



2008 Quick Facts: University Information

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

Cross Country Information

Men's Head Coach: Bob Braman (Florida '80)
 Women's Head Coach: Karen Harvey (Michigan '96)
 Volunteer Coaches: Kevin Cook (Florida State '07)
 Kevin Sullivan (Michigan '98)
 Graduate Assistants: Althea Belgrave (Idaho '97)
 Harry Norton (Dartmouth '08)

2007 Season In Review

ACC Championship: Women: 1st — Men: 3rd
 NCAA South Regional: Women: 1st — Men: 2nd
 NCAA Championship: Women: 3rd — Men: 20th



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Florida State's home cross country meet is held at Miccosukee Greenway. Interviews and other information concerning the Florida State coaches and student-athletes will be handled by Ace Hunt (850-644-4836) and Tania Fernandez (850-644-5653). Releases, standings, results and other information regarding the FSU cross country team can be found at www.seminoles.com.

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Table of Contents

Coaches' Biographies	2
Women's 2008 Preview	6
Women's 2008 Roster	7
Women's Biographies	8
Men's 2008 Preview	16
Men's 2008 Roster	17
Men's Biographies	18
Women's 2007 Season Review	25
Women's 2007 Meet Results	27
Men's 2007 Season Review	28
Men's 2007 Meet Results	29
Cross Country History	30
Seminole Striders	31
This is the ACC	32
NCAA Compliance	33
Academic Support	34
Student Services	35
This is Tallahassee	36-37
This is FSU	38-39
An Elite Program	40-42
Welcome to "Trail"ahassee	43
Across The State Relay	44



While women's athletics has held a rich tradition in Tallahassee since the early 1900's when Florida State was the Florida State College for Women, the 2008 season marks the 40th anniversary for a continuous women's athletics program at Florida State University. In 1968, the volleyball team was FSU's first women's intercollegiate team and a new era began in 1995 with the addition of women's soccer. Over the years, FSU has enjoyed fabulous success in its women's athletic programs including five national championships and numerous regional and conference championships.

Credits:

The 2008 Cross Country Media Guide is a publication of the Florida State University Sports Information Department. Written and edited by Michael Smoose, Tania Fernandez and Tina Dechausay.

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FSU President



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Director of Athletics



Kellie Elliott
Deputy Director of Athletics/SWA



Monk Bonasorte
Senior Associate Director of Athletics



Gary Huff
Senior Associate Director of Athletics



Bernie Waxman
Associate Director of Athletics





FSU CROSS COUNTRY



Bob Braman

Head Coach ▶ 9th Season ▶ Florida '80

- 2006, 07 & 08 NCAA Division I Men's National Outdoor Track Coach of the Year
- 2005, 06 & 07 NCAA South Region Men's Outdoor Track Coach of the Year
- 2008 NCAA South Region Men's Outdoor 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

While he is quick to point out the people around him, Florida State head coach Bob Braman has been the architect behind the transformation of Tallahassee into the one of the top destinations for some of the world's best distance runners. Fresh off a third-straight NCAA Men's Outdoors Track and Field National Championship, Braman is entering his ninth season as the Seminoles cross country head coach and has the crew on the right path towards the same success.

There is no question that Braman has had a tremendous impact on 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 four of the last six 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 20 conference accolades. Four of the five women's All-Americans - including 2006-07 recipient Susan Kuijken - have come under his watch and Andrew Lemoncello broke a 24-year dry spell for the men in 2005.

This summer in Beijing, China, three of Braman's protégées represented Great Britain in the Summer Olympics. Andrew Lemoncello and Barbara Parker took part in the steeplechase while Tom Lancashire ran in the 1500m. All told, 11 current and former Seminole track and field athletes took part in the Beijing Games.

Last season may have been the best year for the Seminole cross country program. Highlighting the year was a third-place finish at the NCAA Championship by the women's program with Susan

Kuijken and Barbara Parker finishing in the top 10 to bring home All-America honors. The women preceded that feat with their first ACC and NCAA South Region championships.

A talented group of newcomers gave the men's squad a great infusion of new blood for 2007 and set the team up for years to come. Hampered with an injury for most of the season, senior Luke Gunn came back strong as ever and led the men to a 20th-place finish - its third Top 20 showing in the last four years - at the national championship.

Over the last five years, the men have finished no lower than second at the NCAA South Regional meet. The 2007 team had five runners earn All-Region honors, tying the 2003 and 2005 teams for the most recipients, including a trio of underclassmen. The men's squad has another great group of rookies coming in, led by 2007 Foot Locker National Champion Mike Fout.

Guided by All-America selections Lemoncello and Tom Lancashire, the 2006 men's team captured its second NCAA South Regional title in three years. Joining the duo on the All-South Region team were Gunn and Mark Buckingham. The women also had four

runners on the All-South Region 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.

The men's squad posted its fourth-straight second-place finish at the 2006 ACC meet, while the women came in fourth, which was then the best finish

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



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 four years his distance runners have produced 12 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

Seminole's 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, which was 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.

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 perhaps 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 was the first female two-time cross country All-America and one of five 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 outdoor 10K and both 5,000m marks.

On the track, no team has been able to match the success the men's team has had over the last three seasons. Florida State has won the last three NCAA Outdoor National titles and finished in the top three of the indoor summit. In addition, FSU has captured the last four NCAA Outdoor East Region crowns as well as 12 of the last 13 indoor and outdoor ACC championships. During the last four years, Braman has been honored with 21 national, regional,

district and conference Coach of the Year awards.

Despite going into the national championship as an underdog, the Seminoles had one of their most balanced squads in 2008 and they needed all facets to bring the trophy back to Tallahassee. Seven athletes brought home nine individual All-America honors as well as the 4x100m relay. Walter Dix won his eighth national championship by taking the 200m while freshman Ngoni Makusha won the long jump. On the women's side, FSU had its best finish since 1991 with a 12th-place finish. Hannah England broke the NCAA meet record in winning the 1500m and was one of five All-Americans.

The men almost came away with their first Indoor NCAA title as they finished second. Freshman Gonzalo Barroilhet captured the heptathlon championships and senior Drew Brunson was victorious in the 60m hurdles. FSU also had five more All-America performances. The women showed that they may have the best distance duo in the country as England won the mile and Kuijken breezed to the 3000m championship. Freshman triple jumper Kim Williams took second to vault the women to sixth place for their best showing since 1986.

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 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 as Kuijken took second in the 1500m and Parker was third in the 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 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, 50, is married to the former Debbie Turner and has two sons, Steven (19) and Tyler (17). Tyler is a freshman on this year's team. 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.





FSU CROSS COUNTRY



Karen Harvey

Women's Cross Country Head Coach

► Second Season ► Michigan '96

- Named 2007 ACC and South Region Coach of the Year after FSU finished third in the nation in her first year.
- Coached two All-Americans and team set five of the 10 fastest times in FSU history in her first season at Florida State
- Ranked #1 in the world as a professional in the 3,000 steeplechase in 1998
- All-American in cross country and track as a collegiate athlete star at Michigan and held Canadian record in the steeplechase.

With a strong base of talented runners in place for the 2007 season, all the Florida State women's cross country team needed was a catalyst to drive them towards greatness.

Enter Karen Harvey.

All she did in her first season as an assistant coach on the Florida State staff was produce the highest finish in the program's history and significantly contribute to a pair of top 15 finishes at the NCAA Indoor and Outdoor Track and Field Championships. Now in her second season she has her sights set on taken the Seminoles even higher.

Few coaches, if any, can match the resume Harvey has put together over the last four seasons. On the trails she has produced a trio of top 10 finishes at the NCAA Championship, back-to-back NCAA Regional titles, five All-Americans, two conference champions and a pair of Regional Athletes of the Year. On the track she has coached six All-Americans, including three national champions. Individually, she has been honored with four regional or conference Coach of the Year awards.

Evidence of her coaching acumen came in the first few weeks of the 2007 season as career-best times were dropping across the board. That continued throughout the season and Seminoles made their presence known on a national scale when they vaulted to third in the USTFCCA poll after an impressive showing at the Pre-NCAA meet.

At the following competition, the Seminoles made history for the first time as they won the ACC Championships with Susan Kuijken leading the way with the program's first individual championship. Two weeks later another milestone was passed as Kuijken once again led Florida State to victory as the team claimed its first NCAA South

Regional title behind the sophomore's dominating victory.

Having achieved a program-best number two national rankings, the Seminoles went into the NCAA Championships looking to get on the podium for the first time. Florida State fulfilled its goal as Kuijken's third-place finish – the highest individual finish ever – coupled with All-America honors from Barbara Parker earned the team a third-place finish. As would be expected, Harvey was honored for her work with ACC and NCAA South Region Women's Coach of the Year honors.

Success in the distance events carried over to the track where Kuijken won the 3000m run and sophomore Hannah England captured the mile at the NCAA Indoor Championships. The duo set the ACC and school records in their events and accounted for 20 of the 28 points the team used to take sixth which was its best finish since 1986.

England repeated her success at the Outdoor National Championship, winning the 1500m with an NCAA meet, ACC and school record of 4:06.19. Kuijken also earned All-America honors in the event by taking eighth and their 11 points were 68 percent of the Seminoles' 12th-place finish.

This summer the veteran coach actually had a "first" in her career. Parker qualified for the Summer Olympic in Beijing as part of the British National Team, giving Harvey her first Olympian. She took part in the steeplechase at the Games. England also had an Olympic "A" standard, but was not chosen for the British contingency.

In her five years prior to joining Florida State, Harvey turned Illinois into

one of the best cross country programs in the country. Her last two seasons, Illinois posted top 10 finishes at the NCAA Championships after an eighth-place showing in 2006. 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, the Illinoi 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 USTFCCA. Freshman Angela Bizzarri finished 24th at the NCAA Championships to give Illinois its third All-American in 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 were the norm for Harvey's runners her last three years in Champaign. 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 Champion-ship.

The 2005 cross country campaign at Illinois may have been the best ever 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.

In just her second season at the helm, 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 the University 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 four-time Olympian Kevin Sullivan.





Kevin Cook
Volunteer Assistant Coach
 ▶ First Season
 ▶ Florida State '07

No stranger to the Seminole family, Kevin Cook joins Florida State's cross country team as not only an alumni to the program, but also a volunteer assistant coach for the second time. In his second stint as a volunteer assistant coach, Cook knows what it takes to get Florida State to the next level.

Cook helped the Seminoles reach the NCAA Cross Country Championships twice during his career. He was also a two-time NCAA All-Region honoree (2003 & 2005). A member of the track and field team, he scored points at the ACC Championships to help the Seminoles win the 2003 and 2004 titles.

Shortly after graduating from Florida State with a degree in sports management, Cook returned to his roots and began coaching at his high school, Lyman in Longwood, Fla. He also helped coach at Bishop Moore High School in Orlando, Fla. Cook also trained athletes at a summer distance running camp in Brevard, N.C.

Cook was more than a collegiate athlete in his years at Florida State. He was an exceptional student, earning a spot on the dean's list two years in a row. He was a member of the All-ACC academic honored for his efforts in the classroom.

A native from Fern Park, Fla., Cook spent eight months in Boulder, Colo., helping pace Tempo Sports runners in preparation for the U.S. Olympic Marathon trials.



Harry Norton
Graduate Assistant
 ▶ First Season
 ▶ Dartmouth '08

Harry Norton begins his first season as a graduate assistant for Florida State's cross country and track and field teams. Even though he is stepping into a coaching role for the first time, Norton begins his journey with the Seminole family with an impressive list of qualifications. As a senior at Dartmouth College last year, he was elected captain for both the cross country and track and field teams. He was a two-time All-Ivy selection in cross country, including a First Team honor in 2007. He capped his track career with First Team All-Ivy honors during the indoor season and was an East Regional Qualifier in the 1500m for the third year in a row.

Along with his accomplishments on the track, Norton was also recognized for his leadership and sportsmanship as a recipient of both the Dartmouth Lovejoy Sportsmanship Award in 2006 and the Dartmouth Track and Field Coaches Award in 2005, 2007. A native of North Reading, Mass., Norton has worked as a counselor at the Dartmouth Gold Medal running camp and has helped with recruiting in the Dartmouth athletic department. During the summer of 2007, he interned for Nike with its East Coast Running Brand Marketing team.

The two-time USTFCCCA All-Academic team member, he earned his degree in English from Dartmouth in 2008. He is pursuing his master's in sports management at Florida State.



Kevin Sullivan
Volunteer Assistant Coach
 ▶ Second 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 four-time Olympian and multiple NCAA Champion, Sullivan is in his second season at Florida State.

Sustaining his status as one of the top 1500m runners in the world, Sullivan qualified for his fourth Olympics this year. In Beijing this summer he advanced to the semifinals of the 1500m and also competed in the 5000m. 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 the 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 women's cross country coach Karen Harvey. The Brantford, Ontario, native has served as a volunteer assistant at both Illinois and Michigan.



Kirsten Hagen
Undergraduate Assistant
 ▶ 1st Season

Having competed as a Seminole student-athlete, Kirsten Hagen will now experience Florida State cross country from a new perspective ... a coach's perspective. While Hagen will not actually be coaching her former teammates, as an undergraduate assistant, she will be helping the coaching staff in many capacities while completing her degree at Florida State.

A four-year letterwinner in both cross country and track for the Seminoles, Hagen competed in distance events including the 5K, 6K, 1500m, Mile, 3000m steeplechase and 5000m. She competed in the 3000m steeplechase at the 2008 NCAA East Regional meet, hosted by Florida State.

Personifying the true meaning of student-athlete, Hagen, a native of Blacksburg, Va., was a three-time ACC Academic Honor Roll member and was named to the 2008 USTFCCCA All-Academic Team.

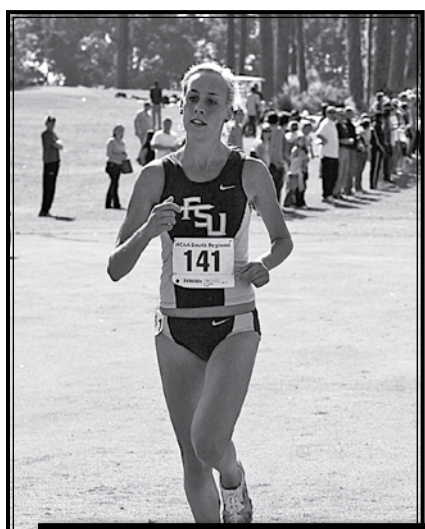


Head Coach Karen Harvey meets with the women's team prior to a meet.





2008 Women's Preview



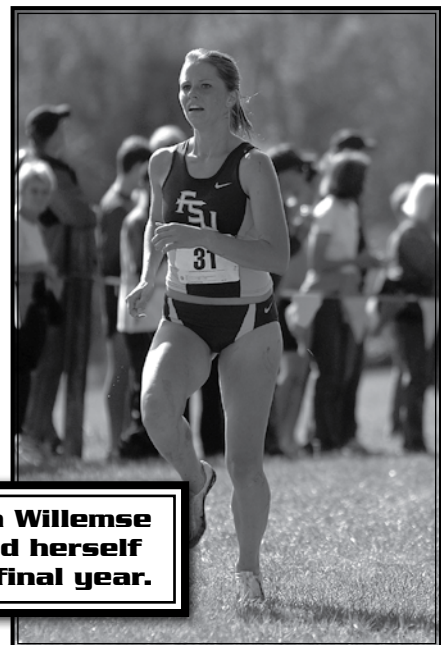
In 2007 Susan Kuijken emerged as one of the top distance runners in the country.

After last year's meteoric rise that included a third-place finish at the NCAA Championships as well as conference and regional titles, the Florida State women's cross country team has a tough act to follow in 2008. But when you have one of the best runners in the country, a solid nucleus of returning runners, a tremendous recruiting class and one of the best coaches in the country anything is possible.

In 2007 Susan Kuijken emerged as one of the top distance runners in the

and she was rewarded with All-Region honors. She nearly matched that time two weeks later as the fifth person across the line for FSU at the NCAA Championship. That success continued during the outdoor campaign as she qualified for her first NCAA Championships in the 3000m steeplechase.

Junior Christina Woytalewicz has the potential to be a consistent scorer this year. She made the team for the ACC and



Senior Lydia Willemse has prepared herself for a great final year.

country by taking third at the NCAA Championship for her second All-America honor. That performance capped the greatest individual season in school history as she repeated as NCAA South Region champion and won the school's first individual ACC title. Her victories coincided with team championships at both events for the first time. The ACC Performer of the Week four times last season, she was undefeated until the NCAA Championship.

Her dominance continued to the track where she dominated during the indoor season. She broke the school and ACC record – a time that was later topped by Hannah England - on her way to the conference mile championship. At the NCAA Indoor Championships she took on the field in the 3000m and came away with the gold medal after setting the school and conference record. Even though she was hampered by injuries during the majority of the outdoor season, she rebounded to take eighth in the 1500m at the NCAA Championship for her second All-America honor in that event.

While Kuijken returns to anchor the team, there will be several big shoes to fill. Three key members of last year's squad are not back for this season. All-American Barbara Parker and All-Region selection Kirsten Hagen graduated and NCAA Indoor Mile and Outdoor 1500m champion England had to return to England to finish school.

To take their place, Harvey will turn to a trio of upperclassmen. No one made bigger strides last year than sophomore Pilar McShine. After redshirting her first year, she burst onto the scene with a victory at the FSU Invitational, which earned her ACC Performer of the Week honors, and was mainstay in the line-up from that meet forward. McShine was in top five on the team at every meet, including the third Seminole across the line at the NCAA Championship. She ran a career-best 6k time of 21:13.30 – the ninth-fastest time in school history – to finish 15th and earn All-South Region honors. McShine had a great outdoor track season, advancing to the second round of the 800m at the NCAA Outdoor Championships.

Towards the end of the 2007 season, senior Lydia Willemse started coming into her own and set herself up for a great final year. She dropped more than a minute off her 6k time from the ACC Championships to the NCAA South Region meet. Her personal-best 21:43.89 placed her 25th at the regional meet

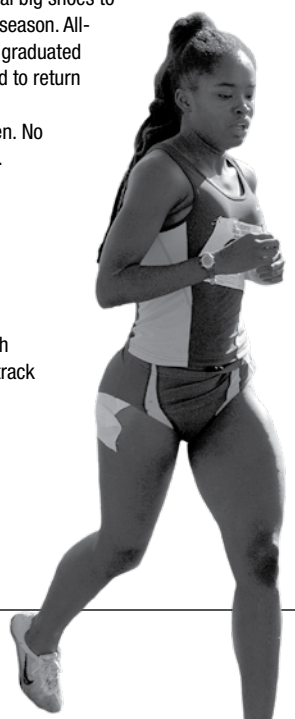
NCAA Championships. She was the fifth runner at the league meet and posted a career-best time of 22:14.30 at the national championships. Junior Shannon Coates as well as sophomores Bree-Arne McArdle and Amanda Quick all ran personal-bests in 2007 and will vie for spots on the travel roster.

As to be expected, Florida State's success last season has brought in some tremendous talent. Lesley Van Miert is transferring to FSU for her senior year after earning All-Region honors at Northern Arizona and finishing 55th at the NCAA meet. She was also a finalist in the 5,000m at the NCAA Outdoor meet. Another upperclassmen addition is Epping, Essex, native Linzi Snow who is one of the top distance runners in England.

Heading up the class of incoming freshmen is Foot Locker All-American Kacey Gibson from New Castle, Pa. She was a three-time All-State selection in cross country and won the state 6A title as a junior. Harvey brought down fellow Canadian Kee-sha Danso-Dapaah after she captured the OFSAA Senior Girls Cross Country title and finished ninth at the Canadian Junior National Championships.

Two of the best runners in the South decided to stay in the region and one of them does not have to leave town. Tallahassee native Kara Taylor was sixth at the FSHSAA 3A state meet and helped Chiles to a second-place finish. Jennifer Dunn from Decatur, Ala., won the state cross country title as a senior after finishing second the previous two years. She also captured a pair of state indoor 3200m title.

This year's schedule is nearly identical to the challenging slate the Seminoles had in 2007 that successfully prepped FSU for the conference, regional and national championships. This season the Seminoles return to the Notre Dame Invitational and Pre-NCAA Meet. North Carolina will play host to the ACC Championships while Knoxville, Tenn., is the site of the South Region meet and Indiana State will hold the NCAA Championships in Terre Haute, Ind.



Pilar McShine



2008 FSU Women's Cross Country Roster

Name	Yr	Hometown (High School/Last School)
Margee Ankil	Fr	Oviedo, Fla. (Oviedo)
Shannon Coates	Sr	Delray Beach, Fla. (Spanish River)
Keesha Danso-Dapahh	Fr	Mississauga, Ontario (St. Aloysius Gonzaga)
Jennifer Dunn	Fr	Decatur, Ala. (Austin)
Kacey Gibson	Fr	New Castle, Pa. (Neshannock)
Arica Halila	R-Fr	Boynton Beach, Fla. (West Boca Raton)
Amber Hanley	Jr	Manatee, Fla. (Manatee)
Jennifer Hillis	Jr	Tampa, Fla. (C. Leon King)
Meredith Kelly	Sr	Clermont, Fla. (East Ridge)
Nicole Kenna	Fr	Brandon, Fla. (Brandon)
Susan Kuijken	Jr	Nijmegen, Netherlands (Stedelijk Gymnasium)
Mary Magee	Jr	Seminole, Fla. (Seminole)
Bree-Arne McArdle	So	Queensland, Australia (St. Peter's Lutheran College)
Pilar McShine	So	Port-of-Spain, Trinidad & Tobago (Success Laventille Composite)
Emily Ness	Fr	Tallahassee, Fla. (Maclay)
Amanda Quick	So	Tampa, Fla. (Gaither)
Laura Ragland	Fr	St. John's, Fla. (Bartram Trail)
Heather Smith	Jr	Coral Springs, Fla. (Marjory Stoneman Douglas)
Linzi Snow	Jr	Epping, England (St. Mary's University)
Lyndsey Spragins	Fr	Indiantlantic, Fla. (Melbourne)
Kara Taylor	Fr	Tallahassee, Fla. (Chiles)
Lesley Van Miert	Sr	Breda, Netherlands (Mencia de Mendoza Lyceum/Northern Arizona)
Briana Walker	R-Fr	Jacksonville, Fla. (Rio Mesa, Calif.)
Lydia Willemse	Sr	Forest, Ontario (St. Christopher)
Christina Woytalewicz	Jr	Brandon, Fla. (Riverview)

Head Coach: Karen Harvey (Michigan '96)

Volunteer Assistants: Kevin Cook (Florida State '06), Kevin Sullivan (Michigan '98)

Graduate Assistants: Harry Norton (Dartmouth '08)

Undergraduate Assistant: Kirsten Hagen

2008 Seminole Women's Cross Country Team





Women's Profiles



Susan Kuijken
Junior » Nijmegen, Netherlands
(Stedelijk Gymnasium)

Collegiate Bests:

5K (XC): 16:32
6K (XC): 19:56
1500m: 4:11.34
3000m: 8:58.14 – FSU & ACC Record
Indoor Mile: 4:36.91

NCAA CHAMPION

3000m: 2008

TWO-TIME CROSS COUNTRY ALL-AMERICAN

2006 & 2007

THREE-TIME TRACK ALL-AMERICAN

1500m: 2007 & 2008
3000m: 2008

NCAA SOUTH REGION ATHLETE OF THE YEAR

CROSS COUNTRY: 2006 & 2007

NCAA ALL-SOUTH REGION

CROSS COUNTRY: 2006 & 2007

NCAA ALL-EAST REGION

1500m: 2007 & 2008

ACC CHAMPION

CROSS COUNTRY: 2007
INDOOR MILE: 2008
DISTANCE MEDLEY RELAY: 2008

ALL-ACC

CROSS COUNTRY: 2006 & 2007
INDOOR MILE: 2008
DISTANCE MEDLEY RELAY: 2008
3000M: 2006

2007 Cross Country:

- » Recorded the highest finish in school history at the NCAA Championships as she crossed the line third with a time of 19:57.30.
- » Became just the second two-time All-American in school history (Vicky Gill, 2002-03).
- » Named NCAA South Region Athlete of the Year after winning the meet for the second year in a row at 20:19.01.
- » Captured the school's first individual ACC title, running the 6K course in 21:20.02.
- » Ran the second-fastest 6K time in school history as she won the Pre-NCAA Meet in a time of 19:56.
- » Set a school record by being named ACC Performer of the Week four times.
- » Won her first five meets of the year, including the Notre Dame Invitational and Covered Bridge Open.

2008 Track:

Outdoor -

- » Collected All-America honors for the second year in a row in the 1500m. Came in eighth at the NCAA Championships with a time of 4:17.28.
- » Recovered from a mid-season injury to finish second in the 1500m finals at the NCAA East Regional Championships with a time of 4:24.30.
- » Qualified for regionals at the Seminole Twilight with a 4:22.85 in the 1500m.

Indoor -

- » Brought home the gold at NCAA Indoors with a first-place time of 8:58.14 in the 3000m run.
- » Time set the conference and school record.
- » Finished first in the mile run at the ACC Indoor Championships with a time of 4:36.91 to break the conference meet record.
- » Anchored the Distance Medley Relay that won the conference championships with a time of 11:11.03, a new ACC record.

2006 Cross Country:

- » First Florida State cross country All-America selection since 2003 as she finished



Susan Kuijken

- 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 season-best time of 20:54.
- » 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.

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 at the ACC Championships 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 Psychology.



Lydia Willemse

Senior » Forest, Ontario
(St. Christopher)

Collegiate Bests:

5K(XC):18:43.90
6K (XC):21:43.89
1500m: 4:32.47
Steeplechase: 10:18.94
5000m: 16:55.34

NCAA All-South Region
Cross Country: 2007

NCAA All-East Region
Steeplechase: 2008

ACC Champion
Distance Medley Relay: 2008

All-ACC
Steeplechase: 2006 & 2008
Distance Medley Relay: 2008

2007 USTFCCA Division I
Women's All-Academic Track and
Field Team

2007 USTFCCA Division I
Women's All-Academic Cross
Country Team

2006 ACC Outdoor Freshman of
the Year

2007 Cross Country:

- » Ran a personal-best 6K time of 21:43.89 to take 25th at the NCAA South Region Meet and earned All-Region honors.
- » Earned first place honors at the 5K Great American Invitational with a time of 18:43.90.
- » Helped the team to the ACC and South Region Championships as well as a third-place finish at the NCAA Championships.

2008 Track:

Outdoor -

- » Participated in her first NCAA Championships running in the prelims of the steeplechase.
- » Took sixth in the 3000m steeplechase at the NCAA East Regional Championships with a time of 10:30.78.
- » Notched her top time in the 3,000m steeplechase with a 10:18.94 mark at the Georgia Tech Invite improving on the third-best time in school history.
- » Clocked a 10:32.60 in the steeple to take second and earn All-ACC honors at the ACC Championships.
- » First regionally qualified at the Stanford Relays with a 10:24.21 in the steeplechase.

Indoor -

- » Raced the third-leg of the ACC Champion Distance Medley Relay that shattered the conference record with an 11:11.03 mark.
- » Took fourth in the 3000m run at the conference games with an NCAA Indoor Provisional time of 9:33.85.

- » Cut more than 15 seconds off her 3,000m time throughout the year.

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.

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 the conference.
- » Took ninth in the steeplechase at the ACC Championships, posting a time of 10:45.52.
- » Best 3,000m performance came at the Penn Relays where she finished 14th with a mark of 9:58.33.

Indoor –

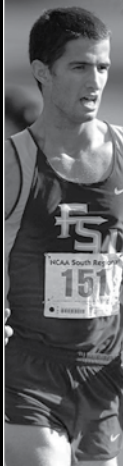
- » Ran the fastest 3000m time on the team at the ACC Championships as she posted a sixth-place mark of 9:40.97.

2005 Cross Country:

- » Proved to be one of the Seminoles' top runners finishing in the top five on the team in all six meets.
- » Finished 13th at the FSU Invitational in 18:24.01 and 59th at the Notre Dame Invitational in a season-best 17:57.
- » Finished 76th in her first 6K of the season at the NCAA Pre-National Meet recording a time of 21:51.6.
- » Took 46th by running the 5.75k in 20:56.0 at the ACC Championships.



Lydia Willemse





FSU CROSS COUNTRY



- » Closed the 2005 season finishing 31st at the NCAA South Regional in the 6K with a 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 season-best 10:27.01 to take second at the ACC Championships and earned 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 to finish fifth in a time of 9:57.02.
- » Raced to a 10:33.62 in the 3000m at the ACC Championships.

Prep:

- » Finished 13th at the OFSAA Cross Country Championships.
- » Named to the Canadian National Junior Track Team in the 3000m steeplechase.
- » Holds the Canadian Junior 2,000m 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 1,500m steeplechase at the 2005 OFSAA Track and Field Championships.

Personal:

- » Born April 25, 1986... Majoring in chemistry.



Pilar McShine ■
Sophomore » Port-of-Spain, Trinidad and Tobago
 (Success Laventille Composite)

Collegiate Bests:

5K (XC): 17:40
 6K (XC): 21:13.30
 800m: 2:05.73
 1500m: 4:23.46
 Mile: 4:54.02
 3000m: 9:44.61

NCAA ALL-SOUTH REGION

CROSS COUNTRY: 2007

NCAA PARTICIPANT

800m: 2008

NCAA ALL-EAST REGION

800m: 2008

2007 Cross Country:

- » Finished 15th at the NCAA South Regionals with a 6K career-best time of 21:13.30 which earned her All-South Region Honors and is the ninth-fastest in school history.
- » Crossed the finish line in first place at the FSU Invitational with 5K run of a time of 18:02.53 which earned her ACC Performer of the Week accolades.
- » Took the 17th spot at the ACC Championship with 21:46.80.
- » Ran a career-best 5K at the Notre Dame Invitational with 17:40.

2008 Track:

Outdoor -

- » Advanced to the semifinals of the 800m at the NCAA Championships. Ran a 2:07.98 in the prelims.
- » Crossed the line fourth in the 800m finals with a time of 2:06.95 at the NCAA East Regional Championships to earn All-Region honors.
- » Posted her personal-best time in the 800m prelims at the regional meet to win her heat and finished second overall with a time of 2:05.73.
- » Finished fourth at the ACC Championships in the 800m at 2:05.91.
- » Also regionally qualified at the Seminole Twilight where she posted the third-



Pilar McShine

fastest 1500m time with a 4:23.46.

- » First qualified for regionals in the 800m at the FSU Relays with a 2:06.59.

Indoor -

- » Crossed the line in 9:44.61 to finish 11th in the 3000m at ACC Indoors.
- » Shaved more than 15 seconds off her 3000m time during the season.
- » Also ran a 4:54.02 in the mile at the Husker Invitational.

2006 Cross Country:

- » Redshirted her first season.

2007 Track:

Outdoor –

- » Ran a season-best 4:33.67 at the Georgia Tech Invitational in the 1,500m.
- » Placed 18th in the 1,500m at the ACC Championships tallying a time of 4:35.42.
- » Time of 4:37.07 in the 1,500m placed her second at the Walt Disney Invitational.
- » Top 5,000m time was a 17:51.45 at the Snowbird Invitational.

Indoor –

- » Posted a career-best time of 10:54.17 in the 3,000m 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 800m, 1,500m and 3,000m.
- » Represented Trinidad and Tobago at three CAC Games Championships.
- » Won a gold medal in the 3,000m and silver medal in the 1500m in 2006.
- » Won a gold medal in the 1,500m in 2004.



» Competed in the 2005 Pan American Junior Championships.

Personal:

» Born January 6, 1987... Majoring in psychology.



Lesley Van Miert ■
Senior » Breda, Netherlands
**(Mencia de Mendoza Lyceum/Tilburg University/
 Northern Arizona)**

Collegiate Bests

5K (XC): 17:38
 8K (XC): 21:13.8
 800m: 2:11.91
 1500m: 4:20.88
 5000m: 16:11.69
 Mile: 4:45.67
 3000m Indoor: 9:51.81

All-Mountain Region

Cross Country: 2007

All-West Region

5000m: 2008

Big Sky Champion

1500m: 2008

All-Big Sky

Cross Country: 2008
 Mile: 2008
 3,000m Indoor: 2008
 1500m: 2008

**2007 USTFCCCA Division I Women's
 All-Academic Cross Country Team**

At Northern Arizona:

2007 Cross Country:

- » Earned All-Mountain Region honors with an 11th-place finish of 21:13.8 at the regional meet.
- » Ran an identical time to finish 55th at the NCAA Championships.
- » Captured All-Big Sky Conference honors after a second-place finish of 17:38.

2008 Track:

Outdoor -

- » Advanced to the finals of the 5,000m run at the NCAA Championships where she finished ninth with a time of 16:20.66.
- » Earned All-West Region honors by taking fifth in the, 5000m at 16:32.48.
- » Ran a career-best time of 16:11.69 in the 5,000m at the Stanford Invitational.
- » Captured the Big Sky Conference title in the 1,500m with a top time of 4:22.
- » Best time in the 1,500m was a 4:20.88 at the Arizona State Invitational.
- » Placed fourth in the 800m at the conference meet, crossing the line in 2:13.46 after a 2:11.91 in prelims.

Indoor -

- » Collected a pair of all-conference honors at the league meet by placing second in both the 3,000m with 9:51.81 and the mile run with 4:54.76.
- » Tilburg University:
- » National Indoor Champion in 1500m.
- » Three-time National Champion in short distance cross country (2005-07).
- » Repeat medalist at Track Indoor and Cross Country national championships.
- » Earned fourth place at the 2002 European Junior Championships in Croatia

Personal:

» Born on June 10, 1985 ... Majoring in sociology.



Shannon Coates ■
Senior » Delray Beach, Fla.
(Spanish River)

Collegiate Best:

5K (XC): 18:05.85
 1500m: 4:30.89
 3000m Indoor: 10:02.82
 5000m: 17:17.49

2007 Cross Country:

- » Ran a career-best 5K time of 18:05.85 to finish second on the team at the Auburn Invitational.
- » Came in third at the Great American Race with a time of 18:55.90.
- » Took 10th place at the FSU Invitational in 18:15.16.

2008 Track:

Outdoor -

- » Ran the fastest 1,500m race of her FSU career coming in at 4:30.89 during the Seminole Twilight.
- » Top 3,000m time came at the FSU Relays where she posted a time of 10:27.34.

Indoor -

- » Had the fastest 5,000m time on the team by clocking a 17:17.49 at the New Balance Collegiate Invitational.
- » Best 3,000m time of the year was a 10:02.82 at the Tom Jones Memorial Classic.

2006 Cross Country:

Placed fourth in the 5K at the FSU Invitational at 18:37.29.
 Also ran an 18:02.44 at the Auburn Invitational in September.

2007 Track:

Outdoor -

- » Set a personal record with a time of 10:43.51 in the 10,000m at the FSU Relays.
- » Clockered in at 11:05.41 in the 3,000m at the FSU Snowbird Invitational.

2005 Cross Country:

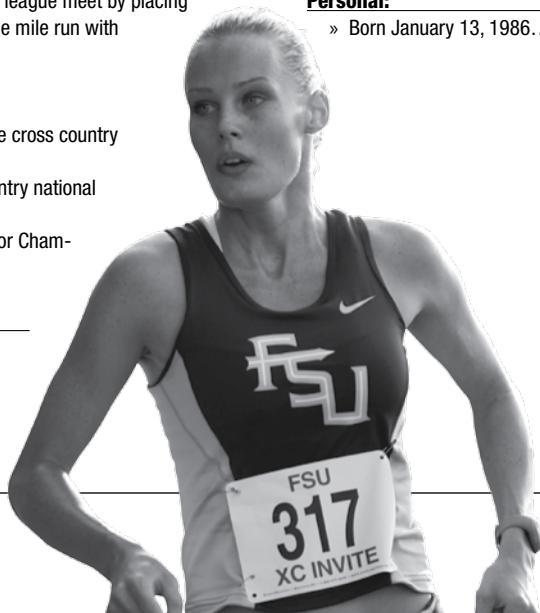
- » Ran a 20:02.96 5K at the Disney Classic in Orlando
- » Finished with a time of 20:03.36 at the FLrunners.com Invitational.
- » Also ran the FSU Invitational in September finishing at 20:17.34.

Prep:

- » Ran a personal-best 19:43.44 in the 5K at the Foot Locker South Regional in 2002
- » Competed in the FHSAA State Finals with a 5K time of 19:50.00
- » Also clocked a 19:58.00 at the FHSAA 4A Region 3 meet
- » Set personal records in the 800m (2:18), 1500m (5:13) and 3K (32:00).

Personal:

» Born January 13, 1986... Majoring in biology.



Shannon Coates



FSU CROSS COUNTRY



Christina Woytalewicz ■ Junior » Brandon, Fla. (Riverview)

Collegiate Bests

5K (XC): 18:01.94
6K (XC): 22:14.30
1500m: 4:49.91
3000m: 10:05.62
5000m: 17:09.57

2007 Cross Country:

- » Crossed the finish line in third place at the FSU Invitational with a time 18:24.80.
- » Helped the team win the ACC Championships with a 6K run of 22:25.07.
- » Came in 12th place at the Covered Bridge Open with a time of 18:53.53.
- » Ran her best 6K time at the NCAA Championships by posting a time of 22:14.30.

2008 Track:

Outdoor –

- » Significantly dropped her time in the 5,000m by posting a career-best mark of 17:09.57 at the Georgia Tech Invitational.
- » Ran a season-best 10,000m time of 17:09.57 at the Penn Relays.

Indoor –

- » Recorded the best 3,000m time of her FSU career at the Tom Jones Memorial Classic clocking in at 10:05.62.
- » Notched a time of 17:51.34 in the 5,000m at the New Balance Collegiate Invitational.

2006 Cross Country:

- » Set a career-best time 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.



Bree-Arne McArdle

2007 Track:

Outdoor –

- » Posted a season-best time of 17:41.63 in the 5,000m to take fifth at the Snowbird Invitational.
- » Ran a season-best 10:26.01 to place fifth in the 3,000m at the Seminole Invitational.

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 FHSA 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.



Bree-Arne McArdle ■ Sophomore » Queensland, Australia (St. Peter's Lutheran College)

Collegiate Bests

5K (XC): 18:42
1500m: 4:37.11
Mile: 5:06.14

2007 Cross Country:

- » Crossed the finish line in a season-best 18:42 at the Notre Dame Invitational.
- » Finished ninth at the FSU Invitational with a time of 18:48.29.
- » Held the same place at the Great American Invitational with a 6K time of 20:02.30.

2008 Track:

Outdoor –

- » Exclusively ran the 1,500m with a season-best time of 4:37.11 at the Georgia Tech Invitational.
- » Was the top collegiate finisher, second overall, in the 1,500m at the Seminole Invitational.

Indoor –

- » Participated in the mile run twice with a top performance of 5:06.14 at the Husker Invitational.

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.



Amanda Quick ■
Sophomore » Tampa, Fla.
(Gaither)

Collegiate Bests

5K (XC): 18:59.60
 1500m: 4:47.12
 Steeplechase: 10:54.00
 Mile: 4:56.93
 3000m: 10:23.86

2007 Cross Country:

- » Took fourth place in the Great American Invitational with an 18:59.60.
- » Crossed the finish line in 13th place at the Auburn Invitational with a time of 19:05.13.

2008 Track:

Outdoor –

- » Just missed out on qualifying for the East Regional meet in the steeplechase after running a career-best time of 10:54.00 to win the event at the Seminole Invitational.
- » Posted a 5,000m time of 17:21.06 at the Snowbird Invitational.

Indoor –

- » Scored points during the mile run at the ACC Indoor Championships coming in seventh with a time of 4:57.48. Ran a personal-best 4:56.93 during the prelims.
- » Also ran the 3,000m running a 10:23.86 at the Husker Invitational.

2006 Cross Country:

- » Redshirted her first season with the Seminoles.

2007 Track:

Outdoor –

- » Placed sixth in the 1,500m at the FSU Relays posting a career-best time of 4:47.12.

Prep:

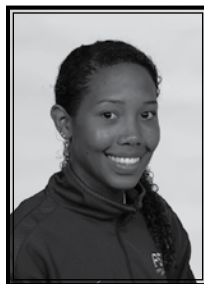
- » Awarded Tampa Tribune's Athlete of the Year and St. Petersburg Times Runner of the Year two years in a row (2005 and 2006).
- » Named Best Athlete of the Year all four years at Gaither.
- » Earned All-State honors her last two years for track and cross country.
- » Finished eighth with a 1,600m PR 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.



Amanda Quick



Keesha Danso-Dapaah ■
Freshman » Mississauga, Ontario
(St. Aloysius Gonzaga Secondary School)

Danso-Dapaah's Best:

5K (XC): 17:38.9
 800m: 2:12.1
 1500m: 4:39

Prep:

- » Won the OFSAA Senior Girls Cross Country title her senior year with a career-best time of 17:38.9.
- » Came in ninth at the 2007 Canadian Junior National Cross Country Championship with a time of 17:55.9. Improved 26 spots from her 2006 finish.
- » Took fifth as a junior at the Senior Girls Championship running a time of 19:51.2.
- » Recorded a pair of top eight finishes at the 2008 OFSAA Track & Field Championships.
- » Took seventh in the 400m at 57.66 and her 2:19.31 in the 800 was eighth.
- » Placed sixth as a sophomore during the Junior Girls Champion with a 3K time of 14:32.9.
- » Earned the bronze medal at the OFSAA Championships in the 800m as a sophomore and freshman as well as a 400m medal her sophomore year.
- » Took fourth in the 800m at the 2007 Canadian Junior National Championship with at time of 2:13.59. Came in 11th in the 400m (57.92).
- » Twice named Mississauga High School Athlete of the Year.

Personal:

- » Born July 17, 1990 ... Majoring in exercise science



Jennifer Dunn ■
Feshman » Decatur, Ala.
(Austin)

Dunn's Bests

5K (XC): 17:44.04
 1600m: 4:59.73
 3200m: 10:38.10

Prep:

- » Completed her high school cross country career by winning the 6A state title with a course record of 17:44.04.
- » Finished in the top 10 at the state meet all four years of her prep career, including runner-up spots as a junior and sophomore.
- » Back-to-back state champion in the indoor 3,200m her sophomore and junior years.
- » Set the indoor 3,200m state record of 10:42.83 on her way to the 2007 title.
- » Won her first state title as a sophomore taking the outdoor 3200m crown in 10:55.57.
- » First person to win the Decatur Daily Female Runner of the Year award four consecutive times.
- » Ran a career-best 3200m time of 10:38.10 at the 2007 Mobile Challenge of Champions.
- » Won the two-mile run at the 2008 Mobile Challenge of Champions in 10:41.82.
- » Never finished lower than third in either the 1,600m or 3,200m races at the state championship during her high school career.

Personal:

- » Born July 13, 1990...Majoring in bio-chemistry.



FSU CROSS COUNTRY



Kacey Gibson ■ Freshman » New Castle, Pa. (Neshannock)

Gibson's Best:

5K (XC): 17:27
1600m: 4:59
3200m: 10:41

Prep:

» Earned Foot Locker Cross Country All-America honors after finishing 12th at the national meet in a time of

17:55.

- » Placed seventh at the Northeast Regional meet running a time of 17:51.70.
- » Three-time All-State selection.
- » Won the PIAA AA Girls' title in 2006 recording a winning time of 17:59.
- » Was the runner-up as a senior, clocking an 18:29 while a 19:00 earned her third as a freshman.
- » Four-time All-State selection on the track.
- » Was runner up as a senior in the 3,200m (10:41.76) to go along with a seventh-place effort in the 1,600m (5:07.36).
- » Back-to-back runner up in the 1,600m as a sophomore and junior.

Personal:

- » Born October 28, 1989 ... Majoring in pre-med studies.



Linzi Snow ■ Junior » Essex, England (St. John's College of Education School)

Snow's Best:

5K (XC): 18:10
800m: 2:05.49
1500m: 4:19.57
3000m: 9:21.10

At St. Mary's College:

» Ran a career-best time of 2:05.49 to win the 800m at the 2007 BMC Nike Grand Prix.

- » Also claimed 800m titles in 2007 at the Norwich Union Classic and Essex County Championships.
- » Claimed four championships during 2007 in the 1,500m, including the South of England Senior Champion.
- » Best time in the 1,500m was a 4:19.57 at the Loughborough International.
- » Finished fourth in the 1,500m with a 4:30.37 at the 2007 European Indoor Championships.
- » Turned in a personal-best 5K time of 18:10 at the Bushy Park Time Trial.
- » Took second in the 1,500m at the 2008 BUSA Outdoor Athletics Championships.
- » Placed 49th at the 2008 England National Cross Country Championships with a time of 27:06.
- » Won the 800m (2:10.51) and 1,500m (4:33.82) at the 2006 Essex County Championships.
- » Ended 2007 ranked in the U23 top 10 in the 800m, 1,500m and 3000m.

Personal:

- » Born June 8, 1987...Majoring in exercise science.



Kara Taylor ■ Freshman » Tallahassee, Fla. (Chiles)

Taylor's Best:

5K (XC):19:08.00
1600m: 5:11.73
3200m: 11:26.99

Prep:

» Ran a personal-best 5K time of 19:08 as a senior to take sixth at the FHSAA 3A state championship.

- » Was the runner-up at the regional meet after winning the district title.
- » Placed 12th at the state cross country meet her junior year following a second-place finish at the regional summit.
- » Recorded personal-bests at the FHSAA 3A track meet her senior year in both the 1,600m and 3,200m races.
- » Took fourth in both the 1,600m (5:11.73) and 3200m (11:26.99).
- » Swept both events during the regional and district championships.
- » Finished ninth in the 3,200m (11:44.04) during her first trip to the state meet as a junior.
- » Runner-up in the 3,200m at the regional meet while placing fourth in the 1,600m.

Personal:

- » Born in March 20, 1990...Majoring in pediatrician.



Lyndsey Spragins ■ Freshman » Indialantic, Fla. (Melbourne)

Prep:

» Earned most valuable player in track for three years.

» Helped cross country to win the district title, place second at regionals and eighth in state sophomore year.

» State qualifier for cross country in the 4x800m relay all four years, two of which she was the anchor leg to win regionals back to back.

» Member of the team that won districts, regionals, and

won 2006 state champions.

- » Took the top spot in the state race with a time of 19:37
- » District and regional champion in the 800m.
- » Led her cross country team to win conference, districts and regional titles and placed third in state...
- » Track district champion in the 1600m and second in the 800m.
- » Played soccer and was a cheerleader.

Personal:

- » Born September, 27, 1989 ...Majoring in exercise science.





2008 Men's Preview

Building on another successful season last year, the 2008 edition of the Florida State men's cross country team has its sights set on joining the nation's elite programs. With a great mixture of veteran leadership, talented underclassmen and strong newcomers, this year's team has all the makings to be one of the best the school has ever seen.

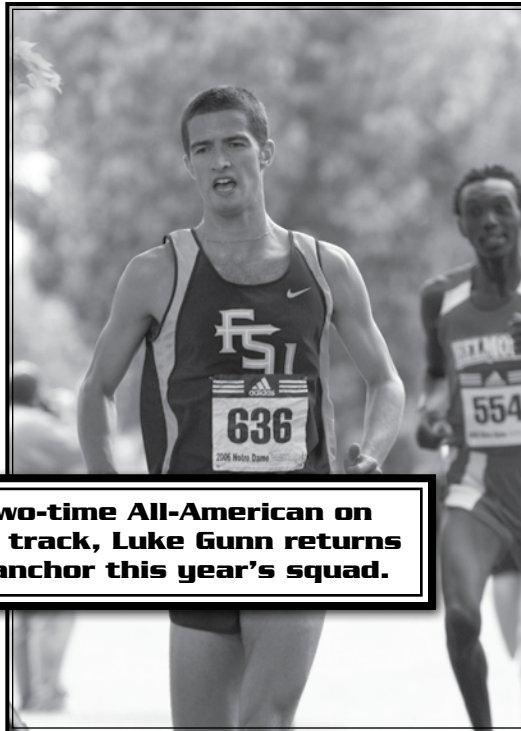
Gaining a sixth-year of eligibility is rare, but the Seminoles were fortunate enough to have one granted. A two-time All-American on the track as well as a back-to-back All-South Region selection, Luke Gunn returns to anchor this year's squad. He missed nearly a month and a half of the 2007 season with a foot injury, but returned just in time to be the Seminoles' top finisher at the South Region and NCAA Championships. Gunn repeated as an All-American on the track as he took third in the 3000m steeplechase.

After bouncing around at a pair of schools, senior Steeve Gabart found a home in Tallahassee and by the end of the fall was one of FSU's main contributors. The Miami native was in the top three on the team during the final three meets of the year, including an All-South Region selection and second on the squad at the NCAA Championships. Gabart was pretty strong during the track season, earning All-ACC honors in the 10,000m run. Injuries prevented senior Javier Cruz from competing last season, but he is expected to be a strong contributor this season.

A dominant runner at the NAIA level before coming to Florida State in 2007, junior Daniel Roberts bolstered the Seminoles' line up throughout the year. An All-South Region selection, he ran the 10th-fastest 8k time in school history with a 24:14 at the Pre-NCAA meet. Roberts' success continued during the indoor and outdoor track seasons. He had a tremendous meet at the ACC Indoor Championships and surprised many by winning the mile run. During the outdoor campaign he posted the fifth-fastest 1,500m time in school history, earned All-ACC honors and advanced to the NCAA East Regional.

The first building block of future success for the Seminoles was put in place last year with the addition of freshman Matt Leeder. A medalist at the Canadian Junior National Championship and the number two North American runner in the world at the 2007 IAAF Junior Cross Country Championship, he quickly proved his merit. He took second in his first collegiate meet and was never out of the top five all year. Leeder was second on the team at the ACC Championships, earned All-South Region honors and was in the top 100 at the national championships.

He scored points in the mile run at the ACC Indoor Championships, but took a redshirt during the outdoor campaign to concentrate on the World Junior Cross Country Championships. Leeder won the Canadian National Junior title before finishing 30th at the IAAF meet, an improvement of 34



A two-time All-American on the track, Luke Gunn returns to anchor this year's squad.

spots from the year before. He also took part in the 1500m at the World Junior Track & Field Championships.

In addition to the four returning All-South Region performers, this year's squad has a good group of talented upperclassmen. Seniors Trey Andrews and Christian Minor, junior Stephen Wilson and sophomore Justin Harbor will all be fighting for one of those top seven spots. In addition, the Seminoles have five freshmen – David Huckaby, Kevin Jones, Tyler Price, Seth Proctor and Daniel Silva – who all redshirted last season and will be in the hunt to make the top seven.

Perhaps the biggest cross country recruit that Braman has landed at Florida State, Mike Fout could do for the distance

program what Walter Dix did for the sprints. The LaPorte, Ind., native was the top runner in the country last fall as the winner of the Foot Locker National Championships. To put it into perspective, three of the past five Foot Locker Champions have been NCAA All-Americans and two of them competed at the US Olympic Trials.

Joining Fout in the freshman class is a trio of the state's best distance runners, including one that is very familiar to the head coach. Tyler Braman will compete for his father this year, as well as Nathan Duby from Winter Springs and Ft. Myers' Jacob Brooks.

As always Braman sets up the schedule with tough challenges throughout the year in preparation for conference, regional and national championships. This season the Seminoles return to the Notre Dame Invitational and Pre NCAA Meet. North Carolina will play host to the ACC Championships while Knoxville, Tenn., is the site of the South Region meet and Indiana State will hold the NCAA Championships in Terre Haute, Ind.



Steeve Gabart





FSU CROSS COUNTRY



2008 FSU Men's Cross Country Roster

Name	Yr	Hometown (High School/Last School)
Trey Andrews	Jr.....	Titusville, Fla. (Astronaut)
Tyler Braman	Fr.....	Tallahassee, Fla. (Chiles)
Jacob Brooks	Fr.....	Ft. Myers, Fla. (Ft. Myers)
Javier Cruz	Sr.....	Miami, Fla. (Belen Jesuit)
Nathan Duby	Fr.....	Winter Springs, Fla. (Winter Springs)
Mike Fout.....	Fr.....	La Porte, Ind. (La Porte)
Steeve Gabart	Sr.....	Miami, Fla. (North Miami Senior/Rend Lake College)
Luke Gunn.....	Sr.....	Derby, England (Birmingham)
Justin Harbor.....	So.....	Bunnell, Fla. (Flagler Palm / Oregon)
David Huckaby	R-Fr.....	Fort Mill, S.C. (Fort Mill)
Kevin Jones	R-Fr.....	Dover, Fla. (Durant)
Jason Lakritz	Jr.....	New Windsor, N.Y. (Newburgh Free Academy)
Matt Leeder	So.....	Brockville, Ontario (Thousand Island Secondary)
Nicholas Maedel	So.....	Orange Park, Fla. (Ridgeview/West Florida)
Christian Minor	Sr.....	Rockledge, Fla. (Rockledge)
Tyler Price.....	R-Fr.....	Tallahassee, Fla. (Wakulla)
Seth Proctor.....	R-Fr.....	Orlando, Fla. (Edgewater)
Daniel Roberts	Jr.....	Vicksburg, Mich. (Crested Butte Academy, Colo./Cedarville)
Daniel Silva.....	R-Fr.....	Miami, Fla. (Belen Jesuit)
Stephen Wilson	Jr.....	Brandon, Fla. (Riverview)

Head Coach: Bob Braman (Florida '80)

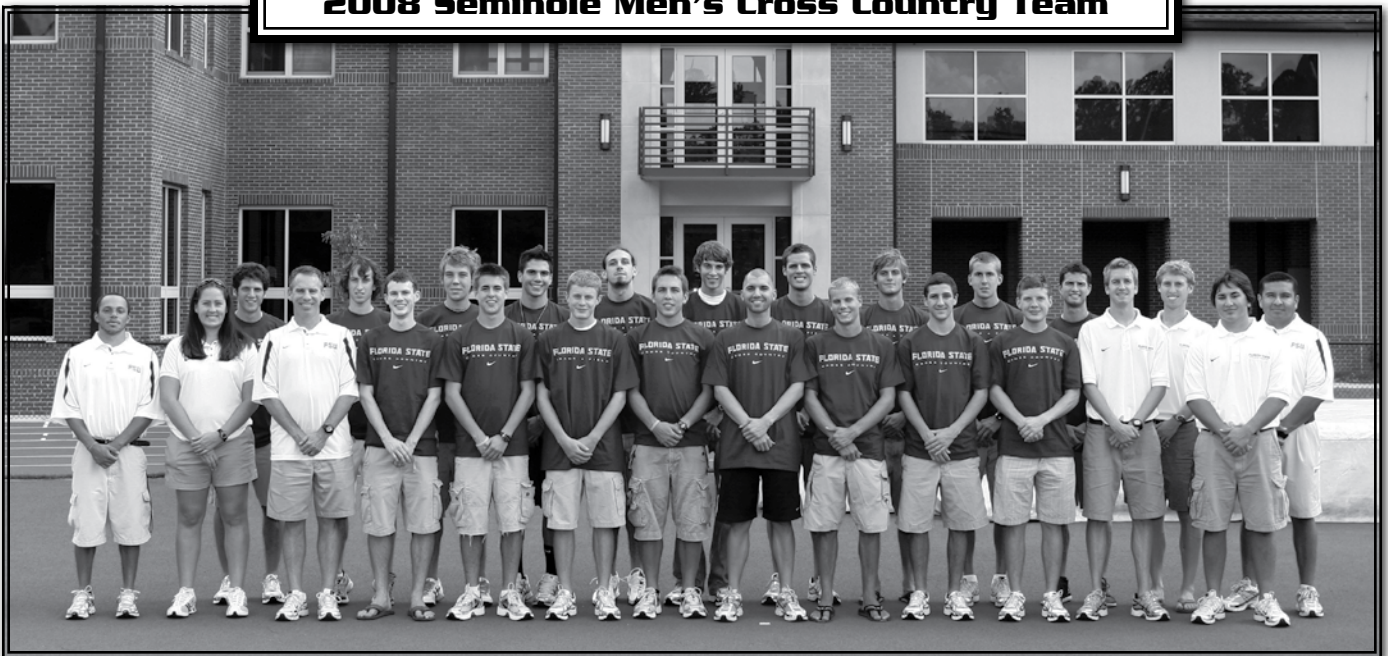
Assistant Coach: Karen Harvey (Michigan '96)

Volunteer Assistants: Kevin Cook (Florida State '06), Kevin Sullivan (Michigan '98)

Graduate Assistants: Harry Norton (Dartmouth '08)

Undergraduate Assistant: Kirsten Hagen

2008 Seminole Men's Cross Country Team





Men's Profiles



Luke Gunn
Senior » Derby, England
(Birmingham)

Collegiate Bests

- 8K (XC): 24:09.5
- 10K (XC): 30:28
- 1500m: 3:45.14
- 3000m: 7:53.97
- 3000m Steeplechase: 8:28.4
- 5000m: 14.14.57

NCAA All-America

3000m Steeplechase: 2007 & 2008

All-ACC

3000m Steeplechase: 2008

NCAA All-South Region

Cross Country: 2006 & 2007

3000m Indoor: 2008

5000m: 2008

ACC Champion

3000m Steeplechase: 2008

3000m Indoor: 2008

2007 Cross Country:

- » Earned the second NCAA All-South Region honors of his career by tying his career-best time of 30:28.4 to finish fifth overall and top on the team.
- » Highest FSU finisher at the NCAA Championships, running a 10K time of 30:55.0 to finish 68th overall.
- » Took 16th at the ACC Championships with a time of 24:54.9.
- » Finished in the top 15 of both the Covered Bridge Open and Notre Dame Invitational.

2008 Track:

Outdoor -

- » Collected All-America honors by finishing third in the steeplechase at the NCAA Championships with a time of 8:34.41.
- » Improved on the second-fastest time in school history with a winning mark of 8:31.17 in the steeplechase at the Payton Jordan Cardinal Invitational.
- » Took second in the steeplechase at the British Olympic Trials.
- » Cruised to the victory in the steeplechase at the ACC Championships in 8:38.33. Came back to earn All-ACC honors by finishing second in the 5,000m (14:14.57). Time is the 10th fastest in school history.
- » Won the NCAA East Regional title in the steeplechase with a top time of 8:41.16.

Indoor -

- » Ran an 8:07.98 to finish 11th in the 3,000m at the NCAA Indoor Championships.
- » Qualified for the NCAA Indoor Championships in the 3,000m with a time of 7:53.97 at the Husky Classic and also set the school record.
- » Captured his first ACC Championship with a top time of 8:13.32 in the 3,000m.
- » Ran the anchor leg of the distance medley relay at the ACC Championships that reset the school record at 9:49.86.

2006 Cross Country:

- » Garnered NCAA All-South Region accolades after finishing 12th overall, third on the team, at the regional championships with a time of 31:40.6.
- » 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 Championships with a time of 24:54.9.
- » Placed third on the team, 163rd overall, with a time of 33:12 at the NCAA Championships.

2007 Track:

Outdoor -

- » Earned All-America honors with an eighth-place finish of 8:37.30 in the 3,000m steeplechase at the NCAA Championships.
- » Time was the second-fastest in school history and third-best in the ACC.
- » Took third at the NCAA East Region Championships by crossing the line at 8:44.92.
- » 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.

Indoor -

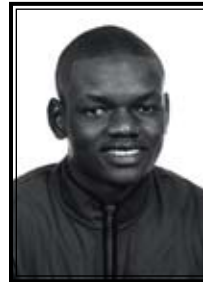
- » Provisionally qualified for the NCAA Indoor Championships in the 3,000m with a time of 7:57.76 at the Huskie Classic.
- » Time was the third-fastest in the ACC.

At Birmingham

- » Finished second at the 2006 BMC Grand Prix 4 with a 3K time of 8:13.68.
- » Was fourth at the 2006 AAA Championships with a 3K time of 8:43.86.
- » Took second in the 800m (1:54.78) and 1,500m (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 3K time of 8:56.24.
- » Placed fourth in the 3K at the World Student Games with a time of 8:32.76.

Personal

- » Born March 22, 1985...Majoring in applied economics.



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

Collegiate Bests:

- 8K (XC): 24:15
- 10K (XC): 30:56.46
- 5000m (Outdoor): 14:16.06
- 5000m (Indoor): 14:39.65
- 10000m: 29:47.37

All-ACC

10000m: 2008

All-South Region

Cross Country: 2008

2007 Cross Country:

- » Placed 10th at the NCAA South Region with a personal best 10K 30:56.46 to earn All-Region honors.
- » Earned a career-best 8K time at the Pre-NCAA Meet when he posted 24:15. Time is the 11th-fastest in school history.

Luke Gunn





FSU CROSS COUNTRY



- » One of four runners to compete in all six meets.
- » Had a pair of top 20 finishes: 15th at the Covered Bridge Open (26:04.11) and 20th at the ACC Championship (24:48.30).
- » Ran a time of 31:06.1 to place 94th overall, second on the team, at the NCAA Championships.

2008 Track:

Outdoor -

- » Earned All-ACC honors by finishing third in the 10,000m with a time of 29:47.37 which is the ninth-fastest in school history.
- » Won the 5,000m at the Snowbird Invitational at 14:16.06.
- » Scored points during the ACC Championships in the 5,000m crossing the line in 14:25.11 to take sixth.

Indoor -

- » Point scorer at the ACC Championships by running a career-best 14:39.65 to finish sixth in the 5,000m.

2007 Track:

Outdoor -

- » Took fifth in the 10,000m at the ACC Championships by posting a time of 30:12.56.
- » Ran a season-best 30:08.66 in the event at the Stanford Invitational.
- » Placed 12th at the conference championships in the 5,000m in a season-best time of 14:45.12.

Indoor -

- » Joined Florida State during the spring semester.
- » Posted a season-best time of 14:59.82 at the ACC Championships in the 5,000m.

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 5,000m with a time of 15:04.50.
- » Also ran the 10,000m 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 3,000m.
- » Redshirted during the 2004 cross country season.

Personal:

- » Born June 12, 1986...Majoring in social science.



Daniel Roberts

**Junior » Vicksburg, Mich.
(Crested Butte Academy)**

Collegiate Bests:

8K (XC): 24:14
10K (XC): 31:08.75
1500m: 3:44.31
5000m: 14:11.73
Mile Run: 4:10.12
3000m Indoor: 8:12.96

All-South Region

Cross Country: 2008

All-ACC Outdoor

Mile Run: 2008
1500m: 2008

ACC Indoor Champion

Mile Run: 2008

2007 Cross Country:

- » Posted career-best 8K time of 24:14 at the Pre-NCAA meet.
- » Placed 15th at NCAA South Regional in a career-best 10K time of 31:08.75 to earn All-South Region honors.
- » Best finish of the year was a fifth-place showing of 25:38 at the Covered Bridge Open.
- » Took 39th at the ACC Championships with a mark of 25:29.3.
- » Ran a time of 31.41.3 at the NCAA Championships.

2008 Track:

Outdoor -

- » Advanced to the finals of the 1500m at the NCAA East Regional Championships. Ran a 3:48.53 during the prelims.
- » Earned All-ACC honors with finishing third in the 1,500m at the conference championship in 3:47.50. Had the fastest qualifying time 3:49.07
- » Won the 1,500m at the Seminole Twilight with a career-best time of 3:44.31. Time rates fifth in Seminole lore.
- » Best 5,000m time of the year came at the Payton Jordan Cardinal Invitational where he ran a 14:11.73 that ranks eighth in FSU history.
- » Took third in the 5000m at the Snowbird Invitational clocking a 14:29.63.

Outdoor -

- » Captured the indoor championship in the mile run at the ACC Championships. Ran a time of 4:10.80.
- » Best 3000m time came during the Husker Invitational where he posted a time of 8:12.96.

At Cedarville (2007)

Track:

Outdoor -

- » Earned NAIA All-American honors by taking second in the 1,500m with a school-record time of 14:56.08.
- » Set the school 1,500m record with a mark of 3:46.19 at the NAIA Championships.

Indoor -

- » Secured NAIA All-American accolades by running a school-record time of 4:10.12 to take a third in the mile run at the national championship meet.
- » Clocked an 8:38.93 in the 3,000m at the Findlay Open.
- » Best 5,000m time was a 15:05.34 at the Kent State Tune-Up.

2006 Cross Country

- » Named NAIA All-American after taking fifth at the national championships with a time of 24.43.
- » Collected an NCCAA All-American certificate by running a second place 25:58 at the meet.
- » Won the NAIA Region IX title with a then personal-best of 24:40.
- » Placed fourth at the All-Ohio Championship.

Prep

- » Two-time Foot Locker Cross Country Nationals participant. Placed 12th in 2005 and 18th in 2004.
- » Posted sixth-and seventh-place finishes as the Foot Locker Midwest Regional meet to earn his spot in the national race.
- » Earned 2005 All-American honors after placing sixth at the 1,600m at the Nike Outdoor Nationals.
- » Placed seventh in the two-mile at the 2006 Nike meet running a time of 8:58.10.
- » Won state high school titles in the 1600m (2004 and 2003), 3200m (2004) and cross country (2005)
- » Set the state record in the 1,600m as a junior with a 4:09.45.

Personal:

- » Born March 19, 1987 ... Majoring in exercise science.





Matt Leeder
Sophomore » Brockville, Ontario
(Thousand Island Secondary)

Collegiate Bests:

- 8K (XC): 24:26
- 10K (XC): 31:06.10
- 1500m: 3:45.5
- Mile: 4:10.87
- 3000m Indoor: 8:12.3
- 5000m Outdoor: 14:31.58

All-South Region

Cross Country: 2007

2007 Cross Country:

- » Represented Canada at the IAAF World Junior Cross Country Championships. Came in 30th overall, third for North American runners, with a time of 24:26.
- » Won the Canadian Junior National Cross Country Championships in a time of 25:09.3.
- » Posted an 8K career-best time at the Notre Dame Invitational with a 24:30 to take 29th.
- » Ran a personal-best 10K time of 31:06.10 at the NCAA Championships to finish 97th overall.
- » Finished second in his collegiate debut running a time of 25:34.0 at the Covered Bridge Open.
- » Came in 17th at the NCAA South Region Championship with a time of 31:16.63 to earn All-Region accolades.
- » Second on the team, 19th overall, with a time of 24:45.90 at the ACC Championships.

2008 Track:

Outdoor -

- » Ran at the IAAF World Junior Track & Field Championships where he posted a time of 3:49.57 in the 1,500m.
- » Redshirted during the outdoor season. Competed unattached while prepping for the cross country world championship.
- » Finished third in the 1,500m at the Seminole Twilight running a collegiate-best time of 3:46.18.
- » Clockied in at 14:31.58 during the Snowbird Invitational in the 5,000m.

Indoor -

- » Scored points at the ACC Championships with a sixth-place, 4:12.87 during the mile run.
- » Posted the fastest time during the prelims with a career-best run of 4:10.87 that ranked him 10th in the ACC.
- » Fastest 3000m race of the year came at the Husker Invitational where he crossed the line in 8:13.30.

Prep:

- » Ran at the IAAF World Cross Country Championships to 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 1,500m and 3,000m 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 1,500m and 3,000m as a sophomore.

Personal:

- » Born December 19, 1989...Majoring in education.



Stephen Wilson
Junior » Brandon, Fla.
(Riverview)

Collegiate Bests:

- 8K (XC): 26:50
- 800m Outdoor: 1:50.23
- 800m Indoor: 2:01.89
- 15000m: 3:57

ACC Champion

Distance Medley Relay: 2007

All-ACC

Distance Medley Relay: 2007

2007 Cross Country:

- » Did not compete during the cross country season.

2008 Track:

Outdoor -

- » Ran a career-best time of 1:50.23 in the 800m at the Seminole Twilight to qualify for the NCAA East Regional Championship.
- » Finished fourth in the 800m at the FSU Relays in a time of 1:50.51.

Indoor -

- » Lone indoor race of the year was a 2:01.89 during the 800m of the Husker Invitational.

2006 Cross Country:

- » 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 by 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.
- » 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.

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 by posting a top time of 1:57.96 his last year.
- » Two-time 800m district champion.

Personal:

- » Born February 16, 1987...Majoring in religion.





FSU CROSS COUNTRY



Javier Cruz
Senior » Miami, Fla.
(Belen Jesuit)

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

2007-08:

- » Did not compete during the cross country, indoor & outdoor track seasons because of an injured stress fracture in his right foot.

2006 Cross Country:

- » Posted a personal-best time of 25:10.7 to take 146th at the Pre-NCAA event.
- » 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 10,000m at the ACC Championships.
- » Posted a career-best 29:56.5 in the 10,000m that was the sixth-fastest time in the league during the Stanford Invitational.

Indoor -

- » Took ninth in the 5,000m at the ACC Championship with a time of 14:41.70 that was the 10th-fastest in the league.
- » Ran a personal-best 8:53.26 at the ACC meet during the 3,000m.

2006 Track:

Outdoor-

- » Ran unattached all season.
- » 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.
- » Miami-Dade runner of the year for cross country in 2002-03.

Personal:

- » Born May 5, 1986... Double majoring in marketing and management.



Jason Lakritz
Junior » New Windsor, N.Y.
(Newburgh Free Academy)

Collegiate Best:

- 8K (XC): 25:05
- 1500m: 4:00

2006 Cross Country:

- » Finished first on the team, fifth overall and recorded his then best personal-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
- » Placed 15th at the Walt Disney World Invitational with 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.



Christian Minor
Senior » Rockledge, Fla.
(Rockledge)

Collegiate Bests:

- 8K (XC): 24:44
- 3000m: 8:46.07

2007 Cross Country:

- » Ran the 8K Notre Dame Invitational in a season-best 26:13.
- » Placed 12th at the Great American Cross Country

Festival in 26:40.30

- » Took 33rd place at the Covered Bridge Open with 26:39.08.

2008 Track:

Outdoor -

- » Competed for the first time on the track. Ran an 8:46.07 to take fifth in the 3,000m during the Seminole Invitational.

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 an 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.





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.



Trey Andrews

Junior » Titusville, Fla.

(Astronaut)

Collegiate Bests

- 8K (XC): 25:12
- 3000m: 8:41.53
- Steeplechase: 9:19.85
- 5000m Outdoor: 14:37.01
- 5000m Indoor: 14:53.65
- 10,000m: 31:06.

2007 Cross Country:

- » Earned his career-best time at the 8K Notre Dame Invitational with a 25:12.
- » Top finish was a 12th-place with 25:57.98 performance to open the year at the Covered Bridge Open.

2008 Track:

Outdoor –

Tried his hand at the steeplechase for the first time in his career at the ACC Championships; just missed qualifying for the NCAA East Regional meet with a time of 9:19.85 to finish 10th.

Improved his career-best time in the 5,000m to 14:37.01 fifth place.

Indoor –

Ran the 5,000m with a career-best time of 14:53.65 at the Tyson Invitational.

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 a then 8K season-best of 25:27.
- » Had his second sub-26 minute 8K of the season (25:51.6) at the Pre-NCAA meet.
- » 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 in the 3,000m during the Seminole Invitational.
- » Turned in a top-time of 31:36.11 in the 10,000m at the Stanford Invitational.
- » Took second in the Seminole Invitational with a time of 8:41.53 in the 3,000m.

2005 Cross Country:

Redshirt season.

2006 Track:

Outdoor –

- » Ran unattached all season.
- » Came in fourth at the Seminole Invitational in the 5,000m with a time of 15:06.82.
- » Finished 12th in the 5,000m 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 1,600m.
- » 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 a 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.



Justin Harbor

Sophomore » Bunnell, Fla.

(Flagler Palm/Oregon)

Collegiate's Bests:

- 8K (XC): 25:05
- 1500m: 3:50.03

2007 Cross Country:

- » Posted his collegiate-best in the 8K at NCAA Pre-Nationals with 25:05.
- » Crossed the finish line at his first ACC Championship

with a 25:52.80.

2008 Track:

Outdoor -

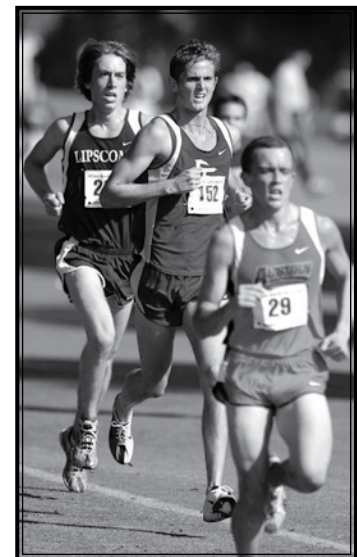
- » Posted his best collegiate time in the 1,500m with a 3:50.03 at the Georgia Tech Invitational.
- » Ran the 1,500m (3:51.81) and 5,000m (14:59.56) during the ACC Championships.

2006-07 (At Oregon):

- » Redshirted his only year at Oregon.

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 1,600m (4:15.22) at the FHSAA
- » 4A meet.
- » Took third in the 1600m as a junior (4:24.06).
- » As a sophomore he won the state 3,200m (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 1,500m outdoors in 2006 with personal-best from Snowbird
- » Invitational (second overall / top prep, 3:49.94).



Personal:

- » Born February 25, 1988...Majoring in business.



FSU CROSS COUNTRY



David Huckaby R-Freshman » Fort Mill, S.C. (Fort Mill)

Collegiate Bests:

8K (XC): 27:51.30
3000m: 8:52.42
5000m: 15:46.19

2007 Cross Country:

» Redshirted during his first season.

» Ran unattached at the Great American Cross Country Festive; came in 27th with 27:51.30.

2008 Track:

- » Ran unattached during the outdoor season.
- » Took eighth in the 3,000m at the Seminole Invitational notching a time of 8:52.52.
- » Posted a 5,000m time of 15:46.16 during the Snowbird Invitational.

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 3,200m with a time of 9:40.19.
- » 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 1,600m with a time of 4:28.10.
- » Performance helped Fort Mill to a sixth-place finish.
- » Ran at the 2005 Footlocker South Championships running a 16:27.

Personal:

» Born May 30, 1988...Majoring in exercise science.



Kevin Jones R-Freshman » Dover, Fla. (Durant)

Collegiate Bests:

8K (XC): 29:08.50
1500m: 4:00.37

2007 Cross Country:

- » Redshirted during his first season.
- » Competed unattached in his only race of the year clocking a 29:08.50 at the Great American Cross Country Festival.

2008 Track:

Outdoor -

- » Ran unattached during the outdoor season.
- » Cut nine seconds off his 1,500m time throughout the season to a personal-best 4:00.37 during the Seminole Twilight.

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.

- » 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 placed second at the regional meet crossing the line with a personal-best time of 4:18.22.
- » Won the 800m run at 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.



Tyler Price R-Freshman » Tallahassee, Fla. (Wakulla)

Price's Bests

8K (XC): 27:04.70
1600m: 4:12.53
3000m: 8:47.53
5000m: 15:22.94
10000m: 32:44.15

2007 Cross Country:

- » Redshirted during his first season.
- » Ran unattached during the Great American Cross Country Festiveal, turning in a time of 27:04.70.

2008 Track:

Outdoor -

- » Ran unattached during the outdoor season.
- » Posted a top 10 finish in the 3,000m at the Seminole Invitational crossing the line in 8:47.53.

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 as he placed 33rd.
- » Earned All-State honors in the 3,200m 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 1,600m.
- » Named All-Big Bend by the Tallahassee Democrat in cross country, track and tennis.
- » 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...Father Dave ran track at North Texas and Florida State.



Seth Proctor
R-Freshman » Orlando, Fla.
(Edgewater)

Collegiate Best:

8K (XC): 26:48.70
3000m: 8:42.35
5000m: 15:00.68

2007 Cross Country:

- » Ran unattached during his lone meet of the fall.
- » Took 14th at the Great American Cross Country

Festival with a time of 26:48.70.

2008 Track

Outdoor -

- » Competed unattached during his first season.
- » Came in second during the 3,000m at the Seminole Invitational with a time of 8:42.35.

Prep:

- » Named Second Team All-Central Florida by the Orlando Sentinel as a senior.
- » Earned 4A All-State honors in the 1,600m as a senior as he came in seventh with a time of 4:23.96.
- » Runner-up at the regional meet with a top time of 4:18.82 in the 1,600m.
- » Placed 11th at the cross country regionals his senior year after running a 16:2042 to take third at the district meet.
- » District runner-up as a junior in the 1,600m after crossing the line in 4:33.14.

Personal:

- » Born November 4, 1988 ... Majoring in environmental science



Daniel Silva
R-Freshman » Miami, Fla.
(Belen Jesuit)

Collegiate Bests:

8K (XC): 30:26.20
800m: 1:55.71
1500m: 4:14.93

2007 Cross Country:

- » Competed unattached at the Great American Cross Country Festival. Posted a time of 30:26.20.

2008 Track:

Outdoor -

- » Ran unattached during his first season.
- » Posted his best 800m time of the year at the Seminole Twilight clocking a 1:55.71.
- » Took fourth in the 800m at the Seminole Invitational.
- » Ran the 1,500m at the Snowbird Invitational posting a time of 4:14.93.

Prep:

- » Member of the Belen Jesuit 4x800m team that won the 2007 2A state championship.
- » Earned All-Dade County honors from the Miami Herald.
- » All-State performer in the 800m running a top time of 1:57.41 which placed him second at the 2A States.
- » Placed in the top eight at the 2007 regional meet in the 800m (4th) and 1600m (8th).

Personal:

- » Born April 8, 1989 ... Majoring in business.



Nicholas Maedel
Sophomore » Orange Park, Fla.
(Ridgeview/West Florida)

Collegiate Best's:

8K (XC): 27:13
10K (XC): 34:41.2
5000m: 15:13.14

At West Florida (2007-08):

Cross Country:

- » Earned Second Team All-South Conference honors by finishing 16th at the conference championship at 27:49.
- » Ran a career-best 8K time of 27:13 to come in fifth at the FSU Invitational.
- » Posted a 10K time of 34:41.2 at the NCAA Division II South Regional Championship.
- » Added a top 10 finish at the Argos Invitational with a mark of 27:46.

Track:

Outdoor -

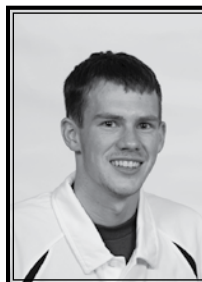
- » Ran unattached during a pair of events.
- » Posted a career-best 15:13.14 to second place in the 5,000m at the Seminole Invitational.
- » Also ran the 5,000m at the Snowbird Invitational turning in a 15:27.51.

Prep:

- » Named a Foot Locker South Cross County Top 10.
- » Set personal bests with a 4:31 mile and 9:48 two mile.
- » Helped Ridgeview to a sixth place finish at the 2007 state cross country championship.
- » Finished 25th in the FHSAA Class 3A state meet.

Personal:

- » Born August 5, 1988... Majoring in exercise science... Twin brother Andrew runs at West Florida.



Tyler Braman
Freshman » Tallahassee, Fla.
(Chiles)

Braman's Bests

5K (XC): 16:53.00
800m: 1:57.58
1600m: 4:38.56

Prep:

- » Helped Chiles to a second-place finish at the FHSAA 3A Cross Country Championships with a time of 16:59.
- » Career-best 5K time was a 16:53 at the Panhandle Cross Country Championship.
- » Member of the 4x800m relay that placed fifth and the eighth-place 4x400m relay at the FHSAA Championships.
- » Advanced to the regional finals of the 800m where he posted a time of 2:00.10.
- » Finished third at the district meet in the 800m with a mark of 2:04.61.
- » Competed at the Seminole Twilight where he ran a career-best 800m time of 1:57.58.

Personal:

- » Born June 13, 1990 ... Majoring in business ... Son of FSU head coach Bob Braman ... Mother Debbie helped Tampa Chamberlain to the first women's FHSAA championships ever competed.





FSU CROSS COUNTRY



Jacob Brooks

Freshman » Ft. Myers, Fla.
(Ft. Myers)

Brooks' Bests

5K (XC): 16:04.62
1600m: 4:33.86
3200m: 9:41.14

Prep:

» Finished in the top 15 of the FHSAA 3A Cross Country Championships his last two seasons at Ft. Myers.

- » Best finish was an eighth-place 16:41 his junior year in the championships.
- » Won a pair of district titles and was the regional runner-up his senior season.
- » Posted the best 5K time of his career, a 16:04.62, at the FACA All-Star Meet.
- » Earned All-State honors in track his senior year crossing the line sixth with a personal-best 9:41.14 in the 3200m at the FHSAA 3A meet.
- » Regional runner-up in the 3,200m as well as second in the 3,200m and 1,600m at the district meet.
- » Placed third in the regional 3,200m race as a junior.

Personal

- » Born March 12, 1990 ... Enrolled in Undergraduate studies.



Mike Fout

Freshman » LaPorte, Ind.
(LaPorte)

Fout's Best:

5K (XC): 14:50
1600m: 4:12
3200m: 8:55

Prep:

» Won the Foot Locker National Cross Country Championships running a career-best 5K time of 14:50.

- » Captured the Foot Locker Midwest title with a time of 14:55.
- » Brought home the state cross country title his senior year by running a 15:31.9
- » Swept the sectional, regional and semi-state championship on his way to the state crown.
- » Won the Indiana State championships in the 3,200m his junior year crossing the line in 9:03.49.
- » Regional champion in the 3,200m as a junior after finishing second the year before.
- » Captured the region and section cross country titles his junior year before placing eighth at the semi-state meet.

Personal:

- » Born May 7, 1990 ... Enrolled in Undergraduate studies.



Nathan Duby

Freshman » Winter Springs, Fla.
(Winter Springs)

Duby's Best

5K (XC) 16:03
800m: 1:52.6
1600m: 4:29.51

Prep:

» Ran a career-best 5K time of 16:03 at the Foot Locker South Region Championship.

- » Advanced to the FHSAA state cross country championships after finishing second at the regional meet.
- » Posted his best 800m time of 1:52.63 in a second-place effort at the FHSAA All-Class Showdown.
- » State finalist in the 800m his last two seasons; best showing was second-place finish as a junior.
- » Runner-up in the 800m at the regional meet as a junior and senior.
- » Two-time 800m district champion.
- » Was inducted into the Seminole County Sports Hall of Fame.

Personal:

- » Born April 6, 1990 ... Majoring in engineering.



Head Coach Bob Braman meets with the men's team prior to a meet.





Women's Review



Barbara Parker earned All-America honors with the third-fastest 6K time in school history.

was Barbara Parker – who was granted a sixth-year of eligibility about halfway through the season – with a career-best time of 20:17 which is the third-fastest 6K time in school history. Florida State was the only school in the country to have two runners in finish in the top 10.

Harvey Has Huge Impact On Women's Team

Of all the women Bob Braman recruited to Florida State last season, none may have been more important than assistant coach Karen Harvey. Having already made vast improvements to the cross country program at Illinois, she worked her magic on the Seminoles. All she did was guide Florida State to its first ACC and NCAA South Region titles and the highest finish at the NCAA Championship. For her efforts, Harvey was named ACC and South Region Women's Cross Country Coach of the Year.

Seminoles Breeze To Regional Title

It was about as dominant of a performance as possible. Florida State easily won its first NCAA South Regional title as all seven of its runners finished in the top 25, including three in the top five. Coming home with her second regional title in a row – and corresponding Regional Athlete of the Year Award – was Susan Kuijken as she posted a winning time of 20:19.01. Finishing just behind her in second was Barbara Parker in 20:35.69 while rookie Hannah England was fourth at 20:48.55. Rounding out the All-Region selection was Pilar McShine (15th – 21:13.20), Kirsten Hagen (20th – 21:27.53), Audrey Hand (24th – 21:38.61) and Lydia Willemse (25th – 21:43.89).

Lydia Willemse

Women Cap Historic Season With Third-Place Finish At NCAA Championship

Prior to the 2007 season, the Florida State women's cross country team had never cracked the top 10 – and only had three previous showings at the national summit – let alone an appearance on the podium, but all that changed last year. Thanks to a perfect mixture of superstar runners, veterans playing their role, talented newcomers and a determined coach, the Seminoles ran to a third-place finish with 236 points. Until the 2007 season, the best Florida State had done was an 18th-place finish in 2003.

Kuijken and Parker Earn All-America Honors

They were two of the best runners in the country all season and at the biggest meet of the year they proved their merit. Sophomore Susan Kuijken was the third runner across the line with a time of 19:57.30. It's the highest finish by a Florida State runner and gave Kuijken her second All-America certificate. Just behind Kuijken



In all but one meet that she ran in 2007, no one beat sophomore Susan Kuijken to the finish line.

Conference Championship Trophy Comes To Tallahassee

All season long the women's team knew it had a talented squad, but the ACC Championships solidified that belief. Florida State cruised to a 38-point victory – the fourth-biggest winning margin in the event's 29-year history – to claim the program's first conference title. Winning the meet was sophomore Susan Kuijken in 20:23.5 to give FSU its first individual women's champion. Also earning All-ACC honors with her sixth-place finish of 21:16.3 was Barbara Parker.

FSU Achieves Highest Ranking In USTFCCA Poll History

It took the pollsters a few weeks to catch on, but once they did the Seminoles skyrocketed up the national poll. Florida State started the year at No. 12 and only moved up to No. 11 during the third ranking. After a stellar showing at the Pre-NCAA Meet the Seminoles leaped up to No. 3. Two polls later Florida State occupied the No. 2 spot in the nation for the highest ranking in school history.

Kuijken Nearly Goes Undeclared

In all but one meet that she ran in 2007, no one beat sophomore Susan Kuijken to the finish line. Throughout the season the two-time All-American won five races, including the ACC and NCAA South Region meets. The only time she did not cross the finish line first was the NCAA Championships when she took third.



FSU CROSS COUNTRY



Super Sophomore Dominates ACC Weekly Honors

It had been nine years since a runner dominated the ACC Performer of the Week honors the way that Susan Kuijken did in 2007. She brought home four weekly awards throughout the year, the most since Wake Forest's Janelle Kraus collected that many in 1998. Prior to this season, Florida State had only won the award twice. In addition to Kuijken, redshirt freshman Pilar McShine also brought home the honor on September 25.

Half Of Top 10 Reset in 2007

As would be expected, the greatest year in women's cross country history resulted in some of the best times the program has ever seen. All told, five of the Top 10 6K time in school history were run in 2007. Topping the list was sophomore Susan Kuijken as she posted a winning time of 19:56 at the Pre-NCAA Meet that is number two. Barbara Paker ran a time of 20:17 at the NCAA Championships to rank third. A 20:44 at the NCAA warm up placed freshman Hannah England fifth. Also cracking the top 10 was Debbie Huss, 8th – 21:02, and Pilar McShine, 9th – 21:13.

McShine Has Breakthrough Season

While everyone benefited from the guidance of coach Karen Harvey, none saw a bigger improvement than redshirt freshman Pilar McShine. A solid distance runner coming into the season, she shaved more than two minutes off her 5K time throughout the year and posted one of the best 6K marks in school history. McShine came into her own at the Florida State Invitational where she won the event and earned ACC Performer of the Week honors.

Team Success Not Limited To Championships Events

Regardless of the venue, when they stepped to the line in 2007 the Seminoles were out to win and usually that was the case. Florida State recorded a trio of victories and its varsity squad never finished lower than third. At the Pre-NCAA meet the Seminoles took second and they were third at the Notre Dame Invitational.

WOMEN'S REVIEW

2007 NCAA National Championships.....	3rd
2007 NCAA South Region Championships:	1st
2007 ACC Championships:.....	1st

2007 NCAA All-Americans

Susan Kuijken	3rd – 19:57.3
Barbara Paker	6th – 20:17.6

2007 NCAA All-South Region Team

Susan Kuijken	1st - 20:19.01
Barbara Paker	2nd - 20:35.69
Hannah England	4th - 20:48.55
Pilar McShine	15th - 21:13.30
Kirsten Hagen	20th - 21:27.53
Audrey Hand	24th - 21:38.61
Lydia Willemse	25th - 21:43.89

2007 All-ACC Team

Susan Kuijken	1st - 20:23.5
Barbara Paker	6th – 21:16.3

ACC Performer of the Week

September 4.....	Susan Kuijken
September 25.....	Pilar McShine
October 2.....	Susan Kuijken
October 16.....	Susan Kuijken
October 23.....	Susan Kuijken





Women's Results



Covered Bridge Open (5K)

August 31, 2007 – Boone, NC

2nd-place / 11 Teams (35 points)

Name	Time	Place
Susan Kuijken	18:00.03	1st
Hannah England	18:22.65	5th
Kirsten Hagen	18:45.98	9th
Christina Woytalewicz	18:53.53	12th
Lydia Willemse	18:59.72	13th
Audrey Hand	19:08.96	16th
Amanda Hahn	19:09.81	17th
Pilar McShine	19:16.03	18th
Shannon Coates	19:21.45	19th
Meredith Urban	19:33.32	26th
Ashley Andress	19:44.36	33rd

UF Mountain Dew Invitational

September 2, 2007 – Tallahassee, FL

6th place – 19 Teams (189 points)

Name	Time	Place
Amanda Hahn	18:38.63	13th
Tina Biedenharn	19:24.14	24th
Rosanna Bell	20:15.18	45th
Angelina Ramos	20:47.99	64th
Ashley Montagnese	21:19.05	87th
Meredith Kelly	21:34.25	95th
Laura Cullen	21:43.71	100th

Florida State Invitational

September 7, 2007 – Gainesville, FL

1st place – 10 Teams (31 points)

Name	Time	Place
Pilar McShine	18:02.53	1st
Christina Woytalewicz	18:24.36	3rd
Amanda Hahn	18:41.72	8th
Bree McArdle	18:48.29	9th
Shannon Coates	18:50.16	10th
Meredith Urban	19:00.47	12th
Amanda Quick	19:05.13	13th
Audrey Hand	19:10.68	14th
Ashley Andress	19:27.43	17th
Rosanna Bell	19:47.64	31st
Tina Biedenharn	19:51.34	32nd
Keyla Smith	19:55.34	37th

Jen Hillis	21:08.79	58th
Meredith Kelly	21:09.67	59th
Angelina Ramos	21:15.64	60th
Laura Cullen	21:31.35	70th
Heather Smith	21:54.69	77th
Courtney Laster	21:59.72	80th
Mary Magee	22:24.35	81st
Sarah Hughes	22:43.34	86th

Notre Dame Invitational (5K)

September 28, 2007 – Notre Dame, IN

3rd-place / 21 Teams (141 points)

Name	Time	Place
Susan Kuijken	16:32	1st
Hannah England	17:16	14th
Debbie Huss	17:36	29th
Pilar McShine	17:40	34th
Kirsten Hagen	17:59	64th
Christina Woytalewicz	18:13	85th
Bree McArdle	18:42	114th
Amanda Hahn	18:52	126th

Auburn Invitational (5K)

September 29, 2007 – Auburn, AL

6th-place / 22 Teams (179 points)

Name	Time	Place
Audrey Hand	17:44.74	26th
Shannon Coates	18:05.85	37th
Meredith Urban	18:14.10	39th
Amanda Quick	18:35.79	51st
Ashley Andress	18:39.19	53rd
Tina Biedenharn	18:43.08	57th
Rosanna Bell	19:15.44	82nd
Ashley Montagnese	20:26.13	123rd
Laura Cullen	20:31.70	127th
Ryann Matthews	20:32.79	128th
Jen Hillis	20:41.26	129th
Angelina Ramos	20:47.02	132nd
Meredith Kelly	20:48.97	134th
Heather Smith	21:30.68	153rd

Courtney Laster	21:31.66	154th
Mary Magee	22:13.62	170th
Sarah Hughes	22:52.02	178th

Great American Cross Country Festival (5K)

October 16, 2007 – Birmingham, AL

1st-place / 7 Teams (15 points)

Name	Time	Place
Lydia Willemse	18:43.90	1st
Shannon Coates	18:55.90	3rd
Amanda Quick	18:59.60	4th
Amanda Hahn	19:05.90	5th
Tina Biedenharn	19:32.10	6th
Ashley Andress	19:40.70	7th
Bree McArdle	20:02.30	9th
Rosanna Bell	20:15.60	11th
Jen Hillis	21:06.30	21st
Angelina Ramos	21:06.40	22nd
Ashley Montagnese	21:15.60	24th
Meredith Kelly	21:34.40	27th
Ryann Matthews	21:45.60	29th
Laura Cullen	21:51.20	31st

Carly Thurman	21:57.50	32nd
Heather Smith	22:16.80	36th
Courtney Laster	22:45.80	41st
Mary Magee	22:56.20	42nd

NCAA Pre-National Meet (6K)

October 13, 2007 – Terre Haute, IN

2nd-place / 38 Teams (123 points)

Name	Time	Place
Susan Kuijken	19:56	1st
Barbara Parker	20:39	11th
Hannah England	20:44	14th
Debbie Huss	21:02	35th
Pilar McShine	21:22	62nd
Audrey Hand	21:51	110th
Kirsten Hagen	22:07	136th

ACC Championship (6K)

October 13, 2007 – Charlottesville, VA

1st-place / 12 Teams (64 points)

Name	Time	Place
Susan Kuijken	20:23.5	1
Barbara Parker	21:16.3	6
Hannah England	21:44.1	16
Pilar McShine	21:46.8	17
Christina Woytalewicz	22:25.7	32
Lydia Willemse	22:52.1	43
Audrey Hand	23:04.5	50

NCAA South Region Championship (6K)

November 10, 2007 – Gainesville, FL

1st-place / 20 Teams (40 points)

Name	Time	Place
Susan Kuijken	20:19.01	1st
Barbara Parker	20:35.69	2nd
Hannah England	20:48.55	4th
Pilar McShine	21:13.30	15th
Kirsten Hagen	21:27.53	20th
Audrey Hand	21:38.61	24th
Lydia Willemse	21:43.89	25th

NCAA Championship (6K)

November 19, 2007 – Terre Haute, IN

3rd-place / 31 Teams (236 points)

Name	Time	Place
Susan Kuijken	19:57.30	3rd
Barbara Parker	20:17.00	6th
Pilar McShine	21:21.10	70th
Hannah England	21:38.00	112nd
Lydia Willemse	21:44.40	127th
Kirsten Hagen	21:57.00	154th
Christina Woytalewicz	22:14.30	184th





FSU CROSS COUNTRY



2007 Men's Review



Mark Buckingham led the Seminoles to a 15th-place mark at the NCAA Pre-National meet.

Seminole Conclude 2007 Season With Fifth-Straight Trip To NCAA Meet

Following a 22-year absence, finishing the cross country season at the NCAA Championships has now become the expectation for the Florida State men's squad. The Seminoles made their fifth straight trip to the national summit and improved by 10 spots from their 2006 finish to come in 20th. It was their third top 20 finish in the last four seasons. Only one other school in the ACC has a longer active streak of consecutive NCAA Championships appearances.

Florida State's top individual runner was senior Luke Gunn with a time of 30:55.00 to finish 69th. Also cracking the top 100 was junior Steeve Gabart (94th - 31:04.9) and freshman Matt Leeder (97th - 31:06.10).

FSU Continues Impressive Run At NCAA Regionals

With a squad full of healthy runners for the first time all season, the Seminoles put together a strong showing at the NCAA South Regional meet in Gainesville. Florida State just missed out on winning its second regional title in a row with a second place finish of 69 points, just 11 back of Alabama.

The Seminoles got a great team effort as five runners finished in the top 25 to receive NCAA All-South Region honors. The five All-South Region accolades tied the 2003 and 2005 squads for the most runners on the All-Region team. Leading the charge was seniors Luke Gunn (5th - 30:21.24) and Mark Buckingham (8th - 30:48.61). Also making the team was junior Steeve Gabart (10th - 30:56.46), sophomore Daniel Roberts (15th - 31:08.75) and freshman Matt Leeder (17th - 31:16.63).

ACC Championship Still Eludes Men's Team

After four runner-up finishes at the Atlantic Coast Conference Championships, the Seminoles were hoping to break through for their first team title in 2007. But without the services of senior captain Luke Gunn, the Seminoles came up short with a third-place finish of 130 points. While no runners earned All-ACC honors, Florida State had two runners in the top 20: Mark Buckingham, 15th - 24:32.8, and Matt Leeder, 19th - 24:45.9.

Buckingham Earns ACC Performer Of The Week Honor

Not wasting anytime, senior Mark Buckingham had a strong start to the 2007 campaign as he won the individual title at the Covered Bridge Open. He tallied a top time of 25:33.45 for his first collegiate victory. The win earned him the first ACC Performer of the Week accolade of the season.

Leeder Represents Seminoles World Junior Cross Country Championships

While the cross country season officially ended in November for most of the Seminoles, freshman Matt Leeder's year extended into March. Representing his native Canada, he placed 30th at the IAAF Junior World Cross Country Championships with a career-best 8K time of 24:26. He was third amongst North American runners. Leeder shaved more than three minutes off his time from last year's event and finished 34 spots higher.

Pair of Seminoles Shake Up Career 8K Top 10 List

The recent surge by the FSU men's cross country team the past few years resulted in almost a completed revamping of the career 8K Top 10 list. Two more runners put their names down amongst the school's elite during the 2007 season. Already fifth in school history, Mark Buckingham moved up a spot to tie Tom Lancashire for number four as he ran a time of 23:53 at the Pre-NCAA meet. At that same competition, sophomore Daniel Roberts crossed the line in 24:14 for the 10th-best time in Seminole lore.

Four Top 10 Finishes Leads FSU To Covered Bridges Title

It was an early show of dominance by the men's squad in the first meet of the year. Four runners placed in the top 10 to give the Seminoles the team championship at the Covered Bridge Open, hosted by Appalachian State. Senior Mark Buckingham (25:33.45) edged Matt Leeder (25:34.00) at the line for the individual title. Also cracking the top 10 was sophomore Daniel Roberts (5th - 25:38.84) and junior Nick Sunseri (9th - 25:49.92).

Poll Position

For most of the season the men's squad found itself ranked in the top 25 nationally by the USTFCCA. The Seminoles started the season ranked No. 24 and held that position for the first three weeks of the season. After a brief stint out of the poll, Florida State returned to the Top 25 at No. 23 before finishing the year 20th at the NCAA Championships.

FSU Has Strong Finishes At Top Regular Season Meets

There are two tough tests during the regular season and the Seminoles passed them both with flying colors. Led by a 12th-place finish from senior Luke Gunn, who finished just three seconds behind his personal-best despite a cramp in the last 100m, Florida State came in fifth at the Notre Dame Invitational. Two weeks later without Gunn's services, classmate Mark Buckingham rose to the challenge and led the Seminoles to a 15th-place mark at the NCAA Pre-National meet.



Matt Leeder

MEN'S REVIEW

2007 NCAA National Championships.....	20th
2007 NCAA South Region Championships.....	2nd
2007 ACC Championships:.....	3rd

2006 NCAA All-South Region Team

Luke Gunn	5th - 30:21.24
Mark Buckingham	8th - 30:48.61
Steeve Gabart	10th - 30:56.46
Daniel Roberts	15th - 31:08.75
Matt Leeder	17th - 31:16.63

ACC Performer of the Week

September 4	Mark Buckingham
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Men's Results

Covered Bridge Open (8K)

August 31, 2007 – Boone, NC

1st-place / 11 Teams (25 points)

Name	Time	Place
Mark Buckingham	25:33.45	1st
Matt Leeder	25:34.00	2nd
Daniel Roberts	25:38.84	5th
Nick Sunseri	25:49.92	9th
Luke Gunn	25:55.56	11th
Trey Andrews	25:57.98	12th
Steeve Gabart	26:04.11	15th
Jonathan Blocker	26:31.54	28th
Javier Cruz	26:32.53	30th
Christian Minor	26:39.08	33rd
Jason Lakritz	26:59.68	42nd

Notre Dame Invitational (8K)

September 28, 2007 – Notre Dame, IN

5th-place / 23 Teams (147 points)

Name	Time	Place
Luke Gunn	24:13	12th
Mark Buckingham	24:28	26th
Matt Leeder	24:30	29th
Daniel Roberts	24:38	36th
Steeve Gabart	24:48	44th
Trey Andrews	25:12	77th
Justin Harbor	25:54	121st
Javier Cruz	26:00	125th
Christian Minor	26:13	137th

NCAA Pre-National Meet (8K)

October 13, 2007 – Terre Haute, IN

15th-place / 38 Teams (349 points)

Name	Time	Place
Mark Buckingham	23:53	28th
Daniel Roberts	24:14	63rd
Steeve Gabart	24:15	66th
Matt Leeder	24:31	87th
Nick Sunseri	24:42	105th
Justin Harbor	25:05	156th
Trey Andrews	25:20	182nd

ACC Championship (8K)

October 27, 2007 – Charlottesville, VA

3rd-place / 12 Teams (130 points)

Name	Time	Place
Mark Buckingham	24:32.8	15
Matt Leeder	24:45.9	19
Steeve Gabart	24:48.3	20
Nick Sunseri	25:25.0	37
Daniel Roberts	25:29.3	39
Justin Harbor	25:52.8	50
Javier Cruz	27:20.2	86

NCAA South Region Championship (10K)

November 10, 2007 – Gainesville, FL

2nd-place / 19 Teams (52 points)

Name	Time	Place
Luke Gunn	30:21.24	5th

Mark Buckingham	30:48.61	8th
Steeve Gabart	30:56.46	10th
Daniel Roberts	31:08.75	15th
Matt Leeder	31:16.63	17th
Nick Sunseri	33:39.60	78th

NCAA Championship (10 K)

November 19, 2007 – Terre Haute, IN

20th-place / 30 Teams (454 points)

Name	Time	Place
Luke Gunn	30:55.00	69th
Steeve Gabart	31:04.90	94th
Matt Leeder	31:06.10	97th
Mark Buckingham	31:23.90	131st
Daniel Roberts	31:41.30	171st
Nick Sunseri	34:29.00	247th





FSU CROSS COUNTRY



Cross Country History

All-Americans

Men		Women	
1969	Ken Misner	1981	Darien Andreau
1970	Ken Misner	2002	Vicky Gill
1971	Bobby Brooks	2003	Vicky Gill
198	Herb Willis		Natalie Hughes
2005	Andrew Lemoncello	2006	Susan Kuijken
		2007	Susan Kuijken
			Barbara Parker

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	2007	Susan Kuijken
	Ian Hornabrook		Barbara Parker
	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	2007	Susan Kuijken
	Sean Burris		Barbara Parker
	Kevin Cook		Hannah England
2006	Mark Buckingham		Pilar McShine
	Luke Gunn		Kirsten Hagen
	Tom Lancashire		Audrey Hand
	Andrew Lemoncello		Lydia Willemse
2007	Luke Gunn		
	Mark Buckingham		
	Steeve Gabart		
	Daniel Roberts		
	Matt Leeder		

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)	2007	Susan Kuijken (9/4)
2004	Luke Beevor (9/7)		Pilar McShine (9/25)
	Andrew Lemoncello (9/14)		Susan Kuijken (10/2)
	Andrew Lemoncello (10/4)		Susan Kuijken (10/16)
	Andrew Lemoncello (10/18)		Susan Kuijken (10/23)
2005	Andrew Lemoncello (9/19)		
	Andrew Lemoncello (10/3)		
2006	Andrew Lemoncello (10/16)		
2007	Mark Buckingham (9/4)		

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)	2007	3rd (236)
2006	30th (602)		
2007	20th (454)		

NCAA 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)
2007	2nd (52)	2007	1st (40)

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)
2007	3rd (130)	2007	1st (64)

Men's All-Time 8K Records

Runner	Time	Year
1. Andrew Lemoncello	23:43	2005
2. Larry Greene	23:47	1980
3. Herb Wills	23:52	1980
4. Tom Lancashire	23:53	2005
4. Mark Buckingham	23:53	2007
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. Daniel Roberts	24:14	2007

Women's All-Time 6K Records

1. Vicky Gill	19:48	2002
2. Susan Kuijken	19:56	2007
3. Barbara Parker	20:17	2007
4. Laura Bowerman	20:40	2005
5. Hannah England	20:44	2007
6. Natalie Hughes	20:50	2003
6. Amy Huss	20:50	2006
8. Debbie Huss	21:02	2007
9. Pilar McShine	21:13	2007
10. Jessica Crate	21:17	2006



SEMINOLE STRIDERS/SUPPORT STAFF

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



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

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.

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



Cross Country Support Staff



Mark Bresnahan
Facilities



Jeronimo Boche
Athletic Trainer



Greg Byrd
Graduate Assistant
Athletic Trainer



Brendan Lata
Equipment



Tyler Peacock
Strength Coach



Emily Hiscar-Shearer
Marketing and Promotions



FSU CROSS COUNTRY



||||=> This is the ACC



2007-08 in Review

The 2007-08 academic year saw league teams capturing four national team titles and 12 individual NCAA crowns. In all, the ACC has won 43 national team titles over the last 12 years. The ACC has won two or more NCAA titles in 26 of the past 28 years.

A total of 140 ACC teams placed in NCAA post-season competition in 2007-08. League teams compiled a 119-69 (.633) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 188 student-

athletes earn first team All-America honors this past year. Overall, the league had 303 first, second or third team All-Americans. In addition, the ACC produced 11 national Players of the Year and five national Coach of the Year honorees.

Florida State dominated the women's cross country landscape in 2007. Not only did the Seminoles capture their first ACC Championship, they had the highest finish of any league team with their third-place total at the NCAA Championship. FSU joined NC State as the only two conference programs to win their regional meet.

Individually, the Seminoles' Susan Kuijken was the driving force behind FSU's success. She won the ACC and South Region championships on her way to a league-best third-place finish at the national summit. All told, six ACC runners earned All-America honors for finishing in the top 25 at the NCAA meet.

For just the fifth time since 1978 NC State did

not claim at least one of the two ACC cross country championships as Virginia grabbed the men's title for the second time in three years. NC State did get one title as it was the only men's program to win a regional crown. The Wolfpack was also the highest of three ACC schools at the NCAA meet as they came in 12th.

2007-08 National Championships

Field Hockey	North Carolina
Ice Hockey	Boston College
Men's Soccer	Wake Forest
Men's Track & Field	Florida State

The Championships

The conference will conduct championship competition in 24 sports during the 2008-09 academic year - 12 for men and 13 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.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University. Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

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.





Florida State University Compliance Office

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

KEY DEFINITIONS YOU SHOULD KNOW

Representatives of Athletics Interests: A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- » Contributed financially to the athletics department or to its booster club.
- » Joined the institution's booster club or any sport specific support group.
- » Provided benefits to enrolled student-athletes or their families.
- » Assisted in any manner in the recruitment of prospective student-athletes.
- » Promoted the institution's athletics program.
- » Purchased season tickets.

*** Once an individual is identified as a representative, the person retains that identity forever. ***

Prospective Student-Athlete: A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

Contact: A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

Evaluation: An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- » During the five days immediately before an official visit to the university;
- » On the day of a coach's off-campus contact with a prospect; or
- » During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

A PROSPECT OF ANY AGE COULD RECEIVE THE FOLLOWING FROM A COACH:

- » Questionnaire
- » Camp brochure
- » NCAA educational information
- » Non-athletics institutional publications (official academic,

admission and student services publications and videotapes produced by the institution and are available to all students)

AFTER SEPTEMBER 1ST OF A PROSPECT'S JUNIOR YEAR, A COACH COULD PROVIDE:

- » Written correspondence, including letters and e-mails
- » Business Cards
- » Media Guide
- » Game programs (only on an official or unofficial visit)
- » Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
- » Any other information may be provided via the institution's web site

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE UNIVERSITY?

Only Florida State coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

ALUMNI AND BOOSTERS DO'S AND DON'TS

- » You may forward information about prospects to the appropriate coaches.
- » You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- » You may have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- » You may view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- » You may continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- » You may not become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- » You may not make contact with a prospect and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- » You may not transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- » You may not pay or arrange for payment of summer camp registration fees for a prospect.
- » You may not provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State University Compliance Office at (850) 644-4272.



Brian Battle
Associate Athletics Director for Compliance



Jody Smith
Assistant Athletics Director for Compliance



Elizabeth Bookwalter
Compliance Coordinator



Bret Cowley
Compliance Assistant





FSU CROSS COUNTRY



Academic Support

MISSION STATEMENT

The primary mission of the Athletic Academic Support program is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.

SERVICES AND PROGRAMS:

Academic Advising

The advisors in Academic Support serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

Study Hall

Professionally supervised study sessions for each athletic team are organized in order to help ensure the academic success of the student-athletes. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic counselor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are asked to attend study hall.

Tutor and Mentor Program

The tutorial program is available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree. Approximately, 65 tutors are hired a year, from a variety of academic departments. Each tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students or undergraduates that excel in a specific area of study. All mentors are graduate or PhD level students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic counselor as they keep the academic performance of their student-athletes under close observation and report to the academic counselors each week.

Computer Lab

The Athletic Academic Support Computer Lab is located in the Athletic Academic Support wing at the Moore Athletics Center. It is outfitted with 30 PC compatible computers and several laser printers. The computer lab is available to student-athletes six days a week with extended hours during finals week. The entire Athletic Academic Support wing is also equipped with wireless internet.

Summer Bridge Program

Athletic Academic Support, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college. The program is a week long intensive orientation that incorporates the University orientation with the athletics department orientation. This orientation highlights many different topics that are important for student-athlete success. In addition to introducing the student-athlete to academic policies and procedures, other topics covered include nutrition, student life, community service, technology on campus, media training and compliance.



Bill Shults
Director of Academic Support



Jen Kentera
Advisor/Tutorial Coordinator

Academic Honors and Awards Program

The Academic Support Program is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," a black-tie academic awards banquet organized by Seminole Boosters, Inc., occurs each fall. At this event, the ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's & women's teams with the highest GPA are recognized.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards, and postgraduate opportunities.

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$390,000 in Postgraduate Scholarship monies has been granted to FSU student-athletes over the past 14 years, as well as numerous other academic honors and awards. During the 2007-08 academic year, 13 Seminole student-athletes were named District Academic All-Americans, including Buster Posey and Matt Fairel (baseball), Myron Rolle (Football), Caroline Westrup (Golf), Becky Edwards, Kirsten van de Ven and Katrin Schmidt (Soccer), Robin Ahrberg, Carly Wynn and Melissa May (Softball), Mara Freshour (Women's Basketball) and Javier Garcia-Tunon and Lydia Willemse (Track & Cross Country).

At the conclusion of the 2007-08 school year, 170 Seminole student-athletes were named to the ACC Academic Honor Roll while six of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2008 semester, 197 Seminoles achieved a 3.0 GPA or better, eight athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8. Eleven student-athletes made the Spring 2008 President's List with a perfect 4.0 GPA while 60 student-athletes earned Dean's List status with a GPA of 3.5 or better.

Kandia Batchelor (Track & Field), Whitney Brummett (Golf) and Abbie King (Swimming & Diving) were three of 41 Atlantic Coast Conference scholar-athletes named 2008 ACC Weaver-James-Corrigan Postgraduate Scholarship Award recipients.

Academic reform continues to take hold on college and university campuses nationwide, and according to the latest data from the NCAA, Florida State athletics is making the grade. All of FSU's athletic teams scored above the cut-point of 925 in the Academic Progress Rate data based on the last four years (2003-04 through 2006-07). Two Florida State athletic teams - softball and men's golf - earned Public Recognition Awards for earning high scores in the latest Academic Progress Rate (APR) compilation. These teams posted multi-year APR scores in the top 10 percent of all squads in their respective sports.





Student Services And Personal Development



of the Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop lifelong commitment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The Florida State University department of athletics

New Opportunities for Leadership, Education and Service (N.O.L.E.S.)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal and career development service.

Personal Development

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as values clarification, goal setting, fiscal planning, deci-

sion making and personal responsibility. Programming focuses on helping the student-athlete develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

Career Development

Preparing for life after college is a major focus of the N.O.L.E.S. program. The program is designed to work in cooperation with Florida State's Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. The program place a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after the leave Florida State.

Community Service

Serving the community is the Focus

has been recognized in both of the last two years by the National Consortium for Academics and Sports for the most successful outreach and community service program in which Seminole student-athletes have impacted the lives of over 150,000 youths. The Women's Golf team has been a major contribution in the community service effort winning the Athletic Director's Cup for Service in each of the last seven years.

Leadership Development

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confronting student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays, the International Student-Athlete Culture Feast, the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.



Brandi Stuart
Assistant Director of Athletics for Student Services and Personal Development



John Lata
Director of Student Services



Yashiva Edwards
Assistant Director of Student Services





||| => 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 town, and “ahassee,” meaning old. This historic meeting place remains Florida’s capital today.

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 a 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.





MEDIA GUIDE



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.



"Thoroughly Modern Millie"



Cathy Rigby as "Peter Pan"



Dolly Parton

Tallahassee Up Close

- **Tallahassee is home to more than 60,000 college students between Florida State University, Florida A&M University and Tallahassee Community College.**
- **Nearly sixty percent of Tallahassee's population is between the ages of 18-44.**
- **The average maximum temperature in Tallahassee is 78 degrees and almost twenty-five percent of the year the temperature is above 90 degrees.**
- **There are over 150,000 people living in the Tallahassee area and over 300,000 in the metropolitan area.**
- **The capital of the State of Florida has been located in Tallahassee since 1823.**
- **The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.**





FSU CROSS COUNTRY



||| ||| => This Is Florida State University

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 co-educational status as a university, Florida State University has evolved into an internationally recognized research institution. Committed to preparing graduates for the ever-expanding opportunities of a global society, FSU is celebrated not only for its world-class research but also for its teaching and record of public service.

Florida State University enrolls about 41,000 undergraduate, graduate and professional students, of which nearly 30 percent are minorities and 57 percent are women. FSU students come from every county in Florida, all 50 states and the District of Columbia, and more than 128 countries.

The university offers an impressive breadth of academic degree programs, including 99 at the bachelor's degree level; 112 at the master's level; 26 at an advanced master's/specialist's level; 73 at the doctoral level; and two at a professional degree level. 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.

Florida State is a Carnegie Doctoral/Research Extensive institution, awarding more than 2,000 graduate and professional degrees each year. Doctoral faculty in five academic areas have been ranked among the tops in the nation according to the Faculty Scholarly Productivity Index: social work — #4; Spanish — #4; marketing — #5; oceanography — #8; and atmospheric sciences — #10. FSU has many undergraduate and

graduate academic programs that consistently rank among the nation's top 25 at public universities, among them programs in business, chemistry, communication disorders, creative writing, criminology, ecology and evolutionary biology, education, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

At Florida State, 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; Guggenheim Fellows; a Nobel laureate; and other globally recognized teachers and researchers, including faculty who lead several scholarly fields in citations of published work. Students can choose 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. They can participate in interdisciplinary work across campus through programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; or work alongside faculty to forge new relationships among professions, including medicine, the physical sciences, engineering, business and law.



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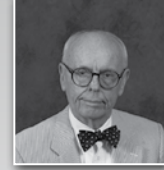
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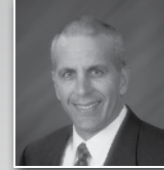
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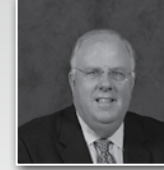
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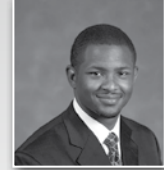
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FSU President



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; and London, England are considered by many to be among the nation's best.

The university logged many noteworthy achievements in 2007-2008:

Alan G. Marshall, FSU's Robert O. Lawton Professor of Chemistry and Biochemistry and director of the Ion Cyclotron Resistance Program at the National High Magnetic Field Laboratory, received the 2008 Ralph and Helen Oesper Award from the Cincinnati Section of the American Chemical Society — eight of the past 26 awardees of the prestigious Oesper award went on to win the Nobel Prize.

Professor Kathleen Yancey, director of the English department's graduate program in Rhetoric and Composition, became president of the National Council of Teachers of English.

Max Gunzburger, a Francis Eppes Professor and director of the School of Computational Science, earned the distinguished W.T. and Idalia Reid Prize in Mathematics from the Society for Industrial and Applied Mathematics (SIAM) for his work in computational mathematics and his mathematical models of science and engineering problems.

FSU Student Government President Joe O'Shea became one of just 32 U.S. college students selected for a 2008 Rhodes Scholarship, the oldest and most prestigious international study award bestowed on American students. O'Shea, who won a Truman Scholarship in 2007, also was one of just 20 undergraduates named to USA Today's 2007 All-USA College Academic First Team.

FSU Film School student Paul

Seetachitt crafted a 30-second public service announcement that took first place in a national competition sponsored by the Center for International Disaster Relief. Honors won by other Film School students over the past year included a Student Academy Award; two collegiate-level "Emmy" awards; and two Directors Guild of America awards for the nation's best minority and female student filmmakers.

Over the past year, the university has won research grants totaling more than \$196 million.

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

FSU is currently developing, designing, breaking ground for or constructing about \$500 million worth of facilities, and the new Chemical Sciences Laboratory and the James E. "Jim" King Life Sciences Building are world-class examples that herald the dawn of a new era for Florida State's science community.

The FSU track and field team won its third consecutive NCAA championship.

Thirteen FSU student-athletes and coaches from three sports represented the Seminoles and eight different countries at the 2008 Summer Olympic Games in Beijing, China. And, closer to home, a commitment to community service put FSU student-athletes at the top of the Outreach Honor Roll from the National Consortium for Academics and Sports.

Two leaders in medicine, Florida

State University and Mayo Clinic, signed an agreement to work as research partners in the quest to improve health care outcomes for Floridians and all Americans. The agreement calls for interaction and collaboration between researchers at FSU and Mayo Clinic in Jacksonville, Fla., the establishment of joint research programs, and the exchange of scientific and educational literature and research — and opens

up unique opportunities to turn basic science into new cures for a variety of diseases, from cancer to Alzheimer's.

The collective strength of biomedical research at Florida State and the scientists who lead it has earned an extremely competitive \$2 million High-End Instrumentation grant from the

National Institutes of Health. The grant and an additional \$2.8 million in FSU matching funds will be used to purchase a state-of-the-art robotic electron microscope that will place the university among the very top imaging centers in the world. FSU scientists will use the unique robotic microscope to advance their cutting-edge research on HIV/AIDS, heart disease, hypertension and cancer.

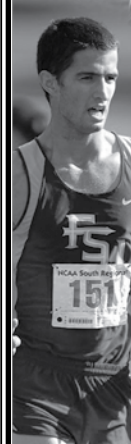
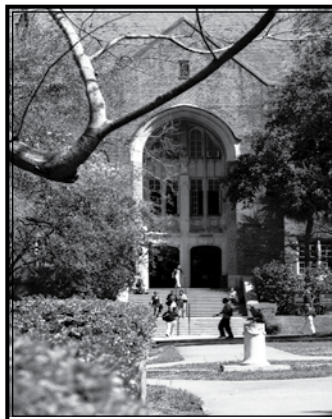
FSU is bringing together researchers with expertise in a variety of fields to develop new strategies for dealing with Florida's energy challenges. The new Florida Energy Systems Consortium is a collaborative effort among the state's 11 public universities to address key issues pertaining to energy, climate and the environment — with a particular focus on promoting

renewable energy. Florida Gov. Charlie Crist signed into law a comprehensive energy bill establishing the consortium and providing a total of \$50 million in funding, to be divided among four core institutions — FSU (with \$8.75 million), the University of Central Florida, the University of Florida and the University of South Florida.

The university has been selected as the lead institution for the new Florida Center for Advanced Aero-Propulsion, a collaborative project featuring the state's premier researchers in aerospace and aviation. Of \$14.57 million in funding appropriated to create the center, FSU will get the largest portion — nearly \$6 million — to oversee center operations and develop research and policy that unites scholars from various disciplines and universities.

Florida State'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. The university 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 and rank among those at the nation's top 30 public research universities. Collectively, the FSU libraries belong to the Association of Research Libraries, whose membership is comprised of the top research university libraries in the United States.



Florida State Athletics...

An Elite Program

*In 2007-08,
13 Seminole student-athletes
garnered District Academic
All-America honors.*

*Florida State student-athletes have earned over \$390,000 in
postgraduate scholarships, including 36 from the ACC,
over the last 14 years as well as other numerous academic honors and awards.*

IN THE CLASSROOM

*In 2005, Garrett Johnson became the first FSU student-athlete
selected a Rhodes Scholar*

*All of FSU's athletic teams achieved scores above the required 925 in the
Academic Progress Rate data based on the last four years. Softball and
Men's Golf earned Public Recognition Awards for earning high marks.*

*170 Seminole student-athletes were named to the 2008 ACC Academic Honor Roll
while six of Florida State's athletic teams had a 3.0 or better cumulative GPA.*

Five coaches with 10 or more years at FSU, including two coaches of 30 or more years of service

COACHING EXCELLENCE

*14 National Coaches of the Year
37 ACC Coaches of the Year
37 Regional Coaches of the Year*

Two coaches who rank in the top three among current coaches for career victories

Congratulations #1
1500
CAREER WINS

IN THE COMMUNITY

Student-Athletes perform more than 5,000 hours of community service annually.

Two-time National Consortium of Academics and Sports Outreach Program of the Year for Division I for reaching over 150,000 youth.

2 Heisman Trophy winners

4 Golden Spikes winners

Hermann Award for soccer

TOP ATHLETES

777 First Team All-Americans

1,853 All-ACC selections

37 Individual National Champions

40 National Achievement Awards,

including 10 top athlete in the nation awards

National Men's Track Athlete of the Year

USA Softball National Player of the Year

43 ACC Team Titles

TOP TEAMS

14 National Championships including
back-to-back-to-back

NCAA Men's Outdoor Track & Field titles

175 NCAA Postseason
team appearances including three
straight women's soccer College Cup appearances
and four in the last five years.

1999 Football Seminoles

first football team to go wire-to-wire as the AP No. 1 team





>Welcome To "Trail"ahassee

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.

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.





FSU CROSS COUNTRY



||| ||| ➔ Across The State Relay



Helping the community has always been a priority for Florida State University athletics and under the leadership of ninth-year head coach Bob Braman, community service and charity donations have become a staple of the Seminole cross country program. In 2007, 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.

Over the last three years, Florida State’s “Across the State Relay” has raised \$15,000 and the team has donated those funds 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.