

1993 FLORIDA STATE UNIVERSITY
CROSS COUNTRY





MEN'S & WOMEN'S OUTLOOK

With the entry into the Atlantic Coast Conference, the past few years can be labeled as "firsts" for the Florida State men's and women's cross country teams. This season will be no different as 1993 will also be labeled a "first." This year marks the inaugural season under newly named head coach Scott Irving.

A smooth transition from the former regime to Coach Irving's style is expected. The returning athletes are encouraged and confident about their new program. Coach Irving brings much of both to the Florida State University track program and it appears to be contagious.

Irving has reason to be encouraged. "This group has more ability than they even realize," Coach Irving said of his '93 squad. "It's now a matter of bringing that ability together."

The main goal for this cross country season is to improve from last year's successes and make an impact on the upper level of the Atlantic Coast Conference. What many people do not realize is that the ACC is the top cross country conference in the country. Most schools in the conference put most of their scholarships and energy into their distance programs.

Not FSU. The Seminole track and cross country program is more balanced, preferring to spread their successes throughout the entire program. Despite this fact, Coach Irving still believes that this team can be competitive and surprise the upper echelon of the conference.

"Everything might not fall together right away," Irving said of this year's prospects. "But we are definitely on our way. I think things will come together for this team. They certainly can accomplish a lot this season."

The men's squad is a young team with most of their talent lying in the middle distance. Mark Grey, Mike Hampton and Tim Middlekoop are all extremely talented at the mid-distances. They have been increasing their base this summer.

The women's team needs their sixth and seventh runners to make strides toward closing the gap between themselves and the top group.



This is critical to the squad's success.

Ian Potter and Hampton return to lead the men in '93. They will be closely followed by Jason Kaiser, Grey, Craig Maguire and Middlekoop. Any of the six can emerge as the team leader. As always, trading off between leaders is a good indication that your team is improving.

Stacey Bowrosen, Tracy Pepoon and Karla Severs lead the charge for the women. All three have the potential to be an All-Conference performer. Lisa Beck, Holly Higgins and Kerry White could not only surprise their teammates, but the ACC as well.

Top newcomers David Ogletree and Grey both bring national meet experience which may eliminate the "first timer" lapses that come with first year athletes.

As with every program, the Florida State cross country team's first priority is to be able to compete at the top level of the conference. Once that is accomplished the national rankings will take care of themselves. "It's a matter of our team believing they belong competing at that conference level," Coach Irving said. "If they eventually believe they can compete, than any successes are attainable!"



HEAD COACH

SCOTT IRVING

Scott Irving returns to the Sunshine State after a four year hiatus at the University of Illinois. A veteran coach, Irving enters his first season as a member of the Seminole track and field coaching staff. Irving will direct all aspects of the cross country program in the fall and handle the middle and long distances runners as well as javelin throwers in the spring.

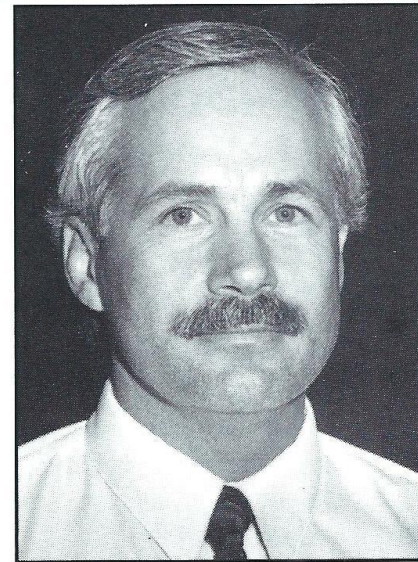
Although a newcomer to Tallahassee, Irving is not new to track and field, or the state of Florida. Coach Irving brings well deserved credentials to Florida State University. He has directed countless conference champions, over 30 NCAA All-Americans, six national champions, numerous national team members and two Olympians, in a coaching career that spans nearly two decades.

Irving began his coaching career in the heart of distance running country at the University of Oregon (1977-83). He received cross country instruction from noted distance coach Bill Dellinger, and was as assistant track and field coach with the women's program.

Coach Irving's next stint was at the University of Florida (1983-89), where he assisted Dr. Lyle Knudson with the women's cross country program that captured the '85 SEC title. From Florida, Irving joined the Fighting Illini in the fall of '89 as the field events coach/recruiting coordinator. While at Illinois he recruited noted pole vault coach Chris Leeuwenburgh who, in turn, recruited 1993 NCAA indoor 800m and outdoor 1500m champion Marko Koers.

A recipient of two master's degrees, the 1973 Willamette University graduate places the pursuit of academic excellence an upmost priority. Oregon athletes annually dotted the dean's list. Athletes that were coached or recruited by Irving at Florida made All-SEC Academic teams 40 times. Phenomenonally, in two out of only four years at Illinois he had athletes awarded the most prestigious accolade, the Big Ten Medal of Honor, for academic/athletic excellence.

Irving and his wife, Allyn, have been married for twenty years and have two sons, six-year old Shannon and Kevin, three.



1993 CROSS COUNTRY ROSTER

MEN

John Connaughton	So.	Tampa, FL
John Curran	So.	Jacksonville, FL
Ryan Dorrell	So.	Sebring, FL
David Frank	Fr.	Jacksonville, FL
Mark Grey	Jr.	St. Ann's Bay, Jamaica
Mike Hampton	Sr.	Punxsutawney, PA
Jason Kaiser	Sr.	Winter Park, FL
Anton Kelly	Fr.	Tallahassee, FL
Craig Maquire	So.	Ponte Verde, FL
Tim Middelkoop	So.	Tara, Ontario
Brennan O'Brien	So.	Jacksonville, FL
David Ogletree	Fr.	Tallahassee, FL
Ian Potter	So.	Ottawa, Ontario
Jason Ritter	So.	Bonita Springs, FL
Daven Wilson	Jr.	Pensacola, FL

WOMEN

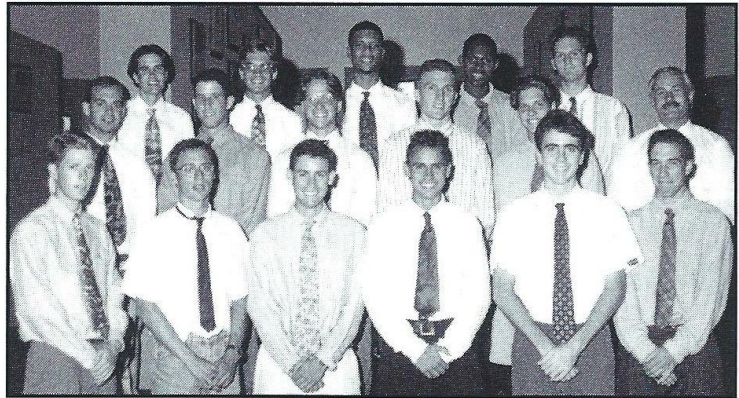
Heather Anderson	Fr.	Lake Brantley, FL
Lisa Beck	Sr.	Cape Coral, FL
Stacey Bowrosen	Sr.	Port Orange, FL
Holly Higgins	So.	Gainesville, FL
Gretchen Lackey	Fr.	Venice, FL
Tracy Pepoon	Jr.	Ft. Walton Bch, FL
Karla Severs	Jr.	Titusville, FL
Michelle Trylko	Fr.	New Port Richey, FL
Kerry White	Fr.	Warsaw, IN
Erin Westfall	Fr.	Tallahassee, FL
Erin Wilder	Fr.	Monticello, FL



INFORMATION

FINGERTIP FACTS

President: Dr. Bernie Sliger
Location: Tallahassee, FL
Enrollment: 28,500
Founded: 1857
Nickname: Seminoles
Colors: Garnet and Gold
Conference: Atlantic Coast Conference
Athletic Director: Bob Goin
Associate Athletic Director: Jan Stocker
Faculty Athletic Rep: Charles Earhardt
Assistant Athletic Director for Communications: Wayne Hogan



1993 Men's Cross Country Team

CROSS COUNTRY FACTS

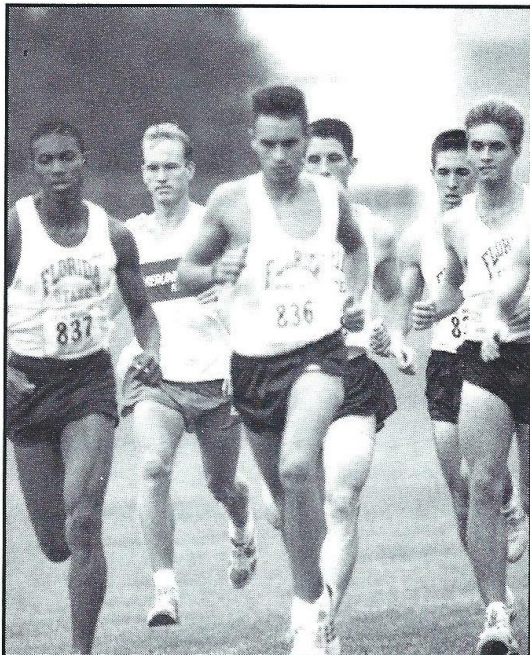
Head Coach: Scott Irving
Facility: Seminole Golf Course
1992 ACC Finish: M-8th, W-5th
Cross Country SID: Steve Roogow



1993 Women's Cross Country Team

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 1993 Florida State Cross Country Media Guide was written and edited by Steve Roogow.
 Photography by Ryals Lee, Ross Obley and the FSU Photo Lab.
 Design and Typesetting by FSU Assistant SID Bob Burda.
 Cover design by Vision Advertising & Design.
 Printing by Florida Printing.

1993 CROSS COUNTRY



1992 MEN'S & WOMEN'S RESULTS

Georgia State Invitational
September 12, 1992 Atlanta, GA
Team Finish: M-8th, W-5th
MEN (5 mi.)

29	Mike Hampton.....	27:31
30	Trey Culbertson.....	27:33
46	Craig Maguire.....	28:18
53	Steve Wilcox.....	28:35
65	Brennan O'Brien.....	29:06
77	John Connaughton.....	29:55
94	Ryan Dorrell.....	30:57

WOMEN (5K)

9	Karla Severs.....	19:05
15	Tracy Pepoon.....	19:31
23	Lisa Beck.....	19:50
28	Holly Higgins.....	20:21
32	Erin Wilder.....	20:40
40	Kerry White.....	21:10
41	Jennifer Mendelson.....	21:12

Osprey Invitational
September 22, 1992 Pensacola, FL
TEAM FINISH: M-4th, W-1st
MEN (4 mi)

14	Mike Hampton.....	21:19
17	Trey Culbertson.....	21:26
26	Steve Wilcox.....	21:44
32	Craig Maguire.....	22:05
38	Brennan O'Brien.....	22:41
39	Dave Unversaw.....	22:51
46	Davin Wilson.....	23:20

WOMEN (5K)

2	Lisa Beck.....	19:37
3	Karla Severs.....	19:46
5	Tracy Pepoon.....	19:59
10	Holly Higgins.....	20:47
15	Erin Wilder.....	21:16
18	Kerry White.....	21:39
19	Jennifer Mendelson.....	21:55

Florida State University Invitational
October 3, 1992 Tallahassee, FL
TEAM FINISH: M-4th, W-1st
MEN (8K)

6	Mike Hampton.....	25:44
9	Trey Culbertson.....	25:56
31	Steve Wilcox.....	27:15
33	Craig Maguire.....	27:17
56	Dave Unversaw.....	28:20
61	Brennan O'Brien.....	28:32
69	John Connaughton.....	29:06

WOMEN (5K)

1	Tracy Pepoon.....	19:10
2	Karla Severs.....	19:20
8	Stacey Bowrosen.....	19:41

12	Lisa Beck.....	19:58
17	Holly Higgins.....	20:18
21	Erin Wilder.....	20:38
26	Kerry White.....	20:51

Florida Intercollegiate Championships
October 16, 1992 Tampa, FL
TEAM FINISH: M-3rd, W-1st
MEN (8K)

6	Trey Culbertson.....	26:24
20	Mike Hampton.....	27:30
22	Brennan O'Brien.....	27:40
34	Steve Wilcox.....	28:06
44	Dave Unversaw.....	28:45

WOMEN (5K)

2	Tracy Pepoon.....	18:32
5	Karla Severs.....	19:03
12	Lisa Beck.....	19:24
17	Stacey Bowrosen.....	19:51
21	Holly Higgins.....	20:06

Atlantic Coast Conference Championships
October 31, 1992 Raleigh, NC
TEAM FINISH: M-8th, W-5th
MEN (8K)

29	Trey Culbertson.....	26:31
44	Steve Wilcox.....	27:09
49	Mike Hampton.....	27:22
57	Jason Kaiser.....	27:39
63	James O'Brien.....	28:23
65	Dave Unversaw.....	28:44
70	John Connaughton.....	30:43

WOMEN (5K)

17	Tracy Pepoon.....	18:39
23	Stacey Bowrosen.....	18:53
31	Karla Severs.....	19:12
44	Lisa Beck.....	19:51
52	Holly Higgins.....	20:15
57	Erin Wilder.....	20:51
60	Kerry White.....	21:11

NCAA District III Championships
November 14, 1992 Greenville, SC
TEAM FINISH: M-27th, W-18th
MEN (10K)

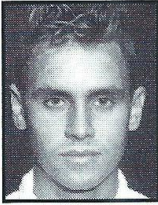
96	Trey Culbertson.....	32:37
148	Steve Wilcox.....	33:26
168	Jason Kaiser.....	33:45
184	Mike Hampton.....	34:08
237	Brennan O'Brien.....	35:21

WOMEN (5K)

40	Tracy Pepoon.....	18:18
71	Karla Severs.....	18:44
74	Stacey Bowrosen.....	18:46
125	Lisa Beck.....	19:13
194	Erin Wilder.....	20:10



Men's Team



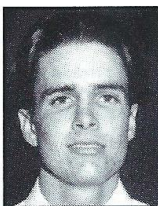
Mike Hampton—Extremely driven athlete...impressive dedication to attain higher level of success than previous seasons...patience and discipline will be the key to those successes...an integral component to team's improvement in '93...team's top finisher in three of six meets in '92...placed sixth at the FSU Invitational in 25:44.1...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 at Punxsutwney High.



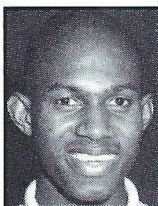
Jason Kaiser—A strong team leader and role model..possesses an unselfish nature and strong desire to see team excell...creates a family type atmosphere on the squad...with improved strength can become formidable part of team...broke into team's top spots with a 27:39.9 at the '92 ACC Championships...twice ran a season best 26:25 at the Florida State Invitational and the Barnett Bank Invitational in '91...injuries kept him from completeing that season...an All-Conference, All-District and Regional Champion at Sanford Seminole High...named second team All-State.



Ian Potter—Begins '93 season in good form after struggling last year...will vie for the squad's top honors...has potential to raise his performance to the top level of the conference...improved attitude can vault him to that level...strong Canadian cross-country runner...sat out the '92 season while redshirting...finished sixth at the Canadian Junior Nationals...his Ottawa Lion Track Club team finished first in that meet.



David Ogletree—Brings fine credentials from high school level...a local prospect that FSU was fortunate to keep in Tallahassee...long term potential is limitless...an All-State selection out of Lincoln High...named the Tallahassee Democrat's Athlete of the Year.



Mark Grey—A prototype national class runner...possesses body type, running form and temperment to attain national success...ready to step up to the next level of competition...a quality runner at the middle distances...question mark lies in his ability to handle the longer distances...spent past two years at Coffeyville (Kansas) J.C.

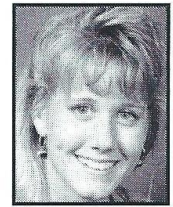


Tim Middlekoop—Placed third at the Canadien Nationals this summer in the 800m in 1:48.06...increased stock at 800m not only in conference, but nationally...ability to succeed needs to be carried over to the longer distances...may emerge as a surprise athlete later in the season...will be his first season running with FSU's X-C team...a highly succesful high school athlete out of Ontario, Canada.

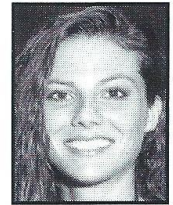


Women's Team

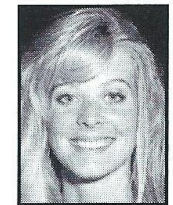
Lisa Beck--'93 season presents a good chance to reassert herself...possesses potential to become top runners in the ACC...must remain focused on achieving that success...consistently one of team's top performers...led team to first place finish by placing second at the Osprey Invitational in 19:37...ran a personal best 18:31 in helping team to a fifth place finish at the '91 conference meet...a former high school state champion in both the mile and two-mile runs for Cardinal Newman High.



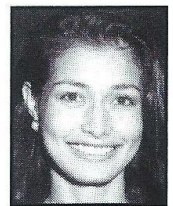
Stacey Bowrosen—Tremendous awareness of what it takes to reach higher levels...has a strong background in dietetics and fitness that should help this season...possesses a good work ethic and a deep desire to see the team excell...ran second on the team while helping team to fifth place finish at the '92 ACC meet...ran a season best 18:46 at the NCAA District III meet...one of the top performers on squad during '91 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 out of Father Lopez High.



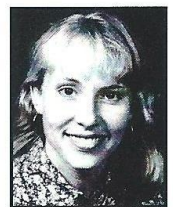
Holly Higgins—A surprise runner for this year's team...has the right body type for distance running...improvement as the season progresses will be a key factor for the team's outcome at the ACC Championships...has already made significant improvements from last year...ran a season best 20:06 at the '92 Florida Intercollegiate championships...recorded a personal best 19:25 for a 5K at the UNC- Charlotte Invitational for UNC-Charlotte...a two-time JuCo All-American while at Brevard Junior College in the 3,000 meter run and the 3,200 relay.



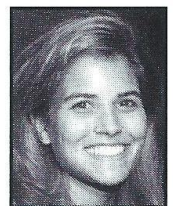
Tracy Pepon--Had a fantastic season on the track that should carry over to X-C...one of the team's top returnees...will vie for top team honors again this season...strength lies on the distance...returns much stronger than previous seasons...strong track athlete in the 5,000 and 10,000 meters that carries 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 out of Ft. Walton Beach High.



Karla Severs—possesses a never say die attitude...a relentless pusher...drive tends to be infectious to other team members...actions speak volumes and adds important dimension to team...possesses foot speed...team captain in '92...was consistently one of the team's top performers...took top team honor's at the Georgia State Invitational...missed '91 season with a foot injury...a '90 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 state champ for Astronaut High.



Kerry White—Brought good high school credentials to FSU...now must be ready to break through at the collegiate level...could be a surprise on this year's squad...strength lies at middle distances...should make more of an impact later in the season...will get stronger in the weight room that should also contribute to late season success...ran first X-C season ever last year...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 while competing for Warsaw High.



1993 FLORIDA STATE UNIVERSITY CROSS COUNTRY SCHEDULE

- 
- Sept. 10** vs. **SOUTH FLORIDA**
Tallahassee, FL
- Sept. 18** at **Pre-ACC Invitational**
Clemson, SC
- Sept. 25** **SEMINOLE INVITATIONAL**
Tallahassee, FL
- Oct. 9** at **Gator X-C Invitational**
Gainesville, FL
- Oct. 9** at **Pre-NCAA Invitational**
Lehigh, PA
- Oct. 15** at **Florida Intercollegiate Championships**
Tampa, FL
- Nov. 1** at **ACC Championships**
Clemson, SC
- Nov. 13** at **NCAA District III Meet**
Greenville, SC
- Nov. 22** at **NCAA X-C Championships**
Lehigh, PA

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