

Florida State Cross Country

www.FSUTrack.com

2000 Cross Country Schedule

August 24	FSU Twilight Time Trial (4mi/4k)	Tallahassee, Florida
September 1	Appalachian State Invitational (8k/5k)	Boone, North Carolina
September 7	Nike Twi-Light (B-team only) (8k/5k)	Gainesville, FL
September 16	Crimson Classic (8k/5k)	Tuscaloosa, Alabama
October 6	Notre Dame Invitational (8k/5k)	South Bend, Indiana
October 13	Florida Intercollegiate Championships (8k/5k)	Tampa, Florida
October 28	ACC Championships (8k/6k)	Raleigh, North Carolina
November 11	NCAA Regional Championships(10k/6k)	Tuscaloosa, Alabama
November 20	NCAA Championships (10k/6k)	Ames, Iowa

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Asst. Coach Cross Country
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2000 FLORIDA STATE CROSS COUNTRY QUICK FACTS

University Information

Location: Tallahassee, Fla.

Founded: 1851

Enrollment: 35,019

Facility: Seminole Golf Course

Symbol: Seminoles

Colors: Garnet and Gold

Conference: Atlantic Coast

President: Talbot "Sandy" D' Alemberte

Athletics Director: Dave Hart, Jr.

Senior Associate Athletics Director: Charlie Carr, Kim Record

Cross Country Information

Head Coach: Bob Braman

Assistant Coaches: Paul Spangler, Jamie Vaughn

Volunteer Assistant: Trent Sanderson

Cross Country Office Phone: (850) 644-3270

Cross Country Office Fax: (850) 644-4845

1999 ACC Finish: M-8th, W-8th

1999 NCAA Regional: M-9th, W-13th

Sports Information

Sports Information Director: Rob Wilson

Cross Country SID: Jennifer Dowling

SID Phone: (850) 644-1403

SID Fax: (850) 644-3820

SID Email: jmd2642@garnet.acns.fsu.edu

SID Address: P.O. Box 2195, Tallahassee, FL 32316

Florida State Athletics Website: www.seminoles.com

Ryan Hicks

Sophomore

Nokesville, VA

Ryan returns for his second year as a Seminole. Will battle for the top spot on the team. Ran in the top seven at the NCAA Regional Championships last year. Comes to FSU from Virginia Brentsville District High School where he was an all-state performer 4 times. His senior year he was the state runner up in the 3200m. An excellent student who was named to the deans list and the national collegiate scholars in his first year at FSU. His brother Ken ran for Mississippi State University.

Danny Fritz

Freshman

Cincinnati, OH

A second year runner who redshirted last year. Ran a 9:40 3000m steeplechase and 4:04 1500m as a freshman on the track. Is an excellent student who was named to the deans list his first two semesters at FSU also was named to the National Collegiate Scholars Honor Society. Ran at St. Xavier High School where his team won a state cross country title. Was the MVP of his team his senior year in high school. Plans to major in Business.

Tommy Kunish

Junior

Pensacola, FL

Tommy is a third year runner for the Seminoles. Has been one of the lead runners for the team in his first two years. Will be looked upon to do that again this year. Came to FSU as a highly decorated prep athlete who won the 1600m state championship as a senior. Was also named the runner of the year for Northwest Florida his junior and senior years. Won the all-ACC service award as a sophomore for the highest number of community service hours completed by an athlete in the conference. Tommy is a social science education major.

Brian Fleishman

Junior

Jacksonville, FL

A junior who will provide leadership and experience to the Seminoles. Also participates in triathlons and placed second overall at the 2000 US Triathlon National Championships. A former Junior National Triathlon Champion. Brian has a half marathon PR of 1:11:17. Brian is a sociology major. He spent his summer as a lifeguard at Atlantic Beach.

Dan Clark

Freshman

Fairbury, IL

Redshirt freshman who will be counted on to make a major impact. Came to FSU from Illinois Prairie Central High School where he earned all-state honors on the track as a senior. Also was a member of the basketball team. Dan is a psychology major.

Eric Ritchson

Sophomore

Niceville, FL

Second year runner for the Seminoles. Ran 3:55 for 1500m last year on the track and qualified for Junior Nationals. Ran for Niceville High School where he ran 4:18 for 1600m and placed 3rd overall in the State Meet at 1600m. An excellent student as well

who graduated cum laude from high school and was on the top honor roll all four years. Is majoring in chemical engineering.

Ryan Atkins Junior Venice, FL

Third year runner for the Seminoles. Has been a member of the top seven at the ACC and NCAA Regional Championships throughout his career. Came to FSU from Venice High School where he was named to the all-region team in his final three years. He earned all-state honors his senior year. Enjoys hunting and fishing. Ryan's major is criminology.

Jim Van Veen Freshman Satellite Beach, FL

In his first year as a Seminole. Comes to FSU from Satellite Beach High School, where he had a solid prep career. He was named the Cape Coast Conference runner for the year and was the district and region 3200m champion. Jim plays in a band in his spare time and plans to major in communications.

Dave Guerra Sophomore Vallejo, CA

A newcomer to the Seminoles who will make an immediate impact. Spent several years in the Air Force before coming to FSU. Earned an AA degree in communications from Gulf Coast Community College. Is majoring in public relations.

Aaron Caruso Sophomore Del Ray Beach, FL

Returning for his second year with the Seminoles. Ran in the top seven at the ACC and NCAA Regional Championships in the 1999-2000 season. Has greatly improved his PRs at FSU. Went to Atlantic High School where he earned all-conference, all-district honors in each of his last three seasons. Was a state finalist as a senior.

Shawn Patterson Freshman Valparaiso, FL

Running for the Seminoles for the first time this year. Came to FSU after a stellar prep career at Niceville High School, where he was a leader of the state champion Cross Country Team. Also earned all-state honors on the track as a senior. An excellent student who graduated summa cum laude in high school. Plans to major in Biology.

Glen Wilson Freshman Winter Springs, FL

Comes to FSU out of Winter Springs High School where he was coached by FSU school record holder in the 800 and 1500m, Ocky Clark. Had an excellent prep career where he was a three tie state finalist. Finished in the top 4 in the 3200m in both his junior and senior years. Enjoys to play the guitar and is a member of a punk rock band in his spare time.

Nate Davis

Freshman

Largo, FL

First year runner for the Seminoles. Came out of Largo High School where he was a 12 time conference, district and region champion. As a senior he was named all-state in cross country. Has a high school mile PR of 4:19. Plans to major in engineering.

Mike Pearce

Freshman

Rockledge, FL

Freshman with very good speed. From Rockledge High School where he was a invaluable member of back to back state title 4 x 800m relay team, was also the runner up in the state 800m run as a senior. A very athletic individual who not only ran track and cross country in high school, but also played football and basketball. Enjoys fishing and hunting in his spare time. His father, Jeff, was once a pilot on Air Force One.

Nathan Adams

Sophomore

Longwood, FL

Second year runner for the Seminoles. Coached by Fred Finke at Lyman High School. Was the state runner up in Cross Country his senior. On the track was 5th in the 3200 in both his junior and senior years. Is a physical education major.

2000 Cross Country Men's and Women's Meet Results

September 1, 2000

Appalachian State Invitational

Boone, N.C.

Men's 4 mile: 3rd Place/7 Teams (66)

Nick Stuart	5th	26:01
Josh Ware	7th	26:10
Ryan Hicks	13th	26:27
Brian Flieshmann	19th	26:47
James Van Veen	27th	27:02
Dan Clark	29th	27:06
Eric Richson	33rd	27:14
AAaron Caruso	34th	27:15
Danny Fritz	37th	27:20
Ryan Atkins	41st	27:35

Women's 2 mile: 4th Place/10 Teams (81)

Amy Plekaitis	1st	18:10
Brooke Bastien	2nd	18:18
Kim Winn	23rd	19:10
Cynthia Campbell	24th	19:11
Beth Lukens	31st	19:27
Andrea Dulmage	33rd	19:28
Katie Jeffrey	37th	19:44
Lauren Beaulieu	40th	19:49
Misty Harper	56th	20:15
Erica Lazarus	61st	20:23

September 16, 2000

Crimson Classic

Tuscaloosa, AL

Men's 8K: 6th Place/23 Teams (168)

Nick Stuart	22nd	24:57
Ryan Hicks	33rd	25:13
Danny Fritz	40th	25:19
Brian Fleishman	46th	25:26
Dan Clark	56th	25:38
Jim Van Veen	58th	25:39
Ryan Atkins	60th	25:44
Eric Ritchson	61st	25:45
Aaron Caruso	87th	26:27

Women's 5K: 2nd Place/26 Teams (58)

Amy Plekaitis	3rd	17:35
Brooke Bastien	7th	17:54
Katie Jeffrey	15th	18:05
Cynthia Campbell	16th	18:05
Kim Winn	17th	18:09
Andrea Dulmage	32nd	18:38
Beth Lukens	51st	19:10
Rachel Marsh	57th	19:16
Erica Lazarus	70th	19:32
Misty Harper	75th	19:37
Lauren Beaulieu	76th	19:40
Laurel Slyck	85th	19:51

October 6, 2000

Notre Dame Invitational

South Bend, Indiana

Men's 8K: 19th Place/22 Teams (465)

Nick Stuart	60th	25:21
Dave Geurra	83rd	25:39
Brian Fleishmann	107th	25:59
Ryan Hicks	110th	26:07
Tommy Kunish	119th	26:11
Danny Fritz	126th	26:18
Dan Clark	144th	26:47

Women's 5K: 11th Place/31 Teams (277)

Amy Plekaitis	27th	17:54
Brooke Bastien	33rd	18:03
Kim Winn	76th	18:33
Andrea Dulmage	85th	18:39
Cynthia Campbell	100th	18:45
Beth Lukens	188th	19:51

October 13, 2000

Florida Intercollegiate Championships

Tampa, Florida

Men's 8K: 1st Place/18 Teams (28)

Nick Stuart	2nd	26:08
Brian Flieshmann	5th	26:57
Ryan Hicks	6th	26:58
Tommy Kunish	7th	27:04
Eric Ritchson	8th	27:05
Ryan Atkins	9th	27:08
Dan Clark	10th	27:14
Jim Vanveen	11th	27:14
Danny Fritz	14th	27:27
Shawn Patterson	15th	27:32
Aaron Caruso	34th	28:09
Nate Davis	36th	28:13
Dave Guerra	38th	28:18

Women's 5K: 1st Place/22 Teams (23)

Amy Plekaitis	1st	17:55
Katie Jeffrey	3rd	18:23
Cynthia Campbell	6th	18:26
Kim Winn	8th	18:43
Andrea Dulmage	14th	19:22
Misty Harper	18th	19:27
Rachel Marsh	21st	19:32
Laurel Slyck	29th	20:00
Erica Lazarus	31st	20:05
Beth Lukans	37th	20:18
Mari Leitner	75th	21:25