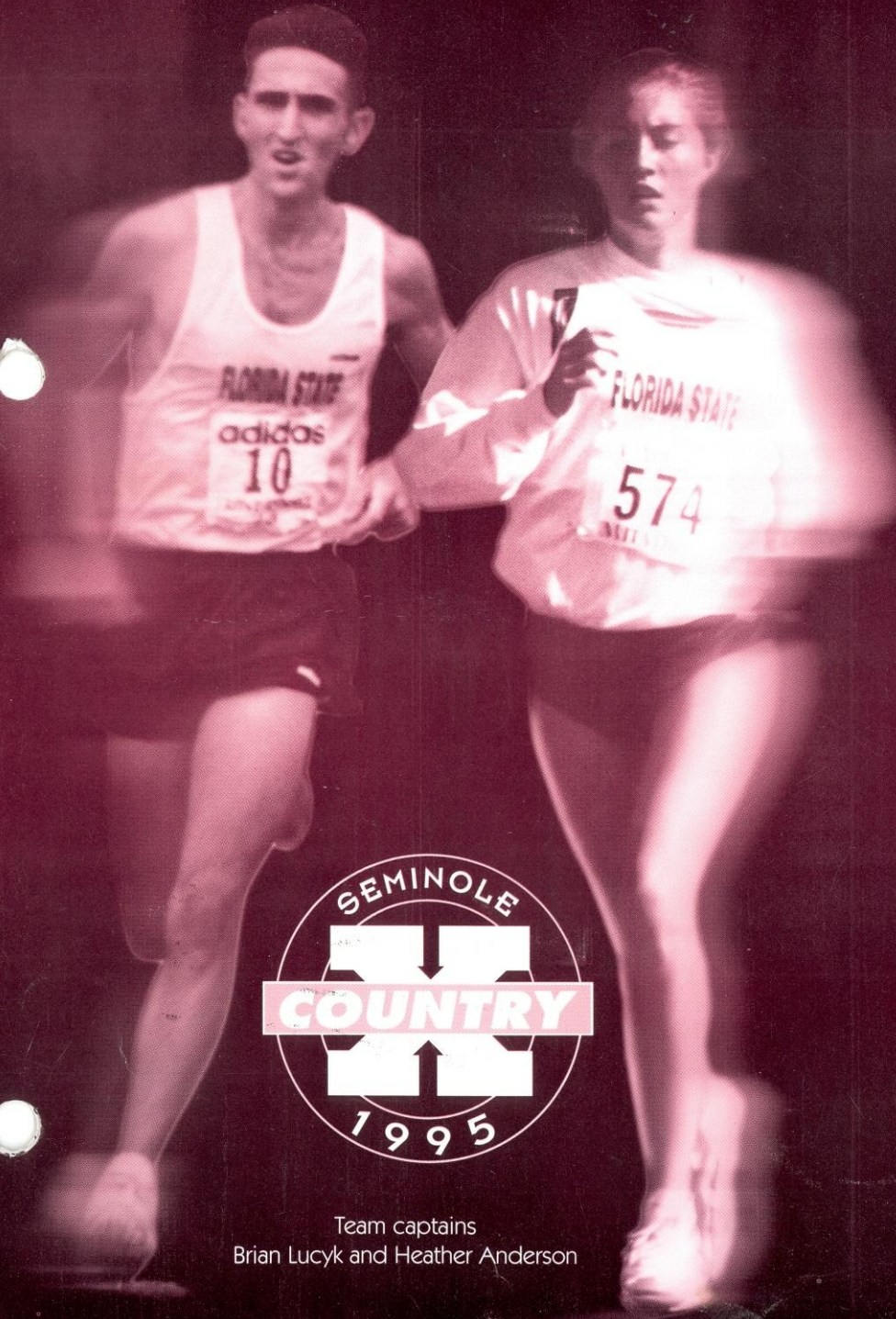


FLORIDA STATE

1995 FSU CROSS COUNTRY SCHEDULE

September 7	University of Florida	@Gainesville, FL
September 15	UCF Invitational	@Orlando, FL
September 16	UT - Chattanooga	@Chattanooga, TN
September 23	Vanderbilt Invitational	@Nashville, TN
September 30	BYE	
October 7	Barnett Bank Invitational University of Florida	@Gainesville, FL
October 13	Florida Intercollegiates	@Tampa, FL
October 14	Furman Invitational	@Greenville, SC
October 28	ACC Championships Wake Forest University	@Winston-Salem, NC
November 11	NCAA District III Furman University	@Greenville, SC
November 20	NCAA Championships Iowa State University	@Ames, IA



Team captains
Brian Lucyk and Heather Anderson

INFORMATION

FINGERTIP FACTS

President: Talbot "Sandy" D'Alemberte
 Location: Tallahassee, FL
 Enrollment: 29,000
 Founded: 1857
 Nickname: Seminoles
 Colors: Garnet and Gold
 Conference: Atlantic Coast Conference
 Athletic Director: Dave Hart, Jr.
 Associate Athletic Director: Kim Record
 Faculty Athletic Rep: Charles Earhardt
 Sports Information Director: Rob Wilson

CROSS COUNTRY FACTS

Head Coach: Scott Irving
 Cross Country SID: Jeff Purinton
 Facility: Seminole Golf Course
 1994 ACC Finish: M-9th, W-8th

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

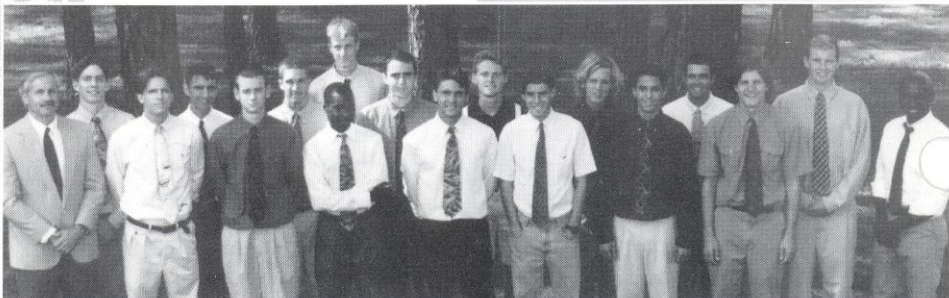
MEDIA INFORMATION

Florida State will not host a home cross country meet this season. However, if any assistance is needed in covering the Seminoles, contact Jeff Purinton at the FSU Sports Information Department in the Moore Athletic Center at (904) 644-1403.

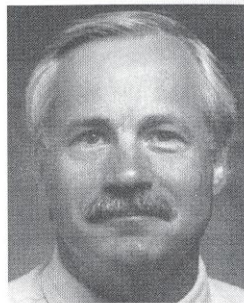
Interviews or other information concerning the coaches or team members can also be handled by the Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

CREDITS

The 1995 Florida State Cross Country Media Guide was written and edited by Sports Information Assistant: Jeff Purinton
 Photography: Scott Irving, FSU Photo Lab
 Design: Mamatey Graphic Design
 Printing:



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 second season as a member of the Seminole track and field coaching staff. Irving will handle the Tribe middle and long distance runners.

Although a relative newcomer to Tallahassee, Irving is not new to track and field, 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 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.

A recipient of two master's degrees, the 1973 Willamette University graduate places the pursuit of academic excellence an utmost 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. Phenomenally, in two of only four years at Illinois he had athletes awarded the most prestigious accolade, the Big Ten Medal of Honor, for academic/athletic excellence.

Coach Irving also played an instrumental role in the foundations for national champi-

onship programs at both Oregon (1985) and Florida (1991).

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

1995 ROSTER

Name	Class	Hometown
MEN		
Troy Bockius	FR	Dover, DE
Joe Campopiano	FR	Monroe, CT
Morgan Castner	FR	Oak Ridge, FL
John Curran	SR	Jacksonville, FL
Lee Fictum	r-FR	St. Petersburg, FL
Jeremiah Hunt	FR	Lemoore, CA
Naftaly Kurgat	r-FR	Kapsabet, Kenya
Brian Leidel	r-FR	Tallahassee, FL
Brian Lucyk	r-SO	Orlando, FL
Reid Montini	r-FR	Palm Bch. Gardens
David Ogletree	JR	Tallahassee, FL
Brian Parrish	r-FR	Acworth, GA
Jasen Ritter	r-JR	Bonita Springs, FL
Bradley Shriver	SO	Harrisburg, PA
Scott Thomas	FR	Rock Hill, SC
Daven Wilson	SR	Pensacola, FL
WOMEN		
Beth Alfonsi	FR	Tampa, FL
Heather Anderson	JR	Longwood, FL
Kristen Birmelin	SR	Bad Wildbad, Germany
Nickie Bournias	SO	Jacksonville, FL
Lara Bryant	r-JR	Ponte Vedra, FL
Amanda Hynes	FR	Plantation, FL
Christina Kennedy	r-FR	St. Petersburg, FL
Stephanie Kohl	r-JR	Melbourne, FL
Gretchen Lackey	JR	Venice, FL
Megan Lenker	r-SO	Temple Terrace, FL
Katie Lunn	r-FR	Ooltewah, TN
Chateau Mangaroo	r-SO	Clovis, NM
Emilie Ruetnik	FR	Homosassa, FL
Erin Sheehan	FR	Tampa, FL
Nicole Singleton	SO	Orlando, FL
Leslie Wiggins	FR	Franktown, CO

BIOS - MEN



Brian Lucyk
Sophomore
Longwood, FL
Lake Brantley High School

Redshirt sophomore who returns as the men's top runner from 1994... FSU's top finisher in three meets including the ACC Championships... placed 36th in 18 team Florida State Invitational with a time of 26:54... named team captain by Coach Irving... teammates will look to him for leadership... competes in the 10,000M as a member of the track team... involved in student government... majoring in finance and multinational business... born October 11, 1974.



Jasen Ritter
Senior
Bonita Springs, FL
Estero High School

Hard worker who is expected to challenge for top spot on team... finished 18th at Twilight Invitational in 1994 in 27:47... returned in excellent condition after serious preseason training... expected to be a key factor if team hopes to improve on last season's ACC mark... matured greatly over past two years in terms of work ethic and outlook... participates in 3,000M steeplechase during track season... a sports psychology major... born October 4, 1974.



Daven Wilson
Senior
Pensacola, FL
Escambia High School

Senior who will be counted on to score well this season... experience and leadership will be valuable... has ability to put together a top 8K race... should be one of the top five scorers... his mother, Virginia, competes in marathons and triathlons... named to the ACC Academic Honor Roll... an English major... born September 29, 1973.



Reid Montini
Freshman
Palm Beach Gardens, FL
The Benjamin School

Talented redshirt freshman with great distance career ahead of him... has shown great

improvement since graduation from high school... finished 5th in Junior Nationals in 10,000M this past summer... should be among the top three runners on this year's squad with Lucyk and Ritter... described by Coach Irving as an athlete with great inner drive... All-Area in track and cross country at Benjamin as a junior and senior... appeared on Dean's List in first year at FSU... majoring in biological science... born April 2, 1976.



Nafthaly Kurgat
Redshirt Freshman
Kapsabet, Kenya
Kapsabet Boy's School

Young runner on Coach Irving's team who should make an immediate impact... redshirted last season after being diagnosed with malaria... youngest runner on squad at age 17... trying to move up to longer distances from 800M and 1500M level... will develop into a great runner before FSU career is over... earned Athlete of the Year award at Kapsabet... comes from family of top runners... plans to major in engineering.



Brian Parrish
Redshirt Freshman
Acworth, GA
Harrison High School

Another young runner on Coach Irving's 1995 team with great potential... should emerge as a top five scorer... worked with noted distance coach Roy Benson in Atlanta over the summer... should show dramatic improvement after training with Benson... rooms with Jasen Ritter... plans to major in public relations... born August 20, 1976.



Brad Shriver
Sophomore
Harrisburg, PA
Susquehanna Township

Strong runner who should push the top group... will be a factor for years to come... accustomed to running in the hills of Pennsylvania and will combine with Parrish to give team experience in that area... made the Dean's List in first semester at FSU... born August 19, 1976.

OUTLOOK

The 1995 men's and women's cross country season opens with several question marks along with plenty of untested talent as the Seminoles embark on their fifth season in the ACC. The potential is definitely there as Coach Scott Irving continues to develop primarily 800M and 1600M athletes into longer distance cross country runners.

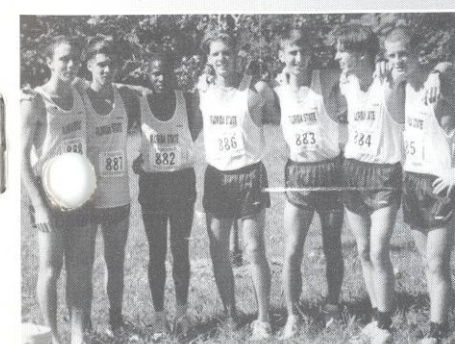
The men's team will have a new look this year after losing several key performers. Kiko Cintron and Craig Maguire have graduated while Ian Potter, who would be a senior this year, returned to Canada in order to get his accounting degree.

"The loss of Potter really hurts," said Coach Irving. "I was hoping to have him back for a great season."

Aside from seniors Jasen Ritter and Daven Wilson, the men's top seven is comprised of freshmen and sophomores. Ritter will battle captain Brian Lucyk and Reid Montini for the top spot throughout the year. Coach Irving is confident that this core group of Lucyk, Ritter and Montini will carry the Seminoles.

Nafthaly Kurgat, from Kenya, heads a group of four runners who will battle for top five scoring honors. Wilson, Brian Parrish and Brad Shriver comprise the rest of the contending runners. It will be important for two of these four to emerge for Irving's squad to advance in the ACC.

The women lost two key performers from a year ago in Melanie O'Bannon and Katie Lunn. O'Bannon was the top finisher last season, but decided not to run this year. Lunn is a now a member of the new Seminole soccer team.



The women are led by team captain Heather Anderson. The junior from Lake Brantley was one of last year's top runners and should continue to score well for the Lady Seminoles.

"Anderson and (Kirsten) Birmelin should be the top two runners on the team," said Coach Irving. "Heather has improved tremendously over last year's track season."

Kirsten Birmelin, a senior transfer from Western Kentucky, is expected to make an immediate impact and will battle Anderson for the No. 1 spot.

"Birmelin showed great range at Western Kentucky last year," said Irving. "She is a nice addition who will push Anderson."

Nicole Singleton heads a list of runners who will complement Anderson and Birmelin. Singleton, a sophomore, must step up to compete in the ACC. Chateau Mangaroo, Lara Bryant, Emilie Ruetenik and Leslie Wiggins comprise a young group that should figure in the scoring column.

Overall, the entire FSU squad should improve this season as the gap begins to close in the ACC cross country title race. Coach Irving is counting on the young runners to



mature when the conference meet comes around.

"We have two quality squads of dedicated student-athletes," stated Coach Irving. "Both groups have the potential to develop as a great team."

WOMEN



Heather Anderson
Junior
Longwood, FL
Lake Brantley High School

Team captain who will be counted on to lead the Lady Seminoles... top FSU finisher in Twilight Invitational... helped team to third place in FSU Invitational with a mark of 19:58 for 5K... improved dramatically during track season... recorded an impressive time of 18:21 in the Florida State Relays... first team all-conference at Lake Brantley... team captain in junior and senior year... all-conference high school golfer... niece of PGA pro Greg Norman... majoring in sports marketing... born April 5, 1975.



Kirsten Birmelin
Senior
Bad Wildbad, Germany
Bad Wildbad Gymnasium

Senior transfer from Western Kentucky who will push Anderson... nice addition to a young squad... talented member of Hilltopper track team... won team championship in Seminole Invitational with Western Kentucky... key in Western Kentucky's cross country conference championship... 1994 Sun Belt champion in 800M and 1500M... a multi-national business major... uncle was a gymnast in 1968 and '72 Olympics... born December 15, 1971 in Kenzingen, Germany.



Nicole Singleton
Sophomore
Orlando, FL
Oak Ridge High School

Outstanding runner with tremendous potential... must step up to the next level if FSU hopes to improve on last year's ACC finish... ran 21:01 to finish 34th in Crimson Classic... finished 15th overall and third on team in 1994 Twilight Invitational... high school state champion in 800M... chose FSU over Texas and Georgia Tech... swam for two years at Oak Ridge... majoring in interior design... born September 13, 1976.



Chateau Mangaroo
Redshirt Sophomore
Clovis, NM
Clovis High School

Redshirt sophomore expected to be a consistent top five finisher... coming into her own with move to longer distances... Coach Irving looks for her to emerge as a contender in the ACC Championships... dedicated student named to Dean's List... majoring in Russian... born October 3, 1975.



Lara Bryant
Redshirt Sophomore
Ponte Vedra, FL
The Bolles School

Transfer from the University of the South who will play a key role in the women's scoring... beat last year's top runner, Melanie O'Bannon in last year's Tallahassee half marathon... triathlete who is relatively untested on a 5K basis without swimming and biking... captained cross country team in high school... an international affairs major... born January 6, 1974.



Emilie Ruetenik
Freshman
Homosassa Springs, FL
Lecanto High School

Young runner who Coach Irving expects to contribute immediately... finished 10th in the state cross country meet in high school... hopes to improve on 12 minute, two-mile times of senior track season... needs to adjust to the added distance of college.



Leslie Wiggins
Freshman
Franktown, CO
Ponderosa High School

Freshman who could be in a scoring position for the ACC's... ran 20:54 at 5K in high altitudes of Colorado... bothered by knee problems in the past... lettered in soccer and swimming along with track and cross country at Ponderosa High... a biological science major... born May 18, 1977.

RESULTS

Twilight Invitational
September 8, 1994 • Gainesville, FL

Men: 4th of 9 (98 points)

14th	Ian Potter	27:32
16th	Kiko Cintron	27:40
18th	Jasen Ritter	27:47
22nd	Craig Maguire	27:51
28th	Brian Lucyk	28:16
29th	David Olgetree	28:24
33rd	Daven Wilson	28:59

Women: 3rd of 4 (73 points)

12th	Heather Anderson	20:38
13th	Melanie O'Bannon	20:57
15th	Nicole Singleton	21:36
16th	Kerry White	21:50
17th	Gretchen Lackey	22:07
18th	Chateau Mangaroo	22:36

Crimson Classic
September 17, 1994 • Tuscaloosa, AL

Men: 4th of 9 (141 points)

16th	Ian Potter	27:04
24th	Craig Maguire	27:43
27th	Brad Shriver	27:49
32nd	Brian Lucyk	28:00
42nd	Jasen Ritter	28:47
51st	Anton Kelly	30:40
53rd	David Olgetree	31:28

Women: 5th of 8 (155 points)

25th	Melanie O'Bannon	20:13
26th	Kerry White	20:17
27th	Heather Anderson	20:20
34th	Nicole Singleton	21:01
43rd	Gretchen Lackey	22:26
46th	Chateau Mangaroo	23:12

Barnett Bank Invitational
October 1, 1994 • Gainesville, FL

Men: (NTS)

26th	Brian Lucyk	27:26
44th	Tim Middlekoop	28:25
45th	Jasen Ritter	28:26
79th	Anton Kelly	29:35

Women: 11th of 22 (232 points)

26th	Melanie O'Bannon	20:05
32nd	Heather Anderson	20:20
50th	Nicole Singleton	21:18
59th	Gretchen Lackey	21:37
65th	Nickie Bournias	21:58
84th	Chateau Mangaroo	22:53
100th	Jennifer Akery	24:05

Florida State Invitational
October 8, 1994 • Tallahassee, FL

Men: 11th of 18 (216 points)

29th	Craig Maguire	26:39
36th	Brian Lucyk	26:54
43rd	Jasen Ritter	27:15

49th	Kiko Cintron	27:30
59th	Daven Wilson	27:48
69th	David Olgetree	28:28
78th	Anton Kelly	28:52

Women: 3rd of 12 (110 points)

10th	Melanie O'Bannon	19:20
19th	Heather Anderson	19:58
23rd	Nicole Singleton	20:17
24th	Kerry White	20:18
34th	Gretchen Lackey	21:01
48th	Nickie Bournias	21:30
49th	Chateau Mangaroo	21:31

Florida Intercollegiate
October 14, 1994 • Tampa, FL

Men: 4th of 9 (102 points)

16th	Brian Lucyk	27:33
18th	Tim Middlekoop	27:39
19th	Craig Maguire	27:39
23rd	Daven Wilson	28:01
26th	Kiko Cintron	28:04
27th	Ian Potter	28:23
32nd	Jasen Ritter	28:47

Women: 4th of 7 (110 points)

10th	Melanie O'Bannon	19:15
19th	Kerry White	20:32
24th	Nicole Singleton	21:02
26th	Gretchen Lackey	21:06
31st	Chateau Mangaroo	22:05
34th	Nickie Bournias	22:17
38th	Jennifer Akery	24:33

ACC Championships
October 29, 1994 • Atlanta, GA

Men: 9th of 9 (273 points)

51st	Brian Lucyk	27:40
56th	Craig Maguire	27:44
57th	Ian Potter	27:51
62nd	Francisco Cintron	28:21
58th	Tim Middlekoop	28:22
61st	Daven Wilson	28:59
62nd	Jasen Ritter	29:10

Women: 8th of 8 (235 points)

48th	Kerry White	19:55
51st	Melanie O'Bannon	20:07
53rd	Heather Anderson	20:23
48th	Nicole Singleton	20:29
52nd	Gretchen Lackey	21:17
61st	Chateau Mangaroo	21:47
62nd	Nickie Bournias	20:29
64th	Jennifer Akery	23:14

District III Championships
November 12, 1994 • Greenville, SC

Women: (NTS)

164th	Melanie O'Bannon	19:41
187th	Heather Anderson	19:57