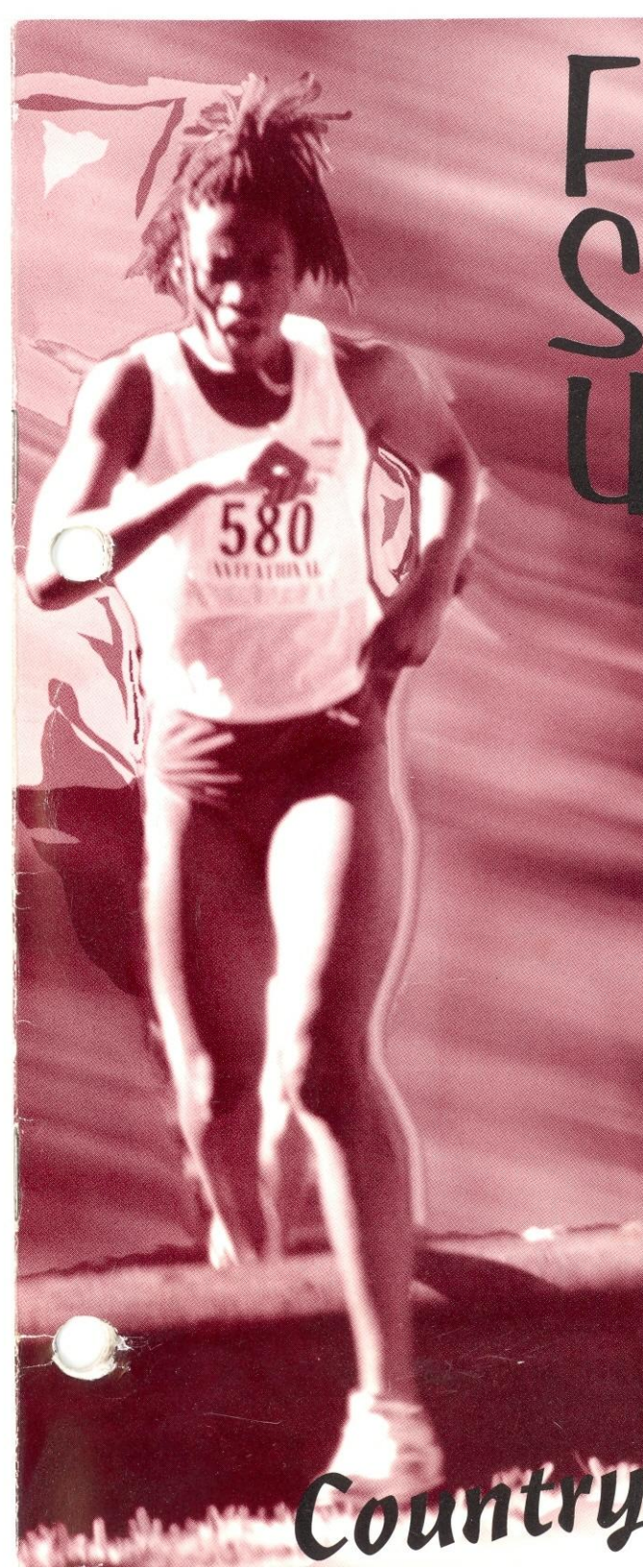


1996

# CROSS COUNTRY SCHEDULE

September 7	Audubon Invitational	New Orleans, LA
September 12	Florida Twilight Meet	Gainesville, FL
September 21	Seminole Invitational	Tallahassee, FL
October 5	Barnett Bank Invitational	Gainesville, FL
October 12	Auburn Invitational	Auburn, AL
October 18	Florida Intercollegiate Championships	Tampa, FL
November 2	ACC Championships	College Park, MD
November 16	University of Maryland NCAA District III	Greenville, SC
November 25	Furman University NCAA Championships	Tucson, AZ
	University of Arizona	

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



# Florida State University



# C r o s s

# Country 1996



## FLORIDA STATE FACTS

President:..... Talbot "Sandy" D'Alemberte  
Location:..... Tallahassee, FL  
Enrollment:..... 30,200  
Founded:..... 1857  
Nickname:..... Seminoles  
Colors:..... Garnet & Gold  
Conference:..... Atlantic Coast  
Athletics Director:..... Dave Hart, Jr.  
Faculty Athletic Rep.:..... Charles Earhardt

## CROSS COUNTRY FACTS

Head Coach:..... Scott Irving  
Assistant Coach:..... Breeda Dennehy  
Cross Country Phone:..... (904) 644-3270  
Head Track Coach:..... Terry Long  
Track Office Phone:..... (904) 644-5550  
Facility:..... Seminole Golf Course  
Trainers:..... Sam Lunt, Robin Gibson  
1995 ACC Finish:..... M-9th, W-9th

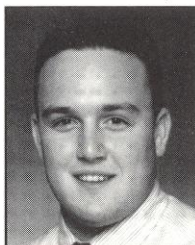
## SPORTS INFORMATION

Cross Country SID:..... Jeff Purinton  
Sports Information Director:..... Rob Wilson  
SID Office Phone:..... (904) 644-1403  
SID Fax:..... (904) 644-3820  
SID Address:.. P.O. Box 2195, Tallahassee, FL 32316

## MEDIA INFORMATION

Florida State's home cross country meet will be held September 28 at Seminole Golf Course. If any assistance is needed in covering the Seminoles at home, contact Jeff Purinton at the FSU Sports Information Department at (904) 644-1403.

Interviews or other information concerning the coaches or team members can also be handled by the Sports Information staff. Please contact us for assistance in your coverage of FSU athletics.



Jeff Purinton  
Sports Information

This document is available upon request in alternate formats for individuals with print related disabilities. Contact the ADA office, 301 Westcott Administration Building for further information.

## 1996 ROSTERS

### MEN

Troy Bockius	FR	Dover, DE
Joe Campopiano	FR	Monroe, CT
Morgan Castner	FR	Oak Ridge, TN
Damon Cudihy	FR	Marietta, FL
Lee Fictum	SO	St. Petersburg, FL
James Ford	FR	Tallahassee, FL
Jeremiah Hunt	FR	Lemoore, CA
Nafthaly Kurgat	SO	Kapsabet, Kenya
Josh Logan	SR	Venice, FL
Brian Lucyk	JR	Orlando, FL
Reid Montini	SO	Palm Bch Gardens, FL
David Ogletree	JR	Tallahassee, FL
Brian Parrish	SO	Acworth, GA
Jasen Ritter	SR	Bonita Springs, FL
Bradley Shriver	SO	Harrisburg, PA
Joe Simolari	SR	Newport, RI
Scott Thomas	FR	Rock Hill, SC

### WOMEN

Heather Anderson	SR	Longwood, FL
Karen Boor	FR	Indianapolis, IN
Nickie Bournias	JR	Jacksonville, FL
Kathleen Bowen	SO	York, ME
Lara Bryant	SR	Ponte Vedra, FL
Diana Hartnup	FR	Sarasota, FL
Celeste Hayes	FR	El Dorado, AK
Amanda Hynes	SO	Plantation, FL
Christina Kennedy	SO	St. Petersburg, FL
Stephanie Kohl	JR	Melbourne, FL
Gretchen Lackey	JR	Venice, FL
Megan Lenker	JR	Temple Terrace, FL
Chateau Mangaroo	JR	Clovis, NM
Melanie O'Bannon	SO	Pensacola, FL
Katie Peck	FR	Altamonte Springs, FL
Emilie Ruetenik	SO	Homosassa, FL
Nicole Singleton	JR	Orlando, FL
Nadi Vlaun	FR	Big Pine Key, FL
Leslie Wiggins	SO	Franktown, CO

**CREDITS** - The 1996 Florida State Cross Country Media Guide was written and edited by Sports Information Assistant Jeff Purinton. Photography: Scott Irving and the FSU Photo Lab  
Layout and Design: Tina Thomas, FSU Sports Information  
Printing: Florida State Printing Services

Florida State's cross country teams open the 1996 season facing different challenges and goals. The men return six of their top seven finishers from the Atlantic Coast Conference Championships and plenty of experience as they try to move up in the league standings. The Lady Seminoles must replace their top performer, Kirsten Birmelin, who became FSU's first-ever All-ACC cross country selection.

Brian Lucyk, the men's top runner for the past two years, will be counted on to set the pace again. The junior from Longwood, FL will try to improve

and sixth spots," said Coach Scott Irving. "It's a good situation because now I am in a position where I am looking for the five and six guys instead of a number one runner."

The Lady Seminoles, on the other hand, are in need of someone to fill the number one slot. All-ACC runner Kirsten Birmelin has graduated, but the women do return the rest of the 1995 squad. The women also look forward to a new coach, Breeda Dennehy. An All-American at Western Kentucky, Dennehy will be in charge of the women's cross country program while assisting with the men.

Leading the way for the women will be senior Heather Anderson and junior Nicole Singleton. Anderson and Singleton should battle for the number one position vacated by Birmelin.

"Each year we have continued to improve our times," commented Irving. "Coach Dennehy



will be a good motivator for the women and her distance experience will be a huge asset for our program." There are several runners that could move into the scoring column for the women's team. Chateau Mangaroo, Nickie Bournias, Lara Bryant, Emilie Ruetenik and Megan Lenker should push one another in practice as they battle for the top five. Melanie O'Bannon, one of the top runners from the '94 squad, returns after taking last season off. Coach Irving also has high hopes for freshmen Diana Hartnup, Nadi Vlaun and Celeste Hayes as well.

Following closely behind Lucyk are Reid Montini, Jasen Ritter, David Ogletree and Joe Simolari. Montini was consistently FSU's number two runner behind Lucyk last year. Ritter, Ogletree and Simolari should give the Seminole men a solid nucleus of five runners.

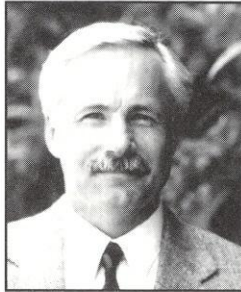
"We need to have some guys step up to the fifth



**Seminole  
Head  
Coach**

# SCOTT IRVING

Scott Irving begins his fourth 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-



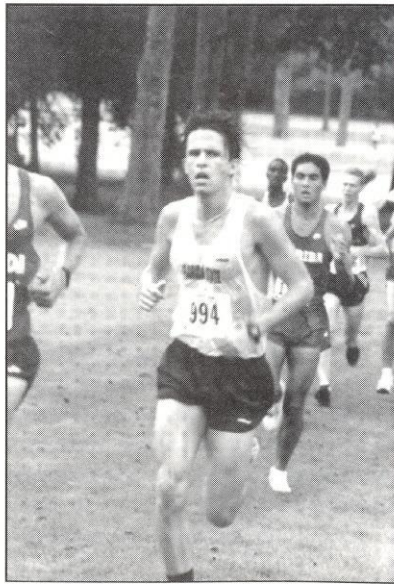
*Coach Irving*

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 helped Beverly Kearney develop an eventual NCAA national track and field championship team. From Florida, Irving joined the University of Illinois in the fall of 1989 where he took over recruiting coordinator responsibilities and returned the Fighting Illini to prominence in the Big Ten Conference and on the national scene.

In his first year coaching at FSU, the men's 4 x 800m relay team 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. The 1996 ACC Outdoor Championship was the best ever for the Seminole distance corps. They not only had the only double scorer in the 1,500m and steeplechase, but also produced FSU's first 10,000m scorer at the ACC 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 more than two decades.

A recipient of two master's degrees (Architectural History, Northwestern University '77 and Biomechanics/Athletic Administration, University of Oregon '79), 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. In 1995, the FSU men's cross country team ranked sixth nationally for overall team grade point average at 3.22. The men's team won the Golden Torch Award, the top academic award at FSU, for the 1995-96 academic year. Recent recruiting successes signal that Irving has Florida State cross country heading in the right direction.

Irving and his wife, Allyn, have been married for 22 years and have two sons, ten-year-old Shannon and Kevin, who is seven.

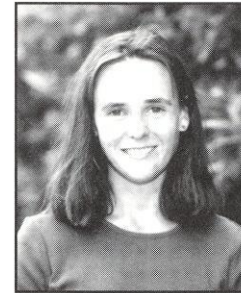


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# BREEDA DENNEHY

**Seminole  
Assistant  
Coach**

Breeda Dennehy begins her first year with the FSU distance program in 1996. An All-American at Western Kentucky in cross country, Dennehy brings plenty of experience to Florida



*Coach Dennehy*

State University. She will assist Coach Irving with cross country and the long distance track events, while focusing primarily on the women's cross country team.

A native of Cork, Ireland, Dennehy earned her undergraduate degree in physical education and health from Western Kentucky in 1993 and her master's in physical education this sum-

mer. Dennehy was a graduate assistant for Western Kentucky Head Track Coach Curtis Long, who is the brother of Florida State Head Coach Terry Long.

During her career at Western Kentucky, Dennehy set records in the 1500 meters (4:23.76), the 3000 meters (9:19.45) and the 5000 meters (16:28.86). She won the Sun Belt Championship and the NCAA District III meet before finishing 16th in the NCAA's in 1991. A Sun Belt Conference Academic Honor Roll member, Dennehy was WKU's first female All-American in cross country.

The former Hilltopper was the 1989 Irish Junior 1500 meter champion and competed for Ireland in the 1992 and 1993 World Cross Country Championships. Dennehy, who has six sisters and one brother, still competes professionally.



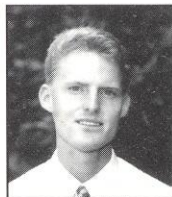
**1996  
Florida  
State  
Men**

**1996  
Florida  
State  
Women**



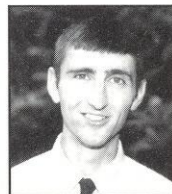
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**LEE FICTUM**  
Sophomore  
St. Petersburg, FL  
(Dixie Hollins)

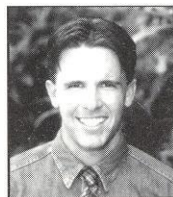
Dedicated runner who will push the top group... has shown continued improvement during his FSU career... **1995:** FSU's third finisher (32nd overall) at the Florida Intercollegiate in 28:19... placed 45th overall at the Barnett Bank Invitational (27:47)... **1994:** Redshirted... **Prep:** Participated in five sports at Dixie Hollins... member of state runner-up cross country team in 1993... finished eighth in the two-mile at the 1994 state meet... recorded the fastest wrestling pin in school history (11 seconds)... **Personal:** A math/computer major... born February 20, 1976.



**BRIAN LUCYK**  
Junior  
Longwood, FL  
(Lake Brantley)

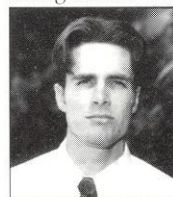
Outstanding runner who has been the men's top runner for the past two years... veteran co-captain who also competes in distance events as a member of the FSU track team... **1995:** Placed 20th at the ACC Cross Country Championships with a time of 25:43... the highest finish ever by a Seminole at the ACC's... FSU's highest finisher in six of the seven meets he participated in... team captain who ran 67th at the NCAA District III Championships... finished eighth with a mark of 25:34 at the Barnett Bank Invitational as the FSU men placed second in an 18 team field... **1994:** FSU's top runner in three meets including the ACC Championships... placed 36th in 18 team Florida State Invitational with a time of 26:54... consistently the men's top runner during the 1994 season... **1993:** Redshirted... **Prep:** Conference and Dis-

trict Champion at Lake Brantley... received scholar athlete award as a senior... four-year member of high school honor roll... **Personal:** Majoring in finance and multinational business... born October 11, 1974.



**REID MONTINI**  
Sophomore  
Palm Beach Gardens, FL  
(The Benjamin School)

Talented sophomore with great distance career ahead of him who should push Lucyk for top honors... competes in several distance events during track season... **1995:** FSU's highest finisher (ninth) at the Vanderbilt Classic with a time of 26:46 as the men placed second in a field of 18 teams... finished eighth at the Adidas/Powerade Invitational... one of two Seminoles to compete at the NCAA District III Championships... finished 5th in Junior Nationals in the 10,000 m ... **1994:** Redshirted... **Prep:** All-Area in track and cross country at Benjamin as a junior and senior... **Personal:** Majoring in biological science... born April 2, 1976.



**DAVID OGLETREE**  
Junior  
Tallahassee, FL  
(Lincoln)

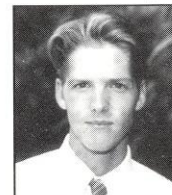
Experienced runner returning to the lineup after a redshirt year in 1995... should combine with Lucyk, Montini, Ritter and Simolari to give the FSU men a solid scoring group... **1995:** Redshirted... **1994:** Hampered by injuries through most of the year after an impressive freshman campaign... FSU's sixth finisher at the Florida State Invitational in 28:28... **1993:** FSU's second finisher behind Ian Potter most of the season... placed 39th at the ACC Championships with a time of 26:44... recorded best time of the season (26:10) at the Florida Intercollegiate

Championships in a ninth place effort... one of three Seminoles to advance to the NCAA District III Championships... **Prep:** 1993 All-State cross country selection... finished fourth nationally in the AAU 2,000m steeplechase... ran track and cross country at Lincoln High under Perry Shaw... **Personal:** Bloodlines trace back to Seminole leader Chief Osceola... a criminology major... born April 28, 1975.



**BRIAN PARRISH**  
Sophomore  
Acworth, GA  
(Harrison)

Sophomore who should continue to improve with experience... possible scorer with excellent work ethic... **1995:** Finished 29th overall at the Adidas/Powerade Invitational in a time of 23:12... FSU's fourth runner at the Nike Invitational at 29:11... **1994:** Redshirted... **Prep:** earned coaches award following junior and senior years... named second team all-county in cross country as a junior... **Personal:** A public relations major... father played baseball at St. Andrews College... born August 20, 1976.



**JASEN RITTER**  
Senior  
Bonita Springs, FL  
(Estero)

Hard worker who has improved each year as a Seminole... gives Coach Irving a solid top five nucleus with Lucyk, Montini, Simolari and Ogletree... participates in the 3,000m steeplechase during track season... **1995:** Placed seventh at the Nike Invitational and sixth at the Adidas/Powerade Invitational... **1994:** Clocked in at 27:15 as the Tribe's third finisher at the FSU Invitational... finished 32nd overall at the Intercollegiate meet... **Prep:** Finished in the top ten at the state cross country meet as a senior...

captain of track and cross country teams... district runner-up in two mile... **Personal:** A sports psychology major... born October 4, 1974.



**BRAD SHRIVER**  
Junior  
Harrisburg, PA  
(Susquehanna Twsp.)

Junior with ACC experience... Coach Irving expects him to be a solid contributor... **1995:** FSU's sixth finisher at the ACC Championships in 27:54... helped the Seminoles to a second place finish in the 18 team Vanderbilt Classic with a 49th place finish overall (28:21)... **Prep:** Qualified for state cross country meet during senior season... **Personal:** Bborn August 19, 1976.



**JOE SIMOLARI**  
Senior  
Newport, RI  
(Montverde Academy)

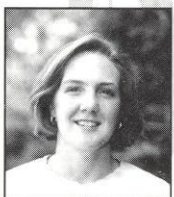
Experienced transfer from Auburn who is expected to be a great contributor... also saw success as a member of the Auburn track squad... **1995:** Top finisher for Auburn at the Crimson Classic with a 14th place time of 25:42... fourth at the Iron Cup Classic at 25:54... placed 30th at the SEC Championships... took fourth in the steeplechase at the SEC Invitational during track season... **1994:** Competed in all meets for the Tigers... finished eighth at the Argo Invitational and 23rd at the Furman Invitational... redshirted during indoor and outdoor track seasons... **Prep:** Placed second in the Florida State Cross Country Championships... member of state championship team at Montverde Academy... second in state two-mile... **Personal:** A political science major... born July 4, 1974.





**HEATHER ANDERSON**  
Senior  
Longwood, FL  
(Lake Brantley)

Top returner from last year's squad... co-captain who should provide senior leadership to a relatively young team... needs to fill the top slot vacated by All-ACC selection Kirsten Birmelin... **1995:** Placed seventh overall (19:54) at the Adidas/Powerade Invitational... the highest finisher for the Lady Seminoles at the Nike Twilight Invitational... placed 49th at the ACC Championships at Maryland... named team captain by Coach Irving... **1994:** Top FSU finisher in Twilight Invitational... helped team to third place in FSU Invitational with a mark of 19:58 for 5K... recorded an impressive time of 18:21 in the Florida State Relays... **1993:** Finished 34th at the Florida Intercollegiate Championships at 19:57... placed 52nd at the ACC Championships in the same time... **Prep:** First team all-conference at Lake Brantley... team captain in junior and senior year... all-conference high school golfer... **Personal:** Niece of PGA pro Greg Norman... majoring in education... born April 5, 1975.



**LARA BRYANT**  
Senior  
Ponte Vedra, FL  
(The Bolles School)

Consistent performer who ran in the top five during most of the season... hopes to have a strong senior year for the Lady Seminoles... **1995:** Placed 27th overall at the Adidas/Powerade Invitational with a time of 21:14... the fourth finisher for the Lady Seminoles at the Florida Intercollegiate Championships (22:44)... **1994:** Ran for the University of the South

(Sewanee) before transferring to Florida State... **1993:** Member of conference champion team as a freshman at the University of the South... finished 66th at the Southeast Regional... **Prep:** Captained cross country and track teams during senior year... earned coaches award following junior year... **Personal:** An economics major... competes in triathlons during the off-season... father played minor league baseball... born January 6, 1974.



**DIANA HARTNUP**  
Freshman  
Sarasota, FL  
(Sarasota)

True Freshman expected to contribute immediately... standout high school performer at Sarasota High with 15 cross country records... needs to gain experience and adjust to longer distances this season... **Prep:** MVP in both track and cross country during senior year... excellent student who was on the honor roll and in the National Honor Society at Sarasota High... two-time Sarasota County champ in the mile... MVP of track team after senior season... cross country MVP for three straight years... three-time all-area selection for cross country team... **Personal:** Undecided on major... born November 17, 1978... escort runner for Olympic Torch this summer.



**MELANIE O'BANNON**  
Sophomore  
Pensacola, FL  
(Pensacola)

Top runner for the Lady Seminoles in 1994... who returns to the team after taking last season off... could be a valuable asset with continued training... **1995:** Did not run... **1994:** FSU's top runner in five of seven meets... ran

best time of the year at the Florida Intercollegiate Championships at 19:15... recorded a mark of 20:07 at the ACC's and advanced to the District III meet... **Prep:** Selected to All-Northwest Florida team her junior and senior year at Pensacola High... **Personal:** A biology major... born July 22, 1976.



**EMILIE RUETENIK**  
Sophomore  
Homosassa Springs, FL  
(Lecanto)

Sophomore who emerged as a scorer last year as a freshman... spent most of last season adjusting to longer distances of college meets... **1995:** FSU's second finisher (25th overall) at the Adidas/Powerade Invitational in Chattanooga... recorded best time of the year at the Barnett Bank Invitational at 20:36... placed 57th at the Vanderbilt Classic as the Lady Seminoles finished seventh out of 17 teams... **Prep:** Finished tenth at the state cross country meet in high school... **Personal:** A communications major... born November 10, 1977.



**NICOLE SINGLETON**  
Junior  
Orlando, FL  
(Oak Ridge)

Co-captain expected to be one of the top runners for the FSU women... should challenge Heather Anderson for the number one position... also a valuable contributor on the track team... **1995:** FSU's second finisher (31st overall) at the Vanderbilt Classic with a time of 20:20... recorded a time of 19:55 at the Barnett Bank Invitational... top finisher for the Lady Seminoles at the Furman Invitational (20:22)... **1994:** Ran 21:01 to finish 34th in the Crimson Classic... finished 15th overall and third on the

team in the Twilight Invitational... recorded her best time of the year (20:17) at the Florida State Invitational... **Prep:** Won the state championship in the 800 meters... chose FSU over Texas and Georgia Tech... swam for two years at Oak Ridge... **Personal:** Majoring in interior design... born September 13, 1976.



**NADI VLAUN**  
Freshman  
Big Pine Key, FL  
(Key West)

Talented freshman who could emerge as one of the team's top runners... will have a chance to gain experience with an opportunity to contribute immediately... **Prep:** Participated in track, cross country, soccer and cheerleading in high school... team captain of track team her senior year... an All-American cheerleader as a junior... **Personal:** A fitness and nutrition major... involved in gymnastics and modeling... born April 25, 1977.



**LESLIE WIGGINS**  
Sophomore  
Franktown, CO  
(Ponderosa)

Sophomore expected to push for a spot in the scoring column... gained experience last season as she adjusted to different altitudes and distances... **1995:** Ran 21:25 to finish 32nd overall at the Adidas/Powerade Invitational... FSU's second finisher behind Kirsten Birmelin at the Florida Intercollegiate Championships in 21:46... **Prep:** Outstanding athlete at Ponderosa High... lettered in soccer and swimming along with track and cross country... **Personal:** A biological science major... born May 18, 1977.



The 1995 cross country season was a year of firsts for Coach Irving and the men's and women's squads. Brian Lucyk and Kirsten Birmelin highlighted the season with impressive performances at the Atlantic Coast Conference Championships. Despite a pair of ninth place finishes at the ACC's, FSU saw their highest team finishes in meet competition during the year and some of the fastest times for any cross country squad at Florida State.

Birmelin became the first runner in Lady Seminole history to achieve All-ACC status in cross country. She earned All-Conference honors with her ninth place finish at the ACC Championships, the first All-ACC performer in Florida



State cross country history. The senior from Germany went on to place 19th at the NCAA District III Championships, earning District III Academic All-America honors as well.

Birmelin and Lucyk recorded the best ever Florida State finishes at the ACC Cross Country Championships. Lucyk finished 20th overall, a drastic improvement from his 54th place a year ago. At the NCAA District III meet, he placed 67th overall. The sophomore saw his times drop by nearly a minute and a half from '94 to '95.

The Seminole men recorded a second place team finish at the Vanderbilt Classic early in the season. Reid Montini, with a ninth place finish overall, paced the men in a field of 18. Also running well were Lucyk and Jasen Ritter, who finished 11th and 13th, respectively.

The FSU women ran seventh out of 17 teams in Nashville, Tenn. Birmelin led the way with a time of 19:10, good for fourth place overall.

The men's squad continued to run impressively in their next meet at the Barnett Bank Invitational, taking second among 18 collegiate teams. Lucyk, Ritter and Nafhaly Kurgat all placed in the top 25.

The Lady Seminoles left Gainesville with a fifth place effort at the Barnett Bank Invitational. Birmelin clocked in with a third place time of 18:11 and was again the women's top finisher. Heather Anderson and Nicole Singleton were next in the scoring column, placing 28th and 31st overall.

At the ACC Cross Country Championships, the men's team finished a disappointing ninth. Lucyk was the men's top finisher with a time of 25:43.5 at the 20th spot. Montini, Kurgat, Daven Wilson and Brad Shriver rounded out the Seminole scoring as N.C. State won the ACC title.

The women, paced by Birmelin (18:11), also finished ninth. The Lady Seminoles were eight points behind Maryland, who placed eighth. N.C. State won the women's championship with Wake Forest second. Anderson, Nicole Singleton, Chateau Mangaroo and Nickie Bournias followed Birmelin as FSU's five scorers.

The Florida State men's and women's cross country teams continued their academic success, both with team GPA's over 3.0. The men's team GPA was FSU's highest and the Lady Seminoles improved from fifth to third among women's sports during the 1994-95 academic year. With dedication in the classroom and on the trails, Coach Irving stresses the importance of the complete student-athlete.

**September 7, 1995  
Nike Twilight Invitational  
Gainesville, FL**

Men: Florida 16, FSU 41 - 8K  
(Dual Meet)

Brian Lucyk	5th	27:22
Jasen Ritter	7th	27:24
Reid Montini	10th	28:07
Brian Parrish	14th	29:11
Daven Wilson	15th	29:34
John Curran	19th	31:20
Lee Fictum	20th	32:56

Women: Florida 15, FSU 50 - 5K  
(Dual Meet)

Heather Anderson	8th	21:05
Nicole Singleton	10th	21:51
Emilie Ruetenik	11th	22:02
Chateau Mangaroo	13th	22:39
Leslie Wiggins	14th	22:47
Lara Bryant	15th	22:47
Megan Lenker	16th	22:49

**September 16, 1995  
Adidas/Powerade Invitational  
Chattanooga, TN**

Men: 3rd/6 teams (59) - 4 mi.

Brian Lucyk	4th	21:10
Jasen Ritter	6th	21:17
Reid Montini	8th	21:23
Daven Wilson	20th	22:31
Brian Parrish	29th	23:12

Women: 3rd/7 teams (88) - 5K

Heather Anderson	7th	19:54
Emilie Ruetenik	25th	20:59
Lara Bryant	27th	21:14
Chateau Mangaroo	31st	21:22
Leslie Wiggins	32nd	21:25
Megan Lenker	41st	21:52

**September 23, 1995  
Vanderbilt Classic  
Nashville, TN**

Men: 2nd/18 teams (136) - 8K

Reid Montini	9th	26:46
Brian Lucyk	11th	26:50
Jasen Ritter	13th	26:59
Brad Shriver	49th	28:21

Nafhaly Kurgat	54th	28:37
Daven Wilson	57th	28:41
Brian Parrish	65th	28:58

Women: 7th/17 teams (200) - 5K

Kirsten Birmelin	4th	19:10
Nicole Singleton	31st	20:20
Heather Anderson	38th	20:31
Emilie Ruetenik	57th	21:14
Megan Lenker	78th	22:04
Lara Bryant	88th	22:31
Chateau Mangaroo	90th	22:35

**October 7, 1995 - Barnett Bank  
Invitational - Gainesville, FL**

Men: 2nd/18 teams (116) - 8K

Brian Lucyk	8th	25:34
Jasen Ritter	17th	26:37
Nafhaly Kurgat	20th	26:42
Reid Montini	33rd	27:30
Daven Wilson	37th	27:35
Lee Fictum	45th	27:47
Brad Shriver	59th	28:40

Women: 5th/18 teams (130) - 5K

Kirsten Birmelin	2nd	18:11
Heather Anderson	26th	19:50
Nicole Singleton	30th	19:55
Emilie Ruetenik	41st	20:36
Nickie Bournias	49th	21:02
Chateau Mangaroo	58th	21:26
Lara Bryant	62nd	21:37

**October 13, 1995  
Florida Intercollegiate  
Championships  
Tampa, FL**

Men: 7th/21 teams (202) - 8K

Nafhaly Kurgat	17th	27:41
Daven Wilson	21st	27:52
Lee Fictum	32nd	28:19
Brian Leidel	60th	29:30
John Curran	92nd	30:56

Women: 13th/22 teams (387) - 5K

Kirsten Birmelin	15th	18:52
Leslie Wiggins	88th	21:46
Amanda Hynes	90th	21:50
Lara Bryant	105th	22:44

Christina Kennedy	131st	24:26
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**October 14, 1995  
Furman Invitational  
Greenville, SC**

Men: 6th/16 teams (216) - 10K

Brian Lucyk	9th	33:14
Reid Montini	36th	35:26
Jasen Ritter	41st	35:38
Brad Shriver	52nd	36:34
Brian Parrish	78th	38:28

Women: 18th/23 teams (469) - 5K

Nicole Singleton	61st	20:22
Chateau Mangaroo	120th	22:00
Megan Lenker	123rd	22:04
Emilie Ruetenik	131st	22:18
Lara Bryant	141st	22:31

**October 28, 1995  
ACC Championships  
Winston-Salem, NC**

Men: 9th/9 teams (230) - 8K

Brian Lucyk	20th	25:43
Reid Montini	40th	26:24
Nafhaly Kurgat	55th	27:22
Daven Wilson	59th	27:38
Jasen Ritter	61st	27:39
Brad Shriver	63rd	27:54
Lee Fictum	67th	28:42

Women: 9th/9 teams (220) - 5K

Kirsten Birmelin	9th	18:11
Heather Anderson	49th	20:07
Nicole Singleton	54th	20:28
Chateau Mangaroo	56th	20:35
Nickie Bournias	63rd	21:15
Katie Lunn	66th	21:31
Lara Bryant	70th	22:00

**November 11, 1995  
NCAA District III  
Greenville, SC**

Men: NTS - 10K

Brian Lucyk	67th	33:32
Reid Montini	148th	34:24

Women: NTS - 5K

Kirsten Birmelin	19th	18:52
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