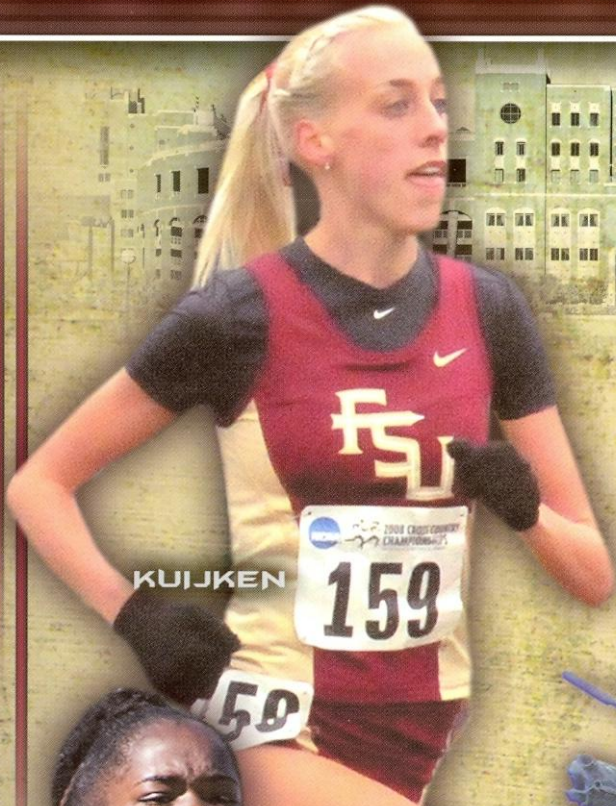
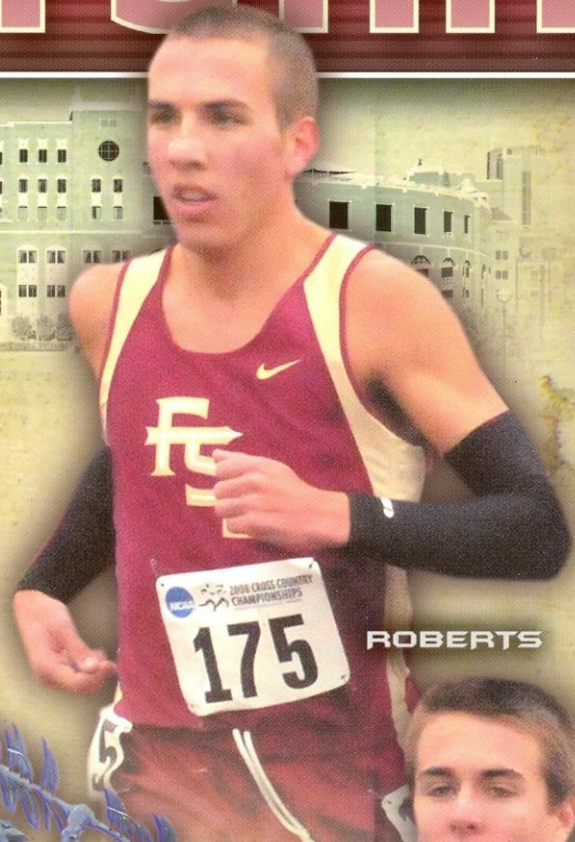


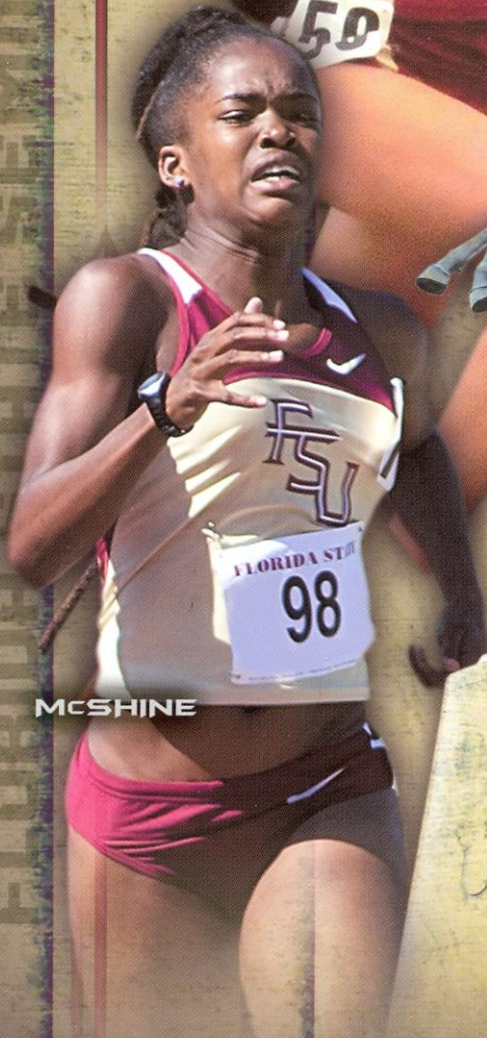
# FLORIDA STATE



KUIJKEN



ROBERTS



MCSHINE



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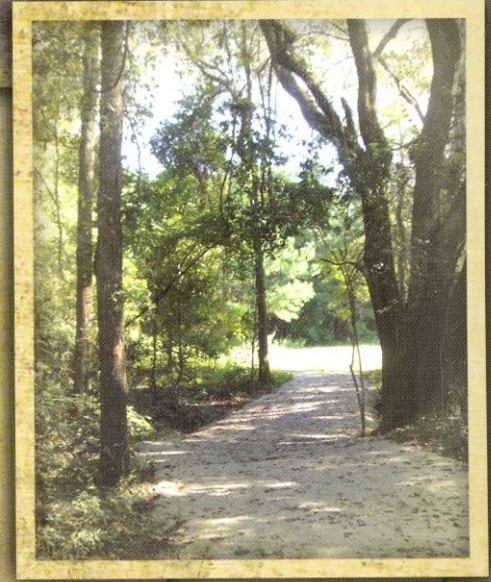
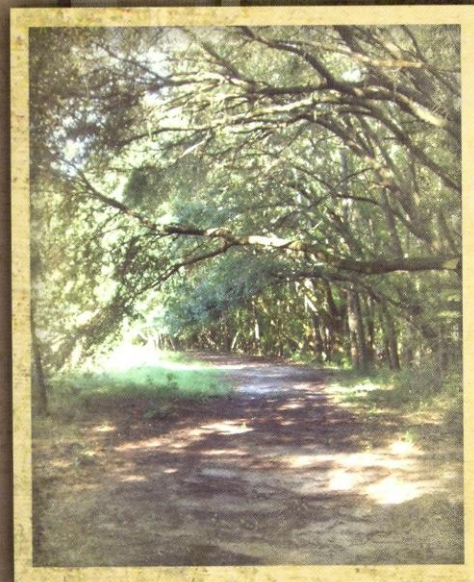
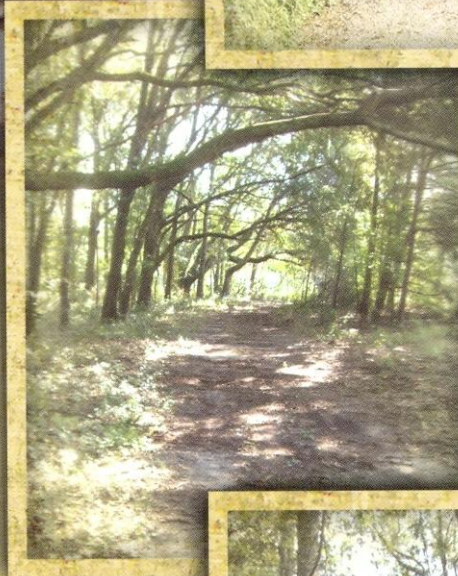
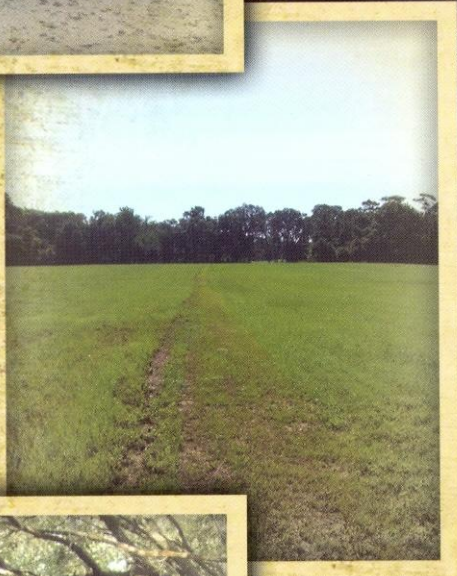
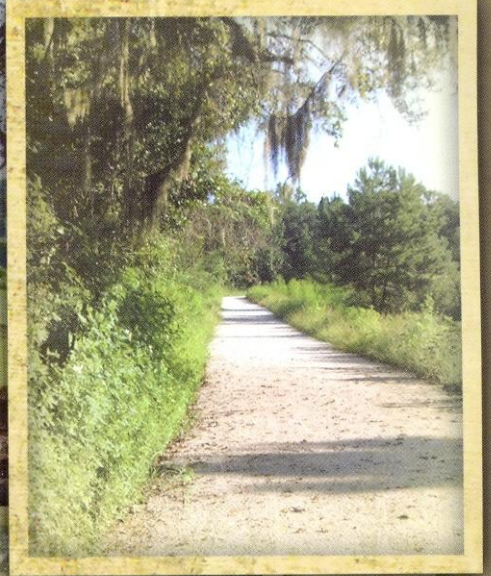
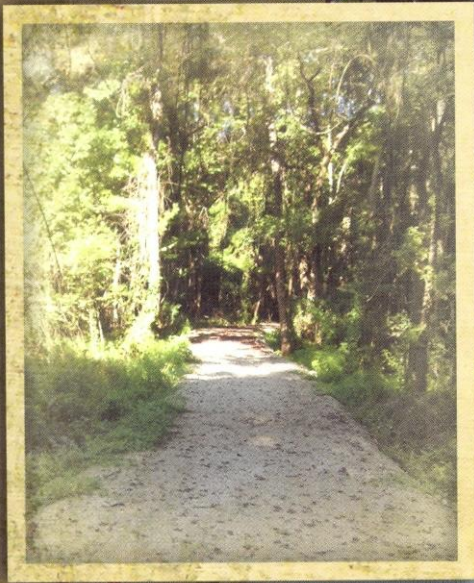
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FLORIDA STATE SEMINOLE

FLORIDA STATE SEMINOLE

# APALACHEE REGIONAL PARK



THE NEW HOME OF THE SEMINOLES

## 2009 QUICK FACTS & TABLE OF CONTENTS

### 2009 Quick Facts

#### The University

Location: .....Tallahassee, Fla.  
 Symbol:.....Seminoles  
 Colors:.....Garnet and Gold  
 Enrollment:.....39,136  
 President:.....Dr. T.K. Wetherell  
 Athletic Director:.....Randy Spetman  
 Associate Athletics Director (Cross Country):.....Bernie Waxman  
 Conference:.....Atlantic Coast  
 Affiliation:.....NCAA Division I

#### FSU Cross Country

Men's Head Coach:.....Bob Braman (Florida '80)  
 Women's Head Coach:.....Karen Harvey (Michigan '96)  
 Student Assistant Coach:.....Lydia Willemse  
 Volunteer Coaches:.....Kevin Cook (Florida State '07)  
 .....Kevin Sullivan (Michigan '98)  
 Graduate Managers:.....Harry Norton - Men (Dartmouth '08)  
 .....John Keenan (Marist '08)  
 .....Steve Mucchetti - Women (Dartmouth '06)

#### 2008 Season In Review

ACC Championship:.....Women: 1st; Men: 4th  
 NCAA South Regional:.....Women: 1st; Men: 3rd  
 NCAA Championship:.....Women: 3rd; Men: 26th

#### Sports Information

Sports Info. Director:.....Tina Dechausay  
 Cross Country SIDs:.....Tania Fernandez  
 .....Dave Schmidt  
 Fernandez Contact Info:.....850.644.5653  
 .....tsf04@fsu.edu  
 Schmidt Contact Info:.....850.644.4836  
 .....dschmidt@fsu.edu  
 Office Fax Number:.....850.644.3820  
 Mailing Address:.....Florida State Athletics  
 .....403 Stadium Dr. West  
 .....Tallahassee, FL 32306



Tania Fernandez



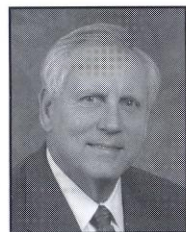
Dave Schmidt

**SEMINOLES.COM**

### Table Of Contents

Welcome To "Trail"ahassee.....	2
Across The State Relay.....	3
Student-Athlete Success.....	4-5
Seminole Spirit.....	6
Seminoles.com.....	7
Florida State University - A Powerhouse University.....	8
This is Tallahassee.....	9
Women's 2009 Preview.....	10
Women's 2009 Roster.....	11
Men's 2009 Preview.....	12
Men's 2009 Roster.....	13
Men's Head Coach Bob Braman.....	14-15
Women's Head Coach Karen Harvey.....	16-17
Support Staff.....	17-18
2009 Seminole Striders.....	19
Women's Profiles.....	20-27
Men's Profiles.....	28-35
Women's 2008 Review and Results.....	36-37
Men's 2008 Review and Results.....	38-39
Cross Country History.....	40
This is the ACC.....	41
University Facts.....	42
NCAA Compliance.....	43
Academic Support Services.....	44
Student Services.....	45
Medical Care & Treatment.....	46
Strength & Conditioning.....	47
Women's 2008-09 ACC Triple Crown.....	48

### Athletics Executive Staff



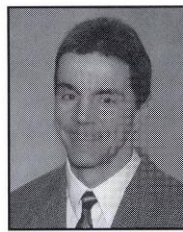
Dr. T.K. Wetherell  
President



Randy Spetman  
Athletics Director



Kellie Elliott  
Deputy Athletics  
Director/SWA



Monk Bonasorte  
Senior Associate  
Athletics Director



Gary Huff  
Senior Associate  
Athletics Director



Bernie Waxman  
Associate Athletics  
Director/Cross  
Country oversight

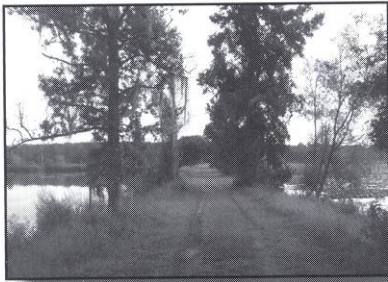
### Credits

**Editors:** Tania Fernandez & Dave Schmidt  
**Assistant Editors:** Tina Dechausay, Maryjane Gardner and Nicole Lamar  
**Featured Photographers:** Rick Andrews, Ross Obley, Mike Olivella and Tania Fernandez  
**Cover & Page Template Design:** Grant Hawkins Design  
**Interior Design:** Tania Fernandez, Dave Schmidt, Tina Dechausay, Britney Wright and Maryjane Gardner  
**Printing:** MultiAd, Inc., Peoria, Ill.

### Media Information

Florida State's home cross country meet is held at the Apalachee Regional Park course. Interviews and other information regarding the Florida State coaches and student-athletes are handled by Tania Fernandez and Dave Schmidt. Releases, standings, results and other information regarding the FSU cross country team can be found at [www.seminoles.com](http://www.seminoles.com).

## WELCOME TO "TRAIL"AHASSEE



**"Tallahassee has transformed itself into one of (if not THE) it town for distance running not only in Florida, but also perhaps in the country." - Pete Rea ZAP Fitness.**

### Apalachee Regional Park

The Apalachee Regional Park is one of the best collegiate cross country courses in the country. It's a 1.6 mile loop course with over half of it going through deep woods. Using different variations of the main loop one can run 5k to 12k races there.

### Miccosukee Greenway

As one of Florida State's home cross country courses used in previous years, the Miccosukee Greenway is 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. The Greenway is 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 mile of trails atop dikes.

### 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 constant 65 degrees that is refreshing after a hard week of training.

### Lake Jackson

The Lake Jackson Park is home to a variety of training options with over 15 miles of wide carriage trails run throughout the park. The hilly terrain surrounding Lake Jackson creates 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 five 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 1,000 miles.

### Fern Trail

The Fern Trail runs through the heart of Tallahassee taking runners from the center of town to the outskirts of the city. The Fern

Trail intersects Tom Brown Park and 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

One of the most recently discovered 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 on a run past Lake Lafayette. If lucky, runners may even see an alligator or deer on their 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 workouts. Also included is a vast network of single-track trails nicknamed the "Blair Witch Trail" by local runners.

### Munson Sand Hills

Located about 10 minutes from campus, Munson Sand Hills encompass close to 10 miles of moderately hilly single-track trails.

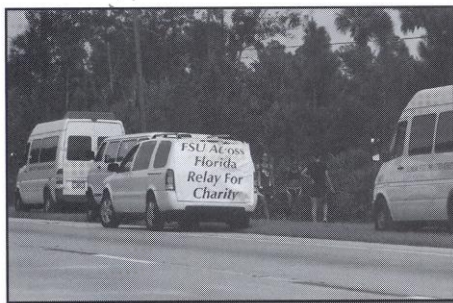
A map of the trails is a must since many runners have been known to get lost in the network of trails.

### St. Marks Trail

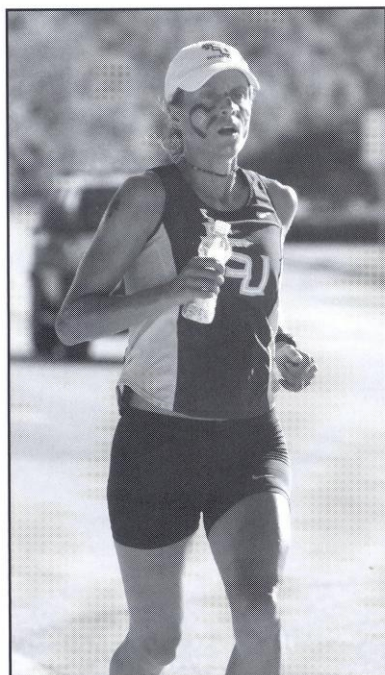
The St. Marks Trail is reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to 20 miles, stretching to the old seaside town of St. Marks.



## ACROSS THE STATE RELAY



**The Seminole family has raised over \$20,000 for United Way of the Big Bend.**



Leading a helping hand to the community has always been a priority for Florida State athletics, and for men's cross country head coach Bob Braman. Braman, who oversees the entire FSU track program, has always valued giving back to the community. As he enters his 10th season with the Seminoles, he continues to push the importance of community service to both the men's and women's cross country programs.

With Braman's creation of the "Across the State Relay" in 1981 while he was president of the Tampa Bay Runners' Club, the relay has surpassed expectations each year by raising thousands of dollars annually. In the past three seasons, the Seminole family has raised over \$20,000 for the United Way of the Big Bend. The mission of the United Way of the Big Bend is to raise money and mobilize resources to meet and prioritize human needs. They lead and inspire the region to work together as a community, collectively caring for one another and enhancing the quality of life for all.

"The Across the State Relay is a fantastic team-building event where we run from the Gulf of Mexico to the Atlantic Ocean in one day," Braman said. "We rally around moving the baton across Florida as quickly as possible and can actually do so in a little over 12 hours. But the real neat thing is that all of our runners raise at least \$100 in order to participate, and that results in an annual donation of at least \$5000 to the United Way."

The "Across the State Relay" is a 140-mile trek that begins with runners filling a water bottle halfway in the Gulf of Mexico near Crystal River, Fla., and ends by filling the rest of the bottle with water from the Atlantic Ocean in Daytona Beach. The water bottle acts as a baton during the relay as the Seminoles run in pairs across the state.

Racing in pairs, the Seminoles maintain a pace of about 10 miles-per-hour. From Yankeetown, a town north of Crystal River, the athletes run across the peninsula through small towns, back roads and forested scenery in traffic areas in four to eight mile increments.

Following the runners are vans with fans, family and support staff cheering on the teams. In the last mile or so of the race, half the athletes dip their water bottles in the Atlantic Ocean while the remaining athletes finish the race with a jump in the water in Daytona Beach.

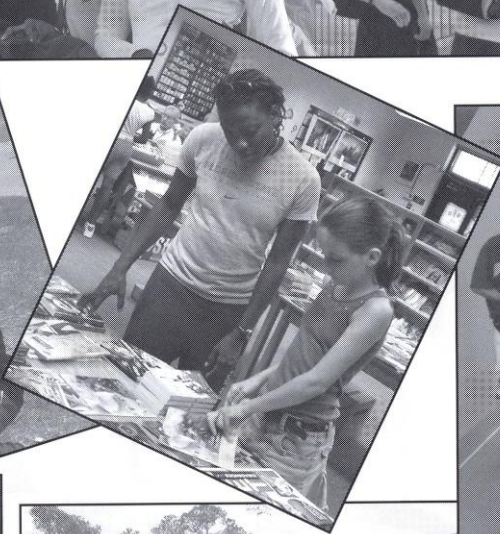
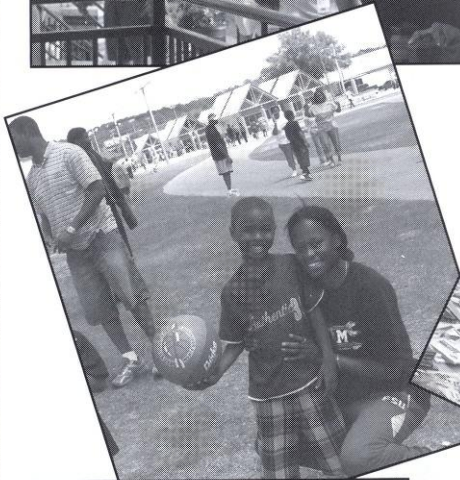
More than just a training and team building exercise, the "Across the State Relay" gives the opportunity to student-athletes to give back to the community. Each of the teams are asked to raise \$140 through sponsorships from their high school coaches, families, friends and former employers at a dollar-per-mile.

In 2004, the Seminoles raised over \$7,000 dollars for the American Red Cross Disaster Fund which set up shelters for the victims of Hurricanes Charlie and Frances. Previously, Florida State has helped other charities such as the United Way, the Dick Howser Center for Childhood Services, Inc., Capital City Youth Services and the American Red Cross September 11<sup>th</sup> Relief Fund. The Dick Howser Fund, named after former FSU baseball coach, is a non-profit agency dedicated to providing services for children and individuals with disabilities and their families.



# FLORIDA STATE

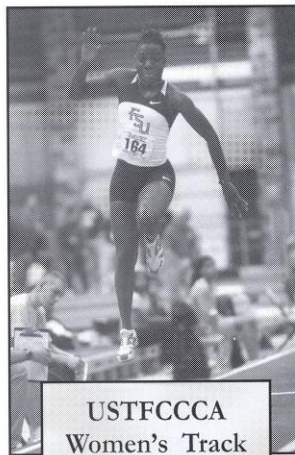
## BRINGING SEMINOLE SPIRIT TO THE COMMUNITY



## STUDENT-ATHLETE SUCCESS

### Seminole Cross Country and Track & Field 2008-09 Achievements:

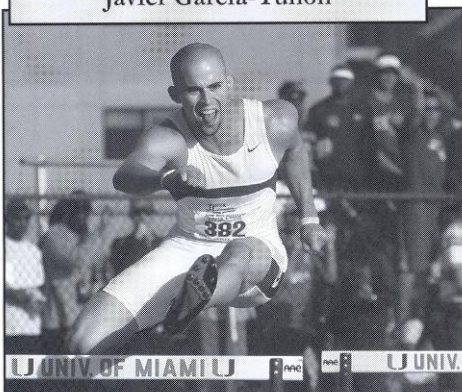
- 2008 ACC Women's Cross Country Scholar Athlete of the Year
- 2009 ACC Men's Track and Field Scholar Athlete of the Year
- 2009 ACC Women's Track and Field Scholar Athlete of the Year
- 2009 USTFCCCA Women's Scholar Athlete of the Year
- Two Cross Country Women's All-ACC Academic selections
- Two Cross Country Men's All-ACC Academic selections
- FSU led the ACC in the most Track and Field All-ACC Academic honorees with nine women and ten men.
- Two Seminoles awarded ACC Postgraduate Scholarships
- Florida State's only four-time Academic All-American selection



**USTFCCCA  
Women's Track  
and Field  
Scholar Athlete  
of the Year  
Kim Williams**



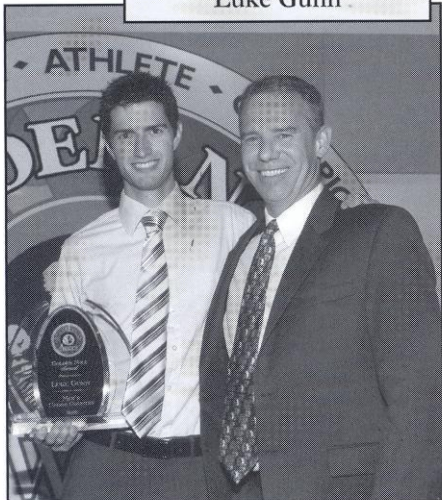
**Four-Time Academic All-American  
Javier Garcia-Tunon**



**ACC Women's Track & Field  
Scholar Athlete of the Year  
Susan Kuijken**



**Golden Nole Winner  
Luke Gunn**



**ACC Women's Cross Country  
Scholar Athlete of the Year  
Lydia Willemse**

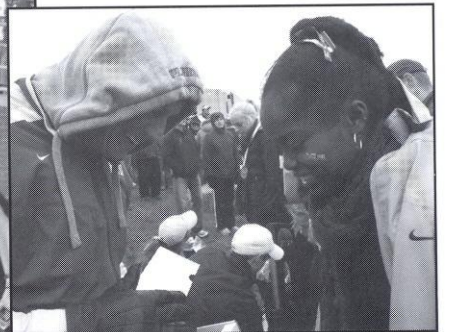
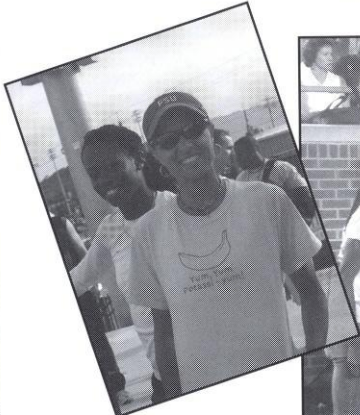
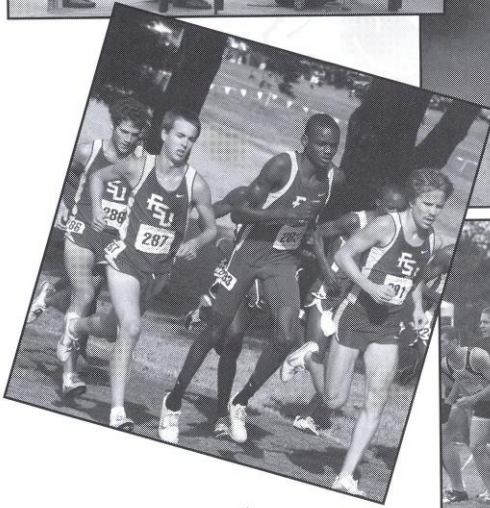
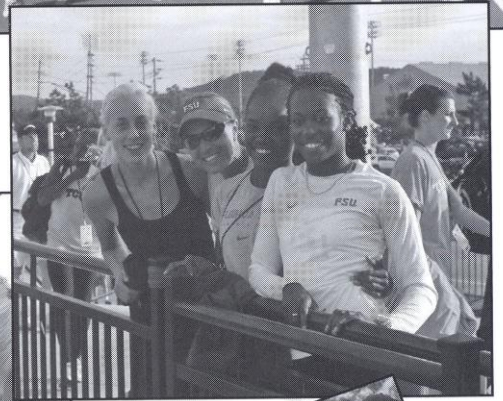
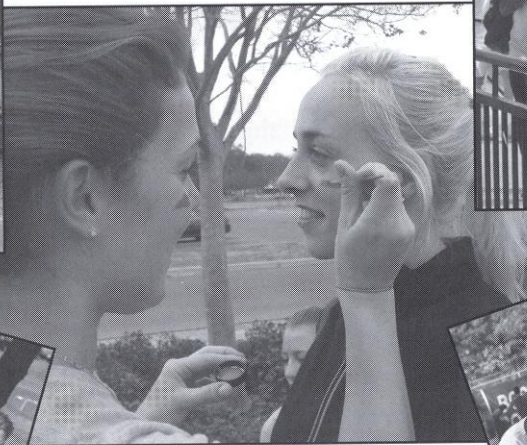
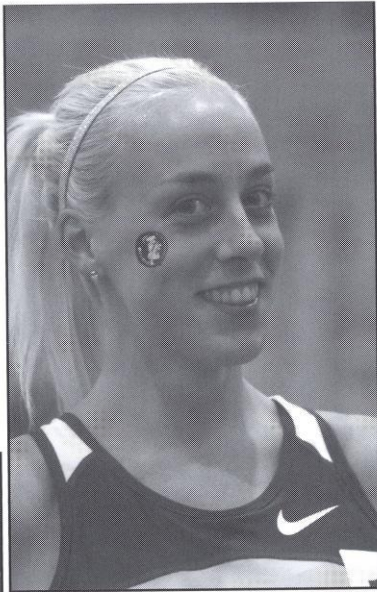
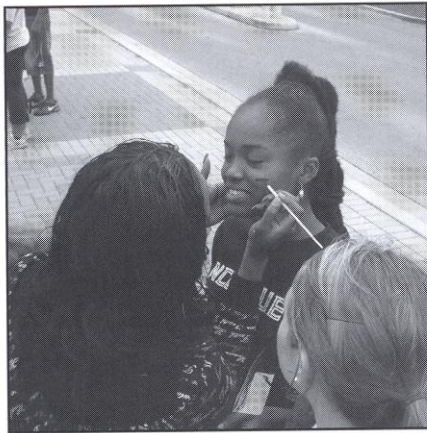


### Florida State Athletics Accolades:

- Football's Myron Rolle became the second Seminole student-athlete in the past four years to earn the Rhodes Scholarship - one of the oldest and most prestigious awards for the international study. Track and Field's Garret Johnson was named a Rhodes Scholar in 2005.
- Over the past 15 years, more than \$450,000 in Postgraduate Scholarship money has been granted to FSU student-athletes, as well as numerous other academic honors and awards.
- During the 2008-09 academic year, five Seminoles earned CoSIDA Academic All-American honors, 15 Seminole student-athletes were named District Academic All-Americans, 175 Seminole student-athletes were named to the ACC Academic Honor Roll and seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average.
- In the spring 2009 semester, 202 Seminoles achieved a 3.0 GPA or better, 10 athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8.
- Ten student-athletes were named to the spring 2009 President's List with a perfect 4.0 GPA while 62 student-athletes earned Dean's List status with a GPA of 3.5 or better.

# FLORIDA STATE

## CROSS COUNTRY'S SEMINOLE SPIRIT





# FLORIDA STATE

GAMETRACKER  
Scoreboard  
CUSTOMIZE SPORTS

NO SCOREBOARD INFORMATION AT THIS TIME

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OFFICIAL ATHLETIC SITE OF FLORIDA STATE UNIVERSITY  
**SEMINOLES.COM**



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**SEMINOLES TOP STORIES**  
PRESENTED BY VeriOn Wireless

**The Wilson Report**  
8/21/2009 | General Release

Maybe we should start this week by remembering a few important numbers. 18 of Florida State's 19 sports earned post-season/playoff/tournament invitations last year. Only one school in the ACC (Virginia Tech with 10) won more games than Florida State did last year and no team won more than the five league games that

**DRAFT**

Click below to see Part One of the greatest moments in Se...

Picked by Lakers and traded to New York Knicks on draft n...

The sophomore center/fielder becomes the first Seminole to...

Director of Athletics Randy Spetman answers your question...

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Seminole Highlights

00:00 / 00:00

**Football**  
Great Moments in FSU Football...

**Men's Basketball**  
Tony Douglas Interview

**((AUCTIONS))**

\$100.00

Deion Sanders Autographed...

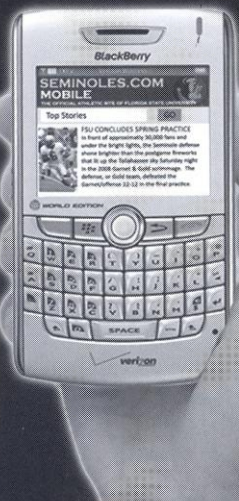
**Own a Piece of American Greatness!**

# The Official Athletics Website of Florida State University

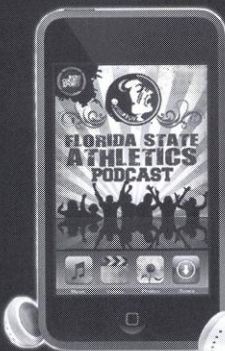
# SEMINOLES.COM

At Seminoles.com you can be the first to get breaking news & updates... order tickets...check the rosters & scoreboard...listen to sporting events with live audio streaming...download free desktop wallpapers...see what the Seminoles are doing in the classroom and in the community...access a stadium seating diagram to see where your tickets are located...take a 360 degree virtual tour of Coach Bowden's office...purchase high quality Florida State pictures...and much MORE!

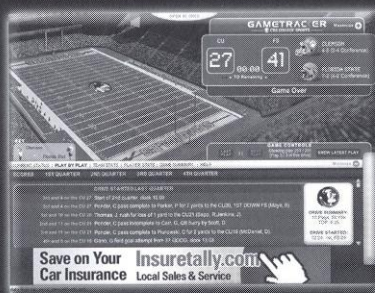
Mobile Site



Podcasts



Gametracker



Merchandise



Tickets



## FLORIDA STATE UNIVERSITY

### A POWERHOUSE UNIVERSITY

#### TOP NATIONAL RANKINGS

- Florida State consistently ranks in the top 10 universities nationally in physical sciences grants awarded by the National Science Foundation.
- U.S. News & World Report ranks Florida State in the nation's top 50 public universities.
- The Meteorology and Oceanography departments are ranked among the nation's top 10 by the National Research Council.
- Florida State's graduate program in nuclear physics was ranked eighth among public universities by U.S. News & World Report.
- The College of Business is ranked 8th among public universities by U.S. News & World Report. U.S. News also ranks the business school's Real Estate Program 11th in the country and its Risk Management/Insurance Program fourth.
- The College of Information's graduate program ranks in the top 10 nationally by U.S. News & World Report. The college's Children and Youth Services Program is first in the nation.
- The College of Law's Environmental Law Program is ranked 10th best in the nation by U.S. News & World Report, which also ranks the law school in the nation's top tier in terms of academic reputation.
- The College of Motion Picture, Television and Recording Arts, recognized in 2004 by the Directors Guild of America for distinguished contributions to American culture, has won 24 College Television Awards in 17 years.
- The College of Music graduate program was named fifth best in the nation and its Opera Program third among public universities by U.S. News & World Report.



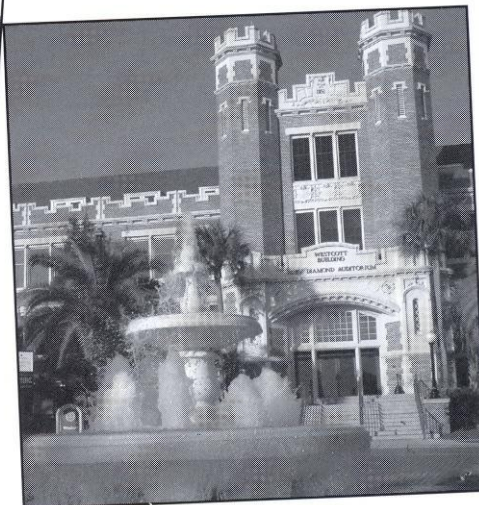
#### STRONG STUDENTS

- Florida State University has garnered three Rhodes Scholars in the past four years, including two student-athletes – track & field's Garrett Johnson (2005), Joe O'Shea (2007) and football's Myron Rolle (2008). Student have also received numerous other prestigious national scholarships and fellowships, including Truman Scholarships, Fulbright Fellowships, a Goldwater Scholarship, a Pickering Graduate Foreign Affairs Fellowship, a Jack Kent Cooke Scholarship, a Fulbright Hays Award and Rotary International Ambassador Scholarship.
- In 2008, the students entering as freshmen in the fall had an average SAT score of 1265 and an average ACT score of 28.
- Florida State graduates find employment with major employers including Ernst & Young, GEICO, Merrill Lynch, PricewaterhouseCoopers and Target.



#### NATIONALLY RENOWNED FACULTY

- Nobel Prize winner Sir Harold Kroto, of the Department of Chemistry and Biochemistry, is a recipient of the Copley Medal, the highest award of the Royal Society in Britain.
- College of Music Professor Ellen Taaffe Zwilich, also a Florida State graduate, is the first woman to win the Pulitzer in music. She also is a four-time Grammy nominee, is the first woman to earn a doctorate in composition at the Julliard School and is the first-ever occupant of Carnegie Hall's Composer's Chair.
- Pulitzer Prize-winning author and Florida State English Professor Robert Olen Butler has won two National Magazine Awards in Fiction from the American Association of Magazine Editors.
- Academy Award winner Richard Portman, of the College of Motion Picture, Television and Recording Arts, has received 11 Academy Award nominations for sound work in feature films.
- Our Department of Dance faculty — one of the largest and most accomplished dance faculties in the country — includes legendary ballerina and 2006 Kennedy Honors recipient Suzanne Farrell.
- New York Times bestselling author Mark Winegardner, a Creative Writing professor, was selected by Random House and the Mario Puzo Estate to write the sequel to *The Godfather*.

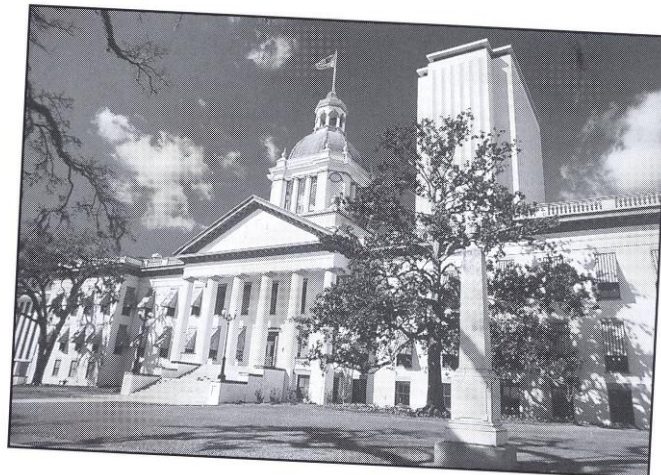


## THIS IS TALLAHASSEE

Nearer to Atlanta than Miami, Tallahassee is “The Other Florida” in attitude, topography, climate and lifestyle.

### HISTORICALLY SPEAKING

- The first Christmas celebrated in the United States was in Tallahassee at the encampment of Spanish Explorer Hernando de Soto in 1539.
- Lights, Camera, Action ... Early “Tarzan” movies featuring Johnny Weissmuller and Maureen O’Sullivan were filmed at nearby Wakulla Springs. Also filmed, were “Creature from the Black Lagoon” and “Airport 77.”
- George Washington’s great-grandniece, Catharine Daingerfield-Willis-Gray and Napoleon Bonaparte’s nephew, Prince Achille Murat, provided the social event of the season when they were married in Tallahassee in 1826. The plantation home of widowed Princess Murat is on exhibit at the Tallahassee Museum.

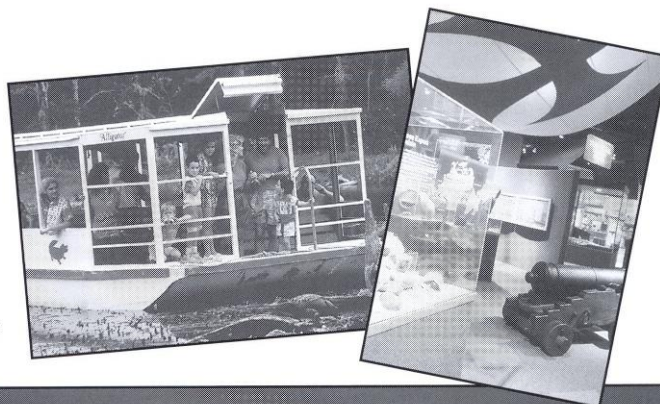


### FACTS & FIGURES

- America’s largest concentration of original plantations — 71 plantations which cover 300,000 acres, — exists between Tallahassee and Thomasville, Georgia, just 28 miles away.
- Nearly 60 percent of Tallahassee’s population is between the ages of 18-44.
- Average Low-High Temperatures in Tallahassee are 40 to 63 degrees in January and 72 to 91 degrees in July.
- There are over 150,000 people living in Tallahassee and over 300,000 in the metropolitan area.
- The capitol of the State of Florida has been located in Tallahassee since 1823.
- The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.

### WHAT TO DO

- With over 5,900 rooms in more than 58 hotels and motels, Tallahassee offers a blend of Southern-style inns, rustic campsites, family-owned economy lodges and impressive corporate hotels. There are also 13 bed & breakfasts and 13 inns in the Tallahassee area.
- From fast food to five-star, Tallahassee serves up an excellent selection of tantalizing restaurants. Tickling the taste buds are specialties ranging from homemade country sausage and melt-in-your-mouth steaks to wild game and succulent seafood fresh from the Gulf.
- Tallahassee lists 122 properties on the National Register of Historic Places. Tallahassee offers more than 28 museums, galleries, public art sculptures, monuments and historic sites. There are 306.5 miles of hiking/biking & walking trails in and around the Tallahassee area.
- There are eight public pools and 63 recreational parks in Tallahassee/Leon County -- incredible weather, lush gardens, lakes and more.



## 2009 WOMEN'S OUTLOOK - WITH KAREN HARVEY

### What Goals Have You Set For This Year And What Steps Are Necessary In Order To Accomplish This?

"Our team goal at Florida State will always be to compete at the highest level in our conference, region and in the nation. We will need to once again integrate some new talent, transfers and freshman into our family. To get everyone on board with the goals of achieving excellence everyday in the classroom and in practice. To become one as a family, team so we can go on the Seminole War Path together."

### Who Will Your Team Look To For Leadership?

"Susan Kuijken is an obvious choice for our team captain. She has proven to be a true leader not just as an athlete, but as a trusted teammate. Her work ethic, knowledge and love for the sport and bubbly personality are truly a blessing to those around her. Pilar McShine is also very respected on the team and will be looked to help lead the team with Susan."

### In Just Your First Year As The Head Coach, You Brought Florida State Into One Of The Top Ranked Teams In The Country. What Steps Are Necessary In Keeping Your Team Among The Elite In The Nation?

"I think when a coach gives 110 percent their athletes will follow suit. But one thing I have learned is a coach can never want a win and success more than the team. It's important in cross country to have core group of 12 runners who know their roles on the team and that everyone has a role and are important, but that these roles can change and everyone is accountable to help the team. When you have runners believing they are part of the team and have a role then they want success."

### What Is The Key To Surpassing Last Year's Success And Paving A New Way For Your Program?

"It's a new year, a new beginning. We lost some seniors, but have gained some amazing talent. We have two extremely talented returners as well. It's a journey every year, with its challenges and victories. One week at a time, and keeping the injury bug away will be huge."

### How Do You Feel The Schedule Will Prepare You For Nationals?

"We are going to follow the same racing



schedule as we have for the last two seasons. It works well with the training periodization that I believe in and provides enough competition to prepare the team for ACC's AND NCAA's."

### You Have Four Talented Freshmen Coming In For The New Season. Talk A Little Bit About How They Will Impact The Team On And Off The Course?

"We have four new talents joining this fall- transfers Andi Palen and Pasca Cheruiyot along with freshmen Jessica Parry and Amanda Winslow. I really believe that all four will have the talent and the passion to help tighten and strengthen our pack."

### Do Both Programs Work Together Or Are They Completely Separate Entities At Florida State?

"Before Florida State I had only experienced separate programs at the University of Michigan and Illinois. However, FSU is different so it was a change to be part of a combined program. I absolutely love it! It is so great to travel with the men's team and really get to know them. The men and women's cross country teams are very close. They will often run around cheering for each other during races. Bob leads the combined similar to a real family feeling. He is very experienced in motivating and loves encouraging everyone, men and women on the team. Like Bob, I am very set on keeping the Florida State Seminoles on the map for long distance running. We both give a 110 percent as coaches, and find our runners naturally do the same."



# FLORIDA STATE

## 2009 WOMEN'S CROSS COUNTRY ROSTER



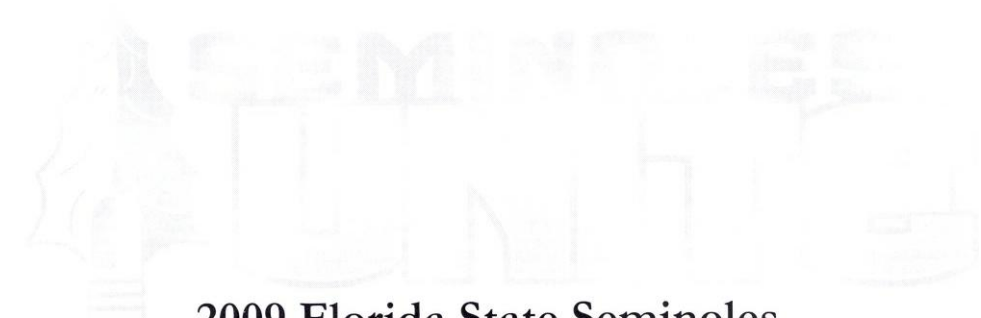
Name	Year	Hometown	Name	Yr	Hometown
Kaylie Belcik	Fr.	Palm Harbor, Fla.	Bree-Arne McArdle	Jr.	Queensland, Australia
Ashley Calhoun	So.	Niceville, Fla.	Katherine McMeekin	Fr.	Palm Harbor, Fla.
Erika Charlasier	Fr.	Coral Springs, Fla.	Pilar McShine	Jr.	Port-of-Spain, Trin & Tob.
Pasca Cheruiyot	Jr.	Eldoret, Kenya	Emily Ness	So.	Tallahassee, Fla.
Keesha Danso	So.	Mississauga, Ontario	Andrea Palen	Jr.	Gardiner, N.Y.
Jennifer Dunn	So.	Decatur, Ala.	Jessica Parry	Fr.	London, Ontario
Erin Fabrizio	Fr.	Seminole, Fla.	Jenevah Porter	Fr.	Jupiter Fla.
Jennifer Farnung	Fr.	West Palm, Fla.	Amanda Quick	Sr.	Tampa, Fla.
Liz Gerrity	Fr.	Naples, Fla.	Amanda Skillen	Sr.	Seminole, Fla.
Kacey Gibson	So.	New Castle, Pa.	Lyndsey Spragins	So.	Indialantic, Fla.
Arica Halila	Jr.	Boynton Beach, Fla.	Kara Taylor	So.	Tallahassee, Fla.
Brittany Hilliker	So.	Tampa, Fla.	Maria Valdivia	Fr.	Miami, Fla.
Kate Hoyt	Jr.	Ocala, Fla.	Christal Washington	So.	Hollywood, Fla.
Nicole Kenna	So.	Brandon, Fla.	Amanda Winslow	Fr.	Lawrenceville, Ga.
Susan Kuijken	Sr.	Nijmegen, Netherlands	Christina Woytalewicz	Jr.	Brandon, Fla.

**Head Coach:** Karen Harvey (Michigan '96)

**Volunteer Assistant Coach:** Kevin Sullivan (Michigan '98)

**Graduate Manager:** Steve Muchetti (Dartmouth '06)

**Student Assistant Coach:** Lydia Willemse



### 2009 Florida State Seminoles





### Senior Daniel Roberts Stepped Up In Several Meets To Guide The Seminoles in 2008. What Do You Expect From Him And The Seminoles In 2009?

"As the No. 1 man for the Seminoles at the regional and national meets, obviously Daniel is one of leaders and Matt Leeder was a great leader particularly in the track season, so Matt and Daniel are captains and they'll be two guys who have a chance to make the All-American list, which is the top forty athletes. Daniel finished 70<sup>th</sup> at nationals last year so he's close. Experience is huge in cross country because it's such a

difficult sport. Running 10,000 meters twice in eight or nine days is pretty difficult so those guys being able to manage their weights for the season and being at their best at the end of the regional and national meet is huge.

The other guy that we think will be right there with them is our transfer Ciaran O'Lionard. O'Lionard will be a redshirt junior so he'll have two seasons with us. Last year he finished in the 60's at nationals, which would put him in front of Daniel so technically he is our top guy. We see those three guys as all working together and being a big part of our success we have.

Justin Harbor has made a lot of progress with a great track season. He made All-ACC indoor and outdoor and has always been a good track runner. Mike Fout, the national high school champion, endured some injuries last year so we redshirted him in track. We need Mike to be good this year. Very much like Mike, one of the top freshmen in the country was Wes Rickman from Colorado. I think Wes is the kind of guy that can step right in. Every year we've had something unexpected so you've got to have somebody step up where they overachieve and either throw in for an injury or take you to that next level and last year we had three walk-ons that were our top six that really, really carried us when we had to have them.

This year those candidates will be Jared Bell who will be a senior transfer. Bell was a 4:01 miler at Yale and is like Justin Harbor. He is great in track and good in cross country and we need him to be a part of that chase group for us. The other guy is Nick Meadel who transferred in last year. He ran some great unattached races, but we redshirted him. He'll be a third year sophomore for us and we think he could be right in there."

### What Are The Team Goals You Have Set And How Do You Plan To Achieve Them?

"In the bare minimum we need to keep our national qualifying streak alive. We look at goals on three levels: minimal, reasonable and ultimate. I think a minimal goal is to continue our streak at nationals and I don't think it's going to take anything for this group. This group is more talented particularly at the end of the year than last year's team and probably more talented than the year before that so it's one of the better groups we've had. We've got to develop a lot. There's no question about it, but to continue that streak will be a very minimal goal for us to do that. I think it's reasonable that we could be a top 20 national team, which we've been twice in the last six years. We were 17<sup>th</sup> one year and 18<sup>th</sup> the next year. I think it's pretty reasonable that we're a top 20 team. I think ultimately if we pull it all together we could be a top 10 team which the school record is eighth place going all the way back to 1981. It's one of those unrealized goals because we've always put more emphasis on track and field. Being a distance coach, even though I'm the head track coach, you know that's something we

really want to do and if we can crack that top 10 it could carry us through. The other ultimate goal would be to finally break through and win a conference championship. We had four runner-up finishes, a close third two years ago and a team last year where we finished fourth but had some injuries that hit us on race day. If we run like the way we did at regionals we might have won the conference meet so timing is everything. That's going to be a great challenge for Virginia and NC State and to see if we can do that, but it's exciting because there's no downside. We're going to be the dark horse in the conference. We're going to be behind the Alabama's and Auburn's at regionals, but you know we won Notre Dame last year which we had never done that before. We finished in the top 10 and got some great points at the pre-national meet without Luke Gunn. That is the character of this team that we can still get points for nationals even missing our top guy. This is the standard of Florida State!"

### How Will The New Freshmen Play A Role On The Team?

"The only true cross country freshman we have is Wes Rickman and we targeted Wes a year ago when he was the number one returning two mile runner in the country. He'd run 9:00 flat and was the faster junior who was a rising senior. He had to overcome some injuries but still ended up, I think, the sixth-fastest in the country at two miles at the Nike Outdoor National Championships. He's a clutch guy and a performer. He's a guy that can come right in like other elite freshman and be an All-ACC performer right away. He certainly better be an All-Regional performer right away because we need him to be. I think he can be an All-ACC right away, be All-Region right away, be a top 100 at nationals and those are things that Matt Leeder accomplished as a freshman."

### In 2008, Four Seminoles Broke Several 8K Records And Inscribed Their Name In The FSU Record Book. Do You See The Same Success In 2009?

"I wouldn't be surprised if our entire top eight or nine guys don't beat their all-time best. I mean they're that good. The indications are there from track season or from last year. There's going to be people that will be like Justin Harbor and crush their all-time best. Mike Fout, if healthy, is going to crush his all-time best time and obviously Roberts and Leeder are fast so they are going to inch it down. There are athletes on our team that are poised for a breakthrough and that's what you look for as a coach. It's a testament to what those young guys did last year, but they were guys who were in our top six who knocked it down. It was necessary that they do that and they did and I think it's going to be the same thing we're going to have to have that. We can't be decent. We have to be good and we've got to be close to our best.

You look at Coach Harvey's side. Two years ago that was a pretty good team and nobody expected them to finish third at nationals, but you could see it coming throughout the year-better and better and better. We look at cross country and say 'okay, that is not out of our wheel house of possibilities and out of our talent wheel house that we could be a top 10 team' and maybe something special and it just sometimes happens when it happens. That's what happened to us in track this outdoor season. All of a sudden we were a national contender and then we were like "yeah we're running good people and that's what good people do." They run track."

### How do the men's and women's programs work together?

"We're a combined program. Coach Harvey's training is a little different than mine but obviously very successful. We don't train together per se like it's the same trail at the same day, but there's a real bond between the two teams. We get along with them really well and we respect each other quite a bit. We do a lot of social

## 2009 MEN'S CROSS COUNTRY ROSTER

things together and travel to the same meets which is not always the case when a team has a separate head coach like we do. Coach Harvey and myself do a lot of things together and I think it helps us because they're going to be low points for either team and when you're at that lowest point, whether it's injury or illness or training wearing you out and you struggle, it's really nice to be able to look over and go okay, we're going through the same things they're going through and we're on the same cycles that they're in. They're going to be successful and they can feed off each other and it was pretty neat last year when we tried to kind of one up each other at the Notre Dame meet. For example we kind of figured they had a chance to win, but we scored fewer points than they did and we won. That was a shock because everybody knew the women were going to be good then they were like wow the men aren't so bad so that's kind of neat. We won both titles and those are the things we look for and it does help each team realize what potential is."

### How Does The 2009 Schedule Prepare You For The NCAA National Meet?

"We haven't changed it a lot. It's kind of funny because Coach Harvey comes right in two years ago and had the same philosophy about how we race and when we race and so the key meets have stayed the same and you pick a couple of regular season meets

where you can earn large points. For us we found the Notre Dame Invitational and pre-nationals really help us. You want to run at the pre-nationals meet on that course to get use to it, but it's about 36 teams. Notre Dame is a great set-up race for us. We think Notre Dame sets up for pre-nationals. The men's team has always run great at the regional meet which most people would say is the most important meet because without it you don't go to nationals. For whatever reason our ACC's has been okay or decent or good, but it's always been our setup race for nationals. Coach Harvey has been able to hit it well on all three of those championship races. Our earlier meets are for team bonding and team building which are Appalachian State and the "Across the State Relay." The Pre-ACC meet is where we leave the state to get out of the hot weather and do some very hard training. By the time we get to meets like Notre Dame or pre-nationals we've established identity. We've always had the philosophy of "let's get some points, let's protect ourselves in case we have injury or illness or misfortune," like in the case of Luke and Leslie last year where we lost two of our stars, our All-American candidates. We thought no problem because we've got wins and we've got capable people. Don't panic, go out and get it done. Arguably our best race of the year for both teams was the regional meet when disaster loomed and we stepped up to get it done."

Name	Year	Hometown	Name	Year	Hometown
Jared Bell	R-Sr.	Los Angeles, Calif.	David Huckaby	R-So.	Fort Mill, S.C.
Tyler Braman	R-Fr.	Tallahassee, Fla.	Matt Leeder	Jr.	Brockville, Ontario
Jacob Brooks	R-Fr.	Ft. Myers, Fla.	Nick Maedel	R-So.	Orange Park, Fla.
Brian Chibudu	R-Jr.	Harare, Zimbabwe	Ciaran O'Lionard	R-Jr.	Co. Cork, Ireland
Nathan Duby	R-Fr.	Winter Springs, Fla.	Tyler Price	R-So.	Tallahassee, Fla.
Mike Fout	So.	La Porte, Ind.	Wes Rickman	Fr.	Peyton, Colo.
Darrin Gibson	Fr.	Tampa, Fla.	Daniel Roberts	Sr.	Vicksburg, Mich.
Justin Harbor	R-Jr.	Bunnell, Fla.	Danny Silva	R-So.	Miami, Fla.

**Head Coach:** Bob Braman (Florida '80)

**Volunteer Assistant Coach:** Kevin Cook (Florida State '06)

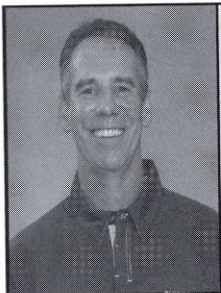
**Graduate Managers:** Harry Norton (Dartmouth '08) & John Keenan (Marist '08)

## 2009 Florida State Seminoles



## MEN'S HEAD COACH BOB BRAMAN

10TH SEASON • FLORIDA '80



- 2006, '07 and '08 NCAA Division I Men's National Outdoor Track Coach of the Year
- 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year
- 2005, '06, '07, '08 and '09 NCAA South Region Men's Indoor Track Coach of the Year
- 2004 and '05 NCAA South Region Men's Cross Country Coach of the Year
- 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year
- 2005, '06, '07, '08 and '09 ACC Men's Outdoor Track Coach of the Year
- 2005, '06, '07, '08 and '09 ACC Men's Indoor Track Coach of the Year
- 2003 ACC Men's Cross Country Coach of the Year

While he is quick to point out the people around him, Florida State head coach Bob Braman has been the architect behind the transformation of Tallahassee into the one of the top destinations for some of the world's best distance runners. Braman is entering his 10th season as the Seminoles cross country head coach and has the crew on the right path towards the same success.

There is no question that Braman has had a tremendous impact on the resurrection of the FSU cross country programs. After a 22-year NCAA Championship drought, the men's team has become a staple at the national summit and the women have been at the national meet five of the last seven years.

In the nine seasons prior to his arrival, Florida State did not have a single All-ACC runner, but since then, the Seminoles have earned 27 conference accolades. Six of the nine women's All-Americans - including 2006, '07 and '08 recipient Susan Kuijken - have come under his watch and Andrew Lemoncello broke a 24-year dry spell for the men in 2005.

The 2008 season saw the women's team claim its second consecutive third place finish at the NCAA Championships as a trio of Seminoles earned All-America honors. The men claimed a 26th place finish in Terre Haute, Ind. under Braman's tutelage.

Over the last six years, the men have finished no lower than third at the NCAA South Regional meet. The 2008 team had five runners earn All-Region honors, tying the 2003, 2005 and 2007 teams for the most recipients.

In the summer of 2008 in Beijing, China, three of Braman's protégés represented Great Britain in the Summer Olympics. Andrew Lemoncello and Barbara Parker took part in the steeplechase while Tom Lancashire ran in the 1500m. All told, 11 current and former Seminole track and field athletes took part in the Beijing Games.

The 2007 season may have been the best year for the Seminole cross country program. Highlighting the year was a third-place finish at the NCAA Championship by the women's program with Susan Kuijken and Barbara Parker finishing in the top 10 to bring home All-America honors. The women preceded that feat with their first ACC and NCAA South Region championships.

A talented group of newcomers gave the men's squad a great infusion of new blood for 2007 and set the team up for years to come. Hampered with an injury for most of the season, senior Luke Gunn came back as strong as ever and led the men to a 20th-place finish - their third Top 20 showing in the last four years - at the national championships.

Guided by All-America selections Lemoncello and Lancashire, the 2006 men's team captured its second NCAA South Regional title in three years. Joining the duo on the All-South Region team were Gunn and Mark Buckingham. The women also had four runners on the All-South Region team, led by Kuijken as she won the event, with Amy Huss, Jessica Crate and Abi Wilshire helping the team to a fourth place finish.

In a preview to the 2007 season, the women's squad took 21st at the 2006 NCAA Championships with Kuijken crossing the line 27th to capture All-America accolades. The men came in 30th during their fourth-straight appearance at the meet.

The men's squad posted its fourth-straight second-place finish at the 2006 ACC meet, while the women came in fourth, which was then the best finish in school history. A look at the career top 10 list shows that every slot on the women's list is owned by one of Braman's runners and eight of

the 10 best men's times is by one of his protégés.

Braman's distance coaching acumen has translated onto the track as well. Over the last five years his distance runners have helped produce 15 top-four finishes at the NCAA Championships, which is more than any distance coach in the country.

In 2005, he coached the men's team to its third consecutive trip to the NCAA Championships where it finished 18th and Lemoncello placed 21st individually. His efforts earned Braman NCAA South Region Men's Cross Country Coach of the Year for the second-straight season. Lemoncello also won his second-straight individual ACC title and broke the 25-year-old school record in the 8K. At the ACC Championships, the Seminoles finished in second for the third consecutive year and their point total of 38 was the lowest ever by any FSU squad. For the second year in a row the Seminoles put a school-record four runners on the All-ACC team.

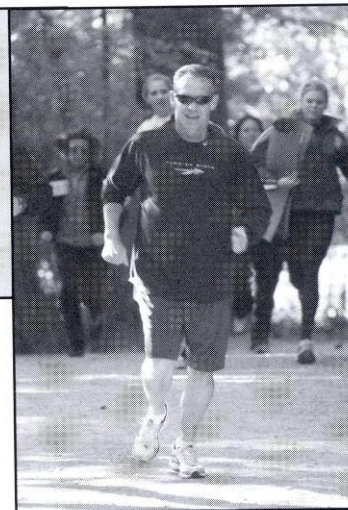
The women's team just missed qualifying for nationals by one spot as it finished third at the NCAA South Regional. However, Laura Bowerman earned one of two at-large bids to nationals.

The 2004 season was one of the men's best under Braman as the team took 17th, the best by a Seminole team since 1981. The men won their first NCAA South Regional title and Braman earned regional Men's Cross Country Coach of the Year honors. Lemoncello won the Seminoles' first individual ACC Championship and the men's team finished in second-place, just one point shy of first. On the women's side, FSU placed fourth at regionals where Bowerman and Natalie Hughes each earned All-South Region honors.

During the 2003 season, both cross country squads went to the NCAA Championship meet. Vicky Gill and Hughes earned All-America status en route to an 18th-place finish, which was the best finish in program history and up 10 spots from the previous year's team. In addition to earning All-America honors, Gill won her second NCAA South Region meet and NCAA South Region Athlete of the Year honors. On the men's side, FSU qualified as a team for the first time since 1981 after setting program bests by finishing second at the ACC and NCAA South Regional meets. In addition, Braman was honored as the ACC Men's Cross Country Coach of the Year.

In 2002, Braman's men's cross country squad placed fifth at the ACC Championships and fourth in the South Region, narrowly missing an automatic bid to the NCAA Championships. Under Braman's guidance, Joep Tigchelaar earned his second-straight trip to the NCAA Championships with an automatic bid. Tigchelaar was the first Seminole to earn All-ACC Cross Country honors twice.

The women earned a sixth-place finish at the ACC Championships, the NCAA South Region runner-up spot and FSU's first appearance in the NCAA Championships. Gill finished 15th at the NCAA Championships to become FSU's first female athlete to earn All-America accolades since 1981. In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place in the South Region, missing the NCAA qualifier by one point. The rookie Hughes was the top freshman in the country at 1500 meters





and earned All-America status.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached perhaps the best female distance runner in FSU history. He guided five-time All-America and NCAA runner-up in the 10,000m ('04), Vicky Gill, through three years of track and field and cross country. The 2003 NCAA South Region Athlete of the Year was the first female two-time cross country All-America and one of five women's runners to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the outdoor 10K and both 5,000m marks.

On the track, no team has been able to match the success the men's team has had over the last three seasons. Florida State has won three of the last four NCAA Outdoor National titles and finished in the top three of the indoor summit.

The Seminoles came within seconds of claiming a fourth title in 2009 as Florida State finished second. In addition, FSU has captured four of the last five NCAA Outdoor East Region crowns as well as 14 of the last 15 indoor and outdoor ACC championships.

Florida State finished two points shy of Texas A&M who claimed the title as a pair of Seminoles claimed national championships on the men's side before the 4x400m relay squad took the final title. The women finished fourth in the country during the outdoor season as a pair of Seminoles grabbed national titles.

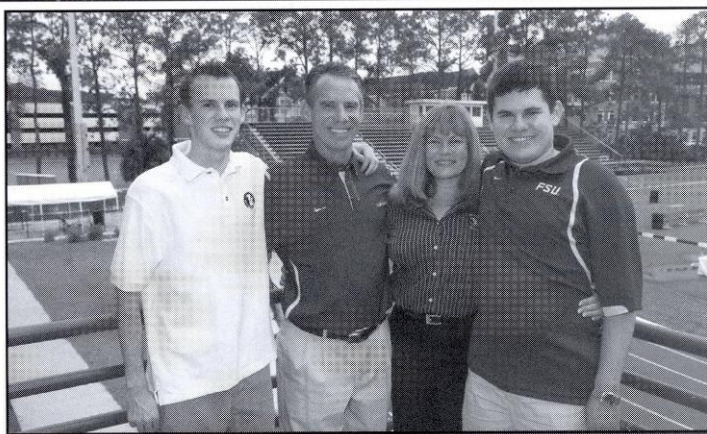
During the last four years, Braman has been honored with 26 national, regional, district and conference Coach of the Year awards.

Despite going into the national championship as an underdog, the Seminoles had one of their most balanced squads in 2008 and they needed all facets to perform well to bring the trophy back to Tallahassee. Seven athletes brought home nine individual All-America honors as well as the 4x100m relay. Walter Dix won his eighth national championship by taking the 200m, while freshman Ngoni Makusha won the long jump. On the women's side, FSU had its best finish since 1991 with a 12th-place finish. Hannah England broke the NCAA meet record in winning the 1500m and was one of five All-Americans.

The men almost came away with their first Indoor NCAA title as they finished second. Freshman Gonzalo Barroilhet captured the heptathlon championship and senior Drew Brunson was victorious in the 60m hurdles. FSU also had five more All-America performances. The women showed that they may have the best distance duo in the country as England won the mile and Kuijken breezed to the 3000m championship. Freshman triple jumper Kim Williams took second to vault the women to sixth place for their best showing since 1986.

For the second year in a row Braman hoisted the NCAA Men's Outdoor Track and Field trophy in 2007. He also earned his second NCAA Division I Men's National Outdoor Track Coach of the Year. NCAA Division I Male Track Athlete of the Year Dix won the 100m and 200m and took part in the winning 4x100m relay team. Ricardo Chambers brought home the gold in the 400m run, while Lemoncello and Gunn earned All-America honors in the steeplechase. The women took 14th as Kuijken took second in the 1500m and Parker was third in the steeplechase.

During the indoor season the men just missed out in winning their



## The Braman Family

first title with a second-place finish powered by Dix's 200m win. The women finished 30th, but did get an All-America award as Parker took fourth in the mile.

In 2006, Braman coached the men's track and field team to the school's first NCAA Outdoor Championship after a third place finish at indoors. Dix, in the 200m, and Garrett Johnson in the shot put, each won indoor and outdoor national championships while Rafeeq Curry added another national title in the outdoor triple jump. Dix and Lancashire added runner-up finishes in the 100m and 1500m, respectively.

The women's team capped off a successful season with a 14th-place finish at the NCAA Outdoor Championships. Lacy Janson led the way as she won a national championship in the pole vault. During the season, the women's team finished fifth at the NCAA East Region Championships, second at the ACC Outdoors, 15th at the NCAA Indoor Championships and third at the ACC Indoor Championships.

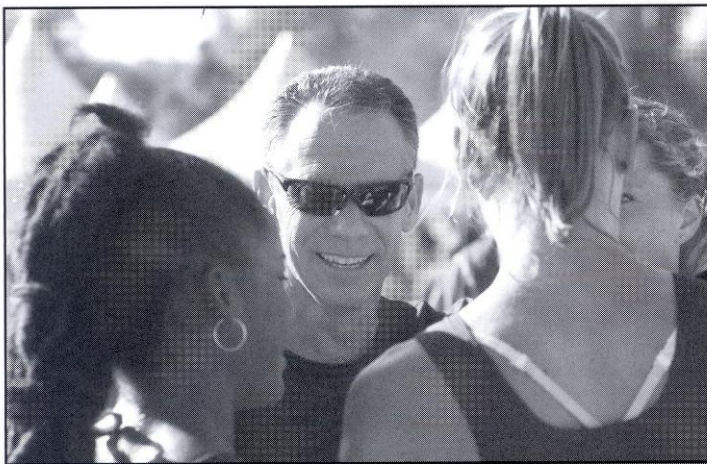
On the track in 2005, the men's team finished fourth at the NCAA Outdoor Championships. Dix became the first Seminole since 1980 to win an outdoor national title as he won the 100m and seven other Seminoles earned All-America honors. The women's team sent three qualifiers to nationals, including Parker who competed in the steeplechase.

Braman took over the FSU track and field program when longtime head coach Terry Long retired at the end of the 2003 season. In the three seasons prior to Long's retirement, Braman served as an assistant with a focus on the distance runners.

Braman began his coaching career at South Florida in 1983 as the men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the men's cross country team won three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending conference champion (1998 & 1999). Braman coached both cross country teams to a top 30 NCAA finish in 1999. He also guided the Bulls to their first conference track title, at the Conference USA Women's Indoor Track Championships in 2000.

While at USE, Braman's men's cross country teams also won six-straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m: 1992 and 1993).

Braman, 50, is married to the former Debbie Turner and has two sons, Steven (21) and Tyler (19). Tyler is a redshirt freshman on this year's team. He graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. Braman was the captain of the Gators' cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also UF's record holder in the indoor three-mile run.



## WOMEN'S HEAD COACH KAREN HARVEY

### THIRD SEASON • MICHIGAN '96



- 2006 USTFCCCA Cross Country Midwest Region Coach of the Year
- 2007 ACC Women's Cross Country Coach of the Year
- 2007 USTFCCCA South Region Women's Cross Country Coach of the Year
- 2008 USTFCCCA South Region Women's Assistant Track and Field Coach of the Year
- 2008 USTFCCCA South Region Women's Cross Country Coach of the Year
- 2008 ACC Women's Cross Country Coach of the Year
- 2009 USTFCCCA South Region Women's Assistant Track and Field Coach of the Year

Karen Harvey is entering her third season as the Florida State women's cross country head coach and has quickly left an impression on the program leading the team to back-to-back third place finishes at the NCAA Championships.

With a pair of All-Americans returning, including second place finisher Susan Kuijken, Harvey's crew is set to make another run at the title in 2009. Kuijken will be joined by fellow All-American Pilar McShine and a bevy of young runners looking to make an impact.

At the 2008 ACC Cross Country Championships, Harvey led the Seminoles to back-to-back conference titles by having five runners place in the Top 10 finishers. Leading the Garnet and Gold was Susan Kuijken who captured the ACC Championship with a time of 20:11, followed by Lesley Van Miert in fourth place. Just three seconds shy of repeating her personal best time was Pilar McShine in sixth place while Linzi Snow and Lydia Willemse finished in seventh and ninth place, respectively. All five Seminoles garnered All-ACC honors, and the five All-ACC honorees equaled the total number of Florida State All-ACC honors in the past six years combined.

Kuijken has flourished under Harvey's watchful eye earning a pair of NCAA titles, three cross country All-America honors and five track plaudits. The senior has emerged as one of the top distance runners in the country.

Few coaches, if any, can match the resume Harvey has put together over the last five seasons. On the trails she has produced a quartet of top 10 finishes at the NCAA Championships, three straight NCAA Regional titles, six All-Americans, three conference champions and three Regional Athletes of the Year. On the track she has coached eight All-Americans, including five national champions. Individually, she has been honored with seven regional or conference Coach of the Year awards.

Evidence of her coaching acumen came in the first few weeks of the 2007 season as career-best times were dropping across the board. That continued throughout the season and the Seminoles made their presence known on a national scale when they vaulted to third in the USTFCCCA poll after an impressive showing at the Pre-NCAA meet.

At the following competition the Seminoles made history for the first time as they won the ACC Championships with Susan Kuijken leading the way with the program's first individual championship. Two weeks

later another milestone was passed as Kuijken once again led Florida State to victory as the team claimed its first NCAA South Regional title behind the sophomore's dominating victory.

Having achieved a program-best number two national ranking, the Seminoles went into the NCAA Championships looking to get on the podium for the first time. Florida State fulfilled its goal as Kuijken's third place finish – the program's highest individual finish at the time – coupled with All-America honors from Barbara Parker earned the team a third-place finish. As would be expected, Harvey was honored for her work with ACC and NCAA South Region Women's Coach of the Year honors.

Success in the distance events carried over to the track where Kuijken won the 3000m run and sophomore Hannah England captured the mile at the NCAA Indoor Championships. The duo set the ACC and school records in their events and accounted for 20 of the 28 points the team used to take sixth, which was its best finish since 1986.

England repeated her success at the Outdoor National Championship, winning the 1500m with an NCAA meet, ACC and school record of 4:06.19. Kuijken also earned All-America honors in the event by taking eighth and their 11 points were 68 percent of the Seminoles' 12th-place finish.

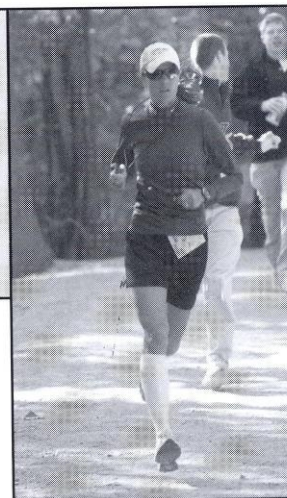
Two summers ago Harvey actually had a "first" in her career. Parker qualified for the Summer Olympics in Beijing as part of the British National Team, giving Harvey her first Olympian. She took part in the steeplechase at the Games. Hannah England also had an Olympic "A" standard, but was not chosen for the British contingency.

In her five years prior to joining Florida State, Harvey turned Illinois into one of the best cross country programs in the country. In her last two seasons, Illinois posted top 10 finishes at the NCAA Championships. After an eighth-place showing in 2006, the Illini produced the highest finish in school history by taking fifth in 2005. The team made its first appearance under her watch in 2004 and finished 20th.

During the 2006 campaign, Illinois made history as it captured the program's first NCAA Midwest Regional crown. In the process, Harvey was named Midwest Region Coach of the Year by the USTFCCCA. Freshman Angela Bizzarri finished 24th at the NCAA Championships to give Illinois its third All-American in two seasons. The team took fifth at the Big Ten meet with Bizzarri coming in fifth overall to produce the fifth First-Team All-Big Ten selection during Harvey's tenure.

Accolades were the norm for Harvey's runners her last three years in Champaign. Her star pupil was Cassie Hunt, an All-American in cross country (2005), outdoor track (3000m steeplechase - 2004) and indoor track (3000m - 2005). Hunt won the 2005 Big Ten Cross Country title and was named Big Ten Athlete of the Year and Athlete of the Championship - all firsts for an Illini runner. During the 2005 outdoor season she won the steeplechase and 5000m at the Big Ten outdoor meet to claim Athlete of the Year and Championship.

The 2005 cross country campaign at Illinois may have been the best ever in school history. Harvey's fourth season with the Illini produced a second place showing at the Big Ten Championships - the highest finish in school history - and the number three spot at the regional with everything



culminating in a fifth place finish at nationals.

Hunt took 10th at the NCAA meet and Stephanie Simms crossed the line 27th to earn a pair of All-America awards. In addition, rookie Katie Engel collected Big Ten Freshman of the Year honors after a 13th-place finish at the Big Ten Championships. Engel was the second Illini runner to earn freshman accolades from the conference, following Hunt in 2004. In just her second season at the helm, Harvey coached the Illini to a number of program firsts, including competing at the NCAA Championships for the first time, attaining a national ranking and having an individual win the NCAA regional title.

At the 2004 NCAA Regional meet, Hunt became the first Illinois woman to ever win an individual regional championship, running 20:21 to set a personal best, course record and school record. Her performance earned her the Midwest Regional Runner of the Year award.

After one season at Illinois, Harvey was making strides with the cross country program. The 2003 edition moved up from 11th to third at the regional meet for its highest finish since 1994. The team also moved up two spots to seventh at the Big Ten Championships.

Harvey served as a volunteer cross country and track assistant at her alma mater Michigan for two years before taking over at Illinois. Before her two seasons with Michigan, Harvey enjoyed an impressive professional career that included a No. 1 world ranking in the 3000 meter steeplechase in 1998. A nine-time member of Canadian National Teams, (three world cross country teams) Harvey is the former Canadian record holder in the 3000m steeplechase with a time of 10:14.27 and finished fifth at the 1998 Goodwill games in the event. In 2000, Harvey was the top Canadian 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

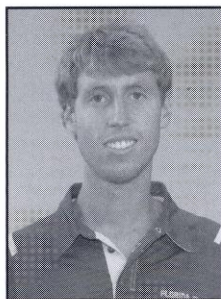
An All-American for the Wolverines in cross country and on the track, Harvey competed from 1991-95, placing 21st at the 1992 NCAA



Cross Country Championships, while also earning first team All-Big Ten honors in 1992 and '95. In track, Harvey finished eighth in the mile at the 1994 NCAA Indoor Championships and fifth in the 3,000 meters in 1995.

A 1996 graduate of the University of Michigan, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree while winning the 1995 Scholar Athlete of the Year award. A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and three-time Olympian Kevin Sullivan.

## 2009 CROSS COUNTRY SUPPORT STAFF



**Harry Norton**  
Men's Graduate Manager  
Second Season  
Dartmouth College '08

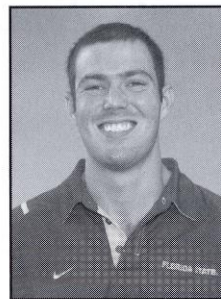
Harry Norton enters his second season with the Florida State cross country program as the men's graduate manager and continues to administratively assist Bob Braman with the program.

Before his journey with the Seminole family began, Norton was busy taking care of business at Dartmouth College in 2008 as the captain of the cross country and track teams. A two-time All-IVY selection in cross country, Norton also earned a First Team honor in 2007. For his achievements during the indoor track season, Norton was awarded First Team All-Ivy honors and later went on to qualify for regionals in the 1500m for the third-consecutive season.

Not only was Norton a leader on the track, but he also led by example in his character through sportsmanship qualities that were awarded by Dartmouth with the Lovejoy Sportsmanship Award in 2006. Prior to that, Norton also received the Dartmouth Track and Field Coaches Award in both 2005 and 2007.

Norton, a North Reading, Mass., native also helped Dartmouth as a counselor at the Dartmouth Gold Medal running camp in addition to helping recruit student-athletes. Norton also went on to assist Nike with its East Coast Running Brand Marketing team.

The two-time USTFCCCA All-Academic team member earned an English degree in 2008 and is continuing to pursue his degree in sports management at Florida State.



**Steve Mucchetti**  
Women's Graduate Manager  
First Season  
Dartmouth College '06

Beginning his first season with the Garnet and Gold as a graduate manager is Steve Mucchetti. Primarily responsible for administratively assisting Coach Harvey with the women's cross country program, Mucchetti brings in a variety of accomplishments from his previous coaching experience at Yale.

As the captain of the cross country team in 2005 at Dartmouth, Mucchetti led his team to the Ivy League Cross Country Championship and also guided the squad to a fifteenth place finish at the NCAA Championships the same year. In 2006, Mucchetti took fourth place individually at the Ivy League Championship.

Not only talented in cross country, Mucchetti also found success on the track as he was Dartmouth's fastest 3000m runner in 2005 and 2006. His personal record time of 8:07.69 is noted as Dartmouth's ninth-fastest performance in school history. Mucchetti was also a point scorer on five occasions at the conference championships for Dartmouth.

A native of Ridgefield, Conn., Mucchetti was the Connecticut cross country champion as a high school senior in 2001.

## 2009 CROSS COUNTRY SUPPORT STAFF



**Kevin Sullivan**  
Women's Volunteer Assistant Coach  
Third Season  
Michigan '98

Kicking-off his third season with the Seminoles is volunteer assistant coach Kevin Sullivan. A four-time Olympian and multiple NCAA Champion, Sullivan's primary responsibility is to assist his wife, head women's cross country coach Karen Harvey, in the training of the women's cross country

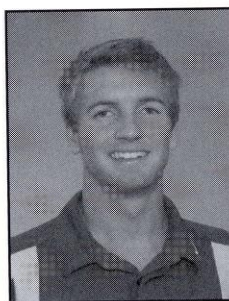
team.

As one of the top 1500m runners in the world, Sullivan's most recent Olympic stint was this past year at the 2008 Summer Beijing Olympics where he competed in the 1500m for his native Canada. Sullivan's previous experience at the Olympics dates back to the 2000 Olympics in Sydney where he took fifth place in the 1500m and later traveled to the 2004 Olympics in Athens. Sullivan has competed in over 20 IAAF World Championship events and has even run 40 sub four-minute miles during his career. Sullivan also earned a silver medal in the 1500m run at the 2001 Goodwill Games and the 1994 Commonwealth Games.

Sullivan's talent grew in the 1990's when he was considered one of the most dominant distance runners in the NCAA. With four NCAA titles in his collegiate career – 1995 & 1998 indoor mile, 1995 1500m run and distance medley relay – Sullivan earned a remarkable 14 All-American honors. Throughout his collegiate career, Sullivan captured 12 Big Ten titles and is one of only three runners to win four conference cross country championships. Although it has been some time since Sullivan has been out of college, he still holds the NCAA Indoor Championships record in the mile with a time of 3:55.33. For his consistent excellence on the course and the track, Sullivan was named the Big Ten Athlete of the Year nine times.

A member of the Canadian National Team since 1993, Sullivan has had eight-consecutive appearances on the World Championship Track and Field team. He has won 15 national championships and currently holds the Canadian records in the 1500m (3:31.71) and the outdoor mile (3:50.26).

Sullivan graduated from Michigan in 1998 with a degree in civil engineering. He has assisted as a volunteer coach at both Illinois and Michigan. In addition to his FSU coaching duties he also coaches a small group of post collegiate athletes based in Tallahassee.



**Kevin Cook**  
Men's Volunteer Assistant Coach  
Second Season  
Florida State '07

In his second season as a volunteer assistant coach for Florida State, Kevin Cook looks to raise the bar even higher than he has already with his previous experience with the Seminole family. A former student-athlete at Florida State, Cook knows what it takes to be among the nation's elite and looks to pursue that great path as the primary assistant to men's

head coach Bob Braman.

Throughout his collegiate career at FSU, Cook helped the Seminoles reach the NCAA Cross Country Championships twice. A two-time NCAA All-Region honoree in 2003 and 2005, Cook was heavily depended on at the Atlantic Coast Conference Championships as he was an integral part of the success that helped the Seminoles win the 2003 and 2004 track titles.

After graduating in 2007 with a sports management degree, Cook returned to his alma mater, Longwood High to help coach. Cook also coached at Bishop Moore High School in Orlando, Fla., while also training athletes in summer programs in Brevard, N.C.

More than just a collegiate-athlete while at Florida State, Cook excelled in academics by earning a spot on the dean's list two years in a row. The Fern Park, Fla., native was also honored by the ACC with an All-ACC Academic Team selection.



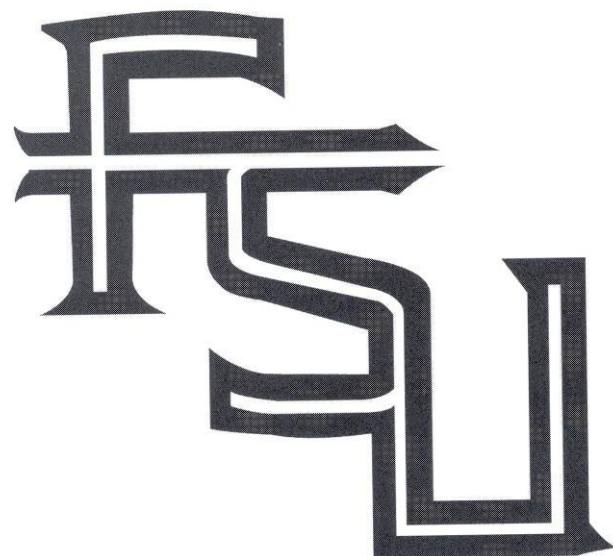
**Lydia Willemse**  
Student Assistant Coach  
First Season

Stepping into her first coaching role is student assistant coach Lydia Willemse. Not a stranger to the Seminole family, Willemse joins the coaching staff with a long list of accolades extending throughout her years at Florida State where she excelled in both academics and athletics.

A native from Forest, Ontario, Willemse was a leader on both the cross country and track team as she was the captain for both squads her senior year. While at FSU, the Seminole racked up numerous athletic accolades such as NCAA All-South Region, All-East Region, All-ACC Track and All-ACC Cross Country honors each year of competing. Her junior year in 2007 was one of her most successful seasons as a student as Willemse was named to the USTFCCA Division I Women's All-Academic Track and Field Team and All-Academic Cross Country Team. However, 2006 was the year Willemse really impressed the ACC as the conference named her the ACC Outdoor Freshman of the Year.

Willemse's senior year in track was noted as a record breaking year. The Seminole set a new personal record in the 3000m steeplechase with a time of 10:05 that broke into FSU's record book and now sits as the second-fastest time in school history. Willemse went on to shatter her previous personal record in the 2000m steeplechase with a new-best time of 6:33.28 that broke the Canadian record set in 2007 by Daniëlle Woods (6:36.05).

Willemse is currently in her last year as a double major in chemistry and biology.



## 2009 SEMINOLE STRIDERS



Although their names don't show up in the headlines nor do they receive scholarships for their hard work, the Seminole Striders do, however, get the opportunity to run with one of the nation's most elite programs every day.

The Seminole Striders is a program started by men's head coach Bob Braman that gives female cross country runners the chance to be a part of the Florida State cross country team.

"The thing that is exciting for me about the Striders is how good they have gotten," said Braman. "Two years ago we had one third of our team running 24 minutes for 5K and now every single lady on the team runs a 5K in under 21 minutes. These young ladies are not only enjoying the experience, they are running lifetime bests and are running past any expectation that they could have ever had in college. It makes the whole program better and it really sets up a launch pad potentially for varsity athletes because the Striders are so much closer in talent to the varsity athletes than they have been the last two or three years."

Through the Seminole Striders program, the women are given the chance to suit up and compete with the team. All the runners, whether Striders or not, are viewed equally and given the same perks. With that said, the Striders are still responsible to attend practice every day, help with community service, fundraising and maintain a high level of excellence in the classroom. As for the perks of being a Florida State student-athlete, the Striders are given the same as any other athlete. They are given equipment while being coached by a renowned coaching staff while competing in cross country meets.

"In cross country we have a unique opportunity where you can put an unlimited amount of people at the starting line," Braman explained. "It's not like most sports where you have a limited number of positions, and you would just be putting more people on the bench."

"In cross country, we literally can put them into action. They can go out and train and compete."

To help maintain the concept that there are no differences between the Striders and the scholarship runners, the team budgeted for extra equipment to outfit the extra runners. The team also budgeted for and structured competition for the Striders.

"There are cross country races that are unlimited in size, such as the FSU Invitational, which we host," said Braman. "We took them down to the Disney Invitational, which was an overnight meet, and we also took them to the Flrunners.com Invitational, where they finished first, which was great."

The difficulties in having additional runners on the team isn't a hard task to achieve in cross country.

"It's a fitness and conditioning oriented sport, so everybody's conditioning and running and training," Braman noted. "You still have the fine tunings you do with your elite athletes, but we can condition maybe as many as 50 athletes."

With the constant training and coaching the Striders receive daily, many improve dramatically, as in the cases of Anne Clinton and Abbie Day. Clinton joined the Striders in 2002 and developed to the point where she earned a spot in the Seminoles' top nine and varsity-travel squad en route to finishing 2003 campaign on the All-NCAA South Region team. Clinton solidified the middle of the lineup consistently, crossing the line third in three of the team's biggest meets. The Richmond, Ind., native earned NCAA South Region team honors after posting a collegiate best

6K time of 21:43.16. Clinton then went to the 2003 NCAA National Championship where she finished in the Seminoles' top five. Clinton ran three straight personal best times at the end of the 2003 in one of the most successful seasons yet for the women's team.

Day was another walk-on strider who ended up running in the varsity seven during her freshman year. During that season, Day went on to qualify and compete in the ACC Championships.

"We are getting quite a few more potential varsity athletes from our Striders program," said Braman. "You get to see student-athletes coming in that you can get really excited about and that you could possibly see two years down the road making varsity, the top seven or really making the difference in going to nationals."

Despite the lack of fanfare surrounding the program, the Striders are not a well-guarded secret. The coaching staff has promoted the program in high schools throughout the state of Florida, by preparing a brochure, running clinics and putting the program up on the track and field website.

"The program has caught a lot of momentum in high school programs and we are now to a point where they seek us out," said Braman.

To ensure the Striders are getting proper coaching and training, Coach Harvey and Coach Braman assign a graduate manager to lead the hardworking group and manage their needs.

The benefits of the program are evident on the both sides. From the standpoint of the FSU athletics department, the Striders extend the number of opportunities for female athletes. As for the female athletes, they are given the chance to continue competing in a sport they truly love and are dedicated to and in one of the nation's premier programs.



### Cross Country Support Personnel



**Mark Bresnahan**  
Facilities



**Wendy Byers**  
Business



**Nicole Haves**  
Marketing



**Scott Wright**  
Operations  
Director



**Brenden Lata**  
Equipment

## MEET THE WOMEN OF SEMINOLE CROSS COUNTRY



**Susan Kuijken [Team Captain]**  
**Senior**  
 Nijmegen, Netherlands  
 (Stedelijk Gymnasium)

**NCAA CHAMPION**  
 3000m: 2008  
 1500m: 2009

**THREE-TIME CROSS COUNTRY  
 ALL-AMERICAN**  
 2006, 2007, 2008

### FIVE-TIME TRACK ALL-AMERICAN

1500m: 2007, 2008, 2009  
 3000m: 2008 & 2009

### NCAA SOUTH REGION ATHLETE OF THE YEAR

Cross Country: 2006 & 2007

### ACC PERFORMER OF THE YEAR

Cross Country: 2007 & 2008

### NCAA ALL-SOUTH REGION

Cross country: 2006, 2007, 2008

### NCAA ALL-EAST REGION

1500m: 2007, 2008, 2009

### ACC CHAMPION

Cross Country: 2007 & 2008

Indoor Mile: 2008 & 2009

Distance Medley Relay: 2008 & 2009

5000m Outdoor: 2009

### ALL-ACC

Cross Country: 2006, 2007, 2008

Indoor Mile: 2008 & 2009

Distance Medley Relay: 2008 & 2009

3000m: 2006

5000m: 2009

### Collegiate Bests:

5K (XC): 16:26

6K (XC): 19:35 – FSU Record

800m: 2:02.24

1500m: 4:05.86

3000m: 8:56.27 – FSU & ACC Record

Indoor Mile: 4:34.11

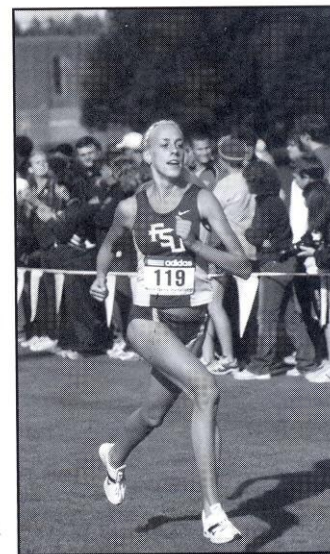
### 2008 Cross Country:

- Battled at the NCAA meet to earn second-place while also setting a new personal record with a time of 19:35.
- Led FSU at the ACC Championships with a first-place finish time of 20:11.0 in the 6K that helped the Seminoles win their second straight conference crown. Kuijken also earned All-ACC honors for her impressive run.
- Helped capture the team title at the NCAA South Regional Championship by taking third place with a time of 21:05.74.
- Set a new personal record in the 5K at the Notre Dame Invitational with a time of 16:26 to help the women win first place.
- Dominated the NCAA Pre-Nationals race as she set a new course record with her first-place finish time of 19:48.2 in the 6K.

### 2009 Track:

#### Outdoor-

- Helped Florida State win the ACC Triple Crown with titles in cross country and both indoor and outdoor championships.
- Crowned the NCAA Champion in the 1500m run for the first time with a time of 4:13.05 that contributed 10 points for the Seminoles.
- Earned the gold medal in the 5000m run at the ACC Championships with a time of 16:31.68 that is FSU's fifth-fastest time in program history.
- Shot straight up to the top of the NCAA charts after an impressive 800m run at the Georgia Tech Invitational with a time of 2:02.24. The time is FSU's second-best performance in school history.
- Debuted in the 1500m run at the Payton Jordan Invitational where she set a new lifetime record and posted FSU's second-best all-time performance with a time of 4:08.



#### Indoor-

- Reset her lifetime record and bettered her FSU and ACC chart-topping time in the 3000m run with a time of 8:56.27 at the NCAA meet. Her performance earned her the silver medal.
- Anchor leg of the distance medley group that captured first place at the ACC Indoor meet with a time of 11:12.96. The impressive time was the league's second-fastest performance of the season.
- Led the Seminoles to their first ACC Indoor title with an impressive mile run of 4:34.11 that reset the ACC meet record and marked the NCAA's third-best run of the season at the time.
- Blew past the competition in the 3000m run at the Husky Invitational with a time of 9:05.70 to take first place.

### 2007 Cross Country:

- Recorded the highest finish in school history at the NCAA Championships as she crossed the line third with a time of 19:57.30.
- Became just the second two-time All-American in school history (Vicky Gill, 2002-03).
- Named NCAA South Region Athlete of the Year after winning the meet for the second year in a row at 20:19.01.
- Captured the school's first individual ACC title, running the 6K course in 21:20.02.
- Ran the second-fastest 6K time in school history as she won the Pre-NCAA Meet in a time of 19:56.
- Set a school record by being named ACC Performer of the Week four times.
- Won her first five meets of the year, including the Notre Dame Invitational and Covered Bridge Open.

### 2008 Track:

#### Outdoor -

- Collected All-American honors for the second year in a row in the 1500m. Came in eighth at the NCAA Championships with a time of 4:17.28.

- Recovered from a mid-season injury to finish second in the 1500m finals at the NCAA East Regional Championships with a time of 4:24.30.
- Qualified for regionals at the Seminole Twilight with a 4:22.85 in the 1500m.

#### Indoor-

- Brought home the gold at NCAA Indoors with a first-place time of 8:58.14 in the 3000m run. Time set the conference and school record.
- Finished first in the mile run at the ACC Indoor Championships with a time of 4:36.91 to break the conference meet record.
- Anchored the Distance Medley Relay that won the conference championships with a time of 11:11.03, a new ACC record.

#### 2006 Cross Country:

- First Florida State cross country All-America selection since 2003 as she finished 27th at the NCAA Championships with a time of 21:18.
- Earned a spot on the NCAA All-South Region team by winning the meet with a season-best time of 20:54.
- Garnered All-ACC honors – a first by a women's runner since 2003 – by placing sixth at the conference meet with a 6K time of 21:20.2.
- Ran the fastest 5K time of the year, 16:52, as she took second at the Notre Dame Invitational.

#### 2007 Track:

##### Outdoor –

- Earned All-America honors by placing second at the NCAA Championships in the 1500m with a school-record time of 4:11.34.
- Earned NCAA All-East Region honors by placing second in the 1500m with a time of 4:21.77.
- Placed fifth at the ACC Championships, crossing the line in 4:29.56 during the 1500m.

#### 2006 Track:

##### Outdoor –

- One of two freshmen NCAA East Regional qualifiers to take part in the 1500m.
- Fastest freshman in the ACC and the NCAA East Region as well as the fifth fastest rookie in the nation.
- Second on the FSU all-time top 5000m performers list with a 16:20.30 at the Stanford Invitational.
- Finished eighth in the 1500m (4:27.79) and 12th in the 800m (2:11.50) at the ACC Championships.
- Won the 3000m at the FSU Relays, running a 9:49.87.

##### Indoor –

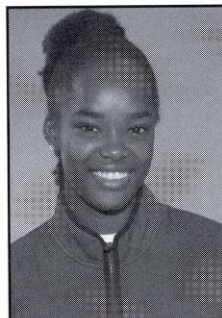
- Anchored the Seminoles' winning distance medley relay team at the ACC Championships that posted a time of 11:16.
- Finished second at the ACC Indoor Championships in the 3000m with a time of 9:28.97.
- Joined the Seminoles during the spring semester.

#### Academics:

- 2009 ACC Scholar Athlete of the Year and CoSIDA/ESPN the Magazine All-Academic District.

#### Personal:

Born July 8, 1986...Majoring in Sociology.



**Pilar McShine [Team Captain]**  
Junior  
Port-of-Spain, Trinidad and Tobago  
(Success Laventille Composite)

**TWO-TIME NCAA ALL-AMERICAN**  
Cross Country: 2008  
Indoor Mile: 2009

**NCAA ALL-SOUTH REGION**  
Cross Country: 2007 & 2008  
**NCAA ALL-EAST REGION**  
800m: 2008 & 2009

#### ACC CHAMPION

1500m: 2009

#### ALL-ACC:

Cross Country: 2008

Indoor Mile: 2009

1500m: 2009

5000m: 2009

#### NCAA PARTICIPANT

800m: 2008 & 2009

#### Collegiate Bests:

5K (XC): 17:13

6K (XC): 20:35

800m: 2:02.79

1500m: 4:20.83

Mile: 4:36.87

3000m: 9:44.61

5000m: 16:35.54

#### 2008 Cross Country:

- Reset her personal record at the NCAA meet with a time of 20:35 that earned the Seminole her first All-America honors.
- Earned All-ACC honors at the conference meet with a time of 20:43.0 in the 6K that placed sixth and helped the women win the ACC trophy for the second-consecutive year.
- Finished in fourth place with a time of 21:06.06 in the 6K at the NCAA South Regional meet that helped FSU win the crown for the second-straight season.
- Recorded the sixth-best mark in FSU history with a 6K time of 20:43.0 at the 2008 NCAA Pre-Nationals Meet.
- Helped FSU win the crown at the Notre Dame Invitational as she crossed the line with a new personal record time of 17:13 in the 5K.
- Opened the season with a 4.6K time of 16:43.3 that earned her seventh place at the Virginia Tech Invitational to help the women take the crown.

#### 2009 Track:

##### Outdoor-

- Posted a time of 2:05.09 in the 800m run at the NCAA Championships to qualify for the semifinals.
- Earned the silver medal in the 5000m run at the ACC Championships with a time of 16:35.54. Later went on to dominate the 1500m run where the Seminole took the gold medal with a finish time of 4:20.83.
- Set a new personal record in the 800m run at the Georgia Tech Invitational with a second place finish as she crossed the line in 2:02.89. Her time is noted as FSU's third fastest time in program history.
- Earned the ACC Performer of the Week honor after an impressive 800m run at the Seminole Invitational where she posted a first-place finish time of 2:05.48.



### Indoor-

- Battled in her first NCAA meet where she ran a lifetime-best mile with a time of 4:36.87 that earned her fourth place and contributed five points for the Seminoles.
- Took third place in the mile run at the Husky Invitational with a time of 4:37.71.
- Dominated the mile run with a first place finish at the New Balance Collegiate Invitational with a time of 4:40.8.
- Earned the silver medal while also posting eight points at the ACC Championships in the mile run with a time of 4:43.06.

### 2007 Cross Country:

- Finished 15<sup>th</sup> at the NCAA South Regionals with a 6K career-best time of 21:13.30 which earned her All-South Region Honors and is the ninth-fastest in school history.
- Crossed the finish line in first place at the FSU Invitational with 5K run of a time of 18:02.53 which earned her ACC Performer of the Week accolades.
- Took the 17<sup>th</sup> spot at the ACC Championship with 21:46.80.
- Ran a career-best 5K at the Notre Dame Invitational with 17:40.

### 2008 Track:

#### Outdoor-

- Advanced to the semifinals of the 800m at the NCAA Championships. Ran a 2:07.98 in the prelims.
- Crossed the line fourth in the 800m finals with a time of 2:06.95 at the NCAA East Regional Championships to earn All-Region honors.
- Posted her personal-best time of 2:05.73 in the 800m prelims at the regional meet to win her heat.
- Finished fourth at the ACC Championships in the 800m at 2:05.91.
- Also regionally qualified at the Seminole Twilight where she posted a 1500m time of 4:23.46.
- First qualified for regionals in the 800m at the FSU Relays with a 2:06.59.

#### Indoor-

- Crossed the line in 9:44.61 to finish 11th in the 3000m at ACC Indoors.
- Shaved more than 15 seconds off her 3000m time during the season.
- Also ran a 4:54.02 in the mile at the Husker Invitational.

### 2006 Cross Country:

- Redshirted her first season.

### 2007 Track:

#### Outdoor -

- Ran a season-best 4:33.67 at the Georgia Tech Invitational in the 1500m.
- Placed 18th in the 1500m at the ACC Championships with a time of 4:35.42.
- Her time of 4:37.07 in the 1500m placed her second at the Walt Disney Invitational.
- Her top 5000m time was a 17:51.45 at the Snowbird Invitational.

#### Indoor -

- Posted a career-best time of 10:54.17 in the 3000m at the Diet Pepsi Challenge.

#### Prep:

- Represented Trinidad and Tobago at seven Carifta Games since age 12.
- Won 10 medals during her career at the Carifta Games in the

800m, 1500m and 3000m.

- Represented Trinidad and Tobago at three CAC Games Championships.
- Won a gold medal in the 3000m and silver medal in the 1500m in 2006 at the CAC Championships.
- Won a gold medal in the 1500m in 2004.
- Competed in the 2005 Pan American Junior Championships.

### Academics:

- 2009 All-ACC Academic selection.

### Personal:

Born January 6, 1987... Majoring in Psychology.



**Pasca Cheruiyot**  
Junior  
Eldoret, Kenya  
(Missouri State)

### Collegiate Bests:

5K(XC): 16:57.81  
6K (XC): 20:27.18  
3000m: 9:30.46  
5000m: 16:26.82

### At Missouri State (2008-09):

#### Cross Country-

- Became the first Missouri State runner since 2004 to qualify and compete at the NCAA Championships.
- Ran the fifth-fastest 6K time of 20:56.70 in school history at the NCAA Championships to finish in 66<sup>th</sup> place.
- Set a new 5K school record at the MVC Conference Championships with a time of 16:57.81.
- Named to the All-MVC and All-Midwest Regional teams.

#### Track:

##### Outdoor-

- Named the 10000m conference champion and took the gold medal home at the league meet with a finish time of 36:23.19.
- Posted a second place finish to earn the silver medal in the 5000m run with a time of 16:47.23.
- Earned All-conference honors in the 10000m and the 5000m run.
- Ranked second on Missouri State's all-time 5000m list with a time of 16:26.94.
- Regionally qualified in the 5000m.

##### Indoor-

- Member of the distance medley relay team that captured the title at the conference meet with a time of 11:42.69.
- Set a conference and school record in the distance medley relay at the Alex Wilson Invitational with a time of 11:24.02.
- Notched All-Conference honors in the 3000m, 5000m and distance medley relay.
- Took home the silver medal in the 3000m run with a time of 9:44.83 and the 5000m run with a time of 16:33.50 at the league meet.
- Holds the school's all-time record in the 3000m (9:30.46) and the 5000m (16:26.82).

### At Rend Lake College (2007):

- Set seven school records.
- Currently holds the indoor mile, 3000m and 5000m records as well as the outdoor 1500m, 3000m, 5000m and 10000m records.
- Won the National Junior College Championship in the mile, 3000m and 5000m runs.

### Personal:

Born on July 27, 1986... Majoring in family/child development... Sister Rose is an Olympic medalist marathon runner.





**Jessica Parry**  
Freshman  
London, Ontario  
(Catholic Central High School)

**Parry's Bests:**

5K (XC): 17:14  
800m: 2:06.00  
1500m: 4:20.59

**Prep:**

**Cross Country:**

- Won the OFSAA Senior Girls Cross

Country title her senior year with a finish time of 17:27.

- A 12 time OFSAA gold medalist in cross country and track through her high school career.
- Two-time gold medalist at the 2007 Canadian Junior Championships.
- Set the Canadian junior record in the 1500m at the Commonwealth Youth Games with a time of 4:20.59. Also holds the Canadian Youth record in the 800m.
- 2009 Reebok Boston Indoor Games girls high school mile champion with a time of 4:51.62.
- Awarded the Myrtle Cook Award for the outstanding Canadian youth track athlete.
- Rewarded for being a gold medalist in 2008 as she carried the flag for Canada in the opening ceremony at the Commonwealth Youth Games.

**Personal:**

Born in April 25, 1990...Majoring in Physics.



**Amanda Winslow**  
Freshman  
Lawrenceville, Ga.  
Collins Hill

**Winslow's Bests:**

5K (XC): 17:30  
800m: 2:10  
1600m: 4:44  
3200m: 10:19

**Prep:**

**Cross Country:**

- Gatorade Cross Country Runner of the Year in 2008.
- Posted a time of 17:30 in the 5K to capture the regional title.
- Dominated the 5K at the state championships with a finish time of 18:00 to earn the win.
- Named the Nike Cross Nationals Southeast Regional Champion with her 5K run of 17:34 that took first place.

**Track:**

- Earned the Georgia 5A Track Champion title in the 1600m and 3200m run in 2008 and 2009.
- Awarded All-America status in the mile and 4x800m relay.
- Won the Atlanta Internationals Prep Classic in 2009 with a 800m run of 2:10.
- Ran the 1600m in 4:44 to win at the 5A state championships.
- Posted a time of 10:23 in the two mile at the Nike Outdoor Nationals that earned her an All-American honor.
- Member of the distance medley relay team that won the event at the Nike Outdoor Nationals in 2009.

**Personal:**

Born in December 10, 1990...Majoring in sports management.



**Amanda Quick**  
Junior  
Tampa, Fla.  
(Gaither)

**Collegiate Bests:**

5K (XC): 18:59.60  
1500m: 4:47.12  
Steeplechase: 10:33.27  
Mile: 4:55.26  
3000m: 10:06.05

**2008 Cross Country:**

- Opened the season with a time of 17:25.5 in the 4.6K at the Virginia Tech Invitational.

**2009 Track:**

**Outdoor-**

- Crushed her previous steeplechase record at the NCAA Regional meet with a new personal record of 10:33.27 that earned her first-place in her heat.
- Posted a lifetime record in the 3000m run at the Seminole Invitational with a first-place finish time of 10:06.05.

**Indoor-**

- Posted two points for the Seminoles at the ACC Championships with her mile run of 4:55.26 that took seventh place.
- Earned sixth place in the mile run at the Tyson Invitational with a time of 4:58.36.

**2007 Cross Country:**

- Took fourth place in the Great American Invitational with an 18:59.60.
- Crossed the finish line in 13<sup>th</sup> place at the Auburn Invitational with a time of 19:05.13.

**2008 Track:**

**Outdoor -**

- Just missed out on qualifying for the East Regional meet in the steeplechase after running a career-best time of 10:54.00 to win the event at the Seminole Invitational.
- Posted a 5000m time of 17:21.06 at the Snowbird Invitational.

**Indoor -**

- Scored two points during the mile run at the ACC Indoor Championships, coming in seventh with a time of 4:57.48. Ran a personal-best 4:56.93 during the prelims.

**2006 Cross Country:**

- Redshirted her first season with the Seminoles.

**2007 Track**

**Outdoor -**

- Placed sixth in the 1500m at the FSU Relays posting a career-best time of 4:47.12.

**Prep:**

- Awarded *Tampa Tribune's* Athlete of the Year and *St. Petersburg Times* Runner of the Year two years in a row (2005 and 2006).
- Named Best Athlete of the Year all four years



at Gaither.

- Earned All-State honors her last two years for track and cross country.
- Finished eighth with a 1600m personal record of 5:09.43 and seventh with a 3200m personal record of 11:14.79 at the FHSAA 3A-4A State Championships as a junior.
- Placed fifth at the FHSAA 4A Cross Country Championships.

**Academic:**

- 2009 All-ACC Academic.

**Personal:**

Born September 7, 1987 ... Majoring in sports management.



**Christina Woytalewicz**  
Senior  
Brandon, Fla.  
(Riverview)

**NCAA ALL-SOUTH REGION**  
Cross Country: 2008

**Collegiate Bests**

5K (XC): 17:39  
6K (XC): 21:21.8  
1500m: 4:49.91

3000m: 9:51.23  
5000m: 16:59.69  
Indoor Mile: 5:02.34

**2008 Cross Country:**

- Battled at the ACC Championships to set a new personal record in the 6K with a time of 21:21.8 that helped FSU earn its second-consecutive conference crown.
- Helped the women tie for first place at the NCAA Pre-National meet with a time of 21:49 in the 6K run.
- Set a new personal record in the 5K with a time of 17:39 at the Notre Dame Invitational.

**2009 Track:**

**Outdoor-**

- Second Seminole to finish the 5000m run at the Florida Relays while finishing with a time of 17:39.55.

**Indoor-**

- Lone Seminole to compete in the 5000m run throughout the season. Her fastest performance was at the ACC Championships where she took fifth place with a new personal record time of 16:59.69.
- Recorded a lifetime-best in the 3000 meter run as she earned first place with a time of 9:51.23 at the New Balance Collegiate Invitational.
- Ran a season-best time of 5:02.34 in the mile run at the Tom Jones Memorial.

**2007 Cross Country:**

- Crossed the finish line in third place at the FSU Invitational with a time 18:24.80.
- Helped the team win the ACC Championships with a 6K run of 22:25.07.
- Came in 12<sup>th</sup> place at the Covered Bridge Open with a time of 18:53.53.
- Ran her best 6K time at the NCAA Championships by posting a time of 22:14.30.

**2008 Track:**

**Outdoor -**

- Significantly dropped her time in the 5000m by posting a career-best mark of 17:09.57 at the Georgia Tech Invitational.

**Indoor -**

- Recorded the best 3000m time of her FSU career at the Tom

Jones Memorial Classic clocking in at 10:05.62.

- Notched a time of 17:51.34 in the 5000m at the New Balance Collegiate Invitational.

**2006 Cross Country:**

- Set a career-best time as she crossed the line in 18:01.94 and finished second on the B team, 29<sup>th</sup> overall, at the Auburn Invitational.
- Ran an 18:24.80 to finish third at the FSU Invitational.
- Also raced at the Covered Bridge Open where she posted a 19:30.86 to take 17<sup>th</sup>.

**2007 Track:**

**Outdoor -**

- Posted a season-best time of 17:41.63 in the 5000m to take fifth at the Snowbird Invitational.
- Ran a season-best 10:26.01 to place fifth in the 3000m at the Seminole Invitational.

**Indoor -**

- Lone indoor performance was a 12<sup>th</sup>-place 10:28.25 in the 3000m at the Diet Pepsi Challenge.

**2005 Cross Country:**

- Finished her first race as a Seminole by placing 32<sup>nd</sup> with a 5K time of 20:46.23 at the Covered Bridge Open.
- Ran the 5K FSU Invitational in 19:51.14.

**2006 Track:**

- Did not compete.

**Prep:**

- Earned All-County Cross Country honors as a senior.
- Finished 16<sup>th</sup> in cross country at the FHSAA Championships as a senior.
- Named best track athlete at Riverview High as a junior and track MVP as a senior.

**Personal:**

Born April 5, 1987...Majoring in business.



**Christal Washington**  
Sophomore  
Hollywood, Fla.  
(South Broward)

**Collegiate Bests:**

5K (XC): 18:44.42  
200m: 25.42  
400m: 55.22  
800m: 2:05.83

**2008 Cross Country:**

- In her lone race of the season, posted a time of 18:44.42 in the 5K at the FSU Invitational.

**2009 Track:**

**Indoor-**

- Ran the ACC's fourth-best and FSU's fastest 800m run of the season at the Tyson Invitational with a time of 2:08.02 that earned third place.
- Posted five points at the ACC Championships in the 4x400m relay as the team earned fourth place with a time of 3:42.78.
- Second leg of the 4x400m relay team that finished in sixth place with a time of 3:50.26 at the Tom Jones Memorial.

**Outdoor-**

- Posted a time of 3:36.12 as the third leg in the 4x400m relay at the Florida Relays.

- Captured the 4x400m relay title at the ACC Championships with as the last leg of the foursome that finished the race in 3:34.75.
- Dominated the 4x400m relay at the Penn Relays with a time of 3:34.00 that took first place.
- Earned an NCAA qualification at the regional meet in the 4x400m relay as the last leg of the quartet that finished in 3:35.28.

### Prep:

- Three-time FSHAA Class 4A Champion in the 800m.
- Ran a personal-best 2:05.83 to take third in the 800m at the Nike Outdoor Nationals.
- Named All-Broward County by the *Miami Herald*.
- Fourth-ranked 800m high school runner in the nation.
- Swept the regional and district titles her last three years.
- Posted a pair of personal best times at the Hallandale Invitational, clocking a 24.42 in the 200m and a 55.22 in the 400m.

### Personal:

Born: March 13, 1990 ... Majoring in family and child development... Dad was her coach in high school— Chris Washington.



**Kacey Gibson**  
Sophomore  
New Castle, Pa.  
(Neshannock)

### NCAA ALL-SOUTH REGION

Cross Country: 2008

### Collegiate Bests:

5K (XC): 17:27  
6K (XC): 22:05

800m: 2:22.94  
1500m: 4:51  
3000m: 10:17.28  
Mile: 5:11.31

### 2008 Cross Country:

- Competed at the NCAA Pre-National meet where she finished the 6K run in 22:05.
- Ran a time of 17:39 in the 5K race at the Notre Dame Invitational.
- Kicked-off the season at the Virginia Tech Invitational with a 4.6K run of 17:18.9.

### 2009 Track:

#### Outdoor-

- Finished in the top 10 in the 800m run at the Seminole Twilight with a time of 2:22.94.
- Took sixth place in the 1500m run with a finish time of 4:51.00 at the Seminole Twilight
- Holds FSU's second-fastest 3000m run of the season with her time of 10:19.64 at the Seminole Invitational.

#### Indoor-

- Finished in the top 10 in the mile run at the Tom Jones Invitational with a time of 5:11.31.
- Ran a time of 10:17.28 in the 3000m run at the New Balance Invitational.

### Prep:

- Earned Foot Locker Cross Country All-America honors after finishing 12<sup>th</sup> at the national meet in a time of 17:55.
- Placed seventh at the Northeast Regional meet running a time of 17:51.70.
- Three-time All-State selection.
- Won the PIAA AA Girls' title in 2006 recording a winning

time of 17:59.

- Four-time All-State selection on the track.
- Was runner up as a senior in the state 3200m (10:41.76) to go along with a seventh-place effort in the 1600m (5:07.36).
- Back-to-back state runner up in the 1600m as a sophomore and junior.

### Personal:

Born October 28, 1989 ... Majoring in Exercise Science.



**Andrea Palen**  
Junior  
Gardiner, NY  
(SUNY Cortland)

### Collegiate Bests:

6K (XC): 21:41

### At SUNY Cortland (2008):

#### Cross Country:

- Posted a second place finish at the Lehigh Paul short 6K run with a time of 21:41.
- Earned SUNY AC Champion status at the championships with a finish time of 21:58 in the 6K run.
- Awarded All-America honors at the NCAA Division III Championships with a 29<sup>th</sup> place finish.

### 2009 Track:

#### Outdoor-

- Redshirted the outdoor season.

#### Indoor-

- Posted a time of 10:19 in the 3K at the Cornell Relays.
- Dominated at 5K run at the Saint Lawrence Holiday Relays with a first-place time of 17:25.
- Ran a 5K time of 17:25 at the Boston University Valentine Invitational.

### 2008 Track:

#### Outdoor-

- Finished the 5K run at the William and Mary Colonial Relays with a time of 18:18.
- Battled at the ECAC Division III Championships in the 5K run as she finished in 18:14.

#### Indoor-

- Lone race was at the Boston University Valentine Invitational where she ran the 3K in 10:38.

### Prep:

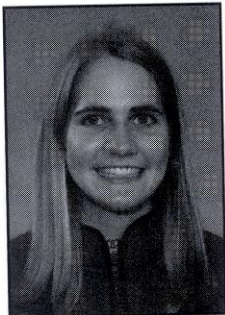
- Graduated from Walkill Senior High School in 2007.
- Named the captain and MVP of the Nordic Ski Team.
- Member of the Mid-Atlantic Junior National ski team.
- Competed at the Junior Olympics in 2006 and 2007.

### Academics:

- Named to the Dean's List for the spring 2009 semester.

### Personal:

Born on January 18, 1989....Majoring in Social Science.



**Jennifer Dunn**  
Sophomore  
Decatur, Ala.  
(Austin)

**Dunn's Bests**

5K (XC): 17:44.04  
800m: 2:20.06  
1500m: 4:44.98  
3000m: 10:13.93  
Indoor Mile: 5:00.48

**2008 Cross Country:**

- Opened the season at the Virginia Tech Invitational as she finished the 4.6K run in 17:38.0 to help the women finish in first place.
- Led Florida State at the FSU Invitational as she was the first Seminole to finish with a time of 18:16.25 to earn fifth place and help the women earn fourth place.
- Second Seminole to cross the finish line at the Auburn Invitational with a time of 18:17.16 in the 5K run.

**2009 Track:**

**Outdoor-**

- Competed in her first collegiate 800m run at the Seminole Twilight where she finished in fifth place with a time of 2:20.06.
- Posted a time of 4:44.98 in the 1500m run at the Seminole Twilight that earned her fifth place.
- Ran FSU's third-best 3000m time this season with a time of 10:36.85 at the Seminole Invitational.

**Indoor-**

- Set a new personal record in the 3000m run with a time of 10:13.93 at the Tyson Invitational.
- Crossed the finish line in the 3000m run with a time of 10:19.43 at the adidas Classic.
- Earned third place in the mile run at the adidas Classic with a season-best time of 5:00.48.
- Took sixth place while also being the first Seminole to finish in the mile run at the Tom Jones Invitational with a time of 5:01.94.

**Prep:**

- Completed her high school cross country career by winning the 6A state title with a course record of 17:44.04.
- Finished in the top 10 at the state meet all four years of her prep career, including runner-up spots as a junior and sophomore.
- Back-to-back state champion in the indoor 3200m her sophomore and junior years.
- Set the indoor 3200m state record of 10:42.83 on her way to the 2007 title.
- Won her first state title as a sophomore taking the outdoor 3200m crown in 10:55.57.
- First person to win the Decatur Daily Female Runner of the Year award four consecutive times.
- Ran a career-best 3200m time of 10:38.10 at the 2007 Mobile Challenge of Champions.
- Won the two-mile run at the 2008 Mobile Challenge of Champions in 10:41.82.
- Never finished lower than third in either the 1600m or 3200m races at the state championship.

**Personal:**

Born July 13, 1990...Majoring in exercise science.



**Bree-Arne McArdle**  
Junior  
Queensland, Australia  
(St. Peter's Lutheran College)

**Collegiate Bests**

5K (XC): 18:20  
6K (XC): 22:44.2  
1500m: 4:37.11  
Mile: 5:06.14

**2008 Cross Country:**

- Helped FSU win first place at the Notre Dame Invitational with her finish time of 18:20 in the 5K.
- Ran a time of 22:44.2 in the 6K at the NCAA Pre-Nationals meet that helped the women tie for first place.

**2009 Track:**

**Outdoor-**

- Third Seminole to cross the finish line in the 1500m run at the Seminole Invitational with a time of 5:06.31.

**Indoor-**

- Ran a season-best time of 5:11.89 in the mile run at the Tom Jones Memorial,
- Finished in the top 10 at the adidas Classic in the mile run with a time of 5:09.54.

**2007 Cross Country:**

- Crossed the finish line in a season-best 18:42 at the Notre Dame Invitational.
- Finished ninth at the FSU Invitational with a time of 18:48.29.
- Held the same place at the Great American Invitational with a 6K time of 20:02.30.

**2008 Track:**

**Outdoor -**

- Exclusively ran the 1500m with a season-best time of 4:37.11 at the Georgia Tech Invitational.
- Was the top collegiate finisher, second overall, in the 1500m at the Seminole Invitational.

**Indoor -**

- Participated in the mile run twice with a top performance of 5:06.14 at the Husker Invitational.

**At St. Peter's:**

- Played four different sports including cross-country, touch football, netball and surf life saving.
- Named High School Sportsman of the Year four years running (2002-05).
- Tagged as Sportsman of the College in 2006.
- Served as school sports captain and class president.
- Coached in cross country by her father, John, an accomplished marathon runner.

**Personal:**

Born October 10, 1989...Majoring in business.



**Emily Ness**  
Sophomore  
Tallahassee, Fla.  
(Maclay)

**Collegiate Bests:**

5K (XC): 18:56  
800m: 2:17  
1500m: 4:51

**2008 Cross Country:**

- Ran a personal best time of 18:56 in the 5K at the Auburn Invitational.

- Posted a time of 19:16 in the 5K at the FSU Invitational.

**2009 Track:**

**Outdoor-**

- Finished the 800m run in 2:19 at the FSU Twilight.
- Ran the 1500m at the FSU Invitational in 4:51 for a personal best.

**Indoor-**

- Recorded a personal-record in the 800m run at the Florida Invitational with a time of 2:17.

**Prep:**

- Named the track MVP during her junior and senior year.
- Captain of the cross country and track team senior year.
- Finished in second in the 300m hurdles with a time of 45.8 at the FHSAA state track meet in 2008. At the same meet, battled in the 100m hurdles that earned her sixth place with a time of 15.7.
- Anchored of the 4x800m and the 4x400m relay teams that both took second place at the FHSAA state track meet in 2007.

**Academics:**

- Currently in the FSU honors program.

**Personal:**

Born on May 16, 1990...Majoring in Exercise Science.



**Kara Taylor**  
Sophomore  
Tallahassee, Fla.  
(Chiles)

**Taylor's Bests:**

5K (XC): 17:52.78  
1600m: 5:11.73  
3200m: 11:26.99

**2008 Cross Country:**

• Third Seminole to finish at the FSU Invitational with a time of 18:50.53 in the 5K.

- Led the Seminoles in the 5K run at the Auburn Invitational with a finish time of 17:52.78.

**2009 Track:**

- Redshirted the indoor and outdoor track season.

**Prep:**

- Ran a personal-best 5K time of 19:08 as a senior to take sixth at the FHSAA 3A state championship.
- Was the runner-up at the regional meet after winning the district title.
- Placed 12<sup>th</sup> at the state cross country meet her junior year following a second-place finish at the regional summit.
- Recorded personal-bests at the FHSAA 3A track meet her senior year in both the 1600m and 3200m races.

- Took fourth in both the 1600m (5:11.73) and 3200m (11:26.99) at the FHSAAA 3A meet.
- Swept both events during the regional and district championships.
- Finished ninth in the 3200m (11:44.04) during her first trip to the state meet as a junior.
- Runner-up in the 3200m at the regional meet while placing fourth in the 1600m.

**Personal:**

Born in March 20, 1990...Majoring in social science.



**Keesha Danso-Dapaah**  
Sophomore  
Mississauga, Ontario  
(St. Aloysius Gonzaga Secondary School)

**Danso-Dapaah's Bests:**

5K (XC): 17:38.9  
800m: 2:12.1

**2008 Cross Country:**

- Redshirted the cross country season

**2009 Track:**

**Outdoor-**

- Placed fifth at the Seminole Invitational in the 800m run with a time of 2:20.16.
- First Seminole to finish the 1500m run with a time of 4:45.61 at the Seminole Invitational.
- Battled at the Seminole Twilight in the 1500m run where she finished eighth with a time of 2:21.36.

**Indoor-**

- Ran a season-best time of 2:18.47 in the 800m run at the adidas Classic to earn fourth place.
- Posted a time of 2:22.30 in the 800m run at the Tom Jones Invitational.

**Prep:**

- Won the OFSAA Senior Girls Cross Country title her senior year with a career-best time of 17:38.9.
- Came in ninth at the 2007 Canadian Junior National Cross Country Championship with a time of 17:55.9. Improved 26 spots from her 2006 finish.
- Took fifth as a junior at the Senior Girls Championship running a time of 19:51.2.
- Recorded a pair of top eight finishes at the 2008 OFSAA Track & Field Championships. Took seventh in the 400m at 57.66 and her 2:19.31 in the 800m was eighth.
- Placed sixth as a sophomore at the Junior Girls Cross Country Championship with a 4K time of 14:32.9.
- Earned the bronze medal at the OFSAA Championships in the 800m as both a sophomore and freshman.
- Took fourth in the 800m at the 2007 Canadian Junior National Championship with at time of 2:13.59. Came in 11th in the 400m (57.92).
- Twice named Mississauga High School Athlete of the Year.

**Personal:**

Born July 17, 1990 ... Majoring in Sport Management.

## MEET THE MEN OF SEMINOLE CROSS COUNTRY



**Daniel Roberts [Team Captain]**  
**Senior**  
 Vicksburg, Mich.  
 (Crested Butte Academy, Colo. /  
 Cedarville)

**ACC Indoor Champion**  
 Mile Run: 2008  
**All-South Region**  
 Cross Country: 2007 & 2008

### All-ACC

Mile Run: 2008  
 1500m: 2008

**NCAA East Regional Qualifier**  
 1500m: 2008

### Collegiate Bests:

8K (XC): 24:07  
 10K (XC): 30:47.2  
 1500m: 3:44.31  
 3000m Indoor: 7:57.62.  
 5000m: 14:11.73  
 Mile Run: 4:03.62

### 2008 Cross Country:

- Opened the season with a third-place finish time of 24:07.1 in the 7.6K run at the Virginia Tech Invitational to help the Seminoles win the meet. His time is noted as FSU's ninth-fastest performance in school history.
- Third Seminole to finish at the Notre Dame Invitational with a time of 24:07 in the 8K run.
- Paced the Seminoles at the NCAA Pre-Nationals meet with a finish time of 24:10.1 to guide FSU to a fourth-place finish.
- Led FSU to take third place at the NCAA South Regional Championship as the first Seminole to finish the 10K run his time of 31:14.26 which earned him All-South Region honors.
- First Seminole to finish the 10K run at nationals with a lifetime-best performance of 30:47.2.

### 2009 Track:

#### Outdoor-

- Did not compete throughout the outdoor season.

#### Indoor-

- Finished in the top 5 in the 3000m run at the adidas Classic with a time of 8:12.17.
- Crushed his previous mile record at the New Balance Invitational with a time of 4:03.62. The time was the ACC's second-best performance of the season.
- Posted the ACC's second-fastest time of the season in the 3000m run at the Husky Invitational with a time of 7:57.62.
- Earned the silver medal and scored eight points for the Seminoles in the mile run at the ACC Championships as he crossed the finish line in 4:03.70.

### 2007 Cross Country:

- Posted career-best 8K time of 24:14 at the Pre-NCAA meet.
- Placed 15<sup>th</sup> at NCAA South Regional in a career-best 10K time of 31:08.75 to earn All-South Region honors.
- Best finish of the year was a fifth-place showing of 25:38 at the Covered Bridge Open.
- Took 39<sup>th</sup> at the ACC Championships with a mark of 25:29.3.
- Ran a time of 31.41.3 at the NCAA Championships.



### 2008 Track:

#### Outdoor-

- Advanced to the finals of the 1500m at the NCAA East Regional Championships. Ran a 3:48.53 during the prelims.
- Earned All-ACC honors by finishing third in the 1500m at the conference championship in 3:47.50. Had the fastest qualifying time of 3:49.07
- Won the 1500m at the Seminole Twilight with a career-best time of 3:44.31. Time rates fifth in Seminole lore.
- Best 5000m time of the year came at the Payton Jordan Cardinal Invitational where he ran a 14:11.73 that ranks eighth in FSU history.
- Took third in the 5000m at the Snowbird Invitational clocking a 14:29.63.

#### Indoor-

- Captured the indoor championship in the mile run at the ACC Championships. Ran a time of 4:10.80.
- Best 3000m time came during the Husker Invitational where he posted a time of 8:12.96.

### At Cedarville (2007)

#### Track Outdoor -

- Earned NAIA All-American honors by taking second in the 5000m with a school-record time of 14:56.08.
- Set the school 1500m record with a mark of 3:46.19 at the NAIA Championships.

#### Indoor-

- Secured NAIA All-American accolades by running a school-record time of 4:10.12 to take a third in the mile run at the national championship meet.
- Clocked an 8:38.93 in the 3000m at the Findlay Open.
- Best 5000m time was a 15:05.34 at the Kent State Tune-Up.

## 2006 Cross Country:

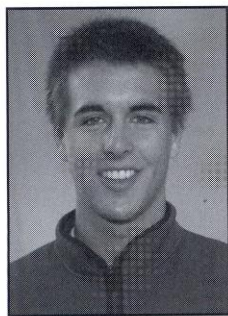
- Named NAIA All-American after taking fifth at the national championships with a time of 24:43.
- Collected an NCAA All-American certificate by running a second place 25:58 at the meet.
- Won the NAIA Region IX title with a then personal-best of 24:40.
- Placed fourth at the All-Ohio Championships.

## Prep:

- Two-time Foot Locker Cross Country Nationals participant. Placed 12th in 2005 and 18th in 2004.
- Posted sixth-and seventh-place finishes as the Foot Locker Midwest Regional meet to earn his spot in the national race.
- Earned 2005 All-American honors after placing sixth at the 1600m at the Nike Outdoor Nationals.
- Placed seventh in the two-mile at the 2006 Nike meet running a time of 8:58.10.
- Won state high school titles in the 1600m (2004 and 2003), 3200m (2004) and cross country (2005).
- Set the state record in the 1600m as a junior with a 4:09.45.

## Personal:

Born March 19, 1987 ... Majoring in exercise science.



**Matt Leeder [Team Captain]**  
**Junior**  
**Brockville, Ontario**  
**(Thousand Island Secondary)**

**NCAA All-American**  
 3000m: 2009

**All-South Region**  
 Cross Country: 2007 & 2008  
**All-East Region**

3000m: 2009  
 5000m: 2009

**All-ACC**  
 Cross Country: 2008  
**All-ACC Academic**  
 Cross Country: 2008  
 Indoor: 2009

## Collegiate Bests:

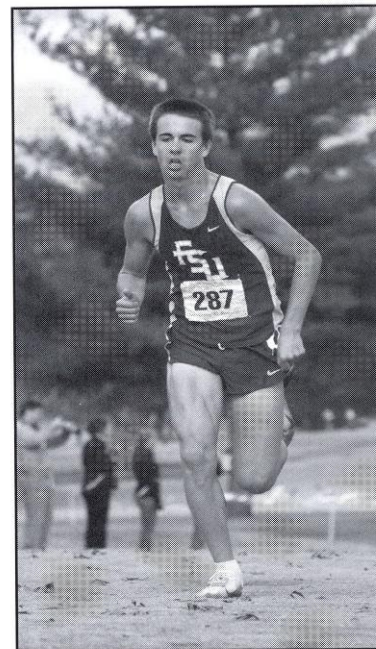
8K (XC): 24:01  
 10K (XC): 31:06.10  
 1500m: 3:44.09  
 3000m Indoor: 7:57.06.  
 5000m Outdoor: 13:54.4  
 Mile: 4:03.65

## 2008 Cross Country:

- Finished the 7.6K run at the Virginia Tech Invitational with a time of 24:06.8 to help the men earn first place.
- Crossed the finish line in 24:01 at the 8K Notre Dame Invitational run that helped the Seminoles remain unconquered and take first place.
- Second Seminole to cross the finish line at the NCAA

Pre-National meet with a time of 24:12.2.

- Led FSU at the ACC Championships as the first Seminole to cross the finish-line with a seventh-place finish in 24:36.5 to earn All-ACC honors.
- Posted a Top 12 finish at the NCAA meet with a time of 31:32.44 in the 10K run.



## 2009 Track: Outdoor-

- Posted a new personal record in the 1500m run at the Georgia Tech Invitational with a time of 3:44.09 that is also noted as the Seminoles best performance of the season in the event.
- Set a new lifetime-best performance while also running the ACC's fastest time of the season in the 5000m run at the Payton Jordan Invitational with an impressive 13:54.4 finish time that sits as FSU's fourth-best performance in school history.
- Qualified for the 5000m finals at the NCAA Championships with a time of 14:02.57.
- Scored four points for the Seminoles at the ACC Championships in the 5000m run with a time of 14:22.71 that earned him fifth place.

## Indoor-

- Ran the ACC's fastest 3000m run of the season at the Alex Wilson Invitational with a new personal-best time of 7:57.06.
- Had a strong performance in the 3000m run at the Husky Invitational with a time of 8:00.01.
- Posted a first place finish and set a personal-record with an NCAA provisional time of 8:02.99 in the 3000m at the adidas Classic.
- Posted a new personal record time of 4:03.65 in the mile run at the New Balance Invitational to earn fifth place.
- Contributed a point for the Seminoles at the ACC Championships in the mile run with a finish time of 4:05.86.

## 2007 Cross Country:

- Represented Canada at the IAAF World Junior Cross Country Championships. Came in 30<sup>th</sup> overall, third for North American runners, with a time of 24:26.
- Won the Canadian Junior National Cross Country Championships with a time of 25:09.3.
- Posted an 8K career-best time at the Notre Dame Invitational with a 24:30 to take 29<sup>th</sup>.
- Ran a personal-best 10K time of 31:06.10 at the NCAA Championships to finish 97<sup>th</sup> overall.
- Finished second in his collegiate debut running a time of

25:34.0 at the Covered Bridge Open.

- Came in 17<sup>th</sup> at the NCAA South Region Championship with a time of 31:16.63 to earn All-Region accolades.
- Second on the team, 19<sup>th</sup> overall, with a time of 24:45.90 at the ACC Championships.

## 2008 Track:

### Outdoor-

- Ran at the IAAF World Junior Track & Field Championships where he posted a time of 3:49.57 in the 1500m.
- Redshirted during the outdoor season. Competed unattached while prepping for the cross country world championship.
- Finished third in the 1500m at the Seminole Twilight running a collegiate-best time of 3:46.18.
- Clocked in at 14:31.58 during the Snowbird Invitational in the 5000m.

### Indoor-

- Scored points at the ACC Championships with a sixth-place, 4:12.87 during the mile run.
- Posted the fastest time during the prelims with a career-best run of 4:10.87 that ranked him 10<sup>th</sup> in the ACC.
- Fastest 3000m race of the year came at the Husker Invitational where he crossed the line in 8:13.30.

### Prep:

- Ran at the IAAF World Cross Country Championships to finishing 64<sup>th</sup> overall in the junior division –second amongst North American runners – with a time of 27:30 in the 8K race.
- Silver medalist at the 2007 NACAC Cross Country Championships with a 6K time of 18:56.
- Took second at the Canadian Junior Cross Country Championships with a time of 25:59.2 to earn his spot on the national team at the World Championships.
- Won a trio of Ontario Federation of School Athletic Association (OFSAA) cross country titles, capped by the senior division title in 2006.
- Won both the 1500m and 3000m titles in the senior division in 2007 after silver medals in both races during the 2006 meet.
- Captured the gold medals in the junior division of both the 1500m and 3000m as a sophomore.

### Academics:

- 2009 Indoor & Outdoor All-ACC Academic and USTFCCCA All-Academic...2007 & 2008 Cross Country All-ACC Academic.

### Personal:

Born December 19, 1989...Majoring in psychology.



**Ciaran O'Lionard**  
R-Junior  
Macroom-Co.Cork, Ireland  
(De La Salle College/ Michigan)

### Collegiate Bests:

8K (XC): 23:50.6  
10K (XC): 30:37.1

### At Michigan (2008):

#### Cross Country-

- Led Michigan at the NCAA Championships with a finish time in the 10K run of 30:37.1 that earned him 68<sup>th</sup> place.
- Posted a personal-record time of 23:50.6 in the 8K run at the Pre-National meet where he took sixth place.
- Earned the crown at the Spartan Invitational with a finish time of 24:46 in the 8K run.
- First runner from Michigan to finish at the Iona Meet of Champions.

### Academics:

- Academic All-Big 10 selection for three-consecutive years.

### Prep:

- Multiple national Underage Cross Country Champions with Leevale Athletic Club in Cork, Ireland.

### Personal:

Born April 11, 1988...Majoring in Literature.



**Justin Harbor**  
R-Junior  
Bunnell, Fla.  
(Flagler Palm/Oregon)

### Collegiate Bests:

8K (XC): 24:15  
10K (XC): 32:37.8  
1500m: 3:45.11  
3000m: 8:13.96  
5000m: 14:21.77

Indoor Mile: 4:04.67

### 2008 Cross Country:

- Crushed his previous 8K personal record at the Notre Dame Invitational with a time of 24:15 that helped the Seminoles win first place at the meet.
- Finished in sixth place with a time of 24:17.4 at the Virginia Tech Invitational.
- First Seminole to finish while also placing third in the 8K run at the Covered Bridge Open with a time of 25:00.
- Ran the 10K at the NCAA Championships in 32:37.8.

### 2009 Track:

#### Outdoor-

- Posted an impressive 1500m time of 3:45.11 at the Seminole Twilight that earned second place. The time is FSU's sixth-fastest performance in school history.
- Scored four points for the Seminoles at the ACC Championships in the 1500m run with a finish time of 3:45.86.



- Ran a season-best time of 14:21.77 in the 5000m run at the Stanford Invitational.
- Contributed a point for Florida State at the ACC Championships in the 5000m run with his eighth place finish in 14:38.47.

#### Indoor-

- Scored four points for the Seminoles at the ACC Championships with an impressive mile run in 4:04.67.
- Posted a new personal record in the 3000m run at the adidas Classic with a time of 8:13.96 that earned him fifth place.
- Ran a time of 4:05.78 in the mile run at the Alex Wilson Invitational.

#### 2007 Cross Country:

- Posted his collegiate-best in the 8K at NCAA Pre-Nationals with 25:05.
- Crossed the finish line at his first ACC Championship with a 25:52.80.

#### 2008 Track:

##### Outdoor-

- Posted his best collegiate time in the 1500m with a 3:50.03 at the Georgia Tech Invitational.
- Ran the 1500m (3:51.81) and 5000m (14:59.56) during the ACC Championships.

#### 2006-07 (At Oregon):

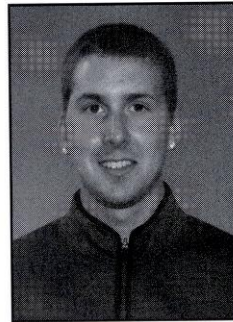
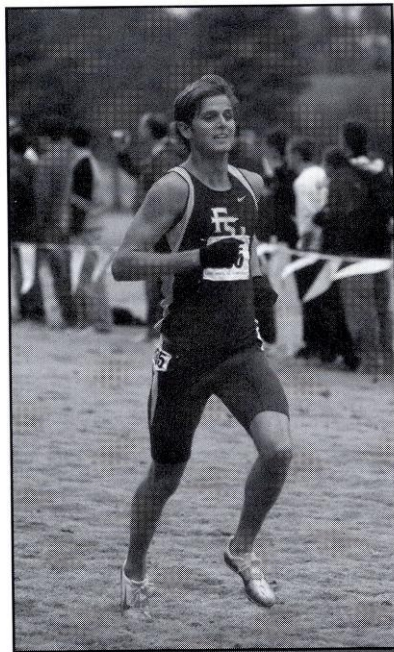
- Redshirted his only year at Oregon.

##### Prep:

- Two-time Foot Locker Championships qualifier (2004, 2005) and was a top-10 Foot Locker South Regional finisher in 2004 (third) and 2005 (seventh).
- Collected state cross country titles as a senior (15:59) and junior (15:19) and was fifth as a sophomore (15:45).
- Helped Flagler Palm to the 2005 4A state team title.
- Capped senior year by winning the 800m (1:55.01) and 1600m (4:15.22) at the FHSAA 4A meet.
- Took third in the 1600m as a junior (4:24.06).
- As a sophomore he won the state 3200m (9:31.39) and added third in the 1600m (4:21.51).
- 2006 Nike Indoor Nationals mile runner-up (4:15.66).
- Ranked third among preps in 1500m outdoors in 2006 with a personal-best from the Snowbird Invitational (second overall / top prep, 3:49.94).

##### Personal:

Born February 25, 1988...Majoring in sport management.



**Mike Fout**  
Sophomore  
La Porte, Ind.  
(La Porte)

#### Collegiate Bests:

5K (XC): 14:50  
8K (XC): 24:22  
1600m: 4:12  
3200m: 8:55

#### 2008 Cross Country:

- Posted an 8K time of 24:22 in his first collegiate run at the Notre Dame Invitational.
- Ran a 24:27.7 in the 8K run at the NCAA Pre-Nationals meet.
- Battled at the ACC Championships as he finished the 8K run in 25:22.1.

#### 2009 Track:

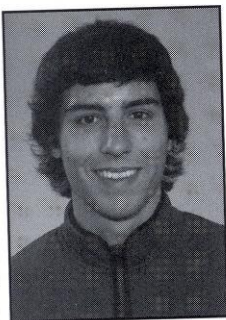
- Redshirted throughout the track season.

##### Prep:

- Won the Foot Locker National Cross Country Championships running a career-best 5K time of 14:50.
- Captured the Foot Locker Midwest title with a time of 14:55.
- Brought home the state cross country title his senior year by running a 15:31.9.
- Swept the sectional, regional and semi-state championship on his way to the state crown.
- Won the Indiana State championships in the 3200m his junior year crossing the line in 9:03.49.
- Regional champion in the 3,200m as a junior after finishing second the year before.
- Captured the region and section cross country titles his junior year before placing eighth at the semi-state meet.

##### Personal:

Born on May 7, 1990...Majoring in business.



**Wes Rickman**  
Freshman  
Peyton, Colo.  
(Falcon)

**Rickman's Best:**

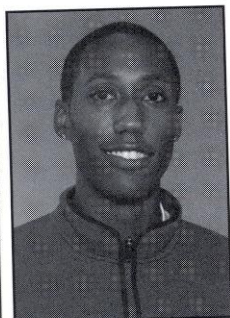
5K (XC): 15:15  
800m: 1:56  
3200m: 8:57  
1600m: 4:15

**Prep:**

- Won the 4A State Cross Country Team title with as the fastest team average in the all-state classifications.
- Selected for the All-Colorado Cross Country Team in 2007, 2008 and 2009.
- Captured the two mile title at the Colorado State Championships with a time of 9:15.
- Two-time 3200 Indoor All-American (2008 & 2009).
- Earned an All-American honor in the outdoor season in the 3200m with a time of 8:57 for a personal record.

**Personal:**

Born in March, 10, 1991...Majoring in Human Science.



**Jared Bell**  
R-Senior  
Los Angeles, Calif.  
(Harvard Westlake/Yale)

**Collegiate Bests:**

8K (XC): 24:51.9  
800m: 1:52.16  
1500m: 3:44.69  
3000m: 8:15.31  
Indoor Mile: 4:05.55

**At Yale (2006-09):**

**Cross Country-**

- Three-year letter winner.
- Set a personal record in the 8K at the Pre-National meet with a time of 24:51.9 in 2007.

**Track-**

- Ran a personal best in the mile at the IC4A prelim at Boston University.
- Earned second place in the mile and 4x800m relay at the Ivy League Indoor Championship.
- Holds Yale's fastest indoor 4x800m time (7:29.53), second-best performance in the 1500m (3:44.69), fourth-fastest time in the indoor mile (4:05.55) and ranked tenth in school history in the 3000m run (8:15.31).
- Received the Gardener Millet Award for Yale's Male Track and Field member who excels in sportsmanship, courage and inspiration.
- Four-time All-Ivy selection in the mile, distance medley and twice in the 4x800m.
- Two-time NCAA East Regional qualifier in the 1500m.
- Holds Yale's freshman indoor mile record of 4:11.18.

**Personal:**

Born on April 1, 1987...Majoring in Sport Administration.



**Nicholas Maedel**  
Junior  
Orange Park, Fla.  
(Ridgeview/West Florida)

**Collegiate Bests:**

8K (XC): 27:13  
10K (XC): 34:41.2  
5000m: 15:13.14

**2008 Cross Country:**

- Redshirted the cross country season.

**At West Florida (2007-08):**

**Cross Country-**

- Earned Second Team All-South Conference honors by finishing 16<sup>th</sup> at the conference championship at 27:49.
- Ran a career-best 8K time of 27:13 to come in fifth at the FSU Invitational.
- Posted a 10K time of 34:41.2 at the NCAA Division II South Regional Championship.
- Added a top 10 finish at the Argos Invitational with a mark of 27:46.

**Track:**

**Outdoor -**

- Ran unattached during a pair of events.
- Posted a career-best 15:13.14 to second place in the 5000m at the Seminole Invitational.
- Also ran the 5000m at the Snowbird Invitational turning in a 15:27.51.

**Prep:**

- Set personal bests with a 4:31 mile and 9:48 two mile.
- Helped Ridgeview to a sixth place finish at the 2007 state cross country championship.
- Finished 25th in the FHSAA Class 3A state meet.

**Personal:**

Born August 5, 1988... Majoring in sport management... Twin brother Andrew runs at West Florida.



**Jacob Brooks**  
Sophomore  
Ft. Myers, Fla.  
(Ft. Myers)

**Brooks' Bests:**  
5K (XC): 16:04.62  
1600m: 4:33.86  
3200m: 9:41.14

**2008 Cross Country:**

- Redshirted throughout the cross country season.

**Prep:**

- Finished in the top 15 of the FHSAA 3A Cross Country Championships his last two season at Ft. Myers.
- Best finish was an eighth-place 16:41 his junior year in the championships.
- Won a pair of district titles and was the regional runner-up his senior season.
- Posted the best 5K time of his career, a 16:04.62, at the FACA All-Star Meet.
- Earned All-State honors in track his senior year crossing the line sixth with a personal-best 9:41.14 in the 3200m at the FHSAA 3A meet.
- Regional runner-up in the 3200m as well as second in the 3200m and 1600m at the district meet.

**Personal:**

Born on March 12, 1990...Majoring in athletic training.

Tyson Invitational.

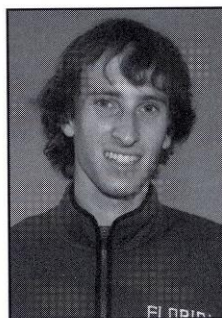
- Recorded a time of 4:20.87 in the mile at the adidas Classic.

**Prep:**

- Ran a career-best 5K time of 16:03 at the Foot Locker South Region Championship.
- Advanced to the FHSAA state cross country championships after finishing second at the regional meet.
- Posted his best 800m time of 1:52.63 in a second-place effort at the FHSAA All-Class Showdown.
- State finalist in the 800m his last two seasons; best showing was second-place finish as a junior.
- Runner-up in the 800m at the regional meet as a junior and senior.
- Two-time 800m district champion.
- Was inducted into the Seminole County Sports Hall of Fame.

**Personal:**

Born April 6, 1990 ... Majoring in engineering.



**David Huckaby**  
R-Sophomore  
Fort Mill, S.C.  
(Fort Mill)

**Collegiate Bests:**  
8K (XC): 27:51.30  
3000m: 8:52.42  
5000m: 15:46.19

**2008 Cross Country:**

- In his lone race of the season, posted a time of 28:27 in the 8K run at the Covered Bridge Open.

**2009 Track and Field:**

- Did not compete throughout the track season.

**2007 Cross Country:**

- Redshirted during his first season.
- Ran unattached at the Great American Cross Country Festival; came in 27<sup>th</sup> with 27:51.30.

**2008 Track:**

- Ran unattached during the outdoor season.
- Took eighth in the 3000m at the Seminole Invitational notching a time of 8:52.52.
- Posted a 5000m time of 15:46.16 during the Snowbird Invitational.

**Prep:**

- Helped Fort Mill to the cross country AAAA state championship his senior year by taking fourth with a time of 16:03.
- Picked up a pair of top three individual finishes at the state track meet to push the Yellow Jackets to a second-place finish.
- Took second in the state 3200m with a time of 9:40.19.
- Member of Fort Mill's winning 4x800m relay team at state.
- Took 27<sup>th</sup> at his first state cross country meet coming in with a time of 17:15 as the Yellow Jackets finished second.
- Posted his first top-five finish at the state meet as a junior crossing the tape fourth in the 3200m at 10:05.95.



**Nathan Duby**  
Sophomore  
Winter Springs, Fla.  
(Winter Springs)

**Duby's Bests:**  
5K (XC) 16:03  
800m: 1:49.30  
1600m: 4:29.51  
Indoor Mile: 4:18.86

**2008 Cross Country:**

- Redshirted throughout the cross country season.

**2009 Track:**

**Outdoor-**

- Posted the ACC's second-fastest 800m time during the season at the Georgia Tech Invitational with a personal record time of 1:49.30.
- Battled at the Seminole Twilight in the 800m run where he finished in second place with a time of 1:50.48.
- Ran the 800m at the Seminole Invitational in 1:50.87.

**Indoor-**

- Posted FSU's season best and the ACC's seventh-fastest 800m time during the season at the Tyson Invitational with a time of 1:52.98.
- Scored four points for the Seminoles at the ACC Championships in the 800m run with a time of 1:53.17.
- Ran a season-best time of 4:18.86 in the mile run at the

- Finished a spot back in the 1600m with a time of 4:28.10.
- Performance helped Fort Mill to a sixth-place finish.
- Ran at the 2005 Footlocker South Championships running a 16:27.

**Personal:**

Born May 30, 1988...Majoring in exercise science.



**Tyler Price**  
R-Sophomore  
Tallahassee, Fla.  
(Wakulla)

**Collegiate Bests:**

- 8K (XC): 26:42.
- 3000m: 8:47.53
- 5000m: 15:22.94
- 10000m: 32:44.15

**2008 Cross Country:**

- Set a new personal record at the Covered Bridge Open with an 8K run of 26:42.

**2009 Track:**

- Did not compete throughout the track season

**2007 Cross Country:**

- Redshirted during his first season.
- Ran unattached during the Great American Cross Country Festival, turning in a time of 27:04.70.

**2008 Track:**

**Outdoor-**

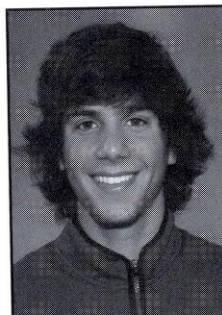
- Ran unattached during the outdoor season.
- Posted a top 10 finish in the 3000m at the Seminole Invitational crossing the line in 8:47.53.

**Prep:**

- Earned All-State honors in cross country his senior year as he finished seventh at the FHSAA 2A meet with a time of 16:50.
- Placed second at both the district and regional races.
- First runner in school history to compete at the state cross country meet his junior year as he placed 33rd.
- Earned All-State honors in the 3200m by taking third at the state meet with a personal-best time of 9:35.38.
- Won the event at the regional and district meets while taking second in the 1600m.
- Named All-Big Bend by the *Tallahassee Democrat* in cross country, track and tennis.
- Coached by his father David on the WHS cross country and tennis teams while Paul Hoover was his track coach.
- Awarded the Wakulla Scholar-Athlete Award and was a member of the National Honor Society.

**Personal:**

Born March 21, 1989... Majoring in international affairs...Father Dave ran track at North Texas and Florida State.



**Daniel Silva**  
R-Sophomore  
Miami, Fla.  
(Belen Jesuit)

**Collegiate Bests:**

- 800m: 1:55.16
- 1500m: 4:14.93

**2008 Cross Country:**

- Redshirted throughout the cross country season.

**2009 Track:**

**Outdoor-**

- Set a new personal record in the 800m run at the Seminole Invitational with a time of 1:55.16.
- Ran the 800m run at the Florida Relays with a time of 1:56.37
- Second Seminole to finish the 800m run posting a time of 1:56.81 at the Seminole Twilight.
- Took fifth place at the FSU Relays in the 1500m run as he crossed the finish line in 4:18.46.

**Indoor-**

- Posted a time of 1:58.57 in the 800m run at the Tom Jones Invitational.

**2007 Cross Country:**

- Competed unattached at the Great American Cross Country Festival. Posted a time of 30:26.20.

**2008 Track:**

**Outdoor -**

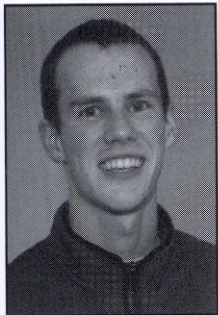
- Ran unattached during his first season.
- Posted his best 800m time of the year at the Seminole Twilight clocking a 1:55.71.
- Took fourth in the 800m at the Seminole Invitational.
- Ran the 1500m at the Snowbird Invitational posting a time of 4:14.93.

**Prep:**

- Member of the Belen Jesuit 4x800m team that won the 2007 2A state championship.
- Earned All-Dade County honors from the *Miami Herald*.
- All-State performer in the 800m running a top time of 1:57.41 which placed him second at the 2A States.
- Placed in the top eight at the 2007 regional meet in the 800m (4<sup>th</sup>) and 1600m (8<sup>th</sup>).

**Personal:**

Born April 8, 1989 ... Majoring in business.



**Tyler Braman**  
R-Freshman  
Tallahassee, Fla.  
(Chiles)

**Braman's Bests:**

5K (XC): 16:53  
800m: 1:57.58  
1600m: 4:38.56

**2008 Cross Country:**

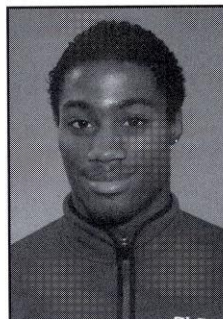
- Redshirted throughout the cross country season.

**Prep:**

- Helped Chiles to a second-place finish at the FHSAA 3A Cross Country Championships with a time of 16:59.
- Career-best 5K time was a 16:53 at the Panhandle Cross Country Championship.
- Member of the 4x800m relay that placed fifth and the eighth-place 4x400m relay at the FHSAA Championships.
- Advanced to the regional finals of the 800m where he posted a time of 2:00.10.
- Finished third at the district meet in the 800m with a mark of 2:04.61.
- Competed at the Seminole Twilight where he ran a career-best 800m time of 1:57.58.

**Personal:**

Born June 13, 1990 ... Majoring in business ... Son of FSU head coach Bob Braman ... Mother Debbie helped Tampa Chamberlain to the first women's FHSAA championships ever competed.



**Darrin Gibson**  
Freshman  
Tampa, Fla.  
(Robinson)

**Gibson's Bests:**

400m: 50.04  
800m: 1:52.6  
Mile: 4:31.4

**Prep:**

- Set a new personal record in the 400m run at regionals his sophomore year with a time of 50.04 which helped his team finish in fifth place.
- Finished in fourth place in the 800m run at the state championships with a personal best time of 1:57.99.
- Led the state his senior year in the 800m run with a time of 1:52.6.
- Earned All-conference honors in the 800m and the 4x800m relay his senior year.
- Broke the school record in 2008 by running the mile in 4:31.4.
- Smashed the previous 11 year record at the AAU club nationals by running the 800m in 1:53.4.
- Earned two All-American patches in the 800m and 4x400m relay at the AAU national meet.

**Academic:**

- Member of the National Honor Society.
- Graduated in the top 10% of his class.
- Earned the Hillsborough Scholar Athlete of the Year.
- Inducted into the Hillsborough Black Scholars Society.
- Earned the Chik-fil-A Scholarship.
- Named to the Hillsborough first All-Academic team.

**Personal:**

Born on August 21, 1991...Majoring in biology.



## 2008 WOMEN'S REVIEW



### Harvey Elevated To Women's Cross Country Head Coach

Coming off one of its most successful seasons Florida State's women's cross country program has ever seen with a historic third place finish at nationals and bringing home the Atlantic Coast Conference and South Regional titles, Track and Field/Cross Country Head Coach Bob Braman announced at the start of the 2008 season Karen Harvey would be promoted as the women's cross country head coach. In her first season as the assistant coach, Harvey helped produce the highest finish in program history at nationals in addition to also leading the distance group to dominate at the NCAA Indoor and Outdoor Championships. Under Harvey's direction, some of FSU's most elite athletes have trained and brought home several medals to Tallahassee including Susan Kuijken, Barbara Parker and Hannah England. Within a couple of weeks of Harvey arriving in Tallahassee, several lifetime-best records dropped and continued to improve throughout the season.

### Women Continue Streak With Back-To-Back Conference Titles

After winning the 2007 Atlantic Coast Conference title for the first time in program history, head coach Karen Harvey knew it was going to take that same dedication and hard work to achieve the same success at the 2008 meet which is exactly what Harvey led her team to do. Posting five Top 10 finishes which earned the Seminoles All-ACC honors, the women's team finished the meet with 27 points and remained unconquered with Susan Kuijken leading the way.



### The Garnet And Gold Post Most All-ACC Honorees

The Florida State women's cross country team was successful in defending the school's first league title from 2007 with an exceptional 2008 run that earned the Seminoles five All-ACC accolades, the most of any other league team. Atop the esteemed list was ACC Champion Susan Kuijken, a third-time honoree, followed by first-time winners Lesley Van Meirt (4<sup>th</sup>), Pilar McShine (6<sup>th</sup>), Linzi Snow (7<sup>th</sup>) and team captain Lydia Willemse (9<sup>th</sup>). Boston College, Virginia and North Carolina all had two each.

### Kuijken, Harvey Collect Top Conference Honors

After leading Florida State to its second-straight conference title by posting five Seminoles in the Top 10 and continuing the unconquered tradition throughout the season, the Atlantic Coast Conference recognized head coach Karen Harvey's influence on FSU and named her the ACC Women's Coach of the Year. After an exceptional first season with the Seminoles in 2007, Harvey proved she is constantly pushing the level of excellence higher which shows in talented athletes such as Susan Kuijken who bettered her already chart-topping time in the 2008 season and was also honored by the conference.

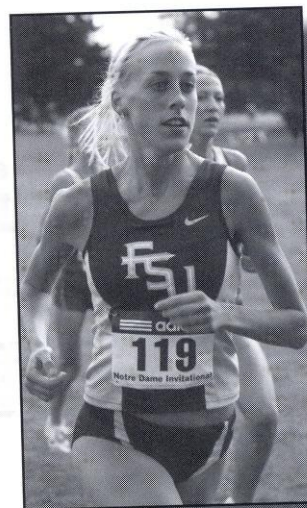
Throughout the 2008 season, Kuijken consistently led FSU to all but one first place finish as she finished every race in the top 5 and for that the league honored her with the ACC Performer of the Year award. As one of the most gifted athletes FSU has ever seen, Kuijken holds several records and has reset them several times under Harvey's direction.

### Seminoles Earn Second Consecutive Regional Crown

For the second consecutive season, the Seminoles dominated the south regional meet on the Lambert Acres Gold Club course in Maryland with a first place finish that helped the squad remain unconquered and earned them an automatic qualification to the NCAA meet. The women began crushing the opposition early with leader Susan Kuijken pacing the pack as the first Seminole to cross the finish line and Pilar McShine quickly following in fourth place. A total of four Seminoles placed in the Top 10 with Linzi Snow and team captain Lydia Willemse rounding off the list. FSU not only walked away with their second regional trophy, but also took home six All-Regional honors.

### Kuijken Leads FSU Through The Warpath

As one of FSU's most decorated athletes, Susan Kuijken continued to lead the pack in her third season as the first Seminole to cross the line in each of the races she competed in. Just when FSU thought Kuijken could not get any better, the Seminole broke free from her previous 6K time of 19:56 and bettered her already notable time to 19:49 at the Pre-National race. After taking the Pre-National meet by storm, the eight-time cross country and track and field All-American went on to crush her time again at the NCAA meet with an outstanding 19:35 run that earned her second place and ranks as FSU's best performance in program history. Kuijken was also the lone Seminole to consistently finish at NCAA's in the top five in every meet.



### FSU Dominates Through Season With All But One First-Place Finish

In her first season as the women's cross country head coach, Karen Harvey showed how powerful and talented her group of athletes are by dominating every meet with a first-place finish before the NCAA meet. With Harvey's help, several of the Seminoles trumped their previous record times and improved significantly through the season. Harvey, an outstanding athlete herself who held the steeplechase record in Canada, guided her team through its most exciting season by pushing through the obstacles and distractions to take the ACC and Regional crown for the second-straight year. Harvey then went on to coach Susan Kuijken to a second-place finish and shatter the previous Florida State 6K record.

### Florida State Tops ACC With Three All-Americans

Of the six Atlantic Coast Conference individuals that earned All-America honors at the NCAA meet, three of the athletes were Seminoles. Susan Kuijken, Pilar McShine and Lesley Van Miert were those named All-Americans for their Top 30 finishes. As the first ACC runner to finish, Kuijken earned her All-American title for the third-consecutive year while teammates McShine and Van Miert were first-time winners. Kuijken and McShine both dramatically improved their times and moved up in comparison to last season. Kuijken capped her historic season with an incredible 19:35 6K run at the meet which took second-place while McShine's finish time of 20:35 that notched 22<sup>nd</sup> place this season was a vast improvement from her 70<sup>th</sup> place finish of 21:21.10 in 2007.

## 2008 WOMEN'S RESULTS



### Covered Bridge Open (5k)

August 29, 2008- Boone, N.C.

1st place/ 11 teams

Name	Time	Place
Pilar McShine	18:20	1
Lydia Willemse	18:21	2
Amanda Quick	18:29	3
Bree McArdle	18:38	4
Kacey Gibson	18:45	5
Jennifer Dunn	19:05	8
Christina Woytalewicz	19:07	10
Kara Taylor	19:20	12
Emily Ness	20:15	36

### Virginia Tech Invitational (4.6k)

September 19, 2008-Blacksburg, Va.

1st place/ 6 teams

Name	Time	Place
Susan Kuijken	16:53.0	5
Lesley Van Miert	16:53.1	6
Pilar McShine	16:53.2	7
Lydia Willemse	16:53.3	8
Kacey Gibson	17:18.9	12
Amanda Quick	17:25.5	13
Linzi Snow	17:28.9	14
Christina Woytalewicz	17:35.7	17
Jennifer Dunn	17:38.0	19

### Notre Dame Invitational (5k)

October 3, 2008- Notre Dame, Ind.

1st place/ 19 teams

Name	Time	Place
Susan Kuijken	16:26	2
Lesley Van Miert	16:44	7
Lydia Willemse	17:03	13
Pilar McShine	17:13	26
Linzi Snow	17:21	40
Christine Woytalewicz	17:39	63
Kacey Gibson	17:48	80
Bree McArdle	18:20	130

### NCAA Pre-Nationals (6k)

October 18, 2008- Terre Haute, Ind.

1st place/ 39 teams

Name	Time	Place
Susan Kuijken	19:49	1
Lesley Van Miert	20:25	5

Pilar McShine	20:43	11
Linzi Snow	21:05	30
Lydia Willemse	21:16	42
Christine Woytalewicz	21:49	91
Kacey Gibson	22:05	120

### ACC Championship (6k) November 1, 2008- Chapel Hill, N.C.

1st place/ 12 teams

Name	Time	Place
Susan Kuijken	20:11.0	1
Lesley Van Miert	20:32.0	4
Pilar McShine	20:43.0	6
Linzi Snow	20:57.0	7
Lydia Willemse	20:59.9	9
Christina Woytalewicz	21:21.8	15
Amanda Quick	21:45.8	32
Kacey Gibson	21:51.6	37
Bree McArdle	22:16.1	51
Kara Taylor	22:32.2	58

### NCAA South Regional Champ. (6k) November 15, 2008- Knoxville, Tenn.

1st place/ 23 teams

Name	Time	Place
Susan Kuijken	21:05.74	3
Pilar McShine	21:06.06	4
Linzi Snow	21:11.75	8
Lydia Willemse	21:13.07	9
Kacey Gibson	21:34.67	17
Christina Woytalewicz	21:46.20	24
Amanda Quick	22:12.64	34

### NCAA Championship (6k)

November 24, 2008- Terre Haute, Ind.

3rd place/ 31 teams

Name	Time	Place
Susan Kuijken	19:35	2
Pilar McShine	20:35	22
Lesley Van Miert	20:42	29
Linzi Snow	20:51	43
Lydia Willemse	21:07	67
Christina Woytalewicz	21:39	123
Kacey Gibson	22:06	173



## 2008 MEN'S REVIEW

### FSU Travels To NCAA's For Sixth-Consecutive Season

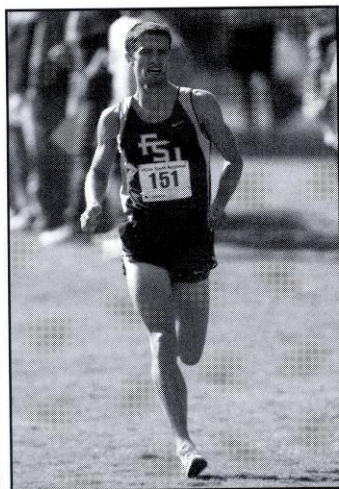
Led by junior Daniel Roberts, the Florida State cross country team found themselves with an invitation to battle at the national meet in Terre Haute, Ind., for the sixth-straight year. Despite finishing 26<sup>th</sup> as a team, the Seminoles showed much improvement by setting five new personal records in the 10k run. Roberts, who was the first Seminole to finish, came in 66<sup>th</sup> place with a time of 30:47.2 while sophomore Matt Leeder (89<sup>th</sup>-31:00) and seniors Steeve Gabart (122<sup>nd</sup>-32:18.7) and Nick Sunseri (130<sup>th</sup>-31:24) also found their times improving.

### Seminoles Take Third At NCAA Regional Championships

In spite of facing several obstacles including several injuries, the Seminoles stepped up and battled at the regional meet where the squad finished in third place with 52 points and posted five All-Regional honors. As the first Seminole to finish and earn regional honors, Daniel Roberts led the Seminoles with his sixth-place finish in a time of 31:14.26. Rounding off the top 15 was sophomore Matt Leeder (12<sup>th</sup>-31:32.44), Steeve Gabart in 13<sup>th</sup> (31:49.78) and Nick Sunseri in 15<sup>th</sup> with a finish time of 31:52.81. Florida State went on to earn an at-large bid to nationals for their impressive run.

### Two Seminole Engrave Names In FSU Record Book, While Two Move Up The List

Setting a personal record is special, but writing your name in the FSU record books while setting a personal best is a spectacular accomplishment that three Seminoles achieved at the Notre Dame Invitational. Led



by senior Luke Gunn's speedy performance, Daniel Roberts, Matt Leeder and Steeve Gabart made FSU history in the team's 8k run that helped the Seminoles win the crown with 81 points. Gunn (left), who previously held the No. 7 spot with 24:10 from 2006, bettered his time and took the top spot beating out Andrew Lemoncello's time from 2005 with a record-breaking finish-time of 23:35. Also one of the squad's leaders, Roberts improved his 2007 time of 24:14 that held the 10<sup>th</sup> spot with his newly-achieved time of 24:07 that now sits as the ninth-best performance all-time. As one of Florida State's most talented competitors, Leeder continued to improve in his second year with the Seminoles, but it is was Notre Dame

Invitational performance that landed him the eighth spot with a time of 24:01. For his time of 24:10 at the same meet, Gabart (right) rounded out the list as with the tenth-fastest run in school history.

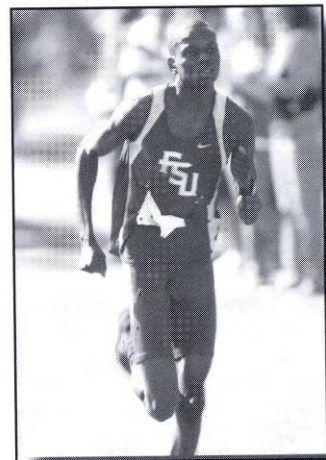
### FSU Takes Notre Dame Invitational By Storm

As one of the country's most prestigious meets to compete in, the Notre Dame Invitational was a sight to see as both Florida State cross country teams dominated the meet. The men's team made huge strides from their 2007 performance where the team finished in fifth place with 147 points. However, 2008 was very different for the team as they earned first place with 81 points, beating 24 other teams that included 10 opponents that were either nationally ranked or were receiving votes in the week's USTFCCCA coaches polls. Captain Luke Gunn's blistering time of 23:35, which earned him fourth-place, was an incredible improvement from his 2007 performance where the then junior came in 12<sup>th</sup> with a time of 24:13. Quickly following Gunn's lead was sophomore Matt Leeder in 14<sup>th</sup> place with a time of 24:01 and Daniel Roberts finishing with a time of 24:07 in 18<sup>th</sup> place to round out the Seminoles in the Top 20. Another notable performance was Steeve Gabart's time of 24:10 that placed him

21<sup>st</sup>. All four men shattered previous Florida State records and now sit in the record books.

### Braman Kicks-Off Season With Three First-Place Finishes

Head coach Bob Braman showed the strength of his team early on in the season with the Seminoles dominating their first three meets. Up first for Florida State was the Covered Bridge Open where the squad defended their 2007 title and took the crown with four Top 10 finishes. Next up on the agenda was the Virginia Tech Invitational (Pre-ACC meet) where Captain Luke Gunn's finished first and the rest of the Seminoles finished in the Top 12 to help win the title. Just two weeks later FSU dominated the Notre Dame Invitational where several records were broken, with four Seminoles resetting their personal bests. After a fifth-place finish in 2007, Florida State grouped together to earn 81 points. The team was able to down several ACC foes and in-state rival Florida for the crown.



### Florida State Ties For Most ACC Weekly Honors

With first-place finishes in its first three meets and a successful showing in the NCAA Pre-National meet, it's no wonder why Florida State tied for the most Atlantic Coast Conference weekly honors. In his first run of the season, Luke Gunn swept the competition away with his 7.6k run at Virginia Tech that earned the senior first place and helped the Seminoles take the crown. For this performance, Gunn received FSU's first ACC Men's Performer of the Week honor of the season. The team captain later went on to earn his second ACC Performer of the Week honor for his record-breaking run of 23:35 at the Notre Dame Invitational that shot straight up to No. 1 on FSU's All-Time 8k record book. Stepping in for Gunn's absence at the NCAA Pre-National meet was junior Daniel Roberts who guided the Seminoles to a fourth-place finish and was named the ACC's Men's Performer of the Week.

### Coach Braman's thoughts on the 2008 season:

"I was really proud to overcome what we had to overcome when we lost our captain Luke Gunn the day before the regional meet for the year. We're not a deep team like we are in track where we've got a bunch of 4x1 relay members or a bunch of 4x4. When you lose a guy like that you don't replace him. How did we do it, well our young guys got it done and our veterans and our walk ons stepped up. I'm really proud of what they did to keep our streak going, qualified for nationals to have two walk-ons make the all region team, Jason Lakritz and Nick Sunseri, then do a decent job at nationals. We'd like it to have been better but we had to spend a lot of energy to get there. It's tough to ask those guys to step up again where we would have rather qualified comfortably and then hit it hard for nationals. I was really proud of what they did and to finish 26<sup>th</sup> place with that group. I think everybody figured even once we made nationals we were going to be last and we were far from last. If we would have had Luke Gunn we would have been probably a top 15 team which would have been the 2<sup>nd</sup> best in history at Florida State and my best finish ever at Florida State. I'm really proud of the way they came through and they didn't run one bad race all year. We were a little bit nicked, sick and a little tired at conference but they didn't race bad they just didn't pull it out. That's a hallmark of the great team and I'm proud of what they did. There's statistics to show how many guys had their lifetime bests and that's what it's all about. If we do that, this year in terms of effort and performance with the talent being higher, we're gonna have a special year."



## 2008 MEN'S RESULTS



### Covered Bridge Open (8k)

August 29, 2008- Boone, N.C.

1st place/ 12 teams

Name	Time	Place
Justin Harbor	26:00:00	3
Jason Lakritz	26:10:00	5
Trey Andrews	26:15:00	6
Steeve Gabart	26:17:00	8
Seth Proctor	26:31:00	13
Tyler Price	26:42:00	16
Stephen Wilson	27:52:00	41
David Huckaby	28:27:00	63

### Virginia Tech Invitational (7.6k)

September 13, 2008-Blacksburg, Va.

1st place/ 6 teams

Name	Time	Place
Luke Gunn	24:06.6	1
Matt Leeder	24:06.8	2
Daniel Roberts	24:07.1	3
Nick Sunseri	24:07.3	4
Justin Harbor	24:17.4	6
Jason Lakritz	24:19.5	9
Trey Andrews	24:20.6	10
Steeve Gabart	24:40.8	12

### Notre Dame Invitational (8k)

October 3, 2008- Notre Dame, Ind.

1st place/ 19 teams

Name	Time	Place
Luke Gunn	23:35.00	4
Matt Leeder	24:01:00	14
Daniel Roberts	24:07:00	18
Steeve Gabart	24:10:00	21
Justin Harbor	24:15:00	24
Michael Fout	24:22:00	30
Nick Sunseri	24:41:00	59
Trey Andrews	25:00:00	89
Jason Lakritz	25:09:00	100

### NCAA Pre-Nationals (8k)

October 18, 2008- Terre Haute, Ind.

4th place/ 41 teams

Name	Time	Place
Daniel Roberts	24:10.1	28
Matt Leeder	24:12.2	32

Steeve Gabart	24:12.3	33
Michael Fout	24:27.7	51
Nick Sunseri	24:38.4	68
Justin Harbor	25:40.8	193
Trey Andrews	26:46.7	260

### ACC Championships (8k)

November 1, 2008- Chapel Hill, N.C.

4th place/ 12 teams

Name	Time	Place
Matt Leeder	24:36.5	7
Steeve Gabart	24:48.6	14
Luke Gunn	24:58.2	17
Nick Sunseri	25:01.3	18
Daniel Roberts	25:14.8	24
Michael Fout	25:22.1	27
Jason Lakritz	25:33.0	32
Trey Andrews	25:58.2	52
Tyler Price	26:34.7	74
Justin Harbor	26:50.4	78

### NCAA South Regional Champ. (10k)

Nov. 15, 2008- Knoxville, Tenn.

3rd place/ 21 teams

Name	Time	Place
Daniel Roberts	31:14.26	6
Matt Leeder	31:32.44	12
Steeve Gabart	31:49.78	14
Nick Sunseri	31:52.81	15
Jason Lakritz	32:18.58	23
Justin Harbor	33:01.92	34
Trey Andrews	33:12.93	41

### NCAA Championship (10k)

Nov. 24, 2008- Terre Haute, Ind.

26th place/ 31 teams

Name	Time	Place
Daniel Roberts	30:48:00	66
Matt Leeder	31:01:00	89
Steeve Gabart	31:19:00	122
Nick Sunseri	31:24:00	130
Jason Lakritz	31:53:00	169
Trey Andrews	32:38:00	200
Justin Harbor	34:27:00	214



# FLORIDA STATE

## CROSS COUNTRY HISTORY



### All-Americans

Men	Women
1969 Ken Misner	1981 Darien Andreau
1970 Ken Misner	2002 Vicky Gill
1971 Bobby Brooks	2003 Vicky Gill
1981 Herb Willis	Natalie Hughes
2005 Andrew Lemoncello	2006 Susan Kuijken
	2007 Susan Kuijken
	2008 Barbara Parker
	Susan Kuijken
	Pilar McShine
	Lesley Van Meirt

### All-ACC

2001 Joep Tigchelaar	2000 Amy Pleckaitis
2002 Joep Tigchelaar	2002 Vicky Gill
2003 Joep Tigchelaar	2003 Vicky Gill
Ian Hornabrook	2006 Susan Kuijken
2004 Andrew Lemoncello	2007 Susan Kuijken
Ian Hornabrook	Barbara Parker
Tom Lancashire	2008 Susan Kuijken
Eddy Rodriguez	Pilar McShine
2005 Andrew Lemoncello	Linzi Snow
Tom Lancashire	Lesley Van Meirt
Sean Burris	Lydia Willemse
Phil Nicholls	
2006 Tom Lancashire	
Andrew Lemoncello	
2008 Steeve Gabart	
Matt Leeder	

### All-South Region

2001 Joep Tigchelaar	2001 Vicky Gill
Kim Bergdahl	Natalie Hughes
Dave Guerra	Katie Jeffrey
Maarten van den Heuvel	2002 Vicky Gill
2002 Joep Tigchelaar	Natalie Hughes
Maarten van den Heuvel	Allison Lind
Nathan Adams	Misty Harper
2003 Joep Tigchelaar	2003 Vicky Gill
Ian Hornabrook	Natalie Hughes
Kevin Cook	Anne Clinton
Eddy Rodriguez	Helen Hofstede
Luke Beevor	2004 Laura Bowerman
	Natalie Hughes
2004 Andrew Lemoncello	2005 Laura Bowerman
Eddie Rodriguez	Abi Wilshire
Tom Lancashire	2006 Jessica Crate
Ian Hornabrook	Amy Huss
2005 Andrew Lemoncello	Susan Kuijken
Tom Lancashire	Abi Wilshire
Phil Nicholls	2007 Susan Kuijken
Sean Burris	Barbara Parker
Kevin Cook	Hannah England
2006 Mark Buckingham	Pilar McShine
Luke Gunn	Kirsten Hagen
Tom Lancashire	Audrey Hand
Andrew Lemoncello	2008 Lydia Willemse
2007 Mark Buckingham	Susan Kuijken
Luke Gunn	Pilar McShine
Steeve Gabart	Linzi Snow
Matt Leeder	Lydia Willemse
Daniel Roberts	Kacey Gibson
	Christina Woytalewicz
2008 Steeve Gabart	
Jason Lakritz	
Matt Leeder	
Daniel Roberts	
Nick Sunseri	

### ACC Performers of the Week

Men	Women
1996 Jason Ritter (9/10)	2001 Alison Lind (9/3)
1997 Aaron Scheer (10/6)	2002 Vicky Gill (10/21)
1998 Aaron Scheer (10/12)	2007 Susan Kuijken (9/4)
2004 Luke Beevor (9/7)	Pilar McShine (9/25)
Andrew Lemoncello (9/14)	Susan Kuijken (10/2)
Andrew Lemoncello (10/4)	Susan Kuijken (10/16)
Andrew Lemoncello (10/18)	Susan Kuijken (10/23)
2005 Andrew Lemoncello (9/19)	2008 Susan Kuijken (10/20)
Andrew Lemoncello (10/3)	Susan Kuijken (11/3)
2006 Andrew Lemoncello (10/16)	
2007 Mark Buckingham (9/4)	

2008 Luke Gunn (9/22)  
 Luke Gunn (10/6)  
 Daniel Roberts (10/20)

### All-Time Team Finishes

NCAA Championship	2002	28th (657)	
1981	8th (257)	2003	18th (455)
2003	29th (733)	2006	21st (436)
2004	17th (438)	2007	3rd (236)
2005	18th (471)	2008	3rd (163)
2006	30th (602)		
2007	20th (454)		
2008	26th (576)		

### NCAA South Region Championship

2001	3rd (85)	2001	3rd (113)
2002	4th (104)	2002	2nd (72)
2003	2nd (64)	2003	2nd (93)
2004	1st (59)	2004	4th (176)
2005	2nd (47)	2005	3rd (118)
2006	1st (67)	2006	4th (84)
2007	2nd (52)	2007	1st (40)
2008	3rd (66)	2008	1st (41)

### ACC Championship

-Under Head Coach Scott Irving-			
1991	7th (200)	1991	5th (154)
1992	8th (230)	1992	5th (164)
1993	8th (220)	1993	7th (195)
1994	9th (273)	1994	9th (235)
1995	9th (230)	1995	9th (220)
1996	7th (217)	1996	9th (247)
1997	9th (232)	1997	9th (247)
1998	8th (210)	1998	8th (220)
1999	8th (218)	1999	8th (214)
-Under Head Coach Bob Braman-			
2000	7th (188)	2000	6th (128)
2001	5th (134)	2001	7th (156)
2002	5th (123)	2002	6th (134)
2003	2nd (66)	2003	5th (135)
2004	2nd (48)	2004	6th (168)
2005	2nd (38)	2005	7th (196)
2006	2nd (79)	2006	4th (118)
2007	3rd (130)	-Under Head Coach Karen Harvey-	
2008	4th (80)	2007	1st (64)
		2008	1st (27)

### Men's All-Time 8K Records

Runner	Time	Year
1. Luke Gunn	23:35	2008
2. Andrew Lemoncello	23:43	2005
3. Larry Greene	23:47	1980
4. Herb Willis	23:52	1980
5. Tom Lancashire	23:53	2005
6. Mark Buckingham	23:53	2007
7. Matt Leeder	24:01	2008
8. Joep Tigchelaar	24:04	2003
9. Daniel Roberts	24:07	2008
10. Steeve Gabart	24:10	2008

### Women's All-Time 6K Records

Runner	Time	Year
1. Susan Kuijken	19:35	2008
2. Vicky Gill	19:48	2002
3. Barbara Parker	20:17	2007
4. Lesley Van Meirt	20:25	2008
5. Pilar McShine	20:34	2008
6. Laura Bowerman	20:40	2005
7. Hannah England	20:44	2007
8. Natalie Hughes	20:50	2003
9. Amy Huss	20:50	2006
10. Linzi Snow	20:51	2008

## THIS IS THE ACC

### 2008-09 IN REVIEW

The 2008-09 academic year saw league teams capturing five national team titles and 16 individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 13 years. The ACC has won two or more NCAA titles in 27 of the past 29 years.

A total of 128 ACC teams placed in NCAA post-season competition in 2008-09. League teams compiled a 130-74-1 (.637) mark against opponents in NCAA championship competition. In addition, the ACC had 199 student-athletes earn first team All-America honors this past year. Overall, the league had 265 first, second or third team All-Americans and the ACC produced eight national Players of the Year and five national Coach of the Year honorees.

Led by junior Susan Kuijken, the Florida State women's cross country team captured their second consecutive conference title at the 2008 ACC Championships by posting four runners in the top seven and five among the top nine. Kuijken, who also dominated the championship in 2007, posted a first-place finish time of 20:11 in the women's 6k race and edged the closest runner by six-tenths of a second. For her efforts on the course, Kuijken was named the 2008 ACC Performer of the Year in cross country.

Head coach Karen Harvey saw her squad remain unconquered in the championships by posting a mere 27 points as compared to second place Boston College (106) and Wake Forest (112).

The Virginia men also found success in defending their league title as they too were named the 2008 ACC Champions. Ryan Foster posted a first-place time of 24:27.7 on the 8K course. Virginia dominated its third conference championship in the last four years with a total of 40 team points to place ahead of NC State (56) and Virginia Tech (75).

### 2008-09 NATIONAL CHAMPIONSHIPS

Field Hockey .....	Maryland
Women's Soccer .....	North Carolina
Men's Soccer .....	Maryland
Men's Basketball .....	North Carolina
Women's Tennis.....	Duke

### THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2009-10 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, wres-

ting, 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 held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

### A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation. The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University. The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.



## UNIVERSITY FACTS



### Florida State University

#### Board of Trustees

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#### Athletics Administration

**Executive Staff**  
*Deputy Athletics Director/SWA*  
 Kellie Elliott  
*Senior Associate Athletics Director*  
 Monk Bonasorte  
*Senior Associate Athletics Director*  
 Gary Huff

**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 39,136 Fall Semester 2008.

**ENROLLMENT (FALL, 2008):** Total, 39,136...75.7% undergrad, 21.4% grad, 2.9% unclassified...81.5% in-state...93.6% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 55.7%...male, 44.3%...minority, 25.3%...international, 3.3%.

**ACREAGE:** Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,545.5 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/DEGREE PROGRAMS:** With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 100 degree programs, to the master's degree in 114 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 degree programs, to the doctorate degree in 74 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Motion Picture, Television & Recording Arts, Music, Nursing, Social Sciences & Public Policy, Social Work and Visual Arts, Theatre and Dance.

**OPERATING BUDGET (2008-09):** \$1,111,706,391  
**DEGREES AWARDED FOR 2007-08:** Bachelor, 7,615...Masters, 12,075 Doctorate, 368...Medical Doctorate, 57...Specialist, 62...Judge Doctorate, 305... Total, 10,482

**ENTERING FRESHMAN FACTS (FALL, 2008):** The middle 50 percent High School GPA, 3.4-4.0; SAT score 1120-1280, ACT score 24-28. There were 51 National Merit Scholars, 8 National Achievement Scholars, and 13 Hispanic Scholars enrolled as undergraduate students during the Fall 2007 term.

**RETENTION RATE:** First year, 100%...second year, 89.2%...third year, 81.0%...fourth year, 78.3%.

**FACULTY/STAFF:** Total 2,414...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 six dynamic Nobel Laureates: 12 members elected to National Academy of Sciences...11 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

**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

was ranked 18th most connected university in the nation by Yahoo! Internet Life.

#### EDUCATIONAL OPPORTUNITIES ABROAD:

FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

**EXTRACURRICULAR ACTIVITIES:** FSU has over 400 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:** 16-1... Many of the general education classes are large, lecture classes; however, over 80% of major classes have less than 50 students.

**RESEARCH:** The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students.

**SPONSORED RESEARCH (07-08):** \$195,787,449

**LIBRARY HOLDINGS:** The University Library System contains over 3.4 million volumes, of which more than 477,000 are available electronically as e-books. The libraries subscribe to more than 107,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 425 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

#### 10 LEADING STATES OF ORIGIN

Florida	31,861
Georgia	786
Virginia	384
New York	256
North Carolina	243
Texas	238
Pennsylvania	206
Alabama	188
New Jersey	180
California	172

## NCAA COMPLIANCE

### FLORIDA STATE UNIVERSITY COMPLIANCE OFFICE

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

#### KEY DEFINITIONS YOU SHOULD KNOW

**Representatives of Athletics Interests:** A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed financially to the athletics department or to its booster club.
- Joined the institution's booster club or any sport specific support group.
- Provided benefits to enrolled student-athletes or their families.
- Assisted in any manner in the recruitment of prospective student-athletes.
- Promoted the institution's athletics program.
- Purchased season tickets.

\*\*\* Once an individual is identified as a representative, the person retains that identity forever. \*\*\*

**Prospective Student-Athlete:** A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

**Contact:** A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

**Evaluation:** An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

#### PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- During the five days immediately before an official visit to the university;
- On the day of a coach's off-campus contact with a prospect; or
- During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

#### A Prospect of Any Age Could Receive the Following From a Coach:

- Questionnaire

- Camp brochure
- NCAA educational information
- Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)

#### After September 1 of a Prospect's Junior Year, a Coach Could Provide:

- Written correspondence, including letters and e-mails
- Business Cards
- Media Guide
- Game programs (only on an official or unofficial visit)
- Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
- Any other information may be provided via the institution's web site

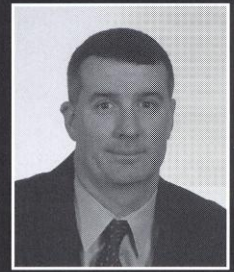
#### WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE?

Only Florida State coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

#### ALUMNI AND BOOSTERS DO'S AND DON'TS

- You **may** forward information about prospects to the appropriate coaches.
- You **may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- You **may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- You **may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- You **may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- You **may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- You **may not** make contact with a prospect and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- You **may not** transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- You **may not** pay or arrange for payment of summer camp registration fees for a prospect.
- You **may not** provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State University Compliance Office at (850) 644-4272.



**Brian Battle**  
*Associate Athletics  
Director for Compliance*



**Jody Smith**  
*Assistant Athletics  
Director for Compliance*



**Jennifer Santiago**  
*Assistant Athletic  
Director for Compliance*



**Bret Cowley**  
*Compliance  
Coordinator*

## ACADEMIC SUPPORT SERVICES



**Bill Shults**  
*Director of Athletic Academic Support*



**Jen Kentera**  
*Advisor/Tutorial Coordinator*

### MISSION STATEMENT

The primary mission of Florida State University's Athletic Academic Support Services is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.

### SERVICES AND PROGRAMS

#### ACADEMIC ADVISING

The advisors in Athletic Academic Support Services serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

#### STUDY HALL

Professionally supervised study sessions for each athletic team are organized in order to help ensure the academic success of the student-athletes. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic advisor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are requested to attend study hall.

#### TUTOR AND MENTOR PROGRAM

The tutorial program is available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree. Approximately, 100 tutors are hired each year, from a variety of academic departments. Every tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students who excel in a specific area of study. All mentors are graduate students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic advisor as they keep the academic performance of their student-athletes under close observation and report to the academic advisors each week.

#### COMPUTER LAB

The Athletic Academic Support Services computer labs are located in the Moore Athletics Center and in the new Learning Center located on the 9th floor of the University Center. FSU has 47 PC compatible computers and several laser printers available for use by the student-athletes. A computer lab is available 24/7 to student-athletes with a current FSU ID card. The entire Athletic Academic Support Services wing is also equipped with wireless internet.

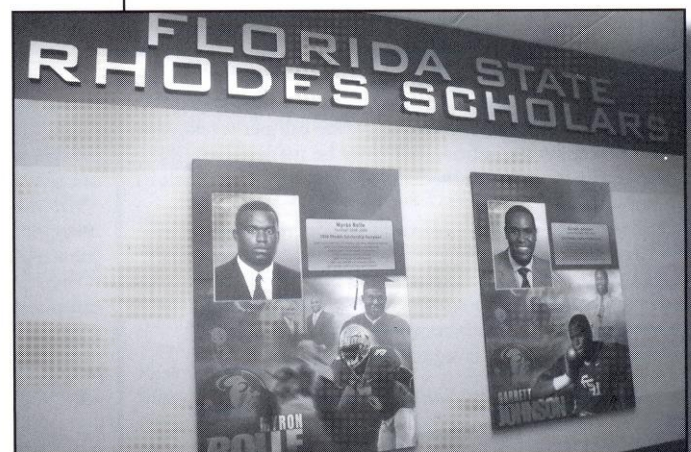
#### SUMMER BRIDGE PROGRAM

Athletic Academic Support Services, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college and highlights many different topics that are important for student-athlete success. The program is a week-long intensive orientation that incorporates the University orientation with the athletics department orientation and continues throughout the six-week summer session. Seminars, designed to acclimate the students to the University community, are conducted weekly. Seminar topics include media training, health promotions, academic mapping requirements, the Academic Honor Policy and Student Code of Conduct as well as faculty communications and expectations.

#### ACADEMIC HONORS AND AWARDS PROGRAM

Athletic Academic Support Services is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," is an academic awards banquet that occurs each fall and is the highlight of the year. At this event, the ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's and women's teams with the highest GPA are recognized.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards and postgraduate opportunities.



## STUDENT SERVICES

### NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE (N.O.L.E.S)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal and career development service.

#### PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as value clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping the student-athlete develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

#### CAREER DEVELOPMENT

Preparing for life after college is a major focus of the N.O.L.E.S. program. The program is designed to work in cooperation with Florida State's Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. The program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State. The newest addition to the Career Development program is the Senior Transition Seminar offered through the Office of Student Services. The course is offered to all senior student-athletes with exhausting eligibility and is designed to assist with resume building, networking with former stu-

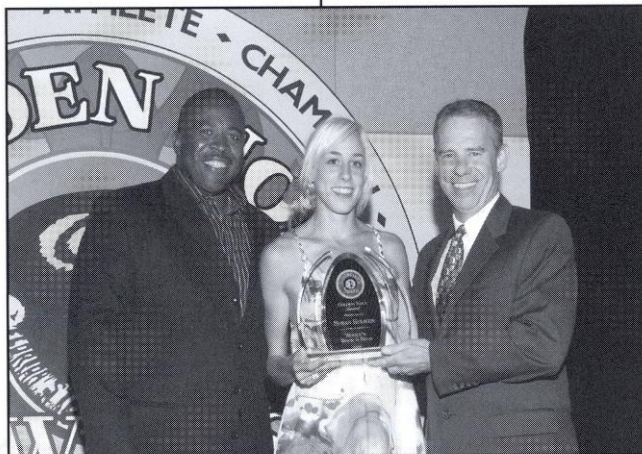
dent-athletes, and tips on transitioning from intercollegiate athletics into the working world.

#### COMMUNITY SERVICE

Serving the community is the focus of the Seminole Spirit program. Student-athletes are challenged to provide service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop lifelong commitment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The FSU athletic department was recently recognized by the National Consortium for Academics and Sports for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

#### LEADERSHIP DEVELOPMENT

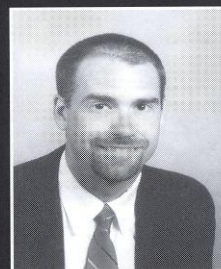
The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for over ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confront-



ing student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays with freshmen student-athletes, the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.



**Brandi Stuart**  
*Assistant Athletics  
Director for Student  
Services*



**John Lata**  
*Director of  
Student Services*

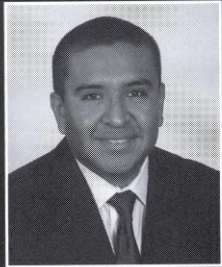


**Yashiva Edwards**  
*Assistant Director  
of Student Services*

### 2009-10 STUDENT-ATHLETE ADVISORY COUNCIL

Lacey Agnew.....	Golf	Bryan Howard .....	Track & Field
Robin Ahrberg.....	Softball	Andrew Jacobs.....	Track & Field
Brianna Barry.....	Volleyball	Marissa Kazbour .....	Soccer
Dan Bradford.....	Swimming & Diving	Cameron Knight.....	Golf
Kendall Brown.....	Golden Girls	Jamie Kuhn.....	Golf
Melanie Cabassol (President) .....	Swimming & Diving	Luke Loucks.....	Basketball
Jessie Carr (Secretary).....	Swimming & Diving	Lauren MacFarlane .....	Tennis
Caila Coleman (Vice President) .....	Track & Field	Stephanie Neville.....	Volleyball
Everette Dawkins.....	Football	Michael O'Shea.....	Tennis
Stephanie Dick.....	Golden Girls	<b>Amanda Quick.....</b>	<b>Cross Country</b>
Deividas Dulkys.....	Basketball	James Ramsey.....	Baseball
Becky Edwards.....	Soccer	Chelsey Severance.....	Cheer
Shawn Erickson.....	Swimming & Diving	<b>Amanda Skillen.....</b>	<b>Cross Country</b>
<b>Mike Fout.....</b>	<b>Cross Country</b>	Ashley Stager.....	Softball
Maurice Harris.....	Football	Stevi Steinhauer.....	Swimming & Diving

## MEDICAL CARE & TREATMENT



**Jeronimo Boche**  
*Athletic Trainer*



**Greg Byrd**  
*Graduate Assistant Athletic Trainer*

- One of the most important aspects of a top athletic program is the quality and experience of its athletic training staff. FSU's sports medicine staff is one of the best in all of college athletics.
- The athletic training staff includes 10 full-time and six graduate assistants that are Nationally Certified Athletic Trainers.
- FSU oversees an Undergraduate Athletic Training Education Program which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program includes 50 graduate and undergraduate students in the Athletic Training program.



- FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.
- Prior to competition, all FSU student-athletes undergo screening in order to detect potential injuries. If problems are detected, the athlete will be placed on a prevention care system including a variety of treatment ranging from icing to exercising followed by rehabilitation.
- Nutrition counseling and drug testing are also responsibilities assumed by the athletic training staff at FSU in providing the best care possible for all student-athletes.

### The Don Fauls Athletic Training Room

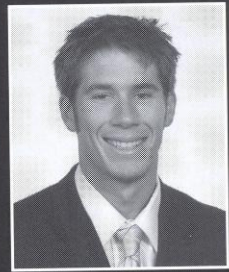
- 15,000 square-foot Athletic Training Facility
- 24 treatment tables, 18 taping benches
- 4,000 square-foot Rehabilitation Area equipped with Biodex System 3
- Two physician examination rooms complete with in-house pharmacy and x-ray machine
- Hydrotherapy Room with 8'x40' in-ground workout pool with underwater treadmill, one 9'x16' in-ground cold whirlpool and one 9'x16' in-ground warm whirlpool



## STRENGTH & CONDITIONING

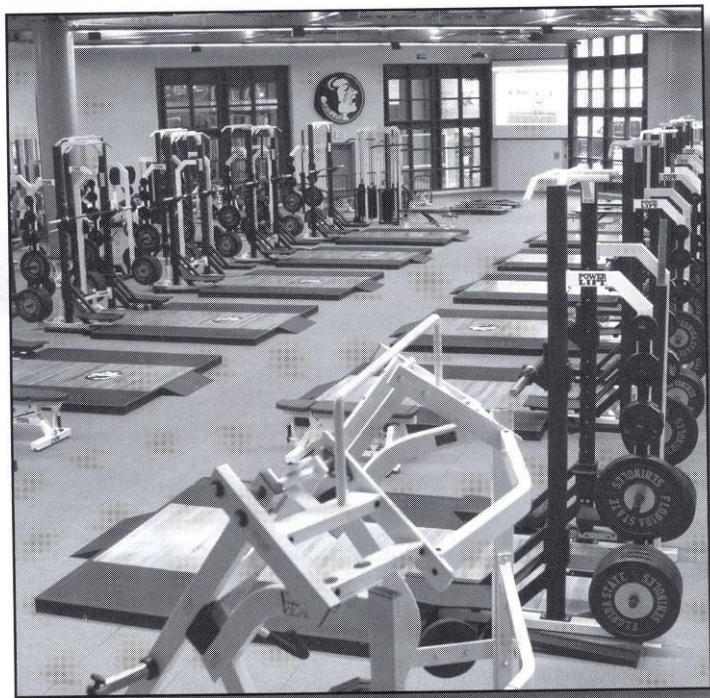


- Total Athletic Development - Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.
- Goal - To maximize the on-field performance of each athlete, while reducing the risk of injury.
- Develop individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.



**Tyler Peacock**  
*Strength and Conditioning Coach*

- Nutrition - Laurel Wentz, RD and FSU Sports Dietitian provides each student-athlete with a plan that specifically outlines their needs of calories, protein, vitamins and minerals.
- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.



**Laurel Wentz**  
*FSU Sports Dietician*

### The Roger Holler Champions Training Complex *"Where The Elite Become Champions"*

- Lifting area of 14,000 square feet
- More than 20,000 pounds of free weights
- 20,000 square feet of functional training space
- Custom-built FSU equipment, platforms and weights
- 24 self-contained powerlift work stations each containing 500 pounds of free weights

## WOMEN'S ACC TRIPLE CROWN

With Karen Harvey and Bob Braman's guidance as well as the rest of the track and field staff, the Florida State women's cross country and track and field teams grouped together to dominate the Atlantic Coast Conference Championships in 2008-09 by winning the coveted ACC Triple Crown.

Harvey kicked-off the unconquerable Seminole Spirit early in the cross country season with having all but one first-place finishes in meets throughout the season. At the 2008 ACC Cross Country Championships, Harvey led the Seminoles to back-to-back conference titles by having five runners place in the Top 10 finishers. Leading the Garnet and Gold was Susan Kuijken who captured the ACC title with a finish time of 20:11 followed by Lesley Van Miert in fourth place. Just three seconds shy of repeating her personal best time was Pilar McShine in sixth place while Linzi Snow and Lydia Willemse finished in seventh and ninth place, respectively. All five Seminoles garnered All-ACC honors.

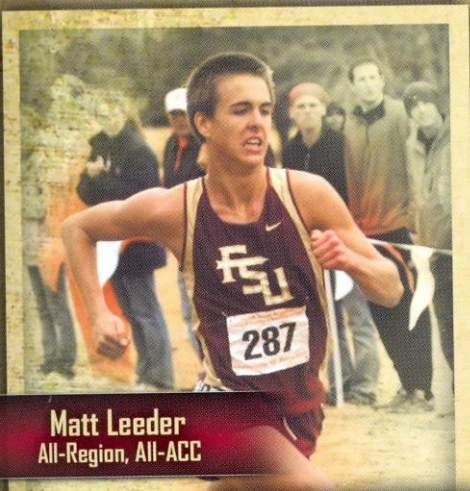
The women then set their focus on the indoor season under Braman's direction and the rest of the track and field staff's guidance. After crushing several personal records in the beginning of the season, FSU traveled to Blacksburg, Va., in hopes of making history and capturing their first indoor conference title. With two Seminoles setting meet records and 14 athletes earning provisional and automatic NCAA qualifying marks through the championships, Florida State remained unconquered in the conference and won their first ACC Indoor Championship trophy by posting 132 points. With the help of Kim Williams' gold medal triple jump that reset the first meet record and Kuijken's mile performance that was a new lifetime-best and set the second meet record of the day, the Garnet and Gold proudly sported their second league trophy. For his dedication and achievements, Braman was named the 2009 ACC Indoor Women's Coach of the Year, his first coaching accolade on the women's side.

Continuing on the warpath, Braman led his team to their final ACC crown at the 2009 ACC Outdoor Championships in Miami, Fla. With gold medals in the triple jump, 4x100m relay, 1500m run, 400m dash, 5000m run and 4x400m relay, the women completed the Triple Crown with their second ACC Outdoor title and first since 2000. The Seminoles posted 160 points which was 33 points ahead of second place Virginia Tech. Kuijken closed out the victory for Florida State in the 5000m run with the help of McShine and Willemse who combined for 20 points. McShine also scored additional points for FSU in the 1500m run, winning with a time of 4:20.83. Williams also had a hand in leading FSU to the win as she defended her triple jump title from 2008 with a gold medal performance of 44-08.75.

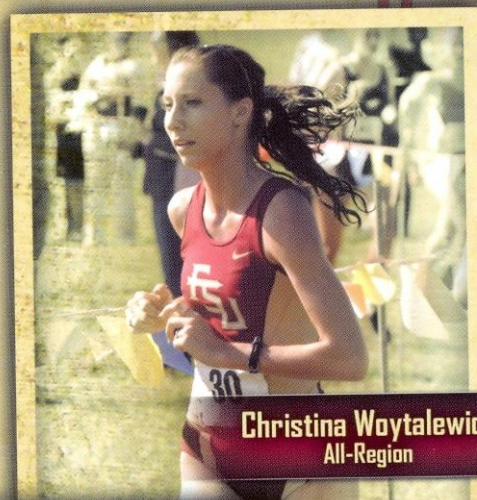


**2008-09 ACC TRIPLE CROWN  
FLORIDA STATE WOMEN'S  
CROSS COUNTRY/TRACK & FIELD TEAMS**

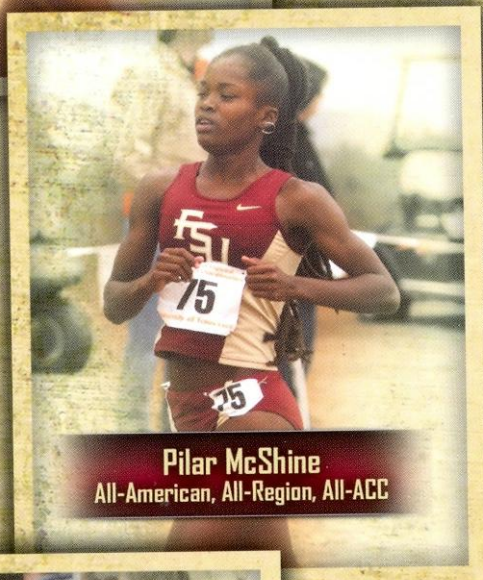
# SEMINOLE STANDOUTS



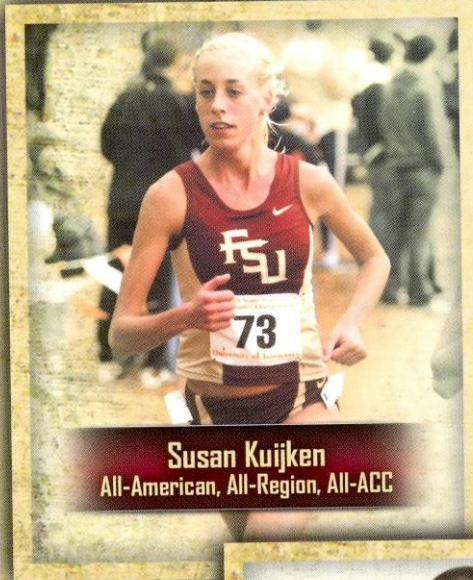
**Matt Leeder**  
All-Region, All-ACC



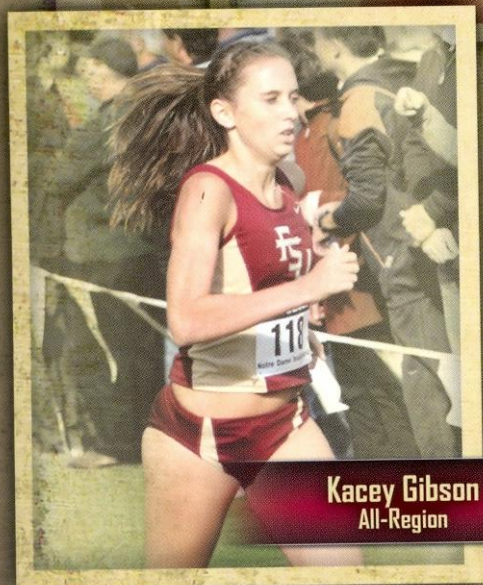
**Christina Woytalewicz**  
All-Region



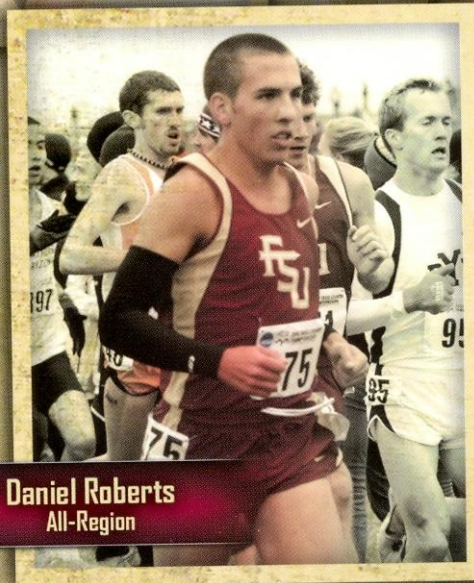
**Pilar McShine**  
All-American, All-Region, All-ACC



**Susan Kuijken**  
All-American, All-Region, All-ACC



**Kacey Gibson**  
All-Region



**Daniel Roberts**  
All-Region

# FLORIDA STATE SEMINOLES



## 2009 SCHEDULE

9/4	Covered Bridge Open	Boone, N.C.
9/12	Across the State Relay	Daytona Beach, Fla.
9/18	Mountain Dew Invite (B-Team Only)	Gainesville, Fla.
9/18	Pre-ACC Meet	Raleigh, N.C.
10/2	Notre Dame Invite	South Bend, Ind.
10/10	FSU Invite	Tallahassee, Fla.
10/17	Pre-National Meet	Terre Haute, Ind.
10/31	ACC Championships	Raleigh, N.C.
11/14	NCAA Regional Championships	Tuscaloosa, Ala.
11/23	NCAA National Championships	Terre Haute, Ind.



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