

1990
FLORIDA STATE
CROSS COUNTRY

..... **SCHEDULE**

September

- | | | |
|----|----------------------------|-----------------|
| 15 | Georgia State Invitational | Atlanta, GA |
| 28 | Georgia Tech Dual Meet | Tallahassee, FL |

October

- | | | |
|----|----------------------------|-----------------|
| 6 | Florida State Invitational | Tallahassee, FL |
| 13 | Pre-SEC Invitational | Gainesville, FL |
| 27 | Metro Conference Champs. | Cincinnati, OH |

November

- | | | |
|----|--------------------------|----------------|
| 10 | Region III Championships | Greenville, SC |
| 19 | NCAA Championships | Knoxville, TN |



FLORIDA STATE



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1990 FLORIDA STATE CROSS COUNTRY MEDIA GUIDE

FLORIDA STATE FINGERTIP FACTS

President..... Dr. Bernard F. Sliger
 Location..... Tallahassee, Florida
 Enrollment..... 28,077
 Founded..... 1857
 Nickname..... Seminoles
 Colors..... Garnet and Gold
 Conference..... Metro
 Athletic Director..... Bob Goin
 Faculty Athletic Representative..... Charles Ehrhardt
 Director of Communications..... Wayne Hogan

CROSS COUNTRY FACTS

Head Coach..... Sue Addison (2nd season)
 Assistant Coach..... Mike Curcio
 Facility..... Seminole Golf Course
 1989 Conference Finish..... W-2nd; M-2nd

FSU TRACK DIRECTORY

Director of Track and Field..... Terry Long
 Track Office Phone..... (904) 644-5550
 Cross Country/Track SID..... Joey Ferolito
 Sports Information Phone..... (904) 644-7291
 SID Fax..... (904) 644-3820

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.....1990 ROSTERS

WOMEN

<u>Name</u>	<u>Cl.</u>	<u>Hgt.</u>	<u>Age</u>	<u>Hometown</u>
Lisa Beck	Fr.	5-4	18	W. Palm Bch., FL
Stacey Bowrosen	Fr.	5-4	18	Port Orange, FL
Angela Harris	Jr.	5-6	19	Orange Park, FL
Tracy Howze	So.	5-5	19	Orange Park, FL
Nicole Lopez	Jr.	5-4	21	Montgomery, AL
Kerry Moloughney	Fr.	5-4	18	Staten Island, NY
Karla Severs	So.	5-5	19	Titusville, FL
Tracy Pepoon	Fr.	5-4	18	Ft. Walton Bch, FL

MEN

<u>Name</u>	<u>Cl.</u>	<u>Hgt.</u>	<u>Age</u>	<u>Hometown</u>
Mark Bednarz	Fr.	6-2	19	Garfield, NJ
Rob Circelli	Fr.	5-9	19	Port Orange, FL
Matthew Dobson	Sr.	6-0	21	Jay, FL
Jason Frank	Jr.	6-2	20	Nobleton, FL
Michael Hampton	Fr.	5-9	18	Punxsutawney, PA
Philip Healy	Fr.	5-11	20	Northern Ireland
Jason Kaiser	So.	6-0	18	Winter Park, FL
Chris Keeney	So.	5-9	20	Honolulu, HI
Daniel Lucas	Fr.	6-0	19	Tampa, FL
Chris Mooney	Sr.	5-8	22	Plantation, FL
Billy Walden	So.	5-11	20	Daytona Bch, FL
John Winkler	So.	5-7	19	Miramar, FL

Note to the Media

Florida State home cross country meets are held at Seminole Golf Course. If any assistance is needed in covering the Seminoles at home, contact Joey Ferolito at the FSU Communications Office in the Moore Athletic Center at 904/644-1403.

Interviews or other information concerning the coaches or team members can also be handled by the Communications staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

.....1990 OUTLOOK

Florida State Cross Country coach Sue Addison believes this may be the year her perennial bridesmaids break the jinx and claim the Metro Conference Championship. They better, because this is their last chance.

FSU is opening its final season in the Metro Conference, where the Tribe has won three men's titles since 1977, but has yet to gain the honor in five years of women's competition. Florida State has won every Track and Field Championship since 1977.

Both the men's and women's cross country teams finished second at the 1989 conference meet. The women have placed second in each of the five conference championships. Addison would like to change that.

"This could be our year," Addison said. "We trained hard over the summer and we look much better."

The Lady Seminoles have three indoor track All-Americans running cross country, but must replace last year's conference champion, Carrie Boyd. Heading the list of replacements is Angela Harris, a 5-6 junior from Orange Park who ran number two most of last season. Addison says Harris is in much better condition heading into the fall after competing at the Olympic Sports Festival over the summer.

The loss of Boyd will hurt, but the Lady Seminoles appear to be



1990 Florida State Cross Country Team: Bottom Row (l to r) - Sue Addison (Coach), Stacey Bowrosen, Lisa Beck, Kerry Moloughney, Tracey Pepoon, Karla Severs, Tracey Howze, Angela Harris. Second Row (l to r) - Chris Mooney, Philip Healy, John Winckler, Chris Keeney, Rob Circelli, Mike Curcio (Coach). Third Row (l to r) - Mike Hampton, Matt Dobson, Jason Frank, Mark Bednarz

more balanced in 1990. They are not very deep or experienced, however. Sophomores Karla Severs and Tracy Howze will join freshmen Lisa Beck, Stacey Bowrosen, Kerry Moloughney and Tracy Pepoon to form a more consistent group from top to bottom.

Severs had a good summer of training and is running number two heading into the season. Beck, the high school state champion in the mile and two-mile last year at Cardinal Newman High in West Palm Beach, is slightly ahead of Howze and Bowrosen for the third spot.

"This group (women) has the best chance to win," Addison said. "We have a closer gap between the first and fifth runners this year, which was our problem last year. We need our third, fourth, and fifth runners to stay close for us to be competitive."

Consistency will also be a must if the men are to break Virginia Tech's streak of seven consecutive conference titles. Like the women, the 1990 group appears to be more balanced.

Junior Jason Frank led the Seminoles for most of 1989 and has a handle on the top spot heading into this season. He will be pushed hardest by senior Matthew Dobson, a letterwinner last year after transferring from the University of West Florida.

A two-time letterman, Frank was an all-conference performer in 1989. He was the Seminoles' top 1,500-meter and 5,000 runner during the track season as well. Dobson is probably the most improved runner according to Addison and could vie for the top spot.

The rest of the pack is tight heading into the season. Senior Cris Mooney, freshman Philip Healy of Northern Ireland and sophomore Chris Keeney are slightly ahead of freshman Rob Circelli and newcomer Michael Hampton. Mooney lettered a year ago while Healy looks to be a star of the future. He was the United Kingdom's top-ranked junior (under 20) in the 1,500m in 1989 and won the Irish schools cross country championship as well. Keeney, Circelli—the 1989 Metro champion in the 1,500m—and Hampton should add depth.

Addison feels a short schedule of good meets will benefit both squads, pointing to the FSU Invitational on October 6 as a key date.

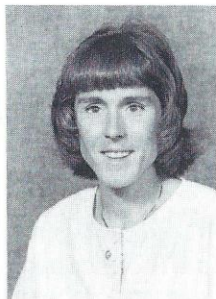
The 1990 slate includes six meets, with most of the competition coming from the always strong Southeastern Conference, which includes Tennessee and Florida.

"This is a good schedule for our team," Addison said. "It is short enough to keep us fresh for the indoor and outdoor track season, while allowing enough opportunities for those ready to run."

..... COACHES

HEAD COACH SUE ADDISON

Sue Addison begins her second season as head coach of the Florida State cross country program. A veteran runner and coach, she directs all aspects of the cross country program in the fall and handles the middle distance and distance runners in the spring.



The Clarkston, Michigan, native joined the FSU staff before the 1989 track and field season, replacing Al Schmidt who took over the head coaching job at Mississippi State. Prior to that, Addison had served as an assistant coach at the University of Colorado for three seasons.

A three-time All-American at Michigan State, Addison has been a member of six U.S.A. national track teams and was top ranked miler of 1986 for the U.S. while representing Reebok as an international athlete. In addition, she was the national champion in the 800-meters (2:03) her senior year at Michigan State and in 1986 posted the nation's best time in the mile run (4:23).

Her coaching experience includes a stint as head women's track & cross country coach at Brown University during the 1981-82 season. From 1985-88, Sue developed the Colorado cross country team into one of the strongest squads in the Big Eight Conference.

Addison completed her bachelor's degree in Physical Education in 1978 and earned her master's in Athletic Administration in 1981, both from Michigan State.

ASSISTANT COACH MIKE CURCIO

Mike Curcio begins his third season with the Seminole staff, his second as a graduate assistant after serving a year as a volunteer assistant. He works closely with coach Sue Addison in the development of all distance runners at FSU.

A four-year letterwinner at Appalachian State, Curcio participated on both the track and cross country squads. Curcio then returned to his native New York and headed St. John the Baptist High School's track program. In that position, he was responsible for all aspects of running the track program for one of the largest Catholic schools in the state.

He is currently working on a master's degree in Athletic Administration after earning a Bachelor's degree from Appalachian State in 1987.

..... 1990 MEN'S BIOS

ROB CIRCELLI

Freshman (RS)
Port Orange, Fla./
Spruce Creek High

Metro Champion in 1500m in 1990 (PR 3:49.18)...competed at U.S. Junior Nationals over the summer...should vie for a spot in the top five this season...redshirted in 1989...**Prep:** Three-time conference champ in the half, one and two mile runs.

MATTHEW DOBSON

Senior (1VL)
Jay, Fla./Jay High

Will battle Jason Frank for the top spot in 1990...transferred from West Florida before the 1989-90 season...tabbed "Most Improved" by Coach Addison...**Prep:** 1987 Florida Class A Champion in the mile.

DOBSON in 1989

Clemson-5th, 3rd FSU (26:27)
FSU-10th, 2nd FSU (25:56)
Florida-14th, 4th FSU (26:49)
Furman-41st, 4th FSU (32:41)
Metro-35th, 7th FSU (27:34)
NCAA District III-DNC

JASON FRANK

Junior (2VL)
Nobleton, Fla./Hernando High

Returning All-Metro cross country performer...should hold down one of the top two positions...member of school record 3200m-relay team (1990 Indoor)...**Prep:** One of the top distance prospects in Florida in '88.

FRANK in 1989

Clemson -2nd, 1st FSU (26:05)
FSU-5th, 1st FSU (25:21)
Florida-13th, 3rd FSU (26:46)
Furman-12th, 1st FSU (31:44)
Metro -10th, 3rd FSU (26:04)
NCAA District III-59th, 1st FSU (31:54)

MICHAEL HAMPTON

Freshman
Punxsutawney, Pa./
Punxsutawney Area High

Will vie for a top five position...placed third in the 1500m at Jr. Nationals in 1990...**Prep:** Two-time Pennsylvania state champion in the mile.

CHRIS KEENEY

Sophomore (1 VL)
Honolulu, Hawaii/Punahou High

Will again add depth while challenging for a spot in 1990...**Prep:** Hawaii state runner-up in the mile as a senior.

PHILIP HEALY

Freshman
Northern Ireland/St. Patricks High

Expected to earn a top five spot ...recovering from a stress fracture that will limit him early ...represented N. Ireland in the World Jr. Cross Country Championships ... top-ranked 1500m Jr. (under 20) in the United Kingdom in 1989 ...**Prep:** Irish schools cross country champion in 1988.

CHRIS MOONEY

Senior [1L]
Plantation, Fla./Plantation High

Expected to challenge for top spot in 1990...placed 4th in the Steeplechase at the 1990 Metro Champs...begins second year of cross country...**Prep:** An All-Broward County pick in football, soccer and track.

KEENEY in 1989

Clemson-13th, 9th FSU (28:18)
FSU-48th, 5th FSU (27:16)
Florida-33rd, 7th FSU (27:56)
Furman-70th, 8th FSU (33:53)
Metro-17th, 5th FSU (26:30)
NCAA District III-148th, 4th FSU (33:33)

MOONEY in 1989

Clemson-12th, 7th FSU (28:09)
FSU-DNC
Florida-DNC
Furman-DNC
Metro-29th, 6th FSU (27:12)
NCAA District III-DNC

.....1990 WOMEN'S BIOS

LISA BECK

Freshman
West Palm Beach, Fla./
Cardinal Newman High

Has impressed coaches with her early performances...expected to contribute as a freshman...**Prep:** All-area, conference and state in cross country and track...Florida Class 2A state champion in the mile and two-mile.

STACEY BOWROSEN

Freshman
Port Orange, Fla./
Father Lopez High

Also expected to be a key performer as a freshman... progressing well after a severe ankle sprain over the summer...**Prep:** All-area, county and state in cross country and track.

ANGELA HARRIS

Junior (2VL)
Orange Park, Fla./
Orange Park High

FSU's top returnee after earning All-Metro honors in 1989...1990 Metro Conference Champ in the 800-meters...1990 Olympic Sports Festival participant in the 800m...1990 Indoor All-American in the 4 x 800m relay...**Prep:** An all-state performer in cross country and track.

HARRIS in 1989

Clemson-8th, 3rd FSU (19:28)
FSU-22nd, 3rd FSU (19:08)
Florida-15th, 2nd FSU (19:17)
Furman-26th, 1st FSU (19:25)
Metro-11th, 3rd FSU (19:07)
NCAA District III-DNC

TRACEY HOWZE

Sophomore (1VL)
Orange Park, Fla./
Orange Park High

Continues to challenge for a top position...1990 Indoor All-American in the 4 x 800m relay...placed fourth in the 3000m at the Metro Champs...**Prep:** 1988 Florida high school cross country champion.

KERRY MOLOUGHNEY

Freshman
Staten Island, N.Y./
Notre Dame Academy

Can run in top five in 1990...a two-time Jr. National champion in the 4 x 800m relay...**Prep:** Placed third at the Empire State Games in the 800m.

KARLA SEVERS

Sophomore (1VL)
Titusville, Fla./
Astronaut High

1990 Indoor All-American in the 4 x 800m relay...expected to battle Angela Harris for number one...800-meter runner-up at 1990 Metro Champs...**Prep:** Two-time Florida HS state champion in the 800-meters...state runner-up in cross country and the mile.

TRACEY PEPOON

Freshman
Ft. Walton Beach, Fla./
Ft. Walton Beach High

Red-shirted in 1989...will add depth while challenging for a top five spot in 1990...**Prep:** MVP and team captain for three years.

HOWZE in 1989

Clemson-11th, 4th FSU (19:57)
FSU-26th, 4th FSU (19:17)
Florida-26th, 4th FSU (20:09)
Furman-51st, 3rd FSU (20:08)
Metro-17th, 5th FSU (19:43)
NCAA District III-DNC

SEVERS in 1989

Clemson-12th, 5th FSU (20:08)
FSU-34th, 5th FSU (19:34)
Florida-27th, 5th FSU (20:15)
Furman-DNC
Metro-16th overall, 5th FSU (19:38)
NCAA District III-DNC

.....1989 RESULTS

CLEMSON DUAL at Tallahassee, FL (9-9-89)

Women: Lost 41-18 Men: Won 26-31
Top FSU Finishers: Carrie Boyd (3rd), Jason Frank (2nd)

FSU INVITATIONAL at Tallahassee, FL (9-30-89)

Women: 3rd Men: 2nd
Competing teams: (W)-20 (M)-19
Top FSU Finishers: Carrie Boyd (1st), Jason Frank (5th)

FLORIDA INVITATIONAL at Gainesville, FL (10-7-89)

Women: 3rd Men: 2nd
Competing teams: (W)-15 (M)-15
Top FSU Finishers: Carrie Boyd (3rd), David Keen (6th)

FURMAN INVITATIONAL at Greenville, SC (10-14-89)

Women: NTS Men: 5th
Competing Teams: (W)-18 (M)-18
Top FSU Finishers: Angela Harris (26th), Jason Frank (11th)

METRO CHAMPIONSHIPS at Blacksburg, VA (11-4-89)

Women: 2nd Men: 2nd
Competing Teams: (W)-8 (M)-8
Top FSU Finishers: Carrie Boyd (1st), David Keen (5th)

NCAA DISTRICT III CHAMPIONSHIPS at Greenville, SC (11-11-89)

Women: NTS Men: 22nd
Competing Teams: (W)-34 (M)-34
Top FSU Finishers: Carrie Boyd (48th), Jason Frank (59th)

METRO CONFERENCE CHAMPIONSHIPS

Men's Team Results

1. Virginia Tech	22
2. FLORIDA STATE	55
3. South Carolina	98
4. Cincinnati	101
5. Memphis State	128
6. Tulane	133
7. Louisville	162
8. Southern Mississippi	226

Women's Team Results

1. South Carolina	39
2. FLORIDA STATE	54
3. Virginia Tech	62
4. Louisville	81
5. Cincinnati	136
6. Tulane	158
7. Memphis State	199
8. Southern Mississippi	225