



# TABLE OF CONTENTS



## Florida State Cross Country Quick Facts

### University Information

Location	Tallahassee, FL
Symbol	Seminoles
Colors	Garnet and Gold
Enrollment	(as of Fall 2012) 41,301
President	Dr. Eric J. Barron
Athletic Director	Stan Wilcox
Associate AD/Sport Oversight	Bernie Waxman
Conference	Atlantic Coast Conference
National Affiliation (Division)	Division I

### Cross Country Information

Head Men's Coach	Bob Braman (14th Year)
Alma Mater	Florida (1981)
Head Women's Coach	Karen Harvey (7th Year)
Alma Mater	Michigan (1988)
Volunteer Coach	Kevin Sullivan
Volunteer Coach	Josh Seitz
Volunteer Coach	Ciaran O'Lionaird
Graduate Manager	Andy Biladeau
Graduate Manager	Isaac Wood
Graduate Manager	Patrick Murray
Graduate Manager	Paul Lagno
Assistant Coach	Dorian Scott (1st Year)
Director of Operations	Jennifer Santiago
Cross Country/Track Office Phone	(850) 644-5550
Home Course	Apalachee Regional Park

### 2013 Schedule

Aug. 30	Covered Bridge Open	Boone, N.C.
Sept. 20	Wake Forest Inv./Pre-ACC	Kernersville, N.C.
Sept. 28	Charlotte Invitational	Charlotte, N.C.
Oct. 4	Notre Dame Invitational	South Bend, Ind.
Oct. 11	FSU Invitational	Tallahassee, Fla.
Oct. 18	Crimson Classic	Tuscaloosa, Ala.
Oct. 19	ISU Pre-Nationals	Terre Haute, Ind.
Nov. 1	ACC Championships	Kernersville, N.C.
Nov. 15	NCAA South Regional	Tuscaloosa, Ala.
Nov. 23	NCAA Championships	Terre Haute, Ind.

### SID Information

Cross Country SID	Bob Thomas
Phone Number	(850) 644-0615
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Athletic Website	www.seminoles.com
Track & Field Twitter	@FSU_Track
Facebook Address	Facebook.com/FSUTrack

## What's Inside

Table of Contents..... 1

### FSU Cross Country

Men's Roster ..... 2  
 Women's Roster ..... 3  
 Women's B-Team ..... 4  
 FSU Administration ..... 5

### Coaches & Staff

Men's Coach Bob Braman ..... 6  
 Women's Coach Karen Harvey ..... 7  
 Gwendolyn Davis/Dan Schaefer ..... 8  
 Graduate Managers/Volunteer Coaches/Support ..... 9

### Men's Bios

Jakub Zivec/Josh Gracia/Zak Seddon ..... 10  
 Kevin Johnson/Kemper Morton/Sean Quinn ..... 11  
 Matt Mizereck/Bryant Blahnik/Will Bridges ..... 12  
 Glen Yarham/Jacob Burton/Max del Monte/  
 Chris Godwin ..... 13  
 Otniel Teixeira/Abdin Fator/Bryce Kelley/  
 Avery Lopez ..... 14  
 Grant Nykaza ..... 15

### Women's Bios

Colleen Quigley ..... 15  
 Linden Hall/Jess Butler/Hannah Walker ..... 16  
 Chelsi Woodruff/Aubree Worden/Teresa Ristow ... 17  
 Pippa Woolven/Georgia Peel/Carly Thomas/  
 Bridget Blake ..... 18  
 Anna Holdiman ..... 19

### The Program

Season Outlook ..... 20  
 ACC Newcomers ..... 21  
 Apalachee Regional Park ..... 22-23  
 Season Review ..... 24-27  
 Men's History ..... 28-29  
 Women's History ..... 30-31  
 Media Information ..... 32

## Media Guide Credits

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# 2013 FSU MEN'S ROSTER



Name	Class	Hometown/Previous School
Bryant Blahnik	Junior	Red Wing, Minn./Missouri
Will Bridges	Redshirt Sophomore	Orlando, Fla./Edgewater
Jake Burton	Redshirt Freshman	Stuart, Fla./Martin County
Max del Monte	Redshirt Freshman	Tampa, Fla./Chamberlain
Abdin Fator	Freshman	Tampa, Fla./Sickles
Chris Godwin	Redshirt Freshman	Gainesville, Fla./Buchholz
Josh Gracia	Redshirt Senior	Lantana, Fla./Oklahoma
Kevin Johnson	Graduate Student	Falcon, Colo./Cornell
Bryce Kelley	Freshman	Hope Valley, R.I./Cariho Regional
Avery Lopez	Freshman	Miami, Fla./Belen Jesuit
Matt Mizereck	Senior	Tallahassee, Fla./Florida
Kemper Morton	Graduate Student	Macon, Ga./Troy
Grant Nykaza	Freshman	Beecher, Ill./Beecher
Sean Quinn	Senior	Punta Gorda, Fla./Bishop Verot
Zak Seddon	Sophomore	Reading, UK/Piggott School
Otniel Teixeira	Redshirt Freshman	Miami, Fla./USF
Glen Yarham	Sophomore	Ipswich, Australia/Queensland Tech
Jakub Zivec	Senior	Litomerice, Czech Republic/Grand Rapids



# 2013 FSU WOMEN'S ROSTER



Name	Class	Hometown/Previous School
Bridget Blake	Freshman	Orlando, Fla./Dr. Phillips
Jess Butler	Graduate Student	Fort Lauderdale, Fla./Univ. of Tampa
Linden Hall	Junior	Melbourne, Australia/Univ. of Melbourne
Anna Holdiman	Freshman	Waverly, Iowa/Waverly-Shellrock
Georgia Peel	Sophomore	Chobham, U.K./Gordon's School
Colleen Quigley	Junior	St. Louis, Mo./Nerinx Hall
Teresa Ristow	Redshirt Sophomore	Melbourne, Fla./Holy Trinity
Carly Thomas	Sophomore	Tallahassee, Fla./Chiles
Hannah Walker	Redshirt Junior	Harpenden, U.K./Univ. of Birmingham
Chelsi Woodruff	Redshirt Junior	Winter Park, Fla./Trinity Prep
Pippa Woolven	Redshirt Sophomore	Marlow, U.K./Univ. of Birmingham
Aubree Worden	Junior	Scottsbluff, Neb./Scottsbluff



# 2013 WOMEN'S B-TEAM



## Representing the 'Noles with passion, while chasing their dreams

Originally launched as the Seminole Striders program by current FSU men's coach Bob Braman back in 2001, the newly-renamed Florida State B-team provides female cross country and distance runners the opportunity to be a part of the program.

Now in its second decade, the B-team remains an integral part of the highly successful women's program under coach Karen Harvey.

"Our program is very unique," said Harvey. "It is a chance to help develop future talent. It is for runners of all levels that have a passion for the sport, but might not be at scholarship or walk-on level right now. However, with time and consistent training, provided by this opportunity, they can become such and potentially make the travel team."

Members of the B-team are provided equipment, academic support, training programs and racing opportunities in both cross country and track & field. In return they are expected to attend practice daily, participate in community service and maintain a high level of excellence in the classroom, the same as the other student-athletes on Harvey's team.

"In cross country we have a unique opportunity where you can put an unlimited number of people on the starting line," Braman said. "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. ... We can literally put them into action. They can go out and train and compete."

To ensure that the B-team members are getting proper coaching and training, Harvey and Braman assign a volunteer coach and a graduate student to lead the hard-working group and manage their needs. With a commitment to the training schedule, many improve dramatically.

"It is a fitness and conditioning sport, so everybody's conditioning, running and training," Braman said. "You still have the fine-tunings that you do with your elite athletes, but we can train as many as 42 [B-team runners]."

Despite the lack of fanfare surrounding the program, the B-team program is not a well-kept secret. The FSU coaching staff promotes the program in high schools throughout the state of Florida.

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

The benefits of the program are obvious. The B-team members expand

the number of opportunities for female student-athletes, to the benefit of the Florida State athletic department. They are given the opportunity to compete in a sport that they love throughout the cross country and track & field seasons. Harvey hopes to expand that opportunity beyond cross country and track races to include half-marathon training and racing during the winter months.

Intrinsically, members of the B-team learn the importance of sacrifice and team-work, while maintaining a healthy lifestyle which will serve them well in their adult lives.

### 2013 Florida State Women's B-Team

Name	Class	Hometown/Previous School
Alicia Aldridge	Senior	Palm Harbor, Fla./East Lake
Kassel Ardaman	Sophomore	Orlando, Fla./Dr. Phillips
Hollis Bartlett	Sophomore	Fort Myers, Fla./Fort Meyers
Erica Boccumini	Junior	Orlando, Fla./Olympia
Chantelle Brodie	Sophomore	Stuart, Fla./Martin County
Brittany Carey	Sophomore	Fort Lauderdale, Fla./Westminster
Erika Charlassier	Senior	Coral Springs, Fla./Coral Springs
Julia Corley	Freshman	W. Palm Beach, Fla./Kings Academy
Christine Griggs	Sophomore	Ponte Vedra Beach, Fla./Episcopal
Mollie Hibbard*	Senior	Satellite Beach, Fla./Satellite
Kaitlyn Kelly	Sophomore	Port Orange, Fla./Spruce Creek
Maggie McCloskey	Junior	Gainesville, Fla./St. Francis
Katherine McCoy	Sophomore	Altamonte Springs, Fla./Lake Brantley
Alexandra Midgett	Sophomore	Orange Park, Fla./Ridgeview
Allyson Pagan*	Senior	Melbourne, Fla./Holy Trinity
Ariadna Pulido	Junior	Parkland, Fla./Douglas
Shelby Salimone	Senior	Tallahassee, Fla./Maclay
Haley Slocum	Freshman	Orlando, Fla./Bishop Moore
Dana Slomins	Freshman	Melbourne, Fla./Holy Trinity
Megan Smith	Freshman	Memphis, TN/Wharton
Jensen Swopes	Junior	Altamonte Springs, Fla./Bishop Moore
Laura Turner	Junior	Fort Meyers, Fla./Fort Meyers
Sarah White	Sophomore	St. Petersburg, Fla./St. Petersburg
Courtney West	Freshman	Great Falls, VA/Langley

\* - captains



# UNIVERSITY ADMINISTRATION

## Executive Administrative Staff



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Athletics Director/SWA



**BERNIE WAXMAN**  
Associate AD/  
Sport Oversight

## Wilcox brings wealth of experience to post as FSU Director of Athletics

Florida State University announced the appointment of Stan Wilcox as the institution's new Director of Athletics following a national search. Wilcox, who served as Senior Deputy Director of Athletics at Duke University since 2008, was named FSU's eleventh full-time AD by University President Eric Barron on August 7, 2013.

During his time at Duke, Wilcox's duties included managing the day-to-day operation of the department and oversight of the football program. Other areas within athletics he oversaw were Human Resources, Contracts, Legal Affairs, Athletics Training, Strength and Conditioning, Equipment, Campus Recreation, Physical Education, External Operations that included Marketing and Promotions, Ticketing, Digital Media, Sports Information and Video Operations. In addition, Wilcox was responsible for coordinating football scheduling.

Before arriving at Duke, Wilcox, a former basketball letterman at Notre Dame, spent three years as the deputy director of athletics at his alma mater. Prior to returning to South Bend in 2005, he served 11 years as an associate commissioner of the BIG EAST Conference.

While working at the BIG EAST Conference, Wilcox was the league's representative to the NCAA Management Council from 2000-05 and served on the Management Council subcommittees on incentives and disincentives, governance, nominations and the task force to review the NCAA's one-time transfer exception rule. Also, he spent time on the NCAA recruiting task force and the basketball issues committee. For the BIG EAST, Wilcox, who in 2001-02 received the National Association of Athletics Compliance Coordinators Outstanding Achievement Award, was responsible for the league's NCAA governance, legislative, enforcement, compliance services and legal issues.

Additionally, Wilcox helped create the Minority Opportunity Athletics Association (MOAA) and is a former board member of MOAA. Wilcox is also a past president of the Black Coaches Association (BCA), having held the post from June, 2003 to June, 2005. Overall, he served 11 years on the BCA's Board of Directors.

Before his tenure at the BIG EAST Conference, Wilcox worked as a legislative assistant at the NCAA from 1989-94. Prior to that, he worked as a senior court analyst for the Kings County Supreme Court in Brooklyn, N.Y., from 1982-89. Following his graduation from Notre Dame in 1981 with a degree in economics, he spent one year as an account executive for Serres, Visonos & Rice Insurance in New York, N.Y. and as a graduate assistant basketball coach at C.W. Post College.

A native of North Babylon, N.Y., Wilcox played in 100 career games on the hardwood for the Fighting Irish and was a member of Notre Dame's 1978 club that faced Duke in the NCAA Final Four in St. Louis, Mo. He helped the Irish to a four-year ledger of 92-26 with four NCAA Tournament berths. Wilcox went on to earn a juris doctor degree from the Brooklyn Law School in 1988 and is a member of the New York State Bar Association.

He is married to the former Ramona Harrell. Stan has three daughters, Soraya, Yasmeen and Nadia, and Ramona has three sons, James, Brian and Charles.

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# COACHING STAFF



## Bob Braman

Head Coach (14<sup>th</sup> Season)

University of Florida, '80

Under the direction of head coach Bob Braman the Florida State men's cross country program has reached unprecedented heights. Entering his 14th season at the helm of the Seminoles – and his fourth decade in the collegiate ranks – Braman has guided the Seminoles to 10 consecutive NCAA Championship meet appearances, highlighted by a runner-up finish in 2010 and a fifth-place showing in 2012.

To add perspective to those accomplishments, prior to Braman's arrival Florida State had made just one NCAA Championship appearance and produced just two All-Americans. Now they own the nation's seventh-longest active streak of championship appearances and have produced two All-Americans in each of the last three seasons; seven overall on his watch.

Not surprisingly, the Seminoles have been one of the premier programs in the Atlantic Coast Conference over the course of Braman's tenure. Prior to his arrival in 2000, the FSU men's cross country team had not finished higher than seventh in nine ACC Championship meets. Braman matched that all-time best finish in his first season, then guided the 'Noles to back-to-back fifth-place finishes in 2001 and 2002. In 2003 the Seminoles charged to the first of four consecutive runner-up finishes at the ACC Championship meet, which, not surprisingly, coincided with the start of their 10-year run of NCAA Championship appearances.

The Seminoles flirted with the title on several occasions, including a one-point loss to NC State in 2004, before breaking through to win the school's first men's ACC team title in 2010. From 2003-2012 FSU's men have finished third or better nine times, including five runner-up performances. Individually, Andrew Lemoncello claimed back-to-back ACC Championship titles in 2004 and 2005 and the Seminoles have piled up 31 All-ACC honors in Braman's first 13 seasons, after failing to claim any in their first nine years of league membership. FSU has also produced four ACC Rookie of the Year honorees, while three 'Noles – Matthew Leeder, Michael Fout and Jakub Zivec – have earned ACC Scholar-Athlete of the Year honors.

FSU enters the 2013 season looking to post a third consecutive NCAA South Region title, and the fifth for the program since 2004. The 'Noles won their second consecutive title in 2012 at Apalachee Regional Park, FSU's home course, which Braman was instrumental in developing as part of a joint venture between Leon County, the Gulf Winds Track Club and the university.

In addition to his work with the men's team, Braman also laid the foundation for the women's cross country program, which he directed from 2000-2006 before turning it over to Karen Harvey. He guided the women to the first NCAA Championship appearances (2002, 2003 and 2006) in school history. His final women's team, in 2006, finished fourth at the ACC Championship meet – a program-best at the time – and began the program's current streak of seven consecutive NCAA appearances.

Braman succeeded Terry Long as the head men's and women's track & field coach prior to the 2004 season and helped transform the Seminoles into a national power, claiming NCAA Championships in 2006 and 2008. Florida State has finished fourth or better seven times in the last nine outdoor seasons and fifth or better five times in the last eight indoor campaigns. Along the way, FSU has become synonymous with success on the national stage.

Florida State's trophy case provides substantial evidence. The U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) bestowed the John McDonnell Award, presented to the program that posts the highest average NCAA Championships finish from cross country, indoor and outdoor seasons, for the 2010-11 and 2011-12 school years. The FSU men are the only program nationally to place in the top five in the final McDonnell Award tabulations each of the past five years. Not to be outdone, the Florida State women have finished sixth or higher for five consecutive years – one of only two programs that can make that claim – in the competition for the Terry Crawford Award, signifying comprehensive excellence on the women's side.

Over the course of Braman's first 10 seasons as head track & field coach the Florida State men have won eight Atlantic Coast Conference indoor and eight outdoor championships, including the 2013 outdoor crown. In 20 combined team championship opportunities in the ACC with Braman at the helm, the Seminoles have four runner-up finishes to go with the 16 titles. The FSU women's track & field team swept the 2009 indoor and outdoor ACC titles and nearly pulled off the 2013 outdoor title.

Since his arrival at FSU, Braman has won a combined 36 national, regional and conference Coach of the Year honors, including a sweep of the ACC men's and women's outdoor track & field awards in 2013.

On his watch, the Seminoles have brought home 187 All-American honors between the track & field and cross country programs and produced 34 national champions on the track. In 2011, Ngoni Makusha claimed The Bowerman Award – college track & field's version of the Heisman Trophy – after claiming NCAA titles in the 100 (he set the collegiate record, 9.89), long jump and 4x100 relay.



Florida State's success can also be attributed to Braman's ability to maintain continuity within his outstanding coaching staff, led by veterans Ken Harnden, Dennis Nobles and Karen Harvey.

The Seminole brand extends well beyond the borders. Twelve student-athletes who competed collegiately for the Seminoles participated in the 2012 London Olympics. It marked the second consecutive Summer Games the 'Noles were represented by a dozen Olympians.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida, where he began his coaching career as the men's cross country assistant in 1983. He was promoted to head cross country coach in 1985 and launched the women's program in 1986. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well.

Under Braman's guidance, the USF men's cross country team won three Conference USA titles (1997-1999), which followed a streak of six consecutive titles (1988-1993); three each as members of the Sun Belt and Metro conferences. He was honored Coach of the Year 14 times with the Bulls and his men's cross country team earned national rankings in 10 of his last 12 years. On the track his team's produced 41 NCAA qualifiers, highlighted by two-time NCAA 5000-meter champion Jon Dennis (1992-93).



# COACHING STAFF

A Tampa, Fla. native, Braman graduated from the University of Florida in 1980 with a degree in broadcasting. He is married to the former Debbie Turner. They have two sons, Steven – a Florida State graduate – and Tyler, who is in his final year at FSU. Braman was a three-year captain of the Florida cross country team and earned All-SEC honors in cross country (1979-80) and indoor track (1979), while setting the school record in the indoor three-mile run.

## Braman's FSU Coaching Accolades

- USTFCCA Men's National Outdoor Track Coach of the Year (3)  
2006, 2007 and 2008
- USTFCCA East Region Men's Outdoor Track Coach of the Year (3)  
2005, 2006 and 2007
- USTFCCA South Region Men's Indoor Track Coach of the Year (5)  
2005, 2006, 2007, 2009 and 2012
- USTFCCA South Region Men's Cross Country Coach of the Year (5)  
2004, 2005, 2010, 2011 and 2012
- USTFCCA South Region Men's Outdoor Track Coach of the Year (4)  
2006, 2007, 2012 and 2013
- ACC Men's Outdoor Track Coach of the Year (5)  
2005, 2006, 2007, 2011 and 2013

- ACC Men's Indoor Track Coach of the Year (6)  
2005, 2006, 2007, 2009, 2010 and 2012
- ACC Women's Indoor Track Coach of the Year (1) – 2009
- ACC Women's Outdoor Track Coach of the Year (2) – 2009, 2013
- ACC Men's Cross Country Coach of the Year (2) - 2003 and 2010
- State of Florida Track & Field Hall of Fame Member

## Seminole Success Under Braman's Watch

- Men's NCAA Outdoor Track & Field National Champions  
2006 and 2008
- ACC Men's Indoor Track & Field Champions  
2004, 2005, 2006, 2007, 2008, 2009, 2012
- ACC Men's Outdoor Track & Field Champions  
2005, 2006, 2007, 2008, 2009, 2010, 2011, 2013
- ACC Women's Outdoor Track & Field Champions  
2009
- ACC Men's Cross Country Champions – 2010
- NCAA South Region Cross Country Champions  
2004, 2006, 2011, 2012
- NCAA East Region Outdoor Track & Field Champions  
2005, 2006, 2007, 2008, 2009
- USTFCCA John McDonnell Program of the Year - 2010-11, 2011-12



Now in her seventh season, Florida State women's cross country coach Karen Harvey has transformed the Seminoles into one of the most powerful programs in the country.

An NCAA Championship contender and Atlantic Coast Conference juggernaut, the Seminoles know their way to the podium. Under Harvey's direction, FSU has finished in the top four at the NCAA Championship meet for six consecutive seasons, claimed five NCAA South Region titles and carried home the ACC Championship trophy six times.\*

Florida State enters the 2013 season with the sixth-longest active streak of consecutive NCAA Championship appearances (seven); a stretch which includes back-to-back runner-up finishes in 2009 and 2010. An incredible run on its own merit, the streak is even more impressive when considering the Seminoles had made just three NCAA appearances prior to her arrival in 2007 and had not finished better than 18th.

Excellence, however, has become the new norm in Tallahassee, both collectively and individually. Beyond developing teams capable of producing championships at the highest level, Harvey's first six teams have produced 16 All-American, three NCAA South Region athletes of the year and four individual ACC champions. In 2012, Violah Lagat became the first Seminole to win the ACC title since Susan Kuijken rattled off three consecutive (2007-09), as FSU cruised to another team crown. Not surprisingly, Harvey has been selected ACC Coach of the Year each of her six seasons, and won five NCAA South Region Coach of the Year honors in six years.

In addition to her cross country honors, Harvey has oversight of the Florida State track & field women's distance team, which has enjoyed similar success. On the track the women's distance runners have earned 22 first-team All-America honors between the indoor and outdoor seasons and excelled at distances from 800 to 10,000 meters. In 2013, Amanda Winslow earned NCAA Indoor runner-up honors in the mile, establishing a new ACC record with the 10th-fastest time in collegiate history. Colleen Quigley's runner-up finish in the 3000 steeplechase at the NCAA Outdoor meet ranked as the eighth-fastest mark for a collegian.

The 'Noles have enjoyed similar success within the ACC ranks. At the 2013 indoor championships, Winslow won her second consecutive 3000-meter title in meet record time and also helped the distance medley relay smash their own year-old conference mark. Outdoors, Quigley claimed her first individual ACC title in the steeplechase and Winslow led a 1-2-3 sweep in the 5000 as the Seminoles very nearly pulled out the team title.

Throughout her coaching career Harvey has established a reputation for developing cross country stars from outstanding middle-distance runners, including 2011 World Championship track & field silver medalist Hannah England, Pilar McShine and Hannah Brooks. Her most recent protégé along those lines was Lagat, who capped her collegiate career in the fall by following up her ACC cross country title by winning the NCAA South Region meet, followed by a 12th-place finish at the NCAA Championship meet.

Beyond performance-based results on the course and track, Harvey's teams have flourished academically, earning USTFCCA All-Academic honors both in cross country and track. Winslow swept ACC Indoor and Outdoor Scholar-Athlete of the Year honors in 2013 and earned CoSIDA Academic All-American honors. Seminoles have also won three of the last four ACC Scholar-Athlete of the Year honors in cross country.

As a team, the Florida State cross country women have been the recipient USTFCCA All-Academic honors in each of Harvey's six seasons and never dipped below a cumulative 3.0 GPA. They have also been active in a wide range of community service endeavors.

Prior to joining the Florida State staff, Harvey turned Illinois into one of the finest cross country programs in the nation over a five-year run from 2002-2006. In her final two seasons, the Illini posted a pair of top 10 finishes at the NCAA Championships. The program made its first NCAA Championship appearance in 2004, placing 20th, then followed up by finishing fifth in 2005 – the highest in school history – and eight in 2006. The 2006 team delivered the program's first NCAA Midwest Region championship, which earned Harvey coach of the year honors. A pair of runner-up Big Ten Championship finishes are also the best in Illinois history.

Harvey launched her coaching career as a two-year, volunteer cross country and track & field assistant coach at her alma mater, Michigan, before taking the Illinois post.

She also enjoyed an impressive running career, both collegiately and professionally. In 1998 she was ranked No. 1 in the world in the 3,000-meter steeplechase. A native of Brantford, Ontario, Harvey was a nine-time member of the Canadian national team, including three World cross country teams. She is the former Canadian record-holder in the steeplechase (10:14.27) and finished fifth at the 1998 Goodwill Games in the event. In



# COACHING STAFF

2000, Harvey was Canada's top 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

Collegiately, Harvey collected All-American honors in both cross country and track at Michigan between 1991-1995. She was 21st at the 1992 NCAA Cross Country Championships and also earned first-team All-Big Ten honors in 1992 and 1995. On the track, Harvey was eighth in the mile at the NCAA Indoor Championships and fifth in the 3,000 meters in 1995.

A 1995 Michigan graduate, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree, winning the 1995 Scholar Athlete of the Year award.

Harvey returned briefly to competition in 2011, running her first marathon, where she captured the Tallahassee Marathon title in a course record 2:43.

Harvey is married to Kevin Sullivan, a four-time NCAA champion, three-time Olympian and co-owner of Capital City Runners. Sullivan also serves as a volunteer assistant for the FSU women's cross country team.

### Harvey's FSU Coaching Accolades

- ACC Women's Cross Country Coach of the Year (6)  
2007, 2008, 2009, 2010, 2011 and 2012
- South Region Women's Cross Country Coach of the Year (5)  
2007, 2008, 2009, 2010 and 2012
- South Region Women's Outdoor Asst. Track & Field Coach of the Year (4)  
2008, 2009, 2012 and 2013
- South Region Women's Indoor Asst. Track & Field Coach of the Year (1)  
2013



### Seminole Success Under Harvey's Watch

- Women's NCAA Cross Country Podium Finishes (top 4)  
2007\*, 2008, 2009, 2010, 2011, 2012
- NCAA South Region Cross Country Champions  
2007\*, 2008, 2010, 2011, 2012
- ACC Cross Country Champions  
2007\*, 2008, 2009, 2010, 2011, 2012

\* - titles vacated per NCAA Committee on Infractions

# SUPPORT STAFF

## Gwendolyn Davis Athletic Trainer, ATC

3rd season at FSU  
9th season overall



Gwendolyn Davis is in her third season as the athletic trainer with the Florida State men's and women's cross country teams, and also works with the track & field program.

A native of Missouri City, Texas, Davis joined the Florida State staff in November 2011 after serving in the same capacity for the nationally-acclaimed Arkansas track & field programs from 2008-2011. In addition to attending to the Razorback student-athletes, Davis supervised two certified graduate assistants and numerous graduate student athletic trainers.

She is no stranger to the Atlantic Coast Conference, having worked with the Clemson cross country and track programs while in graduate school prior to joining the Arkansas staff.

She began her collegiate career at Texas State University-San Marcos, where she worked with track & field, women's basketball, football and volleyball, while also serving as a student assistant athletic trainer at San Marcos High School.

Davis graduated Magna Cum Laude from Texas State University in 2005 with a bachelor's degree in exercise and sports science, with a major in athletic training. She earned her master's degree in human resources development from Clemson in May 2008. While at Clemson her duties included daily prevention, recognition, care and rehabilitation on athletic injuries. She was responsible for practice and meet preparation and supervised students.

## Dan Schaefer Strength & Conditioning

2nd season at FSU



Dan Schaefer joined the Florida State strength and conditioning staff in July 2012 as an assistant strength and speed coach. He is charged with the design and implementation of a strength and conditioning program for the Seminole track & field, cross country and women's tennis teams.

A graduate of the University of Wisconsin-La Crosse, where he earned his degree in Exercise and Sport Science, Schaefer is scheduled to complete his Master of Science in Exercise Science in April 2013.

Schaefer arrived at Florida State in May of 2011 and spent two months as a student intern before he was elevated to a graduate assistant with the strength and conditioning staff. Over the course of his time at FSU he has created an Excel-based strength program used by all varsity sports, created the "Seminole Way" exercise and testing database and designed the FSU Strength YouTube channel. He has also worked directly with the women's sand volleyball and men's and women's swimming teams, in addition to assisting in lifting sessions with multiple Seminole teams.

He holds certifications with the NSCA and CSCCa in strength and conditioning, and as a nutritionist. Schaefer is also a USAW Weightlifting Sport Performance Coach.

Prior to coming to Florida State, Schaefer served as a Strength Center Associate for two years at UW-La Crosse, worked as a certified personal trainer and chaired the Eagle Strength Club.





# COACHING STAFF

## Andy Biladeau Graduate Manager

2nd season at FSU

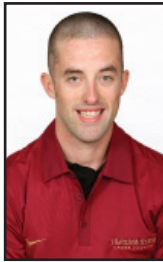
Joined the staff in the summer of 2012...assists the men's cross country and track programs in a wide variety of areas...spent one year teaching and serving as a cross country assistant at his alma mater, Tampa Jesuit...also served one year as an assistant coach at Virginia...was a six-time All-ACC performer at Virginia...graduated from UVa with a degree in English...is pursuing an MBA at Florida State...was a three-time state champion distance runner at Jesuit and helped team to cross country and track state titles...from Tampa, Fla.



## Patrick Murray Graduate Manager

1st season at FSU

First-year member of the staff, he looks to expand his coaching resume after serving as a volunteer assistant at Syracuse, his alma mater...will work primarily with the women's cross country B-team as well as the women's track team...ran competitively for the Orange covering distances from 800-10,000 meters...has competed post-collegiately for the Hudson Valley Elite...earned his degree in Physical Education...is pursuing his master's degree in Sport Management...native of Rhinebeck, N.Y.

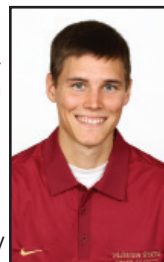


2010 NCAA Cross Country Championships (18th), helping 'Noles to runner-up finish...2011 NCAA Outdoor qualifier in 5000 and 10,000m...Capital One Academic All-American and ACC Scholar-Athlete of the Year in 2011...began his collegiate career at Michigan...holds undergrad degrees in English Literature and Psychology, as well as a master's degree in Sport Management from FSU...hails from County Cork, Ireland.

## Josh Seitz Volunteer Assistant

1st season at FSU

Joins the FSU staff as a volunteer assistant after serving as an assistant coach at Morehead State...working extensively with the women's B-team...recently completed his master's in Business and Marketing Education...competed at Southern Oregon University in distance events but migrated toward steeplechase after his first season...completed undergraduate degree in Marketing...works in the Office of National Fellowships at FSU...aspires to a coaching career because of the mentors and teachers who have influenced his life...from Forest Grove, Ore.



in his seventh season with the 'Noles...served in similar capacities at his alma mater, Michigan, and Illinois...competed in 21 IAAF World Championship events and run 32 sub four-minute miles...on the Canadian National team from 1993-2008 and won 15 national titles...holds Canadian records in 1500 (3:31.71) and outdoor mile (3:50.26)...hails from Brantford, Ontario and was recently inducted into its Sports Hall of Fame there.



## Isaac Wood Graduate Manager

1st season at FSU

Joins the Florida State program after serving four year as a volunteer assistant at BYU under Ed Eyestone...grew up around sport as his father Bob Wood was the long-time Long Distance Chairman for USA Track & Field and a prominent agent for distance runners for two decades...did not compete collegiately...well known for his blog - "Wood Report" - which provides thorough analysis of collegiate cross country and track...contributes to a variety of media outlets including Flotrack, milesplit.com, Track & Field News and Letsrun.com...graduate of BYU with Bachelor of Family, Home and Social Sciences in History...enrolled in FSU's Sport Management master's program...speaks six languages...from Bountiful, Utah.



## Paul Lagno Graduate Manager

1st season at FSU

One year after completing his competitive career by earning All-Region cross country honors for the Seminoles, Lagno is serving as a graduate manager...he is working predominantly with the men's program while completing his postgraduate degree in Sport Management...began his collegiate career at the University of Albany, where he earned his undergraduate degree and competed in both cross country and track...from Salt Point, N.Y.



## Ciaran O'Lionaird Volunteer Assistant

1st season at FSU

One of the most decorated distance runners in FSU history, he is serving as a first-year volunteer for cross country...a 2012 Olympian and 2013 World Championship qualifier in the 1500m, he represented Ireland...has trained professionally under Alberto Salazar with the Nike Oregon Project and now represents the Oregon Track Club, splitting time between coasts...holds FSU records in 1500 (3:34.64) and 5000 (13:33.64); ranks No. 2 in 10,000 (28:32.30)...earned All-American honors at



## Kevin Sullivan Volunteer Assistant

7th season at FSU

The three-time Olympian and four-time NCAA champion is an invaluable resource to his wife Karen Harvey's women's team...was nine-time Big Ten Athlete of the Year...

## FSU Cross Country Support Personnel



Cathy Badger  
Academic Advisor



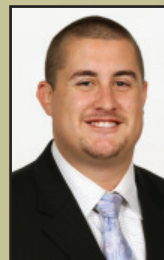
Christopher Duncan  
Equipment Manager



Natalie Fontela  
GA Athletic Trainer



Jenn Gayre  
Business



Brandon Lane  
Marketing



Jennifer Santiago  
Director of Operations



Alex Thomas  
Facilities



# MEN'S TEAM BIOS



## Jakub Zivec

Senior - Captain

Litomerice, Czech Republic(Grand Rapids)



## Josh Gracia

Redshirt Senior

Lantana, Fla.(Oklahoma)

Returns to action after missing outdoor season due to injury...earned All-American cross country honors in 2012 to cap his finest season as a Seminole to date...selected as one of team tri-captains.

### Cross Country

**2012:** Led the Seminoles to a fifth-place finish at the NCAA Championship meet – the second-best in school history – after placing 21st (29:47.7, 10k) to earn USTFCCCA All-American honors for the first time...captured the NCAA South Region title on his home course (30:23.8, 10k), edging teammate Breandan O Neill as the Seminoles won in a landslide...earned All-ACC honors for his 13th-place finish at the conference championship meet (24:14.7, 8k), where the 'Noles were third...established a new 8k cross country personal-best when he finished 10th at Louisville Pre-Nationals (23:29.2)...signaled arrival on national stage with fourth-place finish at Notre Dame Invitational (23:39.3, 8k). **2011:** Was a fixture in the lineup throughout the season as the Seminoles advanced to the NCAA Championship meet and finished 12th...placed 138th as FSU's No. 4 runner on the rolling LaVern Gibson course at Indiana State...helped FSU wrap up its first NCAA South Regional team title by placing 15th – good for All-Region honors – in Tuscaloosa, Ala. (31:42.0) as team's No. 4 runner. **2010:** Enjoyed banner freshman season for the Seminoles, who capped the year with a program-best, runner-up finish at the NCAA Championship meet...placed 118th at NCAA Championship meet as FSU's No. 6 runner...earned ACC Rookie of the Year and All-ACC honors by placing 11th overall (24:07.6) at the conference championship meet, where the Seminoles claimed their first team title at Boston's Franklin Park.

### Track & Field

**2013: Outdoor** – missed the entire season with an injury. **Indoor** – competed in just two events, placing second at the ACC Indoor Championships over 3000m in a personal-best 8:04.61...opened season at UW Husky Classic by placing 11th in 3000 (8:08.81). **2012: Outdoor** – used a late-season surge to qualify for the NCAA East Preliminary in the 1500 on the strength of a personal-best 3:44.65 at the Virginia Challenge...placed sixth in the finals of the 1500 at the ACC Outdoor Championships (3:48.14). **Indoor** – did not compete. **2011: Outdoor** – ran a limited schedule as a freshman...highlights included contributing to a fifth-place finish in the four-mile relay at Penn Relays...placed ninth at the ACC Outdoor Championships in the 1500 (3:52.10)...turned in a personal-best 5000m (14:17.97) at the Stanford Invitational. **Indoor** – scored his first ACC points with a seventh-place finish in the mile (4:09.49) at the conference championship meet...also competed in the 3000m (8:21.07) in his freshman season debut at the Razorback Invitational.

### Personal

Born and raised in the Czech Republic, where he enjoyed great success both nationally and internationally...won 13 Czech Republic national titles between indoor and outdoor track & field and cross country...was second in the 5000 at the 2009 European Junior Championships in Serbia...won 1500 and was second in 800 at 2009 European Team Junior Championships in Moscow...finished 12th in 3000m at the 2007 World Youth Championships...was fourth in the 3000 at the 2007 European Youth Olympic Festival...competed as a high school senior in the fall of 2008 in Grand Rapids, Michigan...won 2008 Foot Locker Midwest Region and Nike XC Heartland Regional meets...earned first-team All-American honors with fifth-place finish at Foot Locker Nationals...was runner-up at the Nike XC Nationals in 2008 as well...nickname is "Kuba"...outstanding student at FSU where he is finishing his degree in Finance...earned 2012 ACC Scholar-Athlete of the Year honors in cross country...a five-time All-ACC Academic selection between cross country and track...earned Capital One Academic All-Region honors in 2012...born Nov. 23, 1990.

Senior and second-year Seminole who has built on a solid finish during outdoor season and is poised to factor in top seven this season...chosen as one of three captains for the 2013 cross country season.

### Cross Country

**2012:** Toed the line in five meets in his first season at Florida State...turned in his swiftest 8k performance at Louisville Invitational/Pre-Nationals (24:46.7) as the Seminoles' No. 6 finisher...was sixth 'Nole across the finish line at Notre Dame Invitational (24:47)...placed 43rd at ACC Championship meet (25:02.9) as No. 8 finisher...finished fourth among Seminoles in win at Covered Bridge Open and was No. 6 FSU runner in Virginia Tech Invitational/Pre-ACC meet triumph.

### Track & Field

**2013: Outdoor** – competed in four outdoor meets primarily in the 10,000 meters, where he registered a career-best time of 30:15.39 at the Stanford Invitational...narrowly missed scoring at the ACC Outdoor Championships when he place ninth in 30:54.35...opened the season with a win at the UNF Spring Break Invitational in the 5000 (14:51.84). **Indoor** – placed fifth in the 3000m (8:31.59) at the Samford Invitational in his only competition.

### Personal

Attended Cowley (Kan.) Community College after graduating from Santaluces High...was a five-time All-American at Cowley between cross country, half marathon, indoor and outdoor seasons...helped team win first two national titles in program history...individual highlight was his seventh-place finish at NJCAA Cross Country Nationals with an 8k PR of 24:18...transferred to Oklahoma for sophomore season...competed for the Sooners in cross country and track during the 2011-12 school year...majoring in Sociology...born June 28, 1990.



## Zak Seddon

Sophomore

Reading, U.K.(Piggott School)

Should build on a very solid freshman season which saw him earn one victory and contribute to a fifth-place NCAA Cross Country Championship team finish...brings momentum into season after winning European Junior Championship steeplechase title over the summer...selected as one of three tri-captains.

### Cross Country

**2012:** Toed the starting line in six meets for the Seminoles as a true freshman...won collegiate debut at the Virginia Tech Invitational/Pre-ACC meet, covering the 8k course in 25:08.53 which proved to be a season-best...top performance came at home during the NCAA South Regional, when he placed 17th over the 10k course in 30:59.3 to earn All-Region honors.

### Track & Field

**2013: Outdoor** – Was outstanding in his freshman season on the track for the 'Noles...posted the third-fastest time in FSU history for the 3000m steeplechase (8:34.42) at the Payton Jordan Invitational to finish 11th in a field of national and world-class runners...that ranked as the No. 2 time in Division I heading into the NCAA postseason...qualified for the NCAA Championship but suffered a fall in the preliminary heat...was a key figure in the Seminole men capturing the ACC Championship title, winning the



## MEN'S TEAM BIOS

steeplechase and adding a fourth-place finish in the 1500 (3:45.59)...lowered that 1500 personal-best at the Virginia Challenge (3:45.47). **Indoor** – saw limited action, competing at 3000m in two meets with a season-best 8:24.71 at the Razorback Invitational...ran opening 1200m leg on FSU's fourth-place distance medley relay at the ACC Indoor Championship meet.

### Personal

Continues a long-standing pipeline of distance standouts from Great Britain to compete for the Seminoles...has demonstrated great range from the 1500m to cross country at the junior level, but thrives in the steeplechase...won the 2013 European Championships U20 3000m steeplechase title...placed ninth in the 3000m steeplechase at the 2012 World Junior Championships...was fifth at the 2011 World Youth Games in the 2000m steeplechase...won the 2011 Commonwealth Games as well as the 2010 European Youth Championship steeplechase titles over 2000m...pursuing degree in Business...was coached by his father, Jeff, while competing for Bracknell AC...enjoys soccer and fishing...born June 28, 1994.



## Kevin Johnson

Graduate Student  
Falcon, Colo. (Cornell)

Graduate transfer from Cornell whose career has been marred by injury but was a contributor to two Ivy League championship teams when healthy...adds much-needed, competitive depth to lineup.

### Cross Country

**2012:** Named captain of Cornell squad but was unable to compete due to injury. **2011:** competed in five meets and was a scorer for squad at HEPS and NCAA Northeast Regional, where his 10k time of 32:20.8 was good for 31st overall and second on squad...earned Cornell's 5th Runner Award. **2010:** did not compete due to injury, leading to medical hardship for entire year. 2009: was part of lineup throughout the season, including the HEPS.

### Track & Field

**2013: Outdoor** – competed in two meets, highlighted by 30:52.12 10,000m at Penn Relays. Indoor – saw limited action but did record personal-best 5000m (14:26.63) to place sixth at Ivy Indoor Championships. **2012: Outdoor** – saw action in four meets with a 10,000m best of 30:33.57 at Penn Relays. **Indoor** – missed entire season due to injury. **2011: Outdoor and Indoor** – did not compete. **2010: Outdoor** – registered three personal-best marks including NCAA East Regional qualifying 30:10.78 in 10,000m at Bucknell Bison Classic...placed sixth at Ivy Championships in 5000m (14:30.60)...also logged 1500m best of 3:56.30 at Cornell Invitational. Indoor – competed in four meets and set a 3000m personal-best (8:29.36) at Armory in New York.

### Personal

Was teammate of former Seminole Wes Rickman on cross country state championship Falcon High in Colorado...multiple all-state honoree in cross country and track...placed fourth at Nike Indoor National Championships as a senior in the 3200...graduated from the College of Arts and Sciences at Cornell...pursuing master's degree in Finance at Florida State...born Sept. 15, 1990.



## Kemper Morton

Graduate Student  
Macon, Ga. (Troy)

Graduate student transfer from Troy who will train through the fall with 2012 Olympian and volunteer coach Ciaran O'Lionaird in preparation for track season, where he will focus on the middle distance events.

### Cross Country

**2012:** Competed in seven meets and consistently finished as Troy's No. 1 or 2 runner...highlights included an 8k PR of 26:11.9 at Sun Belt Conference Championships where he finished 24th...was runner-up at the Coach O Invitational and fifth overall at Troy Invitational...competed at NCAA South Region Championships on FSU's home course. **2011:** was No. 1 runner throughout the year for Trojans, including Sun Belt Championships where he had a season-best 8k time of 27:31.4. **2010:** competed in three meets.

### Track & Field

**2013: Outdoor** – turned in career-best 800m (1:52.89) in a fifth-place finish at Sun Belt Championships...expanded his resume by competing in both the 5000m (15:26.51) and steeplechase (10:05.99) for the first time in his track career...won 1500 at Georgia Spec Towns National Team Invitational in season-best 3:53.13. **2012: Outdoor** – top performance came at Sun Belt Championships when he finish second in the 800 and sixth in the 1500 and was meet high points scorer...set 1500m personal-best (3:52.85) in win at Coach O Invitational. **2011: Outdoor** – finished seventh at Sun Belt Championships in 800...also ran on 4x400 and in open 400 throughout the regular season.

### Personal

Served as cross country and distance captain at Troy for the 2012-13 school year...member of the Sun Belt Commissioner's Academic Honor Roll throughout his career...earned undergrad degree in Communications and was a member of the Troy 3.0 GPA Recognition Club...also has a year of indoor and outdoor track eligibility remaining at FSU...starred for First Presbyterian Day School in Macon, Ga...four-time Georgia state champion over course of his career in track, excelling at 800 meters but also competing on 4x400 and 4x100 relays...helped team to 2005 and 2007 state titles...also lettered four years in football...pursuing master's degree in Marketing/Management...born Nov. 23, 1990.



## Sean Quinn

Graduate Student  
Punta Gorda, Fla. (Bishop Verot)

Fifth-year walk-on and graduate student whose work ethic and tenacity position him for a spot on FSU's 10-man ACC Championships roster.

### Cross Country

**2012:** Was on the starting line for five meets, including the ACC Championships at Virginia Tech...career-best finish came at Royal XC Challenge in Charlotte, N.C., where he covered the 8000m course in 25:07.7 for 13th overall and No. 1 among B-team Seminoles...was FSU's No. 6 runner at Covered Bridge Open team win. **2011:** competed in a handful of meets with his top performance coming at Covered Bridge Open when he placed 19th as FSU's No. 4 runner in 26:24.8...came back a month later to place 17th at FSU Invitational (26:23.48) over the 8k ARP course.



# MEN'S TEAM BIOS

**2010:** represented the 'Noles in two meets, including the FSU Invitational, where he placed 35th (26:25.06).

### Track & Field

**2013: Outdoor** - enjoyed his most productive season on the track, competing in three meets...highlight came at home where he won the 10,000 at FSU Relays in a personal-best time of 30:50.68. **Indoor** - did not compete. **2012: Outdoor** - scored his first collegiate win in the 3000m at the Seminole Invitational in personal-best 8:47.62...also established a new personal-best in the 5000 (15:02.38) at Florida Relays. **Indoor** - did not compete.

### Personal

Outstanding student-athlete who came to FSU from Bishop Verot High Fort Meyers...two-time recipient of the men's cross country Golden Torch Award, presented to the top academic student-athlete for each sport...a three-time member of the ACC Academic Honor Roll...completed his undergraduate work with a double major in International Affairs and Philosophy...currently pursuing master's degree in Economics...has been on President's List (4.0 gpa) multiple semesters...born April 30, 1991.



Tallahassee native who returns home as a senior after transferring from Florida...a three-time All-Region and one-time All-SEC performer in cross country...expected to be part of FSU's lead pack.

### Cross Country

**2012:** Highlight of the season came at South Region, where he placed 19th (31:08.5) over the 10k course at FSU's Apalachee Regional Park to earn All-Region honors. **2011:** turned in his finest season, highlighted by a fourth-place finish at the SEC Championships (24:28.14, 8k), a ninth-place South Region performance and a trip to the NCAA Championships. **2010:** earned SEC All-Freshmen honors with a 15th-place finish at the championship meet and followed up with All-Region honors by placing 21st (30:51.41, 10k).

### Track & Field

**2013: Outdoor** - Finished ninth in 3,000-meter steeplechase at SEC Championships in personal-best 9:24.93. **Indoor** - set personal-best indoors in the 3000m at Razorback Invitational (8:21.16)... in the men's 3000m at the Razorback Invitational...member of third-place DMR at SEC Championships. **2012: Outdoor** - took a medical hardship due to injury. **Indoor** - top qualifier in career-best 4:09.34 mile at SEC Championships in preliminary and was also a member of runner-up DMR finish. **2011: Outdoor** - scored his first SEC Championship points as a freshman with a sixth-place finish in 5000m...established PR in 5000m at Penn Relays (14:17.90)...posted career-best in 1500m (3:51.17) at Florida Relays... won 800m in PR of 1:51.88 at UCF Invitational. **Indoor** - redshirted.

### Personal

Starred at Leon High School where he was a three-time individual 3A state cross country champion (2007-09) and led team to three consecutive titles...placed 10th at Foot Locker National Cross Country Championships...won 2010 New Balance Outdoor Nationals 5000m (14:37.17) title... three-time 3A state champion in track, posting 1600-3200 double in 2010 and 1600 in 2009...high school track PRs of 4:11.76 (1600) and 8:55.75 (3200)...2009 Florida Gatorade Cross Country Runner of the Year...pursuing Interdisciplinary Social Science degree...born Nov. 22, 1991.



Transfer student from Missouri who earned All-SEC cross country honors in 2012 and is expected to immediately jump into the lineup as one of FSU's top performers.

### Cross Country

**2012:** Helped Missouri to a third-place team finish in their first season of SEC competition with his 11th-place finish at the conference championship meet, covering the 8k course in 24:14.0...followed up by placing 30th at the highly-competitive NCAA Midwest Regional in a 10k course time of 31:08.7. **2011:** competed in three meets for the Tigers as a freshman, including the Big 12 Championships, NCAA Pre-Nationals and Notre Dame Invitational.

### Track & Field

**2013: Outdoor** - competed in five meets in the spring for the Tigers... highlights included a runner-up finish in the 5000m at the Iowa Invitational (PB, 14:25.39) and an eight-place finish in the 10,000m at the prestigious Drake Relays (PB, 30:09.15)...was 11th in 5000 at SEC Championships.

### Personal

Starred at Red Wing (Minn.) High in cross country, twice earning all-state honors...was a two-time state qualifier in track, including a third-place finish in the 1600 (4:18.9) as a senior...prior to running track was a three-time all-conference performer in tennis...placed 12th at the 2012 USATF Junior Outdoor Championships in the 5000 during his freshman year at Missouri...also placed 10th at USA Junior Cross Country Championships in 2011...has three years of track & field eligibility remaining...pursuing a degree in Interdisciplinary Social Science...born Jan. 23, 1993.



A redshirt sophomore who has made tremendous strides and will apply his experiences from last season as to be a key contributor to the 2013 team.

### Cross Country

**2012:** Competed in five meets for the Seminoles, including the ACC Championship, where he placed 27th in an 8k season-best 24:40.0... was alternate on the fifth-place NCAA Championship team...turned in an 18th-place finish at Louisville Invitational/Pre-Nationals (24:43.1)...highest finish came at FSU Invitational, where he paced the 'Noles to the team title by finishing fourth overall (25:18.2). **2011:** Took a redshirt season.

### Track & Field

**2013: Outdoor** - Registered personal-best marks in his only two competitions...opened year by running 15:01.52 in 5000m at Florida Relays... stepped up to the 10,000m at the Virginia Challenge and delivered a PR (31:05.81). **Indoor** - made his Seminole debut at the Samford Invitational 3000m, where he posted a PR (8:38.90). **2012:** redshirted both the indoor and outdoor seasons.

### Personal

Starred at Orlando's Edgewater High and was a 3A state finalist in the 3,200 meters as a junior and senior, posting a pair of sixth-place finishes...



# MEN'S TEAM BIOS

ran high school PR's of 9:26 (3200) and 4:26 (1600) in high school...prep career cross country highlight came at 2010 3A state championship where he finished ninth...member of the National Honor Society at Edgewater...majoring in Mechanical Engineering at Florida State...born July 19, 1993.



Transfer from Queensland University of Technology in Australia who brings significant international experience to the squad and figures to fill voids left by graduation at the front end of the lineup.

#### Personal

Joins the Seminoles with three years of cross country eligibility remaining...represented Australia in cross country at the 2012 World University Games in Poland, where he placed 15th...also wore his national colors at the 2011 World Junior Cross Country Championships in Spain, finishing 41st...won Australian National U20 Cross Country title in 2011...accomplished on the track as well and coming off a strong 2013 season with personal-best marks in 5000m (14:07.34) and 1500m (3:51.71)...came within .15 of adding another PB at 3000m (8:26.69)...has great versatility as well, sporting a 3000 steeplechase PR of 9:13.19, set in 2011...has previously crossed paths on native soil with FSU women's standout Linden Hall...majoring in Economics...born Feb. 1, 1992.



Walk-on middle distance runner who will use his redshirt freshman cross country season to build his base for the 2014 indoor and outdoor track seasons under 2012 Olympian and volunteer coach Ciaran O'Lionaird.

#### Cross Country

**2012:** Sat out season as a redshirt.

#### Track & Field

**2013: Outdoor** - competed unattached during a redshirt season, primarily in the 800m, where he gained valuable experience behind graduating senior Darrin Gibson...established lifetime best in 800 at Seminole Invitational (1:50.07). **Indoor** - represented the Seminoles in four meets, including the ACC Indoor Championships, where he advanced to the finals of the 800 on the strength of his indoor PR of 1:51.23 and scored an eighth-place finish in the final...had a breakthrough 800 at the Razorback Invitational, finishing with then-best 1:52.30 in third place overall after winning his heat.

#### Personal

Attended Martin County High where he competed in cross country and track...three-time 3A state qualifier in the 800, capped by runner-up finish in 2012...cross country team also qualified for state during his senior year...2012 Treasure Coast Scripps Track Athlete of the Year...strong student who is pursuing a degree in Business...arrived at FSU with 25 dual-enrollment hours...born July 7, 1994.



Redshirt freshman who is battling back from a series of nagging injuries in hopes of regaining the form that made him one of the top prep runners in Florida for Tampa Chamberlain.

#### Cross Country

**2012:** Sat out season as a redshirt, building his distance base over a transition year.

#### Track & Field

**2013: Outdoor & Indoor** - sat out seasons as redshirt.

#### Personal

Home-schooled but competed for Tampa Chamberlain, the same high school as coach Bob Braman...enjoyed a stellar high school career, winning the 3A state 3200-meter title as a senior in 2012 (9:25.11)...established 3200 PR at FSU Relays (9:23.85)...registered a lifetime best in the 1600 (4:12.51) with a runner-up finish at the 4A state championship in 2011...four-time state qualifier in cross country who posted a 3A state runner-up finish in 2011...two-time Tampa Tribune and St. Petersburg Times Boys Cross Country Runner of the Year...enjoys graphic design, painting and sculpting in free time...majoring in Sport Management...born Feb. 26, 1994.



Redshirt freshman who is trying to regain the form which made him one of the top Florida high school distance runners as a senior after coming to the sport late in his career.

#### Cross Country

**2012:** Sat out the season as a redshirt but competed in two meets unattached...placed 16th at the FSU Invitational 8k in 26:13.4...finished 33rd at the Feb. 2, 2013 USA Junior Men's Cross Country Championships in St. Louis, Mo. in an 8k personal-best of 25:59.7.

#### Track & Field

**2013: Outdoor & Indoor** - sat out seasons as a redshirt, but did compete unattached in two outdoor meets...was runner-up in 10,000m at the FSU Relays in personal-best 31:13.55...placed 10th at UNF Spring Break Invitational in 5000m (15:16.75).

#### Personal

Graduated from Gainesville's Buchholz High...only competed in three seasons of cross country and track...standout senior year included a trip to Foot Locker Nationals in cross country, where he was a late add after placing 11th at Foot Locker South in 5000m PR of 15:10...won FACA Senior All-State individual title at Apalachee Regional Park (15:45.78)...was the 2011 4A state cross country runner-up at ARP (15:37.04)...was state 4A runner-up in 3200 as a senior...set 3200 PR (9:21.19) at FSU Relays...also boasts 1600m personal-best of 4:19.98...mother Beth ran at University of Florida...majoring in Business...born March 3, 1994.



# MEN'S TEAM BIOS



## Otniel Teixeira

Redshirt Freshman  
Miami, Fla.(USF)

Redshirt freshman transfer from USF who will spend the cross country season working with 2012 Olympian and volunteer coach Ciaran O'Lionaird building his base to compete on the track in the 800 and 1500.

### Cross Country

**2012:** Redshirted at USF as a true freshman

### Track & Field

**2013: Outdoor** – competed in seven meets for the Bulls, including Big East Outdoor Championships...posted season-best in 800m (1:51.57) at Seminole Invitational with third-place finish...also set PR in 1500m (3:53.93) at FSU Relays...opened outdoor season with wins in 800, 1500 and 4x400 at USF Open. **Indoor** – lined up in five meets for USF, including the Big East Indoor Championships, where he posted his collegiate-best indoor 800 (1:53.42) in the preliminary round and was member of sixth-place 4x400 relay (3:15.10).

### Personal

Considers Miami his hometown but starred in Lake Brantley High School in Central Florida...capped his prep career by winning 4A state title in 800 with a PR (1:51.43)...also won 800 at FSU Relays and was second in 1600 with PR of 4:14.78...was also a state cross country qualifier where his fastest 5k time was 15:57...was state 4A runner-up in 800 as junior... competed in the 2013 USA Junior Outdoor Championships this past summer in both at 800 and 1500...majoring in International Affairs...born Jan. 15, 1994.



## Abdin Fator

Freshman  
Tampa, Fla.(Sickles)

Incoming freshman whom the FSU coaching staff believes possesses tremendous upside after starring in high school at Tampa Sickles last year... likely redshirt candidate.

### Personal

His family fled the war-torn region of Darfur in Sudan, Africa in 2003 and found refuge in Tampa area...competed in track for four seasons and cross country for three in high school...was named Tampa Times' Cross Country Runner of the Year in 2012 after posting six victories and two runner-up finishes...highlights included capturing Hillsborough County title and a fifth-place finish at the FACA Senior All-Star Meet on FSU's Apalachee Regional Park course...posted a 5k cross country PR of 16:00.85...began his track career as a would-be sprinter but emerged as a distance runner...3200m PR of 9:34.61 was set at 2013 FSU Relays... also boasts a 1600m best of 4:32.42...plans to pursue a degree in a science field at FSU...full name is Zainelabdin Salih Ahmed Fator...born Jan. 7, 1994.



## Bryce Kelley

Freshman  
Hope Valley, R.I.(Cariho)

Joins the Florida State program as a freshman following a decorated high school career in Rhode Island...blend of speed and competitiveness foreshadows bright upside for likely cross country redshirt.

### Personal

Ran for Cariho Regional High School where he claimed five Rhode Island (all-classifications) state titles on the track, including the 2013 and 2012 outdoor and indoor crowns...also won 2012 Rhode Island 800 outdoor title...was runner-up at 2012 Rhode Island State Cross Country Championships (16:01.07)...set 1500m personal-best of 3:57.9 in win at 2012 Classical Classic outdoors...1600m PR (4:16.49) came with runner-up finish at New England Outdoor Championships...set indoor 800 PR (1:53.77) at 2012 New Balance Indoor Nationals, which is state record... also member of indoor 4xMile national record-setting team and 4x800 state and New England record-setting quartet...strong student who is currently undecided on a major...born Jan. 20, 1995.



## Avery Lopez

Freshman  
Miami, Fla.(Belen Jesuit)

Decorated Florida high school distance standout with a championship pedigree...will try and grab a spot in the lineup this cross country season.

### Personal

Was a member of 3A powerhouse Belen Jesuit High School program in Miami and a key contributor to three consecutive (2010-12) state cross country championships...helped his team qualify for Nike XC National s in 2011...led Belen to 2012 state cross country title with fourth-place finish at FSU's Apalachee Regional Park...runner-up in the 1600 at the 3A state meet as a junior and senior...finished fourth in the 3200 at the state meet as a junior and senior...posted 1600 personal-best of 4:17.68 at the 2012 state meet...3200 PR (9:10.34) was set at 2013 FSU Relays at Mike Long Track, where he placed fourth in stacked field...outstanding high school student who plans to pursue a degree in Accounting/Finance...born Oct. 19, 1994.



## MEN'S TEAM BIOS



### Grant Nykaza

Freshman  
Beecher, Ill. (Beecher)

Freshman who is arguably the most decorated U.S. high school cross country signee by the Seminoles since fellow Midwesterner Michael Fout...will compete for a spot in top seven immediately.

#### Personal

A two-time Foot Locker Nationals finalist, finishing 26th in 2012 after a 33rd-place finish in 2011...capped an amazing senior year at Beecher High by winning the Illinois 1A state titles in cross country, followed by the outdoor track season 1600 and 3200 double...never finished lower than fourth place in four state cross country appearances...also won 1600 state title as a junior...arrives at FSU with personal-best marks of 4:19.74 (1600), 9:07.39 (3200) and cross country bests of 14:22 (3-mile) and 15:04 (5000m)...competed in a number of major track meets nationally, including FSU Relays, where he established his 3200m personal-best in a runner-up performance...also traveled to Arcadia (Cal.) Invitational...will seek a degree from Florida State's acclaimed Criminology school...born Aug. 3, 1995.



## WOMEN'S TEAM BIOS



### Colleen Quigley

Junior  
St. Louis, Mo. (Nerinx Hall)

One of only two returning NCAA Division I women – and the only junior – who earned USTFCCCA All-American honors in cross country, indoor and outdoor track during the 2012-13 school year...one of only two runners returning from last season's top seven, which spent the majority of the season ranked No. 1 in the USTFCCCA national polls...Quigley was selected as a co-captain of the cross country team.

#### Cross Country

**2012:** Earned USTFCCCA All-American honors after placing 12th at the NCAA Championship meet (19:53.2, 6k), where she was FSU's No. 2 finisher in the lineup for the fourth-place Seminoles...was NCAA South Regional at Apalachee Regional Park (20:11.9) to earn All-Region honors...earned All-ACC distinction with her fourth-place finish at the ACC Championship (20:17.6)...was sixth at Louisville Invitational/Pre-NCAA meet (20:06.4)...won the prestigious Notre Dame Invitational 5k in 16:28.2, a personal-best for that distance in cross country. **2011:** A fixture in the lineup as the No. 4 or No. 5 runner as the Seminoles earned program's first No. 1 national ranking and held that spot for five polls...helped FSU to a fourth-place finish at NCAA Championship, placing 79th...earned All-South Region honors after placing 13th...claimed ACC Rookie of the Year and All-ACC honors after sixth-place finish at ACC Championship meet...placed 13th at Pre-Nationals and opened the year with an 18th-place showing at Notre Dame Invitational.

#### Track & Field

**2013: Outdoor** – Emerged as one of the top steeplechase runners in the United States during her sophomore outdoor season...NCAA Championship runner-up in school record-smashing time of 9:38.23, which broke

FSU mark held by 2012 Olympian Barbara Parker...NCAA time met Olympic 'A' standard and ranks eighth-fastest among collegians all-time...was No. 1 qualifier in the steeplechase from the NCAA East Preliminary in 9:49.44...also had NCAA East qualifying marks in 1500 and 5000 but chose to focus solely on steeplechase...tuned up for NCAA postseason with a personal-best 4:15.05 at Virginia Challenge...captured her first ACC Outdoor Championship individual title in steeplechase and came back a day later to place second to teammate Amanda Winslow in 5000m with a PB (15:58.90)...helped the Seminoles to a second-place team finish by a narrow five-point margin. **Indoor** – capped outstanding campaign by anchoring FSU's NCAA Indoor Championship DMR to a fourth-place finish with the fastest 1600m split of the night (4:32.28), moving up five spots to secure the team's All-American honors...helped the Seminoles to an ACC Indoor Championship runner-up finish with another amazing anchor effort in the DMR as FSU set the meet record, winning in a school-record 10:57.41...contributed a runner-up finish to Winslow in the 3000m final in a PB (9:13.39)...placed third in the mile at the Razorback Invitational in a PB of 4:37.55. **2012: Outdoor** – put an exclamation point on her freshman season with a fifth-place finish at the NCAA Outdoor Championships in the steeplechase in 10:05.61...uncorked a new PB in the 3000m steeplechase at the ACC Outdoor Championships, finishing second in 10:02.53...made her collegiate debut in the steeplechase at the Stanford Invitational and came away with a runner-up finish in 10:13.73. **Indoor** – finished fourth at the ACC Indoor Championships in the mile with a season-best time of 4:45.40...participated in four indoor meets, including the Razorback Invitational, where she posted a 3000m PR (9:18.68)...won the mile at the Auburn Invitational in her indoor debut (4:47.16)

#### Personal

Graduate of St. Louis Nerinx Hall, where she earned Missouri Gatorade Runner of the Year honors as a senior in cross country and track...qualified for Foot Locker National Championship in cross country and earned All-American honors with a 20th-place finish...was third as a senior at the Missouri State Cross Country Championships...a three-year All-State honoree on the track, she capped her career in style, winning state titles with personal bests in the 1600 (4:52.17) and 3200 (10:27.62)...also swept both titles at the prestigious Kansas Relays...qualified for New Balance Outdoor Nationals in both events as well...was state runner-up as a junior in the 1600 and 3200...outstanding student in high school, she is a Na



# WOMEN'S TEAM BIOS

tional Merit Commended Scholar...at FSU has earned All-ACC Academic honors six times and USTFCCCA All-Academic honors four times...selected Capital One Academic All-Region for 2012-13 academic year...has extensive experience as a model...pursuing degree in Dietetics...two-time winner of Golden Torch Award for women's cross country (top GPA)...born Nov. 20, 1992.



Returns for her junior season in cross country on the heels of an outstanding outdoor campaign...named co-captain for the 2013 season along with junior Colleen Quigley.

### Cross Country

**2012:** Was on the verge of breakthrough sophomore campaign before suffering a season-ending injury...won the season-opening Covered Bridge Open race at Appalachian State and followed with a fifth-place finish (21:28.56, 6k) at the Virginia Tech Invitational/Pre-ACC meet...placed 20th overall at the Notre Dame Invitational (17:04, 5k), helping the Seminoles secure the team title in what proved to be the final meet of her season. **2011:** Competed in four meets for the Seminoles, including the ACC Championship...top finish came at FSU Invitational, when she was 11th in season-best 5k time of 18:13.95...was 31st at Clemson Invitational/Pre-ACC meet (21:57.42, 6k)...opened year placing 12th at Covered Bridge Open.

### Track & Field

**2013: Outdoor** - Advanced to the finals in the 1500m in her first NCAA Championships appearance with a four-second PB in the preliminary rounds (4:15.51)...finished ninth in 1500 finals (4:16.42) to earn second-team USTFCCCA All-American honors...punched her ticket to nationals with an eighth-place finish in the 1500 at the NCAA East Preliminary (4:19.70)...earned her second consecutive NCAA East qualifying spot with a PR of 4:17.47 at the Payton Jordan Invitational...tuned up for the postseason with a career-best 2:09.28 800 at the Virginia Challenge...finished fourth in 1500 (4:23.41) at ACC Championships meet for runner-up 'Noles...selected to All-ACC Academic team for first time. **Indoor** - missed the entire season as she recovered from an injury suffered during cross country. **2012: Outdoor** - Qualified for the NCAA East Preliminary in the 1500m run...earned her way into the meet with a season-best 4:22.84 1500 at the Bob Pollock Invitational...placed eighth in the 1500 at the ACC Outdoor Championships...opened her outdoor season at UNF Invitational with personal-best in 5000m (17:00.71) to place eighth. **Indoor** - Scored her first points for the Seminoles at the ACC Indoor Championships with a sixth-place finish in the final of the mile after recording a PB in the preliminary round (4:46.85)...competed in five meets for the 'Noles, exclusively in the mile.

### Personal

Melbourne, Australia native has represented her country at the junior level on the national and international stage...won the 3000 at the 2010 Zatopek Classic...placed second at 2009 Australian Cross Country Championships and was second in the 1500 at the 2009 Australian Junior Championships...selected Australian team captain for the World Schools Cross Country Championships in 2008...pursuing a degree in Dietetics...two-time All-ACC Academic honoree...born June 20, 1991.



Graduate student returning for a sixth season - her second with the 'Noles - with an eye on grabbing a spot in the lineup after battling through injuries during the 2012-13 school year.

### Cross Country

**2012:** Competed in five meets for the Seminoles, including the ACC Championships...started the season on a high note with a runner-up finish at the Covered Bridge Open...finished fourth overall and second on the team at the Royal XC Challenge (17:44.6, 5k)...placed sixth to help the Seminoles to the FSU Invitational women's team title (21:59.1, 6k).

**At Tampa:** Enjoyed outstanding career for the Division II Spartans, twice earning NCAA South Region honors, finishing second in 2009 and third in 2011...was Sunshine State Conference Co-Runner of the Year in 2011, twice finished second at the championship meet (2009, 2011), claiming all-conference honors.

### Track & Field

**2013: Outdoor** - Competed in four meets exclusively in the 1500...registered a personal-best at the Seminole Invitational (4:36.59) which was good for eighth-place finish among a talented field.

**At Tampa:** Career highlight came as a freshman when she earned NCAA Division II All-American honors in the 1500 outdoors in 2010.

### Personal

Working on her master's degree in Sport Science...graduated from University of Tampa with a degree in Exercise Science and a minor in Art...outstanding student who earned USTFCCCA All-Academic honors four times at Tampa...starred in high school for St. Thomas Aquinas, where she was coached by her mother, Trish...born Sept. 6, 1989.



Redshirt junior transfer from the University of Birmingham in the UK who will fill a major void at the top of the lineup following the graduation of five seniors from 2012 squad...brings international experience to the mix.

### Personal

Follows in the footsteps of former Seminoles Hannah England, Barbara Parker and Hannah Brooks, all of whom transferred from Birmingham and earned NCAA All-American honors...has represented Great Britain and both the World and European cross country and track & field championships...boasts track & field personal-bests of 9:21.4 (3000m), 15:48.69 (5000m) and 33:09.50 (10,000m)...enjoyed outstanding 2012 cross country season, winning British Universities & College Sport (BUCS) Championships individual title and placing 12th at European Cross Country Championships...has ranked among the top 10 in U20 and U23 divisions for both the 5000 and 10,000 on the track from 2008-2012...has also recorded a half-marathon PR of 1:11.50...outstanding student pursuing master's degree in Nutritional Science...born August 9, 1991.





# WOMEN'S TEAM BIOS



## Chelsi Woodruff

Redshirt Junior

Winter Park, Fla. (Trinity Prep)

A redshirt junior, Woodruff is returning from an injury that limited her to just one cross country meet and one outdoor track & field race during the 2012-13 school year.

### Cross Country

**2012:** Competed in the season-opening Covered Bridge Open and placed 22nd in 19:50, but missed the remainder of the season with an injury.

**2011:** Emerged as the alternate at the NCAA South Region and NCAA Championship meets after a stellar season...competed in five meets and was FSU's No. 1 finisher at Covered Bridge Open and FSU Invitational (6th overall, 18:00.76) in 5k events...competed at Clemson Invitational/Pre-ACC and Pre-Nationals...placed 39th at ACC Championships – eighth on team – in 6k personal-best (21:23.8). **2010:** Redshirted as a true freshman.

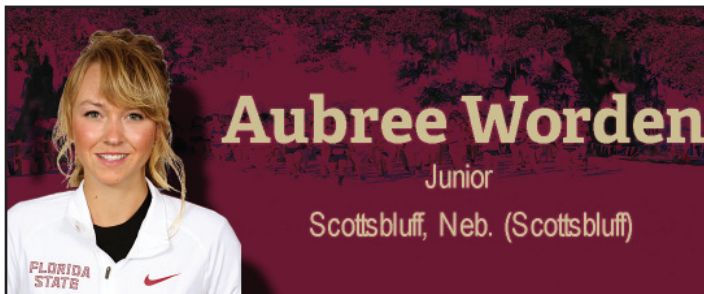
### Track & Field

**2013: Outdoor** - Injury limited schedule to one event, but established a huge personal-best in the 1500m at the FSU Invitational (4:33.29).

**2012: Outdoor** – competed in five meets and emerged as one of the top 10 steeplechase performers in FSU history...highlight of season came at Florida Relays with sixth-place showing in 3000 steeplechase, in personal-best 10:38.78, which is No. 8 on FSU's all-time list...ran 4:36.82 in 1500m at Seminole Invitational...placed 11th at ACC Championships in steeplechase (10:48.17). **Indoor** – set a new 3000m PR indoors at the Spire Invitational (9:40.54)...also logged her indoor mile PR at Auburn Invitational (5:02.48)...placed 11th at ACC Indoor Championships in the 3000 (9:48.10). **2011:** established five new personal bests between the indoor and outdoor seasons as a redshirt freshman. **2010:** sat out season as a redshirt.

### Personal

Enjoyed an outstanding career at Trinity Prep in cross country and track, setting school records in cross country (5k), the 1600m and 800m...8th and 9th as a senior and junior at the 1A State cross country meet...earned All-State honors in track her final three seasons in the 800...a two-time member of the All-Central Florida cross country team...selected Trinity Prep Athlete of the Year as a senior...majoring in Family & Child Science...born Sept. 26, 1991.



## Aubree Worden

Junior

Scottsbluff, Neb. (Scottsbluff)

Junior battling back to form after long 2012-13 school year marred by injury...was in FSU's lineup for 2011 NCAA Championships meet and followed with outstanding track season in 2012.

### Cross Country

**2012:** Competed in four meets last fall for the 'Noles and got off to a fast start...finished 7th at Virginia Tech Invitational/Pre-ACC (21:48.44, 6k)...came back at Notre Dame Invitational with 17:19 (5k), then ran 21:30.6 (6k) at Pre-Nationals in Louisville...was shut down after ACC Championships meet due to injury. **2011:** slow-developing transition season as a true freshman ended on a high note with a 75th-place finish (20:50.2, 6k)

at NCAA Championships, which ranked fourth on the team for the fourth-place 'Noles...earned NCAA All-South Region honors with 17th-place finish in a 6k personal-best of 21:05.2...placed 29th overall as FSU's No. 7 runner at ACC Championships in 21:11.9...earned a spot in the varsity lineup with a breakthrough performance at Royal XC Challenge in Charlotte, N.C., where she was the first collegiate finisher in PR of 17:05.0.

### Track & Field

**2012:** Missed both the outdoor and indoor seasons following surgery.

**2011: Outdoor** – qualified for the NCAA East Preliminary Round in the 1500m on the strength of a huge PR (4:19.02) at the Bob Pollock Invitational...season also included a PR in 800m (2:09.19) at Virginia Challenge...earned All-ACC honors with 3rd-place finish at conference championship meet in the 1500...opened first collegiate outdoor season with 5000m PR at the UNF Invitational (16:42.78). **Indoor** – was a member of the ACC record-setting distance medley relay (11:08.7), running the 800m leg at the ACC Indoor Championships...also contributed an 8th-place finish in the mile at the conference meet...established her collegiate-best in the indoor mile at the Razorback Invitational (4:43.46).

### Personal

Arguably the most decorated distance runner in Nebraska high school history, claiming nine individual state titles at Scottsbluff High between cross country (three) and track (six)...won Nebraska Gatorade Cross Country and Track & Field Athlete of the Year honors, twice each...featured in Sports Illustrated's Faces In the Crowd...outstanding student who is majoring in Dietetics...four-time All-ACC Academic selection...born June 21, 1992.



## Teresa Ristow

Redshirt Sophomore

Melbourne, Fla. (Holy Trinity)

Returning to form after missing most of the 2012-13 school year due to injury...has spent time with B-team before earning performance-based promotion as she has returned to health.

### Cross Country

**2012:** Sat out 2012 season due to injury. **2011:** competed in three meets for the 'Noles... top finish came in collegiate debut at Covered Bridge Open 5k (19:15.60) to place 13th...was 22nd at FSU Invitational 5k in 19:10.03...also ran at Royal XC Challenge.

### Track & Field

**2013: Outdoor** – competed in the 5000m in two home, her first since the spring of 2012...opened with collegiate-best 18:21.94 at FSU Relays to place sixth...came back with fifth-place finish at Seminole Invitational (18:39.82). **2012: Outdoor** – saw action in three meets as a true freshman, all for 5000m...posted season-best 18:33.96 at Florida Relays...placed fourth at Seminole Invitational (18:42.00)...has not competed in any indoor meets.

### Personal

Enjoyed an outstanding high school career at Melbourne Holy Trinity as a part of three 1A state championship cross country teams and two-runner-up squads...turned in an outstanding senior season in 2010-11, winning FACA Senior All-Star Cross Country title at FSU's Apalachee Regional Park (18:29.00)...placed fourth at 1A state meet (18:04.36) to help claim second consecutive team title...notched 5k cross country PR at Holy Trinity Fall Classic (17:49.0)...placed third in 3200m at 2011 1A state track meet (11:10.68)...set personal-best in 3200 at Florida Relays (11:09.86)...lifetime best 5000m on track set at Holy Trinity All-Star Challenge (18:06.4)...outstanding student who has been on the President's List (4.0 GPA) three of four semesters at FSU...pursuing dual degree in Psychology and Business...born June 3, 1993.



# WOMEN'S TEAM BIOS



## Pippa Woolven

Redshirt Sophomore

Marlow, U.K. (U. of Birmingham)

Redshirt sophomore transfer from the University of Birmingham in the UK, where she was a teammate of fellow Seminole Hannah Walker...accomplished steeplechase runner who appears headed for spot among top seven on cross country team.

### Personal

Like British Olympic steeplechase star Barbara Parker, comes to FSU from Birmingham...brings impressive credentials to the table with personal-best marks on the track of 6:36.0 (2000m steeplechase) and 10:11.86 (3000m steeplechase)...ranked No. 1 in U20 UK and No. 3 all-time U20 for 3000m steeplechase...captured 2012 BUCS Championships in 2000m steeplechase in London Olympic Stadium record time...placed fifth at 2012 Olympic Trials and UK Championships in 3000m steeplechase...was ninth at 2012 World Junior Championships in steeplechase...cross country achievement include first-place finish at the Lotto Euro Cross Cup in Belgium and third-place at EAA Cross Country Permit in Spain, both representing home country...was eighth at BUCS Cross Country Championships last year...current major is Interdisciplinary Social Science...born July 26, 1993.



## Georgia Peel

Sophomore

Chobham, U.K. (Gordon's School)

One of the most celebrated signees in Florida State history...continues the long-standing tradition of outstanding middle distance runner from Great Britain who have suited up for the Seminoles.

### Cross Country

2012: Had an immediate impact in the lineup as a freshman, competing in five meets for the Seminoles... earned All-ACC honors by placing 14th at ACC Championship meet for 6k (20:52.5) as the second freshman in the field...followed two weeks later at home in the NCAA South Region with a 10th-place finish and a 6k personal-best (20:25.0) for All-Region honors... helped the 'Noles ascend to No. 1 in the rankings with ACC and South Region team titles...the Seminoles returned to the podium at the NCAA Championship meet with a fourth-place finish.

### Track & Field

2013: **Outdoor** –Raced in six meets over the course of the season, focusing primarily on the 800 and 1500...established new personal-bests outdoors in the 5000m (16:29.09) at Florida Relays and 1500m (4:14.40) to win Seminole Invitational...that 1500m time ranked No. 2 collegiately at the time and was good for No. 11 in the final regular season rankings... qualified for NCAA East Preliminary in the 1500m and advanced to the quarterfinals, where her season came to a close. **Indoor** – enjoyed an outstanding freshman indoor campaign, highlighted by her All-American contribution to FSU's fourth-place NCAA Indoor distance medley relay team...two weeks earlier Peel split 2:06.03 on her 800m leg of the DMR at the ACC Championships meet as the Seminoles set the meet record (10:57.41), which ranks as one of the 10-fastest times in NCAA history... ranked among the top 20 collegiate milers on the strength of her personal-best 4:37.21 at the UW Husky Classic.

### Personal

Gained national recognition in Great Britain by winning the English Schools 1500 meter championship in 2009 and the 800 meter title in 2010...finished fourth in the 1500 at the 2011 World Youth Championships in Lille, France...placed 40th at the 2011 World Cross Country Championships in Spain...currently lists major as Exploratory...born May 26, 1994.



## Carly Thomas

Sophomore

Tallahassee, Fla. (Chiles)

Second-year Seminole battling for a spot in the top seven after serving as alternate on last season's NCAA South Region and NCAA Championship team as a true freshman.

### Cross Country

2012: Competed in five meets last season, including the ACC Championship, where she placed 28th overall – the fourth freshman finisher in the field – and was FSU's No. 8 runner in a season-best 6k-time (21:18.8)... placed third overall (17:38.1) at the Royal Cross Country Challenge ... turned in a 5k cross country personal-best at Notre Dame Invitational (17:34.5).

### Track & Field

2013: Competed in five outdoor meets after sitting out the indoor season as a redshirt...opened season with a personal-best in the 5000m at the Florida Relays (17:23.57)...placed 15th at the ACC Championships in her first competitive 10,000 (36:29.71).

### Personal

Tallahassee native who helped Chiles High to three consecutive 3A state cross country championships...won the 2009 3A individual state title as a sophomore...as a senior set 3200m PR at Florida Relays (10:43.54) and 1600 PR at 3A state championship meet (5:03.17)...finished ninth at 2010 Nike Cross Nationals Southeast Regional in 17:57.20 on tough WakeMed Course in Cary, N.C....a four-time All-State performer in cross country with four top-five finishes...also four-time All-State selection on the track with four podium finishes in the 3200, two in the 1600 and one in the 4x800... majoring in Sport Management...born April 25, 1994.



## Bridget Blake

Freshman

Orlando, Fla. (Dr. Phillips)

One of the most decorated distance runners in the state of Florida throughout her high school career, with range from 800-5000 meters...will compete for a spot in the Seminoles' top seven as a freshman.

### Personal

Starred at Dr. Phillips High in Orlando where she won three 4A state titles in cross country and six individual titles in track & field, pulling off the 1600-3200 double as both a junior and senior...in all, won nine state titles between cross country and track and is the most decorated high school distance runner from Central Florida since Jenny Barringer Simpson...a two-time qualifier for the Foot Locker National Championships cross country meet, she finished 15th (17:56) as a senior...qualified seventh from Foot Locker South with 5k personal-best (17:12.0)...won her third cross country state title in 2012 at FSU's own Apalachee Regional Park



## WOMEN'S TEAM BIOS

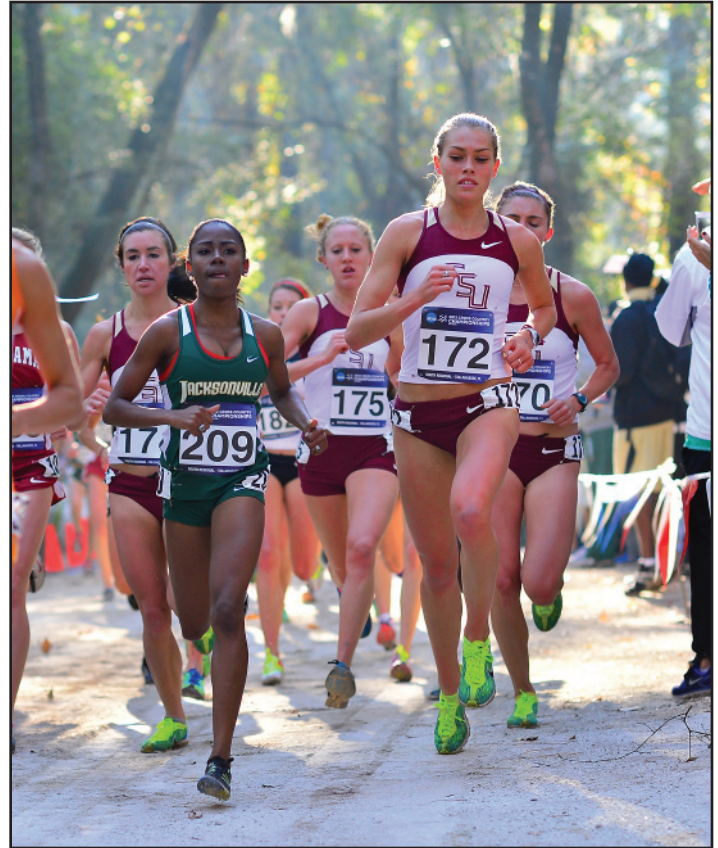
(17:53.04)...was runner-up as a freshman while competing for Freedom High...posted senior season bests in 1600m (4:54.74), 3200 (10:40.3) and 800 (2:14.78)...outstanding student-athlete who has designs on a degree in Exercise Science from FSU...born May 9, 1995.



Late addition to the Florida State roster after being granted a release from letter of intent with Iowa State...talented freshman who will contend for a spot in the top seven right away.

### Personal

One of the top runners in the country as a senior at Waverly-Shellrock High School in Waverly, Iowa...enjoyed a decorated career at the prep level, claiming a combined eight state titles between cross country and track & field...Iowa Gatorade Cross Country Runner of the Year as a senior...earned All-American honors after placing seventh at Foot Locker National Championships (17:42.40) and finish No. 11 in the final MileSplit national rankings...earned a spot on Team USA for the Great Edinburgh International Cross Country Championships, placing 15th in the Junior Women's 4k race (14:52) as the No. 4 runner for her country...was outstanding at USA Junior Championships in Des Moines, Iowa this past summer, placing second in 3000m (9:48.23) and advancing to the finals in the 1500m (4:35.13) – both personal-best marks...outstanding student who will pursue a degree as a Pre-Health major...born Feb. 28, 1995.





# SEASON OUTLOOK

## Veteran All-Americans pace new-look teams with same standards

There are no names on the back of cross country jerseys, but Florida State coaches Bob Braman and Karen Harvey might want to consider nametags for their respective 2013 squads.

One year after Harvey's FSU women placed fourth and Braman's men finished fifth at the NCAA Championship meet, the Seminoles begin anew with their same goals and a host of new faces.

Each team returns only two runners from their seven-member lineups that chased titles in Louisville, Ky. last November. Fortunately, both coaches will have a returning All-American to show the way and provide the leadership necessary to extend impressive streaks.

Junior Colleen Quigley and senior Jakub Zivec placed 12th and 21st, in their respective women's and men's races at last year's championship races.

"We will have to find our identity in the first half of the year," said Braman, now in his 14th season at the helm of the Seminoles. "How we do in the championship season will likely be set by the bonding and work ethic established early on. I like the talent of this team but we have a long ways to go to reach the standard set the last five years."

Dating to 2003, the Seminole men have made 10 consecutive NCAA Championships appearances, which is tied for the seventh-longest active streak among Division I programs. They have finished third or better at nine of the last 10 Atlantic Coast Conference Championships over that same stretch.

The Florida State women are working on an equally impressive stretch. The program has made seven consecutive NCAA Championship appearances, including six in a row under Harvey's watchful guise. Not only have each of Harvey's six previous teams finished on the podium – in the top four – at the NCAA Championship meet, they have also carried home the last six ACC Championship trophies.

"It's been awhile that Florida State women's cross country has not been the favorite to win the ACC title and earn a spot in the NCAA top 10," Harvey said. "We have a lot of integrating of new talent to the FSU system and that weight will fall a lot on myself. I feel very blessed that our team captains, Colleen Quigley and Linden Hall, will help lead this team through the season.

"I remember 2007 and what it was like to be underdogs. Like then, we will have to quickly learn to sacrifice, be disciplined, focused and hungry for success as a team."

Neither squad will be void of talent. In addition to Zivec, who was the NCAA South Region champion and an All-ACC performer last season, sophomore Zak Seddon returns to the lineup off an outstanding track season. Seddon won the



**FSU sophomore Zak Seddon**

U23 European Championships in the steeplechase for his native Great Britain in July, following up his ACC title and NCAA Championships appearance in the spring. As a freshman, he won the Virginia Tech Cross Country Invitational, earned All-South Region honors and was FSU's No. 6 finisher at the NCAA Championship meet.

"Zivec and Seddon are two of the most gifted runners I've ever coached, and are natural leaders for this squad," said Braman, who enters his fourth decade of collegiate coaching.

A host of transfers and newcomers will help pilot the 'Noles through the 2013 season. Missouri transfer Bryant Blahnik (11th, 2012 SEC meet) and Cornell graduate Kevin Johnson, who will compete as a grad school student, bring valuable experience to the fold.

The late addition of Matt Mizereck, a Tallahassee native and senior transfer from Florida where he was a two-time All-Region performer, should provide a big lift.

Glen Yarham, an Australian with significant international experience, has three years of eligibility remaining and loads of talent. He is joined by two more newcomers from the high school ranks: two-time Foot Locker finalist and Illinois state champion Grant Nykaza and Avery Lopez, who starred at Florida powerhouse Miami Belen Jesuit.

Redshirt senior Josh Gracia returns for his second season eager to make an impact, and his offseason commitment has led Braman to make him a tri-captain along with Zivec and Seddon.

Redshirt freshmen Chris Godwin and Max del Monte – promising signees a year ago – are on the comeback trail after putting a transition season at the Division I level behind them.

Quigley, who won the Notre Dame Invitational

and was the runner-up at the NCAA South Regional, is the clear leader for the women. One of only seven women to earn All-American honors in cross country, indoor and outdoor track last season, the St. Louis, Mo. native will be among the nation's best this fall.

Beyond Quigley, sophomore Georgia Peel and junior Aubree Worden are the only other returnees who have competed in an NCAA Championship meet. Peel earned All-ACC and All-Region honors as a freshman and was the No. 6 finisher for the 'Noles at last year's NCAA meet. Worden's season was cut short by injury.

Linden Hall, a junior who missed all of last cross country season due to injury, is coming off a brilliant track season which culminated with a ninth-place finish in the 1500 at the NCAA meet.



**FSU junior Linden Hall**

Hall and Quigley will serve as co-captains for Harvey.

"We will not have three key runners from last year - Amanda Winslow, Violah Lagat and Kayleigh Tyerman – but we have a very high powered recruiting class coming in," Harvey said.

Harvey maintained FSU's long-standing pipeline to Birmingham University in the U.K. with the signing of Hannah Walker and Pippa Woolven. Walker is one of the top U23 10k and 5k runners in Great Britain, while Woolven is a rising talent in the steeplechase.

They will be joined by a pair of freshmen, Orlando's Bridget Blake and Anna Holdiman from Iowa, who have competed at Foot Locker Nationals.

Among the returnees battling for spots in the top seven, redshirt junior Chelsi Woodruff and sophomore Carly Thomas have been the alternates on FSU's last two NCAA Championship qualifying teams. Graduate student Jess Butler and redshirt sophomore Teresa Ristow have designs on fitting into the rotation as well.



## THE NEW LOOK ACC

# ACC

PROUD TO RING IN A NEW ERA OF THE ACC



### Conference cross country strength enhanced by additions

The Atlantic Coast Conference has long been considered one of the nation's finest when it comes to producing outstanding men's and women's cross country programs and addition of Notre Dame, Syracuse and Pittsburgh to the lineup for 2013 will only enhance that reputation.

A year ago the ACC sent five men's teams and three women's teams to the NCAA Championship meet, which includes only the top 31 nationally for each gender. The Notre Dame men and women also qualified, as did the Syracuse men, in their final season of Big East competition. Neither the Irish or Orange were one-time wonders.

In the NCAA championship history of the sport, which dates to 1938 for the men and 1981 for the women, only one program has made more cross country championship appearances than the 48 of the Notre Dame men. The 18 appearances by the Syracuse men ranks third among all current ACC programs. And while Pittsburgh has not been a formidable, they have been to the championship seven times on the men's side, which is more than Maryland, North Carolina and Virginia Tech. On the women's side, Notre Dame has made 11 trips to the championship meet and Syracuse has been four times in the last five years.

"I've always felt that the ACC is the premier cross country conference nationally, but there's no debate now as we've added to long-standing cross country powers in Notre Dame and Syracuse," FSU coach Bob Braman said. "The ACC Championship is going to be one whale of a meet come November 1st."

"It's a great conference in all six sports," veteran Notre Dame coach Joe Plane said, referencing the indoor and outdoor track programs as well. "Teams like Florida State and Clemson are perennial national powers and we get to compete against them at several meets throughout the year. ... There are some great coaches and student-athletes in a league that is just filled with elite schools. We look like a lot of the schools and that makes



**FSU, Virginia, Virginia Tech and NC State were among five ACC teams (along with Duke) that qualified for the 2012 NCAA Championship meet. So did 2013 newcomers Notre Dame and Syracuse.**

me very excited to get started. It will provide a great challenge for all our teams."

That challenge runs both ways. FSU women's cross country coach Karen Harvey has guided her team to five consecutive ACC titles, but is quite wary of the influx of talent that comes with the new programs.

"With the addition of the new teams to the ACC we will have to be at the top of our game," Harvey said. "It is going to be super competitive."

### All-Time NCAA Cross Country Appearances By ACC

#### Men

**Boston College (1):** 1984  
**Clemson (9):** 1977-78-80-81-82-83-84-87-88  
**Duke (12):** 1957-58-70-71-74-98-2000-01-09-10-12  
**Florida State (11):** 1981-2003-04-05-06-07-08-09-10-11-12  
**Georgia Tech:** none  
**Maryland (5):** 1954-72-74-75-76  
**Miami (1):** 1985  
**North Carolina (5):** 1963-70-71-85-91  
**NC State (25):** 1951-52-84-85-86-87-91-92-95-96-98-99-2000-02-02-03-04-06-07-08-09-10-11-12  
**Notre Dame (48):** 1938-39-40-41-42-44-45-46-47-48-49-50-51-52-54-55-56-57-58-59-60-62-63-64-65-66-84-87-88-91-94-95-96-97-99-2000-01-02-04-05-06-07-08-10-11-12  
**Pittsburgh (7):** 1951-53-54-64-70-75-90  
**Syracuse (18):** 1946-47-48-49-51-52-53-54-56-57-58-59-61-74-2009-10-11-12  
**Virginia (11):** 1970-1983-84-2003-05-06-07-08-09-10-12  
**Virginia Tech (5):** 1969-70-82-87-2012  
**Wake Forest (9):** 1988-89-90-92-93-95-96-2000-01

#### Women

**Boston College (17):** 1984-85-91-94-95-96-97-99-2000-01-05-06-07-08-10-11-12  
**Clemson (10):** 1981-82-83-84-85-86-87-89-90-93  
**Duke (11):** 1999-2000-02-03-04-05-06-07-09-10-12  
**Florida State (9):** 2002-03-06-07-08-09-10-11-12  
**Georgia Tech (2):** 2000-01  
**Maryland:** none  
**Miami:** none  
**North Carolina (14):** 1983-93-96-98-99-2000-01-02-03-04-05-06-07-10  
**NC State (27):** 1983-84-85-87-88-89-90-91-92-93-95-96-97-98-99-2000-01-02-03-04-05-06-07-10-11  
**Notre Dame (11):** 1993-99-2001-02-03-04-05-08-09-11-12  
**Pittsburgh:** none  
**Syracuse (4):** 2008-09-10-11  
**Virginia (12):** 1981-82-91-93-2001-02-05-06-08-09-10-11  
**Virginia Tech (1):** 2006  
**Wake Forest (11):** 1987-92-94-97-98-2000-02-03-04-05-06



# APALACHEE REGIONAL PARK



## Florida’s “Cross Country Playground” is home to the Seminoles

It began with Leon County’s green light for space utilization, a topographical map, and a couple of machete-wielding men with a passion for running and even bigger dreams. Five years later the Apalachee Regional Park Cross Country Course is one of the finest facilities in the country and getting better each year.

“It’s been almost five years from when we walked out there and said, ‘OK, how does one design and build a course?’” Florida State men’s cross country coach Bob Braman said. “From the very get-go, we knew we could attain a regional championship course and we also knew we weren’t too many years away from having our turn hosting the ACC Championship.”

Braman and Gulf Winds Track Club’s Brian Corbin were the men who not only plotted the course, but carved it from undeveloped land. Thanks to the collaborative efforts of Leon County, Florida State University and the Gulf Winds Track Club, all of whom have provided physical and financial support, Apalachee Regional Park – The ARP – is home to one of the nation’s finest cross country programs and is rapidly becoming a fixture on the big stage racing circuit.

The course hosted its first meets in 2009, highlighted by the annual FSU Invitational, which includes collegiate and high school competition. As the venue continued to improve the number of meets, and the size of those meets, grew commensurately. The big break came when the course was awarded both the 2012 NCAA South Region and a three-year contract to host the Florida High School Athletics Association (FHSA) State Championship meets. By virtue of landing those two events, the 2012 FSU Invitational became a “must-attend” event, drawing well over 2,000 runners eager to preview the venue over the course of the two-day, 12-race events.

“This has been a very proud moment for us to be able to partner with Florida State and our local running community through the Gulf Winds Track Club, establishing a venue that’s worthy of attracting such events,” said Leon County Administrator Vincent Long. “We would not have been able to do that without that partnership. It also opened minds perfectly in everything we’re trying to do in our community in the area of tourism. This is just a great fit and we’re happy to be a part of it.

“One of the things that makes me most proud about this is I don’t think this could have happened if there had been a year-long plan, or a consultant’s study or 35-point plan. This happened because people could talk to each other and staff at the university and staff at the county were really able to



**This aerial view near the finish chute at Apalachee Regional Park provides a glimpse of both the starting area (top left) and dense woods that make up the home course of the Seminoles.**

look at what would work. We would have not had the level of expertise if we had gone out and created this facility ourselves.”

From the moment it opened Braman and others took to calling the ARP, “Florida’s Cross Country Playground,” and for good reason. The layout, which can accommodate virtually any traditional racing distance from two miles to 10,000 meters, features a blend of terrains, from spacious and tightly-mowed grass fields at the start to the crushed and packed shell/clay portions that wind through dense woods on the north side of the course, which borders Lower Lake Lafayette.

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. Among the many improvements which were part of a \$250,000 upgrade project, was the addition of roughly 24 acres of parking with direct access to the



# HOME TO THE 'NOLES

course. Additional changes to the course included the widening of the trails to meet NCAA specifications, along with some modest adjustments to the routing.

From the huge, grassy meadow starting area runners set off for a gap between two huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately a half-mile into the race, runners hook up with a 15-meter wide crushed shell path, which winds through another meadow, a pine stand and through a heavily shaded hammock before it descends just before the mile mark.

Over approximately the next 800 meters the crushed shell trail parallels the lake's edge until it bends to the left. In a span of 70 meters runners make a 40-foot climb – the equivalent of a four-story building - up what is commonly called "The Wall" before emerging at the meadow behind the starting line area.

The first or primary loop of the course, which measures nearly 3,000 meters, can be repeated to achieve the desired race distance. It can also be altered by accessing several additional smaller loops that branch off the main course and are identical in terms of running surface.

It is that kind of flexibility which enabled Florida State to not only land the 2012 NCAA South Region, one of nine regional meets which annually qualify teams for the NCAA Championship, but also positions the school - and the course - for even bigger events down the road.

FSU is in the rotation to host the 2015 Atlantic Coast Conference Championship meet and Braman has made it clear he wants the regional meet to return, perhaps as early as 2014 and again in 2016. But there is an even bigger carrot being dangled.

Florida State has submitted a bid to host the 2016 NCAA Championship meet, which, if successful, would provide another financial boon to the community. Actually, two of them. Should the NCAA accept the school's proposal, FSU would also play host to a Pre-National meet, which would draw even more teams to Tallahassee than the championship.

Those were exactly the kind of events Braman and Corbin had in mind between swings of the machete more than five years ago. It is also one reason Leon County has been firmly behind the endeavor.

"The Board of County Commissioners views this as a real investment," said Long. "It's a relatively small investment, but we think it's going to have a big economic return."

"It's also going to bring events of a world-class nature to Tallahassee - probably an NCAA meet and the Pre-National meet and then you could look at the World Cross Country Trial, the USA Club Championships," Braman said. "All of those events are extraordinarily attainable with the weather and the support that we've got from the county and the community."

With the help of Brian Hickey, Sports Marketing Director for Visit Tallahassee, Leon County has been trumpeting the potential benefits of EcoTourism locally. Just recently the county launched a website - Trailahassee.com - which features Apalachee Regional Park as one of dozens of venues ideal for running, hiking, biking and canoeing.

While the ARP is the racing home for the Seminoles, the myriad of local trails are regularly used by the FSU men's and women's teams for training, which helps the nationally-ranked program stand out from the crowd



Runners traverse a crushed shell trail through the dense woods which border Lower Lake Lafayette.

when it comes to attracting top talent.

And Apalachee Regional Park plays no small role, especially with the additional exposure it has received in recent years throughout the state and southeast, and with even bigger events headed to the venue in the near future.

"This has been an unbelievable partnership," Braman said. "Gulf Winds, with Brian Corbin, Bill Lott, Judy Alexander and all of their people, have done the work days and supported it financially to build the thing. Obviously, FSU's been very supportive, putting a lot of money into it, as well as work days with our cross country teams"



Runners crest a final hill (top) and begin their finishing kicks. A permanent stage makes a great back-drop for post-race awards (below).

## ARP Course Records

### Men

10,000 meters:	Jakub Zivec, Florida State, 2012	30:23.9
8,000 meters:	Evans Kirwa, Embry-Riddle, 2012	24:40.0
5,000 meters:	Andres Arroyo, Colonial H.S., 2012	15:18.95

### Women

6,000 meters:	Violah Lagat, Florida State, 2012	20:06.6
5,000 meters:	Jackie Drouin, unattached, 2011	17:30.23
5,000 meters:	Rachel Givens, Chiles H.S., 2012	17:48.78



# 2012 SEASON REVIEW

A fifth consecutive NCAA Championship podium finish by the Florida State women's team and an inspiring fifth-place performance by the men at Louisville's Tom Sawyer State Park, capped an impressive season by the Seminoles harriers.

For the third consecutive season, coach Karen Harvey's Seminole women laid claim to the NCAA South Region team title, this time on their home course at Apalachee Regional Park with a team record-tying 24 points, behind champion Violah Lagat and runner-up Colleen Quigley. Not to be outdone, Bob Braman's FSU men laid claim to a second consecutive South Region title in impressive fashion. Led by the side-by-side, 1-2 finish of Jakub Zivec and Breandan O Neill, the 'Noles totaled just 27 points - the fewest in program history - to win in a landslide on their home turf.

Lagat's remarkable closing stretch to a memorable senior campaign began with her runaway victory at the ACC Championship meet, delivering the 'Noles their fifth consecutive title. Five Seminoles earned All-ACC honors. O Neill was the runner-up on the men's side at the ACC Championship meet in Blacksburg, Va. as the Seminoles placed third in one of the tightest three-team finishes in meet history. Three 'Noles earned All-ACC distinction.

### Covered Bridge Open

The two teams made the trek to Boone, N.C., their annual getaway, and kicked off the 2012 campaign with easy team wins at the Covered Bridge Open. Linden Hall and Jessica Butler posted a 1-2 finish and freshman Carly Thomas was sixth overall, paving the way to victory. Graduate student Paul Lagno finished second in his FSU debut, while O Neill and Will Bridges were fourth and fifth to lead the men to victory.

### Virginia Tech Invitational/ Pre-ACC

The Seminoles got their first look at the ACC Championship course and had no trouble dispatching the competition. Freshman Zak Seddon (25:08.3) set the course record and earned his first collegiate victory as the FSU men scored just 19 points as Zivec and O Neill chased the youngster across the finish line for a 1-2-3 sweep. FSU's women were even more impressive as senior Amanda Winslow was the first of five consecutive Seminole finishers for a perfect 15-point total.

### Notre Dame Invitational

The Notre Dame Invitational once again provided the Seminoles with their first test of the season and both teams were up for the challenge. Led by sophomore Colleen Quigley's individual victory over the 5k course (16:29), the second-ranked FSU women romped to the title with four finishers among the first seven. Seniors Lagat (3rd, 16:45), Kayleigh Tyerman (5th, 16:47), Winslow (7th, 16:49) and Jessica Parry (12th, 16:57) contributed to the 28-point total. The 'Noles defeated three other ranked opponents in the 19-team field.

Braman's Seminole men collected some valuable at-large points with a fourth-place finish, highlighted by Zivec's collegiate-best, fourth-place finish (23:40) over the five-mile course. O Neill was ninth (23:56) and Lagno was 23rd (24:13) as the 10th-ranked men dispatched ranked ACC rivals NC State and North Carolina, who were among the 21-team field.

### FSU Invitational

In what served as a preview for several teams of the NCAA South Region meet, the 40th annual FSU Invitational drew its largest field of competitors. Though only a handful of FSU's top 10 runners toed the starting line at Apalachee Regional Park, both the women and men emerged victorious. Senior Jennifer Dunn (21:49.0) and grad student Jess Butler (21:59.1) placed fourth and sixth, respectively, to lead the women to victory in the first collegiate 6k race at the course. Senior B-team standout Katherine McMeekin was 11th as the 'Noles easily out-distanced the competition. On the men's side, Bridges led a late-race surge by the 'Noles, who overhauled in-town rival Florida A&M (64-80) and claimed the title. A redshirt freshman, Bridges placed fourth (25:18.2). Grad student Seth Proctor (5th, 25:26.8) was right behind him, but walk-on Dominick Cabrera (15th, 26:12.9) was critical in sealing the victory.

### Royal XC Challenge

A small group of Seminoles headed to Charlotte, N.C. and came away with some positive results at the Royal XC Challenge. On the women's side, Thomas led the way by placing third overall (17:38.1) in the 5k race at McAlpine Park and Butler was fourth (17:44.6). Backed by the top B-team runners, the women placed third overall. Sean Quinn placed 13th overall in the men's 8k race (25:07.7), though the 'Noles did not score a full team.

### Louisville Invitational/Pre- Nationals

The Florida State women appeared undaunted racing as the nation's top-ranked team for the first time, as they got their first look at Tom Sawyer State Park, which would host the NCAA Championship meet in a month. Harvey's team was not to be denied as Lagat (3rd, 20:00.6), Quigley (6th, 20L06.4) and Winslow (14th, 20:15.9) paved the way for the Seminoles to win the title and remain unbeaten on the season. FSU edged fourth-ranked Oregon (72-87) for the team title and also dispatched No. 6 Georgetown and No. 8 Michigan from the field of 38 teams.

Braman's Seminole men arrived ranked 14th nationally and helped their cause with an impressive fourth-



Colleen Quigley and Violah Lagat led the way at the NCAA Championship meet, earning All-American honors along with Amanda Winslow.



Jakub Zivec (top) and Breandan O Neill (below) earned All-American honors at the 2012 NCAA Championship meet.





# 2012 SEASON REVIEW

## Honors & Accolades

### Performers of the Year

**Jakub Zivec:** USTFCCCA South Region Athlete of the Year

**Violah Lagat:** ACC Performer of the Year; USTFCCCA South Region Athlete of the Year

### Coaches of the Year

**Bob Braman:** USTFCCCA South Region Men's Coach of the Year

**Karen Harvey:** ACC and USTFCCCA South Region Women's Coach of the Year

### USTFCCCA All-Americans

**Men:** Jakub Zivec, Breandan O'Neill

**Women:** Violah Lagat, Colleen Quigley, Amanda Winslow

### USTFCCCA All South Region

**Men:** David Forrester, Paul Lagno, Breandan O'Neill, Seth Proctor, Wes Rickman, Zak Seddon, Jakub Zivec

**Women:** Jennifer Dunn, Violah Lagat, Georgia Peel, Jessica Parry, Colleen Quigley, Kayleigh Tyerman, Amanda Winslow

### All-ACC

**Men:** David Forrester, Breandan O'Neill, Jakub Zivec

**Women:** Violah Lagat, Georgia Peel, Colleen Quigley, Kayleigh Tyerman, Amanda Winslow

### ACC Individual Champion

**Women:** Violah Lagat

### ACC Performers of the Week

**Men:** Zak Seddon (Sept. 28), Jakub Zivec (Oct. 2)

**Women:** Colleen Quigley (Oct. 2), Violah Lagat (Oct. 16 & Oct. 30)

## Academic Recognition

### Capital One Academic All-American

Amanda Winslow (3rd team)

### Capital One Academic All-District

Amanda Winslow

Colleen Quigley

### ACC Scholar-Athlete of the Year

Jakub Zivec

### All-ACC Academic Men's Team

Paul Lagno, Seth Proctor, Jakub Zivec

### Women's Team

Jennifer Dunn, Jessica Parry, Colleen Quigley, Kayleigh Tyerman, Amanda Winslow, Aubree Worden

### USTFCCCA All-Academic Men's Team

Paul Lagno, Seth Proctor, Jakub Zivec

### Women's Team

Jennifer Dunn, Jessica Parry, Colleen Quigley, Kayleigh Tyerman, Amanda Winslow

### USTFCCCA All-Academic Teams

Florida State Men's Cross Country

Florida State Women's Cross Country



The FSU women's team on the podium after finishing four at the 2012 NCAA Championship meet.

place finish. Zivec continued his breakout season with a 10th-place finish (23:29.3) over the fast 8k track and O'Neill was 17th (23:45.0). The 'Noles finished behind No. 7 Colorado, No. 3 BYU and No. 15 Oregon, but knocked off four ranked teams (Tulsa, Villanova, Georgetown and William & Mary), as well as ACC contenders Duke and Virginia Tech.

### ACC Championships

Lagat fulfilled her mission of claiming an individual title, becoming the first ACC individual champion since Susan Kuijken in 2009, to lead a dominating performance by the Seminoles. It marked the sixth consecutive time the 'Noles carried home the ACC Championship trophy under Harvey. Quigley (4th, 20:17.6), Tyerman (5th, 20:20.1), Winslow (11th, 20:43.7) and freshman Georgia Peel (14th, 20:52.5) each earned All-ACC honors as the Seminoles out-pointed runner-up Duke 35-67.

The highly anticipated men's finish did not disappoint as only seven points separated first and third place. Despite All-ACC showings by O'Neill (2nd, 23:42.2), David Forrester (12th, 24:12.1) and Zivec (13th, 24:14.8), the 'Noles settled for third behind host Virginia Tech (55) and runner-up Virginia (61) with 62 points.

### NCAA South Regional

With comfortable temperatures and the crowd on their side, the Florida State men's and women's teams did not disappoint, delivering South Region titles on their home course at Apalachee Regional Park. For the second consecutive race, Lagat proved to be the class of the field, winning in a 6k course-record time of 20:06.6. The Seminole women not only swept the top three spots - Quigley and Winslow were second and third - but placed five in the top 10 as Tyerman was eighth and Peel 10th. FSU's winning 24-point total matched the program's record for fewest at the meet. Also, for the third consecutive year, all seven Seminoles finished in the top 25 to earn All-Region honors as Parry was 13th and Dunn was 20th. Vanderbilt was a distant second with 112 points as the top two teams claimed spots in the NCAA Championship field.

Not to be outdone, the men put all the pieces together for an equally impressive title defense in front of the home crowd, securing their 10th consecutive NCAA Championship meet appearance. Zivec (30:23.9) and O'Neill (30:23.9) celebrated the romp as they raced to a 1-2 finish doing their best Seminole chop over the final 100 meters. Senior Wes Rickman was close behind in a career-best fourth (30:37.2), while Proctor (9th, 30:44.3) gave the 'Noles four finishers in the top 10. Forrester (11th) rounded out the scorers, but Seddon (17th) and Lagno (22nd) also earned All-Region honors, marking the first time all seven 'Noles gained that distinction. FSU finished with a career-low 27 points to out-distance runner-up Georgia (48).

### NCAA Championships

The top-ranked Florida State women had all of the front-end firepower it needed to claim the program's first NCAA Championship as Lagat (11th, 19:52), Quigley (12th, 19:53) and Winslow (17th, 20:02) claimed All-American honors. The Seminoles, however, came up short in their title bid and settled for fourth place for the second consecutive year.

On the men's side, Braman was hoping his squad could muster a top-10 finish and they exceeded expectations. With Zivec (21st, 29:47) and O'Neill (28th, 29:52) earning All-American honors, Forrester (62nd), Rickman (77th) and Proctor (131st) pushed the 'Noles to a fifth-place finish - the second best showing by FSU in NCAA Championship history. The 'Noles finished just 48 points out of fourth place and a podium finish.



# 2012 MEN'S RESULTS

## Covered Bridge Invitational Aug. 31

at Boone, N.C.

### Team Results

1. Florida State	35
2. Appalachian State	41
3. North Carolina	75
4. Northern Kentucky	104
5. East Tennessee State	111

### Individual Results (8k)

2. Paul Lagno	25:15.2
4. Breandan O'Neill	25:23.9
5. Will Bridges	25:25.6
11. Josh Gracia	25:39.4
18. David Forrester	26:08.0
20. Sean Quinn	26:14.5
22. Daniel Millay	26:16.2
26. Mike Wallace	26:19.0

## Virginia Tech Invitational/Pre-ACC Sept. 14

at Blacksburg, Va.

### Team Results

1. Florida State	19
2. Wake Forest	72
3. Virginia Tech	75
4. Georgia Tech	117
5. Davidson	141
6. East Tennessee State	157
7. King College	203
8. Concord	204
9. Bluefield State	295

### Individual Results (8k)

1. Zak Seddon	25:08.53
2. Jakub Zivec	25:08.78
3. Breandan O'Neill	25:09.05
5. Paul Lagno	25:13.85
8. Will Bridges	25:20.96
9. Josh Gracia	25:33.49
12. David Forrester	25:36.09
42. Wes Rickman	26:13.67
57. Sean Quinn	26:42.97

## Notre Dame Invitational Sept. 28

at South Bend, Ind.

### Team Results

1. Tulsa	104
2. Princeton	139
3. Notre Dame	143
4. Florida State	152
5. Eastern Kentucky	167
6. New Mexico	200
7. Texas A&M	201
8. Washington State	230
9. McNeese State	231
10. NC State	237
11. North Carolina	253
12. Eastern Michigan	289
13. Ohio State	296
14. Illinois	298
15. Indiana State	334
16. Butler	361
17. Navy	415
18. Liberty	425
19. Michigan	500
20. Mississippi State	587

### Individual Results (5-mile)

4. Jakub Zivec	23:40
9. Breandan O'Neill	23:56
23. Paul Lagno	24:13
57. Zak Seddon	24:35
59. Wes Rickman	24:36
79. Josh Gracia	24:47
86. David Forrester	24:52
115. Will Bridges	25:16

## FSU XC Invitational Oct. 5

at Tallahassee, Fla.

### Team Results

1. Florida State	64
2. Florida A&M	80
3. Kennesaw State	113
4. Embry- Riddle	138
5. Florida Tech	162
6. West Florida	180
7. Tampa	182
8. Nova Southeastern	186
9. Florida Southern	209
10. South Florida	264
11. Webber	286
12. Flagler	297
12. Troy	297
14. Saint Leo	333
15. Valdosta State	345
16. Southeastern College	455

### Individual Results (8k)

4. Will Bridges	25:18.2
5. Seth Proctor	25:26.8
15. Dominick Cabrera	26:12.9
23. Michael Wallace	26:39.5
25. Daniel Millay	26:44.0
32. Sean Quinn	26:55.0

## Royal XC Challenge Oct. 12

at Charlotte, N.C.

### Individual Results (8k)

No Team Score	
13. Sean Quinn	25:07.7
18. Dominick Cabrera	25:20.6
25. Daniel Millay	25:35.8
46. Michael Wallace	26:18.9

## NCAA Pre-Nationals Oct. 13

at Louisville, Ky.

### Team Results

1. Colorado	72
2. BYU	127
3. Oregon	152
4. Florida State	275
5. Duke	287
6. Virginia Tech	288
7. Tulsa	292
8. Villanova	338
9. Georgetown	351
10. Florida	369
10. Eastern Michigan	369
12. Louisville	384
13. Boise State	399
14. William and Mary	434
15. Butler	465
16. McNeese State	471
17. Air Force	475
18. Lamar	517
19. UTEP	520
20. Indiana State	531
21. Montana State	549
22. Weber State	584
22. South Utah	584
24. Lehigh	625
25. Kentucky	643
26. Utah Valley	656
27. UC Santa Barbara	695
28. Central Michigan	698
28. UNC- Greensboro	698
30. Utah State	732
31. Duquesne	742
32. Miami (Ohio)	762
33. Iowa	782
34. Loyola (Ill.)	826
35. Rice	871
36. Cincinnati	880
37. Wichita State	896
38. Davidson	905
39. Bucknell	944
40. Kennesaw State	970

## Individual Results (8k)

10. Jakub Zivec	23:29.3
17. Breandan O'Neill	23:45.0
55. Seth Proctor	24:05.0
77. Paul Lagno	24:17.6
116. Wesley Rickman	24:37.0
141. Josh Gracia	24:46.7
219. Zak Seddon	25:30.4

## ACC Championships Oct. 27

at Blacksburg, Va.

### Team Results

1. Virginia Tech	55
2. Virginia	61
3. Florida State	62
4. NC State	74
5. Duke	112
6. North Carolina	149
7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	342

### Individual Results (8k)

2. Breandan O'Neill	23:42.2
12. David Forrester	24:12.1
13. Jakub Zivec	24:14.8
15. Wesley Rickman	24:17.7
20. Seth Proctor	24:29.9
26. Paul Lagno	24:39.7
27. Williams Bridges	24:40.1
43. Josh Gracia	25:02.9
87. Zak Seddon	26:25.6
93. Sean Quinn	26:44.9

## NCAA South Regional Championships Nov. 9

at Tallahassee, Fla.

### Team Results

1. Florida State	27
2. Georgia	48
3. Florida	67
4. Georgia Tech	212
5. Miss State	216
6. Chattanooga	227
7. East Tenn. St.	238
8. Tennessee	250
9. Memphis	277
10. Kennesaw State	305
11. Auburn	349
12. Mercer	398
13. Mississippi	401
14. Alabama	405
15. Florida A&M	422
16. Lipscomb	438
17. Georgia State	443
18. Samford	446
19. South Alabama	473
20. Florida Gulf Coast	477
21. Miami	493
22. Vanderbilt	494
23. Mississippi Valley	585
24. Tennessee Tech	652
25. Florida Atlantic	660
26. South Florida	678

### Individual Results (10k)

1. Jakub Zivec	30:23.9
2. Breandan O'Neill	30:23.9
4. Wesley Rickman	30:37.2
9. Seth Proctor	30:44.3
11. David Forrester	30:48.9
17. Zak Seddon	30:59.3
22. Paul Lagno	31:16.5

## NCAA Championship Nov. 17

at Louisville, Ky.

### Team Results

1. Oklahoma State	72
2. Wisconsin	135
3. Colorado	158
4. North Arizona	191
5. Florida State	238
6. BYU	245
7. Tulsa	247
8. Oklahoma	262
9. Texas	291
10. Arkansas	327
11. Princeton	358
12. Portland	365
13. UCLA	376
14. Virginia	382
15. Syracuse	405
16. Stanford	408
17. Columbia	439
18. Indiana	456
19. Georgia	466
20. Oregon	472
21. New Mexico	473
22. Virginia Tech	516
23. Michigan	518
24. Eastern Kentucky	522
25. Georgetown	534
26. N.C. State	550
27. Villanova	588
28. Notre Dame	591
29. Iona	626
30. Duke	725
31. Michigan State	755

### Individual Results (10k)

21. Jakub Zivec	29:47.7
28. Breandan O'Neill	29:52.7
62. David Forrester	30:26.2
77. Wesley Rickman	30:31.4
131. Seth Proctor	30:59.1
192. Zak Seddon	31:34.1
224. Paul Lagno	32:09.2



# 2012 WOMEN'S RESULTS

## Covered Bridge Invitational Aug. 31

at Boone, N.C.

### Team Results

1. Florida State	35
2. Appalachian State	41
3. North Carolina	75
4. Northern Kentucky	104
5. East Tennessee State	111

### Individual Results (5k)

1. Linden Hall	18:14.3
2. Jessica Butler	18:14.7
6. Carly Thomas	18:44.8
10. Jessica Parry	18:55.3
22. Cheisi Woodruff	19:50.3
23. Christine Griggs	19:56.5

## Virginia Tech Invitational/Pre-ACC Sept. 14

at Blacksburg, Va.

### Team Results

1. Florida State	15
2. Georgia Tech	76
3. Wake Forest	77
4. East Tennessee State	134
5. King College	144
6. Charleston (W.Va.)	183
7. Concord	194
8. Virginia Tech	208
9. Bluefield State	247

### Individual Results (6k)

1. Amanda Winslow	21:14.21
2. Violah Lagat	21:15.02
3. Kayleigh Tyerman	21:20.20
4. Colleen Quigley	21:26.85
5. Linden Hall	21:28.66
6. Jessica Parry	21:32.98
7. Aubree Worden	21:48.44
11. Carly Thomas	22:09.40
12. Jessica Butler	22:10.43
15. Jennifer Dunn	22:22.32

## Notre Dame Invitational Sept. 28

at South Bend, Ind.

### Team Results

1. Florida State	28
2. Notre Dame	110
3. New Mexico	147
4. NC State	148
5. Illinois	187
6. Northwestern	194
7. North Carolina	197
8. Princeton	209
9. Southern Methodist	237
10. Arizona State	244
11. Ohio State	249
12. Tulsa	283
13. Texas A&M	347
14. Ohio	364
15. Mississippi State	366
16. Alabama	378
17. Liberty	459
18. Washington State	499

### Individual Results (5k)

1. Colleen Quigley	16:29
3. Violah Lagat	16:45
5. Kayleigh Tyerman	16:47
7. Amanda Winslow	16:49
12. Jessica Parry	16:57
20. Linden Hall	17:05
34. Aubree Worden	17:19
63. Georgia Peel	17:35
64. Carly Thomas	17:35

## FSU XC Invitational Oct. 5

at Tallahassee, Fla.

### Team Results

1. Florida State	72
2. Tampa	101
3. Southern Miss.	110
4. Jacksonville	127
5. South Florida	132
6. Kennesaw State	151
7. Ebbry-Riddle	213
8. Nova Southeastern	224
9. Flagler	228
10. Florida A&M	235
11. West Florida	269
12. Valdosta State	317
13. Troy	319
14. Florida Tech	357
15. Saint Leo	363
16. Florida Southern	399
17. Pasco-Hernando CC	420
18. Southeastern College	563

### Individual Results (6k)

4. Jennifer Dunn	21:49.0
6. Jessica Butler	21:59.1
11. Katherine McMeekin	22:28.5
26. Christine Griggs	23:19.8
34. Kaitlyn Kelly	23:30.1
52. Erika Charlassier	24:16.0
54. Shelby Salimone	24:19.6
74. Erica Boccumini	24:56.5
95. Chantelle Brodie	25:27.8
98. Kendall Andrews	25:33.7
105. Cora Atkinson	25:56.9
106. Jensen Swopes	25:57.8
111. Alicia Aldridge	26:10.0
113. Brittany Carey	26:13.2
121. Mollie Hibbard	26:29.6
125. Rachel Walker	26:34.5
134. Allyson Pagan	26:55.0
137. Alexandra Midgett	26:56.5
142. Patterson McDulin	27:02.8
144. Hollis Bartlett	27:08.2
155. Laura Turner	27:37.3
157. Melissa Monroe	27:53.1
169. Maggie McCloskey	29:03.8

## Royal XC Challenge Oct. 12

at Charlotte, N.C.

### Team Results

1. Duke	56
2. Davidson	69
3. Florida State	77
4. Liberty	89
5. Western Carolina	137
6. Wofford	158
7. Elon	230
8. Charlotte	238
9. Mount Olive	298
10. South Carolina	303
11. Lenoir-Rhyne	337
12. Lee (Tenn.)	371
13. Spartanburg Methodist	399
14. Mars Hill	409
15. Brenau	417
16. Anderson (S.C.)	486
17. Converse	497
18. Queens (N.C.)	527
19. Savannah State	580
19. Newberry	580
21. Columbia Int'l	660
22. Morris	671
23. Coker	688
24. Fayetteville St.	761
25. Johnson C. Smith	769

### Individual Results (5k)

3. Carly Thomas	17:38.1
4. Jessica Butler	17:44.6
10. Katherine McMeekin	18:03.7
34. Christine Griggs	18:29.4
43. Christina Phipps	18:42.6
46. Erika Charlassier	18:44.0
52. Kaitlyn Kelly	18:55.3
66. Shelby Salimone	19:09.5
75. Chantelle Brodie	19:26.7

## NCAA Pre-Nationals Oct. 13

at Louisville, Ky.

### Team Results

1. Florida State	72
2. Oregon	87
3. Michigan	141
4. Georgetown	163
5. Texas	184
6. William and Mary	266
7. Colorado	273
7. Villanova	273
9. Florida	308
10. UC Davis	320
11. Butler	325
12. Kentucky	338
13. Southern Utah	475
14. Boise State	477
15. Utah	489
16. Clemson	530
17. Illinois	537
18. Air Force	546
19. Tulsa	553
20. UC Santa Barbara	575
21. Wichita state	593
22. Miami (Ohio)	596
23. New Hampshire	628
24. Ohio U.	646
25. Oregon State	697
26. Baylor	708
27. Kansas State	720
28. Loyola (Ill.)	747
29. Duquesne	761
30. Eastern Michigan	767
31. Virginia Tech	787
32. Appalachian State	808
33. Elon	836
34. UTEP	851
35. East Carolina	859
36. Eastern Kentucky	879
37. Xavier (Ohio)	958
38. Montana State	1053

### Individual Results (6k)

4. Violah Lagat	20:00.6
6. Colleen Quigley	20:06.4
14. Amanda Winslow	20:15.9
17. Kayleigh Tyerman	20:22.3
31. Jessica Parry	20:45.9
63. Georgia Peel	21:10.5
91. Aubree Worden	21:30.6

## ACC Championships Oct. 27

at Blacksburg, Va.

### Team Results

1. Florida State	35
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191
8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

### Individual Results (6k)

1. Violah Lagat	20:00.1
4. Colleen Quigley	20:17.6
5. Kayleigh Tyerman	20:20.1
11. Amanda Winslow	20:43.7
14. Georgia Peel	20:52.5
24. Jennifer Dunn	21:13.3
25. Jessica Parry	21:15.1
28. Carly Thomas	21:18.8
37. Aubree Worden	21:41.4
90. Jessica Butler	24:04.9

## NCAA South Regional Championships Nov. 9

at Tallahassee, Fla.

### Team Results

1. Florida State	24
2. Vanderbilt	112
3. Georgia	115
4. Florida	122
5. Mississippi	147
6. Alabama	248
7. Lipscomb	271
8. Samford	327
9. Miss State	328
10. Tennessee	333
11. Georgia State	351
12. North Florida	360
13. Southern Miss.	382
14. Belmont	406
15. UAB	412
16. Georgia Tech	416
17. Chattanooga	483
18. Jacksonville	488
19. Memphis	492
20. East Tenn. St.	532
21. Kennesaw State	548
22. UCF	568
23. South Florida	577
24. Mercer	652
25. Alabama State	697
26. Florida A&M	716
27. Troy	733
28. Florida Atlantic	763
29. Tennessee Tech	810

### Individual Results (6k)

1. Violah Lagat	20:06.6
2. Colleen Quigley	20:12.0
3. Amanda Winslow	20:13.9
8. Kayleigh Tyerman	20:22.5
10. Georgia Peel	20:25.1
13. Jessica Parry	20:30.4
20. Jennifer Dunn	20:38.7

## NCAA Championship Nov. 17

at Louisville, Ky.

### Team Results

1. Oregon	114
2. Providence	183
3. Stanford	198
4. Florida State	202
5. Michigan	247
6. Arizona	263
7. Duke	300
8. Connecticut	304
9. Washington	334
10. New Mexico	341
11. Iowa State	350
12. Georgetown	381
13. Cornell	385
14. Penn State	387
15. Notre Dame	394
16. Michigan State	422
17. Weber State	428
18. Arkansas	449
19. Boston College	462
20. Villanova	475
21. William & Mary	481
22. Minnesota	500
23. Florida	518
24. Colorado	519
25. Texas	526
26. Oklahoma State	565
27. Vanderbilt	611
28. Toledo	613
29. Butler	636
30. Georgia	642
31. Harvard	676

### Individual Results (6k)

11. Violah Lagat	19:52.7
12. Colleen Quigley	19:53.2
17. Amanda Winslow	20:02.4
82. Kayleigh Tyerman	20:39.7
155. Jennifer Dunn	21:09.3
186. Georgia Peel	21:25.8
232. Jessica Parry	21:49.9



# MEN'S CROSS COUNTRY HISTORY

## Postseason History

### NCAA Championships

- 1981 1. UTEP (17)... 8. Florida State (257)
- 2003 1. Stanford (24)... 29. Florida State (733)
- 2004 1. Colorado (90)... 17. Florida State (438)
- 2005 1. Wisconsin (37)... 18. Florida State (471)
- 2006 1. Colorado (94)... 30. Florida State (602)
- 2007 1. Oregon (85)... 20. Florida State (454)
- 2008 1. Oregon (93)... 26. Florida State (576)
- 2009 1. Oklahoma St. (127)... 30. Florida State (612)
- 2010 1. Oklahoma St. (73)... 2. Florida State (193)
- 2011 1. Wisconsin (97)... 12. Florida State
- 2012 1. Oklahoma St. (72)... 5. Florida State

### NCAA South Region

- 2001 1. Alabama (55)... 3. Florida State (85)
- 2002 1. Tennessee (51)... 4. Florida State (104)
- 2003 1. Georgia (37)... 2. Florida State (64)
- 2004 1. Florida State (59)**
- 2005 1. Alabama (40)... 2. Florida State (47)
- 2006 1. Florida State (67)**
- 2007 1. Alabama (28)... 2. Florida State (52)
- 2008 1. Alabama (49)... 3. Florida State (66)
- 2009 1. Alabama (45)... 2. Florida State (80)
- 2010 1. Alabama (30)... 2. Florida State (55)
- 2011 1. Florida State (40)**
- 2012 1. Florida State (27)**

### ACC Championships

- 1991 1. NC State (52)... 7. Florida State (200)
- 1992 1. NC State (46)... 8. Florida State (230)
- 1993 1. Wake Forest (36)... 8. Florida State (220)
- 1994 1. Wake Forest (46)... 9. Florida State (273)
- 1995 1. NC State (18)... 9. Florida State (230)
- 1996 1. NC State (30)... 7. Florida State (217)
- 1997 1. NC State (24)... 9. Florida State (232)
- 1998 1. NC State (26)... 8. Florida State (210)
- 1999 1. NC State (16)... 8. Florida State (218)
- 2000 1. Duke (39)... 7. Florida State (188)
- 2001 1. NC State (26)... 5. Florida State (134)
- 2002 1. NC State (17)... 5. Florida State (123)
- 2003 1. NC State (27)... 2. Florida State (66)
- 2004 1. NC State (47)... 2. Florida State (48)
- 2005 1. Virginia (30)... 2. Florida State (38)
- 2006 1. NC State (31)... 2. Florida State (79)\*
- 2007 1. Virginia (32)... 3. Florida State (130)\*
- 2008 1. Virginia (40)... 4. Florida State (80)
- 2009 1. NC State (56)... 3. Florida State (72)
- 2010 1. Florida State (43)**
- 2011 1. NC State ( 51)... 2. Florida State (55)
- 2012 1. Virginia Tech (55)... 3. Florida State (62)

\* - participation vacated by NCAA

### Metro Conference Championships

- 1976 1. Memphis State (43)... 4. Florida State (78)
- 1977 1. Saint Louis (38)... 4. Florida State (78)
- 1978 1. Florida State (43)**
- 1979 1. Florida State (39)**
- 1980 1. Virginia Tech (30)... 2. Florida State (38)
- 1981 1. Virginia Tech (24)... 2. Florida State (31)
- 1982 1. Florida State (37)**
- 1983 1. Virginia Tech (42) ... 4. Florida State (105)
- 1984 1. Virginia Tech (25) ... 2. Florida State (94)
- 1985 1. Virginia Tech (na)... 6. Florida State (110)
- 1986 1. Virginia Tech (39)... 4. Florida State (112)
- 1987 1. Virginia Tech (31)... 4. Florida State (92)
- 1988 1. Virginia Tech (33)... 3. Florida State (85)
- 1989 1. Virginia Tech (22)... 2. Florida State (55)
- 1990 1. Virginia Tech (24)... 2. Florida State (64)



The 'Noles celebrate after program-best runner-up finish at the 2010 NCAA Championships.

## All-Americans

Year	Athlete	Place/Time
1969	Ken Misner	13th/29:57.9
1981	Herb Wills	16th/29:44.9
2005	Andrew Lemoncello	21st/30:07.5
2010	Ciaran O'Lionaird	18th/30:14.0
	Michael Fout	28th/30:20.9
2011	David Forrester	16th/29:40.6
	Michael Fout	32nd/29:59.2
2012	Jakub Zivec	21st/29:47.7
	Breandan O'Neill	28th/29:52.7

## All-South Region

2001	Kim Bergdahl
	Dave Guera
	Joep Tigchelaar
2002	Nathan Adams
	Joep Tigchelaar
	Maarten van de Heuvel
2003	Luke Beevor
	Kevin Cook
	Ian Hornabrook
	Eddie Rodriguez
	Joep Tigchelaar
2004	Ian Hornabrook
	Tom Lancashire
	Andrew Lemoncello*
	Eddie Rodriguez
2005	Sean Burris
	Kevin Cook
	Tom Lancashire
	Andrew Lemoncello*
	Phil Nicholls
2006	Mark Buckingham
	Luke Gunn
	Tom Lancashire
	Andrew Lemoncello
2007	Mark Buckingham
	Luke Gunn
	Steeve Gabart
	Matt Leeder
	Daniel Roberts
2008	Steeve Gabart
	Jason Lakritz
	Matt Leeder
	Daniel Roberts
	Nick Sunseri



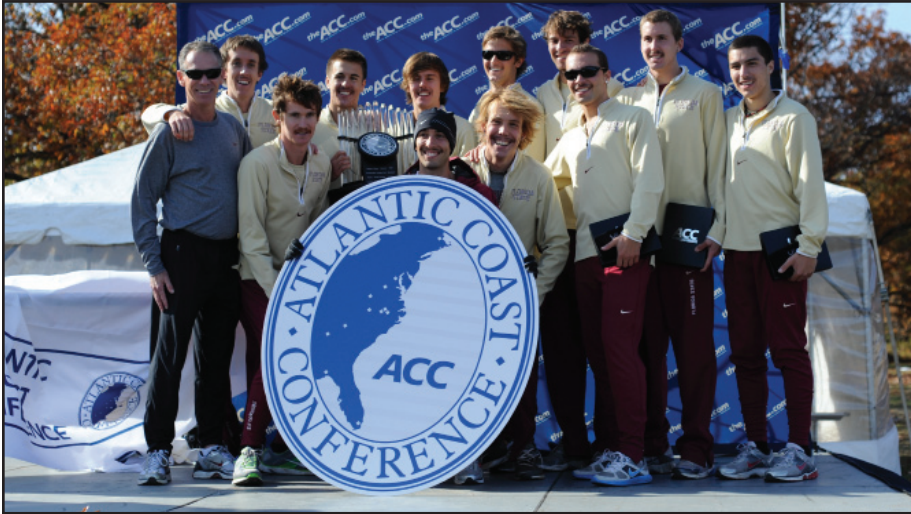
Andrew Lemoncello (left) was FSU's first All-American in 24 years in 2005. Michael Fout (right) is FSU's lone two-time honoree.

2009	Matt Leeder
	Ciaran O'Lionaird
	Wes Rickman
	Daniel Roberts
2010	Michael Fout
	Matt Leeder
	Ciaran O'Lionaird
	Seth Proctor
	Wes Rickman
	Alex Smyth
2011	David Forrester*
	Michael Fout
	Breandan O'Neill
	Seth Proctor
	Jakub Zivec
2012	Jakub Zivec*
	Breandan O'Neill
	Wes Rickman
	Seth Proctor
	David Forrester
	Zak Seddon
	Paul Lagno

\* - NCAA South Region champion



# MEN'S CROSS COUNTRY HISTORY



Florida State's 2010 team also claimed the program's first Atlantic Coast Conference title.

## All-ACC

2001	Joep Tigchelaar
2002	Joep Tigchelaar
2003	Joep Tigchelaar Ian Hornabrook
2004	Andrew Lemoncello* Ian Hornabrook Tom Lancashire Eddie Rodriguez
2005	Andrew Lemoncello* Tom Lancashire Sean Burris Phil Nicholls
2006	Tom Lancashire Andrew Lemoncello
2008	Steeve Gabaart Matt Leeder
2009	Matt Leeder Ciaran O'Lionaird Daniel Roberts
2010	David Forrester Matt Leeder Ciaran O'Lionaird Wes Rickman Jakub Zivec
2011	Michael Fout David Forrester Breandan O'Neill

2012	Seth Proctor Breandan O'Neill David Forrester Jakub Zivec
------	--

\* - ACC Individual Champion

## ACC Coach of the Year

2003	Bob Braman
2010	Bob Braman

## ACC Freshman of the Year

2001	Joep Tigchelaar
2009	Wes Rickman
2010	Jakub Zivec
2011	AJ del Valle

## All-Metro

1976	Donnie Cook Ron Montgomery
1977	Donnie Cook
1978	Herb Wills* Tom Herron John Hodge Doug Overfelt
1979	Doug Overfelt Marc Trigg John Hodge Herb Wills Tom Herron

1980	Larry Greene* Herb Wills Brett Hoffman
1981	Herb Wills* Larry Greene Marc Trigg Doug Overfelt Ron Treadway Phillip Rolle Scott Taylor
1982	Phillip Rolle* Ron Treadway Paul Waldron Richard Lewis Robert Shackelford
1983	Gregg Doss Paul Waldron
1984	Greg Doss
1985	Matt Farnen
1986	David Hosely
1987	David Greene
1988	David Keen
1989	David Keen Allen Williams Jason Frank
1990	Jason Frank Matthew Dobson

\* - Metro Individual Champion



Florida State's 1978 team won the first Metro Conference cross country team title.

## Academic Honors

### CoSIDA Academic All-American

2004-05	Tom Lancashire (2nd team)
2005-06	Tom Lancashire (1st team)
2006-07	Tom Lancashire (2nd team)
2010-11	Ciaran O'Lionaird (3rd team)

### CoSIDA Academic All-District

2004-05	Tom Lancashire (1st team)
2005-06	Tom Lancashire (1st team)
2006-07	Tom Lancashire (1st team) Andrew Lemoncello (2nd team)
2010-11	Ciaran O'Lionaird (1st team)
2011-12	Michael Fout (1st team)

### All-ACC Academic

2005	Tom Lancashire Andrew Lemoncello Phil Nicholls
2006	Tom Lancashire Andrew Lemoncello
2007	Mark Buckingham Matt Leeder Daniel Roberts
2008	Matt Leeder Jason Lakritz
2009	Matt Leeder Michael Fout
2010	Michael Fout David Forrester Jakub Zivec
2011	Michael Fout Seth Proctor
2012	Seth Proctor Paul Lagno Jakub Zivec

### ACC Scholar-Athlete of the Year

2009	Matt Leeder
2011	Michael Fout
2012	Jakub Zivec

### USTFCCCA All-Academic

2005	Tom Lancashire Andrew Lemoncello Phil Nicholls
2006	Tom Lancashire Andrew Lemoncello
2009	Matt Leeder
2010	Ciaran O'Lionaird Michael Fout
2011	Michael Fout Seth Proctor
2012	Jakub Zivec Seth Proctor

### USTFCCCA All-Academic Team

1996	Florida State
2010	Florida State
2011	Florida State
2012	Florida State



# WOMEN'S CROSS COUNTRY HISTORY

## Postseason History

### NCAA National Championship

- 2002 1. BYU (85)... 28. Florida State (657)
- 2003 1. Stanford (120)... 18. Florida State (455)
- 2006 1. Stanford (195)... 21. Florida State (436)
- 2007 1. Stanford (145)... 3. Florida State (236)\*
- 2008 1. Washington (79)... 3. Florida State (163)
- 2009 1. Villanova (86)... 2. Florida State (133)
- 2010 1. Villanova (120)... 2. Florida State (154)
- 2011 1. Georgetown (162)... 4. Florida State (189)
- 2012 1. Oregon (114)... 4. Florida State (202)

\* - participation vacated by NCAA

### AIAW National Championship

The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women's athletics through the 1981-82 academic year:

- 1977 1. Iowa State... 15. Florida State
- 1978 1. Iowa State... 15. Florida State
- 1979 1. NC State... 22. Florida State
- 1980 1. NC State... 21. Florida State<sup>^</sup>
- 1981 1. Iowa State... 11. Florida State

<sup>^</sup> - meet hosted by Florida State in Tallahassee

### NCAA South Region

- 2001 1. (-)... 3. Florida State (113)
- 2002 1. (-)... 2. Florida State (72)
- 2003 1. (-)... 2. Florida State (93)
- 2004 1. (-)... 4. Florida State (176)
- 2005 1. Tennessee (76)... 3. Florida State (118)
- 2006 1. Georgia (35)... 4. Florida State (84)
- 2007 **1. Florida State (40)\***
- 2008 **1. Florida State (41)**
- 2009 1. Florida (33)... 2. Florida State (54)
- 2010 **1. Florida State (24)**
- 2011 **1. Florida State (34)**
- 2012 **1. Florida State (27)**

\* - participation vacated by NCAA

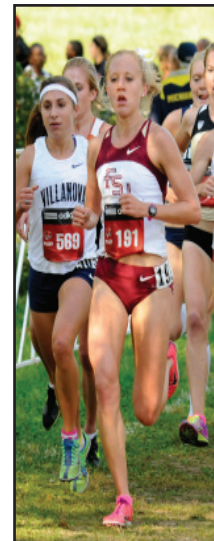
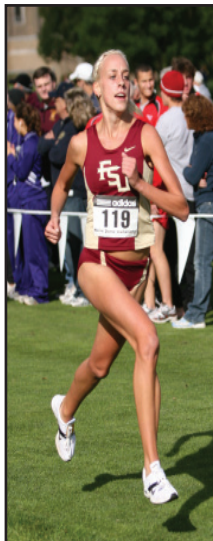
### ACC Championships

- 1991 1. NC State (25)... 5. Florida State (154)
- 1992 1. NC State (38)... 5. Florida State (164)
- 1993 1. NC State (46)... 7. Florida State (195)
- 1994 1. North Carolina (40)... 9. Florida State (235)
- 1995 1. NC State (40)... 9. Florida State (220)
- 1996 1. NC State (38)... 9. Florida State (247)
- 1997 1. NC State (28)... 9. Florida State (247)
- 1998 1. NC State (32)... 8. Florida State (220)
- 1999 1. North Carolina (44)... 8. Florida State (214)
- 2000 1. NC State (43)... 6. Florida State (128)
- 2001 1. NC State (39)... 7. Florida State (156)
- 2002 1. NC State (61)... 6. Florida State (134)
- 2003 1. North Carolina (40)... 5. Florida State (135)
- 2004 1. Duke (29)... 6. Florida State (168)
- 2005 1. Duke (20)... 7. Florida State (196)
- 2006 1. NC State (59)... 4. Florida State (118)
- 2007 **1. Florida State (64)\***
- 2008 **1. Florida State (27)**
- 2009 **1. Florida State (37)**
- 2010 **1. Florida State (52)**
- 2011 **1. Florida State (20)**
- 2012 **1. Florida State (35)**

\* - participation vacated by NCAA

### Metro Conference Championships

- 1985 1. Virginia Tech (29)... 2. Florida State (39)
- 1986 1. Virginia Tech (23)... 2. Florida State (39)
- 1987 1. Virginia Tech (25)... 2. Florida State (72)
- 1988 1. South Carolina (41)... 2. Florida State (46)
- 1989 1. South Carolina (39)... 2. Florida State (54)
- 1990 1. South Carolina (26)... 4. Florida State (83)



Left to right: Susan Kuijken is the only four-time All-American in FSU history. Two-time All-Americans Pasca Cheruiyot and Pilar McShine helped the 2010 team to a runner-up finish, while Amanda Winslow claimed All-American honors three times for the 'Noles.

## All-Americans

Year	Athlete	Place/Time
1981	Darien Andreu	18:28/20th#
2002	Vicky Gill	20:07.4/15th
2003	Vicky Gill	20:08.5/11th
	Natalie Hughes	20:50.1/43rd
2006	Susan Kuijken	21:17.1/27th
2007	Susan Kuijken	19:57.2/3rd
	Barbara Parker	20:17.0/7th
2008	Susan Kuijken	19:34.9/2nd
	Pilar McShine	20:34.5/29th
	Lesley Van Meirt	20:41.7/38th
2009	Susan Kuijken	19:57.7/3rd
	Pasca Cheruiyot	20:22.2/16th
	Amanda Winslow	20:43.7/39th
2010	Pilar McShine	20:24.4/9th
	Pasca Cheruiyot	20:30.7/17th
	Jessica Parry	20:38.3/22nd
2011	Hannah Brooks	20:18.1/28th
	Amanda Winslow	20:24.3/34th
2012	Violah Lagat	19:52.7/11th
	Colleen Quigley	19:53.2/12th
	Amanda Winslow	20:02.4/17th

# - AIAW All-American

## All-South Region

2001	Vicky Gill
	Natalie Hughes
	Katie Jeffrey
2002	Vicky Gill
	Natalie Hughes
	Misty Harper
	Allison Lind
2003	Vicky Gill
	Natalie Hughes
	Anne Clinton
	Helen Hofstede
2004	Laura Bowerman
	Natalie Hughes
2005	Laura Bowerman
	Abi Wilshire
2006	Jessica Crate
	Amy Huss
	Susan Kuijken

2007	Abi Wilshire
	Hannah England
	Kirsten Hagen
	Audrey Hand
	Susan Kuijken
	Pilar McShine
	Barbara Parker
	Lydia Willemse
2008	Kacey Gibson
	Susan Kuijken
	Pilar McShine
	Linzi Snow
	Lydia Willemse
	Christina Woytalewicz
2009	Pasca Cheruiyot
	Jennifer Dunn
	Pilar McShine
	Jessica Parry
	Amanda Winslow
2010	Pasca Cheruiyot
	Pilar McShine
	Jessica Parry
	Jennifer Dunn
	Hannah Brooks
	Amanda Winslow
	Astrid Leutert
2011	Amanda Winslow*
	Hannah Brooks
	Violah Lagat
	Collen Quigley
	Kayleigh Tyerman
	Aubree Worden
	Jessica Parry
2012	Violah Lagat*
	Colleen Quigley
	Amanda Winslow
	Kayleigh Tyerman
	Georgia Peel
	Jessica Parry
	Jennifer Dunn

\* - Individual champion



# WOMEN'S CROSS COUNTRY HISTORY



The 2012 team is officially credited with winning FSU's fifth consecutive ACC title.

## AII-ACC

2000	Amy Pleckaitis
2001	Vicky Gill
2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken*
	Barbara Parker
2008	Susan Kuijken*
	Pilar McShine
	Linzi Snow
	Lesley Van Miert
	Lydia Willemse
2009	Susan Kuijken*
	Pasca Cheruiyot
	Jennifer Dunn
	Pilar McShine
2010	Jessica Parry
	Pasca Cheruiyot
	Pilar McShine
	Astrid Leutert
2011	Amanda Winslow
	Hannah Brooks
	Jessica Parry
	Violah Lagat
	Colleen Quigley
	Kayleigh Tyerman
2012	Violah Lagat*

Colleen Quigley	1987	Carrie Boyd
Kayleigh Tyerman		Michelle Farrall
Amanda Winslow	1988	Carrie Boyd
Georgia Peel		Michelle Farrall
* - ACC Individual Champion		Colleen O'Reilly
		Angela Harris
	1989	Carrie Boyd*
		Michelle Farrall
		Angela Harris
	1990	Tracy Howze
		* - Metro Individual Champion

## ACC Coach of the Year

2007	Karen Harvey
2008	Karen Harvey
2009	Karen Harvey
2010	Karen Harvey
2011	Karen Harvey
2012	Karen Harvey

## ACC Performer of the Year

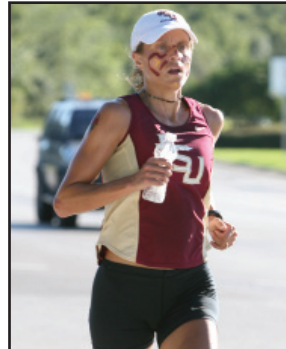
2012	Violah Lagat
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## ACC Freshman of the Year

2011	Colleen Quigley
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## All-Metro

1985	Brenda Moore*
	Barbara Matthews
	Colleen O'Reilly
	Sue Pockell
1986	Carrie Boyd
	Barbara Matthews
	Adrienne Politiowitz
	Sharon Farrall
	Colleen O'Reilly



Karen Harvey has won six consecutive ACC Coach of the Year honors.



The 1981 women's team won a regional title and placed 11th at the AIAW National Championship meet under coach Roger Smith, who left after two seasons at the helm.

## Academic Honors

### CoSIDA Academic All-American

2008-09	Susan Kuijken (1st team)
2011-12	Hannah Brooks (1st team)
2012-13	Amanda Winslow (3rd team)

### CoSIDA Academic All-District

2007-08	Lydia Willemse (1st team)
2008-09	Susan Kuijken (1st team)
2010-11	Jessica Parry (1st team)
	Amanda Winslow (1st team)
2011-12	Hannah Brooks (1st team)
	Amanda Winslow (1st team)
2012-13	Amanda Winslow (1st team)
	Colleen Quigley (1st team)

### All-ACC Academic

2005	Laura Bowerman
	Abi Wilshire
2006	Amy Huss
	Abi Wilshire
2007	Hannah England
	Kirsten Hagen
	Susan Kuijken
	Lydia Willemse
2008	Lydia Willemse
	Lesley Van Miert
2009	Susan Kuijken - SAY
	Pasca Cheruiyot
	Jennifer Dunn
	Jessica Parry
	Amanda Winslow
2010	Jennifer Dunn - SAY
	Pasca Cheruiyot
	Pilar McShine
	Jessica Parry
	Hannah Brooks
	Amanda Winslow
2011	Hannah Brooks - SAY
	Amanda Winslow
	Jessica Parry
	Collen Quigley
	Kayleigh Tyerman
	Aubree Worden
2012	Jennifer Dunn
	Jessica Parry
	Colleen Quigley
	Kayleigh Tyerman
	Amanda Winslow
	Aubree Worden

SAY - ACC Scholar-Athlete of the Year

### USTFCCCA All-Academic

2000	Brooke Bastien	2011	Hannah Brooks
2005	Abi Wilshire		Amanda Winslow
2006	Debbie Huss		Jessica Parry
	Abi Wilshire		Collen Quigley
2007	Audrey Hand		Kayleigh Tyerman
	Kirsten Hagen		Aubree Worden
	Lydia Willemse	2012	Jennifer Dunn
2008	Lydia Willemse		Jessica Parry
2009	Jennifer Dunn		Colleen Quigley
	Jessica Parry		Kayleigh Tyerman
	Amanda Winslow		Amanda Winslow
2010	Hannah Brooks		
	Jennifer Dunn		
	Jessica Parry		
	Amanda Winslow		

### USTFCCCA All-Academic Team

1996	Florida State	2007	Florida State
1999	Florida State	2010	Florida State
2000	Florida State	2011	Florida State
2002	Florida State	2012	Florida State
2006	Florida State		



# MEDIA INFORMATION



Seminole Colleen Quigley, Georgia Peel, Kayleigh Tyerman and individual champion Violah Lagat celebrate after recording FSU's fifth consecutive ACC Women's Cross Country Championship title.

### Attention Media, Fans and Opponents

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2013 Seminole men's and women's cross country teams, its program, results, records, coaches and student-athletes. Please do not hesitate to contact the FSU Sports Information office for further assistance.

### Interview Information for Athletes and Coaches

All players and coaches interviews should be arranged through the sports information office by contacting Bob Thomas at (850) 644-0615 at least 24 hours in advance. Student-athlete's phone numbers will not be released. Media may not contact any student-athlete through the use of social media, including Facebook and Twitter. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week. Special accommodations will be made at the convenience of the student-athletes.

### Covering the Seminoles

Members of the media are supplied with weekly press releases, including updated statistics, as well as conference and national rankings and information on upcoming games. This information may be obtained in the sports information office or online at [www.seminoles.com](http://www.seminoles.com). Credential requests must be made directly through the sports information office.

### FSU on the Web

Competition stories, features, updated stats, weekly releases and all of the Seminole track & field news you could ever ask for is available around the clock at [Seminoles.com](http://Seminoles.com). You can also keep up with the latest happenings via Twitter @FSU\_Track, where in-competition updates are most quickly conveyed. It's also easy to track the 'Noles at [www.facebook.com/FSUTrack](http://www.facebook.com/FSUTrack), where photo galleries and the latest news keep everyone up to date.



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