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including FSU basketball.

It is easy to understand why over one million people a year flock to the Donald L. Tucker Center, what with the varied array of attractions it offers. Some people go to the Tucker Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos and three-ring spectaculars. While others come for conventions, banquets, expositions, or consumer and trade shows.

Located downtown on Pensacola Street, the Tucker Center is only two blocks from the Capitol building.



Dolly Parton



"Thoroughly Modern Millie"



Cathy Rigby as "Peter Pan"

The New Capitol building rises at the center of Tallahassee's downtown as a sleek modern structure, juxtaposed next to the Old Capitol, built in the more classic domed style. A gallery atop the 22-story New Capitol provides a sweeping view of the hilly city and its tree-lined streets. From it, you can see all the way to Georgia, 20 miles away.

Around the capitol complex, a 10-block historic district spreads, preserving the town's gracious old homes along a linear park and holding an historic inn, bars and restaurants patronized by Senators and sophomores alike. With no shortage of culture, downtown also offers museums, theater and art galleries. Artists have turned the old warehouses of Downtown Industrial Park into the studios and cafes of Railroad Square. The Museum of Florida History, nearby, is highly acclaimed for its scan of the state's past, and The Mary Brogan Museum of Art & Science, along with changing art exhibits, brings learning to a kid's level with hands-on exhibits. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum.

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

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.



This is Florida State



From its pre-Civil War beginnings as the Seminary West of the Suwannee to a nearly four-decade stint as the Florida State College for Women to its return to coeducational status as a university, Florida State University has developed into an internationally acclaimed research institution with excellence in teaching, research and public service.

The university enrolls almost 40,000 undergraduate, graduate and professional students. Of these, 28 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 133 foreign countries.

Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 99 programs, a master's degree in 112 degree programs, a doctorate in 73 degree programs, a specialist certification in 26 degree programs, and a professional designation in two degree programs. Courses are offered through 16 colleges — Arts and Sciences; Business; Communication; Criminology and Criminal Justice; Education; Engineering; Human Sciences; Information; Law; Medicine; Motion Picture, Television and Recording Arts; Music; Nursing; Social Sciences;

Social Work; and Visual Arts, Theatre and Dance.

Students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences, members of the American Academy of Arts and Sciences, winners of the Pulitzer Prize and a Nobel laureate. Florida State faculty also lead several scholarly fields in citations of published work.

Several members of the Florida State faculty were recognized with major awards in 2007. Trailblazing chemistry Professor Alan G. Marshall, who has won worldwide acclaim for contributions to the field of analytical chemistry, received the prestigious 2007 Chemical Pioneer Award from the American Institute of Chemists, and Eliza Dresang, the Eliza Atkins Gleason Professor in the College of Information, won the 2007 Scholastic Library Publishing Award.

Florida State has many academic programs that consistently rank among those at the nation's top 25 public universities, including programs in business, chemistry, creative writing, criminology, ecology and evolutionary biology, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

The university had many noteworthy achievements in 2006-07. Among them:

- Florida State hired clusters of stellar professors, national and international leaders in their fields, in one of the most ambitious, innovative hiring plans in the United States — part of the Pathways of Excellence Initiative, the university's effort to become one of the nation's top research and graduate education universities.
- FSU doctoral faculty in five academic areas were ranked among the tops in the nation according to the Faculty

This is Florida State

Scholarly Productivity Index: social work — #4; Spanish — #4; marketing — #5; oceanography — #8; and atmospheric sciences — #10.

- FSU was ranked No. 1 in the nation among top research universities in graduation rates for African-Americans.

- The university increased its production of Ph.D.s by 18 percent in 2006 and won a new record in research grants, about \$200 million.

- FSU had a building boom with \$500 million worth of facilities under design or construction.

- Officials broke ground on a new facility that could vault Florida State to the top of the list of American universities specializing in research into new materials. The \$17-million building will house the Center of Excellence in Advanced Materials.

- The first groups of College of Medicine students arrived at newly established Regional Medical School campuses in Fort Pierce and Daytona Beach.

- FSU Student Government President Joe O'Shea won a prestigious Truman Award. O'Shea also was one of just 20 undergraduates named to USA Today's elite 2007 All-USA College Academic First Team.

- The Florida State track and field team won its second-in-a-row NCAA championship and was honored at the White House.

At FSU, students have the opportunity to conduct research in specialized interdisciplinary centers, such as the National High Magnetic Field Laboratory, the Institute of Molecular Biophysics, and the School of Computational Science; to participate in interdisciplinary work across campus, such as programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; and to work with faculty to forge new relationships among professions, including medicine, the physical sciences, engineering, business and law.

Students at Florida State also are encouraged to participate in international education through the university's programs in England,



Italy, Switzerland, France, Panama, China, Costa Rica, Spain, Russia, the Czech Republic, Greece, Croatia, Germany, Ireland and the Caribbean. The university's study sites in Valencia, Spain; Florence, Italy; London, England; and the Republic of Panama are considered by many to be among the nation's best.

FSU's main campus is spread over 450.5 acres in Tallahassee. Within the state, the university maintains facilities in Panama City, at its Coastal and Marine Laboratory on the Gulf of Mexico, and at the Asolo Performing Arts Center in Sarasota. In addition, Academic & Professional Program Services provides non-credit professional outreach, online academic degree programs, support for faculty and students in the campus.fsu.edu teaching and learning environment, faculty development and assessment services. APPS also hosts seminars for organizations from all over the country, and organizes faculty conferences and special campus events.

Florida State also operates the Ringling Center for the Cultural Arts in Sarasota, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Library holdings at Florida State include 2.9 million book titles and 9.1 million microforms. The university's library holdings rank among the top 30 public research universities in the United States.



The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. Florida State also maintains science, music, library and information science, medicine, engineering and law libraries, as well as the Mildred and Claude Pepper Library, which houses the papers, photographs, audio recordings and memorabilia of the longtime congressman from Florida. Library materials and services also are available at the university's Panama City campus, as well as at the international study centers, and a collection of art and related materials is on display at the John and Mable Ringling Museum of Art in Sarasota. Collectively, the Florida State libraries are a member of the Association of Research Libraries, an association of the top research university libraries in the United States.

University facts

FLORIDA STATE BOARD OF TRUSTEES



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Dr. T.K. Wetherell
FSU President

BACKGROUND: The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 40,474 in the Fall Semester 2006.

ENROLLMENT (FALL, 2005): Total, 40,474...76.7% undergrad, 20.2% grad, 3.1% unclassified...79.9% in-state...93.8% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 56.4%...male, 43.6%...minority, 24.9%...international, 3.2%.

ACREAGE: Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,530.4 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGES/DEGREE PROGRAMS: With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 99 degree programs, to the master's degree in 112 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 degree programs, to the doctorate degree in 73 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Music, Social Science, Social Work and Visual Arts, Theatre and Dance; and the Schools of Motion Picture, Television, and Recording Arts and Nursing.

OPERATING BUDGET (2006-07): \$1,011,736,496

DEGREES AWARDED FOR 2005-06: Bachelor, 6,938...Masters, 1,821...Doctorate, 325...Medical Doctorate, 36...Specialist, 51...Judge Doctorate, 240... Total, 9,411

ENTERING FRESHMAN FACTS (FALL, 2006): The middle 50 percent High School GPA, 3.3-3.9; SAT score 1090-1240, ACT score 23-27. There were 46 National Merit Scholars, 17 National Achievement Scholars, and 16 Hispanic Scholars enrolled as undergraduate students during the Fall 2006 term.

RETENTION RATE: First year, 100%...second year, 88%...third year, 77%...fourth year, 74%.

FACULTY/STAFF: Total 2,291...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 12 members elected to National Academy of Sciences...10 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

EDUCATIONAL ADVANTAGES: Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most wired campus in Florida, and was recently ranked 18th most

10 Leading States of Origin (Enrollment)

Florida	32,326
Georgia	935
Virginia	426
New York	324
Texas	267
Pennsylvania	264
North Carolina	259
New Jersey	209
Maryland	206
California	186

connected university in the nation by Yahoo! Internet Life.

EDUCATIONAL OPPORTUNITIES ABROAD: FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

EXTRACURRICULAR ACTIVITIES: FSU has over 400 student organizations that allow students to find their own niche.

FINANCIAL AID: FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

STUDENT/FACULTY RATIO: 18-1... Many of the general education classes are large, lecture classes; however, over 70 percent of major classes have less than 40 students.

RESEARCH: The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students.

SPONSORED RESEARCH (2005-06): \$173,605,359

LIBRARY HOLDINGS: The University Library System contains over 2.9 million volumes, of which more than 334,000 are available electronically as e-books. The libraries subscribe to more than 51,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 300 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

Prominent Alumni

Rita Coolidge

Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

Lee Corso

Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

Barbara Harris

Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

Traylor Howard

Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig." She is currently featured as "Natalie" in the series "Monk" on the USA Network.

John Marks

John Marks, Mayor of the City of Tallahassee, is the managing partner of the Tallahassee office of Adorno & Yoss. He received his B.S. degree in 1969 from the Florida State University School of Business and his Juris Doctor degree in 1972 from the FSU College of Law. Mr. Marks also served four years in the U.S. Air Force as a Judge Advocate.

Gabrielle Reece

Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

Burt Reynolds

Burt Reynolds, who has as enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

Dr. Tonea Stewart

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

Norm Thagard

Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He is currently on Faculty at FSU in the College of Engineering.



ESPN GameDay's Lee Corso

Actor Burt Reynolds with former Seminole Warrick Dunn

Shape Magazine Editor-In-Chief Barbara Harris



Other Distinguished Alumni:

Jason Altmire, U.S. Congressman from Pennsylvania
 Reubin Askew, former Governor of Florida
 Paul Azinger, professional golfer
 Alan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
 John W. Bradley, actor, "The New Adventures of Robin Hood"
 Clifton Campbell, playwright
 Davis Gaines, performer, "The Phantom of the Opera"
 Jane Geddes, professional golfer
 Paul Gleason, actor, "Trading Places," "The Breakfast Club"
 Parris Glendening, former Governor of Maryland
 Hubert Green, professional golfer

Tara Dawn Holland Christensen, Miss America 1997
 Linda Keever, Editor in Chief Florida Trend Magazine
 Tony LaRussa, Manager, St. Louis Cardinals
 Doug Marlette, Pulitzer Prize winner for editorial cartooning
 DeLane Matthews, actress
 Michael Piontek, actor
 Henry Polic, actor
 Charles G. Rex, New York Philharmonic
 Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence
 Stephen J. Rothman, theatre director
 Winston Scott, former NASA astronaut
 Steven Sears, writer and producer
 Randy Ser, theatrical director
 Sonny Shroyer, actor, "The Dukes of Hazard"
 Richard Simmons, diet and exercise guru
 Robert Ulrich, actor, "Vega\$, "Spencer For Hire"
 Dr. Valint Vazsonyi, international concert pianist
 Claudia Waite, award-winning soprano
 Ellen Taaffe Zwillich, first woman to win Pulitzer Prize in music
 Linda Zoghby, opera singer
 Jeff Kottkamp, Florida Lt. Governor
 Mel Martinez, U.S. Senator - Florida



Tallahassee Mayor John Marks

Florida Governor Charlie Crist with Bobby Bowden



One of the Nation's PREMIER PROGRAMS



Coach JoAnne Graf



Coach Bobby Bowden

COACHES OF THE YEAR	
National	- 13
Regional	- 34
Atlantic Coast Conference	- 35
Metro Conference	- 12
ACTIVE COACH LISTING - DIVISION I	
Bobby Bowden	- 366 victories (1st all-time)
JoAnne Graf	- 1,180 victories (2nd all-time)
Mike Martin	- 1,484 victories (4th all-time)



Coach Bob Braman

COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches in NCAA history.

Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches. Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,030 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. Track and field and cross country head coach Bob Braman capped off another spectacular season as he guided the Seminoles to their second consecutive men's outdoor track and field national championship in 2007. Braman, the ACC Indoor and Outdoor Coach of the Year, was also recognized on the men's side as the Co-Coach of the Year in the South District, while being honored as the East Region and National Coach of the Year during the outdoor season. Jennifer Hyde collected South Region Wilson/ITA Coach of the Year accolades as she led the women's tennis team to one of the finest turn-a-rounds in school history. After leading the women to their first conference championship a season ago, swimming and diving head coach Neil Harper guided the men to their first league title en route to being named the ACC Coach of the Year. Martin's legacy was secured as he was enshrined into the American Baseball Coaches Association Hall of Fame on January 5, 2007. He would round out the accolades in 2006-07 claiming his fifth ACC Coach of the Year honor.



Coach Jennifer Hyde



Coach Mark Krikorian

IN THE COMMUNITY...

Seminole student-athletes are committed to making a positive impact on the community, serving over 5,500 hours of community service during the 2006-07 school year. They help to raise thousands of dollars in direct support to charities.

The National Consortium for Academics and Sports honored FSU Athletics for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

Student-Athletes have volunteered their time to work with elementary, middle, and high school students within the Leon County School system. In addition, Seminole student-athletes have participated in projects such as Kids' Day (hosted by the Boys and Girls Club), Bowl for Kids' Sake (fundraiser for Big Brothers Big Sisters), The Heart Ball (fundraiser for the American Heart Association), Relay for Life, and Special Olympics to name a few.



Coach Mike Martin



POSTGRADUATE SCHOLARSHIPS...

In November 2005, two-time All-American shot putter Garrett Johnson became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States to study at the University of Oxford and one of less than 100 from around the world who joined the prestigious academic program in 2006. The program's criteria are based on academic success, leadership potential, personal integrity and physical vigor.

Florida State athletes have earned over \$350,000 in post-graduate scholarships in the past 13 years as well as other numerous academic honors and awards. They have also received 33 post-graduate scholarships from the ACC since 1993 including Sarah Griffin (volleyball), Alex Kennon (swimming and diving), Tom Lancashire (track and field) and Kelly Rowland (soccer) who were among 45 recipients of the scholarship awards in 2007. In addition, Garrett Johnson (track and field) earned the ACC Scholar Award in 2006.

In 1996, Seminole senior Daryl Bush was the first ever recipient of the State Farm National Scholar Athlete of the Year award, now given annually.

Florida State boasts two NACDA Post-Graduate Award winner in the last seven years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Diakos



Lacy Janssen



Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Alex Kennon



IN THE CLASSROOM...

Florida State named a school-record 204 student-athletes to the Atlantic Coast Conference Honor Roll in 2007. At the conclusion of the 2006-07 school year, seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2007 semester 10 Seminole teams had at least a 3.0 semester GPA while the average team semester GPA was a 2.80.

Since joining the ACC in 1991, Florida State has had seven National Football Foundation and College Hall of Fame National Scholar Athlete Award winners.

In 2001, Heisman Trophy winning quarterback Chris Weinke was the recipient of the inaugural ACC Scholar Award which is presented annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since 2001, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track and field's Garrett Johnson (2006) have also earned the award.

Six Seminole student athletes earned the prestigious Arthur Ashe Junior Sports Scholar Award including FSU football player Myron Rolle. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.

Florida State had 13 student-athletes garner District Academic All-American honors in 2006-07 including Drew Weatherford (Football), Mami Yamaguchi and Katrin Schmidt (Soccer), Sarah Griffin (Volleyball), Nikki Anthony and Alicia Gladden (Women's Basketball), Melissa May (Softball), Roomy Altman (Swimming), Caroline Westrup (Women's Golf), Jonas Blitz (Men's Golf), Alex Kennon (Swimming) and Javier Garcia-Tuning, Tom Lancashire and Andrew Lemoncello (Track & Cross Country).

Florida State has more all-time ACC Academic Honor Roll selections (2,412) than all-time All-ACC honorees (1,783). Since 1970, 32 FSU student-athletes have earned National Academic All-American honors. Florida State boasted one NCAA Postgraduate Scholarship winner (Alex Kennon - Swimming) in 2007 as well.



Kelly Rowland



Sarah Griffin



Jonas Blitz



Alicia Gladden



Caroline Westrup

Nicholas Smith



Natalie Trappell



Al Thornton

Heisman Trophy winners
Charlie Ward and Chris Weiske**TOP ATHLETES...**

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the 37 national awards for athletic achievements Florida State student-athletes have earned, eight have been for the top athlete in the nation award in their respective sports. Florida State boasts two Heisman Trophy winners, three Golden Spikes winners, a USA Softball National Player of the Year, a National Men's Track Athlete of the Year and a Honda Award winner for softball.

From football, to diving, to tennis, to track and field, several of Florida State's student-athletes achieve All-America status each year. FSU boasts 749 first team All-America selections as well as several regional and national award winners. Over the years, FSU has enjoyed 1,783 All-ACC selections. Even more impressive is that 30 student-athletes have been crowned individual national champions in their respective sports.

TOP TEAMS...

Great athletes make great teams and Florida State has a rich history when it comes to great teams on both the national and conference level and has earned 13 national championships over the years including the back-to-back 2006 and 2007 NCAA Men's Outdoor Track and Field titles. In 1999, the Florida State Seminoles became the first football team to go wire-to-wire as the Associated Press' No. 1 team when the squad went 12-0 on its way to the program's second national championship. FSU teams have combined for 159 NCAA Tournament appearances and 39 ACC team titles. Florida State's team sports have earned 8,419 victories and eight of the Florida State's team sports have an all-time winning record.



Barbara Parker



Walter Dix



Sam Chang

**SWIMMING & DIVING****RICHARD E. JAMERSON MEMORIAL FINALS**

Seminole Striders

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

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

"The thing that is exciting for me about the Striders is how good they have gotten," said Braman. "Two years ago we had one-third of our team running 24 minutes for 5k and now every single lady on the team runs a 5k in under 21 minutes. These young ladies are not only enjoying the experience, they are running lifetime bests and are running past any expectation that they could have ever had in college. It makes the whole program better and it really sets up a launch pad potentially for varsity athletes because the Striders are so much closer in talent to the varsity athletes than they have been the last two or three years."

Through the Seminole Striders program, female runners have a chance to suit up and run with the Tribe's cross country team. As Coach Braman is quick to point out however, the Seminole Striders are a running club. They are viewed the same as any other runner on the team, which means they have to attend practice every day, do community service, fundraising and maintain their academics.

On the side of the coaching staff and administration, the runners are treated equally – they are given all the perks associated with being student-athletes, given equipment and coaching, and are allowed to compete in cross country meets.

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

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

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

"There are cross country races that are unlimited in size, such as the FSU Invitational, which we host," said Braman. "We took them down to the Disney Invitational, which was an overnight meet, and we also took them to the Flrunners.com Invitational, where they finished first, which was great."

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

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

Since the Striders receive constant training and coaching, many improve dramatically, as in the cases of Anne

Clinton and Abbie Day. Clinton joined the Striders in 2002 and developed to the point where she earned a spot in the Seminoles' top nine and varsity-travel squad en route to finishing the 2003 campaign on the All-NCAA South Region team. Clinton solidified the middle of the lineup consistently, crossing the line third in three of the team's biggest meets. The Richmond, Ind., native earned NCAA South Region team honors after posting a collegiate best 6k time of 21:43.16. Clinton then went to the 2003 NCAA National Championship where she finished in the Seminoles' top five. Clinton ran three-straight personal-best times at the end of the 2003 in one of the most successful seasons yet for the women's team.

Day was another walk-on strider, who ended up running in the varsity seven during her freshman year. During that season, Day went on to qualify and compete in the ACC Championships.

"We are getting quite a few more potential varsity athletes from our Striders program," said Braman. "You get to see student-athletes coming in that you can get really excited about and that you could possibly see two years down the road making varsity, the top seven or really making the difference in going to nationals."

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

"The program has caught a lot of momentum in high school programs and we are now to a point where they seek us out," said Braman.

As part of the deal to expand the roster, FSU Athletics Director Dave Hart and Senior Associate Athletics Director Charlie Carr wanted to ensure the Striders had a leader, and that the cross country coaching staff wasn't stretched out. Coach Braman and the athletics department have used graduate assistants selected specifically to work with the program.

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

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



Across the State Relay



Helping the community has always been a priority for Florida State University athletics and under the leadership of seventh-year head coach Bob Braman, community service and charity donations have become a staple of the Seminole cross country program. In 2006, the Seminoles conducted their sixth annual "Across the State Relay", raising over \$5,000 for charity.



The "Across the State Relay" is a 13-hour, 140-mile trek that is more than a training and team-building exercise but a chance for the team, men and women, to give something back to the community. Each, of over 40 runners, is asked to raise \$140 through sponsorships from their high school coaches, families, friends and former employers at a dollar-per-mile.

"We thought this would provide a little more motivation for the athletes, and a great thing for the program," said Braman. "We bring the money from all over the country, if you will, into Tallahassee for good causes. It's a good team building event—the kids get to rally behind something together."

Racing in pairs, the team maintains a competitive pace of about 10 miles per hour. From Yankeetown, which is just north of Crystal River, the pairs run across the peninsula through small towns, back roads and forested scenery in light traffic areas, in four to eight-mile increments. The runners are accompanied by two chase vans throughout the course of the relay. The final leg has the runners dip their water bottle into the Atlantic Ocean at Daytona Beach. Joining them at the end of the journey are the remaining runners who then dive into the ocean.

The team raised \$5,000 during the 2005 "Across the State Relay" and decided to donate it to the United Way of the Big Bend. The mission of the United Way of the Big Bend is to raise money and mobilize resources to meet priority human needs. They lead and inspire the region to work together as a community, collectively caring for one another and enhancing the quality of life for all.

In 2004, the Seminoles raised over \$7,000 for the American Red Cross Disaster Fund, which set up shelters and provided assistance to those who were affected by Hurricanes Charlie and Frances. In years before that, FSU raised approximately \$12,000 for such charities as the United Way, the Dick Howser Center for Childhood Services Inc., Capital City Youth Services and the American Red Cross September 11th Relief Fund.



The Dick Howser fund, a past beneficiary, which is named after the former FSU baseball coach, is a nonprofit agency dedicated to providing services for children and individuals with disabilities and their families. The Howser Center began operation in 1974 as a small parent group in Tallahassee and now serves most communities in the Big Bend area. To date, the agency operates developmental preschool centers in Gadsden, Leon, Jefferson and Wakulla counties. The Leon Center, located at 240 Mabry Street in Tallahassee, can be reached at 850/574-3906.

Another past beneficiary was the Capital City Youth Services, which is a non-profit shelter in Tallahassee that provides a nurturing home primarily for runaway children and teens. In addition, it offers services to youths who have been victims of abuse or who are in other troublesome situations. CCYS also provides an extensive counseling program to the youth that they serve as well as the families that they come from. The center serves over 1,000 young people a year from Leon County and the surrounding counties.

Braman started the event in 1981 as president of the Tampa Bay Runners' Club, then took it to the University of South Florida. Upon assuming the head coaching job at FSU, Braman changed the relay into a charitable event.

