

florida
state
**CROSS
COUNTRY**
GUIDE
1992

1992 MEN'S & WOMEN'S OUTLOOK

Head Coach Sue Addison answers questions about her 1992 team:

How would you describe this year's squad?

"This women's team may be the best we've had at FSU the past three or four years. The 11 girls are all experienced and strong athletes."

"The men's squad will be thinner than years past. However, this team will use maturity and experience to make up for a lack of athletes."

What do you expect of the team this year?

"I expect continued improvement from the women. They ran well at the ACC meet last year and return all but one of the scorers."

"The men are better prepared for the upcoming season than last year's team. Although the depth is questionable, we are hoping for a fifth or sixth place finish at the ACC meet."

How about the ACC?

"The women could run great this year and still finish in the bottom half of the conference. We are aiming for a third or fourth place finish in this distance-oriented conference."

"The men's team is looking to improve on a sub-par performance at the 1991 ACC meet. They now know what to expect of the conference meet, and more importantly, how to prepare for it."



Who should be the top performers and what can we expect from them?

"There are no stars or standouts on the women's squad. What we have is a group of strong, consistent runners that will run close to one another."

"Mike Hampton and Trey Culbertson will vie for the top spot. Mike has the early edge, but Trey could end the season number one. Steve Wilcox could also factor into that top spot."

Any key losses from the previous year?

"We lost Angela Harris, who finished 1991 as our top runner. We have four capable athletes in Lisa Beck, Stacey Bowrosen, Holly Higgins and Karla Severs, that could replace her."

"Philip Healey returned to Ireland this year. That is our only men's key loss."

Any new recruits ready to make an impact?

"Holly Higgins, a transfer-student from UNC-Charlotte, brings even more experience to the squad. A couple of freshman, Erin Wilder and Monica Pfeifer, might make a difference. Jennifer Mendelson sat out last year as a redshirt. She looks stronger than ever."

HEAD COACH

SUE ADDISON

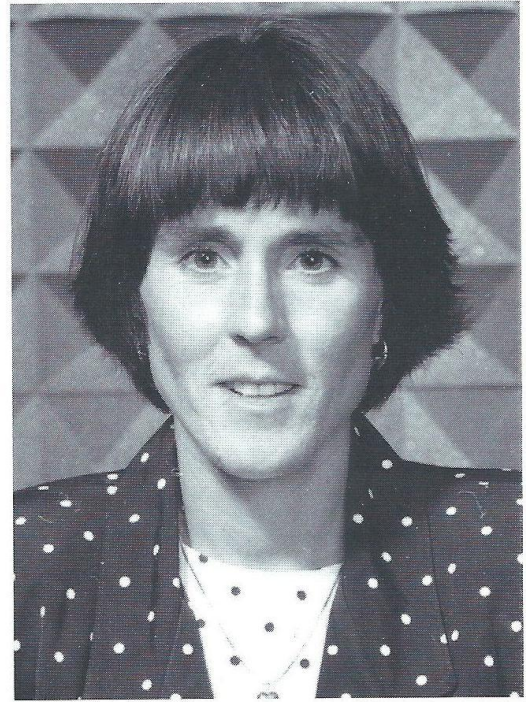
Sue Addison enters her fourth season as a member of the Seminole track and field coaching staff. A veteran runner and coach, she handles the middle distance and distance runners in the spring and will direct all aspects of the cross country program in the fall.

Addison joined the staff three years ago, and although was a newcomer to Tallahassee, she was 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 now stands as the third fastest time ever.

Addison's coaching experience includes a stint as head women's track and cross country coach at Brown University during the 1981-82 season and assistant track and field coach at the University of Colorado from 1985-88. During her tenure at Colorado, she developed the Buffalo's cross country team into a Big Eight Conference power. She coached two All-Americans and four Big Eight Champions, while at Colorado.

Completing her bachelor's degree in Physical Education in 1978 and her master's in Athletic Administration in 1981, both from Michigan State, Addison has proved 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 and continue to improve through the years.

Addison and her husband, Ron, have been married for ten years and have a one year old daughter, Rebecca.



1992 CROSS COUNTRY ROSTER

MEN

Trey Culbertson	Sr.	Odessa, FL
John Curran	Fr.	Jacksonville, FL
Mike Hampton	Jr.	Punxsudawney, PA
Jason Kaiser	Jr.	Winter Park, FL
Craig Maquire	Fr.	Ponte Verde, FL
Tim Middelkoop	Fr.	Tara, Ontario
Brennan O'Brien	Fr.-R	Jacksonville, FL
Ian Potter	Fr.	Ottawa, Ontario
Steve Wilcox	Jr.	St. Petersburg, FL

WOMEN

Lisa Beck	Jr.	Cape Coral, FL
Stacey Bowrosen	Jr.	Port Orange, FL
Shawn Clark	So.	Cleveland, OH
Holly Higgins	So.	Gainesville, FL
Jen Mendelson	Fr.	Newport Bch., CA
Tracey Pepoon	Jr.	Ft. Walton Bch., FL
Monica Pfiefer	Fr.	Ft. Lauderdale, FL
Karla Severs	Jr.	Titusville, FL
Amy Sindler	Fr.	Sorrento, FL
Kerry White	Fr.	Warsaw, IN
Erin Wilder	Fr.	Monticello, FL

INFORMATION

FINGERTIP FACTS

President: Dr. Dale Lick

Location: Tallahassee, FL

Enrollment: 28,600

Founded: 1857

Nickname: Seminoles

Colors: Garnet and Gold

Conference:

Atlantic Coast Conference

Athletic Director: Bob Goin

Associate Athletic Director:

Charles Hurst, Jan Stocker

Faculty Athletic Rep:

Charles Ehrhardt

Assistant Athletic Director for

Communications: Wayne Hogan

CROSS COUNTRY FACTS

Head Coach: Sue Addison

Facility: Seminole Golf Course

1991 ACC Finish: M-7th, W-5th

Cross Country SID: Steve Roogow

FSU TRACK DIRECTORY

Director of Track: Terry Long

Track Office Phone: (904) 644-5550

Cross Country Phone:

(904) 644-3270

SID Office Phone: (904) 644-1403

SID Fax: (904) 644-3820

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 Steve Roogow or Bob Burda at the FSU Sports Information Department 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 Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

CREDITS

The 1992 Florida State Cross Country Media Guide was written and edited by:

Sports Information
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Steve Roogow.

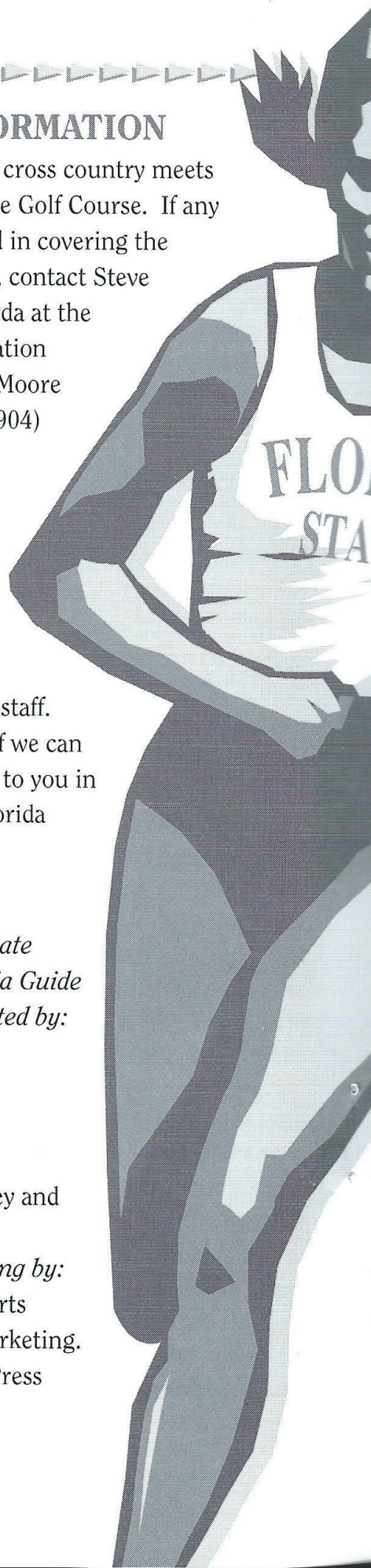
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Ryals Lee, Ross Obley and
the FSU Photo Lab

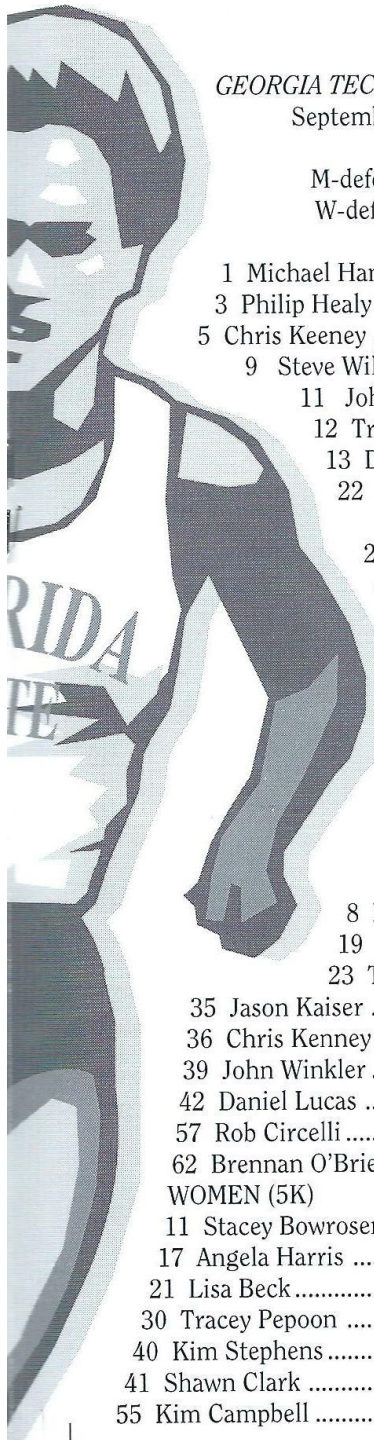
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1991 MEN'S & WOMEN'S RESULTS



GEORGIA TECH, NORTH FLORIDA DOUBLE DUAL

September 13, 1991 Tallahassee, FL

TEAM FINISH:

M-defeated Tech 24-35, UNF 20-39.

W-defeated Tech 22-34, UNF 23-32

MEN (4 mi.)

1	Michael Hampton	19:58
3	Philip Healy	20:14
5	Chris Keeney	20:41
9	Steve Wilcox	21:03
11	John Winkler	21:23
12	Trey Culbertson	21:33
13	Daniel Lucas	21:37
22	Brennan O'Brien	22:55

WOMEN (2mi)

2	Stacey Bowrosen	11:32
4	Angela Harris	11:54
5	Lisa Beck	12:02
8	Kim Stephens	12:32
10	Tracey Pepoon	12:53
15	Keri Campbell	13:52

FLORIDA STATE INVITATIONAL

September 28, 1991

Tallahassee, FL

TEAM FINISH: M-3rd, W-5th

MEN (8K)

8	Philip Healy	24:49
19	Steve Wilcox	25:44
23	Trey Culbertson	26:01
35	Jason Kaiser	26:25
36	Chris Kenney	26:29
39	John Winkler	26:33
42	Daniel Lucas	26:52
57	Rob Circelli	27:47
62	Brennan O'Brien	28:10

WOMEN (5K)

11	Stacey Bowrosen	18:47
17	Angela Harris	19:03
21	Lisa Beck	19:26
30	Tracey Pepoon	19:54
40	Kim Stephens	20:56
41	Shawn Clark	21:39
55	Kim Campbell	22:48

BARNETT BANK INVITATIONAL

October 5, 1991 Gainesville, FL

TEAM FINISH: M-3rd, W-4th

MEN (8K)

8	Philip Healy	26:07
13	Trey Culbertson	26:35
19	Steve Wilcox	26:51
32	John Winkler	27:39
56	Jason Kaiser	26:25

WOMEN (5K)

6	Stacey Bowrosen	18:35
9	Angela Harris	19:03
18	Lisa Beck	19:38
27	Tracey Pepoon	20:01

35	Kim Stephens	20:57
66	Keri Campbell	23:23
70	Shawn Clark	23:37

FLORIDA INTERCOLLEGIATE CHAMPIONSHIPS

October 18, 1991 Tampa, FL

TEAM FINISH: M-1st, W-4th

MEN (8K)

3	Philip Healy	25:48
4	Trey Culbertson	25:58
7	Michael Hampton	26:28
8	Chris Keeney	26:30
14	Jason Kaiser	26:50
15	Steve Wilcox	26:51
19	John Winkler	26:57

WOMEN (5K)

12	Stacey Bowrosen	18:42
15	Lisa Beck	18:57
16	Tracey Pepoon	19:02
18	Angela Harris	19:08
35	Kim Stephens	20:28

ATLANTIC COAST CONFERENCE CHAMPIONSHIPS

November 2, 1991 Chapel Hill, NC

TEAM FINISH: M-7th, W-5th

MEN (8K)

34	Michael Hampton	25:33
8	Trey Culbertson	26:04
41	Philip Healy	26:28
44	Steve Wilcox	26:31
48	John Winkler	26:38
51	Chris Keeney	26:56

WOMEN (5K)

22	Angela Harris	18:27
25	Lisa Beck	18:31
28	Stacey Bowrosen	18:49
35	Tracey Pepoon	18:57
44	Kim Stephens	19:31
61	Keri Campbell	22:57

NCAA DISTRICT III CHAMPIONSHIPS

November 16, 1991 Greenville, SC

TEAM FINISH: M-20th, W-26th

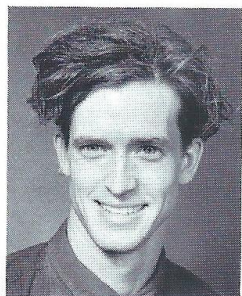
MEN (10K)

46	Michael Hampton	32:12
87	Philip Healy	32:58
133	John Winkler	33:54
169	Trey Culbertson	34:35
190	Chris Keeney	35:02
253	Steve Wilcox	37:11

WOMEN (5K)

78	Angela Harris	19:06
87	Stacey Bowrosen	19:18
125	Tracey Pepoon	19:48
179	Lisa Beck	20:43
183	Kim Stephens	20:56
228	Keri Campbell	23:58

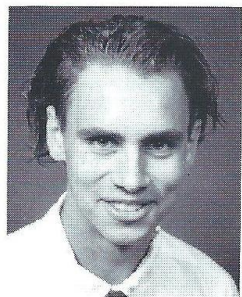
1992 MEN'S BIOS



Trey Culbertson

-Much better prepared runner than previous seasons... should press for top spots...named Team Captain and will provide leader-

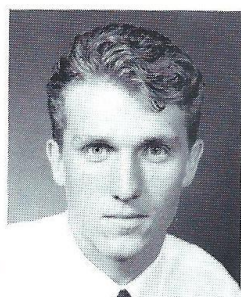
ship to young squad...hopes to carry fifth place finish in the steeplechase at the ACC meet over to cross-country... a five-time All-Conference performer in track and cross-country in high school...named All-State in both sports his senior year.



Mike Hampton

Should be a top performer this season...trained well this summer and has matured over the past year...expected to

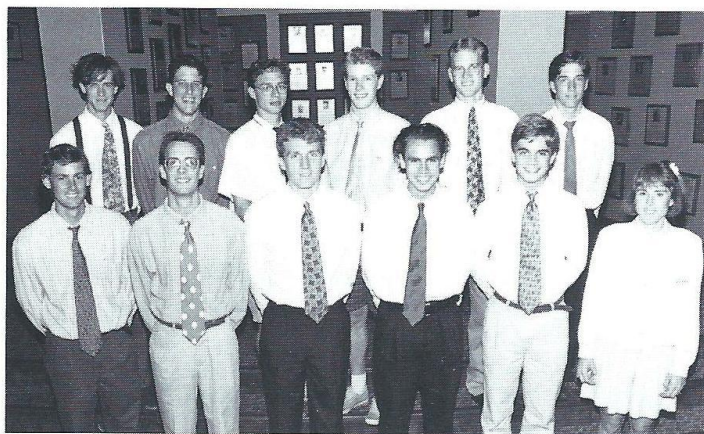
perform better at the ACC meet this season...finished '91 season as team's top runner...sat out most of his freshman season with injuries...a former high school All-American and two-time outdoor state 1600 meter champion and indoor two-mile champion.



Jason Kaiser

Injury prone runner with top five potential...put in good mileage base over the summer...will spend most of his

training in the pool as his knees continue to hamper him...twice ran a season best 26:25 at the Florida State Invitational and the Barnett Bank Invitational in '91...injuries kept him from completing the season...an All-

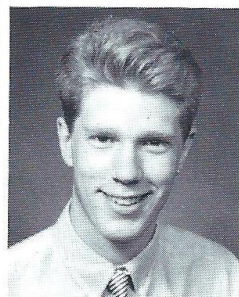


1992 Men's Cross Country team



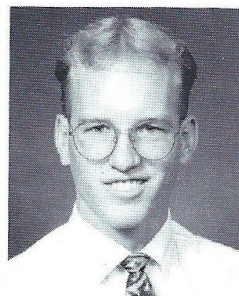
1992 Women's Cross Country Team

Conference, All-District and Regional Champion in high school...named second team All-State.



Ian Potter - Strong Canadian cross-country runner...injured early this summer...look for strong finish to his first collegiate season...young runner that could be a top athlete in the coming years...finished sixth at the Canadian Junior Nationals...his Ot-

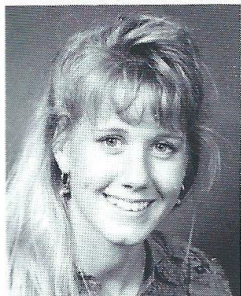
tawa Lions Track Club team finished first in that meet.



Steve Wilcox - Always a consistent performer...registered high milage as part of intense summer training...one of only two seniors on young squad...will need to provide leadership and use the "last year" incentive...ran a career best 25:44 while helping team to

third place finish at the Florida State Invitational.

1992 WOMEN'S BIOS



Lisa Beck - A very consistent performer...always finishes in the top three on the squad...one of the more experienced runners on this year's team...also has 5,000 meter experience on the track...ran a personal best 18:31 in helping team to a fifth place finish at the conference meet...a former high school state champion in both the mile and two-mile runs.



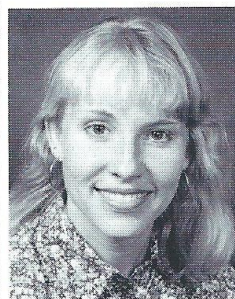
Stacey Bowrosen - Team's top question mark entering the fall season...has been a top individual but chronic knee problems have slowed her down...hopes to be in peak form by the ACC meet...one of the top performers on squad last season...finished second in the Georgia Tech, North Florida dual meet; and sixth at the Barnett Bank Invitational where she ran a season best 18:35...an All-County and All-State selection in high school.



Holly Higgins - Transfer student from UNC-Charlotte that will vie for the top three spots... adds a new demension to the team...possesses an aggressive attitude...seems to attack the workouts.



Tracey Pepoon - Should contend for top individual honors this season...returns much stronger than previous seasons... strong track athlete in the 5,000 and 10,000 meters that carries over to cross-country... ran a season best 18:57 at the conference meet...hopes to improve on that mark at this year's ACC meet...a former high school All-State athlete.



Karla Severs - Team Captain expected to provide leadership...trained hard this summer and is ready to vie for top team honors...Sidelined last season with a foot injury...a 1990 letter winner... took top team honors at the Georgia State Invitational that year...highly successful track athlete and an Indoor All-American in 1990...Florida state Cross Country runner-up and two-time 880 yard champ in high school.



Kerry White - Will help contribute this year while trying to adjust to cross-country...will run her first cross-country meet ever when FSU travels to Atlanta for the Georgia State Invitational...a nationally ranked track athlete last year in high school.. finished third in the 800 meters at the Golden West Invitational this past spring...Indiana State Champion that was also awarded the 1992 Indiana Mental Attitude Award.



1992 FSU CROSS COUNTRY SCHEDULE

Sept. 12 at Georgia State Invitational
Atlanta, GA

Sept. 19 at North Florida Invitational
Jacksonville, FL

Oct. 3 FLORIDA STATE INVITATIONAL
Tallahassee, FL

Oct. 23 at Florida Intercollegiate Championships
Tampa, FL

Oct. 31 at ACC Championships
Raleigh, NC

Nov. 14 at NCAA District III Meet
Greenville, SC

All meets include both men's & women's teams.

Home meet will be conducted at the Seminole Golf Course.