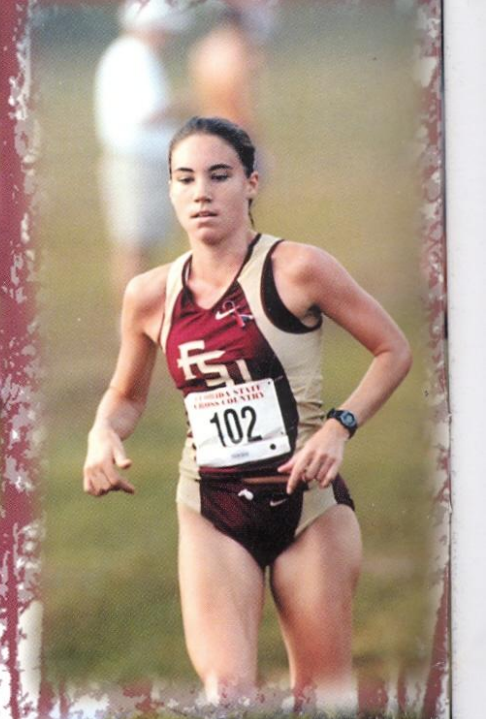


FLORIDA STATE UNIVERSITY

# CROSS COUNTRY

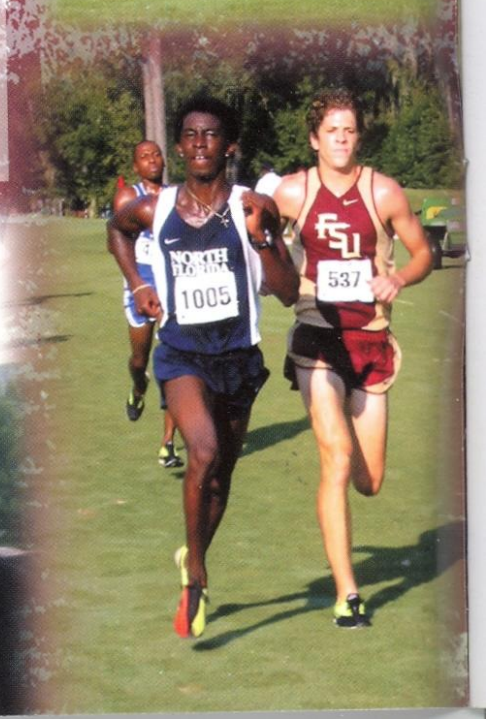
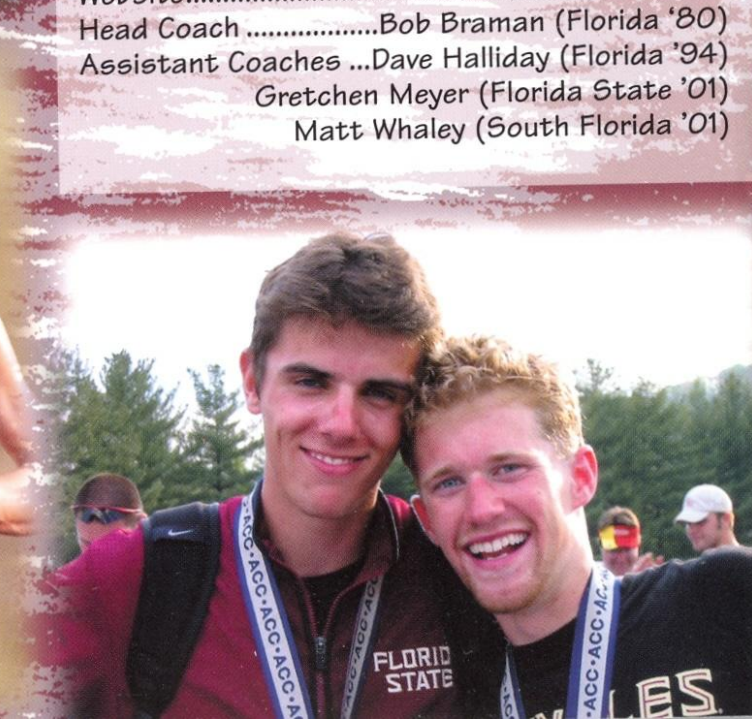
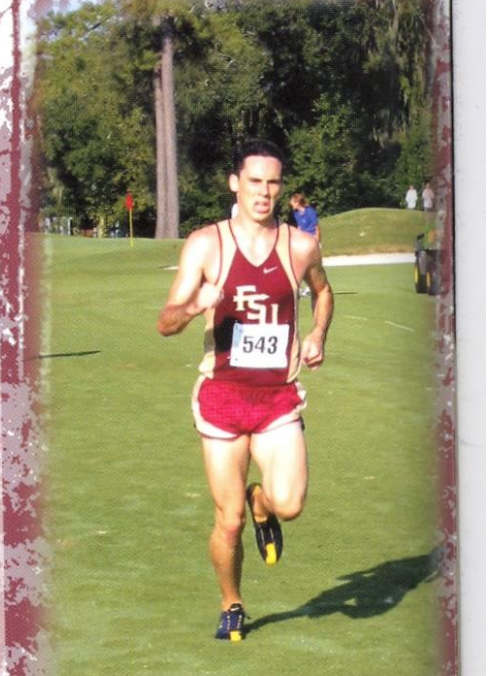


2002 POST-SEASON YEARBOOK



## 2002 FLORIDA STATE CROSS COUNTRY QUICK FACTS

Location.....Tallahassee, Fla.  
 Enrollment.....35,462  
 Founded.....1851  
 Symbol.....Seminole  
 Colors.....Garnet & Gold  
 Affiliation.....NCAA Division I  
 Conference.....Atlantic Coast  
 President.....T.K. Wetherell  
 Athletics Director.....Dave Hart, Jr.  
 Senior Associate AD  
 (Cross Country).....Charlie Carr  
 Assistant AD for Media  
 & Public Relations.....Rob Wilson  
 Cross Country SID.....Bill Baker  
 SID Office Phone.....(850) 644-4836  
 SID Fax.....(850) 644-3820  
 SID Mailing Address.....P.O. Box 2195  
 Tallahassee, FL 32316  
 Website.....www.seminoles.com  
 Head Coach.....Bob Braman (Florida '80)  
 Assistant Coaches...Dave Halliday (Florida '94)  
 Gretchen Meyer (Florida State '01)  
 Matt Whaley (South Florida '01)



# 2002 FLORIDA STATE CROSS COUNTRY YEARBOOK

## MEDIA INFORMATION

Florida State's home cross country meets are held at Miccosukee Greenway. If any assistance is needed in covering the Seminoles at home, contact the FSU Sports Information Department in the Moore Athletic Center at (850) 644-4836.

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.

Releases, standings, results and other information regarding the FSU cross country team will be available at [www.seminoles.com](http://www.seminoles.com) and [www.fsutrack.com](http://www.fsutrack.com).

## CREDITS:

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ON THE COVER: *Left: 2002 NCAA Qualifier Joep Tigchelaar; Right: 2002 NCAA All-American Vicky Gill.*

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**T.K. WETHERELL**  
President, Florida  
State University



**DAVE HART JR.**  
Director of  
Athletics



**CHARLIE CARR**  
Senior Associate  
Athletics Director



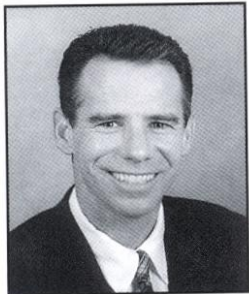
**KIM RECORD**  
Senior Associate  
Athletics Director



**BILL BAKER**  
Sports Information  
Graduate Assistant

# HEAD COACH BOB BRAMAN

UNIVERSITY OF FLORIDA '80



**B**ob Braman begins his third season as the head cross country coach and will continue to serve as the distance coach on Terry Long's track and field staff. Braman came to

Florida State in 2000 after 17 years of national level success at the University of South Florida.

Braman began coaching in 1983 as a men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance the USF men's cross country team won the last three Conference USA titles while the women's team is the two time defending Conference USA champion. Braman coached the men's and women's cross country teams to a top 30 finish in 1999.

His men's cross country teams also won six-straight conference titles between 1988 and 1993, three were in the Sun Belt Conference and three were in the Metro Conference. During his tenure at South Florida, Braman was honored as Coach-of-the-Year 14 times. His men's cross country teams earned national rankings ten of the last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of the last six years. Braman has coached 41 national qualifiers in cross country, and 28 national qualifiers on the track, including two-time NCAA champion Jon

Dennis (5000m 1992 and 1993).

Last season Braman helped four Seminole distance runners become national qualifiers. All-American Natalie Hughes recorded the fastest time in the 1500m by any collegiate freshman in the U.S. He also coached the women's cross country squad to their first ever NCAA appearance finishing 28th. Under Braman, Vicki Gill became the first ever Florida State women's cross country member to achieve All-America status en route to a 15th place

finish at nationals in Greenville, S.C.

Braman, 44, is married to the former Debbie Turner and has two sons, Steven (14) and Tyler (12). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



## BRAMAN QUICK FACTS...

COACHING EXPERIENCE: 22

Florida State - Assistant Coach (2000-Present)

University of South Florida - Head Track Coach (1991-2000)

University of South Florida - Head Cross Country Coach (1985-1999)

University of South Florida - Assistant Cross Country Coach (1983-1985)

Tampa Catholic High School - Head Cross Country Coach and Assistant Track Coach (1981-1983)

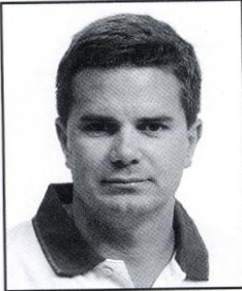
## COLLEGIATE TRACK EXPERIENCE:

University of Florida - Cross Country, 5,000m (1977-1980)

# CROSS COUNTRY ASSISTANT COACHES

## DAVID HALLIDAY

GRADUATE ASSISTANT  
(Florida '94)



**D**avid Halliday begins his first season as a graduate assistant on the Seminoles' coaching staff after serving as the head track and cross country coach at Columbia High School in Lake

City, Fla. Halliday comes to Florida State with eight years of head coaching experience at the high school level.

His coaching accolades include being named the 3A Boys Track Coach of the Year in 2002, a two-time *Gainesville Sun* Cross Country Coach of the Year (2000 and 2001) and the *Sun*'s 2002 Boys Track Coach of the Year. Under his guidance, the Columbia boys' track team won the state championship in 2002. He also guided the 2001 boys' cross country team to the 3A state finals. Both finishes were the best in school history. In addition, he coached the No. 1 ranked boys 4x800m relay team in the South in 2002.

Halliday's duties include: middle distance recruiting coordinator; meet director for all home competitions in cross country and track; assistant coach for men's and women's cross country including the women's team's first ever qualification to the NCAA meet. Halliday also assists the men's track and field team heading up the middle distance training group.

A 1994 graduate of the University of Florida in exercise and sport sciences, Halliday lettered three years for the Gators' track team. He was named to the SEC Academic Honor Roll Twice (1992-1993). In addition, Halliday is certified by USA Track and Field as a Level 2 Coach in endurance.

Halliday, 30, is married to the former Kim Driskell and has two daughters Darien (5) and Peyton "PJ" (2). He is currently pursuing a master's degree in sport administration.

## GRETCHEN MEYER

GRADUATE ASSISTANT  
(Florida State '01)



**G**retchen Meyer joins the Seminole coaching staff this year as a graduate assistant after coaching at Florida High School in Tallahassee over the last four years.

She joined Florida High in 1999 as an assistant coach and was promoted the following year to head coach for the girls' track team and boys' and girls' cross-country teams. Meyer guided her girls' track team to city, district and regional championships en route to state runner-up status in 2000 and 2002. She coached back-to-back 4X800m state championship relay teams (2000 and 2001), state championship 4X100m relay team (2002) and a two

time 400m state champion. Meyers was named the *Tallahassee Democrat* Girls' Big Bend Track and Field Coach of the Year in all three of her seasons as head coach at Florida High (2000-2002).

A 2001 graduate of Florida State in criminology and history, Meyer began her coaching career at Florida High while a sophomore at FSU and earned a USA Track and Field Level 1 Certification. Meyer is currently pursuing a master's degree in sport management.

As part of the Seminoles coaching staff, her primary duty is director of the Lady Seminole Striders program. Meyer also assists the women's cross country team. This fall, Meyer aided the women's cross country team to its first ever qualification to the NCAA meet. This spring, Meyer will assist women's track and field with responsibilities pertaining to women's 800m, 1500m, and 5000m event training.

## MATT WHALEY

VOLUNTEER COACH  
(South Florida '01)

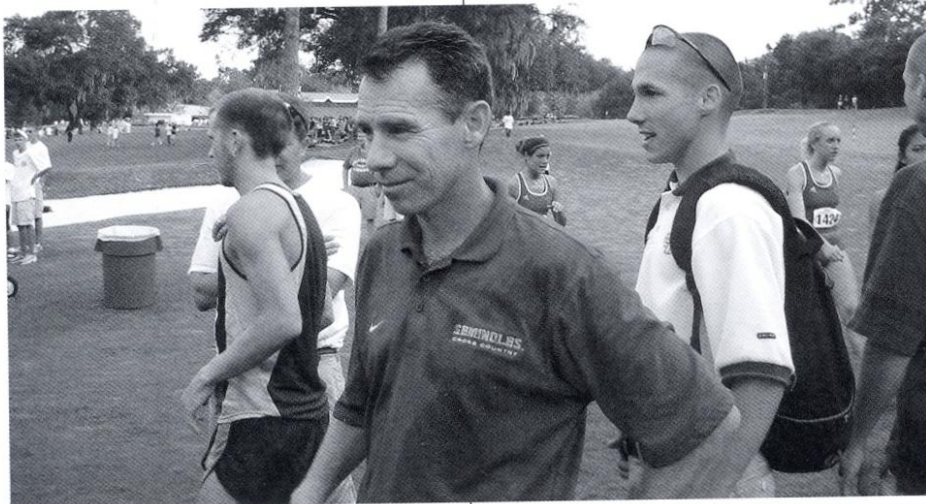


**M**att Whaley begins his second season on the Seminole coaching staff as a volunteer assistant following a successful collegiate career at South Florida where he ran

four years under coach Bob Braman. Whaley's duties include assisting coaching staff in office work, coordinating practices and travel and helping organize the Seminoles' home track meets.

While at USF, Whaley was a three-time NCAA Championship qualifier, a two-time All-Conference USA honoree and an All-South Region member. Whaley's personal best time of 24:36 in the 8K came as a member of the Bulls' cross country team. He graduated from USF in 2001 with a degree in social science.

At Estero High School in Bonita Springs, Fla., Whaley won three individual state championships. He was a two time state champ in the 3,200m run and a champion in the 1,600m run. In addition to his individual achievements, Whaley helped lead his high school cross country team to a state championship.



# 2002 SEMINOLE ROSTER

Nate Adams .....	Jr .....	Longwood, FL .....	Lyman HS
Andrew Bautel .....	So .....	Ocala, FL .....	Vanguard HS
Kevin Cook .....	Fr .....	Fern Park, FL .....	Lyman HS
Robert Cooper .....	Fr .....	Lake City, FL .....	Columbia HS
Nate Davis .....	R-So .....	Largo, FL .....	Largo HS
Dave Guerra .....	Sr .....	Vallejo, CA .....	Vallejo HS
Zach Heissner .....	R-Sr .....	Tallahassee, FL .....	Jupiter HS
Shawn Patterson .....	Jr .....	Valparaiso, FL .....	Niceville HS
Lars Tveter .....	R-Jr .....	Oslo, Norway .....	UT-Chattanooga/Berg
Joep Tigchelaar .....	So .....	Macharen, Netherlands .....	Titus Brandsmalyceum
Nathan Timm .....	Jr .....	Marion, IL .....	Marion HS
Giscard Titus .....	Sr .....	Royal Palm Beach, FL .....	Auburn / Cardinal Newman
Marteen van den Heuvel .....	Jr .....	Warnsveld, Netherlands .....	Bandartius College
Jim Van Veen .....	Jr .....	Satellite Beach, FL .....	Satellite HS
A.J. Wilson .....	Fr .....	Pensacola, FL .....	Pine Forest HS

Head Coach: Bob Braman (Florida '80)  
 Assistant Coaches: Dave Halliday (Florida '94)  
 Gretchen Meyer (Florida State '01)  
 Matt Whaley (South Florida '01)



# 2002 LADY SEMINOLE ROSTER

Heather Chambers	Fr	Norcross, GA	Norcross HS
Jenny Chang	So	Jacksonville, FL	Mandarin HS
Anne Clinton	So	Richmond, IN	Richmond HS
Kristen Colton	Fr	Jacksonville, FL	Bishop Kenny HS
Abbie Day	Fr	Winter Park, FL	Lake Howell HS
Andrea Dulmage	Sr	Longwood, FL	Lake Brantley, HS
Brianna Frarrer	Fr	Naples, FL	St. John Newmann HS
Tracy Friedlander	Fr	Miami, FL	Ransom Everglades HS
Vicky Gill	Sr	Lancshire, England	St. Andrews University
Jenny Gomez	Fr	Miami, FL	Lourdes Academy
Kathleen Gouldy	Jr	Jupiter, FL	Jupiter HS
Sara Guiffre	Fr	Jacksonville, FL	Nease HS
Misty Harper	Sr	Seminole, FL	Seminole HS
Janet Howard	So	Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	So	Grand Junction, CO	Palisade HS
Katie Janson	Jr	Oviedo, FL	Oviedo HS
Amanda Jordan	R-Fr	Oklahoma City, OK	Bishop McGuiness HS
Mari Leitner	Jr	Pensacola, FL	Washington HS
Allison Lind	Sr	Woodbury, CT	Nonnewaug HS
Lisa Kirsch	R-Sr	Winter Springs, FL	Oviedo HS
Rachel Marsh	R-So	Kissimmee, FL	Osceola HS
Laura Melendez	So	Livermore, CA	Granada HS
Teresa Miller	R-So	Daytona Beach, FL	Mainland HS
Sydney Mondragon	So	Pueblo, CO	South HS
Nicole Myers	R-Fr	Jacksonville, FL	Bishop Kenny HS
Morgan Neal	R-So	Gulf Breeze, FL	Pensacola Catholic HS
Nicole Renzulli	Fr	Cranston, RI	Cranston West HS
Gina Riano	Fr	Miami Shores, FL	Archbishop Curley HS
Megan Rogers	So	Wellington, FL	Cardinal Newman HS
Ann Schriber	Fr	Little Silver, NJ	Red Bank HS
Suzanne Shepherd	R-Fr	Ellis, KS	Ellis HS
Elaine Skislak	Jr	Gulf Breeze, FL	Gulf Breeze HS
Emily Wehr	Jr	Tarpon Springs, FL	Palm Harbor University HS
Stephanie Welcher	R-Fr	Bradenton, FL	Lakewood Ranch HS
Cathleen Willy	Fr	Flanagan, FL	Pembroke HS



# 2002 MEN'S YEAR IN REVIEW

As the 2002 season drew to a close, head coach Bob Braman found his Florida State men's cross country team making strides towards becoming one of the nation's top programs. The Seminoles fielded one of the youngest teams in the nation with only three seniors competing at the ACC and NCAA South Regional meets. Braman, in his third season at FSU, and his Seminoles finished fourth at the NCAA South Region Championships, placed three runners on the All-South Region team, matched their best finish at the ACC Championships and had one competitor individually qualify and compete at the NCAA Championships. These feats became proof that Braman has the Seminoles on the verge of becoming a factor on the national scene.

Sophomore Joep Tigchelaar once again led the harriers in competition. His fourth-place finish at the NCAA South Regional meet was the best ever for a Seminole runner and earned him his second All-South Region team honor. Tigchelaar followed that performance with his second appearance at the NCAA Championships, finishing better than half of the field at 107th place with a career-best 10k mark of 31:10. At the ACC meet, Tigchelaar, the 2001 ACC Rookie of the Year, became the first ever Seminole to earn all-conference honors with a seventh-place finish. In addition, he was FSU's top finisher in four

of the six meets he ran in.

The Seminoles began the season on a positive step by placing fourth at the Mountaineer Open. FSU had four runners finish in the top 20, led by Tigchelaar's 12th-place finish followed by junior Nate Adams in 14th place, senior transfer Giscard Titus in 15th place and freshman Kevin Cook in 19th place. Cook, in his first NCAA competition, showed that he would be a top performer for the Seminoles throughout the season and into his career.

Next was FSU's home meet, the Seminole XC Invitational. The Seminoles took the meet title in a showdown with rival University of Florida following impressive top 10 performances by Titus, Tigchelaar, Adams and Cook. In total, FSU's top seven runners placed 16th or better. Titus, a talented transfer from Auburn University, took the top performance honors for the Seminoles with a career-best 8k mark of 25:43. Rounding out the top 10 for FSU was Tigchelaar (fifth place), Adams (sixth) and Cook (10th). FSU ended with a score of 24 points, 30 points ahead of runner-up Florida.

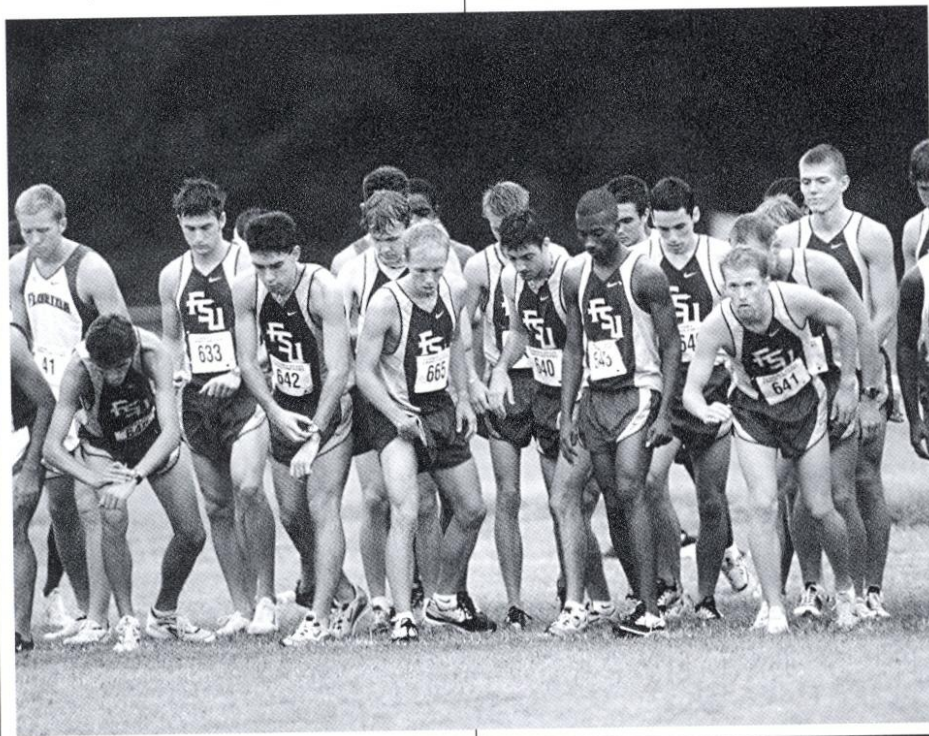
FSU then traveled to the prestigious Great American XC Festival and finished a respectable 12th place. Tigchelaar placed first for the Seminoles for the second time with a 57th place finish overall. Junior Maarten van den Heuvel turned in his first of four top two finishes for FSU by placing 61st among nearly 200 competitors. Senior

Dave Guerra, a two-time All-South Region team member entering the season, finished 69th. Cook ran fourth for FSU for the third straight meet and placed 70th overall.

It was then on to the all-important NCAA Pre-National meet, which served as a prelude to the upcoming NCAA Championships with the top programs in the nation competing against each other for the first time. FSU held its own by placing 25th despite competing with several sick runners. Van den Heuvel led the way for the Seminoles with career-best 8k performance of 24:52 to finish 53rd. Tigchelaar was second on the team at 95th place against almost 250 runners. Rounding out the scorers for FSU was Guerra (130th), Adams (157th) and Titus (216th).

The Atlantic Coast Conference Championships was the next stop on the schedule for FSU. The Seminoles proved to be one of the most improved programs in the conference by matching their best ever finish from the 2001 season with a fifth-place finish. Tigchelaar led the Seminoles with his All-ACC, season-best and team-best 8k performance of 24:48.7 to finish seventh. Van den Heuvel crossed the line second for the Seminoles and 25th overall. Adams, who emerged in 2002 as one of FSU's top runners, came in next at 26th with his career-best time of 25:36. Senior Zach Heissner ran fourth in 30th place with Guerra rounding out the scorers in 35th place. Tigchelaar, who is the school's only All-ACC performer, made school history by earning all-conference honors for a second-straight year.

In what would turn out to be the season's final meet, the Seminoles were edged out of the NCAA Championships at the NCAA South Region Championships with a fourth place finish. FSU ran neck-and-neck with champion Tennessee, runner-up Alabama and third place Florida to just miss a top two finish to earn an automatic bid to the national championships. Tigchelaar turned in the best finish at the regional meet in school history by placing fourth overall at 32:22.7 for the 10k course. Although, the team would not run at the NCAA Championships, Tigchelaar's finish earned him an automatic bid as an individual competitor. Van den Heuvel earned his second All-South Region team honor by finishing 14th at 32:58.7. Joining Tigchelaar and van den Heuvel on the all-region team was first-time honoree Adams, who placed 21st at 33:06.2. Guerra just missed his bid to become FSU's first ever three-time all-region honoree with a 30th-place finish.





# 2002 SEMINOLE BIOGRAPHIES

## DAVE GUERRA

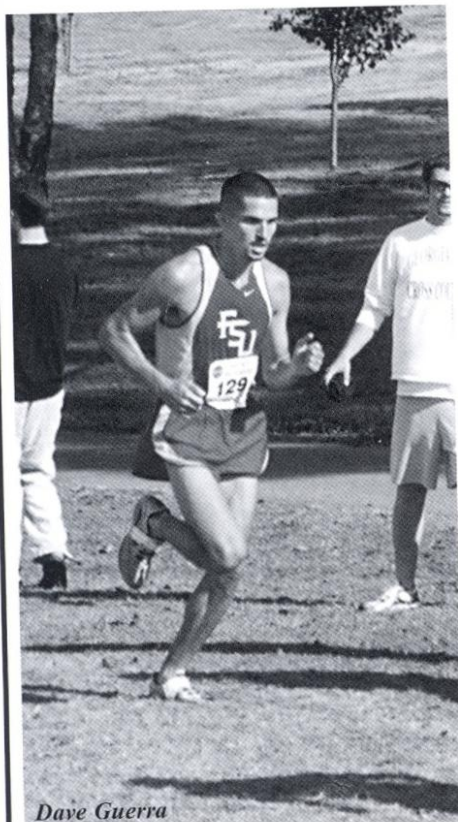
Sr. • Vallejo, Calif.  
(Vallejo Senior)



*"Dave had another outstanding season for the Seminole harriers, narrowly missing his*

*third consecutive NCAA All-Region honors. His clutch running will be missed next season."*

Guerra ends his career at FSU with the honorable distinction of becoming the first ever two-time NCAA All-South region team member in Seminole history. Guerra has been a proven leader throughout his career on what has been a relatively young squad due in part to his



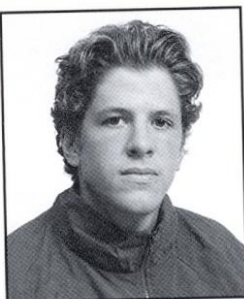
Dave Guerra

experience and maturity. In his final year at FSU, Guerra scored points for the Seminoles in four of the five races he competed in. In addition, he turned in a personal-best time of 25:35 in an 8k course at the NCAA Pre-National meet. Before enrolling at FSU, he served a tour of duty in the US Air Force, where he was an aircraft mechanic. As a California prep runner, he ran 9:21 for 3,200 meters and 4:18 for 1,600 meters. Guerra is currently working towards a master's degree in sport administration.

**GUERRA'S PERSONAL BESTS-**  
Cross Country - 10k (32:01), 8k (25:35)  
Track - 1500m (3:52), 3k steeple (9:16)

## ZACH HEISSNER

Sr. • Tallahassee, Fla.  
(Jupiter)

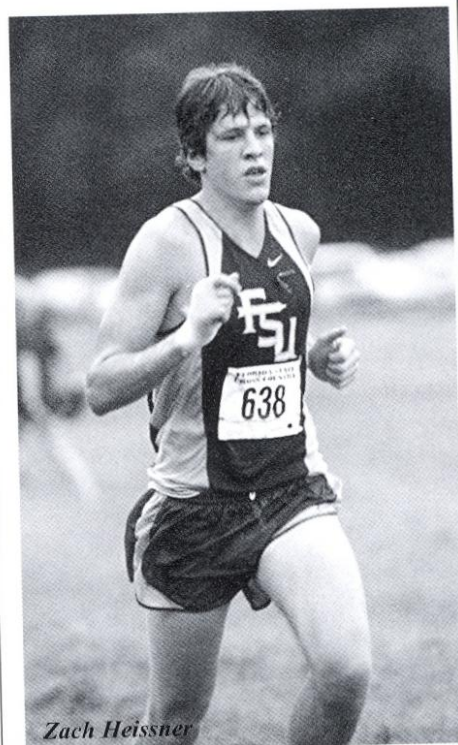


*"Zach battled back from early season injuries to become a top five scorer for*

*us at the ACC Championships. Like his fellow senior steeplechase partner Dave Guerra, Zach's experience and leadership will be missed next season."*

Heissner competed in three meets for the Seminoles in 2002. At the ACC Championships, he finished 30th overall for the Tribe and scored valuable team points. In addition, Heissner ran his fastest 8k mark of the season of 25:45 at the ACC meet. His top finish of the year came at the Gator Invitational where he placed second overall. Heissner ended the season ranked among the top 50 runners at the NCAA South Regional. He is majoring in environmental studies.

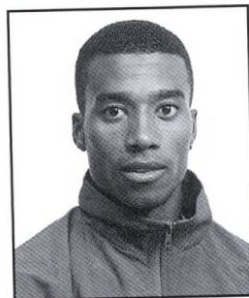
**HEISSNER'S PERSONAL BESTS:**  
Cross Country - 8k (25:45)  
Track - 3k Steeple (9:07.38), 2k Steeple (6:00.69), 5k (14:56.89)



Zach Heissner

## GISCARD TITUS

Sr. • Royal Palm Beach, Fla.  
(Cardinal Newman/Auburn)



*"G gave us some outstanding races this fall, including a race at No. 1 man at the Semi-*

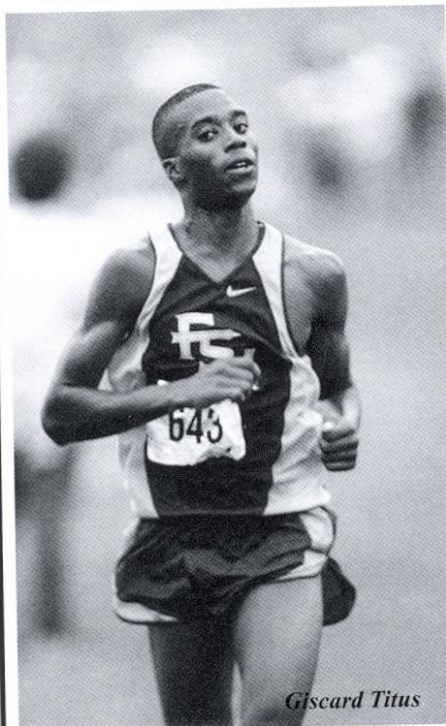
*nole Invite. He is expected to be a major contributor to the distance squad this track season."*

Titus, who transferred from Auburn, proved to be a welcome addition to the Florida State cross country team placing in the top seven for the Tribe in all five races he competed in. His most impressive performance came at the Seminole Invitational where he was the top finisher for the Tribe and third overall in leading FSU to the team victory. His time of 25:43 at the Seminole Invite was a sea-

son-best mark for an 8k trail. Titus finished 41st at the ACC Championships. At the season-opening Mountaineer Open, he ran in 15th overall and was the third finisher for FSU. In high school, Titus won the 3A state championship in cross country in 1998 and then won the 3A state championship in both the 1600m and the 3200m runs in 1999. He is majoring in psychology.

**TITUS' PERSONAL BESTS:**

**Cross Country - 8k (24:43)**  
**Track - 1500m (3:50), 3k (8.26)**

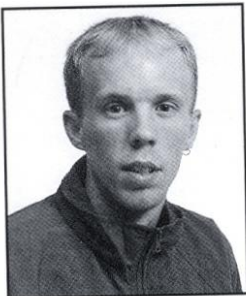


*Giscard Titus*

**ALL-SOUTH REGION TEAM**

**NATHAN ADAMS**

**Jr. • Longwood, Fla. (Lyman)**



*"Nate had a breakthrough season after battling injuries for nearly two years. He ran in the*

*Seminoles' top five scoring runners in every race and topped it off with his first-ever NCAA All-Region performance. No one was more consistent than Nate this fall."*

Adams emerged as one of the top runners for FSU compiling top three finishes in five meets and top seven in all six races. He capped off the season by earning NCAA All-South Region honors in his first NCAA South Region meet. At the ACC Championships, Adams ran his best 8k time of 25:36 to place 26th overall. Adams' top overall finish came at the Seminole Invitational, where he finished sixth to help lead FSU to the team victory. His best team finish of second place came at the Mountaineer Open. Adams earned all-state honors as a prep runner in cross country and track as a junior and senior. He is majoring in physical education.

**ADAMS' PERSONAL BESTS:**  
**Cross Country - 8k (25:36)**  
**Track - 5k (15:02), 10k (31:08)**

**LARS TVETER**

**Jr. • Oslo, Norway (UT-Chattanooga)**



*"Lars has the talent to crack our top five next season."*

During his first season as a Seminole,

Tveter competed in three races. He finished fifth among other Seminole runners to score team points at the Gator Invitational. He finished in 20th place at the Seminole Cross Country Invitational, his highest finish of the season, to help the Tribe claim victory in FSU's lone home meet of the season. Prior to his



*Nathan Adams*



*Lars Tveter*

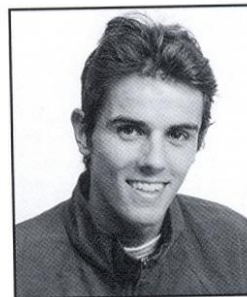
arrival at FSU, Tveter competed at the Norwegian Junior Championships where he placed first in the 1,500 meters. He transferred to Florida State from the University of Tennessee-Chattanooga. He is majoring in finance.

**TVETER'S PERSONAL BESTS:**  
**Cross Country - 8k (25:25)**  
**Track - 800m (1:52), 1500m (3:51)**

**ALL-SOUTH REGION TEAM**

**MAARTEN VAN DEN HEUVEL**

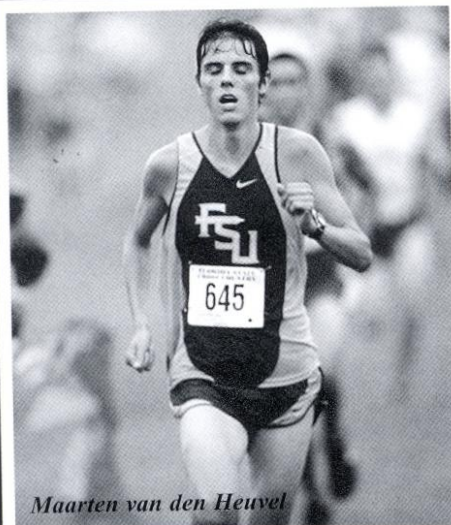
**Jr. • Warnsveld, Netherlands (Bandartius College)**



*"In only his second season of collegiate cross country, Maarten showed his consider-*

*able talents. He earned his second consecutive NCAA All-Region honors and is the sixth highest returning South Region runner for next season."*

Van den Heuvel was named to the NCAA All-South Region team for the second consecutive year following an impressive 14th-place performance at the regional meet with a 10k time of 32:58. He was one of the Seminoles' top runners, scoring in every race that he ran in for FSU this past season. Van den Heuvel showed great strides towards the end of the year. He was FSU's top finisher at the NCAA Pre-Nationals, placing 53rd overall, with a season-best 8k time of 24:52. At the ACC Championships, he placed

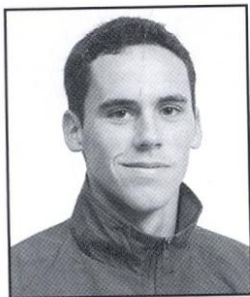


Maarten van den Heuvel

14th and was the second finisher for the Tribe. In 2001, van den Heuvel emerged as one of the Seminoles top runners. He earned All-South Regions honors while also placing in the top three for FSU in each meet he performed in. In track, he won ACC titles in both the 800m and 1500m runs. Van den Heuvel competed at the 2002 NCAA Track and Field Championships in the 1500m and finished 19th in the nation. Before he came to FSU, he was a three-time Dutch junior national champion in the 800m run, which he owns a personal-best time of 1:48.80. In addition, he placed second at the Dutch National Junior Cross Country Championships. He is majoring in exercise physiology.

**VAN DEN HEUVEL'S PERSONAL BESTS:**  
**Cross Country - 8k (24:52), 10k (32:02)**  
**Track - 800m (1:48.69), 1500m (3:43.1)**

**JIM VAN VEEN**  
**Jr. • Satellite Beach, Fla.**  
**(Satellite)**



*"Jim has emerged as a leader for us on and off the course."*

Van Veen ran in four meets for the Seminoles, finishing in the top seven for the Tribe in each race. He was the top performer for the Seminoles at the Gator Invitational, finishing in 22nd place overall with a career-best 8k time of 25:56. Van Veen's best individual finish of the year came at Seminole Invitational, where he finished in 16th place helping Florida

State to the team victory. Van Veen came to FSU as a highly regarded prep runner and was named the 2000 Cape Coast Runner of the Year. He was born on May 18, 1982 and is majoring in communications.

**VAN VEEN'S PERSONAL BESTS:**  
**Cross Country - 8k (26:06)**  
**Track - 10k (32:43)**

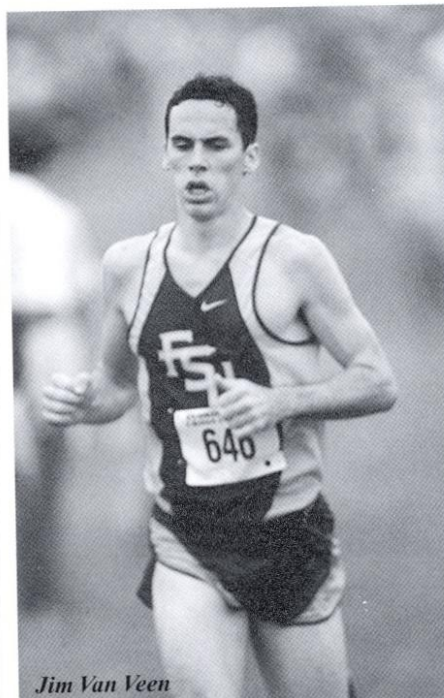
**ANDREW BAUTEL**  
**So. • Ocala, Fla.**  
**(Vanguard)**



*"Andrew had a super freshman track season and will be a solid scorer in cross*

*country next fall."*

As a sophomore, Bautel fought off injuries to compete in three races, while finishing in the top seven for FSU in two of the meets, including the ACC Championships. In his first year as a Seminole, he competed at the ACC Championships and ran a personal-best time of 26:02 at the Appalachian State Invitational. Bautel qualified for the Junior Nationals in both the 5k and 10k runs as a freshman. As a prep runner at Vanguard High School, he earned numerous all-state honors in both cross-country and track and field. He was named the Marion County Runner of



Jim Van Veen



Nathaniel Davis

the Year in both 1999 and 2000 and was also named the Marion County Track Athlete of the Year in 2001. Bautel is an excellent student who graduated cum laude and was on the honor roll all four years in high school. He is majoring in biological science.

**BAUTEL'S PERSONAL BESTS:**  
**Cross Country - 8k (26:02)**  
**Track - 5k (14:44), 10k (31:13)**

**NATHANIEL DAVIS**  
**So. • Largo, Fla.**  
**(Largo)**



*"When healthy, Nate can run with our top five in cross country."*

Davis competed in four meets for Florida State in 2002 and finished in the top seven for the Seminoles twice while scoring points at the Gator Invitational. He placed 65th at the NCAA South Regional as a top seven finisher for FSU. His best finish of the season came at the Seminole Invitational, where he finished in 17th place. Davis turned in a season-best 8k time of 26:19 at the Gator Invitational, while finishing third for FSU. He competed as a prep runner in both track and cross country at Largo High School and ran top times of 4:19 in the 1,600-meters, 9:48 in the two mile run and 15:47 in the three mile run. Davis is majoring in physics.

**DAVIS' PERSONAL BESTS:**  
**Cross Country - 8k (26:19)**  
**Track - 1500m (3:58.7), 3200m (9:20)**

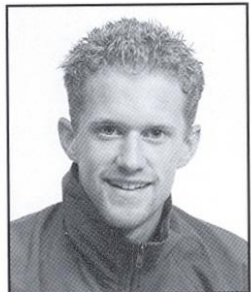
NCAA CHAMPIONSHIP QUALIFIER

ALL-SOUTH REGION TEAM

ALL-ACC TEAM

## JOEP TIGCHELAAR

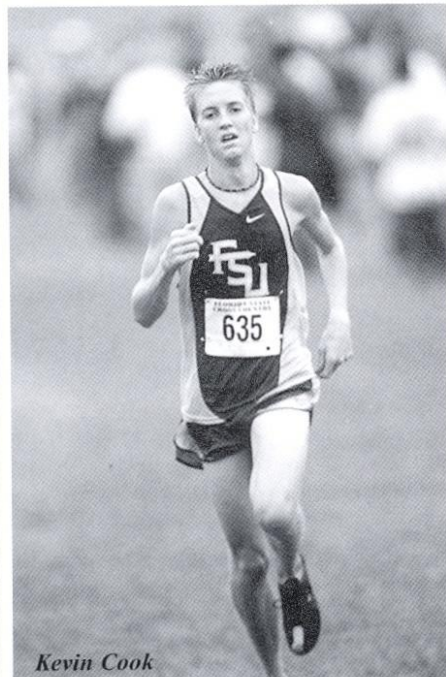
So. • Macharen, Netherlands  
(Titus Brandsmalyceum)



*"Joep continued his development as a nationally-regarded cross country*

*runner this season. He ran a brilliant race to finish fourth at the NCAA South Region Championship and is the top returning runner in the region."*

Tigchelaar earned the right to compete at the NCAA Championships for the second-straight season, finishing in 107th place, which was higher than half the field competing at the championships. He completed the 10k course with a season-best time of 31:10. He earned his second All-Regional honor after finishing fourth at the NCAA South Regional and was named to the All-ACC team following a seventh-place finish at the conference meet. Tigchelaar's time of 24:48 at the ACC meet was a season-best mark for an 8k course. His performance at the South Regional meet was the best ever by a FSU runner and his is the first Seminole to earn All-ACC honors twice.



Kevin Cook

His performance at the NCAA Regional meet earned him his second consecutive trip to the national championships. Tigchelaar was the Tribe's top finisher in four meets and was the second-best finisher in two races. In 2001, Tigchelaar finished sixth at the ACC meet, becoming FSU's first ever All-ACC honoree and ACC Freshman of the Year. In addition, he placed fifth at the NCAA South Regional and competed at the NCAA Championships. Before coming to Florida State from the Netherlands, he competed at the World Junior Cross Country Championships in 1999 and ran in the European Junior Cross Country Championships in 1998, 1999 and 2000. In addition, he ran the 10,000-meter run at the 1999 World Junior Track and Field Championship. Tigchelaar owns a personal record of 28.55 for the 10,000 meters on the track. He is majoring in multinational business and marketing.

### TIGCHELAAR'S CAREER BEST:

Cross Country - 10k (30:10),  
8k (24:36)

Track - 3k (8:22.0), 5k (14:15.25),  
10k (28:55.36)

## KEVIN COOK

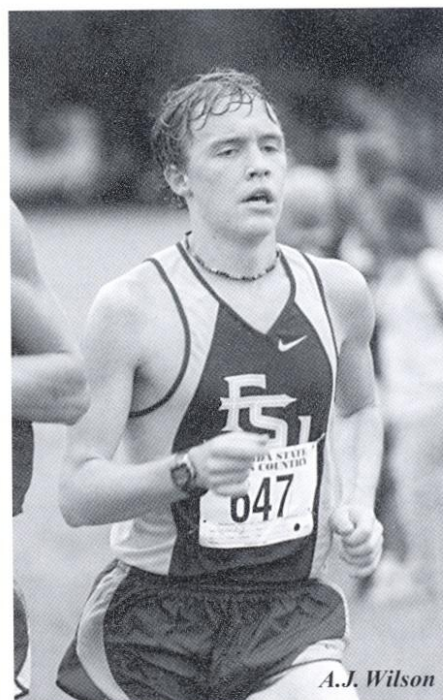
Fr. • Fern Park, Fla.  
(Lyman)



*"Kevin had a super freshman season and scored for the Seminoles in almost every race.*

*He was one of the top freshmen in the NCAA South Region championships. Kevin has the talent to run with Joep and Maarten next fall."*

Cook had an impressive freshman campaign in which he finished in the top seven in each race he competed in and placed in the top five in four of those meets. He turned in a strong performance at the NCAA South Regional, where he finished 35th 33:36 for the 10k course. His best finish on an 8k trail was 10th at the Seminole Invitational where he had a collegiate-best time of 26:18 to help the Tribe in the team victory. Cook comes to FSU following a prep career in cross country and track at Lyman High School. His father, Donnie, was a standout FSU cross country and track runner in the 1970s. He is currently undecided on a major.



A.J. Wilson

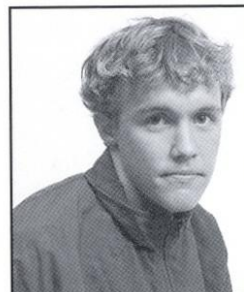
### COOK'S PERSONAL BESTS:

Cross Country - 8k (26:08)

Track - 3k (8:33), 1,600m (4:18.3)

## A.J. WILSON

Fr. • Pensacola, Fla.  
(Pine Forest)



*"A.J. had an outstanding season for a freshman. He ran in the top seven for the Seminoles*

*all season. A.J. can be one of the top runners in the ACC during his career at FSU."*

Wilson comes to FSU as a highly recruited runner out of Pine Forest High School in Pensacola, Fla., where he earned multiple all-state honors in both cross country and track. He saw action in three meets his freshman year, finishing in the top seven for the Seminoles in all three races. His top performance of the year came at the Seminole Invitational, where he placed sixth for the Tribe and 15th overall with a season-best 8k time of 26:35. Wilson is majoring in civil engineering.

### WILSON'S PERSONAL BESTS:

Cross Country - 8k (26:35)

Track - 3k (8:29.6), 1500m (3:56.1),  
3200m (9:17.2)

# 2002 WOMEN'S YEAR IN REVIEW

**I**t was a year of great accomplishments for the Lady Seminoles cross country team. In fact, the 2002 season had Florida State enjoying one of the most decorated years in the history of the program. The season was capped off by the Tribe's first-ever appearance in the NCAA National Championships, where the Lady Seminoles were able to capture a 28th-place finish. The women were led by a barrage of outstanding runners led by FSU's first-ever All-American, Vicky Gill. Also contributing to the tremendous success were Natalie Hughes, Allison Lind and Misty Harper, all of whom joined Gill in earning NCAA All-South Regional honors.

The Lady Seminoles opened up the season with an attitude of determination as they put together back-to-back third-place finishes at the Mountaineer Open and the Seminole XC Invitational. FSU's B-squad finished ninth at the Gator Invitational, enabling the Lady Seminoles to record top 10 finishes in three of the first four events. The Tribe continued to improve as the season progressed. Florida State went on to better finishes from the previous season at the NCAA Pre-Nationals (19th), ACC Championships (6th) and the NCAA South Regional (2nd).

Hughes and Anne Clinton helped lead the early charge for the Seminoles at the Mountaineer Open and the Seminole XC Invitational. Hughes was the top runner for the squad as she placed seventh at the Mountaineer Open (18:32.5) and ran to a third-place finish at the Seminole Invite with her best 5k time of the year (18:20.2). Clinton ran her best 5k time of the year (18:43.4) at the Mountaineer Open and her run of 18:44.8 at the Seminole Invite helped the Lady Seminoles to capture third-place team finishes in both events.

The Gator Invitational was the first 6k run of the season for the Lady Seminoles and marked the third top 10 finish of the season for Florida State. Lind, who was returning from an injury, and Rachel Marsh led FSU's B-squad. Lind put together a time of 22:37.8 to place 21st overall while Marsh finished with a time of 23:51.5, which was her best time of the season.

The next meet for the Seminoles was the NCAA Pre-Nationals. The Lady Seminoles, who placed 20th last season, were able to better their performance in 2002 by finishing 19th. Gill was the top runner for the Lady Seminoles and set her personal-best 6k time with a run of 19:55, which was good enough for first-place honors. Hughes (21:54) and Harper (22:19) also contributed strong times as Florida State put together a solid performance.

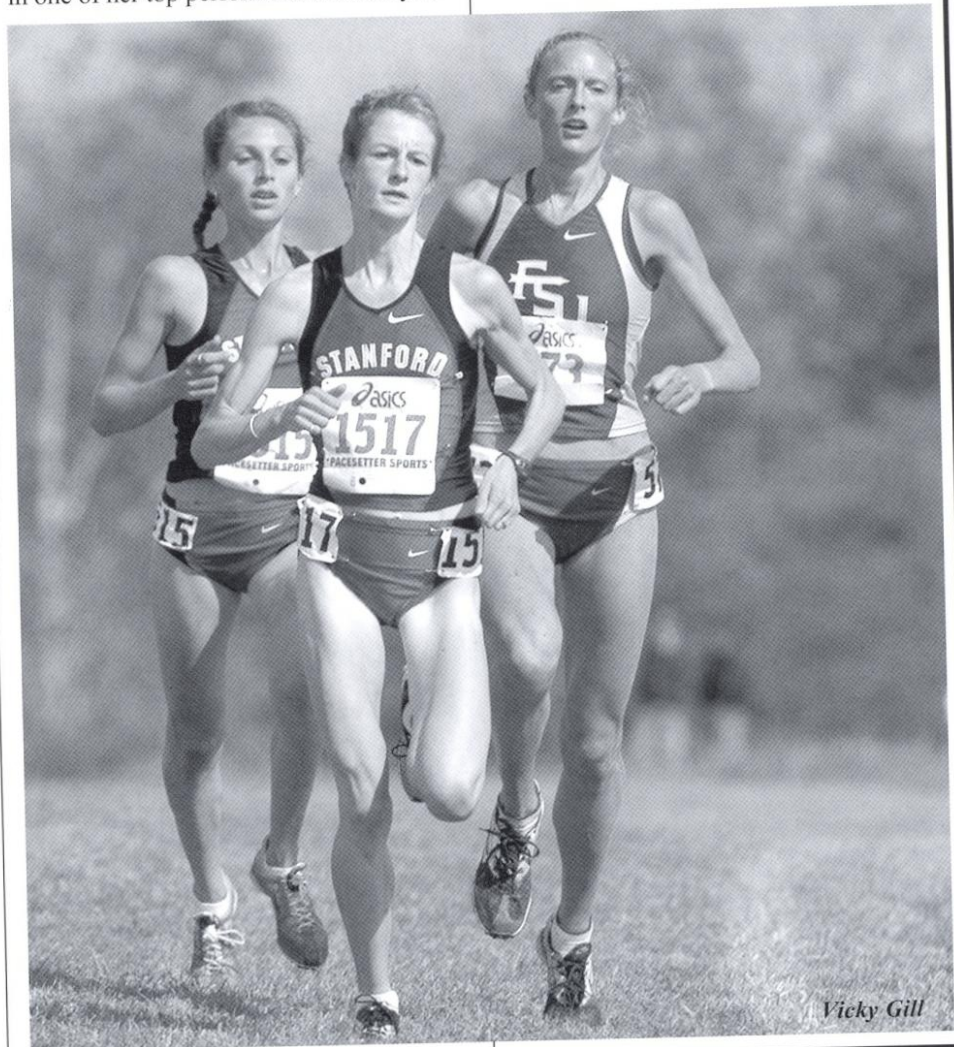
From there the Lady Seminoles traveled to the ACC Championships, where yet another set of records were outdone. Florida State put together its all-time best finish at the ACC meet (6th) behind a red-hot Gill, who had the school's best ever individual finish (21:03.9 2nd) and went on to receive All-ACC honors. Hughes (21:47.7) and Lind (22:22.7) rounded out the top spots for the Lady Seminoles.

It was straight from the ACC Championships to the NCAA South Regional Championships, where the Lady Seminoles came up just short of a shot to go to the National Championship last year. The Tribe once again improved its performance from the previous year by placing second as a team. The Lady Seminoles led throughout the meet, but were caught in the final 100-meters by eventual champions Tennessee. Gill carried the Lady Seminoles and tallied a time of 21:03.9 that allowed her to take home first place honors. Hughes also turned in one of her top performances of the year

as she put together a time of 22:23.0 to finish in eighth place. Lind and Harper helped the Lady Seminole squad to round out the top 25 and guarantee them their first trip to the NCAA National Championships in school history. All four runners — Gill, Hughes, Lind and Harper — went on to receive All-Regional honors.

At their first ever trip to the NCAA Championships, the Lady Seminole put together a strong showing and placed 28th. Gill led the way for Florida State with a finish in the top 25. Her time of 20:07.4 landed her in 15th place and a spot on the All-America team. Lind and Harper continued their outstanding season with respectable finishes at the NCAA Championships. Lind ran a time of 21:48.5 and Harper finished close behind with a time of 21:58.0.

In the program's third year under the direction of head coach Bob Braman, the Lady Seminoles cross-country team enjoyed one of the most successful years in Florida State history.



Vicky Gill

# 2002 LADY SEMINOLE BIOGRAPHIES

NCAA PRE-NATIONAL CHAMP  
 NCAA SOUTH REGION CHAMP  
 ALL-AMERICAN  
 ALL-SOUTH REGION TEAM • ALL-ACC  
 ACC PERFORMER OF THE WEEK

## VICKY GILL

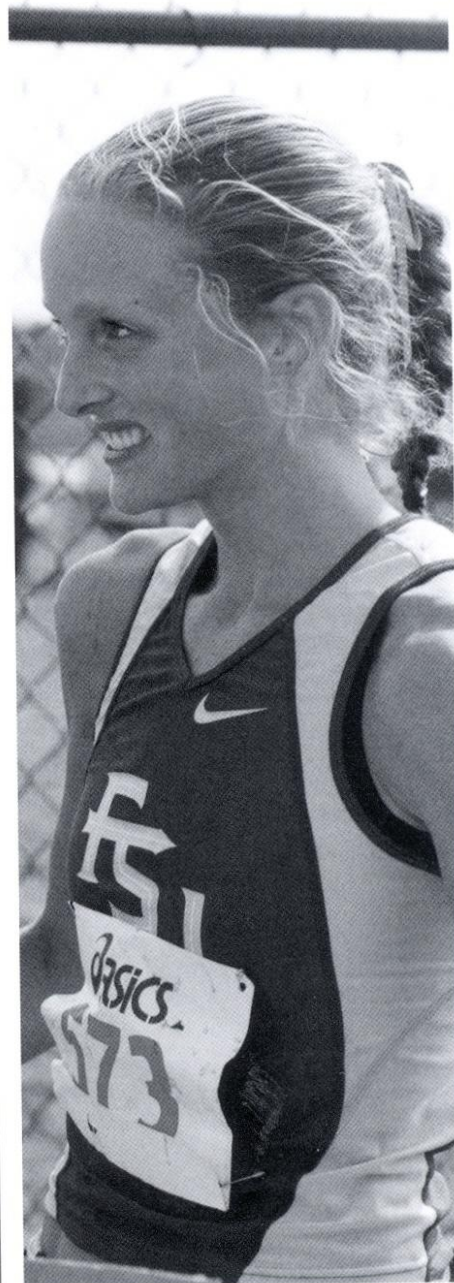
Sr. • Lancashire, England  
 (St. Andrews University)



*"Vicky had a story-book season. She was Region Champion, ACC Runner-up, and her victory*

*at the NCAA Pre-Nationals put her in company with the best of the country, as her All-American status will attest."*

Gill ended her two-year career at FSU as the greatest cross country runner in school history. She became the first-ever NCAA All-America honoree and two-time All-ACC member at FSU in addition to leading the Lady Seminoles to their first-ever appearance at the NCAA National Championships, where they finished 28th. Gill burst onto the national scene at the NCAA Pre-National meet where she beat eventual NCAA Champion Shalene Flanagan's course record to win the White Division in an outstanding career-best time of 19:54. She finished 15th with an impressive 6k run of 20:07.4 at the NCAA meet following her victory at the NCAA South Region meet. At the ACC Championships, she scored FSU's best women's finish by placing second overall. Throughout the season Gill was the Lady Seminoles top finisher in all five races she competed in. The ACC honored her as the Performer of the Week following the Pre-National meet. Gill's accomplishments this year trump her impressive 2001 campaign as she finished sixth at the ACC meet, fourth at the NCAA Regional and became the first Lady Seminole to compete at the NCAA Champion-



Vicky Gill winning NCAA Pre-Nationals

ships. In addition to her success on the trails, Gill was just as impressive on the track, placing 11th in the 10k at the NCAA Championships and setting the school record in the event. As a track runner, Gill owns personal best times of 33:59.67 in the 10k and 16:24.1 in the 5k. She is majoring in social science.

### GILL'S PERSONAL BESTS:

Cross Country - 6k (19:54), 5k (16:18)  
 Track - 10k (33:59.67), 5k (16:26.1), 3k (9:27)

ALL-SOUTH REGION TEAM  
NCAA CHAMPIONSHIP COMPETITOR

## MISTY HARPER

Sr. • Seminole, Fla.  
(Seminole)



*"Misty epitomizes the success through a hard work model. She capped her senior*

*season with her first All-Region honor, and then topped it with a personal best time at the NCAA Championships."*

Harper proved that senior leadership is a must for a successful team and her dedication to the program left her with a successful season to hang her cleats. She was one of only three Lady Seminoles to score team points in seven races, making her one of FSU's most dependable runners. Harper's season was highlighted with an All-NCAA South Region team honor following a 22nd-place finish at the meet, which helped lead FSU to the NCAA Championships. At the NCAA meet, Harper set a career-best mark for a 6k course with a time of 21:58. She

turned in a season-best 5k time of 18:45 at the Seminole Invitational where she also had her best finish of the season at ninth place. Harper will leave FSU with the impressive distinction of placing in the top seven in each of her four years at the ACC Championships and NCAA South Regional Championships. As a prep runner, Harper earned numerous all-conference honors. She will be graduating with a degree in psychology.

HARPER'S PERSONAL BESTS:  
Cross Country - 6k (21:58), 5k (17:57)  
Track - 5k (17:22.9), 3k (10:08.6)

ALL-SOUTH REGION TEAM  
NCAA CHAMPIONSHIP COMPETITOR

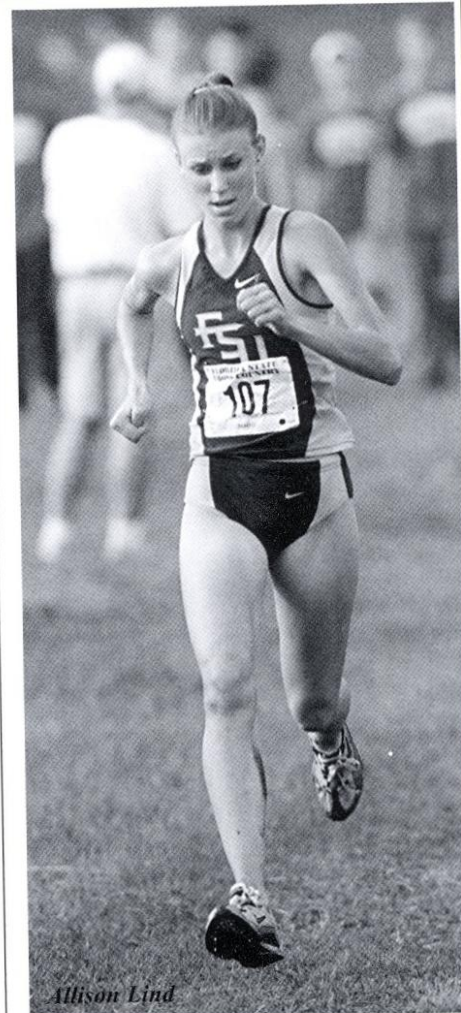
## ALLISON LIND

Sr. • Woodbury, Conn.  
(South Dakota State)



*"Allison rebounded from injury last year to become a difference-maker this season. She*

*peaked at the right time, as her courageous Region race led our team to the NCAA's."*



Allison Lind

Lind will leave FSU after two successful seasons in which she helped lead the Lady Seminoles' charge into national prominence. The former NCAA Division II All-American earned All-South Region honors in 2002 following an 18th-place finish, her best of the season, at the NCAA regional meet. Following the regional meet, Lind helped FSU land a 28th-place finish at the NCAA championships by finishing second for the Tribe with an impressive 21:48 performance. Despite getting off to a slow start at the beginning of the year, Lind managed to score points for the Lady Seminoles in all seven races she competed in, including a top finish for FSU at the Gator Invitational and finishing third on the team at the NCAA South Region and ACC meets. Last season, Lind turned in personal best times of 21:47 in the 6k and 17:23 in the 5k in addition to earning ACC Performer of the Week honors. Before coming to FSU, she earned All-America honors in both cross country and track at South Dakota State and finished second at the NCAA Div. II track championships in the 5k. She will be graduating in April 2003 with a degree in biology.

LIND'S PERSONAL BESTS:  
Cross Country - 6k (21:47), 5k (17:23)  
Track - 5k (16:40)



Misty Harper

NCAA CHAMPIONSHIP COMPETITOR

## ANNE CLINTON

So. • Richmond, Ind.  
(Richmond)



*"Anne had an incredible season; going from a walk-on runner to a permanent fixture amongst*

*our top 5 runners. There's no way that we would've made it to the Nationals without her."*

Clinton's return to the team after missing her freshman season was a welcomed one, as she provided strong depth and a glimpse into the future for the Lady Seminoles. She turned in a remarkable first season of collegiate competition by scoring at every meet she raced in. Clinton ran a season-best 22:34 at the NCAA Championships. The year was highlighted with second-place finishes on the team at the Mountaineer Open, Seminole Invitational and the Great American XC Festival, while capping it off with a top 30 finish at the NCAA Region Championships. Clinton comes to FSU by way of



Anne Clinton

Richmond High School in Indiana where she was a standout in the classroom and on the track, golf and gymnastics teams. She is majoring in parks and recreation management.

**CLINTON'S CAREER BESTS:**  
Cross Country - 6k (22:34), 5k (18:43)

ALL-SOUTH REGION TEAM  
NCAA CHAMPIONSHIP COMPETITOR

## NATALIE HUGHES

So. • Grand Junction, Colo.  
(Palisades)

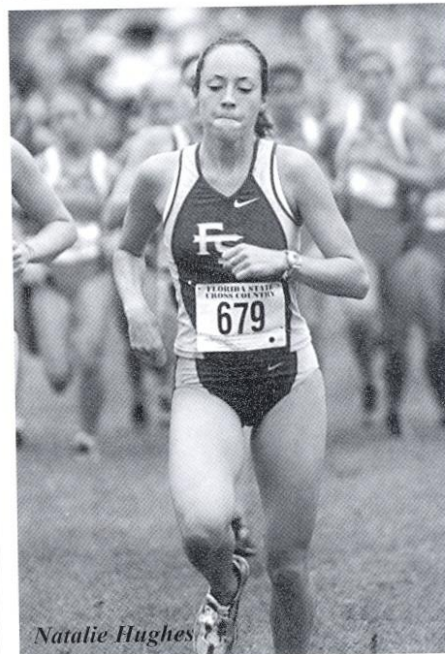


*"As a repeat top-ten NCAA South Region runner, Natalie led our drive to nationals."*

*"She was the consummate team player, and often gave up individual honors in order to pull our pack past our rivals."*

Hughes staked a claim as one of the top sophomore runners in the nation following an impressive season. She scored for the Lady Seminoles in all seven meets she ran in, a distinction accomplished by only two other teammates. Her eighth-place performance at the NCAA South Regional meet helped FSU finish second and secure a spot at the NCAA Championships and also earned her All-NCAA South Region honors for the second time in her career. Hughes began the season as the top finisher for FSU at the Mountaineer Open and then at the Seminole Invitational. Her season-best 5k time of 18:20 came at the Seminole Invitational and she ran her best 6k time of 21:47 at the ACC Championships to finish 19th. Her career-bests include 21:35 in the 6k and 17:32 in the 5k. In track, Hughes earned All-America honors as the best American freshman in the nation for the 1,500-meter run. She also garnered All-ACC honors in the mile and 1,500m run. She came to FSU as a highly recruited athlete after winning 13 Colorado high school state titles in both cross country and track. She's majoring in communications.

**HUGHES' PERSONAL BESTS:**  
Cross Country - 6k (21:35), 5k (17:32)  
Track - 1500m (4:18.23), Mile (4:46.54), 800m (2:08.3)



Natalie Hughes

NCAA CHAMPIONSHIP COMPETITOR

## LAURA MELENDEZ

So. • Livermore, Calif.  
(Granada)



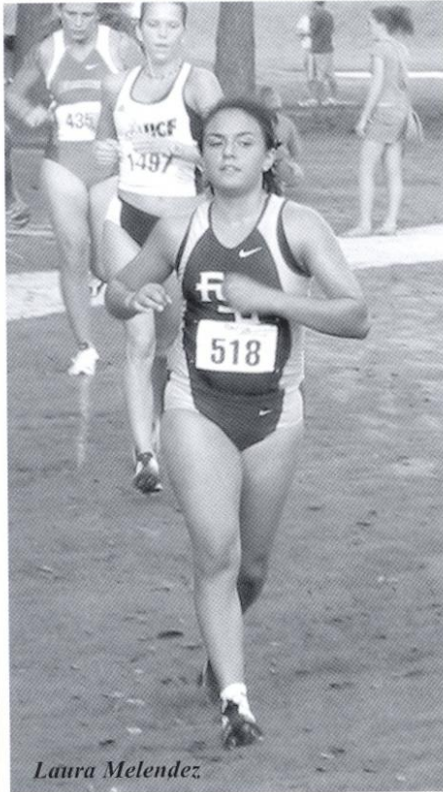
*"Laura fought through an early season injury to earn a top seven spot during the championship season. To her credit she still managed to record a lifetime best time at the NCAA Championships."*

Melendez has already earned the reputation as one of the hardest working and most dedicated runners for the Lady Seminoles. In addition to her time spent on the trails and in the classroom, she represents the squad on the Student Athlete Advisory Council heading up many of FSU's charity and community service programs. This year she was one of seven runners to compete at FSU's first ever NCAA Championship meet. After missing the beginning of the season due to injury, she returned to compete in the final four races of the year and finished in the top seven in each meet, including the NCAA Championships, NCAA South Regional meet and ACC Championships. Her best finish and time came at the ACC meet where she finished 58th in 24:40. As a prep runner in California, she was named MVP of her team and ran a personal best 10:56



in the 3,200-meter run at the state championships. A National Hispanic Scholar, Melendez is majoring in music.

**MELENDEZ'S PERSONAL BESTS:**  
**Cross Country - 6k (23:12), 5k (18:00)**  
**Track - 5k (17:41.43), 10k (36:32)**



Laura Melendez

**NCAA CHAMPIONSHIP COMPETITOR**

**JENNY GOMEZ**  
 Fr. • Miami, Fla.  
 (Lourdes Academy)



*"Jenny had an outstanding season for a freshman. She ran her best races when we needed her*

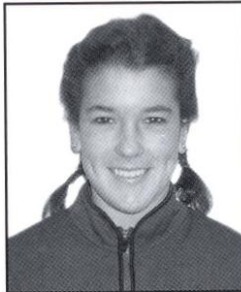
*most; scoring in our top five in two early season races. Jenny has the talent to step right in and take the place of one of our graduating seniors."*

Gomez turned in one of the more impressive freshman seasons at FSU. In total, she competed and finished in the top seven at all seven races she ran. She scored points for the Lady Seminoles at the Seminole Invitational and Great

American XC Festival. Her best performance of the year came at the Seminole Invitational where she ran a season-best 19:07 on the 5k course to place 18th overall and fourth on the team. At the ACC Championships, she finished 50th in a season-best 6k time of 23:46. As a prep, she won the 2A state title in 2000. She is majoring in special education.

**GOMEZ'S PERSONAL BESTS:**  
**Cross Country - 6k (23:46), 5k (19:07)**

**CATHLEEN WILLY**  
 Fr. • Pembroke Pines, Fla.  
 (Central Kitsap)



As a freshman, Willy served as a positive contributor for the Lady Seminoles. Her best performance of the year came at the Great American XC Festival where she placed sev-

enth among FSU runners, and also competed at the Seminole Invitational. Last summer she qualified for the Junior National Championships in Palo Alto, Calif. Willy came to FSU after winning the

Florida High School state championship her senior year in the two-mile run and the 5k state all-star meet held in Tallahassee. She is majoring in biology.

**WILLY'S PERSONAL BESTS-**  
**Cross Country - 5k (21:18)**  
**Track - 3200m (10:46), 3k (10:06)**



Cathleen Willy



Jenny Gomez

# WELCOME TO "TRAIL" AHASSEE

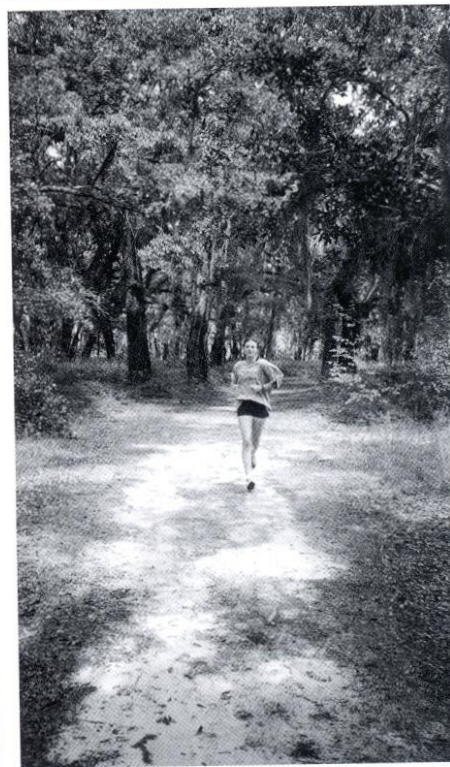
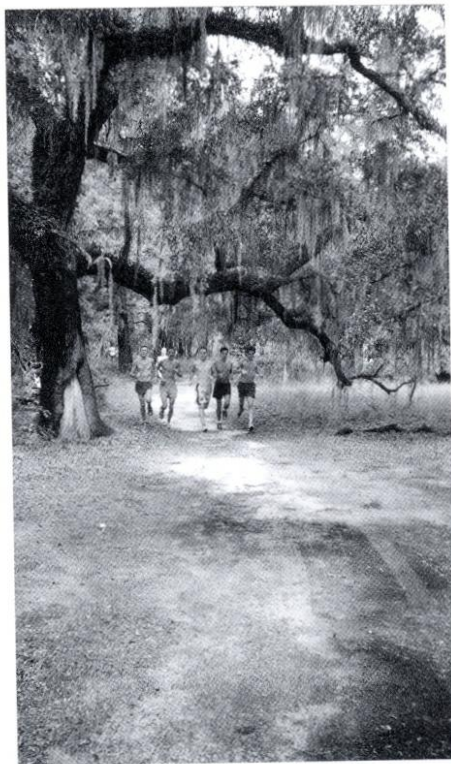
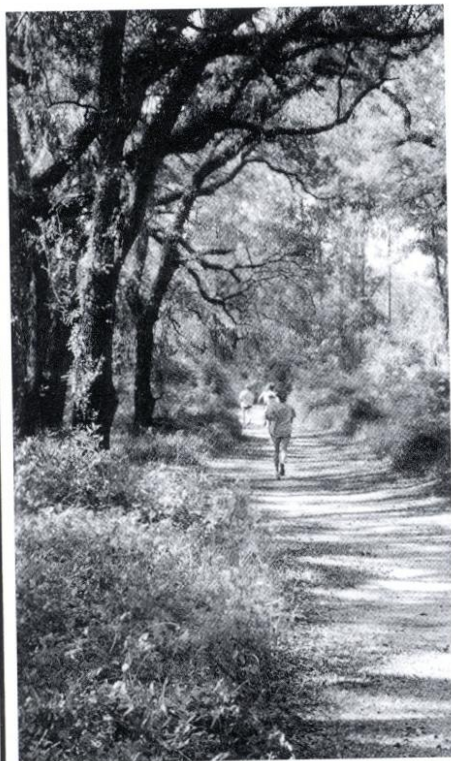
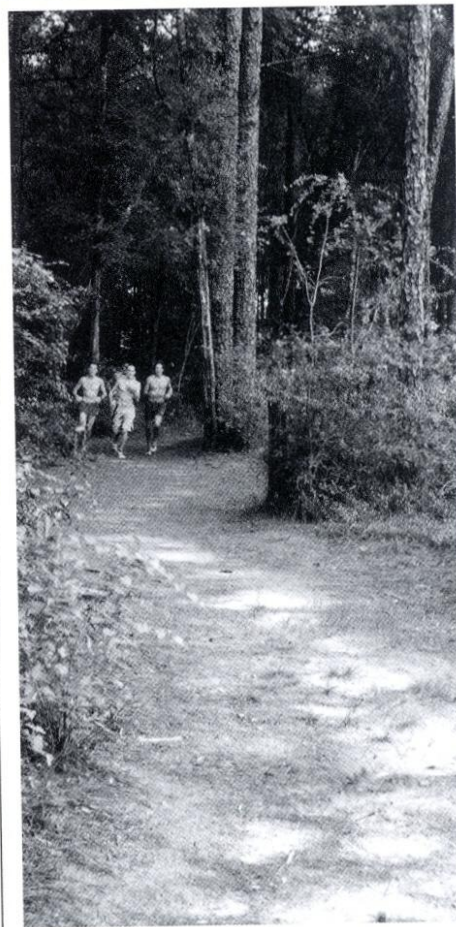
**T**allahassee is home to some of the best running trails in the Southeast United States. Combined with the ideal climate of North Florida, Tallahassee is regarded as one of the top training sites for distance runners in the South.

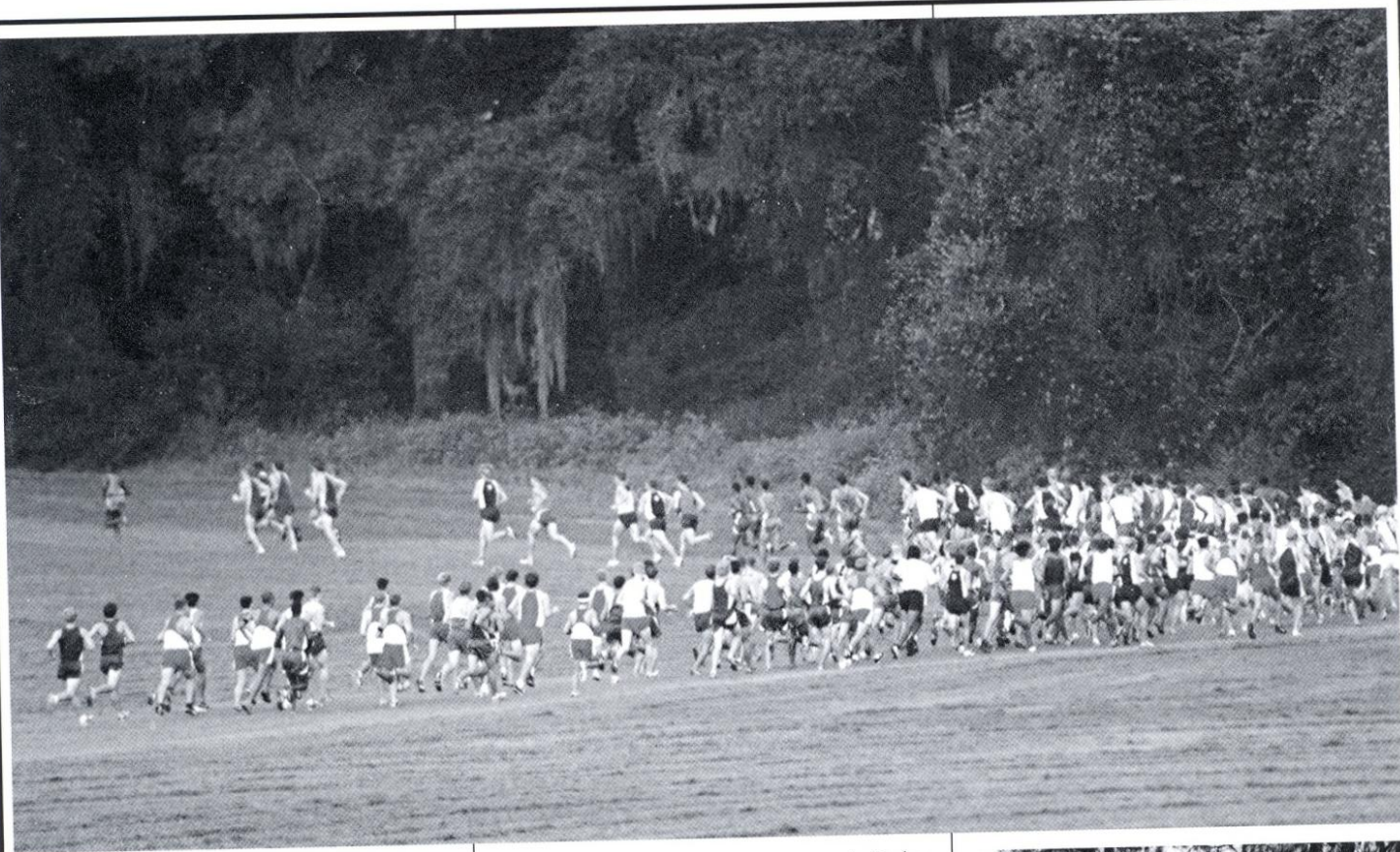
The capital city is home to over 200 miles of running trails. Within a 10-minute drive from campus one can visit various training sites that range from single-track trails to large carriage trails. The wide varieties of training options are idea for distance training. If you are looking to do a long trail run or a hard tempo run over hilly terrain, Tallahassee has what you're looking for.

- **Micosukee Greenway:** Florida State University's home cross country course has been regarded by collegiate and high school coaches as one of the best courses in the Southeastern United States. The greenway includes two 30-acre fields situated on rolling hills and surrounded by forest trails on all sides. One can run approximately 12k without overlapping other sections of the park. An ideal place for intervals, tempo runs or just an easy long run.
- **St. Marks Wildlife Refuge:** Located 40 minutes south of Tallahassee on the Gulf of Mexico, St. Marks Wildlife Refuge is a favorite

among visiting teams. The refuge holds close to 40 miles of trails atop dikes. But beware — alligators call the refuge home and you are guaranteed to see a few on the trails.

- **Wakulla Springs:** Located just a short drive from campus, Wakulla Springs is a great place for your long distance training runs. Over 10 miles of trails intersect the park, which also includes a natural spring and diving platform. The water is a constant 65 degrees that is refreshing after the hard week of training.
- **Lake Jackson:** Included in the Lake Jackson Park are a variety of training options. Over 15 miles of wide carriage trails run throughout the park. The hilly terrain surrounding Lake Jackson makes it ideal for tempo runs. Intersecting many of the carriage trails in Lake Jackson is a vast network of single-track trails. These picturesque trails run through ravines and natural streams that blanket the park.
- **Capital City Country Club:** Called C-4 by members of the cross-country team Capital City Country Club sits on some of the hilliest land in Florida. The golf course's soft footing makes it an ideal site for hill training and tempo running.



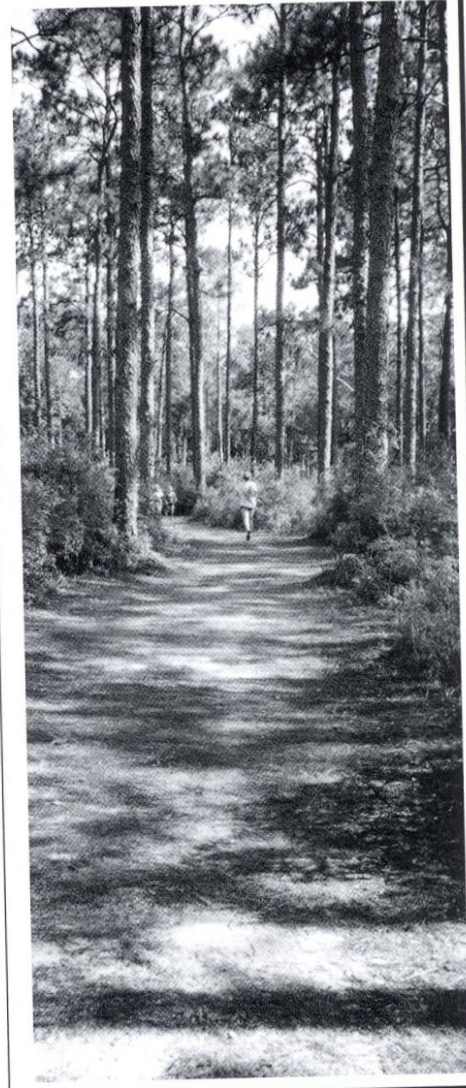


- **Apalachicola National Forest:** Located just 5 minutes south of town, Apalachicola National Forest covers over 550,000 acres of land stretching from Tallahassee to the Gulf of Mexico. Included in this vast area are many trails and unmapped forest roads. Apalachicola Forest also is home to a section of the Florida Scenic Trail, which stretches across the entire state of Florida covering close to 1000 miles.
- **Fern Trail:** The Fern Trail runs through the heart of Tallahassee taking you from the center of town to the outskirts of the city. The Fern Trail intersects Tom Brown Park and the Lake Lafayette Trail covering close to 10 miles from point to point. An ideal site for a nice easy long run, the Fern Trail is a local favorite amongst the running community.
- **Leon Sinks:** Preserved, as a geological park Leon Sinks is a single-track trail that runs past many of the natural sinkholes that blanket the park. Some of the sinkholes are filled with water and are close to 100 feet deep. The majority of the trail is hard packed dirt with the exception of a section of boardwalk which cuts through the swamp that is located in the park.
- **Lafayette Trail:** The most recently discovered of all the trails in Tallahassee is Lafayette Trail. It is a combination single-track trail and carriage trail that sits on some of the most picturesque land in Florida. Cypress trees line the landscape that

- one passes on a run past Lake Lafayette. If you're lucky you'll see an alligator or deer on your run. Lafayette Trail intersects Tom Brown Park and the Fern Trail totaling over 10 miles from end-to-end.
- **Lake Overstreet:** Located adjacent to Lake Jackson, Lake Overstreet consists of a five mile figure eight carriage trail ideal for tempo and fartlek work-outs. Also included is a vast network of single-track trails nicknamed the "Blair Witch Trail" by the local runners.
- **Munson Sand Hills:** Located about 10 minutes from campus, Munson Sand Hills encompasses close to 10 miles of moderately hilly single-track trails. A map of the trails is a must since many runners have been known to get lost in the network of trails.
- **St. Marks Trail:** The St. Marks Trail is the reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to 20 miles, stretching to the Old seaside Town of St. Marks.

**WORLD-CLASS TRAINING ENVIRONMENT**

In addition to the many great off-road training opportunities, FSU's Track & Field complex, along with Tallahassee's outstanding climate, make for a fantastic training environment for distance runners. During FSU's academic year, the training weather is absolutely ideal.



# THIS IS TALLAHASSEE

Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State — Tallahassee, Florida's capital city. With its intriguing combination of power-play politics and classic character splashed with a twist of Southern beauty and charm, Tallahassee is a side of Florida few expect to find.

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's pan-

handle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called



"tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

Boasting more than



## TALLAHASSEE

*In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida's capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.*

## PHYSIOGRAPHY

Tallahassee's rolling landscape, typical of regions further north, is unique among the major cities of Florida. Some areas of the county, including the downtown ridge encompassing the Capitol complex, City Hall and the County Courthouse, exceed elevations of 200 feet. The highest elevation in Leon County is 288 feet, found in the northern part of the county. To the south of the city, the hills yield to the flat terrain that is typical throughout the peninsula of Florida.



145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida's historic "Capitol Hill" is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd-floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other downtown delights. Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry "natives."

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they

are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum. Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, science and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite quail. Area lakes, rivers, ponds and the Gulf — just 30 minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the bass fishing world for

## TALLAHASSEE-LEON COUNTY CIVIC CENTER

The Tallahassee-Leon County Civic Center is a multi-purpose convention and entertainment facility featuring a 13,500 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including Tallahassee Thunder Arena Football.

It is easy to understand why over one million people a year flock to the Tallahassee-Leon County Civic Center, what with the varied array of attractions it offers. Some people go to the Civic Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos, arena football and three-ring spectaculars. While others come for conventions, banquets, expositions, or consumer and trade shows.

Located downtown on Pensacola Street, the Civic Center is only two blocks from the Capitol building and right across the street from Florida State University's Center for Professional Development/The Turnbull Center and the FSU Law School.



"Annie Get Your Gun"



"Rent"



"Titanic"

yielding the “big ones.” Local wildlife areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it’s a wild array of spectator sports that leave the crowds screaming for more. The Florida State Seminoles and Florida A&M Rattlers provide collegiate action while the Tallahassee Thunder is the city’s featured arena football team. And always a sure bet are the nearby greyhound races.

For another favorite “sport” — shopping — two large regional malls and many specialty centers offer an array of “playing options,” from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfasts, rustic “gentlemen” lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

**CLIMATE**

*Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.*

Annual January temperature: 40-63° F

Annual July temperature: 72-91° F  
Yearly average maximum temperature: 78.7°

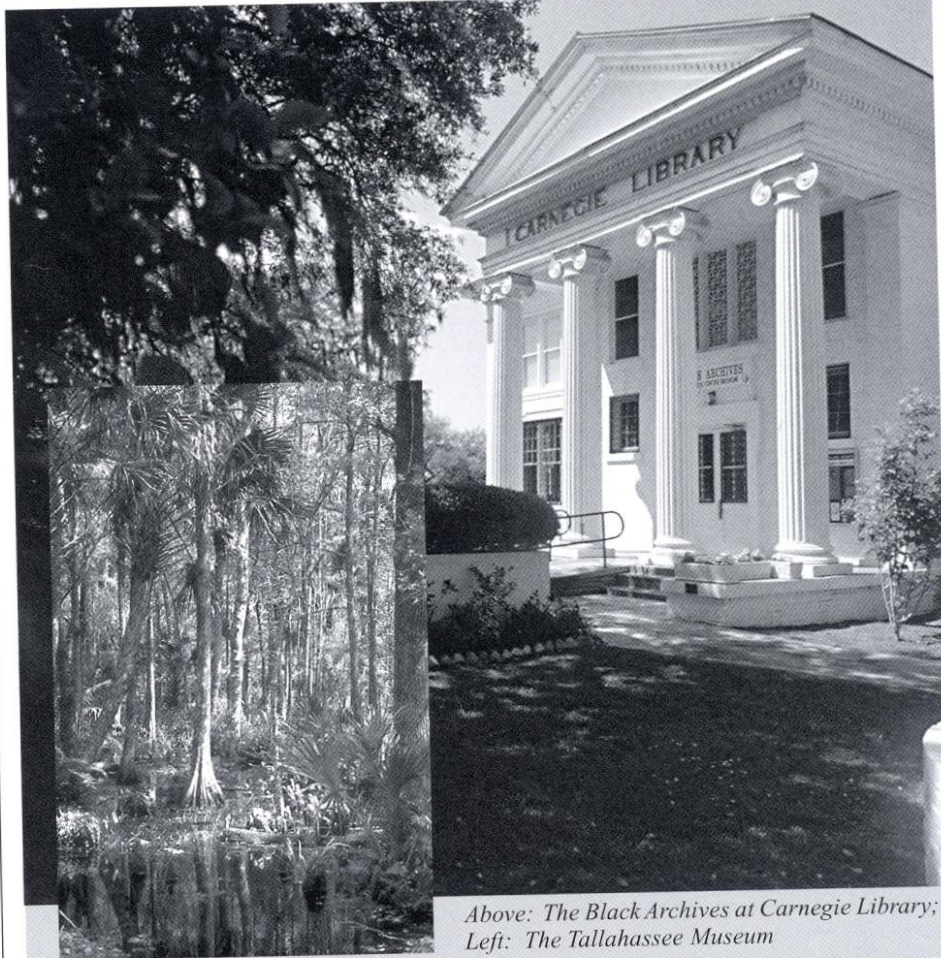
Yearly average minimum temperature: 55.7°

Yearly average days above 90 degrees: 91.0

Yearly average days below 32 degrees: 35.7

**POPULATION**

City of Tallahassee ..... 148,400  
Leon County ..... 243,300



Above: The Black Archives at Carnegie Library; Left: The Tallahassee Museum

**MUSEUMS AND CULTURE**

The federal Institute of Museum and Library Services (IMLS) named the Tallahassee Museum of History and Natural Science as one of the nation’s exemplary museums on September 19, 2000. The Tallahassee Museum, along with 176 other museums, was selected out of a field of 823 applications from museums throughout the nation in a highly competitive competition. The museum features a 52-acre natural habitat zoo, nature trails, authentic 1880s farmstead, hands-on Discovery Center, birds of prey aviary, reptile exhibits, annual events and more!

Other points of interest include:

**MARY BROGAN MUSEUM OF ART & SCIENCE**

Interactive hands-on science center and national traveling art and science exhibitions.

**MISSION SAN LUIS**

Site of Spanish/Indian village settled from 1656-1704. Ongoing excavations/exhibits/reconstructions.

**MUSEUM OF FLORIDA HISTORY**

Permanent exhibits include a nine-foot mastodon, Spanish galleon treasures, Civil War memorabilia, reconstructed steamboat and Prehistoric Florida plus traveling exhibits.

**OLD CAPITOL MUSEUM**

Restored to 1902 appearance featuring red candy-striped awnings, stained glass dome, House and Senate Chambers, Supreme Court and Governor’s office.

**MACLAY STATE GARDENS**

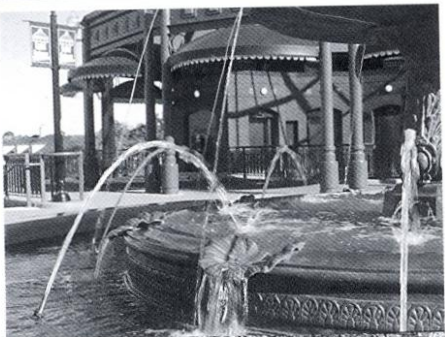
Enchanting floral architecture surrounds 1930s home of NY financier Alfred B. Maclay. Impressive grounds feature 200+ floral varieties plus hiking, biking and nature trails, swimming, fishing and boating.

**TALLAHASSEE ANTIQUE CAR MUSEUM**

Impressive showroom features award winning Chevys, one-of-a-kind Ford Roadster, 1913 CarNation Tourer, 1931 Duesenberg, 1956 T-Bird, Delorean, Cadillacs, Corvettes and more. Plus two original Bat Mobiles.

**THE CAPITOL**

One of 5 tower Capitols in the U.S. features panoramic view from 22-floor observatory/art gallery, House and Senate viewing galleries.



## TALLHASSEE'S AN ALL-AMERICA CITY!

On June 26, 1999, judges from the National Civic League named Tallahassee as one of 10 cities to win the prestigious All-America City (AAC) award from the 1999 All-America City conference in Philadelphia. The All-America City award is the most prestigious and coveted award a community can win. The annual award recognizes exemplary, grassroots and problem-solving efforts of communities that cooperatively tackle challenges and achieve measurable results. Judging is based on the overall level of community involvement in solving critical local problems, including public-private partnerships.

"This is clearly one of the most exciting things to ever happen to Tallahassee," said a jubilant Mayor Scott Maddox. "For those of us who call Tallahassee home, the All-America City award verifies what we've known for so long — that we have one of the greatest cities in all of America!"



### WHERE'S THE BEACH?

*Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.*

#### ALLIGATOR POINT

*Natural dune public beach, 45 miles south of Tallahassee*

#### CARRABELLE

*Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee*

#### DEKLE BEACH

*Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee*

#### MASHES SANDS BEACH

*Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee*

#### ST. GEORGE ISLAND

*Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee*

#### SHELL POINT

*Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee*



#### CANOPY ROADS

*The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.*

# THIS IS FLORIDA STATE

**F**lorida State University, a graduate research institution, stands among the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida, the university is situated in the heart of the state's capital city. The university's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods and azaleas of North Florida.

As the university has progressed and grown — from its pre-Civil War beginnings as the Seminary West of the Suwannee, to the Florida State College for Women and, finally, returning to co-educational status as a university in 1947 — it has developed into an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and a standard-setter in the basic sciences and the performing arts.

The university has entered the 21st century with excellence in all areas of its mission — teaching, research and public service, including many noteworthy milestones.

- In April 2002, the National Weather Service opened its 121st Weather Forecast Office in a four-story addition to the James J. Love Building, home of the FSU department of meteorology. It is the 14th WFO to be collocated on a university campus and will give FSU meteorology students first-hand experience observing and working with professional meteorologists.
- In April 2002, WFSU-TV was among nine public television stations praised for their involvement with the PBS Ready To Learn service and early childhood literacy by President George W. Bush and First Lady Laura Bush during a White House ceremony.
- In February 2002, Florida Gov. Jeb Bush announced the creation of a \$2.5 million FSU center that will develop the best methods to teach reading, to be headed by Joseph K. Torgesen, the FSU Robert M. Gagne Professor of Psychology and Education who is the nation's leading expert on how children learn to read. The center, which will collaborate with the University of Central Florida, will train teachers in what works.
- In October 2001, FSU began its second capital campaign for private funds. The \$600 million FSU Connect campaign surpassed the half-way mark with \$306 million in May 2002. The university's first capital campaign, An Investment in Learning, closed in January 1998 with \$301 million, surpassing its original \$200 million goal.
- From October to November 2001, Pulitzer Prize-winning author Robert Olen Butler, an FSU Francis Eppes Professor who holds the Michael Shaara Chair in Creative Writing, was the first author ever to write a short story live on the Internet. Butler allowed the world to watch him write an original short story, keystroke for keystroke, two hours a day for 19 days.
- During the fall of 2001, FSU had 257 National Merit Scholars, 88 National Achievement Scholars and 232 Hispanic Scholars enrolled.
- In June 2001, NBC Nightly News anchor Tom Brokaw donated more than 5,000 collections of World War II memorabilia that had been sent to him as the result of his three-book series on "The Greatest Generation" to the FSU Institute on World War II and the Human Experience. FSU created the institute in 1998 to "save the memories of those who saved the world" by collecting letters, diaries, memoirs and photos from participants in the war effort, in order to preserve the materials for classroom teaching, scholarly research and public viewing.
- In the blackenterprise.com 2001 "Top Fifty Colleges for African Americans" rankings, FSU was rated 23rd in the nation, up from 26th in 1999.
- In the March-April 2001 issue of National Jurist that rated the nation's "most wired" law schools, the FSU





College of Law was ranked 13th.

At more than \$343.7 million, FSU's endowment has been ranked 127th in the nation by the National Association of College and University Business Officers, the benchmark of higher education fundraising success, in 2001.

In 2000, FSU bought the most powerful university-owned super-computer in the world. The IBM RS/6000 Super-computer can perform 2.5 trillion calculations per second. Located in the School of Computational Science and Information Technology, the super-computer will be used by FSU researchers to predict hurricanes and compare DNA sequences as complex as those of the human genome.

The Challenger Learning Center of Tallahassee, a project of the FAMU-FSU College of Engineering, is scheduled to open in March 2003. The center, to be built on Kleman Plaza in downtown Tallahassee, will feature a space mission simulator common to all of the centers, plus a 300-seat IMAX theater and a domed planetarium laser theater. It will serve middle schools in a 66-county area of North Florida, Southeast Alabama and South Georgia.

In 2000, the doctoral program in the College of Business had the highest minority enrollment of any Ph.D. business program in the United States. In recent years, it has graduated more minority doctoral students than any other Ph.D. granting institution.

In 1999, FSU created the Center for Advanced Power Systems (CAPS) after recognizing the impact of power electronics, the potential impact of superconductivity and the rapidly changing business environment for power systems. CAPS is part of an Office of Naval Research-funded effort to design the U.S. Navy's next generation, all-electric fleet.

In December 1999, researchers at the National High Magnetic Field Laboratory used a hybrid magnet to conduct the lab's first research in continuous magnetic fields of 45 tesla, or one million times Earth's magnetic field. The magnet lab — the only one of its kind in the Western Hemisphere — was established in 1990 by the National Science Foundation and is run by FSU in partnership with the University of Florida and the Los Alamos National Laboratory.

In 1994, the Carnegie Foundation classified FSU as a "Research University I," placing it among the nation's top research universities. In 2000, the distinction was renamed "Doctoral/Research University-Extensive."

Under the leadership of FSU's 13th president, Thomas Kent "T.K." Wetherell,



who took office in January 2003, and its 13-member Board of Trustees, the university continues to build on the foundation of its history of excellence in scholarship, research and service. The trustees are: Lee Hinkle, Harold Knowles, J. Stanley Marshall, Jim Smith and Valliere Richard-Auzenne, all of Tallahassee; Emily "June" Duda of Oveido; David Ford of Rosemont, Pa.; Dr. Jessie Furlow of Quincy; Manuel "Manny" Garcia III of Winter Springs; William "Andy" Haggard of Coral Gables; E. Ann McGee of Winter Springs; John Thrasher of Orange Park, and Student Government Association President Michelle Pletch of Aurora, Ill.

A senior member of the State University System, FSU was founded as an institution of higher learning in 1851 by legislative act. It began in Tallahassee with its first class of male students in 1857 and added women in 1858.

FSU's operating budget is \$716 million. Faculty and administrators generate more than \$130 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the university: the Seminole Boosters, the FSU Alumni Association and the FSU Foundation.

The main campus is spread over 463.4 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s. FSU encompasses 1,423.2 acres in Leon, Bay, Franklin, Gadsden and Sarasota counties.

Within the state, the university maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory at Turkey Point on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years, FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica, Spain, Russia, Vietnam, the Czech Repub-

lic, Greece, Croatia, Ireland, South Africa, Ghana and the Caribbean. FSU's student centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe.

Florida State offers 300 graduate and undergraduate degree programs through its nine colleges — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University); Human Sciences; Law; Medicine; and Social Sciences (which also incorporates the Reubin O'D Askew School of Public Administration and Policy) — and eight schools — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,956 members, the FSU faculty has included 10 National Academy of Sciences elected members, four American Academy of Arts and Sciences members and five Nobel laureates. It is backed by 5,262 administrative and support staff members.

Library holdings at Florida State include 2.4 million book titles and 6.7 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Library is located at the heart of the university's science research complex. FSU also maintains music, library science and law libraries, and the Mildred and Claude Pepper Library.

FSU's 6,317 graduate students pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

Of FSU's 35,462-student population, 43.6 percent are male; 56.4 percent are female; 23.1 percent are minorities; and 3.8 percent are foreign students.

# UNIVERSITY FACTS

**BACKGROUND:** The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education... It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857... Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state... In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College... In 1909, it was renamed Florida State College for Women... In 1947, the school returned to co-educational status, and the name was changed to The Florida State University... It has grown from an enrollment of 2,583 in 1946 to an enrollment of 35,562 in the Fall Semester 2001.

**ENROLLMENT (FALL, 2001):** Total, 35,462... 76.5% undergrad, 17.8% grad, 5.7% unclassified... 74.7% in-state... 93.2% from the United States... students from all 50 states and the District of Columbia are in attendance... 19 states contributed over 100 students each... 12 foreign countries contributed over 50 students each... male, 43.6%... female, 56.4%... minority, 23.1%... international, 3.8%.

**ACREAGE:** Main Campus: 463.4 acres in Tallahassee, Leon County (main campus)... Panama City Branch: 25.6 acres in Panama City, Bay County... The university owns a total of 1,422.6 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties... Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/PROGRAMS:** FSU has 17 major academic divisions: the Colleges of Arts and Sciences, Business, Communication, Education, Engineering, Human Sciences, Law, Medicine, and Social Science; and the Schools of Criminology and Criminal Justice, Film (Motion Picture, Television, and Recording Arts), Information Studies, Music, Nursing, Social Work, Theatre, and Visual Arts and Dance.

**OPERATING BUDGET (2001-02):** \$716,201,478

**DEGREE PROGRAMS:** As of November 2001, the university offers: 96 degree programs at the Bachelor's degree level; 100 degree programs at the Master's degree level; 30 degree programs at the Advanced Master's/Specialist level; 72 degree programs at the Doctoral degree level; 2 degree programs at the Professional level.

**DEGREES AWARDED FOR 2000-01:** Bachelor, 5,467... Masters, 1,463... Total, 7,448

**ENTERING FRESHMAN FACTS (FALL, 2001):** The middle 50 percent High School GPA, 3.4-4.0; SAT score 1100-1300, ACT score 23-28.

**RETENTION RATE:** First year, 100%... second year, 83.5%... third year, 72.9%... fourth year, 69.6%.

**FACULTY/STAFF:** Full time 1,596... Part time 360... Total 1,956... FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs... FSU's faculty has included five dynamic Nobel Laureates: 10 members elected to National Academy of Sciences... four members of the American Academy of Arts and Sciences.

**EDUCATIONAL ADVANTAGES:** Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences... The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues... FSU is the most wired campus in Florida, and has been recently ranked 18th most connected university in the nation by Yahoo! Internet Life... In 1998, IBM hired 29 FSU graduates and not just business graduates but also English majors for help in web development and design... Revlon, which recruits primarily at five schools nationwide, expanded in 1998 to include FSU as its sixth school.

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU is the recognized leader in international education within the State University System of Florida... FSU gives students the opportunity to see the world, while still attaining their college education... FSU's international programs allow students to travel overseas to participate in formal programs in places like Europe, South America, and Asia.

**EXTRACURRICULAR ACTIVITIES:** FSU has nearly 300 student organizations that allow students to find their own niche.

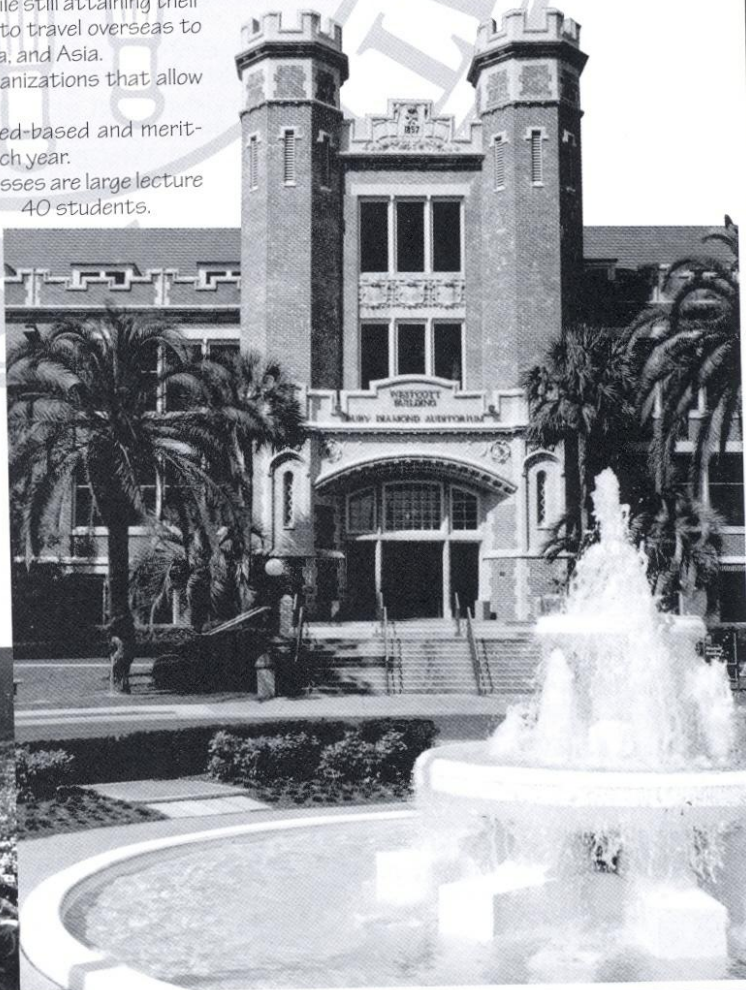
**FINANCIAL AID:** FSU offers two types of financial assistance: need-based and merit-based... Over \$160 million is given away for financial assistance each year.

**STUDENT/FACULTY RATIO:** 18-1... Many of the general education classes are large lecture classes, however, over 80 percent of major classes have less than 40 students.

**RESEARCH:** Florida State University has built a reputation as a strong research institution in both the sciences and the humanities... Private foundations, industries, and government agencies all provide funding to support research at FSU... In 1994, Florida State was accorded the status of Research I University by the Carnegie Foundation for the Advancement of Teaching, an elite distinction that recognizes the university's strengths in doctoral programs and federal funding.

**SPONSORED RESEARCH (2000-01):** \$130,181,710

**LIBRARY HOLDINGS:** The Libraries of Florida State are: Strozier Library, Dirac Science Library, Warren D. Allen Music Library, Harold Goldstein Teaching Laboratory Library, Pepper Library, and the FSU Law Library... The Number of Volumes, 2,380,757; Current Serials, 16,449; Microforms Held, 6,758,785; Government Documents, 962,265; Computer Files, 6,447; Manuscripts and Archives (linear feet), 4,352.



## 10 LEADING STATES OF ORIGIN

(Enrollment)

Florida	26,486
Georgia	948
Texas	433
Virginia	413
New York	361
Pennsylvania	316
California	277
North Carolina	261
Alabama	260
Illinois	248



# FAMOUS ALUMNI

## Rita Coolidge

Rita Coolidge is a two-time Grammy Award winner. She has worked with Joe Cocker (backup singer and soloist) on his "Mad Dog and Englishman" tour. She has also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills. Coolidge co-wrote "Superstar" which was a huge hit for the Carpenters.

## Lee Corso

Lee Corso, College football Analyst for ESPN. Corso joined ESPN in 1987 after 28 years of football coaching experience at the college and professional levels - including 17 seasons as a head coach - serves as a game analyst for the Thursday night telecasts and as a studio analyst for College GameDay and the half-time and scoreboard shows. He is a member of the FSU Hall of Fame, received four varsity letters in both football and baseball at FSU.

## Paul Gleason

A teammate of Burt Reynolds, is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal in "The Breakfast Club."

## Barbara Harris

Barbara Harris is currently the Editor-in-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. SHAPE has a current circulation of 808,634 and over 2.2 million readers. Harris, who lettered in volleyball at FSU from 1974-77, frequently appears on national and local television, radio talk shows, and is interviewed regularly by the newspaper media, sharing her experience in the areas of exercise, health, wellness, and women's issues.

## Traylor Howard

Traylor Howard, an actress best known for her role as "Sharon" in the hit TV Series "Two Guys and a Girl" (ABC). Howard appeared in more than 30 national commercials before winning the role of Joy on the comedy series "Boston Commons." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

## Gabrielle Reece

Gabrielle Reece is best known for her career in volleyball and as a model. Reece began modeling in 1989 and has appeared on the covers of Women's Sports & Fitness, Outside, SHAPE, Elle, Life and others. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece has co-written a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle" and writes a column for Women's Sports & Fitness.

## Burt Reynolds

Academy award nominee and Golden Globe winner; Burt Reynolds has enjoyed enormous success as an actor and director in feature films, television and stage productions. Some of Burt's most prominent films include: "Mystery Alaska", "Striptease", "Citizen Ruth", "Deliverance", "Stroker Ace", "Smokey and the Bandit" and many more. Reynolds also starred in the hit television series "Evening Shade".

## Dr. Tonea Stewart

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, Dr. Stewart is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe. Dr. Stewart also had roles in John Grisham's film "A Time To Kill" portraying Samuel L. Jackson's wife. She won an NAACP Image Award nomination as best supporting actress in 1997. Dr. Stewart was the first African American female to receive a doctorate from the FSU School of Theatre and the first McKnight Doctoral Fellow in Theatre Arts.

## Norm Thagard

Former NASA Astronaut, Norm Thagard was a mission specialist on STS-7 in 1983 on Orbiter Challenger; the flight engineer on STS-51B in 1985, also aboard Challenger and STS-30 in 1989, on Orbiter Atlantis. He also served as the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995, which required he live and train at the Gagarin Cosmonaut Training Center at Star City, Russia for more than one year prior to the mission. He logged over 140 days in space during five space flights.

## DeLane Matthews

DeLane Matthews is an actress best known for her role as Beth Barry on "Dave's World" a television sitcom that aired on CBS 1993-1997. She has worked in regional theatre, on the New York Stage, in film and in television. DeLane has also appeared in the daytime soaps, "Guiding Light" and "Ryan's Hope" for five years. Some of her other roles have included: "The Fugitive" (2001), "Evasive Action" (1998), "From the Earth to the Moon" (1998), "Every Woman's Dream" (1996).



Norm Thagard

Burt Reynolds

## OTHER FAMOUS ALUMNI:

- Paul Azinger, professional golfer
- Allan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
- John W. Bradley, actor, "The New Adventures of Robin Hood"
- Clifton Campbell, playwright
- Davis Gaines, performer, "The Phantom of the Opera"
- Jane Geddes, professional golfer
- Parris Glendening, Governor of Maryland
- Tara Dawn Holland Christensen, Miss America 1997
- Linda Keever, Editor in Chief Florida Trend Magazine
- Tony LaRussa, Manager, St. Louis Cardinals
- Scott Maddox, Tallahassee Mayor
- Michael Piontek, actor
- Henry Polic, actor
- Charles G. Rex, New York Philharmonic
- Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence
- Stephen J. Rothman, theatre director
- Steven Sears, writer and producer
- Randy Ser, theatrical director
- Sonny Shroyer, actor, "The Dukes of Hazard"
- Robert Ulrich, actor
- Dr. Valint Vazsonyi, international concert pianist
- Claudia Waite, award-winning soprano
- Ellen Taaffe Zwilich, composer
- Linda Zoghby, opera singer



Lee Corso



Paul Gleason



Gabrielle Reece



Traylor Howard



Rita Coolidge



Barbara Harris



Dr. Tonea Stewart

# THIS IS THE ACC

## THE TRADITION

Consistency. It's the mark of true excellence in any endeavor. However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 50th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 85 national championships, including 43 in women's competition and 42 in men's. In addition, 120 men and 31 women have earned the coveted title of NCAA champion.

## BY THE NUMBERS

### NCAA CHAMPIONSHIP TEAM PARTICIPATION

1997-1998	85
1998-1999	76
1999-2000	85
2000-2001	96
2001-2002	97
<b>Total</b>	<b>439</b>

### ACC RECORD IN NCAA CHAMPIONSHIPS

1997-1998	77-58-0	570
1998-1999	76-51-1	597
1999-2000	79-54-2	593
2000-2001	73-56-0	566
2001-2002	94-57-1	622
<b>Total</b>	<b>399-276-4</b>	<b>591</b>

### TOP 10 APPEARANCES IN FINAL NATIONAL POLLS

1997-1998	19
1998-1999	28
1999-2000	35
2000-2001	27
2001-2002	36
<b>Total</b>	<b>145</b>

### IN THE LAST FIVE SEASONS...

- ... ACC teams have won 16 national team championships.
- ...34 ACC student-athletes have captured NCAA individual titles.

## 2001-02 IN REVIEW

The 2001-02 academic year concluded with the league pocketing three more national team titles and six individual NCAA crowns. In all the ACC has won 42 national team titles over the last 12 years.

The ACC's 2001-02 national champions were North Carolina in men's soccer, Maryland in men's basketball and Duke in women's golf. Overall, 97 ACC teams took part in post-season play compiling a 94-57-1 (.622) record.

A total of 188 student-athletes from the ACC earned first, second or third-team All-America honors this past year. In addition

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the ACC produced eight national Players of the Year, two national Rookies of the Year and eight national Coach of the Year recipients.

The ACC placed at least one team in the top 10 nationally in 15 of the 25 sports sponsored by the league. In all, 36 ACC teams finished their season with a top 10 ranking.

For the 2001-2002 campaign, all nine ACC schools finished in the Top 50 of the final Sears Directors' Cup ranking. At least six of the nine ACC schools have been positioned in the final Top 50 of the ranking since the inception of the award in the 1993-94 academic year. The Sears' Directors Cup, awarded annually by the National Association of Collegiate Directors of Athletics (NACDA), honors the top institution maintaining a broad-based athletic program, achieving success in many sports.

The ACC Academic Honor Roll record was broken for the 17th-straight year in 2001-2002 as 1,731 student-athletes were recognized for their work in the classroom.

## THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2002-2003 academic year — 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University. Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

## ATHLETICS DEPARTMENT MISSION STATEMENT

The Mission of the Department of Intercollegiate Athletics at Florida State University shall be to produce National Collegiate Athletic Association (NCAA) Division I programs for men and women equally characterized by excellence. In addition, the Department strives to be recognized as a campus leader in terms of its ethics, non-discrimination and unquestioned fiscal integrity.

Excellence in intercollegiate athletics programs is determined by academic achievement in the classroom, as well as development of character, maturity and a sense of fair play in athletic competition. Such excellence engenders support for the University among its constituent groups including students, faculty, alumni, and friends at all levels of interest. The Department shall subscribe fully to the philosophy and regulations set forth by the National Collegiate Athletic Association and operate within the fiscal regulations and non-discriminatory procedures established by the Florida State University Board of Trustees and the Florida Legislature.

It is the explicit philosophy of the Department that our student-athletes will be strongly encouraged and supported in their endeavors to progress toward a degree while simultaneously participating in intercollegiate athletic program whose environment is consistent with the highest standards of academic scholarship, sportsmanship, ethics, and institutional loyalty.

Finally, the decisions and priorities of the Department should always focus on our student-athletes first, as individuals; second, as students; and third, as athletes.

# 2002 FLORIDA STATE MEET RESULTS

## August 30, 2002 Mountaineer Open Boone, N.C.

**WOMEN'S 5K: THIRD PLACE (67 POINTS)**

Natalie Hughes	7th	18:32.5
Anne Clinton	10th	18:43.4
Misty Harper	18th	19:16.9
Allison Lind	22nd	19:28.2
Suzanne Shepard	27th	19:45.3
Jenny Gomez	30th	19:55.5
Andrea Dulmage	37th	20:01.3

**MEN'S 4 MILES: THIRD PLACE (71 POINTS)**

Joep Tigchelaar	12th	20:33.6
Nate Adams	14th	20:39.5
Giscard Titus	15th	20:14.8
Kevin Cook	19th	20:48.0
Maarten van den Heuvel	23rd	21:03.3
A.J. Wilson	24th	21:03.6
Jim Van Veen	29th	21:12.0
Ryan Albertson	34th	21:23.6
Nate Davis	35th	21:25.6
Lars Tveter	36th	21:26.6
Ryan Hicks	38th	21:27.7
Andrew Bautel	43rd	21:34.5

## September 14, 2002 Seminole XC Invitational (8k) Tallahassee, Fla.

**WOMEN'S 5K: THIRD PLACE (64 POINTS)**

Natalie Hughes	7th	18:32.5
Anne Clinton	10th	18:43.4
Misty Harper	18th	19:16.9
Jenny Gomez	30th	19:55.5
Allison Lind	22nd	19:28.2
Rachel Marsh	56th	20:50.6
Sydney Mondragon	62nd	21:03.9
Abbie Day	65th	21:12.3
Cathleen Willy	68th	21:18.2
Janet Howard	71st	21:30.7
Mari Leitner	80th	21:45.2
Kristen Colton	95th	22:11.7
Brianne Frarrer	105th	22:35.3
Elaine Skislak	106th	22:36.0
Gina Riano	120th	23:23.9
Tracy Friedlander	121st	23:35.4
Nicole Myers	126th	23:46.2
Teresa Miller	132nd	25:24.4
Kathleen Gouldy	133rd	25:46.4
Dana Perpall	141st	26:40.8
Ann Schriber	142nd	27:03.2
Jenny Chang	144th	27:22.6

**MEN'S 8K: FIRST PLACE (24 POINTS)**

Giscard Titus	3rd	25:43.9
Joep Tigchelaar	5th	25:53.5
Nate Adams	6th	25:59.4
Kevin Cook	10th	26:18.1
Maarten van den Heuvel	12th	26:26.4
A.J. Wilson	15th	26:35.2
Jim Van Veen	16th	26:37.9
Nate Davis	17th	26:42.8
Lars Tveter	20th	26:59.3
Dave Guerra	21st	27:06.1
Shawn Patterson	37th	27:47.6
Nathan Timm	44th	28:04.4
Ryan Hicks	60th	28:31.3

## September 28, 2002 Great American XC Festival Charlotte, N.C.

**WOMEN'S 6K: 13TH PLACE (341 POINTS)**

Vicky Gill	5th	18:17.0
Anne Clinton	67th	19:49.9
Natalie Hughes	71st	19:54.0
Misty Harper	83rd	20:01.7
Allison Lind	22nd	19:28.2
Jenny Gomez	116th	20:40.5
Suzanne Shepard	168th	22:33.4
Cathleen Willy	170th	23:14.5

**MEN'S 8K: 12TH PLACE (329 POINTS)**

Joep Tigchelaar	57th	24:48.3
Maarten van den Heuvel	61st	27:50.9
Dave Guerra	69th	28:01.1
Kevin Cook	70th	28:01.4
Nate Adams	80th	28:09.1
Giscard Titus	119th	29:01.4
Jim Van Veen	122nd	29:08.3

## October 19, 2002 NCAA Pre-Nationals (8k) Terre Haute, Ind.

**WOMEN'S 6K: 19TH PLACE (505)**

Vicky Gill	1st	19:55
Natalie Hughes	81st	21:54
Misty Harper	131st	22:19
Allison Lind	133rd	22:20
Anne Clinton	159th	22:35
Jenny Gomez	227th	23:52
Rachel Marsh	247th	25:34

**MEN'S 8K: 25TH PLACE (651 POINTS)**

Maarten van den Heuvel	53rd	24:52
Joep Tigchelaar	95th	25:14
Dave Guerra	130th	25:35
Nate Adams	157th	25:48
Giscard Titus	216th	26:31
Kevin Cook	218th	26:33
A.J. Wilson	237th	27:07

## November 2, 2002 ACC Championships Atlanta, Ga.

**WOMEN'S 6K: SIXTH PLACE (134 POINTS)**

Vicky Gill	2nd	20:18.5
Natalie Hughes	19th	21:47.7
Allison Lind	32nd	22:22.7

Misty Harper	36th	22:33.8
Anne Clinton	49th	23:44.5
Jenny Gomez	50th	23:46.8
Laura Melendez	58th	24:40.5
Abbie Day	61st	25:07.7

**MEN'S 8K: FIFTH PLACE (123 POINTS)**

Joep Tigchelaar	7th	24:48.7
Maarten van den Heuvel	25th	25:35.5
Nate Adams	26th	25:36.5
Zach Heissner	30th	25:45.4
Dave Guerra	35th	26:00.3
Giscard Titus	41st	26:17.1
Andrew Bautel	61st	27:33.7

## November 16, 2002 NCAA South Regionals Knoxville, Tenn.

**WOMEN'S 6K: SECOND PLACE (74 POINTS)**

Vicky Gill	1st	21:03.9
Natalie Hughes	8th	22:23.0
Allison Lind	18th	22:37.1
Misty Harper	22nd	22:53.6
Anne Clinton	30th	23:08.6
Jenny Gomez	72nd	24:33.9
Laura Melendez	80th	24:49.7

**MEN'S 8K: FOURTH PLACE (104 POINTS)**

Joep Tigchelaar	7th	24:48.7
Maarten van den Heuvel	25th	25:35.5
Nate Adams	26th	25:36.5
Zach Heissner	30th	25:45.4
Dave Guerra	35th	26:00.3
Giscard Titus	41st	26:17.1
Andrew Bautel	61st	27:33.7

## November 26, 2002 NCAA National Championships Terre Haute, Ind.

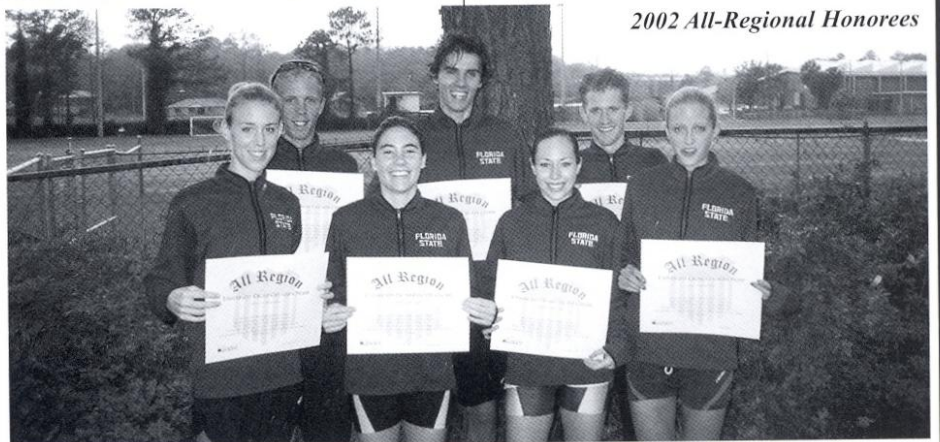
**WOMEN'S 6K: 28TH (657 POINTS)**

Vicky Gill	15th	21:07.4
Allison Lind	165th	21:48.5
Misty Harper	188th	21:58.0
Natalie Hughes	197th	22:05.6
Anne Clinton	231st	22:34.6
Laura Melendez	251st	23:38.0
Jenny Gomez	254th	24:12.0

**MEN'S 10K: 251 PARTICIPANTS**

Joep Tigchelaar	107th	31:10
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2002 All-Regional Honorees



# FSU & ACROSS THE STATE RELAY



Helping the community has always been a priority for Florida State University athletics and under the leadership of head coach Bob Braman, community service and charity donations have become a staple of the FSU cross country program. In 2002, the Seminoles did their part in being a positive contributor to the local Tallahassee community by raising \$5,000 for two area charities. On September 21, 2002, the Seminoles conducted their second annual "Across The State Relay," which is a 140-mile run

across the state of Florida, which spanned from Daytona Beach to Crystal River.

"Being able to raise and donate money, particularly to youth charities, is one of the fun and wonderful things about this program," FSU head coach Bob Braman said. "The 'Across the State Relay' is a neat thing and it's a bit unusual, because we are doing a great thing and having a great time doing it. We are able to help out our community, and at the same time, the event itself is a real team-builder. As athletes, we get the opportu-



Natalie Hughes

nity to do so many things and by conducting an event such as this, we are helping our student-athletes learn the importance of becoming part of one's community."

The athletes were paired off during the relay and each duo ran between four and eight miles before reaching their final destination. Prior to the run, the runners secured sponsors that pledged money toward the effort so that the event could be a fund-raiser for local charities. Following the event, the team voted on which charities in which to make its donations.

This year's recipients of the Seminoles' dedication and hard work were two United Way charities, the Dick Howser Center for Childhood Services, Inc. and Capital City Youth Services. Members of the Florida State cross country program, including the student-athletes and the coaches themselves, made visits to each organization and presented checks for \$2,500. At the presentations, athletes had a chance to meet and greet those who the donations would go towards helping.

The Dick Howser Center, named after the former FSU baseball coach, is a nonprofit agency dedicated to providing services for children and individuals with disabilities and their families. The Howser Center began operation in 1974 as a small parent group in Tallahassee and now serves most communities in the Big Bend area. To date, the agency operates developmental preschool centers in Gadsden, Leon, Jefferson and Wakulla counties.

These centers are licensed childcare facilities that offer developmental intervention as well as therapy and other healing arts services. In addition, the Howser Center offers community based support such as respite care and personal care assistance for both children and adults with developmental disabilities. The Leon Center, located at 240 Mabry Street in Tallahassee, can be reached at 850/574-3906.

Capital City Youth Services is a nonprofit shelter in Tallahassee that provides a nurturing home primarily for runaway children and teens. In addition, it offers services to youths who have been victims of abuse or who are in other troublesome situations. CCYS also provides an extensive counseling program to the youth that they serve as well as the families that they come from. The center serves over 1,000 young people a year from Leon County and the surrounding counties. For more information on the center and its services can be found on its website at [www.ccs.org](http://www.ccs.org).



# 2003 CROSS COUNTRY SCHEDULE

## AUGUST

29 Appalachian State Invitational.....Boone, N.C.

## SEPTEMBER

6 Across The State Relay.....Daytona Beach, Fla.

12 Florida Intercollegiate Championships.....Tallahassee, Fla.

26 Great American XC Festival .....Raleigh, N.C.

## OCTOBER

4 UF Invitational.....Gainesville, Fla.

11 Disney Invitational.....Orlando, Fla.

18 NCAA Pre-National Meet .....Cedar Falls, Iowa

## NOVEMBER

3 ACC Championships.....Winston-Salem, N.C.

15 NCAA South Regional Championships .....Auburn, Ala.

24 NCAA National Championships.....Cedar Falls, Iowa

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