

HEAD COACH BOB BRAMAN



Bob Braman

Head Coach

Florida '80
Fifth Season at Florida State
25th Season Overall

While there has always been a strong tradition with the Florida State track and field teams, it wasn't until Bob Braman took over the reins as head coach that the Seminoles went from just another team on the national landscape to the most dominant program in the land the last two seasons. Going into his fifth season as track and field boss, there are no signs of FSU relinquishing its spot at the top.

After bringing Florida State and the Atlantic Coast Conference their first Men's NCAA Outdoor Track and Field national championship in 2006, Braman's squad repeated the feat last season. Success has not been limited to the men's program either. The women's team has enjoyed its best two finishes in over a decade, with a pair of 14th-place showings at nationals.

The combined success of the men's and women's teams at the Outdoor National Championships is nearly unmatched. At the 2006 Championships, the Seminoles scored the most combined points of any program, and last year FSU ranked second. The men's team has had the best three-year run of any program with top-four finishes in five out of the last six NCAA championships.

The list of individual accolades during Braman's tenure is staggering. Between the 2007 Outdoor and Indoor NCAA Championships, Florida State brought home 33 All-America awards. Since the baton was passed to Braman in 2004, the Seminoles have won 85 All-America honors, which is more than the last 10 years combined.

Pacing last year's outdoor national championships team and indoor runner-up men's squad was six individual and relay national championships. The Seminoles have had six national champions in each of the last two years and totaled 13 during Braman's tenure.

At the conference level Florida State has been the dominant program in the ACC. The Seminoles have had 61 All-ACC athletes the last two seasons between the men's and women's championships, which is almost 20 more than the next closest school. During Braman's tenure as coach, his squads have produced 148 All-ACC athletes.

Individual accolades have not eluded Braman either as he has been the most decorated coach in the country over the last three years. He capped the 2007 season by earning NCAA Division I Outdoor Track Coach of the Year for the second season in a row. Since 2005, Braman has been named national, regional or conference coach of the year 18 times. For his career, Braman has 33 Coach of the Year awards on his mantle.

While most of the attention on the track has been paid to the sprinters, Braman's distance coaching acumen has produced some significant results as well. Over the last two years his distance runners have produced nine top-four finishes at the NCAA Championships, which is more than any distance coach in the country.

Florida State's success has not been limited to the track as Florida State has been one of the top academic programs. Heading up the list of successful Braman student-athletes is Garrett Johnson who will go down as the top student-athlete in school history. Within a year's time he became the second Rhodes Scholar at Florida State ever, and the first student-athlete to earn the honor, and won NCAA Indoor and Outdoor titles in the shot put. His senior year he was named *ESPN The Magazine* Academic All-American of the Year and USTFCCA Outdoor Field Athlete of the Year. Johnson is just one of the many track and field athletes who have been successful in the classroom. Over the last three years, no school has had more men's Academic All-Americans than Florida State's seven.

After leaving LSU in its dust for the first national championship in 2006, last year's title was more a testament to the work of the coaching staff. Sprinter Walter Dix became the first runner since 1969 to win the 100m, 200m and take part in the winning 4x100 relay. Ricardo Chambers brought home a key victory in the 400m, and Andrew Lemoncello and Luke Gunn placed in the steeplechase as part of Florida State's 12 All-America Awards.

On the women's side, Susan Kuijken brought home the women's highest finish at the NCAA Outdoors with a second-place mark in the 1500m as she set the school record. Barbara Parker also set a school record as she came in third in the steeplechase. As a team FSU finished 14th for the second year in a row.

During the indoor season the men just missed out on capturing their first NCAA title. Dix defended his title in the 200m while Chambers claimed his first NCAA title. The Seminole brought home 11 All-America awards, including Parker who took fourth in the mile run.

Numerous records fell during the 2007 season: nine Florida State indoor and outdoor records, in addition to FSU runners taking down five ACC marks. The biggest record to fall was the NCAA 200m outdoor mark as Dix crossed the line at the NCAA East Region Championships with a time of 19.69. During Braman's tenure as head coach at FSU, the men have reset 18 records and 10 ACC marks to go along with eight school and three league marks on the women's side.

The men's domination of the ACC meets continued in 2007 as the Seminoles won both the Indoor and Outdoor titles to push their run to six-straight

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- 2006 and '07 NCAA Division I Men's National Outdoor Track Coach of the Year
- 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year
- 2005, '06 and '07 NCAA South Region Men's Indoor Track Coach of the Year
- 2004 and '05 NCAA South Region Men's Cross Country Coach of the Year
- 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year
- 2005, '06 and '07 ACC Men's Outdoor Track Coach of the Year
- 2005, '06 and '07 ACC Men's Indoor Track Coach of the Year
- 2003 ACC Men's Cross Country Coach of the Year



HEAD COACH BOB BRAMAN

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conference titles and 10 of the last 11 ACC crowns. Braman was named ACC Coach of the Year for both seasons, while Dix took Outdoor Performer of the Year honors and Lemoncello claimed the indoor honors. On the women's front, Florida State took third in the outdoor meet and fourth during the indoor championships. The women have been in the top four in each of the last five league summits.

After climbing toward the top during Braman's first two seasons, the men's team reached the pinnacle at the 2006 Outdoor Championships. Backed by three individual champions and 10 All-Americans, FSU won the National Championship. Dix won the 200m for the first time while Johnson won the shot put and Rafeeq Curry took the triple jump. National titles weren't limited to the men's side as Lacy Janson won pole vault for the first women's championship since 2002.



With one full season as head coach under his belt, Braman's effect on the team started to show as the men took fourth at the 2005 NCAA Outdoor Championships. Headlining the performance was Dix as he won the 100m title for the Seminoles' first outdoor champion since 1980. The men's team broke into the top 10 at the NCAA Indoor with an eighth-place finish that was the best since 1974. Between the two national meets, the Seminoles brought home 18 All-America honors.

The run of six-straight ACC titles began in 2005, including the outdoor championship when FSU came within 1.5 points of setting the meet record for points scored. The Seminoles won 16 individual and relay titles. Braman (Coach), Lancashire (Athlete) and Dix (Rookie) doubled up ACC honors in both outdoor and indoor. The women took fourth and sixth at the outdoor and indoor meets, respectively, with Janson claiming the indoor pole vault title and Laura Bowerman earning ACC Outdoor Freshman of the Year.

Braman's work came to fruition at the 2004 national meet. Florida State brought home eight All-America awards and tied for 20th. Thanks to a pair of top-five finishes by Vicky Gill and Natalie Hughes, the women finished 16th in the 2004 Indoor NCAA Championships.

The men started the Braman era in style, winning the 2004 Indoor ACC Championships on the strength of seven individual and relay champions. Thanks to a trio of championships from Jason, Gill and Hughes, the women finished in the top three at the ACC outdoor meet.

While Braman is in his fifth season as head track and field coach, he has been an integral part of the program's success since 2000. That season he took over as head cross country coach and assistant track coach. Since his arrival he has transformed Florida State's distance program into one of the best in the region and a force on the national scene.

On the track, Florida State's distance runners have produced 20 All-Americans between the men's and women's programs. Included in this group is Kujiken, the school record holder in the 1500m, and senior Luke Gunn, who finished eighth in the steeplechase at last year's NCAA meet.

Coaching Career

Tampa Catholic High School

Head Cross Country Coach 1981–1983

University of South Florida

Asst. Cross Country Coach 1983–1985

Head Cross Country Coach 1985–1999

Head Track and Field Coach 1992–2000

Florida State

Head Cross Country Coach 2000–present

Asst. Track and Field Coach 2001–2003

Head Track and Field Coach 2004–present

FSU Team Accomplishments as Head Coach

2006 and 2007 Men's NCAA Outdoor Track and Field Champions

ACC Indoor Track Champions: 2004, 2005, 2006, 2007

ACC Outdoor Track Champions: 2005, 2006, 2007

NCAA East Region Outdoor Track Champions: 2005, 2006, 2007

During the indoor season the Seminoles finished third on the men's side, behind a 200m title from Dix and Johnson's shot put gold medal. The men tallied six All-America awards to go along with a pair more from the women's side. The women finished 15th, their best finish in over two decades.

Florida State's domination of the conference meet continued during 2006 as the men claimed 14 indoor and outdoor championships on their way to the team titles. Coach of the Year accolades for Braman were accompanied by Indoor Performer of the Year honors for Chambers and the outdoor accolade for Curry. Women's second-place finish during the outdoor season was its best outcome in three seasons. A second-place finish in the steeplechase helped Lydia Willems earn the Outdoor Freshman of the Year award.

HEAD COACH BOB BRAMAN



As well as his runners have done on the track, what Braman has done to the cross country programs has been nothing short of outstanding. He has taken an FSU program that has been in the middle of the pack of the ACC and made it a national contender. Four of the five women's All-Americans and the first men's All-American since 1981 have come under his watch.

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 a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending Conference USA champion (1998-99).

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

Braman, 49, is married to the former Debbie Turner and has two sons, Steven (19) and Tyler (17). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gators' cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



Top Athletes Coached

Jon Dennis (USF) 1991-1993

1992 and 1993 NCAA 5,000m Champion
Personal Record: 5K — 13:46, 10K — 28:52, Steeplechase — 8:42

Jan-Erik Salo (USF) 1998-2000

NCAA All-American
Personal Record: Steeplechase — 8:39

Dror Vaknin (USF) 1987-1991

1991 NCAA 10,000m Finalist
Personal Record: 10K — 29:08

John Bowden (USF) 1989-1993

1992 NCAA 1500m Finalist
Personal Record: 1500m — 3:39

Joep Tigchelaar (FSU) 2001-2004

2003 NCAA All-American in 10,000m
Personal Records: 5K — 13:45, 10K — 28:33

Tom Lancashire (FSU) 2003-07

2006 NCAA 1500m Runner-up
Four-time All-American
Seven-time ACC Champion
Personal Record: 1500m — 3:38, 800m — 1:45

Andrew Lemoncello (FSU) 2004-07

2007 NCAA Steeplechase Runner-Up
Four-time All-American
10-time ACC Champion
Personal Records: 5K — 13:45, 10K — 28:32, Steeplechase — 8:23

Vicky Gill (FSU) 2001-2004

2004 NCAA 10,000m Runner-up
Five-time All-American
Personal Records: 1500m — 4:20, 5K — 15:42, 10K — 32:41

Natalie Hughes (FSU) 2001-2006

2006 NCAA Indoor Mile Runner-up
Seven-time All-American
Personal Record: 1500m — 4:15

Susan Kuijken (FSU) 2007

2007 1500m Runner-Up
Personal Record: 1500m — 4:11

Barbara Parker (FSU) 2005-07

2007 Steeplechase Third Place
Personal Record: Steeplechase — 9:48.82

Helen Hofstede (FSU) 2003-2004

2003 NCAA Region Steeplechase Champion
Personal Records: 1500m — 4:20, Steeplechase — 10:09

Maria Otto (USF) 1996-1999

NCAA 10,000m Qualifier
Personal Records: 5000m — 16:34, 10,000m — 34:09

Minna Rasimus (USF) 1995-1999

NCAA Region Cross Country Champion
Three-time NCAA Qualifier
Personal Record: 5000m — 16:16

Rachel Evjen (FSU) 2003-2004

NCAA Indoor and Outdoor Qualifier
Personal Records: 5K — 16:19, 10K — 34:01



ASSISTANT COACHES



Harlis Meaders

Associate Head Coach/Throws

North Carolina '92
Western Carolina '94 (Master's)
14th Season

2005 East Regional Assistant Coach of the Year (Throws)

For the last 13 years, associate head coach Harlis Meaders has steadily produced some of the best throwers in not only the Atlantic Coast Conference, but also the country. Now starting his 14th season at Florida State, and fourth as associate head coach, he has another strong group of throwers who will help the Seminoles vie for conference, regional and national championships.

A look at Meaders' Florida State resume more than confirms the success he has had in Tallahassee. He has had six different athletes on the men's and women's teams produce 12 All-America awards. What makes this even more impressive is that in 14 years of competition prior to his arrival, the Seminoles had only accounted for six All-America awards. Florida State throwers have performed outstandingly at the conference meet, bringing home 18 ACC Indoor and Outdoor titles during his tenure.

Meaders' work is reflected in the number of spots his throwers occupy on the FSU career top 10. On the women's side, the hammer, shot put and discus records have all been set under his tenure. Meaders' athletes have claimed 28 of the 40 top-10 distances in the throwing events, including all 10 in the hammer and nine of the 10 in the shot put. The men are just as impressive with 27 top-10 marks topped by eight in the hammer.

This year Meaders has a good crop of young talent on the men's side with tremendous upside. Junior Matt Werne and sophomore Travis Whitfield took part in the hammer throw at NCAA East Regionals while junior Brian Howard qualified in the javelin. Sophomore Sharif Small scored points in the discus at ACCs while junior Travis Dane was sixth in the hammer at the league meet.

As young as the men are, the women are even younger with the loss of senior NCAA participant Sarah Reed. Looking to take her spot is sophomore Allyn Laughlin, who took sixth at the ACC meet in the shot put. A big edition this year is freshman Kamorean Hayes who took the bronze at the IAAF World Youth Championships.

His star pupil over the last few years was Garrett Johnson, who will go down as perhaps the greatest student-athlete in school history. In the fall of 2005 Johnson was honored with the second Rhodes Scholar in Florida State history, as well as the first for a student-athlete. Then in the spring he brought home NCAA Indoor and Outdoor titles in the shot put for the program's first national championships by a thrower. In addition, he set Florida State, ACC and NCAA East Regional records.

Meaders came to Florida State by way of Western Carolina University where he served as the assistant track and field coach for three years and obtained his master's degree in physical education. While at Western Carolina, Meaders instructed courses in the physical education department and coached multiple Southern Conference champions.

Former thrower Dorian Scott competed professionally in 2006 and won the silver medal in shot put with a 19.75m throw at the Commonwealth Games. At the 2006 IAAF World Cup, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75". He advanced to the finals of the 2007 World Championships where he took 10th.

Meaders has not only had success producing top athletes but helping student-athletes become successful coaches. Gregg Jack is the throws coach at Virginia Tech, Cathy Erickson is at Harvard and David Price at East Carolina. In addition, B.J. Linnenbrink, Karen Rademeyer and Makiba Batten are all former Meaders' pupils who went on to coach.

A high school All-American from Monroe, N.C., Meaders competed at the University of North Carolina in the shot put, the 35-lb. weight throw and the discus. While at UNC, he was a three-time individual ACC champion and a key member of the 1992 ACC Outdoor Championship team. An NCAA qualifier in the discus and 1992 Olympic trial qualifier, Meaders held the school record in the discus throw at North Carolina for 11 years and is currently ranked second in Tar Heel history.



Dennis Nobles

Assistant Coach/Pole Vault & Jumps

Florida State '80, '83 (Master's)
23rd Season

2003 National Assistant Coach of the Year (Jumps/Vaults)

For more than two decades, the Florida State jumpers and pole vaulters have been in the hands of one of the top assistant coaches in the country. Starting his 23rd season with the Garnet & Gold, he continues to produce the same caliber of athletes that made him the first Women's National Assistant Coach of the Year award in the jumps/vaults category at the conclusion of the 2003 season.

Nobles has produced a very impressive number of All-Americans during his Florida State tenure: 47, with at least one in six of the last seven years and a total of 26 since 2001.

Among the list of All-Americans, a few Seminoles have stood above the rest. In 2002 Teresa Bundy stopped a 17-year outdoor drought with a gold medal in the triple jump. That event has been a staple for the Seminoles as Rafeeq Curry — an eight-time All-American — brought home the men's first national championship in the jumping events in 2006. Curry won the ACC Indoor triple jump title all four years at Florida State to give him the distinction of being one of only three conference athletes to accomplish the feat.

One of Nobles' star pupils has been pole vaulter Lacy Janson. At the 2006 ACC meet, she set the NCAA record when she cleared 4.58 meters. In 2006 she also produced her second national championship, making her just the eighth FSU athlete — male or female — to win multiple national titles after capturing her first in 2003. In 2004, Janson became the first female student-athlete in the ACC to win three consecutive outdoor pole vault titles. She finished her career with four indoor and outdoor pole vault titles, making her one of only two female ACC athletes to win one indoor event four times and just the fifth at the outdoor meet.

The Seminoles have had just as much success at the conference level. Williams' victory in the triple jump at the 2007 Outdoor ACC Championships ran FSU's total to 50 league champions during Nobles' run.

Florida State's top 10 lists for the jumps and vaults are littered with Nobles' athletes, particularly on the women's side. His female jumpers and vaulters have 38 of the 40 top-10 marks, with three of four school records. His men's performers have all four records, as well as Jeff Bray's ACC pole vault record, and 29 top-10 marks.

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter and decathlete from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU Physical Education Department.

Nobles began his coaching career at Wayland Baptist College, an NAIA track powerhouse in Plainview, Texas. While at Wayland, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two runner-up finishes. He returned to his alma mater in 1985 to accept a position as an assistant coach. At Florida State, Nobles has coached several All-Americans, an Olympian and a world record holder.

His duties at FSU include coaching athletes in the high jump, pole vault, long jump and triple jump events.

Nobles is the proud father of daughter Sally, age 23.

ASSISTANT COACHES



Ken Harnden

Assistant Coach/Sprints, Hurdles, Relays

North Carolina '95
Ninth Season



Jackie Richards

Assistant Coach/Women's Sprints, Relays, Hurdles

University of Idaho '02
Sixth Season

2005 and '07 NCAA National Assistant Coach of the Year (Sprints) 2005 and '07 NCAA East Region Assistant Coach of the Year

Back in its heyday, Florida State was known as Cornerback U for the number of outstanding players the football team produced at that position. Over the last few years, assistant coach Ken Harnden may be changing that moniker to Sprinter U. Entering his ninth season, fifth as an assistant, Harnden's athletes have been the cornerstone of the Seminoles' back-to-back national championships.

Harnden's work has not gone unnoticed at the regional and national levels. Last year he earned his second NCAA Division I National Assistant Coach of the Year for the sprint group after first collecting the award in 2005. In addition he picked up the same honor in the East Region.

More proof of his success has come by way of NCAA hardware. Last season alone his runners brought home six national championships to up the sprinters' total to nine during his tenure. The 2007 campaign also produced 12 All-America awards for a career total of 28. The last two years have been particularly dominant for Florida State's sprinters at the Outdoor NCAA Championships. The Seminoles have placed 10 runners in the finals of the 100, 200 and 400m races, which is just as many as the next two closest schools combined.

Garnering most of the attention in the sprint group has been senior Walter Dix. When his collegiate career is over, Dix will go down as the most decorated individual athlete in Florida State history. Last year he won four NCAA titles to up his tally to seven on his way to NCAA Division I Track Athlete of the Year and ACC Male Athlete of the Year.

His victories in the 100, 200 and 4x100 relay made him the first sprinter since John Carols in 1969 to accomplish the feat. In addition, he shattered the NCAA 200m outdoor record at the East Regional with a mark of 19.69 and qualified for the World Championships.

Dix is just one of three All-Americans who return this year. Sophomore Charles Clark earned individual honors in both 200-meter races and took part in the winning 4x100 relay as well as the fifth-place 4x400 indoor team. Junior Michael Ray Garvin was a finalist in the 200m at the Outdoor NCAA Championships in 2006 and in the 100m last season and was on the 4x100 team last year.

Under Harnden's tutelage, Brian Dzingai broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to Athens to represent his native country. He holds the distinction of being Harnden's first All-American after taking fifth at the 2004 Championships. Last year's Indoor and Outdoor NCAA champion in the 400m, Ricardo Chambers turned professional after the 2007 season after breaking the school record set by Olympic gold medalist Walter McCoy. Both Dzingai and Chambers made it to the semifinals of the World Championship last summer in Osaka, Japan.

Harnden was a two-year letterwinner at the University of North Carolina, where he won an NCAA Championship in the 400m hurdles and was a member of the 4x400m relay team that won the NCAA title in 1995. Harnden was a two-time Olympian for his native country of Zimbabwe in 1996 and 2000, a three-time participant and two-time finalist at the World Championships. He also garnered a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

In addition to his responsibilities with the men's sprinters, hurdlers and relay teams, Harnden assists with home meet management at Mike Long Track.

Over the last two seasons the Florida State women's track and field program has made significant strides on the national level, and much of that success can be attributed to the work of assistant coach Jackie Richards. Richards starts her sixth season with the Seminoles this year and her third as sprints, relays and hurdles coach.

The 2007 season was a big one for the women's relay as the 4x400m team of Keyla Smith, India Pettus, Kandia Batchelor and Alycia Williams brought Florida State its first relay All-America plaque since 2003. Their time of 3:31.12 helped the women's team climb to No. 14 at the NCAA Outdoor Championships to equal the 2006 squad for the highest finish since 1991.

Under Richards' guidance Florida State has dominated the 4x400m relay the last two seasons, winning a pair of ACC outdoor titles and one indoor championship. At the outdoor meet, the team of Smith, Dana Massiah, Batchelor and Williams set an ACC meet record and a track record with a winning time of 3:32.11.

The All-America relay team is among a host of athletes that Richards has worked with who have garnered national recognition. Alyce Williams received her third All-America award in the triple jump with a jump of 43'8", while her twin sister, Alycia, also qualified individually for the 400m.

Improvement over the last two years has also come at the conference meet. Richards has had six All-ACC selections and 23 conference championship point scorers between the indoor and outdoor championships. At this year's outdoor meet the Seminoles dominated the 400m dash with five of the top-eight finishers.

The Seminoles have had great success at the NCAA East Regional meet with a pair of fifth-place finishes. Last year's fifth-place showing was an improvement of 13 spots from the previous year. This year the women's team had a pair of top-eight finishes and 13 regional qualifying marks throughout the year.

Within the Florida State career top 10 ranks, Richards' athletes have started to make an impact over the last two campaigns. Junior Valerie Flournoy broke into the 100m hurdle ranks last season at number eight, and FSU had a trio of 4x400 relay teams crack the top 10. Williams and Latoya Legree broke into the triple jump top 10 and Williams also put her name down on the long jump charts. Cynthia Niako made the all-time top 10 lists with times of 11.34 and 22.99. All told, Richards has seen her athletes put their names down 10 times in the brief two-year period.

In addition to coaching, Richards serves as the women's coordinator. Her off-the-track responsibilities include international recruiting, supporting the academic staff in monitoring the team's progress in the classroom, working with the student services department to facilitate community service and team building activities, ordering and distributing team apparel and coordinating team travel for the year.

Prior to joining the Seminoles, Richards was the head horizontal jumps coach for the men's and women's squads at Sacramento State University, as well as the assistant coach for cross country. During her first season, she coached eight Big Sky Conference finalists and four All-Conference team members.

Before going to Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at the University of Idaho. Richards helped guide the men's and women's track teams to first-place finishes at the 2001 Big West Championships. The women ended the year ranked 14th while the men came in 23rd.

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ASSISTANT COACHES

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Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia, where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. Richards ran for the Prince George Track and Field Club and competed nationally for Canada including a three-medal performance at the Canadian Junior Championships. She was a several-time provincial champion in her native British Columbia.

Richards went on to compete for the University of New Mexico, earning All-Western Athletic Conference scholar-athlete honors from 1995–98. She graduated summa cum laude from New Mexico with her bachelor's degree in exercise science. In 2002, Richards received her master's degree in physical education with a concentration in sport science from Idaho. Richards is a USATF Level 2 track and field certified coach and instructor.



Karen Harvey

Assistant Coach/Women's Distance

Michigan '96
First Season

- 2006 USTFCCA Cross Country Midwest Region Coach of the Year
- 2007 ACC Women's Cross Country Coach of the Year
- 2007 NCAA South Region Women's Cross Country Coach of the Year

Not only has the success of the Florida State women's track and field team brought in some of the best athletes in the country, it has also attracted the best coaches from around the nation. Head coach Bob Braman feels he has recruited one of the best distance coaches in the country to Tallahassee with Karen Harvey in her first season with the Seminoles.

Harvey comes to Florida State after five years at Illinois where she served as the head women's cross country coach and assistant women's track and field aide. During her tenure in Champaign she turned the Illini into one of the best distance programs around.

One of the best distance runners in school history. Cassie Hunt made Illinois history, when she became the first runner to earn All-America honors in the 3,000m steeplechase as a freshman with her 10th-place finish. She would go on to place second in the event at the NCAA Championships the next two years.

Hunt produced five All-America awards: steeplechase (2004, 2005, 2006), 3000m (indoor, 2005) and cross country (2005). She had a banner year in 2005 as she was named USTFCCA Great Lakes District Athlete of the Year, Big Ten Outdoor Athlete of the Year and Big Ten Athlete of the Championships. That year she won the steeplechase at the Midwest Regionals and Big Ten Championships while adding the 5,000m title and earning the individual cross country gold medal at the conference.

During her Illinois tenure, Harvey had runners participate in six NCAA Outdoor and Indoor Championships and had 10 compete in Midwest Regionals. Last year Angela Bizzarri qualified in the 1500m. At the conference level, Harvey has coached seven All-Big Ten performers who helped the Illini bring home two outdoor Big Ten titles. Hunt recorded a trio of UI top-10 times — including the steeplechase record — and is a member of the record-setting indoor distance medley relay.

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

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

At the 2004 NCAA Regional cross country meet, Hunt became the first Illinois woman to ever win an individual

regional championship, running 20:21 to set a personal best, course record and school record. Her performance earned her the Midwest Regional Runner of the Year award.

Harvey served as a volunteer cross country and track assistant at her alma mater, Michigan, for two years before taking over at Illinois. Before her two seasons with Michigan, Harvey enjoyed an impressive professional career that included a No. 1 world ranking in the 3,000m steeplechase in 1998. A nine-time member of Canadian National Teams (three world cross country teams), Harvey is the former Canadian record holder in the 3000m steeplechase with a time of 10:14.27 and finished fifth at the 1998 Goodwill games in the event. In 2000, Harvey was the top Canadian 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

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

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



Sean McManus

Volunteer Assistant Coach

Notre Dame '01
Third Season

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

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

During his time at Notre Dame, McManus coached student-athletes earning 25 All-America, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped produce 13 individual Big East champions and two Big East Athletes of the Year.

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

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

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

ASSISTANT COACHES



Kevin Sullivan

Volunteer Assistant Coach

Michigan '98
First Season

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

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

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

Sullivan has been a member of the Canadian National Team since 1993, including seven consecutive spots on the World Cross Country Championship squad. He has won 15 national championships and holds the Canadian records for the 1500m (3:31.71), outdoor mile (3:50.26) and outdoor 3000m. In addition to his Olympic success, Sullivan was a silver medalist in the 1500m at the 2001 Goodwill Games and the 1994 Commonwealth Games.

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



Joey Zins

Graduate Assistant

Georgia Tech '03
Fourth Season

Joey Zins is entering his fourth season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5,000m and 10,000m track events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and was a member of the Yellow Jacket squad that finished in second place in 1998. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Boulder, Colo., where he finished 11th overall. Zins helps the FSU coaching staff with both home meets and practices.



Althea Belgrave

Graduate Assistant

Idaho '97
Fifth Season

Althea Belgrave continues to oversee the compliance and recruiting responsibilities for the Seminoles cross country and track and field programs. She is the Meet Director and coordinator for all meet-related issues and heads up the Seminole Striders program. Belgrave, a native of St. John, Barbados, competed for the University of Idaho where she lettered in both cross country and track and field. The three-time Barbadian national 800 and 1500 champion earned All-Big West Conference honors while competing for the Vandals in the 800 and held the indoor school record in the event.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. She assisted with the middle and long distance runners on the 2003 Big West women's championship track and field team. Other duties included helping with meet management of indoor and outdoor home jumps events.

She currently holds a degree in counseling and human services, as well as her IAAF Level I coaching certification.





ATHLETIC TRAINING/STRENGTH & CONDITIONING



Tyler Peacock
Strength & Conditioning Coach



Jeronimo Boche
Athletic Trainer



Brandon Harris
Athletic Training Graduate Assistant

