

FLORIDA STATE CROSS COUNTRY 2011





QUICK FACTS & TABLE OF CONTENTS

Table Of Contents

TOC and Quick Facts	1
Rosters	2
Women's Outlook	3
Seminole Strides	4
Men's Outlook.....	5
Coach Karen Harvey	6
Coach Bob Braman	7
Support Staffs.....	8-9
Women's Bios.....	10-16
Men's Bios	17-21
Women's 2010 Recap	22
Women's 2010 Results.....	23-24
Men's 2010 Recap.....	25
Men's 2010 Results	26-27
Women's Cross Country History.....	28
Men's Cross Country History.....	29
We Are The Seminoles.....	30



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2011 Schedule

- Sept. 2 Covered Bridge Invitational
- Sept. 9 Auburn Invitational
- Sept. 16 Clemson Invitational/Pre-ACC
- Sept. 23 Florida State Invitational
- Sept. 30 Notre Dame Invitational
- Oct. 16 Pre-Nationals
- Oct. 29 ACC Championships
- Nov. 12 NCAA South Regional

2011 Quick Facts

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UNIVERSITY INFORMATION

Location Tallahassee, FL
 Symbol Seminoles
 Colors Garnet and Gold
 Enrollment (as of Fall 2010) 40,838
 President Dr. Eric J. Barron
 Athletic Director Randy Spetman
 Associate AD/Oversight Bernie Waxman
 Conference Atlantic Coast Conference
 Affiliation NCAA Division I

CROSS COUNTRY INFORMATION

Home Course Apalachee Regional Park
 Head Men's Coach Bob Braman
 Year/Alma Mater 12th Year/Florida ('80)
 Head Women's Coach Karen Harvey
 Year/Alma Mater Fifth Year/Michigan ('96)

On The Cover

Florida State co-captains (left to right) Jessica Parry, Amanda Winslow, Mike Fout and Wes Rickman lead the way for the 2011 'Noles.

Executive Administrative Staff



Dr. Eric J. Barron
President



Randy Spetman
Director of Athletics



Pamela Perrewé
Faculty Athletics
Representative



Monk Bonasorte
Sr. Assoc. AD



Dr. Allison Rich
SWA/Sr. Assoc. AD



Kevin Terry
Sr. Assoc. AD



Bernie Waxman
Assoc. AD/Oversight



WOMEN'S AND MEN'S ROSTERS

Women's Roster

Name	Year	Hometown (High School/Last School)
Hannah Brooks	Gr.	Caterham, UK/University of Birmingham
Jennifer Dunn	Sr.	Decatur, Ala./Austin
Linden Hall	Fr.	Melbourne, Australia/University of Melbourne
Kaitlyn Iselborn	Jr.	Jacksonville, Fla./Bolles School/NC State
Violah Lagat	Jr.	Kipsirwo, Kenya/Central Arizona
Emily Ness	Sr.	Tallahassee, Fla./Maclay
Jessica Parry	Jr.	London, Ontario/Catholic Central
Colleen Quigley	Fr.	St. Louis, Mo./Nerinx
Teresa Ristow	Fr.	Melbourne, Fla./Holy Trinity
Kara Taylor	Sr.	Tallahassee, Fla./Chiles
Kayleigh Tyerman	Jr.	Central Point, Ore./Crater/Cal Poly
Amanda Winslow	Jr.	Lawrenceville, Ga./Collins Hill
Chelsi Woodruff	r-Fr.	Winter Park, Fla./Trinity Prep
Aubree Worden	Fr.	Scottsbluff, Neb./Scottsbluff

Men's Roster

Name	Year	Hometown (High School/Last School)
Marc Akbar	r-Fr.	Palm Coast, Fla./St. Josephs Academy
William Bridges	Fr.	Orlando, Fla./Edgewater
Jacob Brooks	r-Jr.	Fort Myers, Fla./Fort Myers
AJ del Valle	Fr.	Miami, Fla./Columbus
David Forrester	r-Jr.	Billinge, UK/University of Liverpool
Mike Fout	Sr.	La Porte, Ind./La Porte
Daniel Millay	Fr.	Orlando, Fla./Dr. Phillips
Breandan O Neill	Sr.	Sandymount, Ireland/Dublin City University
Seth Proctor	r-Sr.	Orlando, Fla./Edgewater
Sean Quinn	r-So.	Punta Gorda, Fla./Bishop Verot
Wes Rickman	Jr.	Peyton, Colo./Falcon
Jakub Zivec	So.	Litomerice, Czech Republic/Grand Rapids/Gymnazium Jungmanna

Coaching & Support Staff

Men's Coach	Bob Braman
Women's Coach	Karen Harvey
Women's Volunteer Coach	Lindsay Zeiler
Women's Operations Asst.	Shannon O'Brien
Women's Operations Asst.	Alicia York
Men's Operations Asst.	Kenny Jesensky
Administrative Assistant	Scott Wright
Facilities and Event Manager	Chris Retkowski
Strength & Conditioning	Tyler Peacock
Athletic Trainer	Zoila Rivera
Equipment Manager	Placide Paul
Student Manager	Erin Fabrizio





WOMEN'S OUTLOOK

Florida State women's cross country coach Karen Harvey, who has guided the Seminoles to consecutive NCAA runner-up finishes and three ACC championships, discusses the 2011 season.

Building on last year, talk about what you were able to accomplish by finishing second at nationals for a second consecutive season and what kind of position that puts the program in moving forward into 2011:

"Obviously to get national runner-up two years in a row took a lot of work and takes a lot of talent. I think it proves that we're able to be consistent at a high level, but I know that this year it's a rebuilding year. We will not be using that as an excuse. It's not saying that we can't shoot for some of the same goals we've been shooting for for five years, which is win ACC's and get on the [NCAA] podium again. I know the girls. That will be in their heads, but I know personally as a coach that this is a rebuilding year.

"When you've got six brand new scholarship kids, no one can say this is not a rebuilding year. This is a rebuilding year right on paper. We have a lot of teaching to do about what it is to be an NCAA athlete. That's going to be the biggest trick. I feel like I have four very good, well-experienced young ladies who could all be All-Americans. At No. 5, I have no idea, but I have six girls who could be that No. 5 that are really good.

"Part of me says we're going to OK and we're going to get on the podium again, but I just don't know, because this is way more of a rebuilding year than I've ever had since I've been here. There's a lot of inexperience. I'm going to be relying on my captains and my returnees to help me educate the new people."

When you look back and see Jessica Parry and Amanda Winslow – who have been All-Americans – and then add track All-American Hannah Brooks, this program has flourished in those kind of situations and risen to the challenge. How exciting is that?

"We have to be ready for fun surprises, great surprises, and then there's always a few other hard surprises. ... We've already had two hard surprises. Then you do have a Jessica Parry, who like last year, which is a great lesson for the team – that you never stop reaching. She was so frustrated, until regionals, she was so down on herself; never thought that race was going to happen. To see it all come together, we're so grateful that we never let her rest; we never quit. We kept pushing and that's how she got All-American.

"With Amanda Winslow, it's just bad luck. She'll never have a race like that [at nationals] again. I've seen it before. I've experienced it, personally, myself at NCAA's. I think Amanda is really out to redeem herself and I've already seen her doing a lot of little things that other kids aren't. Jess is looking to have a more consistent season at the start and all the way through the finish.

"Violah Lagat is really in good shape. Wow. ... Violah Lagat is really going to be good. I'm excited. I really think that Violah Lagat is going to become the cross country runner that I believe she should have been all along. She's just finally doing the distance work and had a great summer

of training. Hannah Brooks is out for redemption, just like Amanda Winslow. She just did not have the cross country season that she wanted last year.

"That's your [top] four. That's a darn good four.

You're bringing in two new runners who are not freshmen in Linden Hall and Kayleigh Tyerman. Those X-factors have played well for you in the past:

"They are one X-factor where they are older. Kayleigh is more experienced than Linden. Coming from Australia (like Hall) ... I think I'm going to have to work very hard with her in cross country. I think she'll late-bloom in track if I had to call it right now. Kayleigh, I think, is going to jump right in. She's been very good in cross country, is older, has run at a USA university – Cal Poly – and knows what NCAA's is. Linden doesn't know what NCAA's is."

What does winning another ACC title mean? How much pride is there, especially since Florida State had never won one before your arrival in 2007:

"We are finally rebuilding for the first time since I've been here. That's scary. It's not that it's scary, but I don't want to put too much pressure on the program while we're rebuilding. I want to wait and do the last minute excitement. I think we're going to be good, so I just don't know."

How do you feel about your team's fitness level and preparation entering the season?

"They've done their homework. They've laid the base and fitness is a huge part of it. ... It's the energy of having actually experienced it (that's a concern). These girls don't know what it's like to run at NCAA's. They don't know what those tunnels of people on both sides (of the course) are. They don't know what it's like to be 70th in the race and actually still be doing fine, and actually have to stay 70th and not say, 'I'm so way back I don't matter.' ... I really have three experienced runners and one star. I don't know who is No. 5."

How excited are you tackling that challenge with this team?

"I think I'm excited every year because you just don't know what's ahead of you. No coach in any sport can predict anything. I think the excitement is I know I have a lot of fast horses – a lot of fast runners – and a lot of talent, so now we've just got to take our time, develop each kid and watch the energy of the team. A lot of that is going to come from our captains. It's not just me. I've got Amanda Winslow and Jessica Parry as captains. I'm so lucky. They're awesome. They're two different people. One part of the team is going to follow Amanda Winslow and the other part of the team is going to follow Jessica Parry. Nothing's wrong with that. I think that's great. In the past I've always had two captains in cross country and I'm glad I'm doing that again. ... They're both good kids and talented. Everybody is going to watch them. They live the lifestyle of a great student-athlete. They're just really great role models. They have been there since they were freshmen.

"If those three freshmen (Colleen Quigley, Aubree Worden and Teresa Ristow) can be anything like the way Winslow and Parry were their freshman year, that could be amazing.

"I think we have a lot fast runners and a lot of talent. It's just, what can we do in a rebuilding year? That's the fun part."



Karen Harvey



SEMINOLE STRIDERS

Although their names don't show up in the headlines nor do they receive scholarships for their hard work, the Seminole Striders do, however, get the opportunity to run with one of the nation's most elite programs every day.

A program started by men's head coach Bob Braman, the Seminole Striders gives female cross country runners the chance to be a part of the Florida State cross country program.

Through the Seminole Striders program, the women are given the chance to suit up and compete with the team. All of the runners are viewed equally. With that said, the Striders are expected to attend practice every day, help with community service, fundraise and maintain a high level of excellence in the classroom as are all Florida State student-athletes.

As for the benefits of being a Florida State student-athlete, the Striders are given the same as any other athlete. They are provided equipment and are coached by a renowned coaching staff while competing in cross country meets.

"Our Strider Program is very unique," women's head coach Karen Harvey said. "It is a chance for our program to help develop future talent. It is for runners of all levels that have a passion for running but might not be on a scholarship or at walk-on level right now. However, with time and good coaching through this opportunity can become much better and potentially make the travel team."

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

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

The challenges of having additional runners on the team isn't a hard task to achieve in cross country.

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

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

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

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

To ensure the Striders are getting proper coaching and training, women's head coach Karen Harvey and Braman assign a graduate manager to



lead the hardworking group and manage their needs. With the constant training and coaching the Striders receive daily, many improve dramatically.

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

The benefits of the program are evident on both sides. From the standpoint of the FSU athletics department, the Striders extend the number of opportunities for female athletes.

As for the female athletes, they are given the chance to continue competing in a sport they truly love and are dedicated to, and in one of the nation's premier programs.





MEN'S OUTLOOK

It took 19 seasons of Atlantic Coast Conference membership, but Bob Braman's FSU men's cross country team broke the ice with its first league title in 2010. The success didn't stop there as the Seminoles posted a school, state and ACC-best runner-up finish at the NCAA Championships, which provides a launching point for the 2011 campaign.

What did last year's NCAA runner-up finish mean to the Florida State cross country program and what are the keys to staying at that level as you attempt to follow up in 2011?

"It was huge. I think anything in the top 10 would have been huge for our program. In the seven years prior we had gone to nationals every year and had three top 20 finishes, some of them solid to good performances. We usually didn't have the depth. That was our problem. You had one guy hurt or one guy past his peak and ... top 10 eluded us. Then we had another four years when we were completely out of gas. They were all between 25 and 30.



Bob Braman

"Top 10 was important, but getting on the podium really shook people up. They were used to Florida State being on the podium in indoor track and outdoor track. ... We had a lot of talent, but didn't have the collegiate cross country resumes – and not even the track 5k, 10k PR's – to indicate that. A lot of people (wondered) when was [Michael] Fout going to become Fout? When was Ciaran O'Lionaird going to reach his potential? Was he going to be healthy? Was he going to be patient? Dave Forrester, who was in the top 25 in the world juniors ... when were we going to see Dave Forrester? ... We had to make all of the steps. All of those factors coming together really made us more of a team. ... Now that's the model for success. You've got to take a step forward. It doesn't have to be a home run, but we've got to step forward. One guy can't do it. Two guys can't do it. We've got to have five. ... Can we come back now, build on this momentum? We all know we can do it psychologically. We have that better mindset."

What would qualify as a successful encore to a second place finish at nationals?

"I just want to see as perform well. It don't care – well, I do care – but it's not as important to me if we're second or 10th if we go in there and compete well and make that like we compete in track. Everybody expects Florida State, whether we're injured, whether this guy didn't make to regions ... that whoever lines up at track nationals, Florida State is going to get after it and find a way to get in the mix. ... If we can establish that tradition in cross country, that will carry over to how we compete and maybe carry over to the recruits. They're less impressed with we've been to nationals eight years in a row. They don't understand how rare that is. There may be less than 10."

Despite some significant losses – Ciaran O'Lionard, Alex Smyth and Matt Leeder – from last season, do you get the sense that you've got a lead dog in Michael Fout and a strong pack going into this season?

"The formula is (placing) five runners in the top 100. If you're able to get those spots, nobody has ever failed to make the first 10, because you don't have any weak links. We've had significant losses. You've got one lead dog, but we didn't know we had two (last year). ... If you put the team we were sitting here with last year (at this time) with all of the what-ifs and what we have to do ... do we have a right to expect to be in the top 10? Probably not by the outside peoples' view. But it does grow on you and it does go from season-to-season, where people learn how to compete and there's a habit of doing well. Now when I say that to the guys, the returning guys are on board; they don't lose hope when they're struggling in the middle of the season. Everything is habitual in the sport, whether it's getting up every day to run, or doing the right things – strides, stretching. Just like competing well is a habit. ...

"It's a lot like Jimbo Fisher and the football program. They have that aura and that, 'This is how we do it. This is how we're successful.' Hopefully we can establish that in cross country. We certainly have it in track."

Where did winning the school's first ACC men's cross country championship fit into the accomplishments of the 2010 team, both historically and moving forward? It seemed in the past FSU would have to grind through the ACC meet just in order to be well-positioned to get an NCAA at-large berth.

"What would happen by design is what happened last year. Get after it at the conference meet. Now you've got some time – three weeks (before NCAA's). You don't want to be hanging on for three weeks. So you go back, do some quality training, because you've got some more wins in your pocket. ... You could run your B-team the whole year and if you win the ACC you have enough at-large points (to qualify for nationals) that day. ...

"To win it was huge. ... We were trying not to make too big a deal of ACC meet, just as we do in track. It's as big a deal as the challenge in front of you. But when it's tight it becomes really important. It's the league. It's for bragging rights and recruiting. Having lost one (ACC cross country title) to NC State by one point and another close one here at home to Virginia. ... We've been close so many times it means a lot.

"You've got your win, you can go back and train through regionals. You feel good about where you are. Many years we've gone to ACC and we've laid an egg and not been as good as we were two weeks before at Pre-Nationals. Where was that team? We were second (at Pre-Nationals) and we're third in the conference. So we always had to go into regionals and get that momentum and Mojo back."

What are the overall goals for the 2011 season?

"Our goal is top 10. That's the No. 1 goal. That continues the legacy. The minimal goal is to get to nationals again. That streak is important. I'd like to be sitting here talking five or six years from now that we've got 15 or 16 (NCAA appearances) in a row. When I grew up that was part of the excellence – who was in the show every year? ... If you were in the show every year you had a shot at elite athletes."



WOMEN'S COACH KAREN HARVEY



Karen Harvey Fifth Season Michigan, '96

**4x ACC Coach of the Year
3x ACC Champions
4x Region Coach of the Year
4x NCAA Podium Finishes
10 All-Americans**

Passionate in her pursuit of perfection, Florida State women's cross country coach Karen Harvey has transformed the Seminoles into a perennial national championship contender in short order.

Entering her fifth season, Harvey has guided the 'Noles to four consecutive podium finishes at the NCAA Cross Country Championships, including 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 norm at FSU, which has rattled off three consecutive ACC titles and four NCAA South Regional crowns. Beyond developing teams capable of producing championships at the highest level, Harvey's FSU women have collected 10 All-American honors and three Regional Athletes of the Year, in addition to three individual ACC champions. Not surprisingly, she has won four consecutive ACC and NCAA South Region Coach of the Year honors.

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 'Noles have collected 10 All-American honors between the indoor and outdoor seasons, with Hannah Brooks (1,500 meters) pushing that total to double figures this past spring. The 'Noles have enjoyed similar success within the ACC ranks. Jessica Parry's 2011 ACC outdoor title in the 5,000 meters was the 11th individual crown won by a Seminole between the 800 and 10,000-meter distances since Harvey joined the staff.

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 medalist Hannah

England to Pilar McShine, Parry and Brooks. Her latest protégé along those lines is Seminole junior transfer Violah Lagat, who is expected to be a mainstay on the 2011 cross country squad.

Beyond performance-based results on the course and track, Harvey's teams have excelled academically. Current Seminoles Amanda Winslow, Jennifer Dunn and Parry are among a host of athletes who have earned USTFCCA All-Academic and Academic All-ACC honors. Collectively, the FSU women have never dipped below a cumulative 3.0 team GPA in her tenure.

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. In her final two seasons in Champaign, the Illini posted a pair of top 10 finishes at the NCAA Championships. After a 20th-place showing in 2004, Illinois produced the top finish in school history with a fifth-place finish in 2005, then followed up with an eighth-place showing in 2006.

In 2006 Illinois captured the program's first NCAA Midwest Region championship, which earned Harvey the first of her five USTFCCA Region Cross Country Coach of the Year awards.

Before taking her first full-time position at Illinois, Harvey spent two seasons as a volunteer cross country and track & field assistant coach at her alma mater, Michigan.

Harvey enjoyed an impressive running career, both collegiately and professionally, and continues to compete today. In 1998 she was ranked No. 1 in the world in the 3,000-meter steeplechase. A native of Branford, 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 2000, Harvey was Canada's top 1,500-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 placed 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 finished 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 is married to four-time NCAA champion and three-time Olympian Kevin Sullivan.





MEN'S COACH BOB BRAMAN



Bob Braman 12th Season Florida, '80

2x ACC Coach of the Year
2010 ACC Champions
2x Region Coach of the Year
8 Consecutive NCAA Trips
3 All-Americans

With each passing season Bob Braman seems to find a new way to redefine the continued success he has enjoyed as Florida State's cross country and track & field coach. The 2010-11 academic year brought unprecedented success in both areas, cementing the Seminoles' standing as a year-round national championship contender.

It began last fall when Braman's FSU men's cross country team captured its first Atlantic Coast Conference championship – after 19 years of league membership – and didn't stop there. The Seminoles followed a runner-up finish at the NCAA South Region with a second-place finish at the NCAA Cross Country Championships, which sent reverberations throughout the ranks.

Not only was it the highest finish in FSU history, it was the best finish by both an ACC and in-state program.

Braman's program had been building toward that moment. The Seminoles are on of just nine Division I teams in the country to make eight consecutive NCAA Championship appearances, joining perennial powerhouses like Arkansas, Oregon, Indiana and Stanford.

The runner-up finish launched a remarkable year for the Seminoles as the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) named Florida State the winner of the John McDonnell Award, presented to the top overall men's program. The Seminoles followed their cross country finish by placing fifth at NCAA Indoor Nationals before coming up one point shy of the NCAA Outdoor title.

While Braman remains the architect of a modern-day track & field dynasty – the Seminoles have won two NCAA Outdoor Track & Field Championships and finished fourth or better eight times in the last 10

years – his background remains deeply-rooted in cross country and the distance events.

The remarkable 2010-11 school year began with the Seminoles capturing their first ACC Cross Country Championship in 19 years of league membership and was followed in the spring with a seventh consecutive ACC Outdoor track title. Braman earned ACC Coach of the Year honors at the conclusion of both seasons, pushing his career total to 28 combined national, regional, district and conference coach of the year awards.

Since taking over the reins as the head coach for both cross country and track field following the 2003 season, Braman's teams – men and women - have turned out 34 NCAA Division I individual national champions. Moving beyond the borders of the United States, Florida State had an impact on the track's world stage during the 2008 Summer Olympics in Beijing, China. Twelve current and former student-athletes competed at the Olympics, highlighted by sprinter Walter Dix who brought home a pair of bronze medals.

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 three Conference USA titles (1997, 1998, 2000) while the women's team was also the 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 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.

Braman is married to the former Debbie Turner and has two sons, Steven and Tyler.





SUPPORT STAFF



Kenny Jesensky
Men's Operations Assistant

Although he steps into a cross country coaching role for just his second season, Kenny Jesensky is no stranger to the Seminole family. He assisted coach Bob Braman the past two years with both the track & field and cross country teams, and looks to continue his journey with Florida State, where he began as a student-athlete in 2004.

Jesensky earned All-ACC honors on three occasions, was an NCAA All-Region honoree in the 800 in 2007, and a member of the Seminoles' 2006 NCAA Division I Championship team.

Success followed Jesensky from the track to serving as a volunteer assistant coach for the Seminoles' first ACC cross country championship and runner-up finish at the NCAA Championship in 2010; the best finish in school history. He also played a role in helping FSU win the John McDonnell award; a title given to the university with the best combined track & field and cross country program in the nation.

After earning his undergraduate degree from FSU in environmental science, Jesensky accepted a position with the Florida Department of Environmental Protection, while completing his master's degree work at Florida State in Geographic Information Systems (GIS).

A native of Orlando, Fla., Jesensky was a two-time USA Track & Field Championship qualifier in the 800 and continues to train. He looks to use his 18 years of experience and involvement in the sport to help the Florida State Seminoles remain atop the cross country ranks.



Lindsay Zeiler
Women's Volunteer Coach

Lindsay Zeiler begins her second year with the Florida State women's cross country program as a volunteer assistant for head coach Karen Harvey.

Last year Zeiler assisted the women's team throughout its run to the NCAA Division I National Championships runner-up finish. Her many duties included assisting with on-campus official and unofficial recruiting, coaching, making travel arrangements and handling equipment issues. She spent the spring serving as the program's Operations Manager, continuing many of her same duties, while also functioning as assistant meet director for all home track & field competitions.

Prior to her arrival at FSU, Zeiler spent the spring of 2010 as interim head distance coach at Murray State University, following three years with the Campus Outreach ministry.

Zeiler competed in cross country and track & field as a student-athlete for Southeast Missouri State, where she earned her degree in health management/exercise science with a 3.5 grade-point average. Over the course of her career with the Redhawks she earned 10 Ohio Valley

Conference Championship titles and became a four-time NCAA Midwest Regional Qualifier in middle distance to distance events. Her 4:28.24 in the 1500-meter run at the NCAA Midwest Regional earned a spot in the top 10 in Southeast Missouri State history.

She enjoyed a distinguished prep career Massac County High School in Metropolis, Illinois - Home of Superman - where she was a four-time Illinois state champion in the 1600 and 3200 on the track and a third-place finisher at the state cross country meet.



Shannon O'Brien
Women's Operations Asst.

Shannon O'Brien enters her second year as operations assistant and meet director for the Florida State University women's cross country and track & field teams. Her primary responsibilities include home meet management and assisting head coach Karen Harvey with the management and implementation of the walk-on Strider program. Other duties include planning and hosting on campus recruiting visits and other administrative assignments.

O'Brien came to Florida State from Dartmouth College in Hanover, N.H. where she spent two years assisting the men's and women's track and cross country teams. Her main duties included recruitment, supplemental training and mentoring student-athletes.

O'Brien received her Bachelor's degree in English from Keene State College in Keene, N.H., where she was a standout performer and two-year captain for the Owls' cross country and track teams. She earned Division III All-American honors in the 800 meters. She is studying for her master's degree in sport management at FSU.



Alicia York
Women's Operations Asst.

Alicia York is a first-year graduate student at Florida State and serving the program as women's operations assistant. She joins the staff after completing an internship with the University of Pennsylvania, specifically working with the prestigious 117th Penn Relays Carnival - the oldest and largest annual track meet in the United States.

Prior to her duties with the Penn Relays, York worked at her alma mater, George Mason University, in event management and facilitation. A four-year participant in cross country and track for the Patriots, she was the top runner for the 2007 country team as well as the 3,000-meters on the track.

Born and raised in Haverford, Pa., the Philadelphia area native will serve as the co-meet director for this year's FSU Relays. Additional responsibilities will include facilitating with the management of FSU's Striders program as well as additional administrative duties with both the cross country and track programs.



SUPPORT STAFF



Zoila Rivera
Athletic Trainer

In her second season with the Florida State cross country and track & field programs, Rivera is a graduate student in the sport management program. She is responsible for the day-to-day prevention, treatment and care for both the men's and women's cross country programs.

An Orlando native, she graduated from the University of Central Florida with a degree in athletic training, where she worked as a student with the track & field, tennis and football programs. Rivera attended University High School in Orlando.



Chris Retkowski
Facilities & Events Coord.



Scott Wright
Administrative Assistant



Placide Paul
Equipment Manager



Tyler Peacock
Strength & Conditioning



Bob Thomas
Associate SID



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WOMEN'S CO-CAPTAINS



Jessica Parry
London, Ontario
Junior

2010 XC All-American

Enters her junior season as one of the Seminole co-captains after earning cross country All-American honors in 2010...placed 18th at the NCAA Cross Country Championships for the national runner-up Seminoles...coming off a solid outdoor track & field season which included a victory in the 5,000 meters at the ACC Championship.

Cross Country - 2010: Ran third or fourth for the Seminoles in all five major races as a sophomore...was FSU's No. 3 scorer at both the NCAA South Region and NCAA Championship meets...posted a season-best 20:39 6k time at the NCAA Championship, pushing the 'Noles to their second consecutive runner-up finish...finished fourth overall at NCAA South Region (19:56, 6k) to earn All-Region honors as the 'Noles scored five runners in the top eight for a runaway win with 24 points...also a key scoring contributor on FSU's third consecutive ACC Championship team...earned USTFCCCA All-Academic honors in cross country...member of the All-ACC Academic team as well. **2009:** Didn't waste time establishing herself in the Seminoles' lineup as a freshman, finishing second on the team at the Notre Dame Invitational in 17:17 over the 5k course...picked up All-ACC honors with a 14th-place finish at the conference championship meet with a personal-best 6k time of 20:40.70 as the Seminoles claimed the team title...earned NCAA All-South Region honors with a 15th-place finish (20:51)...also made her way to the podium at the NCAA Championship for the third-place 'Noles...named to the 2009 USTFCCCA All-Academic Cross Country Team.



Track & Field - 2011: Punched her ticket to the NCAA First Round outdoors after capturing her first ACC Championship in the 5,000 meter (16:14.74) with a dominating finish...established a new personal best in the 1,500 meters (4:17.90) at the Kent Taylor Relays...posted a lifetime-best 16:12.70 outdoors in the 5,000 meters at the Florida Relays...earned points for the 'Noles indoors at the ACC Championship, placing fourth in the mile run and contributing to the fifth-place distance medley finish. **2010:** Earned a spot on Canada's 2010 IAAF World Junior Championships squad by winning the 1,500 at the Canadian World Junior Championships in July.

Prep Career

Captured the 2009 Reebok Boston Indoor Games girls high school mile title (4:51.62) as a senior at Catholic Central...set the Canadian junior record in the 1,500 at the 2008 Commonwealth Youth Games (4:20.59) and the junior 800 mark (2:06.72) at the 2008 IAAF World Junior Championships...carried the flag for Canada in the opening ceremony of the

2008 Commonwealth Games...captured the OFSAA Senior Girls Cross Country title as a senior in 17:27...was a 12-time OFSAA gold medalist in cross country and track...a two-time gold medalist at the 2007 Canadian Junior Championships...presented the Myrtle Cook Award as the outstanding Canadian youth track athlete.

Personal

Exercise science major has excelled academically...three-time member of the President's List (4.0 gpa)...made Dean's List once...Golden Torch Award recipient for top gpa among women's cross country team...three-time ACC All-Academic selection...two-time USTFCCCA All-Academic honoree...daughter of Marianne and Jay Parry...born April 25, 1991.

Personal Bests

Cross Country: 5k - 17:14; 6k - 19:56

Track: 1,500 - 4:17.90 (outdoor), 4:32.08 (indoor); Mile - 4:42.8 (outdoor); 3k - 9:12.25 (indoor); 5k - 16:12.7 (outdoor)



Amanda Winslow
Lawrenceville, Ga.
Junior

2010 Indoor Track All-American
2009 XC All-American

Junior co-captain enters her third season as a mainstay in the Seminoles lineup...scored in three of five major meets during the cross country season...earned 2010 indoor track All-American honors after placing fifth in the mile at NCAA Championships...was a 2009 cross country All-American for the NCAA runner-up Seminoles.

Cross Country - 2010: Enjoyed the best performance of her sophomore season with a seventh-place finish at Pre-Nationals in Terre Haute, Ind., posting a 6k time of 20:32.8... followed up with an 18th-place finish (20:56) as the Seminoles continued their domination of the Atlantic Coast Conference with a third consecutive team championship...battled injury down the stretch but was in the lineup for the NCAA Championship runner-up finish...collected her second consecutive All-ACC Academic honor. **2009:** An immediate scorer for the Seminoles as a freshman, Winslow finished in FSU's top five in four of five major races...made her collegiate debut at Notre Dame Invitational (54th, 17:37.0) in the 5k event and was the No. 5 finisher for the 'Noles at Pre-Nationals in her 6k debut (66th, 21:49.4)...made a huge breakthrough as part of FSU's second pack with a 16th-place finish at the ACC Championships (20:46.7), aiding the Seminoles' title run...closed the year with a surge, earning All-Region honors with a 19th-place finish (20:59.03)...capped season as the Seminoles' No. 3 finisher at the NCAA Championships, establishing a 6k personal-best (20:44.0) to place 33rd and earn All-American honors for the national runner-ups...earned All-ACC Academic honors and was selected to the USTFCCCA All-Academic team.





WOMEN'S CO-CAPTAINS

Track & Field – 2011: Enjoyed an outstanding indoor season, beginning with a victory in the mile at the Razorback Invitational (4:41.87) and also contributed to a fourth-place finish in the distance medley... captured her first ACC title indoors in the mile (4:40.34)... scored her first track All-American honor at NCAA Indoors with a fifth-place finish in the mile (4:35.16), which was also a career-best... Winslow's outdoor season was highlighted by a career-best 4:18.12 in the ACC Championship 1,500 meter finals, which was good for second place... qualified for NCAA First Round in the 1,500... earned All-ACC Academic honors.

2010: Put together a productive freshman indoor campaign, highlighted by a 4:41.08 mile at the Alex Wilson Invitational, which qualified her for an NCAA berth... posted a runner-up finish to teammate Pilar McShine in the mile at the ACC Indoor Championships... battling illness, failed to advance from NCAA Championships preliminary heat in the mile... posted the fastest time in the preliminary round of the 1,500 at the ACC Outdoor Championships (4:29.86)... established a new personal-best in the 1,500 at the Seminole Twilight (4:19.29).

Prep Career

Starred at Georgia AAAAA powerhouse Collins Hill, contributing to four

of the school's six consecutive state cross country titles... was 2008 Gatorade Cross Country Runner of the Year after capturing the individual state title in 18:00... followed by winning the Nike Cross Nationals Southeast Regional title (17:34), qualifying for the national championship... excelled on the track where she won the 1,600- and 3,200-meter AAAAA state titles in 2008 and 2009... captured the 800-meter title at the Atlanta International Prep Classic in 2:10... earned All-American honors in the mile and as a member of her team's 4x800-meter relay team... at Nike Outdoor Nationals earned All-American honors again when she ran 10:23 in the two mile and was on the winning distance medley relay.

Personal

Majoring in sport management and aspires to be a collegiate coach... on the Dean's List each of her first four semesters at FSU... enjoys painting and drawing... was a high school teammate of Seminole Jackie Drouin... daughter of Dave and Sue Winslow... born December 10, 1990.

Personal Bests

Cross Country: 5k - 17:05; 6k - 20:33

Track: 800 - 2:06.61; 1,500 (outdoor) - 4:16.20; Mile (indoor) - 4:35.16; 3,000 - 9:32.74.

WOMEN'S RETURNEES



Hannah Brooks

Caterham, U.K.

Graduate

2010 Outdoor Track All-American

Enters her final season of collegiate eligibility as one of the nation's top middle distance runners, after earning All-American honors in the 1,500 meters at the NCAA Championships... in her second season of cross country with the 'Noles after contributing to FSU's ACC and NCAA South Regional titles, as well their NCAA runner-up finish... determined to have a greater impact on the team's success after scoring in the Seminoles' top five twice in 2010.

Cross Country - 2010: A transfer from the University of Birmingham (U.K.), Brooks was FSU's top finisher, placing second overall, in a dual meet with Boston University on the Franklin Park Course which served as a preview for the ACC Championships... finished 10th overall to earn NCAA All-South Region honors for the champion 'Noles, covering the 6k course in 20:24... was in the lineup for FSU's NCAA Cross Country Championships runner-up finish... earned All-ACC Academic and USTFCCA All-Academic team honors.

Track – 2011: Flourished in her first track seasons for the Seminoles, beginning with a fifth-place finish in the 800 at the ACC Indoor Championships... won both the 800 (2:04.88) and 1,500 (4:16.92) at the Kent Taylor Relays... set a new personal best in winning the 5,000 meters at the Florida Relays in 16:09.81... earned All-ACC honors with a third-place finish in the 5,000 at the conference outdoor championship... NCAA Outdoor Championships qualifier in the 1,500, where she placed sixth in 4:16.81; good for All-American honors... earned All-ACC Academic and USTFCCA All-Academic honors.

Prep/Previous Experience

Placed seventh in the 1,500 at the 2010 Aviva World Trials and UK Indoor Championships... won the 2009 BUCS Indoors 1,500 (4:26.27) and placed third in the BUCS Outdoors 1,500 (4:25.64)... ran a personal best 9:44.4 3,000 meters at the Crawley Athletic Club Easter Sunday Open... finished fourth at the England U23 Championships in the 800m (2:06.32) and later won the SEAA 800 U20/Senior Championships in Watford (2:05.78)... posted a season-best 4:22.23 1,500 at the England Senior Championships... second-place finisher at the 2008 BUCS Indoors in the 1,500... posted a 1,500 personal best at the 2007 British Milers Club Nike Grand Prix (4:19.56) to finish third... registered her personal best 800 (2:05.59) to reach finals at the European Junior Championships in 2007... dropped down to the 400 at the Ivy League Athletics competition and clocked a 57.29 personal best... was third in the 2006 English Schools Outdoor Championships in the 1,500 (4:25.63)... won the 2005 English Schools Outdoor title in the 800 (2:08.06).



Personal

Pursuing her master's degree at Florida State in sports psychology and plans to seek doctorate degree... aspires to a career in healthcare... an accomplished pianist... has been on the Dean's List both semesters at FSU... daughter of Peter and Alison Brooks... born June 25, 1988.

Personal Bests

Cross Country: 6k - 20:24

Track: 800 - 2:04.71; 1,500 - 4:16.92; Mile (indoor) - 4:40.25; 3,000 - 9:17; 5,000 - 16:09.81



WOMEN'S RETURNEES



Jennifer Dunn

Decatur, Ala.

Senior

2010 ACC Scholar Athlete of Year

One of the most seasoned Seminoles, Dunn could be a candidate for a medical redshirt in 2011...was the 2010 ACC Cross Country Scholar Athlete of the Year...has missed out on All-American honors by the narrowest margin in each of the last two NCAA Cross Country Championships.

Cross Country - 2010: Consistently ran as the No. 4 performer for the 'Noles throughout the season...came within one-tenth of a second from earning All-American honors as FSU's No. 4 runner at NCAA Championships, finishing 41st in 20:53.49...posted a personal best time of 20:18 to finish ninth at NCAA South Region, capturing All-Region honors...logged a 5k career best 17:22 and finished 33rd at the Notre Dame Invitational...

in addition to ACC Scholar Athlete of the Year honors, she picked up All-ACC Academic and USTFCCCA All-Academic awards. **2009:** Came within two places of earning All-American honors at the NCAA Championships, finishing 42nd in 20:46.5 for the national runner-up Seminoles...was 13th at the NCAA South Regional – good for All-Region honors – in 20:46.29...grabbed All-ACC honors with a season-best 20:37.8 6k time for the conference champion 'Noles...ran 17:38 to score for FSU at the Notre Dame Invitational...won the 2009 FSU Invitational in 17:41.43 in the first race at the new Apalachee Regional Park home course...earned USTFCCCA All-Academic and All-ACC Academic honors. **2008:** Spent most of the year leading the B-team squad...was the first Seminole across the line at the FSU Invitational (18:16.25), finishing fifth overall...was FSU's No. 2 runner at the Auburn Invitational in 18:17.16.



Track – 2011: Did not compete, taking a redshirt season. **2010:** Finished sixth at the ACC Indoor Championships in the 3,000 meters with in a personal best 9:36.41, then came back with a fourth-place finish in the 5,000 (16:47.68)...established indoor personal best in the 5,000 at the Husky Invitational (16:38.58)...emerged outdoors as an NCAA qualifier in the 3,000 steeplechase in her first season of the event...entered the NCAA Championships ranked 22nd but made her way to the finals with a personal best qualifying time of 10:14.58...finished 10th in the finals in 10:15.91...that was a 16-second improvement over her qualifying time from the NCAA East Region meet...won the ACC Outdoor championship in the steeplechase in 10:26.03...made her steeple debut at the Florida Relays in 10:32.25...also established a new personal best in the 1,500 at the Seminole Invite (4:30.11). **2009:** Set a personal record as a freshman indoors in the 3,000 meter at the Tyson Invitational (10:13.93)...finished third in the mile at the adidas Classic

with a season-best 5:00.48...outdoor highlight came in the 1,500 at the Seminole Twilight with a fifth-place finish in 4:44.98.

Prep

Graduated from Austin High as one of the most decorated distance runners in Alabama High School history...never finished worse than third in either the 1,600 or 3,200 at the state outdoor championship meet in her four-year career...won the AHSAA 6A state cross country title as a senior in a course record 17:44.04, after runner-up finishes as a sophomore and junior...back-to-back indoor 3,200 state champion, including a state record 2007 title (10:42.83)...won her first state title as a sophomore outdoors in the 3,200 (10:42.83)...ran a career-best 10:38.10 3,200 to win the 2007 Mobile Challenge of Champions...followed in 2008 with a two-mile victory (10:41.82) in the same meet...first person to win the Decatur Daily Female Runner of the Year award four consecutive years.

Personal

An outstanding student and Dean's List performer throughout her FSU career where she is pursuing a degree in dietetics...the daughter of Barbara and Gordon Dunn...born July 13, 1990.

Personal Bests

Cross Country: 5k – 16:38; 6k – 20:18

Track: 1,500 – 4:30; Mile (indoor) – 5:00.48; 3,000 meters (indoor) – 9:36.41; 3,000 steeplechase – 10:14.58; 5,000 meters (indoor) – 16:38.58



Kaitlyn Iselborn

Jacksonville, Fla.

Junior

Vying to crack a spot in the varsity lineup after a solid redshirt sophomore season on the track...came to FSU as a transfer from NC State, following an outstanding high school career at Jacksonville Bolles...spent the 2010 cross country season training with the Seminoles.

Cross Country - 2010: Did not compete as a member of the team in the fall.

Track – 2011: Began her Florida State career indoors at the Jimmy Carnes Invitational in the 3,000 meters, placing ninth in 10:27.91...progressed nicely throughout the outdoor campaign, displaying some range in distances...ran 4:51.87 in the 1,500 meters at the FSU Relays and six weeks later established a new personal best at the Seminole Twilight (4:46.76)...posted her highest individual finish of the season with a second at the Seminole Invitational in the 5,000 meters (18:00.94)...two weeks later made the travel squad for the ACC Outdoor Championships where she uncorked her personal best in the 5,000 (17:52.59)...closed out the spring with a third-place finish at the UNF Osprey Invitational in the 5,000.

Prep

Enjoyed an outstanding career at Bolles, earning All-State honors



WOMEN'S RETURNEES

three times in cross country, highlighted by a fifth-place finish in the 2A Championship in 2008...was a scorer for Bolles' state runner-up teams in 2005 and 2008...earned All-State honors in track for three seasons, highlighted by a state runner-up finish in the 3,200 as a sophomore.

Personal

Aspires to attend medical school and is majoring in exercise science/pre-med at Florida State...the daughter of Kim and Tony Iselborn...born December 13, 1990.

Personal Bests

Track: 1,500 (outdoor) - 4:46.76; 3,000 (indoor) - 10:27.91; 5,000 (outdoor) - 17:52.59



Emily Ness
Tallahassee, Fla.
Senior

Returning for her senior season after earning a spot on the 10-person roster for the ACC Championship team in 2010...has made dramatic strides over the course of her career, moving up from the Striders to the varsity...a Tallahassee product who was a standout in cross country and track at Maclay.

Cross Country - 2010: Split time between the A- and B-team squads throughout the season...was in the lineup for the Seminoles' third consecutive ACC Championship run, where she finished 52nd in a 6k personal best time of 22:17...posted the top finish by an FSU runner - sixth overall - leading the B-team to the Royal Challenge victory in Charlotte, N.C. with a 5k personal best of 17:55...placed eighth against Boston University in a dual meet to preview the ACC Championship course...was FSU's No. 2 finisher in the season-opening Covered Bridge Invitational at Appalachian State. **2009 & 2008:** Spent the majority of her time running with the Striders group...as a freshman she ran a season best 18:56 5k at the Auburn Invitational...also logged a 19:16 at the FSU Invitational.

Track - 2011: Began the year indoors at the Jimmy Carnes Invitational, where she finished seventh in the 3,000 in 10:24.59...made the transition to steeplechase count, earning a spot on the ACC Outdoor Championships travel roster...did not score but finished 10th with a personal best time of 10:51.31...finished second in the 1,500 at the FSU Relays in a career best 4:39.76...a week later at the Florida Relays posted another personal best in the 5,000 (17:46.31)...tuned up for the ACC Championships with a 2,000 steeplechase second place finish at the FSU Invitational in 7:08.15. **2010:** Did not compete. **2009:** Ran a limited track schedule, notching a then-best 4:51 in the 1,500 at the FSU Invitational and a 2:19 in the 800 at the FSU Twilight...her season best 800 came indoors with a 2:17.

Prep

Displayed great range throughout her high school career, excelling in both cross country and track for the state title-contending Maclay School program...was captain of both the cross country and track teams as a

senior...as a senior in track she scored in both hurdle events, placing second in the 300 and sixth in the 100...as a junior in 2007 she anchored 1A State runner-up 4x800 and 4x400 relay teams.

Personal

Outstanding student who is majoring in environmental science...has been on the Dean's List each semester since her 2008 arrival at FSU...aspires to a career in medicine, either as a physician's assistant or physical therapist...daughter of Carol and John Ness...has two sisters and a niece, Tara...born May 16, 1990.

Personal Bests

Cross Country: 5k - 17:55; 6k - 22:17

Track: 1,500 - 4:39.76; 3,000 (indoor) - 10:24.59; 5,000 (outdoor) - 17:46.31; 2,000 steeplechase - 7:08.15; 3,000 steeplechase - 10:51.31



Kara Taylor
Tallahassee, Fla.
Senior

Senior member of the team who has shown persistence throughout her career...has spent the majority of her career as one of the top performers on the B-team...is a product of Tallahassee's Chiles High, one of the top distance programs in the state.

Cross Country - 2010: Posted her season best time at the Royal Challenge, finishing fourth on the Seminoles' winning team in 18:29, good to score 21st place...also placed fourth on the team at the FSU Invitational, placing 21st in 18:41...was FSU's No. 3 finisher in the season-opening Covered Bridge Invitational. **2009:** Competed in three meets, posting her best finish (18th) in the Covered Bridge Invitational...was 21st overall at the Virginia Tech Alumni Invitational...was the Seminoles' eighth runner across the finish line at the FSU Invitational. **2008:** Led the 'Noles at the Auburn Invitational with a 5k personal best 17:52.78...was the third Seminole to cross the finish line at the FSU Invitational...posted a 12th-place finish as the Seminoles rolled to victory in the season-opening Covered Bridge Invitational.

Track - 2011: Competed in four outdoor meets and established two new collegiate best marks...opened the year at the USF Bulls Invitational with a personal best 11:02.43 in the 3,000 meters...stepped up to the 5,000 meters at home in the Seminole Invite and notched a seventh-place finish in a 18:39.15...closed the season with a 4:48.29 1,500 at the Seminole Twilight - easily the best time of her career. **2010:** Took to the track outdoors in three meets and enjoyed her finest performance at the FSU Invitational when she notched a personal record 18:11.17 in the 5,000. **2009:** Did not compete.

Prep

Enjoyed an outstanding career at Chiles High, helping the Timberwolves to a 3A State Championship Cross Country runner-up finish in 2007...was an All-State performer in both cross country and track as a junior and senior...selected All-Big Bend her final three seasons...was the 2008 Chiles Senior Athlete of the Year...capped high school career



WOMEN'S RETURNEES

finishing fourth in the 1,600 (5:11) and 3,200 (11:26) at the state meet... finished sixth as a senior in the state cross country meet (19:08).

Personal

Pursuing a double major in sociology and psychology at FSU...is cross country team's representative on the Student Athletic Advisory Council... member of the Junior Classical League and the Key Club...also plays the flute...the daughter of Tom and Kim Taylor...born March 20, 1990.

Personal Bests

Cross Country: 5k - 17:52.78

Track: 1,500 - 4:48.26; 3,000 - 11:02.43; 5,000 - 18:39.15



Chelsi Woodruff

Winter Park, Fla.
R-Freshman

year on campus with the Seminoles...competed in track in the spring, where she took up the steeplechase...a product of perennial Florida 1A power Trinity Prep High School.

Cross Country - 2010: Redshirted as a true freshman.

Track - 2011: Established personal bests in five different events as a true freshman in the spring for the Seminoles, while taking up the steeplechase...made her FSU debut indoors at the Jimmy Carnes

Invitational where she posted a 10:33.02 3,000 meter result...six weeks later, outdoors at the USF Bulls Invite she shaved her personal best to 10:26.89...ran the 1,500 for the first time at the FSU Relays and posted a third-place finish in 4:42.58...stepped up to the 5,000 on the track at the Florida Relays and rolled out a 17:58.19...made her competitive debut in the 2,000 steeplechase at the Seminole Invitational and notched a 7:08.28; good for third place and a spot on the ACC Outdoor Championships travel team...at Duke in the ACC Championships, she ran 10:54.04 in the 3,000 steeplechase, which placed 14th...lowered her collegiate PR in the 1,500 to 4:39.42 at the Seminole Twilight.

Prep

Enjoyed an outstanding career at Trinity Prep in cross country and track where she posted personal bests of: 18:35 (5k XC), 5:09 (1,600) and 2:18 (800)...holds school records at all three distances and also as a member of the 4x400 relay...was ninth as the 2008 1A state cross country meet and sixth in 2009...placed in the top eight at the 1A state track meet in the 800 each of her final three years, including a fifth-place finish as a senior in 2009...a two-time member of the All-Central Florida Cross Country team...selected Trinity Prep Athlete of the Year as a senior.

Personal

Majoring in exercise science at FSU, she aspires to be a personal trainer...daughter of Nancy and Richard Woodruff...born Sept. 26, 1991.

Personal Bests

Track: 1,500 - 4:39.42; 3,000 - 10:26.89; 5,000 - 17:58.19; 2,000 steeplechase - 7:08.28; 3,000 steeplechase - 10:54.04.

WOMEN'S NEWCOMERS



Linden Hall
Melbourne, Australia
Freshman

Comes to Florida State from the University of Melbourne in her native Australia...one of five touted newcomers in coach Karen Harvey's signing class...an accomplished junior level runner with track range from the 800-3,000, and nationally ranked in cross country...adjusting to climate and different competitive seasons as a first-year FSU student.

Prep/Previous Experience

Has represented her native Australia on the junior and national levels in both cross country and track...in 2010 she won the junior 3,000 meters at the Zatopek Classic (9:43), placed second in the 1,500 at the Australia-New Zealand test match and was third at the Australian Cross Country Championships...also registered a personal best of 4:23.36 in the 1,500, which was good for a sixth-place finish at the Australian Open Championships...in 2009 she placed second at the Australian Cross Country Championships, and on the track finished second in the 1,500 at the Australian Junior Championships...in 2008 as a student at the Penleigh and Essendon Grammar School, she was selected as the

Australian team captain for the World Schools Cross Country Championships...she also represented her country in the 1,500 and 3,000 meter races at the Commonwealth Youth Games in Pune, India.

Personal

Hall is considering a degree in family science...she aspires to represent her country at the elite open level in cross country and track...she is the daughter of Robyn and David Hall...born June 20, 1991.

Personal Bests

Track: 800 - 2:11.20; 1,500 - 4:23.36; 3,000 - 9:39.21.



Violah Cheptoo Lagat
Kipsirwo, Kenya
Junior

2009, '10 NJCAA XC All-American
2009, '10 NJCAA Track All-American

Arrived at Florida State in January 2011, transferring from Central Arizona junior college, where she earned All-American honors in both cross country and track (multiple events)...participating in her first cross country season for the Seminoles after running indoor and outdoor track in the spring...native of Kipsirwo, Kenya who now calls Tucson, Arizona home...comes from a legendary running family, which includes her



WOMEN'S NEWCOMERS

brother and guardian Bernard Lagat, who is the American record-holder in the 1,500 meters.

Track – 2011: Made her debut in an FSU uniform most memorable, winning the 800 indoors at the Razorback Invitational, and also contributed a leg to the fourth-place distance medley relay team...established an indoor collegiate best in the 800 (2:06.94) at the UW Husky Invitational, finishing fifth...scored as a member of the fifth-place distance medley relay at the ACC Indoor Championships and also advanced to the finals of the 800...scored in six outdoor meets for the Seminoles, establishing new personal bests in the 800 and 1,500...finished second in the 1,500 at the FSU Invitational (4:23.92) and a week later placed third at the Auburn Invitational in the 800 (2:06.99)...ran 4:21.53 in the 1,500 at the ACC Outdoor Championships, good for a sixth-place finish...assured herself a spot in the NCAA First Round when she dropped a personal best 2:05.67, winning the Payton Jordan Cardinal Invitational at Stanford...placed in both the 800 and 1,500 at the Carolina Invite...advanced from the preliminary round of the 800 at the NCAA First Round, but failed to make the finals.

Prep/Previous Experience

Starred at Central Arizona for two seasons in both cross country and track...finished fourth in 2009 NJCAA Cross Country Nationals and third in 2010, earning All-American honors...won multiple regional track titles in two seasons and capped her career at Central Arizona by being named Athlete of the Year at 2010 NJCAA Track Nationals, where she won the 1,500 and 3,000 steeplechase and placed third in the 800.

Personal

Majoring in nursing and sociology at Florida State after graduating from Central Arizona, where she was on the Dean's List in 2009 and 2010...aspires to be a professional track athlete...attended St. Monica's Girls High School before coming to the United States...has five sisters and three brothers...in addition to her brother Bernard Lagat, another brother – Robert Cheseret – is the only three-time Pac-10 Track Athlete of the Year, after starring at Arizona, where he was inducted in to the school's Hall of Fame...born March 1, 1989.

Personal Bests

Cross Country: 5k – 17:48.30; 6k – 22:08.4

Track: 800 – 2:05.67; 1,500 – 4:21.53; 3,000 steeplechase – 11:10.10



Colleen Quigley
St. Louis, Mo.
Freshman

One of the prized signees for coach Karen Harvey after enjoying an outstanding high school career at Nerinx Hall in St. Louis...expected to compete for a spot in the Seminoles' top seven as a freshman...won Missouri state titles in the 1,600 and 3,200 as a senior.

Prep

Collected Missouri Gatorade Runner of the Year honors in both cross country and track & field as a senior...qualified for the prestigious

Footlocker National Championship in cross country, where she earned All-American honors with a 20th-place finish...posted 5k cross country personal best of 17:38 at Footlocker Midwest qualifier...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 1,600 (4:52.17) and 3,200 (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 1,600 and 3,200.

Personal

An outstanding student in high school, she is a National Merit Commended Scholar...lists FSU major as exploratory...First Honors on Nerinx Hall honor roll all four years...active in the pep club, spirit squad and Planet Patrol club...daughter of Ann and Gaylord Quigley...born Nov. 20, 1992.



Teresa Ristow
Melbourne, Fla.
Freshman

Joins the Seminoles from one of Florida's premier distance programs at Melbourne Holy Trinity...captained back-to-back Florida 1A state championship cross country teams as a junior and senior...has made rapid development over the last year and has the potential to become a contributor for the Seminoles.

Prep

Enjoyed an outstanding career for veteran coach Doug Butler at Holy Trinity, emerging as one of the state's top runners as a senior...helped team to back-to-back 1A state titles in cross country in 2010 and 2009 and was a scorer on runner-up teams as a sophomore and freshman...finished fourth individually at the 1A championship in 18:04.36 as a senior, improving 17 positions and 1:43 from her state finish as a junior...capped her high school career by winning the FACA All-Star meet at Apalachee Regional Park, which is now her home course with the Seminoles...notched her 5k cross country PR of 17:49 at the Holy Trinity Fall Classic...finished third in the 3,200 at the 1A state track meet...posted a personal best 11:09.86 at the Florida Relays, where she was eighth.

Personal

An accomplished student, she was a member of the National Honor Society at Holy Trinity...also a member of the National Art Honor Society...plans to major in psychology at FSU and pursue a career as an industrial/organizational psychologist...also aspires to run marathons...the daughter of Paul and Diana Ristow...born June 3, 1993.



WOMEN'S NEWCOMERS



Kayleigh Tyerman
Central Point, Ore.
Junior

Joins the Seminoles as a junior transfer from Cal Poly where she was a standout in both cross country and track in the Big West Conference...brings big race experience and maturity to a squad looking to fill out its top seven...was a two-time Oregon 5A state champion on the track and twice a runner-up at the state cross country championships.

Prep/Previous Experience

Enjoyed two outstanding seasons at Cal Poly both in cross country and track...was selected Big West Freshman of the Year during the 2009 cross country season, when she was a runner-up at the conference cross country championship...posted a 6k cross country personal best at the 2009 Big West Championships (20:35.4)...finished fourth as a sophomore at the conference meet in cross country...was equally impressive on the track, earning runner-up honors as a freshman in the 1,500 meters in a personal best 4:30.31 at the 2010 Big West Conference Outdoor Championship...posted an indoor PR in the 3,000 meters at the UW Husky Invitational (10:00.02)...was selected Big West Athlete of the Week five times during her two seasons at Cal Poly...had a stellar career at Crater High School, winning the 5A state track titles in the 1,500 and 3,000 as a senior, following her second consecutive Oregon state cross country runner-up finish...finished second at the 5A state track meet as a junior in the 800 and 3,000...competed in the 2009 USATF Junior Outdoor Track & Field Championships, posting a 1,500 time of 4:31.96 and a 10:11.47 in the 3,000.

Personal

Enrolled as a psychology major at Florida State...was on the Dean's List as a freshman at Cal Poly...graduated from high school with a 3.8 gpa...the daughter of Debra and Curtis Tyerman...born June 27, 1991.

Personal Bests

Cross Country: 5k - 17:04; 6k - 20:35.4

Track: 1,500 - 4:30.31; 3,000 (indoor) - 10:00.02



Aubree Worden
Scottsbluff, Neb.
Freshman

Arguably the most decorated high school distance runner in Nebraska history...holds all class, all-time state marks in cross country and the 1,600 meters in track...expected to challenge for a spot in the Seminoles' lineup from the start.

Prep

Starred for Scottsbluff High in cross country and track...was a two-time Nebraska Gatorade Track & Field Athlete of the Year and two-time Gato-

rade Cross Country Athlete of the Year...won nine state championships in her career, between cross country (three) and track...her 14:22.2 4k cross country state championship time in 2010 is the Nebraska state record for all classifications...won the state 1,600 and 3,200 meter titles three times each...her 4:50.06 1,600 standard in 2011 is the all-time Nebraska state mark for all classifications...also set the Class B state mark in the 3,200 at 10:27.33...was featured in *Sports Illustrated's* Faces In The Crowd for her track prowess...posted a PR in the 1,500 meters at the Junior Nationals (4:26.37)...as a junior won the seeded section of the famed Arcadia Invitational in the 1,600 meters...is the school record holder in the 800 (2:16) as well.

Personal

Plans to major in exercise science at Florida State with hopes of becoming a physical therapist...was a National Honor Society member at Scottsbluff and selected to the NSAA All-Academic team in track and cross country her final three years of high school...has been a member of the Fellowship of Christian Athletes...the daughter of Joni and James Worden...her father played football at Nebraska...born June 21, 1992.





MEN'S CO-CAPTAINS



Mike Fout
La Porte, Ind.
Senior
2010 XC All-American

On the heels of his most successful season, Fout's celebrated Florida State career winds to a close as one of the team's co-captains...the most decorated distance recruit in coach Bob Braman's tenure, he earned All-American honors while helping the Seminoles to an NCAA runner-up finish in 2010...also advanced to NCAA Outdoor Track & Field Championships in the 10,000 meters in the spring...in addition to his running exploits, he has been an exemplary student, winning numerous ACC and national academic awards.

CROSS COUNTRY – 2010: Spent the majority of his junior season as the Seminoles' No. 2 runner behind fellow All-American Ciaran O'Lionaird...closed the year by finishing 28th at NCAA Championships in a season-best 10k time of 30:21, collecting his first All-American honor as a Seminole...earned All-South Region honors with a ninth-place finish in Hoover, Ala. in 30:26 as the 'Noles finished second...contributed to FSU's first ACC Cross Country championship...placed 25th at Pre-Nationals in an 8k time of 24:09 as FSU finished third out of 35 teams in its race...was the Seminoles' No. 1 runner on his home turf at the Notre Dame Invitational, placing ninth in 24:08...collected USTFCCA All-Academic and All-ACC Academic honors. **2009:** Battled injuries throughout his sophomore season but consistently scored for the squad...was 27th at the ACC Championships as FSU finished third...turned in a solid effort at the NCAA South Region, finishing the 10k in 31:50. **2008:** Made his Florida State debut at the Notre Dame Invitational, placing 30th in 24:22 over the 8k course in front of friends and family from his home state...finished 51st at Pre-Nationals, also in his home state of Indiana, in 24:27...was 27th for the 'Noles at the ACC Championship meet.



TRACK – 2011: Enjoyed his finest season on the track, earning a spot at the NCAA Outdoor Championships in the 10,000...sealed his trip to nationals with a fourth-place finish in the NCAA First Round at the University of Indiana, posting a 29:09.89...Fout's performance came less than a month after he established a new collegiate best mark of 28:34.50 at the Payton Jordan Cardinal Invitational on the Stanford campus...a month earlier at the Stanford Invitational, Fout secured a fifth-place finish in the 5,000 in a personal best 13:46.19...in a change of pace performance, he logged a personal best 1,500 time of 3:47.15 at the FSU Invitational...his indoor season included a pair of scoring performances at the ACC Championships, placing third in the 5,000 (14:09.15) and sixth in the 3,000 (8:07.8)...earned indoor and outdoor All-ACC Academic honors and outdoor USTFCCA All-Academic honors. **2010:**

After a limited indoor campaign, Fout found some success outdoors...he scored an eighth-place finish at the ACC Championships in the 10,000 (30:14.02)...earlier in the year at Stanford's Payton Jordan Invitational he shaved 20 seconds off his personal best in the 5,000 with a 14:01.25. **2009:** Took a redshirt season as a freshman.

Prep

Closed his heralded high school cross country career by winning the prestigious Foot Locker National Cross Country Championship with a career-best 5k time of 14:50...qualified for the finale by winning the Midwest section in 14:55...captured the Indiana State Cross Country Championship as a senior at La Porte High School, with a winning time of 15:31.9...won the Indiana State 3,200 meter title as a junior in 9:03.49...posted high school track PR's of 4:12 in the 1,600 and 8:55 in the 3,200...placed ninth in the 3,200 at the 2007 Nike Outdoor Nationals in 8:58.7.

Personal

An outstanding student who was on the President's List with a 4.0 gpa in spring 2010 and has repeatedly been on the Dean's List throughout his career...has won multiple All-ACC Academic honors...majoring in psychology...aspires to be a physical therapist after completing a professional running career...plays the drums in his spare time...goes by the nickname Skeeterbop...born May 7, 1990.

Personal Bests

Cross Country: 8k - 24:08; 10k - 30:19
Track: 1,500 - 3:47.15; 3,000 (indoor) - 8:07.08; 5,000 - 13:46.19; 10,000 - 28:34.50



Wes Rickman
Falcon, Colo.
Junior
2009 ACC XC Freshman of the Year

Junior co-captain for the Seminoles is coming off an outstanding 2010 cross country season...a fierce competitor who was the No. 4 scorer for FSU in four major events, including the NCAA Cross Country Championships, where the 'Noles were national runner-ups...entering the season off his strong outdoor track campaign.

Cross Country – 2010: Capped an outstanding sophomore season by finishing 59th at the NCAA Championships, posting a 10k cross country personal best of 30:40...was FSU's No. 4 scorer and the seventh ACC athlete across the finish line...earned All-ACC honors with his 13th-place finish, helping the Seminoles capture their first league championship, posting an 8k time of 24:09.5...was instrumental in the Seminoles' third-place finish - out of 35 teams - at Pre-Nationals with Rickman 34th in 24:15...opened the major portion of the schedule with a 19th place finish at Notre Dame Invitational in 24:17 as the 'Noles placed third out of 21 teams. **2009:** Enjoyed an outstanding freshman campaign as a major contributor for the 'Noles...was in the lineup at the NCAA Championships after earning All-South Region honors with a 23rd-place finish (31:10.50), where he was the first freshman across



MEN'S CO-CAPTAINS

the line...earned ACC Freshman of the Year honors at the conference championship meet, finishing 20th in 24:16.6 for the third-place Seminoles...competed at Pre-Nationals on the LaVern Gibson Championship Course in Terre Haute, Ind., where he was 70th (24:47)...made his first major meet debut for FSU at Notre Dame Invitational, placing 33rd (24:24) in the 8k event...earned All-ACC Academic team honors.

Track – 2011: Qualified for the NCAA First Round in the 10,000 meters outdoors, where he posted a solid 29:49.45 in the preliminary round...posted a collegiate best time in the 5,000 meters at Stanford's Payton Jordan Invitational in 13:59.32...placed in two events at the ACC Outdoor Championships, contributing to the Seminoles' seventh consecutive team title...was third in the 10,000 meters in a personal best 29:45.06 after finishing eighth in the 5,000 in 14:11.38...highlight of the indoor season came in the opening Razorback Invitational where he carved out a personal best in the 3,000 meters (8:11.24). **2010:** Posted a season best time of 14:35.81



in the 5,000 meters at the Stanford Invitational...competed in the ACC Outdoor Championships, finishing 12th in the 5,000...closed out the spring season with a personal best 3:55.86 in the 1,500 meters at the Seminole Twilight.

Prep

Had a brilliant career at Colorado's Falcon High in both cross country and track...as a senior, helped his team to the 4A state cross country team with the fastest average time among all classifications...selected to the All-Colorado cross country teams from 2007-2009...captured the two-mile Colorado state title in 9:15...was a two-time Indoor All-American in the 3,200 meters (2008-2009)...earned outdoor All-American honors in the two-mile with a personal best 8:56.

Personal

An exercise science major at Florida State...nicknamed Wes-boss and "The Goat" by his teammates, in a nod to his strength as a hill runner...plays 3rd Chair jazz flute in the 8th Honorary Symphony...the son of Mark and Carrie Rickman...born March 10, 1991.

Personal Bests

Cross Country: 8k – 24:07; 10k – 29:45.06

Track: 1,500 – 3:55.86; 3,000 (indoor) - 8:11.24; 5,000 – 13:59.42;

MEN'S RETURNEES



David Forrester
Billinge, U.K.
r-Junior

Developed into a rock-solid No. 3 scorer for the 2010 cross country Seminoles...has a knack for coming up big in big events...combination of speed and tenacity are great assets...experience on European stage in both cross country and track are invaluable.

Cross Country - 2010: Consistently delivered as the No. 3 scorer throughout the Seminoles' push to a runner-up finish at the NCAA Championships...placed 53rd at championship meet with a 10k time of 30:38.4, just six seconds shy of earning All-American status...sat out NCAA South Region after claiming All-ACC honors with a 12th-place finish (24:07.9), helping FSU claim its first conference championship...turned in a solid 30th-place performance at Pre-Nationals (24:14), where the 'Noles finished third from a field of 35 teams...was FSU's No. 2 scorer at the Notre Dame Invitational, checking in with a 16th-place finish in 24:15 over the 6k course as the Seminoles finished third...finished second overall in a dual meet with Boston University.

Track – 2011: NCAA Outdoor First Round qualifier in the 5,000 meters...posted his US collegiate best 1,500 (3:44.8) at the Kent Taylor Carolina Invite...contributed a leg to FSU's fifth-place 4x1 mile quartet at the Penn Relays...helped the Seminoles capture their seventh consecutive ACC Outdoor Championship, scoring a fifth-place finish in the 5,000 (14:00.14)...traveled to the Stanford Invitational to compete in the 5,000, where he finished eighth in a personal best time of 13:47.60...scored

in two events at the ACC Indoor Championships, contributing a leg for FSU's fourth-place distance medley team after placing seventh in the 3,000 (8:07.80)...ran his collegiate best 3,000 (8:00.06) at the UW Husky Invite. **2010:** Qualified for NCAA Outdoor Championships in the 1,500...placed third at the NCAA First Round, punching his ticket to nationals...earned All-ACC honors with his fourth-place finish in the 5,000 (14:29.71)...ran a season best 3:43.09 1,500 at the Georgia Tech Invite...finished seventh in the mile at the ACC Indoor Championships, helping the 'Noles claim the team title.

Prep/Previous Experience

Came to FSU from the University of Liverpool, where he gained national and international experience in cross country and track...posted the fastest 1,500 meter by a British junior (3:40.81) in 16 years in 2009...ranked third nationally for U23 division in the 1,500 and 800...placed 10th in the 1,500 at the 2009 European U23 Championships (3:52.49)...finished fifth at the European Cross Country Championships in 2008; fourth in 2007...was ninth at the IAAF World Junior Championships 1,500...was 2008 English Schools Champion in the 1,500 and cross country.

Personal

Pursuing a biology degree at FSU, while aspiring to attend dental school...son of Paul and Stephanie Forrester...born December 11, 1989.

Personal Bests

Cross Country: 8k – 24:07; 10k – 30:38

Track: 800 – 1:48.91; 1,500 – 3:40.81; 3,000 – 8:00.06; 5,000 – 13:47.60





MEN'S RETURNEES



Seth Proctor
Orlando, Fla.
r-Senior

An alternate at the 2010 NCAA Cross Country Championships, Proctor has emerged as a certain force in the lineup...carried over a strong finish to the cross country season by excelling in track...a fifth-year senior whose persistence and work ethic are valued in the team environment.

CROSS COUNTRY – 2010: Spent majority of the season on the fringe of running in the top seven, but was ready when called upon late in the year...inserted into the lineup for the NCAA South Region at Hoover, Ala., Proctor finished as the Seminoles' No. 6 runner, placing 33rd overall in a 10k personal best of 30:57 as FSU finished second...made his first varsity appearance of the season at the ACC Championships, where the Seminoles claimed their first league title, as he finished 33rd with a personal best 8k time of 24:49. **2008:** Ran season-opening meet at Covered Bridge Invitational, placing 13th in 26:31...did not race again for the 'Noles. **2007:** Did not compete.



TRACK – 2011: Was remarkable in his first full season on the track for the 'Noles...qualified for the NCAA First Round in the 10,000 meter outdoors, posting a personal best 29:36.02 and placing 17th...won the 5,000 in a collegiate best 14:07.15 at the Kent Taylor Relays...contributed to the Seminoles' seventh consecutive ACC Outdoor Championship with a sixth-place finish in the 10,000 meters, breaking the 30-minute mark for the first time in his career (29:57.74)...building on his strong cross country finish, opened the indoor season by finishing second in the 5,000 meters at the Razorback Invitational...returned to Arkansas two weeks later and won the Tyson Invitational 5,000, shaving 27 seconds of his previous mark to finish in 14:29.08...scored an eighth-place finish at the ACC Indoor Championships in the 5,000 meters with a personal best 14:28.53...battled injury and eligibility issues early in his career.

Prep

Was a standout performer on the track at Orlando's Edgewater High School...earned all-district and all-region in cross country as a senior in 2006...captured all-district and all-conference track honors in the 1,600 meters (2004-06), then won the titles in 2007...was All-Region in 2006 and 2007 and earned All-State honors in the 1,600 in 2007.

Personal

Pursuing a degree in English literature...is the great nephew of actor Paul Reubens, of Pee Wee Herman fame...son of Ronald and Kimberly Proctor...born November 4, 1988.

Personal Bests

Cross Country: 8k – 24:49; 10k – 30:57

Track: 5,000 (outdoor) – 14:28.53; 10,000 – 29:36.02.



Jakub Zivec
Litomerice, Czech Republic
Sophomore

2010 ACC XC Freshman of the Year

Expected to be a consistent scorer for the cross country team after earning ACC Freshman of the Year honors in 2010...has versatility and range...one of three 'Noles in the lineup with international experience.

CROSS COUNTRY – 2010: Came on late in the season and was in the lineup for FSU's NCAA Cross Country Championships runner-up finish...was the No. 6 runner at nationals, placing 118th with a 10k time of 31:20.3...sat out the NCAA South Region meet...posted 11th-place finish at the ACC Championships, helping the Seminoles to their first title...toured the Franklin Park 8k course in a season-best 24:07.6 and sealed Freshman of the Year honors...saw his first real competitive action at Pre-Nationals when he was FSU's No. 6 runner, finishing 60th in 24:32.



TRACK – 2011: Began his FSU track career indoors at the Razorback Invitational, running the 3,000 in 8:21.07...scored at the ACC Indoor Championships in the mile after posting a career best 4:09.49 in the preliminary heat, then following with a seventh-place showing in the final (4:09.64)...made outdoor debut at the Stanford Invitational in the 5,000 where he set a career best mark (14:17.97)...advanced to the finals of the ACC Outdoor Championships in the 1,500 where he missed scoring by one place despite a collegiate best 3:52.10...contributed a leg to FSU's fifth-place 4x1 mile relay quartet at Penn Relays.

Prep/Previous Experience

The Czech Republic native lived in Grand Rapids, Mich. during the fall of 2008...won the 2008 Foot Locker Midwest Region Championship in 15:09 and earned All-American honors at Foot Locker Nationals, placing fifth...also won the 2008 Nike XC Heartland Regional, advancing to Nike XC Nationals, where he was the runner-up in 15:18...representing Czech Republic, he has won 13 national titles from 2006-2009 in cross country and track...competed for Gymanzium Josefa Jungmanna...finished second in the 2009 European Junior Championships for 5,000 meters...won the 1,500 and finished second in the 800 at the 2009 European Team Junior Championships in Moscow...finished 12th in the 3,000 at the 2007 World Youth Championships (8:19.36)...was fourth in the 3,000 at the 2007 European Youth Olympic Festival...three-time Litomerice Athlete of the Year Award (2008-10).

Personal

Majoring in finance at Florida State...the son of Hana Zivcova...answers to the nickname "Kuba"...born November 23, 1990.

Personal Bests

Cross Country: 8k – 24:07; 10k – 30:40

Track: 1,500 (outdoor) – 3:44.77; 3,000 – 8:10.92; 5,000 – 14:10.58.



MEN'S RETURNEES



Jacob Brooks
Fort Myers, Fla.
r-Junior

Walk-on in his fourth year with the program whose hard work put him in the competitive mix in the preseason...has spent most of his career as a leading runner on the B-squad, but has developed nicely.

CROSS COUNTRY – 2010: Competed in the first two meets of the season, placing 52nd at the Covered Bridge Invitational with a time of 20:53...two weeks later joined the 'Noles at the Boston University dual meet to preview the Franklin Park ACC course and finished 14th in 26:00 over 8k. **2009:** Placed 20th with a time of 20:03 at Covered Bridge...finished eighth in the Apalachee Regional Park debut of the FSU Invitational, covering the 8k course in 25:52.03...established an 8k personal best at the ACC Championships, finishing 65th in 25:29.60...earned All-ACC Academic honors. 2008: Redshirt season.

TRACK – 2011: Saw limited action during the outdoor season, competing in the 10,000 at the FSU Relays where he posted a 31:57.60...also set a new PR in the 5,000 at the Kent Taylor Carolina Invite with a time of 15:22.89. **2010:** In lone indoor start ran 8:44.83 for 3,000 meters at the Rod McCravy Memorial...enjoyed a solid outdoor season with a pair of PRs, including a 10,000 meter best of 30:58.89 at the FSU Relays and a 14:58.45 in the 5,000 at the Georgia Tech Invitational...was 18th in the 10,000 (31:13.01) at the ACC Outdoor Championships.

Prep

Standout at Fort Myers High where he finished in the top 15 as a junior and senior in the 3A State Cross Country Championships, with a best finish of eighth as a junior...won a pair of district titles and was a regional cross country runner-up his senior year...his fastest cross country 5k (16:04.62) came at the FACA All-Star meet...earned 3A All-State honors with a sixth-place finish in the 3,200 (9:41.14).

Personal

Secretary and third-year member of the FSU Student Athlete Advisory Council...majoring in sport management...son of Tim and Kim Brooks...both March 12, 1990.

Personal Bests

Cross Country: 8k – 25:29.60

Track: 3,000 (indoor) – 8:44.83; 5,000 – 14:58.45; 10,000 – 30:58.89.



Sean Quinn
Punta Gorda, Fla.
r-Sophomore

Third-year walk-on in the program who continues to earn a roster spot through hard work...all of his race experience came with the B-squad in 2010.

CROSS COUNTRY - 2010: Lined up and competed in two meets...placed 35th at the FSU Invitational, covering the 8k course in a career best 26:25...came back the following week and scored in the No. 5 spot for the B-team at the Royal Cross Country Challenge in Charlotte, N.C., where he was 94th in 26:36.

Prep

Was MVP at Bishop Verot as a senior in track...placed third at the 2009 2A state meet in the 3,200 (9:47.99)...holds the school record in the 3,200...followed that up with a victory in the 3,000 at the Golden South Meet (9:16.96)...also competed in cross country, placing 28th in the Florida 2A state meet as a senior with a PR of 16:24...also qualified for the state cross country meet as a junior, placing 42nd.

Personal

Majoring in International affairs and philosophy at Florida State...has been on the Dean's list...born April 30, 1991.

MEN'S NEWCOMERS



AJ del Valle
Miami, Fla.
Freshman

The most heralded FSU recruit in years, Armando "AJ" del Valle is expected to come in and contribute immediately for the Seminoles...blessed with outstanding speed and great range, he should be able to handle to transition to the longer collegiate courses...a proven winner, he led his team to three consecutive state cross country titles.

Prep

A graduate of Miami's Christopher Columbus High, del Valle led his

team to the Florida 4A State Cross Country Championship each of his final three seasons...he never finished lower than 10th individually and was second overall as a sophomore in 2008...he capped his high school cross country career by competing at the Nike Cross Nationals in Oregon after winning the NXN Southeast Regional title in Cary, N.C...del Valle was even more impressive on the track for Columbus, winning the 1,600 and 3,200 individual titles both his junior and senior seasons...he record high school PR's of 4:09 and 9:07 in those two events...Columbus also won back-to-back state titles in the 4x800 relay, with del Valle anchoring the unit...he had a personal best 800 split of 1:50 at the 2011 state championship...earned Miami-Dade Athlete of the Year in 2011 and was a two-time All-Dade selection as Runner of the Year.

Personal

An outstanding student in high school, del Valle graduated with a



MEN'S NEWCOMERS

weighted 4.3 gpa and ranked in the top 10 percent of his senior class... he plans to major in chemical engineering at Florida State and would like to pursue a career in medicine...he is the son of Jose and Irene del Valle...born January 17, 1993.



Breandan O Neill
Sandymount, Ireland
Senior

A late addition to the roster, O Neill joins the Seminoles for his final year of eligibility after transferring from Dublin City University...a native of Ireland, he has tasted success both nationally and internationally, representing his country...has excelled in both cross country and on the track in the 3,000 and 5,000 meters...expected to crack the lineup early on.

Prep/Previous Experience

While attending Dublin City University, O Neill won a silver medal at the 2011 Irish National Senior Cross Country Championships...was a member of Ireland's first gold medal winning athletics team at the European U23 Cross Country Championships in Portugal in 2010...captured the Irish University Cross Country title in 2010 as well as the 5,000 meter crown on the track...is a three-time Irish Schools champion at 3,000 and 5,000 meters while attending St. Michael's College...also holds the Irish Schools record in the 3,000 (U17).

Personal

Earned his Bachelor of Business Studies from Dublin City University... has a diverse set of interests, including writing and producing music...is a business entrepreneur with an eye on establishing a well-known clothing brand...eager to pursue his running career to the fullest...the son of Diarmuid and Carmel O Neill...born November 1, 1988.

Personal Bests

Track: 1,500 – 3:50.77; 3,000 – 7:57.72; 5,000 – 14:10.61



Marc Akbar
Palm Coast, Fla.
r-Freshman

Redshirt freshman walk-on who earned a spot on the squad in the preseason...enjoyed a very solid high school career at St. Josephs Academy in St. Augustine and has spent the better part of two years training with the FSU cross country and track club and competing in road races and unattached on the track.

Prep/Previous Experience

Late-bloomer in high school, who placed 11th in the Florida 1A Cross Country State Championship (16:17) after winning a district title and earning All-Region honors...placed seventh at state as a senior in the 1,600 meters with a personal best time of 4:35...since coming to FSU

has raced in open division events...posted a 5,000 meter personal best at the UNF Open last spring in 15:15...also ran 4:11 in a 1,500 meter race at Mike Long Track.

Personal

Graduated from high school with a 3.8 gpa...is a mechanical engineering major at FSU...hopes to pursue a career in the automotive industry...the son of Margarette and Malcolm Akbar...born November 21, 1991.



William Bridges
Orlando, Fla.
Freshman

Bridges was a high school standout at Orlando Edgewater...an All-State performer in both cross country and track, he has a promising upside.

Prep

Was a 3A state finalist in the 3,200 meters as a junior and senior, posting a pair of sixth-place finishes...boasts a PR at that distance of 9:26...also lowered his 1,600 meter time to 4:26 as a senior...improved each season in cross country and capped his high school career by placing ninth at the 2010 3A state championship...his 5k cross country PR is 15:23.

Personal

Was selected as a member of the National Honor Society at Edgewater...a strong student who will major in mechanical engineering at Florida State...he is the son of Ann Marie and Douglas Bridges...born July 19, 1993.



Daniel Millay
Orlando, Fla.
Freshman

Another Orlando high school, Millay starred at Dr. Phillips in both cross country and track...a proven leader who helped his team to a pair of 4A state cross country runner-up finishes...enters FSU as an AP Scholar and enrolled in the honors college.

Prep

Finished 13th at the 4A state cross country meet in a personal best 15:38...on the track set a 3,200 meter PR at the FSU Relays (9:22.46)... won Metro Conference and Region titles as a senior in the 3,200 and followed up with a fourth-place finish at the 4A state meet...also ran a leg on state runner-up 4x800 team...has a 1,600 PR of 4:23...a six-time All-Conference selection.

Personal

Was a member of the National Honor Society and graduated with a 4.6 weighted gpa...majoring in business and pre-med...wants to run a Fortune 500 company...son of Mike and Theresa Millay...dad was a three-year wrestling captain at LSU...brother plays soccer at Cincinnati... born March 11, 1993.



WOMEN'S 2010 RECAP

Take Two: Seminoles Repeat As NCAA Runner-Up

A wind-blown LaVern Gibson Cross Country Championship Course in Terre Haute, Ind. could not deter Karen Harvey's Florida State women from posting a second consecutive NCAA Championships runner-up finish in 2010. Pilar McShine, Pasca Cheruiyot and Jessica Parry earned All-America honors for the Seminoles, who finished 34 points behind Villanova, which successfully defended its title. In one of the most balanced and competitive championships in years, only 105 points separated first and fifth place in the team scoring.

McShine capped her FSU career with a ninth-place finish in 20:24.4 over the 6k course. Fellow senior Cheruiyot was 17th (20:30.7), followed by Parry (22nd, 20:38.3). Jennifer Dunn came up one-tenth of a second shy of All-American standing (41st, 20:53.9), while Astrid Leutert (113th, 21:24.3) rounded out the Seminole scorers. It marked the fourth consecutive podium finish for the 'Noles under Harvey.

Seminoles romp at NCAA South Region

Florida State left little doubt that it would once again be a factor in the national championship hunt. The Seminoles ran roughshod through the field at Veteran's Park in Hoover, Ala. by scoring five runners in the top eight spots for a 24-point total and the NCAA South Region crown.

Cheruiyot (19:55.21), McShine (19:56.39) and Parry (19:56.68) led a 2-3-4 finish for 'Noles – all in personal-best times - while leading the first of two packs of FSU runners. Dunn (20:18.51) and Hannah Brooks (20:24.47) rounded out the scorers. Despite the pack tactics, the Seminoles won their third NCAA South Region title in four years by a whopping 43 points over rival and runner-up Florida in the 25-team field. FSU's 24 points were the fewest by a South Region champion in more than six years. More impressively, the Seminoles' dominance came as they successfully executed Harvey's instruction to run as a group and preserve themselves for the national championship meet nine days later.

Mastery of the ACC continues

Florida State continued its dominance of the Atlantic Coast Conference under Harvey, racing to a third consecutive championship title – its fourth if you count the vacated 2007 title. This time the 'Noles prevailed in frigid conditions at venerable Franklin Park in Chestnut Hill, Mass.

Cheruiyot's runner-up finish (20:05.4) led the way for the 'Noles, who placed all five scorers among the top 18 finishers, including McShine (5th, 20:25.9) and Leutert (12th, 20:44.2). The trio earned All-ACC honors for the Seminoles, who finished with 52 points to easily out-distance runner-up Virginia (75). While the 23-point margin of victory was the narrowest margin for an ACC champion since 2003, the 'Noles easily prevailed thanks to the scoring contributions of Parry (15th, 20:52) and Amanda Winslow (20th, 20:56). The duo finished comfortably in front of runner-up Virginia's fourth and fifth scorers to secure the crown. Harvey collected her fourth consecutive ACC Coach of the Year award as the Seminoles established the most dominant run by a program since NC State won seven consecutive titles (1987-93).

Pre-Nats provides preview of more to come

FSU's first trip to Terre Haute's LaVern Gibson Championship Course in 2010 set the wheels in motion for a national title run. From a field of 38 elite national programs, the third-ranked Seminole women made off with the Blue Race title, edging runner-up Arizona 115-128.

Winslow, a sophomore, turned in the finest performance of her career with a seventh-place finish over the 6k course in 20:32. Cheruiyot followed close behind (10th, 20:34). FSU also counted the finishes of McShine (24th, 20:49), Parry (31st, 20:52) and Dunn (43rd, 21:07) to its scoring total. That was more than enough to turn back a field which included, among others, Iowa State, Providence, Princeton, Vanderbilt and Arkansas.

Spills temper opening debut of FSU A-team

After running split squads and B-team lineups early in the year, Harvey was ready to let her A-team runners loose in the first big meet of the 2010 season – the Notre Dame Invitational. Her high hopes for a big debut performance took a tumble as two 'Noles were knocked to the ground in the opening stages of the race.

While the tumbles ultimately prevented the 'Noles from contending for the title in the 24-team field, they still managed to recover nicely for a third-place finish, thanks to three top-25 individual finishes. McShine – who was one of the fallen - led the charge (15th, 16:56) over the 5k course, with an inspiring effort. She was followed by Winslow (20th, 17:05) and Parry (23rd, 17:09). Dunn (34th, 17:22) and Cheruiyot (37th, 17:23), who also fell, but managed to finish among FSU's top five, round out the scoring finishers.

Despite the spills, the 'Noles finished with 129 points, trailing only eventual national champion Villanova (64) and perennial power Oregon (118).

Recapping the rest of the schedule

As they do every year, FSU opened the 2010 season at the Covered Bridge Invitational in Boone, N.C. While Harvey held out her top seven runners, the 'Noles still managed a second-place finish as Andrea Palen (7th, 18:20) and Emily Ness (15th, 18:39) led the way... Two weeks later the 'Noles headed to Chestnut Hill, Mass. for a rare dual meet with Boston University, which served as their preview of the Franklin Park Course, site of the ACC Championship. As an added bonus the 'Noles claimed 10 of the top 12 spots in a 23-38 win... The annual FSU Invitational, the lone home meet of the season, provided a stage for a large group of 'Noles – including the Striders program - to perform on their home course. FSU finished second in the 11-team field, led by the 8-9 finish of Palen (17:59) and Ness (18:05). Harvey also used the meet as workout for her A-team performers... The B-team made a midseason trek to Charlotte, N.C. for the Royal Cross Country Challenge and left a strong impression with a victory in the 20-team field. The 'Noles placed four runners in the top 21 scoring positions, led by Ness (4th, 17:59), Palen (7th, 18:04), Bree-Arne McArdle (14th, 18:15) and Kara Taylor (21st, 18:29).

Blazing a path in the class, too

Beyond its success on the trails, the Florida State women continued their tradition of academic excellence in 2010. Junior Jennifer Dunn was named the ACC Scholar-Athlete of the Year in cross country. Dunn was joined by five other 'Noles – Brooks, Cheruiyot, McShine, Parry and Winslow on the All-ACC Academic team as FSU's six selections led all 12 ACC schools... The USTFCCCA also recognized the 'Noles with All-Academic team honors. In addition to the team award, Brooks, Dunn, Parry and Winslow were named to the USTFCCCA All-Academic team. With four selections, the 'Noles also led the ACC.



WOMEN'S 2010 RESULTS

Covered Bridge Open Appalachian State Farm Field September 3, 2010 Boone, N.C.

Women's Team Results

1.	North Carolina	49
2.	Wake Forest	57
3.	Appalachian State	72
4.	East Carolina	113
5.	Florida State	134
6.	High Point	141
7.	Elon	192
8.	Davidson	202
9.	Shorter	225
10.	King College	281

FSU Women Individual Results (5k)

P/S	Individual Time	
7/7	Andrea Palen	18:20
15/15	Emily Ness	18:39
34/32	Kara Taylor	19:18
40/38.	Bree-Arne McArdle	19:23
44/42	Kailand Cosgrove	19:26
52/49	Lyndsey Spragins	19:38

Boston University Invitational September 19, 2010 Franklin Park, Mass.

Women's Team Results

1.	Florida State	23
2.	Boston University	38

FSU Women Individual Results (5k)

2/2	Hannah Brooks	18:48
3/3	Pasca Cheruiyot	18:48
5/5	Jennifer Dunn	18:48
6/6	Astrid Leutert	18:48
7/7	Bree-Arne McArdle	18:48
8/8	Emily Ness	18:48
9/9	Andrea Palen	18:48
10/-	Jessica Parry	18:48
11/-	Amanda Winslow	18:48
12/-	Pilar McShine	18:48

2010 Notre Dame Invitational Women - Blue October 1, 2010 South Bend, Ind.

Women's Team Results

1.	Villanova	64
2.	Oregon	118
3.	Florida State	129
4.	New Mexico	143
5.	Stony Brook	153
6.	Washington	185
7.	Princeton	214
8.	Tulsa	232
9.	Arkansas	293
10.	Penn State	295
11.	BYU	302

12.	UCLA	338
13.	Iowa	366
14.	UC Santa Barbara	368
15.	Weber State	375
16.	Ohio State	390
17.	Butler	393
18.	Notre Dame	402
19.	Texas El Paso	418
20.	Alabama	478
21.	Utah State	574
22.	Southern Utah	607
23.	SMU	636
24.	San Diego	712

FSU Women Individual Results (5k)

15/15	Pilar McShine	16:56
20/20	Amanda Winslow	17:05
23/23	Jessica Parry	17:09
34/34	Jennifer Dunn	17:22
37/37	Pasca Cheruiyot	17:23
42/42	Astrid Leutert	17:27
130/126	Andrea Palen	18:25
168/-	Hannah Brooks	19:01
172/-	Bree-Arne McArdle	19:05

Florida State Invitational Apalachee Regional Park October 8, 2010 Tallahassee, Fla.

Women's Team Results

1.	Stephen F. Austin	45
2.	Florida State	82
3.	North Florida	88
4.	South Florida	90
5.	Florida	106
6.	Tampa	125
7.	Florida Track Club	167
8.	Troy	208
9.	Florida Southern	266
10.	Fort Valley State	303
11.	Edward Waters	345

FSU Women Individual Results (5k)

8/8	Andrea Palen	17:59
9/9	Emily Ness	18:05
20/20	Bree-Arne McArdle	18:39
21/21	Kara Taylor	18:41
26/24	Lyndsey Spragins	18:46
31/29	Kendall Andrews	19:03
32/30	Mary Catharine Fleming	19:07
33/-	Kailand Cosgrove	19:08
34/-	Lauren Ross	19:10
38/-	Amanda Winslow	19:15
39/-	Astrid Leutert	19:15
40/-	Pilar McShine	19:16
41/-	Hannah Brooks	19:16
42/-	Pasca Cheruiyot	19:16
45/-	Jennifer Dunn	19:17
48/-	Jenevah Porter	19:28
50/-	Amber Imm	19:33
51/-	Shelby Salimone	19:34

64/-	Lauren Gelzinis	20:02
77/-	Maria Valdivia	20:41
78/-	Arielle Shashaty	20:45
84/-	Ashley Calhoun	21:30
87/-	Alicia Aldridge	21:46
88/-	Allyson Pagan	21:48
89/-	Elizabeth Gerrity	21:49
91/-	Mollie Hibbard	21:56
95/-	Samantha Shreffler	22:06
96/-	Margee Ankli	22:21
98/-	Brittany Hilliker	22:27
101/-	Nicole Kenna	22:36
108/-	Kaylie Belcik	23:13
110/-	Meghan Gullman	23:38
115/-	Taylor Leedy	23:46
121/-	Allison Corder	24:58
122/-	Kaitlin Pfeiffer	25:01

Royal Cross Country Challenge McAlpine Park October 15, 2010 Charlotte, N.C.

Women's Team Results

1.	Florida State	76
2.	UNC Greensboro	99
3.	Georgia Tech	115
4.	Lee University	137
5.	Davidson	153
6.	Queens University	157
7.	Elon	170
8.	Shorter	239
9.	Northern Kentucky	248
10.	King College	251
11.	Columbus State	259
12.	Augusta State	303
13.	Anderson	315
14.	Mount Olive	430
15.	Clayton State	432
16.	Charleston Southern	435
17.	UNC Pembroke	445
18.	Wingate	471
19.	Spartanburg Methodist	492
20.	Pfeiffer	618

FSU Women Individual Results (5k)

6/4	Emily Ness	17:55
9/7	Andrea Palen	18:04
16/14	Bree-Arne McArdle	18:15
23/21	Kara Taylor	18:29
34/30	Lyndsey Spragins	18:44
48/43	Lauren Ross	18:57
59/53	Kendall Andrews	19:10
66/-	Kailand Cosgrove	19:17
72/-	Amber Imm	19:27
85/-	Shelby Salimone	19:40
98/-	Jenevah Porter	19:54
101/-	Lauren Gelzinis	19:59



WOMEN'S 2010 RESULTS

Pre-Nationals

LaVern Gibson XC Course
October 16, 2010
Terre Haute, Ind.

Women's Blue Race Team Scores

1.	Florida State	115
2.	Arizona	128
3.	Iowa State	175
4.	Providence	231
5.	Texas	233
6.	Michigan State	279
7.	Princeton	291
8.	California	345
9.	Washington	352
10.	Iowa	353
11.	BYU	379
12.	Richmond	401
13.	Vanderbilt	415
14.	Ohio State	434
15.	Central Michigan	476
16.	Columbia	483
17.	Arkansas	493
18.	Colorado State	512
19.	UCLA	520
20.	Portland	526
21.	Weber State	531
22.	Clemson	543
23.	Notre Dame	547
24.	Nebraska	560
25.	Loyola Marymount	611

FSU Women's Results (8k)

7/7	Amanda Winslow	20:32
10/10	Pasca Cheruiyot	20:34
24/24	Pilar McShine	20:49
31/31	Jessica Parry	20:52
43/43	Jennifer Dunn	21:07
77/77	Astrid Leutert	21:29
224/223	Hannah Brooks	22:59

ACC Championship
Franklin Park XCCourse
October 30, 2010
Chestnut Hill, Mass.

Women's Team Scores

1.	Florida State	52
2.	Virginia	75
3.	Duke	99
4.	Boston College	100
5.	North Carolina	123
6.	NC State	137
7.	Wake Forest	206
8.	Virginia Tech	207
9.	Clemson	208
10.	Maryland	311
11.	Georgia Tech	315
12.	Miami	353

FSU Women's Results (6k)

2/2	Pasca Cheruiyot	20:05
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5/5	Pilar McShine	20:25	9/7	Jennifer Dunn	20:18
12/12	Astrid Leutert	20:44	10/8	Hannah Brooks	20:24
15/15	Jessica Parry	20:52	15/13	Amanda Winslow	20:33
18/18	Amanda Winslow	20:56	19/18	Astrid Leutert	20:41
20/20	Jennifer Dunn	21:03			
35/35	Hannah Brooks	21:26			
42/-	Andrea Palen	21:43			
62/-	Emily Ness	22:17			
78/-	Bree-Arne McArdle	22:35			

NCAA Championships
LaVern Gibson XC Course
November 22, 2010
Terre Haute, Ind.

Women's Team Scores

1.	Villanova	120
2.	Florida State	154
3.	Texas Tech	165
4.	Georgetown	167
5.	New Mexico	227
6.	Colorado	314
7.	Stony Brook	334
8.	Iowa State	341
9.	Providence	343
10.	Syracuse	347
11.	Arizona	372
12.	Oregon	378
13.	Stanford	402
14.	North Carolina	405
15.	Princeton	411
16.	Washington	413
17t.	Duke	416
17t.	Oklahoma State	416
19.	Boston College	432
20.	Texas	441

FSU Women's Results (6k)

9/7	Pilar McShine	20:24
17/13	Pasca Cheruiyot	20:30
22/18	Jessica Parry	20:38
41/33	Jennifer Dunn	20:53
113/83	Astrid Leutert	21:24
134/100	Hannah Brooks	21:38
138/104	Amanda Winslow	21:39

NCAA South Regional
Veteran's Park XC Course
November 13, 2010
Hoover, Ala.

Women's Team Scores

1.	Florida State	24
2.	Florida	67
3.	Vanderbilt	102
4.	Georgia	137
5.	Mississippi State	196
6.	UAB	206
7.	Alabama	239
8.	Ole Miss	270
9.	Lipscomb	283
10.	Samford	294
11.	North Florida	302
12.	Chattanooga	330
13.	Florida Atlantic	337
14.	USF	352
15.	Georgia Tech	353
16.	Belmont	423
17.	Miami	476
18.	Tennessee	489
19.	Georgia State	503
20.	Jacksonville State	534

FSU Women's Results (6k)

2/2	Pasca Cheruiyot	19:55
3/3	Pilar McShine	19:56
4/4	Jessica Parry	19:56

SEMINOLES



MEN'S 2010 RECAP

'Noles Set New Standard Of National Excellence

Upon arrival at the LaVern Gibson Cross Country Championship Course in Terre Haute, Ind., Florida State coach Bob Braman knew his Seminoles had a chance for a special NCAA Cross Country Championships experience. The Seminoles' eighth consecutive appearance in the season finale, however, exceeded every expectation in historic fashion. All-American performances by senior Ciaran O'Lionaird and junior Mike Fout propelled the 'Noles to a second-place finish at the NCAA Cross Country Championships. Not only was it the best finish in program history (by six spots), but also the top team showing by both an Atlantic Coast Conference and Florida school.

Braman had every reason to believe the 10th-ranked 'Noles could finish as high as their ranking, but quickly adjusted that goal with closing efforts by O'Lionaird (18th, 30:14.0) and Fout (28th, 30:20.9). Scoring five runners in the top 64, the Seminoles turned back powerhouses Wisconsin, Stanford, Oregon and Indiana – among others – to finish with 193 points.

Solid Second Place Showing At South Region

With an NCAA Championship at-large berth already assured, Braman opted to rest a couple key performers at the NCAA South Region. The decision could not have worked out much better as the Seminoles turned in a solid second-place finish in Hoover, Ala.

O'Lionaird kept his late-season surge going, winning the 10k race in 30:03 as the Seminoles placed five runners in the top 17 for a 55-point total, finishing just behind Alabama. Fout tuned up for nationals with a ninth-place finish (30:26) before the pack of Matthew Leeder (30:41), Alex Smyth (30:41) and Wes Rickman (30:4) streamed across the finish line in the 14-16 slots, respectively. Seth Proctor rounded out the FSU lineup in 25th (30:57). All six 'Noles earned All-Region honors for Braman, who rested regulars David Forrester and Jakub Zivec for the national meet, just nine days later.

FSU Ends ACC Championship Drought

After years of near-misses, the Seminole men claimed their first ACC Cross Country Championship in 19 years of league membership at the venerable Franklin Park Course in Chestnut Hill, Mass. FSU placed its first five finishers in the top 13 – each earned All-ACC honors – en route to 43-point total which easily out-distanced runner-up NC State in the 12-team field.

Leeder, a senior, turned in his finest performance to claim third place (23:42.2), just two seconds behind the winner. O'Lionaird was on his heels in fourth place (23:46.6) over the 8k course. But the true measure of FSU's excellence was its ability to bunch runners 3-5. Zivec led the three-man convoy across the finish lines in 11th (24:07.6) – earning ACC Rookie of the Year honors for his efforts – and was chased by Forrester (24:07.9) and Rickman (24:09.5), who were 12th and 13th, respectively.

Florida State's first title earned Braman his second – but sweetest – ACC Coach of the Year award.

Nothing 'Blue' About Third-Place Pre-Nats Finish

The Seminoles entered the Pre-Nationals in Terre Haute, Ind. ranked 15th nationally and used a third-place finish in the Blue Division race – which included 38 teams - to match the program's highest ranking in

history. Knocking off a pair of Top 10 teams and hammering NCAA South Region rival Florida vaulted FSU to No. 8 in the USTFCCCA national poll.

O'Lionaird led the way with a 10th-place finish (23:52.5) over the 8k course, followed by Fout (25th, 24:09.8), but once again there was scoring strength from the Seminole pack. Forrester (24:14.5), Rickman (24:15.9) and Smyth (24:29.8) finished 30th, 34th and 55th, respectively, for a 154-point total, which trailed only champion Stanford (43) and runner-up Iona (127). In the process, the 'Noles handily dispatched Northern Arizona and Princeton and left South Region No. 2 Florida (350) in their wake.

Gloves Come Off At Notre Dame Invitational

After a couple of preliminary races early in the season, Braman unleashed his full lineup for the first time at the Notre Dame Invitational. The 'Noles rewarded him with a third-place finish in the 21-team field, led by Fout, who grew up in nearby La Porte, Ind.

Fout raced near the front throughout the 8k event and brought home a ninth-place finish in 24:08. His teammates Forrester (16th, 24:15), Smyth (17th, 24:16) and Rickman (19th, 24:17) claimed three of the next eight spots as the Seminoles totaled 99 points, finishing behind Top 10 powers Oregon (69) and New Mexico (78).

Early-Season Encounters Lay Groundwork

The FSU men opened the season auspiciously at the Covered Bridge Invitational, finishing eighth out of 12 teams in Boone, N.C. The outcome, however, was quite predictable as Braman used the opener as a training event for the vast majority of his front-line runners, who filed across the finish line in order between 43rd and 47th place...A trip to Franklin Park in Chestnut Hill, Mass. provided the 'Noles with a glimpse of the ACC Championship course in a dual meet with Boston University. Once again Braman charged his team with working together in a controlled pace and the 'Noles delivered, claiming finish positions 2-6. Forrester and Smyth finished 2-3 for the 'Noles in 24:44 and 24:45, respectively...With most of the starting seven sitting out, senior Justin Harbor seized the moment at the Florida State Invitational, pacing the Seminoles with a third-place finish at Apalachee Regional Park (25:01) – good for ACC Performer of the Week honors. Nick Maedel (8th, 25:12), Leeder (9th, 25:57), Smyth (10th, 25:27) and O'Lionaird (11th, 25:57) packed in up to lead the 'Noles to the title in the 10-team field.

Academic Excellence - And More - Follows 'Noles

Not only did the 'Noles excel in spikes, they flourished in the classroom as well. Florida State earned the prestigious USTFCCCA Scholar Team of the Year Award, outdistancing the rest of the Division I programs in the nation, by producing the highest finish at the NCAA Championships with the top team grade point average (3.11). The Seminoles were also the only ACC school to produce to USTFCCCA All-Academic individual performers, as O'Lionaird and Fout were recognized for their academic excellence...Three 'Noles – Jakub Zivec, O'Lionaird and Fout – were also selected to the All-ACC Academic team. Only two other league programs produced more honorees...In addition to the academic accolades, team member Darrin Gibson was presented the ACC Sportsmanship Award for carrying an injured opposing runner across the finish line at the Florida State Invitational.



MEN'S 2010 RESULTS

Covered Bridge Open Appalachian State Farm Field September 3, 2010 Boone, N.C.

Men's Team Results

1.	North Carolina	41
2.	High Point	75
3.	Appalachian St.	80
4.	Wake Forest	113
5.	Davidson	119
6.	Elon	150
7.	Shorter	194
8.	Florida State	215
9.	East Carolina	252
10.	East Tennessee	285
11.	King College	285
12.	No. Carolina Club	310

FSU Men Individual Results (8k)

P/S	Individual	Time
43/41	Justin Harbor	20:51
44/42	Michael Fout	20:51
45/43	Ciaran O'Lionaird	20:51
46/44	David Forrester	20:52
47/45	Matthew Leeder	20:52
48/46	Jakub Zivec	20:52
49/47	Alexander Smyth	20:52
50/-	Wes Rickman	20:53
51/-	Nicholas Maedel	20:53
52/-	Jacob Brooks	20:53
63/-	Christopher Rego	21:07
71/-	John Grellner	21:16

Boston University Invitational September 19, 2010 Franklin Park, Mass.

Men's Team Results

1.	Florida State	20
2.	Boston University	41

FSU Men Individual Results (8k)

2/2	David Forrester	24:44
3/3	Alexander Smyth	24:45
4/4	Jakub Zivec	25:01
5/5	Michael Fout	25:01
6/6	Wes Rickman	25:01
7/7	Ciaran O'Lionaird	25:03
10/10	Matthew Leeder	25:11
11/-	Justin Harbor	25:13
14/-	Jacob Brooks	26:00
15/-	Nicholas Maedel	26:04

Notre Dame XC Invitational Men - Blue October 1, 2010 South Bend, Ind.

Men's Team Results

1.	Oregon	69
2.	New Mexico	78

3.	Florida State	99
4.	Tulsa	196
5.	Penn State	205
6.	UCLA	206
7.	Notre Dame	208
8.	Alabama	242
9.	Texas El Paso	260
10.	Indiana State	288
11.	Arizona State	289
12.	Butler	292
13.	Villanova	306
14.	Utah State	326
15.	American	361
16.	Weber State	388
17.	Fresno State	397
18.	Oakland	413
19.	Washington	431
20.	Southern Utah	607
21.	San Diego	649

FSU Men Individual Results (8k)

9/9	Michael Fout	24:08
16/16	David Forrester	24:15
17/17	Alexander Smyth	24:16
19/19	Wes Rickman	24:17
38/38	Ciaran O'Lionaird	24:40
41/41	Matthew Leeder	24:42
79/78	Nicholas Maedel	25:17
128/-	Justin Harbor	26:13

Florida State Invitational Apalachee Regional Park October 8, 2010 Tallahassee, Fla.

Men's Team Results

1.	Florida State	41
2.	Florida	55
3.	Stephen F. Austin	69
4.	Florida Southern	117
5.	North Florida	145
6.	Tampa	170
7.	South Florida	171
8.	Troy	183
9.	Florida Track Club	230
10.	Fort Valley State	330
11.	Edward Waters	335

FSU Men Individual Results (8k)

4/3	Justin Harbor	25:01
10/8	Nicholas Maedel	25:12
11/9	Matthew Leeder	25:27
12/10	Alexander Smyth	25:27
13/11	Ciaran O'Lionaird	25:27
14/12	Michael Fout	25:27
16/14	Wes Rickman	25:30
17/-	Jakub Zivec	25:30
23/-	Christopher Rego	25:49
31/-	Tyler Price	26:18
35/-	Sean Quinn	26:25

37/-	John Grellner	26:36
62/-	Nathan Duby	27:37
85/-	Daniel Silva	28:36
89/-	Darrin Gibson	29:36

Royal Cross Country Challenge McAlpine Park October 15, 2010 Charlotte, N.C.

Men's Team Results

1.	Queens University	66
2.	UNC Greensboro	74
3.	Georgia Tech	81
4.	Davidson	101
5.	Columbus St.	176
6.	Elon	180
7.	Shorter	187
8.	No. Kentucky	245
9.	King College	289
10.	Mount Olive	302
11.	Emory	314
12.	Florida State	327
13.	Mars Hill	349
14.	The Citadel	367
15.	Clayton State	410
16.	UNC Pembroke	459
17.	Lee University	483
18.	Augusta State	496
19.	UNC Asheville	498
20.	Wingate	507
21.	Anderson	526
22.	Charleston Southern	585
23.	Spartanburg Methodist	644

FSU Men Individual Results (8k)

44/38	Christopher Rego	25:46
65/55	Tyler Price	26:15
88/75	Nathan Duby	26:33
91/78	John Grellner	26:35
94/81	Sean Quinn	26:36

Pre-Nationals LaVern Gibson XC Course October 16, 2010 Terre Haute, Ind.

Men's Blue Race Team Scores

1.	Stanford	43
2.	Iona	127
3.	Florida State	154
4.	Northern Arizona	192
5.	Princeton	196
6.	William & Mary	204
7.	California	233
8.	North Carolina	336
9.	Florida	350
10.	Louisville	354
11.	UCLA	375
12.	Dartmouth	384



MEN'S 2010 RESULTS

13.	Ohio State	400
14.	Montana State	418
15.	Illinois	441
16.	Richmond	452
17.	UTEP	499
18.	Michigan State	521
19.	Purdue	549
20.	Binghamton	562
21t.	McNeese State	566
21t.	Dayton	566
23.	Michigan	595
24.	Nebraska	622
25.	Georgia	641
26.	Washington	643
27.	Marquette	660
28.	Ole Miss	662
29.	Colorado State	663
30.	Baylor	669
31.	Utah Valley	707
32.	South Dakota State	737
33.	Clemson	902
34.	Arizona	925
35.	Montana	987

FSU Men's Results (8k)

10/10	Ciaran O'Lionaird	23:52
25/25	Michael Fout	24:09
30/30	David Forrester	24:14
34/34	Wes Rickman	24:15
55/55	Alex Smyth	24:29
60/60	Jakub Zivec	24:32

ACC Championship Franklin Park XC Course October 30, 2010 Chestnut Hill, Mass.

Men's Team Scores

1.	Florida State	43
2.	NC State	81
3.	North Carolina	84
4.	Virginia	92
5.	Duke	93
6.	Wake Forest	209
7.	Virginia Tech	242
8.	Maryland	244
9.	Boston College	254
10.	Clemson	267
11.	Georgia Tech	271
12.	Miami	357

FSU Men's Results (8k)

3/3	Matthew Leeder	23:42
4/4	Ciaran O'Lionaird	23:43
11/11	Jakub Zivec	24:07
12/12	David Forrester	24:07
13/13	Wes Rickman	24:09
16/16	Alexander Smyth	24:12
22/22	Michael Fout	24:23
33/-	Seth Proctor	24:49
75/-	Justin Harbor	25:55
96/-	Nicholas Maedel	26:38



NCAA South Regional Veteran's Park XC Course November 13, 2010 Hoover, Ala.

Men's Team Scores

1.	Alabama	30
2.	Florida State	55
3.	Florida	76
4.	Tennessee	150
5.	Georgia	157
6.	Chattanooga	193
7.	Ole Miss	219
8.	Belmont	236
9.	Kennesaw State	244
10.	Mississippi State	277
11.	North Florida	287
12.	USF	341
13.	Lipscomb	342
14.	Vanderbilt	364
15.	Mississippi Valley	373
16.	Mercer	375
17.	Miami	413
18.	Tennessee Tech	475

FSU Men's Results (10k)

1/1	Ciaran O'Lionaird	30:03
10/9	Michael Fout	30:26
15/14	Matthew Leeder	30:41
16/15	Alexander Smyth	30:41
17/16	Wes Rickman	30:41
25/24	Seth Proctor	30:57

NCAA Championships LaVern Gibson XC Course November 22, 2010 Terre Haute, Ind.

Men's Team Scores

1.	Oklahoma State	73
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2. Florida State 193

3.	Wisconsin	223
4.	Stanford	237
5.	Oklahoma	281
6.	Oregon	289
7.	Indiana	298
8.	Iona	303
9.	Northern Arizona	317
10.	Arkansas	329
11.	Alabama	338
12.	Princeton	351
13.	Portland	362
14.	Syracuse	365
15.	Colorado	366
16.	New Mexico	376
17.	Virginia	386
18.	BYU	414
19.	William & Mary	420
20.	NC State	436
21.	Duke	475
22.	Providence	510
23.	Villanova	550
24.	Richmond	554
25.	Notre Dame	571
26.	Texas	595
27.	Minnesota	608
28.	Louisville	622
29.	Georgetown	644
30.	Penn State	659
31.	California	678

FSU Men's Results (10k)

18/15	Ciaran O'Lionaird	30:14
28/24	Michael Fout	30:20
53/42	David Forrester	30:38
59/48	Wes Rickman	30:40
76/64	Alexander Smyth	30:55
118/98	Jakub Zivec	31:20



WOMEN'S HISTORY

All-Americans

1981	Darien Andreu
2002	Vicky Gill
2003	Vicky Gill
	Natalie Hughes
2006	Susan Kuijken
2007	Susan Kuijken
	Barbara Parker
2008	Susan Kuijken
	Pilar McShine
	Lesley Van Meirt
2009	Susan Kuijken
	Pasca Cheruiyot
	Lesley Van Meirt
2010	Pilar McShine
	Pasca Cheruiyot
	Jessica Parry



Four-time All-American Susan Kuijken

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
	Abi Wilshire
2007	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

All-ACC

2000	Amy Pleckaitis
2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
	Barbara Parker
2008	Susan Kuijken
	Pilar McShine
	Linzi Snow
	Lesley Van Meirt
	Lydia Willemse
2009	Pasca Cheruiyot
	Jennifer Dunn
	Susan Kuijken
	Pilar McShine
	Jessica Parry
2010	Pasca Cheruiyot
	Pilar McShine
	Astrid Leutert

ACC Performer of the Week

2001	Alison Lind (9/3)
2002	Vicky Gill (10/21)
2007	Susan Kuijken - 4
	(9/4, 10/2, 10/16, 10/23)
	Pilar McShine (9/25)
2008	Susan Kuijken - 2 (10/20, 11/3)
2009	Susan Kuijken (10/19)
2010	Amanda Winslow (10/18)

All-Time Team Finishes NCAA Championship

2002	28th	(657)
2003	18th	(455)
2006	21st	(436)
2007	3rd	(326)*
2008	3rd	(163)
2009	2nd	(163)
2010	2nd	(133)

NCAA Region

2001	3rd	(113)
2002	2nd	(72)
2003	2nd	(93)
2004	4th	(176)
2005	3rd	(118)
2006	4th	(84)
2007	1st	(40)*
2008	1st	(41)
2009	2nd	(54)
2010	1st	(24)

ACC Championship

Under coach Scott Irving

1991	5th	(154)
1992	5th	(164)
1993	7th	(195)
1994	9th	(235)
1995	9th	(220)
1996	9th	(247)
1997	9th	(247)
1998	8th	(220)
1999	8th	(214)

Under coach Bob Braman

2000	6th	(128)
2001	7th	(156)
2002	6th	(134)
2003	5th	(135)
2004	6th	(168)
2005	7th	(196)
2006	4th	(118)

Under coach Karen Harvey

2007	1st	(64)*
2008	1st	(27)
2009	1st	(37)
2010	1st	(52)

* - vacated by NCAA



MEN'S HISTORY

All-Americans

1969	Ken Misner
1970	Ken Misner
1971	Bobby Brooks
1981	Herb Wills
2005	Andrew Lemoncello
2010	Ciaran O'Lionaird Michael Fout

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
2009	Matt Leeder Ciaran O'Lionaird Wes Rickman Daniel Roberts
2010	Michael Fout Matt Leeder Ciaran O'Lionaird Seth Proctor Wes Rickman Alex Smyth



2010 ACC Men's Cross Country Champions

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 Gabart Matt Leeder
2009	Matt Leeder Ciaran O'Lionaird Daniel Roberts Wes Rickman*
2010	David Forrester Matt Leeder Ciaran O'Lionaird Wes Rickman Jakub Zivec*

* - ACC Freshman of the Year

ACC Performer of the Week

1996	Jason Ritter (9/10)
1997	Aaron Scheer (10/6)
1998	Aaron Scheer (10/12)
2004	Luke Beevor (9/7) Andrew Lemoncello - 3 (9/14, 10/4, 10/18)
2005	Andrew Lemoncello - 2 (9/19, 10/3)
2006	Andrew Lemoncello (10/16)
2007	Mark Buckingham (9/4)
2008	Luke Gunn - 2 (9/22, 10/6) Daniel Roberts (10/20)
2010	Justin Harbor (10/11)

All-Time Team Finishes NCAA Championship

1981	8th	(257)
2003	29th	(733)
2004	17th	(438)
2005	18th	(471)
2006	30th	(602)
2007	20th	(454)
2008	26th	(576)
2009	30th	(612)
2010	2nd	(193)

NCAA Region

2001	3rd	(85)
2002	4th	(104)
2003	2nd	(64)
2004	1st	(59)
2005	2nd	(47)
2006	1st	(67)
2007	2nd	(52)
2008	3rd	(66)
2009	2nd	(80)
2010	2nd	(55)

ACC Championship

Under coach Scott Irving

1991	7th	(200)
1992	8th	(230)
1993	8th	(220)
1994	9th	(273)
1995	9th	(230)
1996	7th	(217)
1997	9th	(232)
1998	8th	(210)
1999	8th	(218)

Under coach Bob Braman

2000	7th	(188)
2001	5th	(134)
2002	5th	(123)
2003	2nd	(66)
2004	2nd	(48)
2005	2nd	(38)
2006	2nd	(79)
2007	3rd	(130)
2008	4th	(80)
2009	3rd	(72)
2010	1st	(43)



WE ARE THE SEMINOLES



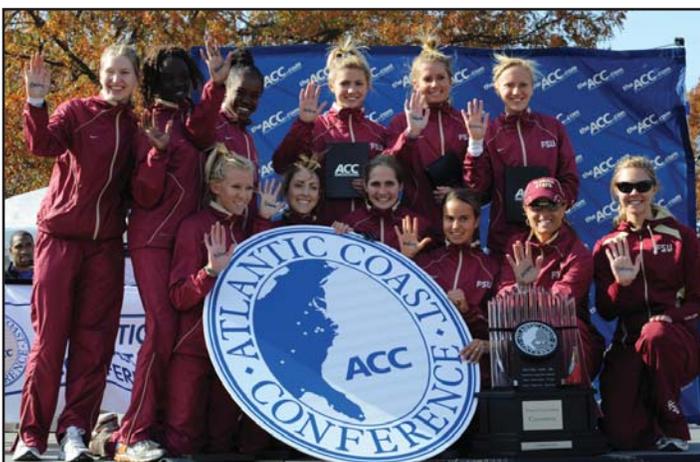
Expanded Rosters

Women

Kendall Andrews	So.	Tallahassee, Fla./Chiles
Kaylie Belcik	So.	Oldsmar, Fla./East Lake
Erica Boccumini	Fr.	Orlando, Fla./Olympia
Ashley Calhoun	Sr.	Roanoke, Va./Niceville
Kailand Cosgrove	r-Jr.	Tarpon Springs, Fla./Tarpon Springs
Kristin Estrada	So.	Ocala, Fla./Vanguard
Meaghan Faletti	So.	Ocoee, Fla./Wekiva
Lauren Gelzinis	So.	Stuart, Fla./South Fork
Liz Gerrity	Jr.	Naples, Fla./Gulf Coast
Meghan Gullman	So.	Jacksonville, Fla./Bartram Trail
Mollie Hibbard	So.	Satellite Beach, Fla./Satellite
Brittany Hilliker	r-Jr.	Wesley Chapel, Fla./Wharton
Catie Keenan	Fr.	York Beach, Me./York
Nicole Kenna	Sr.	Brandon, Fla./Brandon
Taylor Leedy	Sr.	Jacksonville, Fla./Mandarin
Michelle Lewis	Sr.	Sunrise, Fla./Piper
Katherine McMeekin	Jr.	Palm Harbor, Fla./East Lake
Allyson Pagan	So.	Melbourne, Fla./Holy Trinity
Jenevah Porter	Jr.	Jupiter, Fla./Coral Springs
Ariadna Pulido	Fr.	Parkland, Fla./Douglas
Kathrena Regnier	Fr.	Miami, Fla./North Miami Beach
Lauren Ross	So.	Parkland, Fla./Douglas
Shelby Salimone	So.	Tallahassee, Fla./Maclay
Oyuki Segura	So.	Homestead, Fla./Coral Reef
Arielle Shashaty	So.	Coral Springs, Fla./Taravella
Jensen Swopes	Fr.	Altamonte Springs, Fla./Bishop Moore
Christal Washington	Jr.	Hollywood, Fla./South Broward

Men

Dominick Cabrera	r-Fr.	Miami, Fla./Columbus
Cameron Davis	Fr.	Fleming Island, Fla./Fleming Island
Darrin Gibson	r-Jr.	Tampa, Fla./Robinson
John Grellener	r-So.	Tampa, Fla./Wharton
Gleb Rudenko	So.	Hollywood, Fla./Winston Churchill



THIS IS...



FLORIDA STATE CROSS COUNTRY

CROSS COUNTRY