

# CROSS

# TRAINING

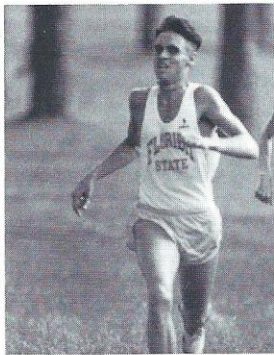


1991  FSU

# CROSS COUNTRY OUTLOOK



Angela Harris



Michael Hampton

**Y**oung and inexperienced. That's the best way to describe Florida State's men's and women's cross country squads as they enter the 1991 season.

With few familiar faces on the men's side, and returnees with little experience among Lady Seminoles, FSU begins its Era in the Atlantic Coast Conference—a traditionally strong conference in distance events.

Third-year head coach Sue Addison hopes her runners can mature in time

for their first ACC Championship meet in November.

"Most of these schools track programs are built around distance squads," Addison said. "It is a strong conference in track and cross country, with teams that do well at the district and national meets."

The Lady Seminoles have five returnees, but only senior Angela Harris has more than one year of experience. Four different Lady Seminoles led FSU in its six meets in 1990, but only one returns. With just seven runners, the women must stay injury free to compete.

Addison lost tested runners Tracey Howze, Kerry Moloughney and Karla Severs from last years squad. Both Howze and Moloughney transferred and Severs, a two-year letterwinner, will most likely redshirt while recovering from an injury.

Harris, two-time all-Metro Conference in cross country, placed 15th in the conference meet

a year ago and led the Lady Seminoles on three occasions. She qualified for both the 1990 indoor and outdoor nationals in the 800-meters.

Backing up Harris will be sophomores Lisa Beck, Stacey Bowrosen and Tracey Pepoon. According to Addison, Beck looks to be the early leader after a good summer of training.

Addison is also counting on contributions from freshman Shawn Clark and sophomore Kim Stephens—the former Kim Mann—who has two years of track experience under her belt.

"We have to stay healthy with just seven girls," Addison said. "Angela's experience should help and we really need Stacey (Bowrosen) and Lisa (Beck) to run consistently."

Seven men return from last years squad, but FSU must replace its top two performers from 1990. Gone are Jason Frank, who led the Seminoles in the last five meets and placed third in the Metro, and Matthew Dobson.

"We lost our top returning runner and a potential all-conference," Addison said of Frank, who transferred to South Florida.

To fill those shoes, Addison is counting on sophomore Michael Hampton, who ran in just three meets as a freshman. Philip Healy, who also participated in just three meets as a freshmen, is coming off a very good European season and will challenge Hampton for the top spot.

Junior College transfer Steve Wilcox and Trey Culbertson, a transfer from the Air Force Academy, will vie for top five positions. Three-year letterman Chris Keeney should also contend.

Addison hopes to find improvement and help from lettermen Rob Circelli, Jason Kaiser, and John Winkler.

"We should have a closer knit group of runners, but I don't know how far up they will be," said Addison. "We hope to be competitive in the conference and do well at the Florida Intercollegiate to improve our state standings.

"The ACC is extremely strong in distance events. We have our work cut out for us."

## FINGERTIP FACTS

**President:** Dr. Dale Lick...**Location:** Tallahassee, FL...  
**Enrollment:** 28,077... **Founded:** 1857...  
**Nickname:** Seminoles...**Colors:** Garnet and Gold...  
**Conference:** Atlantic Coast Conference (ACC)...  
**Athletic Director:** Bob Goin...**Faculty Athletic Rep:**  
 Charles Ehrhardt...**Director of Communications:** Wayne Hogan

## CROSS COUNTRY FACTS

**Head Coach:** Sue Addison...**Assistant Coach:** Mike Curcio...  
**Facility:** Seminole Golf Course... **1990 (Metro) Conference**  
**Finish:** M-2nd, W-4th

## FSU TRACK DIRECTORY

**Director of Track:** Terry Long...**Track Office Phone:** (904)  
 644-5550...**Track SID:** Joey Ferolito...**Cross Country SID:**  
 Sharon Line...**SID Office Phone:** (904) 644-7291...  
**SID Fax:** (904) 644-3820

## CREDITS

The 1991 Florida State Cross Country Media Guide was written and edited by Sports Information Assistant Sharon Line. Photography by FSU Photo Lab and Ross Obley. Design and Typesetting by Vision Marketing, Inc. Printing by Florida Printing Co. of Tallahassee.

## MEDIA INFORMATION

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 or Sharon Line 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.

## 1991 FSU CROSS COUNTRY SCHEDULE

Sept. 13	GEORGIA TECH, NORTH FLORIDA	Tallahassee, FL
Sept. 28	FLORIDA STATE INVITATIONAL	Tallahassee, FL
Oct. 5	at Florida Invitational	Gainesville, FL
Oct. 18	at Florida Intercollegiate Champs.	Tampa, FL
Nov. 2	at ACC Champs.	Chapel Hill, NC
Nov. 16	at NCAA District III Meet	Greenville, SC

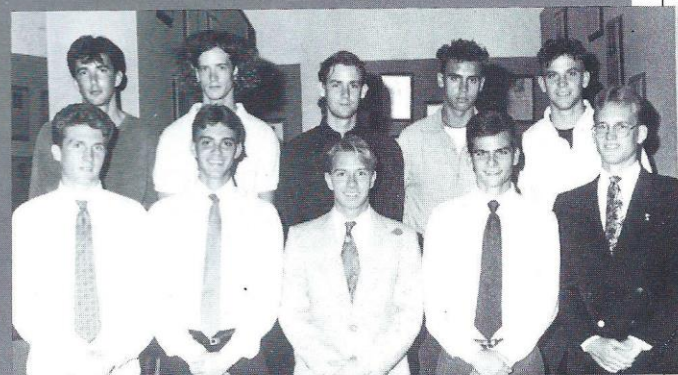
*All meets include both men's and women's teams.  
 Home meets will be contested at Seminole Golf Course.*



Right:  
 1991  
 Womens  
 FSU  
 Country  
 Track  
 Team



Right:  
 1991  
 Mens  
 FSU  
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 Team



## 1991 CROSS COUNTRY ROSTER

### WOMEN

Lisa Beck	So.	5-4	19	West Palm Bch, FL
Stacey Bowrosen	So.	5-4	19	Port Orange, FL
Keri Campbell	Fr.	5-8	18	Jacksonville, FL
Shawn Clark	Fr.	5-7	18	University Heights, OH
Angela Harris	Sr.	5-6	20	Orange Park, FL
Tracey Pepoon	Fr.	5-4	19	Ft. Walton Bch, FL
Karla Severs	Jr.	5-5	20	Titusville, FL
Kim Stephens	So.	5-6	20	Greenacres, FL

### MEN

Rob Circelli	So.	5-9	20	Port Orange, FL
Trey Culbertson	Jr.	5-11	21	Odessa, FL
Michael Hampton	So.	5-10	19	Punxsutawney, PA
Kole Handy	Jr.	5-11	20	Ponte Vedra, FL
Philip Healy	So.	5-11	21	Northern Ireland
Jason Kaiser	So.	6-0	19	Winter Park, FL
Chris Keeney	Sr.	5-9	20	Honolulu, HI
Daniel Lucas	Fr.	5-11	19	Tampa, FL
Craig Maquire	Fr.	5-11	18	Ponte Vedra, FL
Michael Musick	Fr.	5-11	19	Lakeland, FL
Brennan O'Brien	Fr.	5-10	18	Jacksonville, FL
Chris Tilman	Fr.	5-7	18	Tampa, FL
David Undersaw	Jr.	6-0	21	Coral Springs, FL
Steve Wilcox	Jr.	6-0	20	St. Petersburg, FL
David Wilson	Fr.	6-0	18	Pensacola, FL
John Winkler	Jr.	5-7	20	Miramar, FL

# 1990 MEN'S & WOMEN'S RESULTS

## GEORGIA STATE INVITATIONAL

SEPTEMBER 15, 1990 ATLANTA, GA.  
TEAM FINISH: M-5th, W-6th

MEN (5-mi)		WOMEN (5000m)	
5 Matthew Dobson	26:42	21 Karla Severs	20:24
14 Jason Frank	27:18	33 Angela Harris	20:38
30 Chris Keeney	28:03	38 Tracey Howze	20:53
46 Jason Kaiser	28:48	43 Lisa Beck	21:14
54 Rob Circelli	29:10	47 Kerry Moloughney	21:20
55 Daniel Lucas	29:12	52 Tracey Pepoon	21:38
93 Michael Hampton	31:04	60 Stacey Bowrosen	21:48

## GEORGIA TECH DUAL

SEPTEMBER 28, 1990 TALLAHASSEE, FL.  
TEAM FINISH: M-won 18-44, W-won 25-34

MEN (4-mi)		WOMEN (5000m)	
1 Jason Frank	19:48	2 Angela Harris	18:44
2 Matthew Dobson	20:08	4 Lisa Beck	19:07
4 Chris Mooney	20:35	5 Tracey Howze	19:10
5 Michael Hampton	20:38	6 Stacey Bowrosen	19:11
6 Chris Keeney	20:48	8 Karla Severs	19:38
7 Rob Circelli	20:50	9 Tracey Pepoon	20:11
9 Jason Kaiser	20:55	10 Kerry Moloughney	20:46
15 Daniel Lucas	21:41		

## FLORIDA STATE INVITATIONAL

OCTOBER 6, 1990 TALLAHASSEE, FL.  
TEAM FINISH: M-4th, W-4th

MEN (8000m)		WOMEN (5000m)	
10 Jason Frank	25:10	14 Angela Harris	18:49
12 Matthew Dobson	25:15	21 Stacey Bowrosen	19:09
29 Chris Mooney	26:02	22 Lisa Beck	19:16
33 Rob Circelli	26:10	24 Karla Severs	19:20
36 Jason Kaiser	26:10	27 Tracey Howze	19:30
51 Michael Hampton	26:32	41 Tracey Pepoon	20:10
56 Chris Keeney	26:53	55 Kerry Moloughney	20:45

## BARNETT BANK INVITATIONAL

OCTOBER 13, 1990 GAINESVILLE, FL.  
TEAM FINISH: M-2nd, W-2nd

MEN (5-mi)		WOMEN (5000m)	
5 Jason Frank	25:36	8 Angela Harris	18:59
12 Matthew Dobson	26:17	10 Stacey Bowrosen	19:07
15 Philip Healy	26:36	15 Tracey Howze	19:18
17 Chris Keeney	26:42	17 Karla Severs	19:35
21 Jason Kaiser	26:55	18 Lisa Beck	19:37
28 Chris Mooney	27:13	42 Kerry Moloughney	21:04
38 Rob Circelli	27:44		
46 Daniel Lucus	28:09		

## METRO CHAMPIONSHIPS

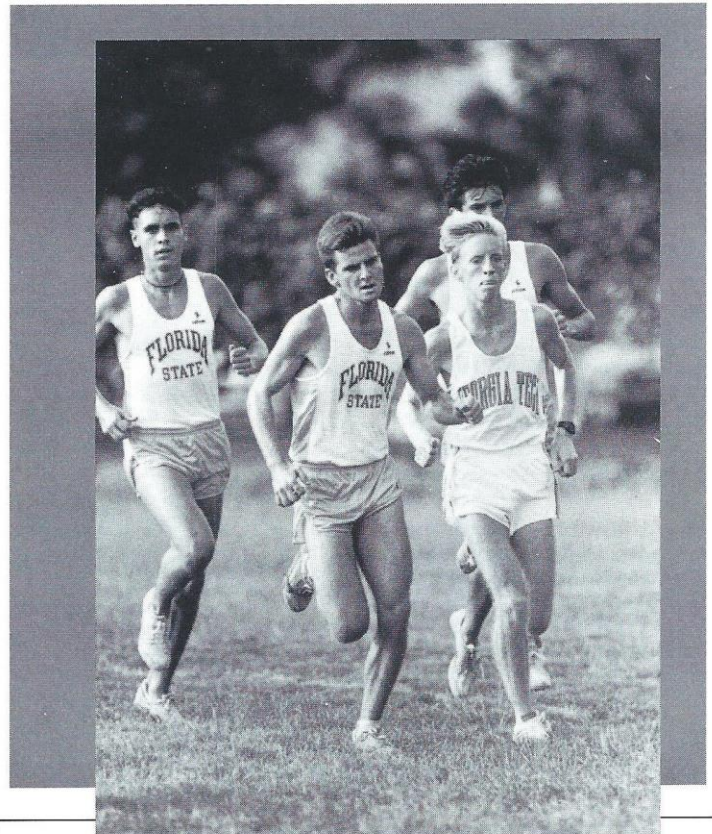
OCTOBER 27, 1990 CINCINNATI, OH.  
TEAM FINISH: M-2nd, W-4th

MEN		WOMEN	
3 Jason Frank	26:07	12 Tracey Howze	19:36
5 Matthew Dobson	26:23	15 Angela Harris	19:50
15 Rob Circelli	27:09	16 Stacey Bowrosen	20:02
20 Philip Healy	27:20	19 Lisa Beck	20:22
21 Chris Keeney	27:21	21 Karla Severs	20:30
31 Chris Mooney	27:50	32 Tracey Pepoon	21:48
33 Jason Kaiser	27:56		

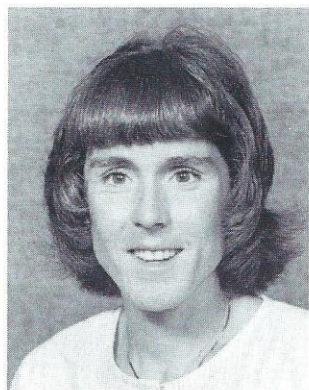
## NCAA DISTRICT III CHAMPIONSHIPS

NOVEMBER 10, 1990 GREENVILLE, SC.  
TEAM FINISH: M-14th, W-16th

MEN		WOMEN (5000m)	
14 Jason Frank	31:05	83 Kerry Moloughney	18:55
71 Matthew Dobson	32:18	93 Tracey Howze	19:02
101 Philip Healy	32:56	95 Angela Harris	19:03
125 Rob Circelli	33:21	123 Karla Severs	19:32
128 Jason Kaiser	33:23	141 Lisa Beck	19:41



# CROSS COUNTRY COACHES



**HEAD COACH  
SUE ADDISON**

**S**ue Addison enters her third season as a member of the Seminole track and field coaching staff. A veteran runner and coach, she handles the middle distance and distance runners in the spring and will direct all

aspects of the cross country program in the fall.

Addison joined the staff two years ago, and although a newcomer to Tallahassee, she is not new to track and field. A three-time All-American at Michigan State and a member of six U.S.A. National Track teams, she was ranked the number one miler of 1986 for the U.S. while representing Reebok as an international track athlete. In addition, she was the national champion in the 800 meters (2:03) her junior year at Michigan State and in 1986 posted the nation's best time in the mile run (4:23), which stands as the third fastest time ever.

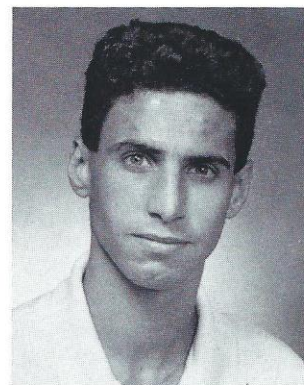
Addison's coaching experience includes a stint as head women's track & cross country coach at Brown University during the 1981-82 season and assistant track and field coach at the University of Colorado from 1985-1988. During her tenure at Colorado, she developed the Buffaloes' cross country team into one of the strongest in the Big Eight Conference. This included coaching two All-Americans and four Big Eight Champions, one being Mike Macinko, and 800 meter runner who represented the United States in the World Cup.

Completing her bachelor's degree in Physical Education in 1978 and her master's in Athletic Administration in 1981, both from Michigan State, Addison is proving to be a great asset to the Florida State Seminoles. In her first year at Florida State all the middle distance and distance runners set personal bests under her guidance.

Addison and her husband, Ron, have been married for nine years and have one daughter, Rebecca.



**ASSISTANT COACH  
MIKE CURCIO**



**M**ike Curcio begins his fourth season with the Seminole Track and Field Coaching staff, working closely with cross country coach Sue Addison in the development of all distance runners at Florida State.

A four-year letterwinner at Appalachian State, Curcio participated on both the track and cross country squads. After graduating in 1987 with a degree in Physical Education, Curcio returned to his native New York and headed the track program at St. John the Baptist High School. In that position he was responsible for all aspects of the track program for one of the largest Catholic schools in the state.

Curcio will serve as meet coordinator for FSU's home meets. Earlier this year, Curcio directed the World Cross Country Trials and the TAC Junior International Track Meet, both held in Tallahassee.

Curcio, 26, is currently working on a master's degree in Athletic Administration at Florida State.

**ACC**  
ATLANTIC COAST CONFERENCE

# CROSS COUNTRY 1991 BIOS



## ROB CIRCELLI

Returning letterman...expected to hold one of the top five positions...qualified for 1991 NCAA Outdoor Championships in 800 meters...1991 Metro champion in 800 and 1500 meter run...FSU Track and Field MVP 1991...three-time conference champ in the half, one and two mile runs at Spruce Creek H.S.

## TREY CULBERTSON

A transfer from the Air Force Academy where he lettered in Cross Country and Track...in good shape for the 1991 season...should vie for a spot in the top five this season...high school All-State runner at Leto H.S.



## MICHAEL HAMPTON

Injured during the cross country season after competing in the first three meets...has trained extensively this summer and is in excellent shape for the 1991 season...expected to replace Jason Frank as FSU's top runner...placed third in the 1500 meters at Jr. Nationals in 1990...the top 1500 meter runner in the nation his senior year...a high school All-American and two-time outdoor state 1600 meter champion and indoor two-mile champion.



## PHILIP HEALY

Competed in the last three cross country meets after recovering from a stress fracture...expected to run in the top five...off a very good summer season where he ran in Europe...placed twentieth in the Metro Championships...represented N. Ireland in the World Jr. Cross Country Championships...top-ranked 1500 meter Jr. (under 20) in the United Kingdom in 1989...Irish schools cross country champion in 1988.



## JASON KAISER

A returning letterman...looks to contend with the top runners...an all-county, district, and regional champion in high school...second team all-state at Sanford Seminole H.S.



## CHRIS KEENEY

Has lettered the past three years...will battle it out for a top five position...leadership and experience will help strengthen the team...placed 16th at the Metro Cross Country Championships in 1989...an all-state performer at Punahov High School in Hawaii...state runner-up in the mile as a senior.



## LISA BECK

Should be among FSU's top three runners in 1991...returns in top shape after running strong during the summer...among the top five Lady Seminoles in all six meets as a freshman in 1990...placed fourth overall in the FSU-Georgia Tech dual meet with a season best 19:07...Florida 2A state champion in both the mile and two-mile runs out of Cardinal Newman H.S.



## STACEY BOWROSEN

Will be relied upon as a consistent top three performer for the Lady Seminoles...a healthier, more confident runner in 1991 after battling a severe ankle injury as a freshman...placed tenth overall at the Barnett Bank Invitational with a season best 19:07...all-area, county, and state in cross county and track at Father Lopez H.S.

## SHAWN CLARK

Should make a substantial contribution during her freshman season...will be relied upon early in the season due to Lady Seminoles lack of depth...ran cross country at Cleveland Heights H.S.



## ANGELA HARRIS

The Lady Seminoles top returnee after leading FSU in three of six meets in 1990...two-time all-Metro Conference in cross country...placed second overall in the Georgia Tech dual meet with a season best time of 18:44...1991 NCAA Indoor and Outdoor qualifier and conference champion in the 800-meters...1990 Indoor All-American in the 3,200-meter relay...an all-state performer in cross country and track at Orange Park H.S.



## TRACEY PEPOON

Expected to vie for a top spot when healthy...recovering from a stress-fracture and is hoping to be ready by mid-October...all-state and three-time cross country MVP at Ft. Walton Beach H.S.



## KIM STEPHENS

Running cross country for the first time after two years of track experience...a versatile track performer who has experience in the 800 meters...1989 state heptathlon champion at John I. Leonard H.S.