

**FLORIDA
STATE
CROSS
COUNTRY
1994**



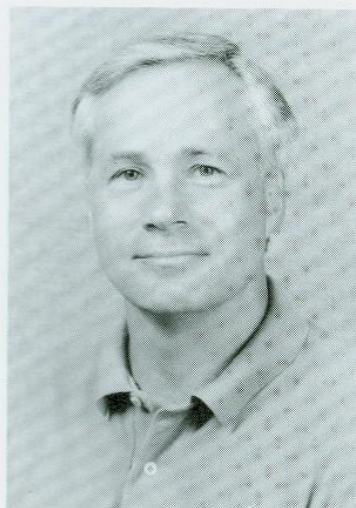
Head Coach Scott Irving



Scott Irving begins his second year at the helm of the Seminole distance program. His collegiate coaching career began in the heart of distance running country at the University of Oregon (1977-83). Irving studied under the legendary Bill Dellinger who coached Alberto Salazar, while assisting with the women's track and field program that eventually won the NCAA outdoor title. Coach Irving's next stint was at the University of Florida from 1983-89, where he assisted Dr. Lyle Knudson with the women's cross country program that captured the '85 SEC title and later helped Beverly Kearney develop an eventual NCAA national track and field championship team. From Florida, Irving joined the Fighting Illini in the fall of 1989 taking over recruiting coordinator responsibilities and returning Illinois to prominence in the Big Ten Conference and on the national scene.

In his first year coaching at FSU the 4 X 800 relay ranked fourth by Track and Field News with a school record 7:19 set at the 1994 Penn Relays. The distance medley relay won the conference DMR title and helped inspire the team to the victory at the ACC Indoor meet. 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 two decades.

A recipient of two master's degrees (Architctual History '77 Northwestern University and Biomechanics/Athletic Administration '79 University of Oregon), the 1973 Willamette University graduate places the pursuit of academic excellence as an utmost priority. Irving-coached athletes at Oregon, annually dotted the dean's list. Athletes at Florida made All-SEC Academic teams 40 times. Phenomenally, 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. Recent recruiting successes



signal that Florida State cross country is well on its way to achieving its goals. Irving and his wife, Allyn, have been married for twenty years and have two sons, seven year old Shannon and Kevin, three.

1994 ROSTER

MEN

Kiko Cintron	SR Tampa, FL
John Curran	JR Jacksonville, FL
Lee Fictum	FR St. Petersburg, FL
Mike Hampton	SR Punxsutawney, PA
Anton Kelly	SO Tallahassee, FL
Brian Lucyk	FR Longwood, FL
Craig Maguire	JR Ponte Verde, FL
Tim Middlekoop	JR Tara, Ontario
Reid Montini	FR W. Palm Beach, FL
David Olgetree	SO Tallahassee, FL
Ian Potter	JR Ottawa, Ontario
Brian Parrish	FR Acworth, GA
Jasen Ritter	JR Bonita Springs, FL
Brad Shriver	FR Harrisburg, PA
Daven Wilson	SR Pensacola, FL

WOMEN

Jennifer Akery	FR Titusville, FL
Heather Anderson	SO Lake Brantley, FL
Nickie Bournias	FR Jacksonville, FL
Shea Hanson	FR Cape Coral, FL
Gretchen Lackey	SO Venice, FL
Katie Lunn	FR Chattanooga, TN
Melanie O'Bannon	FR Pensacola, FL
Nicole Singleton	FR Orlando, FL



Heather Anderson

*Sophomore
Altamonte Springs, FL
Lake Brantley High School*

Called a completely different runner compared to last year by Coach Irving...much stronger mentally and returned in much better shape than as a freshman...finding her niche as a distance runner...finished as Florida State's top runner at Twilight Invitational in Gainesville while finishing 12th running 20:38 for 5K...finished 27th running 20:20 in Crimson Classic...has emerged as a team leader...while at Lake Brantley High School was a member of first team All-Conference three consecutive years and was a conference and district runner-up...a communications major...born April 5, 1975.



Gretchen Lackey

*Sophomore
Venice, FL
Venice High School*

Has potential to be one of team's lead runners...possesses great attitude and desire to improve...solid 800m runner making transition to cross country...ran very well in pre-season workouts...still recovering from mononucleosis contacted during outdoor track season...just a matter of time until she becomes more of a factor in distance events...finished 17th in season opening Twilight Invitational in 22:07...outstanding student...ACC Academic Honor Roll as a freshman...holds Venice High School record with a 2:21 in the 800m...a nutrition and fitness major...born April 18, 1975.



Katie Lunn

*Freshman
Chattanooga, TN
Baylor High School*

Considered a great addition to the Lady Seminole distance program...possesses potential to be one of FSU's top runners this season...has been plagued by injuries in the past...very hard worker with a bright future...chose Florida State over ACC rivals North Carolina and Georgia Tech...ran 18:06 for three miles in high school...a Tennessee All-State selection every year competing at high school level...finished runner-up at cross country state meet as a sophomore and a senior...finished second in the mile as a junior...undecided on a major...born June 28, 1976.

WOMEN'S BIOS



Melanie O'Bannon

*Freshman
Pensacola, FL
Pensacola High School*

Coach Irving's biggest surprise on team...entered Florida State wondering if she could make the team and had team's highest finish in Crimson Classic...finished 24th overall in 20:13 in that meet...finished 13th at Twilight Invitational in 20:57...work ethic should allow for considerable improvement at FSU...gaining confidence daily...solid student...selected to the All Northwest Florida team her junior and senior year at Pensacola High School...majoring in biology...born July 22, 1976.



Nicole Singleton

*Freshman
Orlando
Oakridge High School*

Outstanding freshman recruit with footspeed to be a national class runner...improved endurance translates into a bright future at FSU...finished 15th overall and third on team in season's opener...ran 21:01 to finish 34th overall at Crimson Classic...chose FSU over Texas and Georgia Tech...an all-state selection in cross country while at Oakridge High School...state champion in the 800m as a senior...finished third in the 800m at The Golden South Invitational...a liberal arts major...born September 13, 1976.



Kerry White

*Sophomore
Fort Wayne, IN
Warsaw High School*

One of two returning runners from last year's top six...strength lies in middle distances...had strong race at Crimson Classic finishing 26th overall running 20:17...has great desire to excel both academically and athletically...team captain...ran 19:43 in last year's Seminole Invitational to finish 10th...two time Indiana state champion in 800m while at Warsaw High School...finished third place at Golden West Invitational and sixth at prestigious Keebler Invitational...ranked top 5 nationally in 800m indoor as a senior...an elementary education major...born October 31, 1973.

MEN'S BIOS



Kiko Cintron

Senior
Tampa, FL,
Tampa Catholic High School

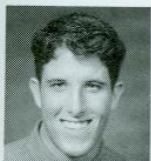
Returns for senior season while providing outstanding team leadership...team was fortunate he came out last year as he was training for triathlons...schedule has been accommodated so he can still train and compete as a triathlete...was team's second runner in this year's season opening meet in Gainesville while finishing 16th (27:40)...was FSU's number three runner in two meets in 1993...one of the most dedicated athletes Coach Irving has ever coached...a Nutrition and Fitness Major...born May 28, 1972.



Mike Hampton

Senior
Punxsutawney, PA
Punxsutawney High School

Driven athlete who has necessary desire to succeed in demanding sport...one of the top Seminole distance runners when healthy...attempting to come back from ankle injury suffered in the off season...was a medical redshirt last cross country season due to illness...anchored the winning distance medley relay team at the ACC indoor championships which played key role in the Florida State team victory...finished sophomore season as team's top runner...three time Pennsylvania high school state champion and two-time high school All-American at Punxsutawney High School...born January 28, 1972...majoring in English.



Craig Maguire

Senior
Ponte Vedra, FL
Allen D. Nease High School

Strong competitor who will be counted on heavily for team leadership...one of only two seniors on a young team...was FSU's second finisher at this year's Crimson Classic while running 27:43 to finish 24th overall...finished 22nd at Twilight Invitational in 27:51...ran very well in pre-season workouts...very competitive on the course and in the classroom...team captain and member of dean's list and National Honor Society at Allen D. Nease High School...an English major...born May 10, 1973



David Olgetree

Sophomore
Tallahassee, FL
Lincoln High School

Extremely talented second-year runner expected to challenge for the top spot on team...consistently was team's second finisher last year as a freshman...finished 11th at Seminole Invitational in 26:14...ran 21:26 for four miles last season...has run a 4:14 mile...good speed for a distance runner...beginning to realize he can excel at longer distances...held back by injuries early this season...at Lincoln High School was the Tallahassee Democrat's All Big Bend Athlete of the Year as a senior...an all-state selection in cross country...finished 10th in the nation in the 3000 steeplechase...a criminology major...born April 28, 1975



Ian Potter

Sophomore
Ottawa, Ontario
Glebe Collegiate Institute

Redshirt sophomore who finished as FSU's first runner in nine of last ten races dating back to last season...has finished 14th at this season's Twilight Invitational in 27:32 and 16th at Crimson Classic in 27:04 to lead the team...ran consistently in the low 26 minute range as a freshman...plagued by injuries in the past...team captain...outstanding student...member of ACC Academic Honor Roll and Dean's List the past two years...named to the All-Canadian team by finishing sixth at Canadian Junior Cross Country Championships...alternate to Canadian Junior Cross Country team...a finance major...born May 17, 1974.



Jasen Ritter

Junior
Bonita Springs, FL
Estero High School

Has shown tremendous improvement over last year...just now starting to find himself in terms of ability...confidence has increased due to solid pre-season workouts...mentally focused runner who is beginning to have impact on team...finished 18th at Twilight Invitational in 27:47 this season...at Estero High School finished in top ten in state cross country meet and was district runner-up in two mile...born October 4, 1974...double majoring in psychology and education.





1993 Men's & Women's Results

FSU-South Florida Dual Meet

Tallahassee, FL, September 10, 1993

Men: FSU 50, USF 15 (4 miles)

8	Ian Potter	21:14
9	David Ogletree	21:26
10	Mark Grey	21:49
12	John Connaughton	22:00
13	John Curran	22:10
14	Craig Maguire	22:22
15	Daven Wilson	22:27

Women: FSU 32, USF 24 (2 miles)

2	Tracy Pepoon	11:27
4	Stacey Bowrosen	11:41
7	Kerry White	12:11
8	Lisa Beck	12:13
11	Erin Wilder	12:24
13	Gretchen Lackey	12:32
17	Heather Anderson	12:45

Clemson Invitational

Clemson, SC, September 18, 1993

Team Finish: M-4th (104 pts.), W-5th (127 pts.)

Men (8K)

9	Ian Potter	26:53
15	David Ogletree	27:15
25	Francisco Cintron	28:01
26	Craig Maguire	28:02
29	John Connaughton	28:38
32	Tim Middlekoop	29:30

Women (5K)

14	Tracy Pepoon	18:47
18	Stacey Bowrosen	19:04
24	Holly Higgins	19:36
35	Kerry White	20:05
36	Karla Severs	20:10
43	Erin Wilder	20:56
45	Lisa Beck	21:25

Seminole Invitational

Tallahassee, FL, September 25, 1993

Team Finish: M-2nd (52 pts.), W-2nd (29 pts.)

Men (8K)

8	Mark Grey	25:57
9	Ian Potter	26:01
10	Jason Kaiser	26:06
11	David Ogletree	26:14
14	Francisco Cintron	26:46
15	John Connaughton	27:01
16	Tim Middlekoop	27:03

Women (5K)

2	Tracy Pepoon	18:08
3	Stacey Bowrosen	18:35
7	Holly Higgins	19:26
8	Karla Severs	19:31
9	Lisa Beck	19:41
10	Kerry White	19:43
13	Heather Anderson	20:14

Barnett Bank Invitational

Gainesville, FL, October 9, 1993

Team Finish: M-2nd (99 pts.), W-3rd (78 pts.)

Men (8K)

14	Mark Grey	26:01
15	Ian Potter	26:04
20	David Ogletree	26:30
23	Jason Kaiser	26:37
27	Francisco Cintron	26:53
42	Daven Wilson	27:36
61	Brennan O'Brien	28:25

Women (5K)

4	Stacey Bowrosen	18:11
13	Lisa Beck	19:14
14	Holly Higgins	19:16
23	Karla Severs	19:50
24	Heather Anderson	19:57
25	Gretchen Lackey	20:13

Florida Intercollegiate Championships

Tampa, FL, October 15, 1993

Team Finish: M-3rd (84 pts.), W-5th (98 pts.)

Men (8K)

7	Ian Potter	26:05
9	David Ogletree	26:10
18	Francisco Cintron	26:53
36	John Connaughton	27:51
39	Daven Wilson	27:58

Women (5K)

7	Tracy Pepoon	18:06
12	Stacey Bowrosen	18:39
24	Lisa Beck	19:31
34	Heather Anderson	19:57
39	Kerry White	20:26
67	Gretchen Lackey	21:34

Atlantic Coast Conference Championships

Clemson, SC, November 1, 1993

Team Finish: M-8th (220 pts.), W-7th (195 pts.)

Men (8K)

31	Ian Potter	26:15
39	David Ogletree	26:44
43	Jason Kaiser	26:49
52	Mark Grey	27:11
55	Francisco Cintron	27:43

Women (5K)

21	Tracy Pepoon	18:30
25	Stacey Bowrosen	18:33
47	Karla Severs	19:33
50	Holly Higgins	19:48
52	Heather Anderson	19:57

NCAA District III Championships

Greenville, SC, November 13, 1993

Men (8K)

91	Ian Potter	32:43
127	Jason Kaiser	33:21
143	David Ogletree	33:37

Women (5K)

61	Tracy Pepoon	18:28
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Information

FINGERTIP FACTS

President:Sandy D'Alemberte
Location:Tallahassee, FL
Enrollment:29,000
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
Sports Information Director: . .Rob Wilson

CROSS COUNTRY FACTS

Head Coach:Scott Irving
Facility:Seminole Golf Course
1992 ACC Finish:M-8th, W-7th
Cross Country SID:Brent Haley

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



1994 Men's Cross Country Team



1994 Women's Cross Country Team

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 Brent Haley 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 Sports Information Graduate Assistant Brent Haley.

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1994
CROSS COUNTRY SCHEDULE

- September 17 University of Alabama
Tuscaloosa, AL
- October 1 University of Florida
Gainesville, FL
- October 8 Florida State Invitational
Tallahassee, FL
- October 14 Florida Intercollegiate
Tampa, FL
- October 29 ACC Championships
Atlanta, GA
- November 12 NCAA District III
Championships
Greenville, SC
- November 21 NCAA Championships
Fayetteville, AR

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