

2010

CROSS COUNTRY

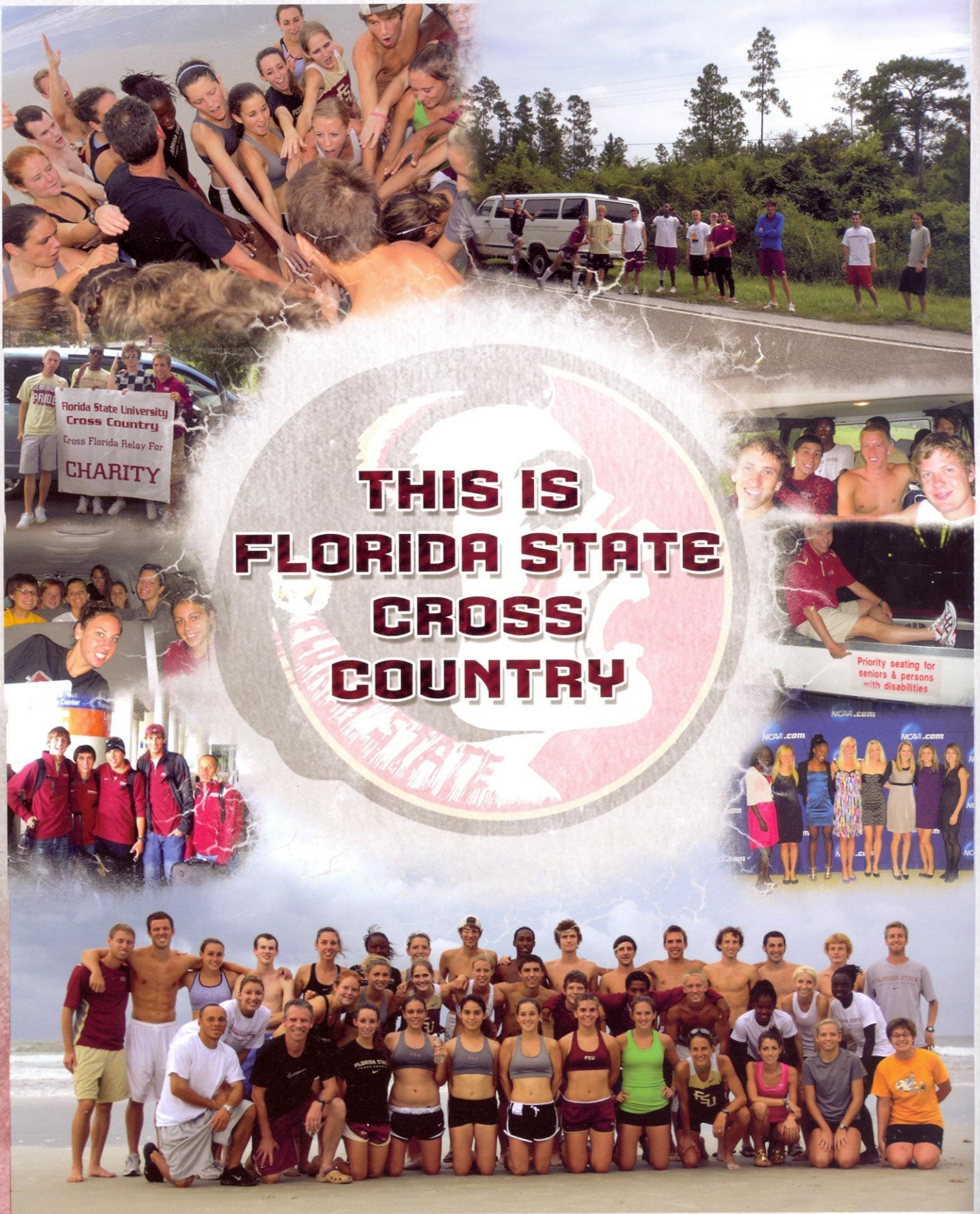
FLORIDA STATE



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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 that 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.

St. Marks Trail

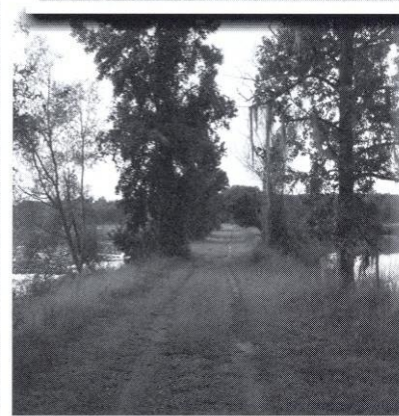
The St. Marks Trail is reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to

20 miles, stretching to the old seaside town of St. Marks.

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.

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Across The State Relay



Lending 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 has always valued giving back to the community and as he enters his 11th season with the Seminoles, he continues to push the importance of community service to both the men's and women's cross country programs.

"I am really proud of the commitment of the team to better the community," Braman said. "We have done the across Florida relay for the past nine years now. It's over 130 miles the athletes have to run. I am proud of all the athletes understand how important it is to help others. It's also a lot of fun for us as a team building activity along with training because there is a commitment that you have to run."

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 four seasons, the Seminole family has raised over \$25,000 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.

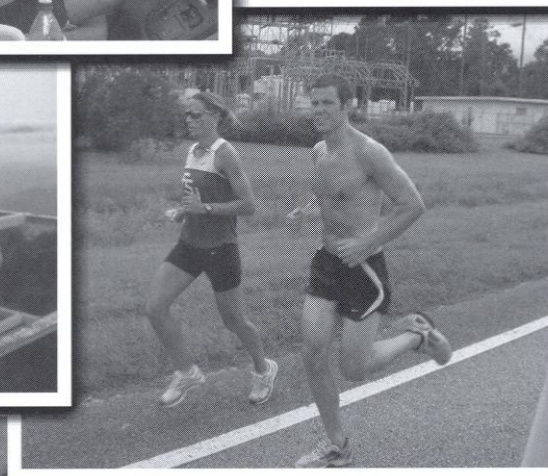
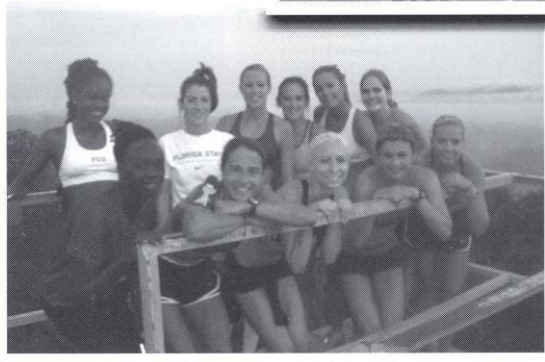
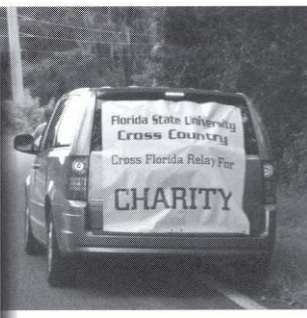
Racing in pairs, the Seminoles maintain a pace of about 10 miles-per-hour. From Yankeetown, a town north of Crystal River, the athletes run across the peninsula through small towns, back roads and forested scenery in traffic areas in four to eight mile increments.

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.

"Saturday is a long day, but running for a charity is a special opportunity," women's head coach Karen Harvey said. "There is a lot of need for assistance this year especially and it's good to think the athletes will be able to bring relief to families in need."

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 11th 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.





Premier Athletics Program

As one of only two athletic programs in the nation to see all of its teams advance to NCAA postseason competition in 2009-10, Florida State put together an athletic season that was nothing short of remarkable...

• The success the Seminoles enjoyed was further recognized with the announcement of the 2009-10 Division I Learfield Sports Directors' Cup final standings where Florida State earned a record fifth-place finish, up 10 spots from its previous best finish of 15th place in each of the past three athletic seasons. Florida State earned 1087.50 points and scored in the maximum 10 women's sports and tallied points in nine men's sports, including 10 top-10 finishes.

Florida State earned a record fifth-place finish in the the 2009-10 Division I Learfield Sports Directors' Cup final standings

• Florida State was one of just two ACC schools to finish in the Top Five of the Director's Cup as Virginia placed third overall. The ACC's North Carolina (7th) and Duke (10th) rounded out the top 10.

• "Advancing further than ever before" seemed to be a theme for Florida State athletics in 2009-10. In all, FSU had six sports advance further or finished higher in the NCAA Championships than ever before. Atop all of FSU's athletic teams' postseason finishes was Karen Harvey's women's cross country team with a second-place finish at the national meet.

• Volleyball capped off a stellar 2009 campaign as Chris Poole led the Seminoles to their first-ever regular-season ACC title and the team advanced to the Elite Eight of the NCAA Tournament. Jennifer Hyde's women's tennis team played their way to a historic Sweet Sixteen appearance and Trey Jones led the Seminole men's golf team within a few strokes of playing for the national title and recorded their highest ever finish of tied for No. 3 nationally. The women's golf team earned its best NCAA Tournament finish at 10th.

The Seminoles earned 80 All-ACC accolades and 22 FSU Student-Athletes earned ACC Champion status in their respective events.

• FSU won ACC titles in baseball, women's cross country, volleyball, men's indoor track and field and men's outdoor track and field. The Seminoles were ACC regular-season co-champions in women's basketball and soccer. The Florida State football program extended its nation-leading streak to an amazing 28 straight bowl game appearances and defeated West Virginia in the Gator Bowl in what was legends Bobby Bowden's and Mickey Andrews' final

game on the Seminole sideline.

• The Seminoles produced 13 Player or Rookie of the Year honors and Florida State coaches earned seven Coach of the Year honors at either the conference or regional level. The Seminoles earned 80 All-ACC accolades and 22 FSU student-athletes earned ACC Champion status in their respective events. On the national stage,

Six Seminole student-athletes were named ACC Scholar Athlete of the Year in their sport, the most in FSU history.

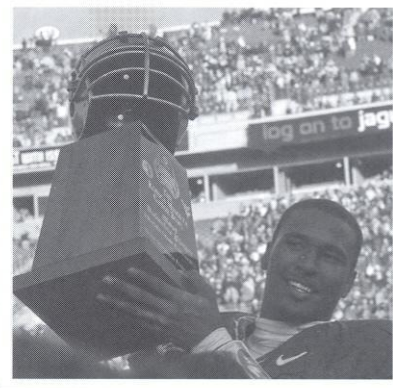


track & field's Kim Williams became just the fifth woman in NCAA history to win back-to-back indoor triple jumps crowns.

• Perhaps even more outstanding is that the

Atop all of FSU's athletic teams' post-season finishes was Karen Harvey's women's cross country team with a second-place finish at the 2009 national meet.

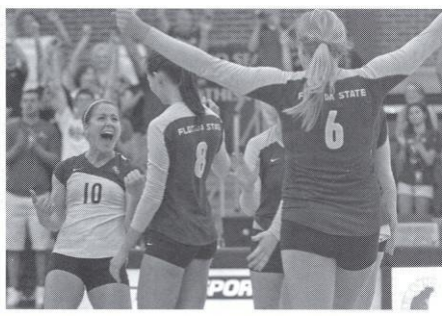
unprecedented success in competition came along with a very successful year academically with nearly 53 percent of Florida State student-athletes earning a 3.0 GPA or better. In fact, following the spring semester, the overall GPA for all student-athletes was a 2.978.



• In addition, four Seminole student-athletes were named CoSIDA Academic All-Americans, 10 earned All-District Academic All-American honors and six were named the ACC Scholar Athlete of the Year in their sport, the most in Florida State history.

• Nine of Florida State's teams completed more than 250 service hours

apiece in 2009-10 and the Seminoles donated more than 6,400 hours as an athletics department.



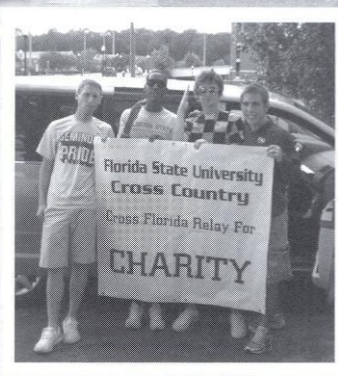
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The Seminole Student-Athlete



When it comes to our student-athletes, Florida State athletics believes in developing the "whole" person and that's why academic excellence and community service are just as much, if not more, of an emphasis when a young man or young woman dons the Garnet & Gold.

"Each and every one of you are winners," Florida State Director of Athletics Randy Spetman said at the annual Golden Nole Banquet honoring all FSU student-athletes. "What you've done this year academically, athletically and community-wise is incredible. You've helped so many young people and you've represented us so well that everybody throughout this community is always thanking me for what you do."



Seminole Cross Country and Track & Field 2009-10 Accomplishments

- 2009 ACC Women's Champions
- 2009 Runner-Up Finish at National Championship
- 2009 ACC Women's Cross Country Performer of the Year
- 2009 ACC Men's Cross Country Freshman of the Year
- 2009 ACC Women's Coach of the Year
- Three Women's All-Americans
- Nine Men's and Women's All-Region/All-District Selections
- 2009 ACC Women's Cross Country Scholar Athlete of the Year
- 2009 ACC Men's Cross Country Scholar Athlete of the Year
- Seven Men's and Women's Academic All-ACC Selections
- Four USTFCCA Men's and Women's All-Academic Selections



Organized by FSU assistant track coach Jackie Richards, members of the cross country and track & field teams were busy in December raising money for the Salvation Army Adopt a Family project for the fifth consecutive year.

After all was said and done, the group raised \$1,124.50 dollars to bring Christmas to seven less fortunate children. Coach Braman's distance squad brought in the most with \$258 dollars while women's cross country head coach Karen Harvey led her team to raise \$150 dollars.

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CROSS COUNTRY



All-Academic Honors

Although the season has been over for a few months, the Florida State cross country teams are continuing to receive recognition from the United States Track and Field and Cross Country Coaches Association for their excellence in the classroom.

- #### MORE CROSS COUNTRY NEWS
- FCAT 2010 (March 8th)
 - Notes Share Christmas Spirit
 - Notes Head Into Winter Break
 - Women Capture Second Place
 - FSU Battles At NCAA's Monday
 - Harvey Earns ACC Honor
 - Notes Punch Ticket To Nationals
 - Notes Head To NCAA Regionals



- ### ALL ACCESS
- LAUNCH VIDEO PLAYER
- Cross Country - NCAA Meet Recap
 - Cross Country - NCAA Meet Preview
 - Cross Country - Seminoles Ready for the NCAA Championships
 - Cross Country - ACC Preview
 - Cross Country - FSU Title Preview

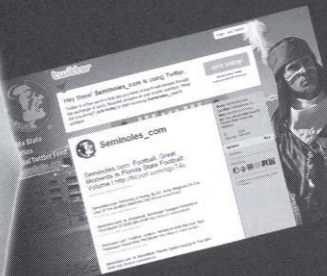
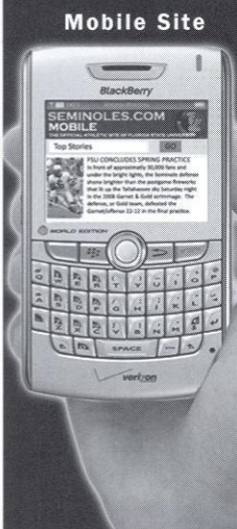
- MEDIA GUIDE
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- Seminole student-athletes have the premier opportunity to be attached to the... of college... and... to all... awards.



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 Florida State athletic facilities...purchase high quality Florida State pictures...and much MORE!



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SEMINOLES

The Florida State University



One of the nation's elite research universities, Florida State University — with the Carnegie Foundation's highest designation: Doctoral/Research University-Extensive — offers a distinctive academic environment built on its cherished values and unique heritage, a welcoming campus on the oldest continuous site of higher education in Florida, championship athletics, and a prime location in the heart of the state capital.

Combining traditional strength in the arts and humanities with recognized leadership in the sciences, Florida State University provides unmatched opportunities for students and faculty through challenging academics, cultural discovery and community interaction.

Underlying and supporting the educational experience at Florida State University is the development of new generations of citizen leaders, based on the concepts inscribed in our seal: **Vires, Artes, Mores — Strength, Skill and Character.**

Epitomized by recently named Rhodes Scholars Garrett Johnson and Myron Rolle — elite athletes and scholars committed to public service — and Joseph O'Shea — a campus and community leader as well as a top scholar — Florida State's 40,000 students are dedicated to academic excellence and providing leadership in our complex world.

Florida State University's 15 colleges offer more than 275 undergraduate, graduate, doctoral, professional and specialist degree programs, including medicine and law, covering a broad array of disciplines critical to society today. Each year the University awards over 2,000 graduate and professional degrees.

With its impressive breadth of leading graduate, professional and undergraduate programs, Florida State University is a demanding, intellectually stimulating, yet warm and caring environment for students and faculty. Recognized nationally for its commitment to diversity, Florida State University is a national leader in the number of doctorates awarded to African-American students and in the graduation rate of African-American undergraduates. Its College of Medicine and College of Law are ranked in the nation's Top 10 for Hispanic students.

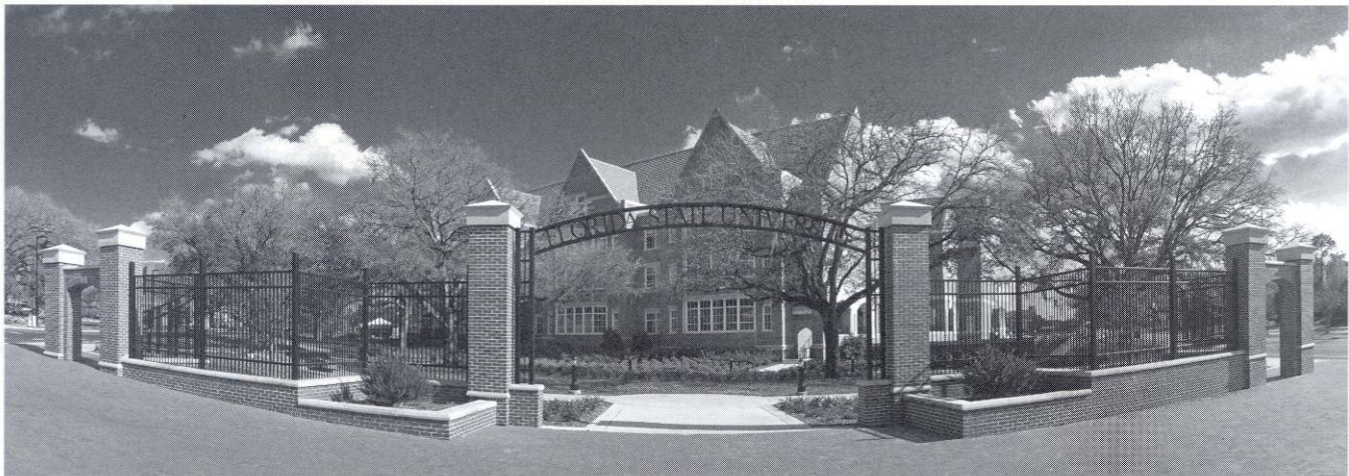
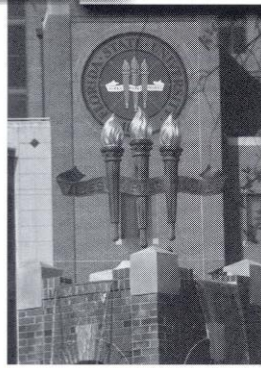
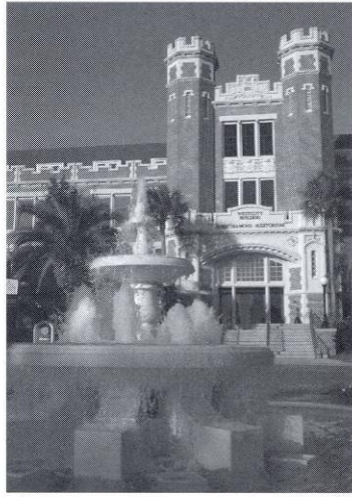
Florida State University's arts programs — dance, film, music and theatre — rank among the finest in the world, offering an arts education comparable to leading conservatories. Its creative writing program is ranked among the nation's best and is home to the most consistently honored and published student body in the United States. Florida State is responsible for governance of the John and Mable Ringling Museum of

Art and associated arts programs, one of the largest museum/university complexes in the nation.

Other programs consistently included in the top public university list include physics, chemistry, political science, psychology, criminology, public administration, library science, information, human sciences, business and law.

At the Ph.D. level, interdisciplinary programs draw on notable research faculty strengths that transcend the traditional disciplines, including neuroscience, molecular biophysics, computational science, materials science and research at the National High Magnetic Field Laboratory—home to the world's most powerful magnets.

Based on forward-thinking research through innovative interdisciplinary academic clusters, the campus-wide Pathways of Excellence initiative, a plan adopted in 2005, characterizes the university's aspirations and commitment to the future.





This is Tallahassee

Tallahassee boasts diverse heritage and is flourishing with many cultures, rhythms and flavors. Museums, festivals, cuisine, arts and crafts, and year-round events honor and celebrate a diversity of heritage in the Tallahassee area. Florida's Capital City played a big role in the story of Florida, and in American history and we are still making history today.

Tallahassee through time weaves a fascinating tapestry of politics and cultures, agriculture and innovation, higher education and religion, and liberty and justice. You don't have to be a history buff to experience and appreciate the depth and diversity of Tallahassee's history and heritage.

After Florida became a territory of the United States in 1822, both St. Augustine and Pensacola competed to become the State Capital. Unable to come to an agreement, it was decided to locate the Capital at a point between the two cities. Tallahassee's beauty attracted the search party and in 1824 the City of Tallahassee was created with a log cabin as the first Capitol building.

The Tallahassee area, long known as "the red hills" region, was a land of rich agriculture vaule and consequently many large plantations were built with crops primary of cotton, corn and sweet potatoes. In fact, America's largest concentration of original plantations - 71 plantations, 300,000 acres - exists between Tallahassee and Thomasville, Ga., just 28 miles away, and several are open to the public.

During the Civil War, a small battle was waged at Natural Bridge, south of Tallahassee, where a makeshift army of locals fought off an attack by Union troops. Tallahassee was the only Confederate city east of the Mississippi that did not fall to Union troops.

Higher learning has long been a jewel in the crown of Tallahassee. Florida State University had its early beginning in 1851, became Florida State College for Women in 1909 and finally Florida State University (FSU), again co-ed, in 1947. Established in 1887 as the Florida State Normal College for Colored Students, Florida Agricultural and Mechanical University (FAMU) is the oldest historic black public university in Florida.

The Capital area's beautiful environment is a continuous inspiration for the many visual arts that call Tallahassee home:

- Arrive on a First Friday and you can join the monthly Gallery Hop at the eclectic world called Railroad Square. Begin at the sculpture garden and walk your way through and see artists working in their studios and tending their exhibits to visitors.

- In the northeast, visit the galleries and shoppes clustered around Market Street.

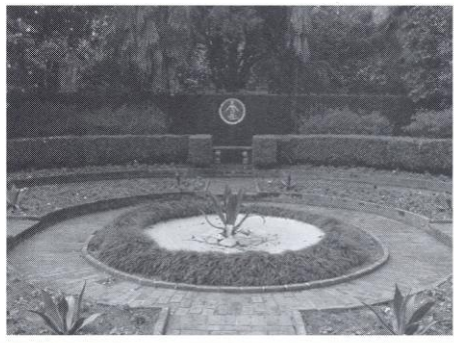
- Up and coming Midtown is an exciting area with an array of galleries to explore and an array of cafes, restaurants and wine bars to socialize at with friends.

- Downtown is filled with history, government and museums. The Museum of History and Mary Brogan Museum of Arts & Sciences, host exhibits of regional and national prominence and historical significance.

- Our colleges all provide theatre seasons with a chance to see soon-to-be stars' first performances right here in Tallahassee. A year's worth of touring theatre packs a busy calendar at the local civic center.

As cool, crisp air give way to warm summer days, Tallahassee buzzes with electricity. Festivities such as the Downtown GetDown jump-start the sporting season with a helping heap of team spirit.

From colorful celebrations of the spectacular spring to festive incarnations of football spirit, Tallahassee is the center of amusement year round. Amid a dazzling panorama of fiery azaleas and lush landscaping, Tallahassee and the Capital Region indulge in a spring season abloom with cheerful events and lively diversions.



SEMINOLES

OUTLOOKS & ROSTERS





Women's Outlook

The Florida State women's cross country team enters the 2010 campaign on the heels of a memorable and record-breaking 2009 season. At year's end, FSU found itself as the 2009 national runners-up - a final slot that was the greatest in program history. Now, the Seminoles prepare to build off that success as they look toward the future and what 2010 has to offer. Boasting a roster heavy on experience and upperclassmen, head coach Karen Harvey and company find themselves in a position where the bar has certainly been raised.

Harvey on the 2010 Season:

"Obviously we lost Susan Kujiken from last season and that's a hard thing to have happen to any team. To lose a student-athlete of her skill and ability as well as leadership qualities is big. But I feel like with our recruiting class and our returners that we are deeper than we were last year. We are certainly going to have to work on being stronger overall in our top five. Staying injury free and peaking at the right time is important and that's something that we have done as a program three years in a row. We have to do a good job of making sure we continue that this year if we want to be successful."

Harvey on Building Off National Runner-Up 2009 Season:

"The bar is high and we don't expect anything less. I believe that we have the talent to get up on that podium again at the end of the year. That's a realistic goal for us but I know that it's going to be difficult. We have to stay focused, healthy and competitive. We are proud of the program here and we are going to strive each and every year to improve."

Harvey on Pilar McShine and Pasca Cheruiyot:

"We have an incredible leader in Pilar. This is her last season at Florida State and I know she did not like how her year played out last season. She really had an off day at NCAAs and it was crushing to her. She is

going to look to be in that top 15 this year and she knows that's a very high goal. It's her time now. Pasca has done some incredible things. She put together a string of really great races last year and is going to be right up there with Pilar this year. They are great teammates and great friends."

Harvey on Other Returning Seminoles:

"Amanda Winslow is coming off an amazing year in which she was a freshman All-American. She shocked me and the entire team with her performance last year. It's all about her staying healthy. Jessica Parry had mono when she was at NCAAs last year and she is looking to have much more fun and make up for how that played out. Jennifer Dunn was almost an All-American last year. She is going to train harder and put in more miles. I truly believe that she can be right up there with Amanda and Jessica. Andrea Palen will definitely be in our top seven. She put in a lot of work this year and a lot of mileage. She put in a lot of strength work, too. All of that will help her this year. She is going to be a co-captain with Pilar. She really has become a leader on this team. The girls go to her when they have questions or need advice about something."

Harvey on the New Seminoles:

"We are bringing in Astrid Leutert. She had a really incredible summer and I feel like she will really bring in some solid, mature leadership. She is going to be really reliable for us. She is very strong. We also have Hannah Brooks, who is from England. One of the things that I have been able to do successfully in my career is taking a mid-distance girl and turning her into a cross country runner without hurting her. It is going to be a challenge to get her strong enough to handle 6K but I think she can do it. She is kind of a wild card for us right now as we head into the season. I think talent-wise she can be up there. Overall, I am very excited about all of the newcomers."



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Women's and Men's Rosters



WOMEN'S ROSTER

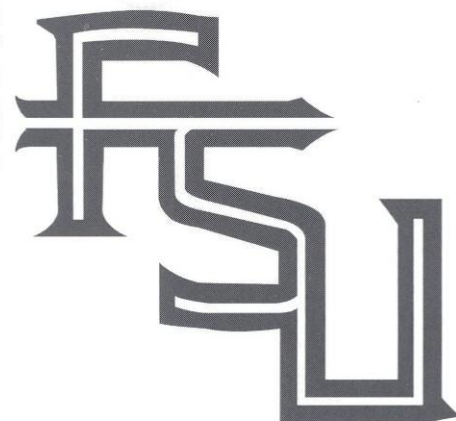
Name	Year	Hometown (High School/Last School)
Hannah Brooks	Sr.	Caterham, UK (University of Birmingham, UK)
Pasca Cheruiyot	Sr.	Eldoret, Kenya (Rend Lake Junior College/ Missouri State)
Kailand Cosgrove	So.	Tarpon Springs, Fla. (Tarpon Springs)
Jennifer Dunn	Jr.	Decatur, Ala. (Austin)
Kacey Gibson	Jr.	New Castle, Pa. (Neshannock)
Astrid Leutert	Sr.	Thun, Switzerland (Gymnasium Hofwil)
Bree McArdle	Sr.	Queensland, Australia (St. Peter's Lutheran College)
Pilar McShine	Sr.	Port-of-Spain, Trinidad and Tobago (Success Laventille Composite)
Emily Ness	Jr.	Tallahassee, Fla. (Maclay)
Andrea Palen	Sr.	Gardiner, N.Y. (Walkill Senior/SUNY Cortland)
Jessica Parry	So.	London, Ontario (Catholic Central High School)
Lyndsey Spragins	Jr.	Indialantic, Fla. (Melbourne)
Kara Taylor	Jr.	Tallahassee, Fla. (Chiles)
Amanda Winslow	So.	Lawrenceville, Ga. (Collins Hill)
Chelsi Woodruff	Fr.	Winter Park, Fla. (Trinity Prep)

MEN'S ROSTER

Name	Year	Hometown (High School/Last School)
Jacob Brooks	Jr.	Ft. Myers, Fla. (Ft. Myers)
Dominick Cabrera	Fr.	Miami, Fla. (Christopher Columbus)
Nathan Duby	Jr.	Winter Springs, Fla. (Winter Springs)
David Forrester	So.	Billinge, England. (University of Liverpool)
Mike Fout	Jr.	La Porte, Ind. (La Porte)
Darrin Gibson	R-Fr	Tampa, Fla. (Robinson)
John Grellner	R-Fr	Tampa, Fla. (Wharton)
Justin Harbor	R-Sr	Bunnell, Fla. (Flagler Palm/Oregon)
Matt Leeder	Sr.	Brockville, Ontario (Thousand Island Secondary)
Nicholas Maedel	Sr.	Orange Park, Fla. (Ridgeview/West Florida)
Ciaran O'Lionaird	R-Sr	Macroom-Co.Cork, Ireland (De La Salle College/ Michigan)
Tyler Price	R-Jr	Tallahassee, Fla. (Wakulla)
Seth Proctor	Jr.	Orlando, Fla. (Edgewater)
Wes Rickman	So.	Peyton, Colo. (Falcon)
Daniel Silva	R-Jr	Miami, Fla. (Belen Jesuit)
Alex Smyth	GS	Sequim, Wash. (Sequim High School/Eastern Washington)
Michael Wallace	Fr.	Jacksonville, Fla. (Bishop Kenny)
Jakub Zivec	Fr.	Litomerice, Czech Republic (Grand Rapids/Gymnazium Josefa Jungmanna)

STAFF

Men's Head Coach	Bob Braman
Women's Head Coach	Karen Harvey
Women's Graduate Assistant Manager	Shannon O'Brien
Women's Volunteer Assistant	Kristen Hagen
Men's Graduate Assistant Manager	Steve Mucchetti
Men's Volunteer Assistant	Kenny Jesensky





Men's Outlook

The Florida State men's cross country team returns a bevy of student-athletes to its 2010 team as it looks to improve on last year's performances. The ultimate motivator, head coach Bob Braman's cross country program is a mainstay in the national picture, having qualified for nationals seven seasons in a row. In 2010, Braman's crew will be gunning for an eighth-straight trip to the national championship while avoiding injuries and peaking at the right time. The Seminoles will do this with one of the deepest rosters in program history.

Braman on the 2010 Season:

"We lost Daniel Roberts, who was one of our captains and a guy that had been All-ACC a couple of times. But other than that, we return everybody else. Losing one is pretty darn good in cross country. Overall, we have a lot veterans and a lot of guys that are coming back. Several of those guys are finally healthy from various injuries and several other guys have made lots of progress in the track season that are ready to take the next step as they compete in cross country. I feel like we have more depth than we've ever had and we have as much experience as we've ever had here."

Braman on FSU's Goals in 2010:

"I feel pretty optimistic about what lies ahead. It's a deep and experienced group of athletes and a group that has a lot of new parts. I think the general mood from the whole team as we go forward is that we are really excited to get out there and compete. We are one of only 10 teams in the United States that has qualified seven consecutive years for the national championship. That shows consistent excellence. Obviously seven years in a row in the top 30 in the country is a streak that we have got to continue. Our main focus is doing that and we are very proud of that accomplishment. Certainly a top-20 finish is in everybody minds as we go into the year and there is an ultimate goal is to match that 1981 FSU team that finished eighth in the country.

So, for us a top-20 is getting it done. A top-10 would be a step toward excellence. If we can do that this year, we will have the bulk of our guys coming back in 2011."

Braman on the Returning Seminoles:

"You've got Ciaran O'Lionard that is a fifth-year senior. Just Harbor is a fifth-year senior and Matt Leeder is a fourth-year senior so we have veteran guys all coming back. Wes Rickman came in last year and was ACC's freshman of the year. If he was able to accomplish the things he did last year as a true freshman, imagine what he can do with another year under his belt. Mike Fout is one of our co-captains who was the best high school cross country runner in the country a few years ago. He has had two years of injuries and he is someone that has had a lot to deal with but he has made a lot of progress. Now he is able to train closer to the volume that his opponents are training. Nick Maedel, Jacob Brooks and Seth Proctor are all guys that have a decent amount of experience. They are guys that weren't as decorated in high school and when they are healthy they are guys that can really help us."

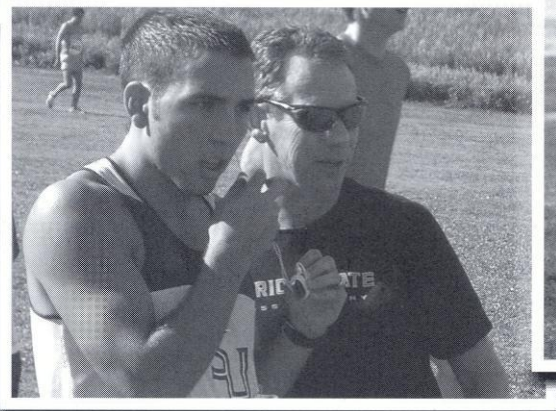
Braman on the New Seminoles:

"Dave Forrester started with us in January so he has gotten kind of a leg-up on other newcomers. We also signed an impact guy that can be in our top five in Jakub Zivec. He is from the Czech Republic but he was also an exchange student here in the United States in Minnesota. We have seen firsthand what he can do. Alex Smyth is a graduate student from Eastern Washington that has run really good cross country. We have signed one of the top high school guys in the state of Florida in Michael Wallace. He comes from a really good program and Michael is the kind of guy that could come in as a freshman and contribute right away. Overall, it's a great group of new guys coming in."



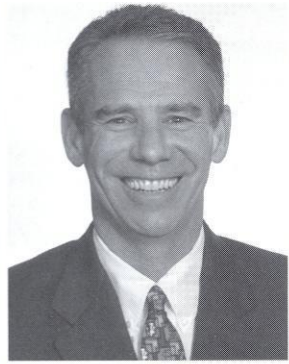
SEMINOLES

MEET THE 'NOLES COACHES, STAFF & STUDENT-ATHLETES





Men's Coach Bob Braman



- 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

11TH SEASON ▸ FLORIDA '80

Now entering his 11th season at the helm of the cross country program at Florida State, head coach Bob Braman has helped turn Tallahassee into one of the top destinations for some of the best distance runners in the world.

At the heart of what has been the resurrection of the program at Florida State. After a 22-year NCAA Championship drought, the men's team has become a pillar of continued excellence. The Seminoles have become a consistent force on the national level as the program is just one of 10 schools in the United States that has qualified for Nationals the last seven seasons in a row.

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 35 conference accolades. Six of the nine women's All-Americans, including 2006, '07, '08 and '09 recipient Susan Kuijken, have come under his watch and two-time ACC champion Andrew Lemoncello broke a 24-year dry spell for the men in 2005.

On the track - where he has served as head track & field coach for the past seven seasons - Braman has guided a Florida State program that won two of the last five NCAA Outdoor National Titles and came within seconds of claiming a third title in 2009. During the last five years, Braman has been honored with 26 national, regional, district and conference coach of the year awards.

Braman took over the track & 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.

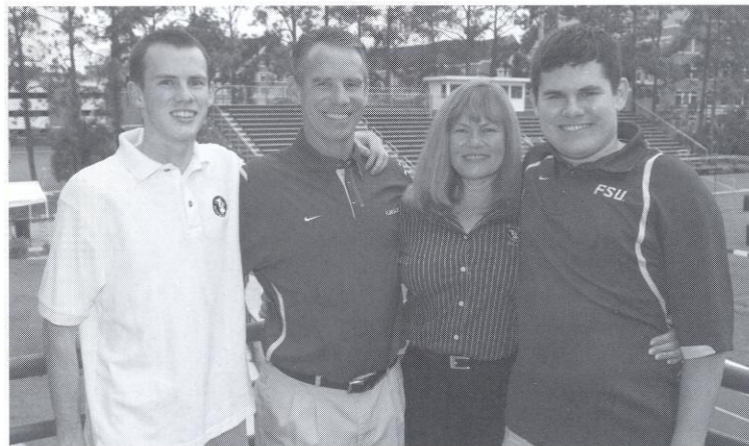
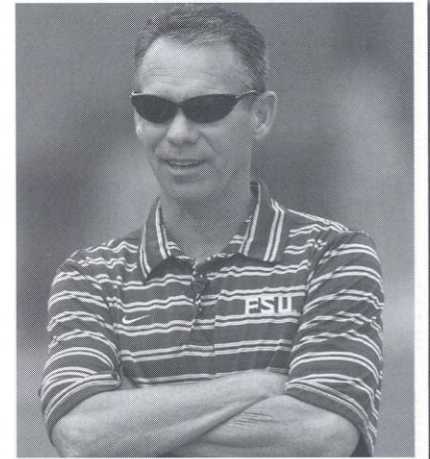
When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance,

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 and 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 USF, 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.

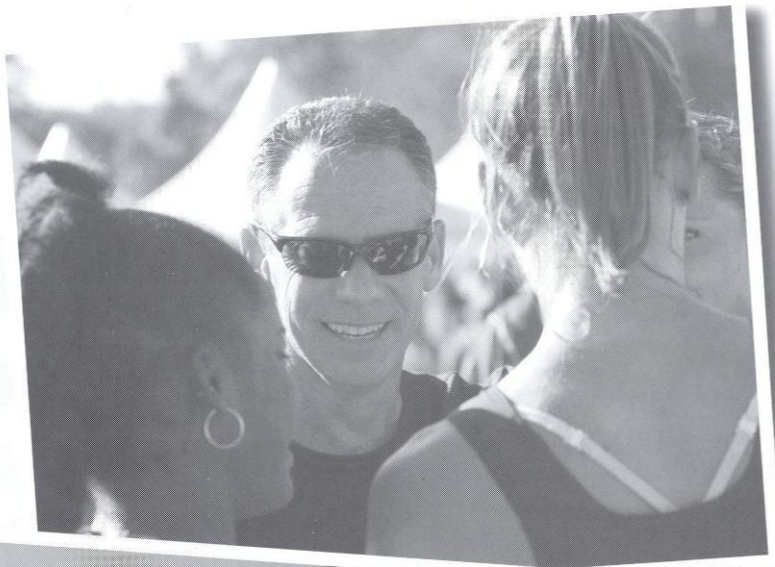
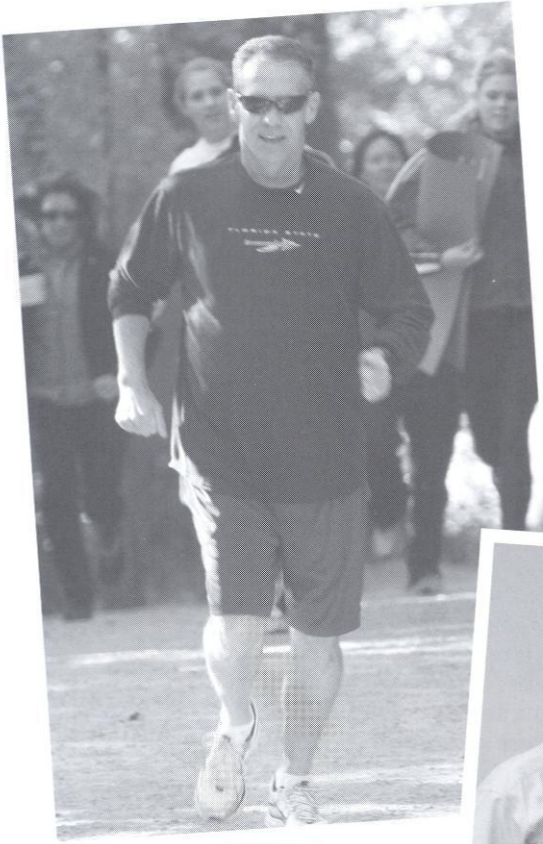
Braman, 52, is married to the former Debbie Turner and has two sons, Steven and Tyler, who is a redshirt sophomore on this year's team.

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 '80) and indoor track (1979). He was also UF's record holder in the indoor three-mile run.



SEMINOLES

Men's Coach Bob Braman





Women's Coach Karen Harvey



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

4TH SEASON › MICHIGAN '96

Karen Harvey is entering her fourth season as the Florida State women's cross country head coach and has quickly become one of the best at her profession in the entire nation.

The 2009 season saw Harvey earn her third consecutive ACC Women's Cross Country Coach of the Year Award in recognition for all the fantastic things that her squad did throughout the year. The Seminoles not only earned an ACC Championship for the third-straight year but the women posted a program-best second-place finish at the NCAA Cross Country Championship.

On the trails she has produced a bevy of top 10 finishes at the NCAA Championships, three straight NCAA Regional titles, seven 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 eight regional or conference Coach of the Year awards.

In her five years prior to joining FSU, 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 captured the program's first NCAA Midwest Regional crown.

In the process, Harvey was named Midwest Region Coach of the Year by the USTFCCCA. Accolades were also 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.

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 3000m in 1995.

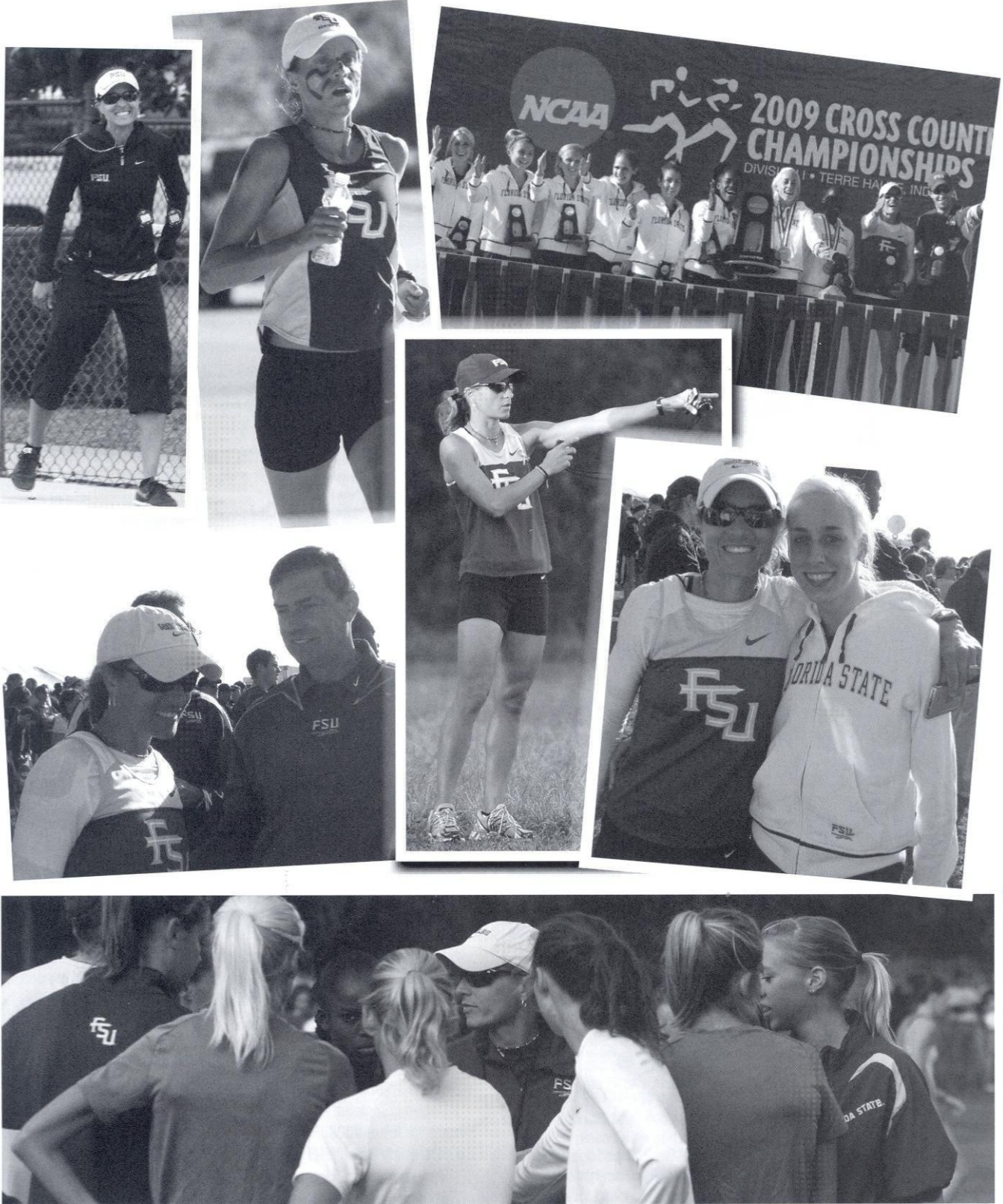
A 1996 graduate from the University of Michigan, Harvey received her B.A. in Anthropology. She was also a three-time Academic All Big Ten honoree while winning the 1995 Scholar Athlete of the Year award.

A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and three-time Olympian Kevin Sullivan.



SEMINOLES

Women's Coach Karen Harvey





Support Staff



**STEVE
MUCCHETTI**

**MEN'S
GRADUATE
MANAGER**

**Second Season
(Dartmouth College '06)**

Entering his second season with the cross country program as a graduate manager, Steve Mucchetti will make the transition from the women's team to the men's team this year. Primarily responsible for administratively assisting head coach Bob Braman, Mucchetti possesses a variety of skills from his time not only with the FSU program but in a coaching role at Yale as well.

Mucchetti ran cross country collegiately at Dartmouth and led his team to the Ivy League Cross Country Championship. He also guided the squad to a 15th 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 during the 2005 and '06 seasons.

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



**SHANNON
O'BRIEN**

**WOMEN'S
GRADUATE
MANAGER**

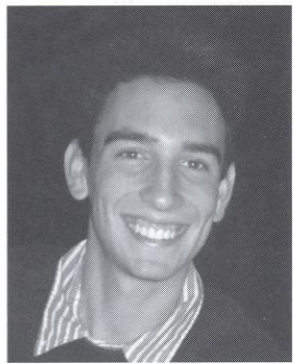
**First Season
(Keene State '05)**

Shannon O'Brien starts her first season with Florida State this season as graduate assistant manager for the women's cross country team. Her main responsibilities will include assisting head coach Karen Harvey with management and implementation of the Strider program.

O'Brien comes to Florida State from Dartmouth College in Hanover, N.H. where she spent the last two years working with the cross country team as a coaching intern. Her main duties included recruitment, supplemental training and mentoring student-athletes.

O'Brien received her undergrad from Keene State College in Keene, N.H. where she was a standout performer and two year captain for the Owls cross country and track teams. Her main event was the 800m, where she received DIII All-America honors.

At Florida State, O'Brien is studying for her master's degree in Sports Administration.



**KENNY
JESENSKY**

**MEN'S
VOLUNTEER
ASSISTANT**

**First Season
(Florida State '07)**

Kenny Jesensky begins his first year with Florida State's cross country program as a volunteer assistant for Bob Braman and the men's team.

Jesensky may be in his initial season in a coaching role but he is no stranger to FSU. Jesensky competed as a student-athlete in Tallahassee for Braman's track & field program as a distance runner. He earned All-ACC honors in 2005 as a member of FSU's distance medley relay team that turned in a time of 9:53.55 to win the league championship.

Prior to running at Florida State, Jesensky was a student-athlete at Coastal Carolina where he was a member of the track & field and cross country teams.

A native of Orlando, Fla., Jesensky starred at Dr. Phillips High School. In his prep career, Jesensky became the only athlete in school history to compete in four straight cross country state championships, including placing third in the 2002 event.



**KRISTEN
HAGEN**

**WOMEN'S
VOLUNTEER
ASSISTANT**

**First Season
(Florida State '08)**

Joining the Florida State coaching staff is volunteer assistant Kirsten Hagen. The native of Blacksburg, Va. is certainly familiar with the program in Tallahassee as she was a four-year letterwinner in both track & field and cross country for the Seminoles.

Hagen competed in the steeplechase in the 2008 NCAA Regional Meet hosted by FSU and was a three-time ACC Academic Honor Roll member and was named to the 2008 USTFCCCA All-Academic Team.

Hagen completed her degree in Middle Eastern Studies and Religion at FSU in the fall of 2008. Following her graduation, Kirsten moved to Cairo, Egypt to study Arabic at the Hedayet Institute for Arabic Studies.

Upon her return, Hagen has been working through AmeriCorps*VISTA at FSU's Center for Leadership and Civic Education where she directs the FSU Community Ambassador program.

Seminole Women Bios



TRACK



PILAR MC SHINE

SENIOR
Port-of-Spain,
Trinidad & Tobago
(Success Laventille
Composite)

TEAM CAPTAIN CROSS COUNTRY

FOUR-TIME NCAA ALL-AMERICAN

Cross Country: 2008
Indoor Mile: 2009, 2010
1500m: 2010

NCAA ALL-SOUTH REGION

Cross Country: 2007, 2008, 2009

NCAA ALL-EAST REGION

800m: 2008 & 2009

ACC CHAMPION

1500m: 2009, 2010
Indoor Mile: 2010

ALL-ACC

Cross Country: 2008, 2009
Indoor Mile: 2009
1500m: 2009, 2010
5000m: 2009

ALL-ACC ACADEMIC

Track and Field: 2009, 2010

PERSONAL BESTS

800m – 2:02.79
1500m – 4:14.20
Mile – 4:35.99
3000m – 9:18.29
5000m – 16:35.54
5K (XC) – 17:10
6K (XC) – 20:06

2009

- Completed the Notre Dame Invitational 5K in 17:10 and was the first Seminole to cross the line.
- Recorded a top-20 finish at the 2009 NCAA Pre-Nationals with a time of 21:10.30 en route to a second place finish overall for the Seminoles.
- Set a new personal record at the ACC Championships (6K) with a time of 20:06.40, finishing in third place overall and taking home All-ACC honors and helping FSU to its third straight ACC title.
- Was the first Seminole to finish at the NCAA South Regional with a time of 20:31.15, placing sixth at the event.
- Finished in 55th place with a time of 20:59.10 at the NCAA National Championships, helping the women to a second place finish which is the highest in program history.

2008

- 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.
- Recorded the sixth-best mark in FSU

history with a 6K time of 20:43.00 at the NCAA Pre-Nationals Meet.

- Earned All-ACC honors at the conference meet with a time of 20:43 in the 6K which 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 gave FSU the crown for the second-straight season.
- Reset her personal record at the NCAA Championships, finishing 29th with a time of 20:35 that earned the Seminole her first All-America honors.

2007

- Ran a career-best 5K at the Notre Dame Invitational with 17:40.
- Crossed the finish line in first place at the FSU Invitational with a 5K run of 18:02.53, which earned her ACC Performer of the Week accolades.
- Took the 17th spot at the ACC Championship with a 21:46.80.
- Finished 15th at the NCAA South Regional 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.

2006

- Redshirted

2010 Indoor

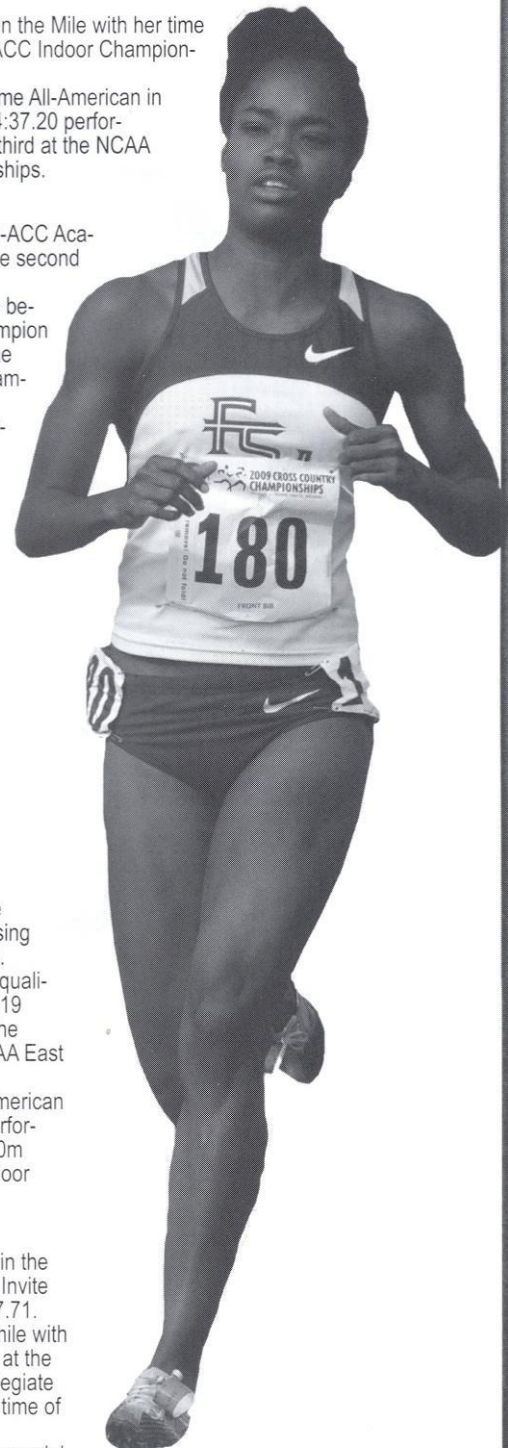
- Named ACC Performer of the Week at the Rod McCravy Memorial by winning the 3000m – and setting a new personal best – with a time of 9:34.04. Competed in the Mile at that event as well, finishing in 4:45.67.
- Posted a new personal best in the Mile at the Husky Invitational with a 4:35.99.
- ACC Champion in the Mile with her time of 4:44.62 at the ACC Indoor Championships.
- Became a two-time All-American in the Mile with her 4:37.20 performance in placing third at the NCAA Indoor Championships.

2010 Outdoor

- Named to the All-ACC Academic Team for the second straight year.
- Ran a 4:31.38 in becoming ACC Champion in the 1500m at the ACC Outdoor Championships.
- Lowered her personal best in the 3000m by nearly 16 seconds by posting a 9:18.29 at the Seminole Invite.
- Led an impressive field in winning the 1500m at the Seminole Twilight with a time of 4:14.20, setting a new personal best.
- Won the 1500m at the Georgia Tech Invite in a time of 4:18.92.
- Finished second in the 800m at the same event, crossing the line in 2:04.24.
- Posted a NCAA qualifying time of 4:18.19 in placing fifth in the 1500m at the NCAA East Regional.
- Named an All-American for her 4:16.72 performance in the 1500m at the NCAA Outdoor Championships.

2009 Indoor

- Took third place in the mile at the Husky Invite with a time of 4:37.71.
- Dominated the mile with a first place finish at the New Balance Collegiate Invitational with a time of 4:40.80.
- Earned the silver medal



FLORIDA STATE

while also posting eight points at the ACC Indoor Championships in the Mile with a time of 4:43.06.

- Battled in her first NCAA Indoor Championships where she ran a lifetime-best Mile with a fifth-place time of 4:36.87 that earned her All-American honors.

2009 Outdoor

- Named to the All-ACC Academic Team.
- Earned the ACC Performer of the Week after an impressive 800m run at the Seminole Invitational where she posted a first-place time of 2:05.48.
- 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 silver medal in the 5000m run at the ACC Outdoor 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.
- Posted a time of 2:05.09 in the 800m run, which ranked third in the conference at the time, at the NCAA Outdoor Championships to qualify for the semifinals.

2008 Indoor

- Ran a time of 4:54.02 in the Mile at the Husker Invitational.
- Crossed the line in 9:44.61 to finish 11th in the 3000m at ACC Indoor Championships.

2008 Outdoor

- Qualified for Regionals in the 800m at the FSU Relays with a 2:06.59.
- Also regionally qualified at the Seminole Twilight where she posted the third-fastest 1500m time with a 4:23.46.
- Finished fourth at ACC Outdoors in the 800m with a time of 2:05.91.
- Posted her personal-best time in the 800m prelims at the regional meet to win her heat and finished second overall with a time of 2:05.73.
- 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.
- Advanced to the semifinals of the 800m at the NCAA Outdoor Championships. Ran a 2:07.98 in the prelims.

2007 Indoor

- Posted a 10:54.17 in the 3000m at the Diet Pepsi Challenge.

2007 Outdoor

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

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.
- Won a gold medal in the 1500m in 2004.
- Competed in the 2005 Pan American Junior Championships.

Personal

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



JESSICA PARRY

SOPHOMORE

London, Ontario

(Catholic Central High School)

CROSS COUNTRY

2010

- In early July, won the 1500m at the Canadian World Junior nationals and qualified for the 2010 IAAF World Junior Championships.

2009

- Named to the 2009 USTFCCCA All-Academic Cross Country Team.
- Was the second Seminole to finish the Notre Dame Invitational 5K in 17:17.

NCAA ALL-SOUTH REGION

Cross Country: 2009

ALL-ACC

Cross Country: 2009

ALL-ACC ACADEMIC

Cross Country: 2009

PERSONAL BESTS

800m – 2:06.72

1500m – 4:20.59

5K (XC) – 17:14

6K (XC) – 20:40

- Completed the 2009 NCAA Pre-National meet in a time of 21:58.90.
- Ran the 14th-fastest time at the ACC Championships, setting a new personal best in the 6K with a time of 20:40.70 and picking up All-ACC honors for the Seminoles.
- Placed 15th at the NCAA South Regional with a 20:51.62 to win All-South Region honors.
- Posted a time of 22:06.60 in her first NCAA National Championships 6K.

Prep

- 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 throughout her high school career.
- Two-time gold medalist at the 2007 Canadian Junior Championships.
- Set the Canadian junior record in the 1500m at the 2008 Commonwealth Youth Games with a time of 4:20.59. Also set the Canadian junior record in the 800m (2:06.72) at the 2008 IAAF World Junior Championships.
- 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.
- Carried the flag for Canada in the opening ceremony at the 2008 Commonwealth Youth Games.

Personal

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



SEMINOLES



PASCA CHERUIYOT

SENIOR
Eldoret, Kenya
(Rend Lake JC/
Missouri State)

TWO-TIME NCAA ALL-AMERICAN

Cross Country: 2009
10,000m: 2010

NCAA ALL-SOUTH REGION

Cross Country: 2009

ALL-ACC

Cross Country: 2009
5000m: 2010
10,000m: 2010

ALL-ACC ACADEMIC

Cross Country: 2009

PERSONAL BESTS:

1500m – 4:24.22
3000m – 9:30.46
5000m – 16:13.23
10,000m – 33:23.32
5K (XC) – 16:57
6K (XC) – 20:18

16th overall at the 2009 NCAA Championships with a time of 20:22.20, earning All-American honors and helping lead FSU to a second place finish.

2008 (At Missouri State)

- Set a new 5K school record the MVC Championships with a 16:57.81.
- Became the first Missouri State runner since 2004 to qualify and compete at the NCAA Championships.
- Ran the fifth-fastest 6K time in school history (20:56.70) at the NCAA Championships to finish in 66th place.

TRACK

2010 Indoor

- Did not compete.

2010 Outdoor

- Opened the season with a new personal best in the 5000m with a time of 16:21.12 at the Florida Relays.
- Crossed the line in fourth place with a time of 16:38.53 in the 5000m at the ACC Championships. Also posted a time of 34:57.79 in finishing third in the 10,000m at the meet.
- Set a new personal best with her 4:24.22 performance in the 1500m at the Seminole Twilight.
- Set a new personal best in the 5000m at the Georgia Tech

CROSS COUNTRY

2009

- Completed the Notre Dame Invitational 5K in 17:22 helping FSU to seventh place.
- Helped anchor FSU's second place finish at the NCAA Pre-National meet with a time of 20:36.60, placing seventh overall.
- Set a new personal record at the ACC Championship, completing the course in 20:18.60 to finish in sixth place overall and earning All-ACC honors.

- Completed the NCAA South Regional in 20:31.28, crossing the line in seventh place and earned All-South Region honors.
- Placed



Invitational with a time of 16:13.23.

- Finished second at the NCAA East Regional with a time of 34:42 in the 10,000m, qualifying for NCAA's.
- Earned All-American honors in placing fifth in the 10,000m with a time of 33:23 at the NCAA Outdoor Championships.

2009 Indoor (At Missouri State)

- 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 DMR.
- 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 conference meet.
- Holds second place on Missouri State's all-time list in the 3000m (9:30.46) and the 5000m (16:26.82).

2009 Outdoor (At Missouri State)

- Named the 10,000m Missouri Valley Conference champion and took the gold medal at the conference 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.

At Rend Lake College (2007)

- Set seven school records.
- Still holds school records in the indoor mile, 3000m and 5000m as well as the outdoor 1500m, 3000m, 5000m and 10,000m records.
- Won the NJCAA National Championship in the mile, 3000m and 5000m

Personal

- Born on July 27, 1986.
- Majoring in Sociology.
- Sister Rose competed in the 5000m in the 1996 & 2000 Olympics.



AMANDA WINSLOW

SOPHOMORE
Lawrenceville, Ga.
(Collins Hill
High School)

CROSS COUNTRY

2009

- Named to the 2009 USTFCCCA All-Academic Cross Country Team.
- Began her season at the Notre Dame Invitational 5K with a time of 17:37.
- Her 21:49.40 helped FSU secure 2nd place at the 2009 NCAA Pre-Nationals.
- Clocked a 20:46.70 at the ACC Championship to help the women take home their third consecutive title.
- Her top-20 finish of 20:59.03 at the NCAA South Regional was worthy of All-South Region honors.
- Set a personal best 6K time in earning All-America honors at the NCAA's with a time of 20:43.70, finishing in 33rd place.

NCAA ALL-AMERICAN

Cross Country: 2009
Indoor Mile: 2010

NCAA ALL-SOUTH REGION

Cross Country: 2009

ALL-ACC ACADEMIC

Cross Country: 2009
Track and Field: 2010

PERSONAL BESTS

800m – 2:10
1500m – 4:19.29
Mile – 4:41.08
3000m – 9:32.74
5K (XC) – 17:30
6K (XC) – 20:43.70

TRACK

2010 Indoor

- Posted a 4:51.84 in the mile and a time of 9:55.52 in the 3000m at the Rod

FLORIDA STATE

McCrary Memorial.

- Ran an impressive 4:43.01 in the mile at the Husky Invitational.
- Posted a 4:46.95 in the mile at the ACC Indoor Championships.
- Set a personal best in the mile (4:41.08) at the Alex Wilson Invite to qualify for NCAA's.
- Finished the Mile at the NCAA Indoors with a time of 4:52.99, earning All-America honors.

2010 Outdoor

- Posted a 9:32.74 in the 3000m at the Seminole Invite.
- Helped FSU to its 2nd place finish at the ACC Championships with a 4:29.86 in the 1500m.
- Set a personal best in the 1500m with a 4:19.29 among elite competition at the Seminole Twilight.
- Crossed the line in 4:25.71 in the 1500m at the NCAA East Regional.

Prep

- 2008 Gatorade CC Runner of the Year.
- With a 17:30 (5K), captured the regional title.
- Earned the GHSA state championships 5K crown with a time of 18:00.
- Named the Nike Cross Nationals Southeast Regional Champion with her 5K run of 17:34.
- Earned the GHSA 5A Track Champion title in the 1600m and 3200m run in 2008 & 2009.
- Awarded All-America status in the mile and 4x800m relay.
- Won the Atlanta Internationals Prep Classic in '09 with 2:10 in the 800m.
- 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-America 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.



- Had a top-20 finish with a 6K personal best of 21:08.80 at the ACC Championships.
- Crossed the line in 21:17.02 at NCAA South Regional, finishing in 26th place.
- Completed the NCAA Championships course in 21:50.10.

2008 (at SUNY Cortland)

- Posted a second place finish at the Lehigh Paul 6K 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.
- At 29th, awarded All-America honors at the Division III Championships.

TRACK

2010 Indoor

- Finished in 10:00.40 in the 3000m at the Rod McCrary Memorial
- Set a personal best in the 5000m with a 17:02.56 at the Tyson Invitational.
- Posted a 9:55.83 in the 3000m at the ACC Indoor Championships. Also ran in the 5000m at the event, crossing the line in 17:16.26.

2010 Outdoor

- Broke the 10-minute mark for the first time in the 3000m, posting a 9:49.96 at the Seminole Invite.
- Competed in the 10,000m at the ACC Outdoor Championships, setting a personal best as she placed fifth in a time of 35:05.07.
- Set a new personal best in the 1500m (4:37.39) at the Seminole Twilight.
- Posted a time of 17:05.77 in the 5000m at the Georgia Tech Invitational.
- Finished the NCAA East Regional 10,000m race in 36:50.03.

2009 Indoor (at SUNY Cortland)

- Posted a time of 10:19 in the 3000m at the Cornell Relays.
- Dominated at 5000m run at the Saint Lawrence Holiday Relays with a first-place time of 17:25.
- Ran a 5000m time of 17:25 at the Boston University Valentine Invitational.
- Redshirted the 2009 Outdoor season.

2008 Indoor (at SUNY Cortland)

- Lone race was at the Boston University Valentine Invitational where she ran the 3000m in 10:38.

2008 Outdoor (at SUNY Cortland)

- Finished the 5000m run in 18:18 at the William & Mary Colonial Relays.
- Battled at the ECAC Division III Championships in the 5000m with a time of 18:14.

Prep

- 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.

Personal

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



ANDREA PALEN

SENIOR
Gardiner, N.Y.
(Walkill Senior High School/SUNY Cortland)

TEAM CAPTAIN CROSS COUNTRY

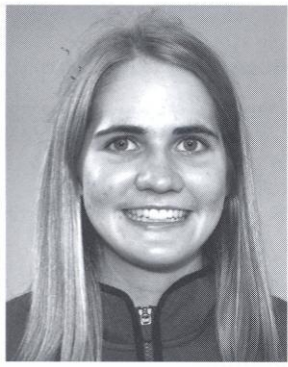
PERSONAL BESTS

1500m – 4:37.39
3000m – 9:49.96
5000m – 17:02.56
10,000m – 35:05.07
5K (XC) – 17:38
6K (XC) – 21:08

2009

- Ran the Notre Dame Invitational in 17:38 to help give FSU seven runners under the 17:40 mark.
- Finished the 2009 NCAA Pre-Nationals meet (6K) in 21:52.40.

SEMINOLES



JENNIFER DUNN

JUNIOR
Decatur, Ala.
(Austin High School)

CROSS COUNTRY

NCAA ALL-SOUTH REGION

Cross Country: 2009

ACC CHAMPION

Steeplechase: 2010

ALL-ACC

Cross Country: 2009

Steeplechase: 2010

ALL-ACC ACADEMIC

Cross Country: 2009

Track and Field: 2010

PERSONAL BESTS

1500m – 4:30.11

Indoor Mile – 5:00.48

3000m – 9:36.41

Steeplechase – 10:15.91

5000m – 16:38.58

5K (XC) – 17:38

6K (XC) – 20:37

2009

• Named to the 2009 USTFCCA All-Academic Cross Country Team.

• Set a personal best at the Notre Dame Invitational 5K completing the course in a time of 17:38.

• Took home first place at the FSU Invitational with an impressive run of 17:41.43.

• Competed in the NCAA Pre-Nationals meet for the Seminoles finishing in 21:30.10.

• Broke her previous record in the 6K at the ACC Championships with a time of 20:37.80, grabbing All-ACC honors and a third consecutive title for the 'Noles.

• A 13th place finish at the NCAA South Regional Championship with a time of 20:46.29 was key to FSU's second place finish and earned All-South Region honors for the first time.

• Helped lead the Seminoles to their best finish in school history (2nd) at the NCAA Champion-

ship, missing All-American honors by two places in finishing 42nd with a time of 20:46.5.

2008

• 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.

TRACK

2010 Indoor

• Set a then-personal best time of 9:42.30 in the 3000m at the season-opening Rod McCravy Memorial.

• Posted a personal best in the 5000m with a 16:38.58 at the Husky Invitational.

• Further lowered her 3000m time with a 9:36.41 at the ACC Indoor Championships. Ran in the 5000m as well, finishing in 16:47.68.

2010 Outdoor

• Ran the 3000m steeplechase at the Florida Relays in a time of 10:32.25.

• Set a new personal best in the 1500m at the Seminole Invite, crossing the line in 4:30.11.

• Assisted the Seminoles to their second-place finish at the ACC Outdoor Championships with a time of 10:26.03 in winning the 3000m steeplechase.

• Dashed to a 10:31.74 finish in the 3000m steeplechase at the NCAA East Regionals to qualify for the NCAA Outdoor Championships.

• Set a new personal best in the 3000m steeplechase with her 10th-place time of 10:15.91 at the NCAA Outdoor Championships. She was ranked 22nd in the event coming into the meet.

2009 Indoor

• Set a new personal record in the 3000m run with a time of 10:13.93 at the

Tyson Invitational.

• Earned third place in the Mile 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 at the Tom Jones Invitational with a time of 5:01.94.

2009 Outdoor

• 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 of the season with a time of 10:36.85 at the Seminole Invitational.

Prep

• Completed her high school cross country career by winning the AHSAA 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 during her high school career.

Personal

• Born July 13, 1990.

• Majoring in Dietetics.





BREE MCARDLE

SENIOR
Queensland, Australia
(St. Peter's
Lutheran College)

overall, in the 1500m at the Seminole 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 in a row (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.

PERSONAL BESTS

1500m – 4:28.79
Mile – 5:06.14
5K (XC) – 18:20
6K (XC) – 22:44

CROSS COUNTRY

2009

- Posted a time of 19:08.39 at the FSU Invite.
- Was one of six Seminoles to finish in the top-11 at the Covered Bridge Open, crossing the line in 19:03.60.

2008

- Helped FSU win first place at the Notre Dame Invitational with her finish time of 18:20 in the 5K.
- Ran a time of 22:44.20 in the 6K at the NCAA Pre-Nationals meet that helped the women tie for first place.

2007

- 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.

TRACK

2010 Indoor

- Did not compete.

2010 Outdoor

- Opened her season with a personal best in the 1500m (4:33.28) at the Bulls Invitational.
- Posted a 4:35.21 in the 1500m at the Seminole Invite.
- Set a new personal best with a 4:28.79 in the 1500m at the Seminole Twilight.

2009 Indoor

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

2009 Outdoor

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

2008 Indoor

- Participated in the Mile with a personal best performance of 5:06.14 at the Husker Invitational.

2008 Outdoor

- Ran the 1500m with a personal-best time of 4:37.11 at the Georgia Tech Invitational.
- Was the top collegiate finisher, second



ASTRID LEUTERT

SENIOR
Thun, Switzerland
(Gymnasium
Hofwil)

PERSONAL BESTS

1500m – 4:28.45
3000m – 9:23.58
5000m – 16:40.58
5K (XC) – 17:10
6K (XC) – 20:07

At Northern Arizona (2007-2010)

CROSS COUNTRY

2009

- Posted a time of 17:37.40 at the Cowboy Jamboree in Stillwater, Okla.
- Battled at the Pre-Nationals 6K in finishing with a time of 21:56.60.

- Helped NAU take the Big Sky Championship with her 20:07.50 at the conference meet.

2008

- Named to her first All-Big Sky cross country team.
- Posted a season-best finish of second at Big Sky Conference Championships by crossing the line in 17:10.30.
- Ran well at the 6K races of the Cowboy Jamboree (21:17) and Mountain Region Championship (20:50.30).
- Finished 43rd overall at NCAA Championships in a time of 20:44.60.

2007

- Finished ninth overall at the Big Sky Championships in 18:06.80.
- Ran the 6K course at Mountain Regionals in 21:44.10 to claim 25th place.
- Posted a time of 21:53.40 at the NCAA Championships.

At Northern Arizona (2007-2010)

TRACK

2010

- Finished 13th at the Husky Classic in the 3000m with a time of 9:52.69.
- Her NAU Distance Medley squad crossed the line in 12:11.04 to take second place at the Big Sky Indoor Championships.
- Placed fourth in the 3000m at the Big Sky Indoor Championships (10:04.36).

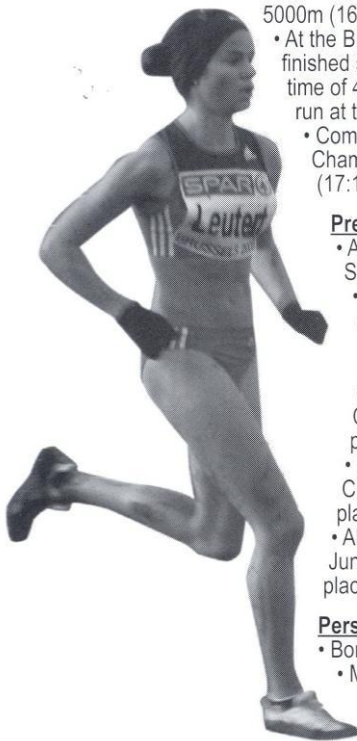
2009

- Took fourth place in the 3000m (10:21.02) and was the runner up in the 5000m (17:51.63) at the Big Sky Indoor Championships.
- Recorded a personal best in the 3000m at the Husky Invitational with a time of 9:23.58.

2008

- Collected a third-place finish in the 3000m at the Big Sky Indoor Championships, crossing the line in 10:01.10.
- Recorded personal-bests throughout the season in the 800m (2:18.34) and

SEMINOLES



5000m (16:40.58).

- At the Big Sky Outdoor Championships, finished sixth in the 1500m with a personal best time of 4:28.45. Took third in the 5000 meter run at the same meet (17:42.18).
- Competed at the 2008 West Region Championship finishing 14th in the 5000m (17:10.40).

Prep

- Attended Gymnasium Hofwil in Bern, Switzerland.
- Was the 2006 Swiss junior cross country champion.
- Placed second at the 2007 Swiss under-23 cross country championships.
- Competed in the 2006 World Junior Cross Country Championships and placed in the top 60.
- Competed in the 2005 European Junior Cross Country Championships and placed 24th.
- Also competed in the 2002 European Junior Championships in the 5000m and placed 10th.

Personal

- Born on September 12, 1987.
- Majoring in Biology.

2008

- Ran an impressive 25.13 in the 6.9K BUCS Cross Country Championships in Swansea, UK.
- Crossed the finish line in second place with a time of 4:28.91 in the 1500m at the BUCS Indoors.
- At the BUCS Outdoors she ran the 1500m in 4:24.45, finishing sixth.
- Competed in the Bupa Great Capital Run 10K and finished with a time of 38:03.
- Grabbed an 8K personal best of 30:01 at the McCain UK Cross Challenge in Liverpool, finishing 12th in her age group (U23 Women).

2007

- Secured a fifth place finish of 4:34.62 at the BUCS Outdoors 1500m in Bedford, UK.
- Posted a 1500m personal best of 4:19.56 in finishing third at the British Milers Club Nike Grand Prix in Watford, UK.
- Earned an 800m personal best of 2:05.59 in her qualifying heat at the European Junior Championships.
- Ran a personal best 57.29 in the 400m at the Ivy League Athletics competition held on the campus of the University of Birmingham.

2006

- Finished third in the 1500m with a personal best time of 4:25.63 at the English Schools Outdoor Championships in Gateshead, UK.

2005

- Won the 800m at the English Schools Outdoor Championships with a time of 2:08.06.

Personal

- Born on June 25th, 1988.
- Pursuing a master's degree in Sport Psychology.



HANNAH BROOKS

SENIOR

Caterham, U.K.

(University of
Birmingham U.K.)

PERSONAL BESTS

400m – 57.29
800m – 2:04.71
1500m – 4:19.56
3000m – 9:44.40
5K (XC) – 18:05
8K (XC) – 30:01

PERFORMANCE HIGHLIGHTS

2010

- Recorded a time of 24:36 at the 6.4K BUCS Cross Country Championships.
- Placed seventh in the 1500m at the Aviva World Trials and UK Indoor Championships with a time of 4:32.98.

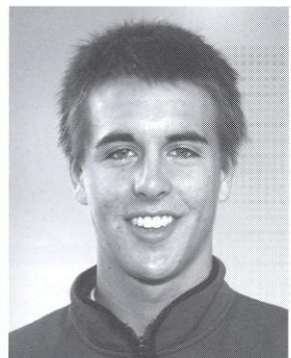
2009

- Dominated the field in winning the British Universities Championships (BUCS) Indoors 1500m with a time of 4:26.27.
- Had a strong showing in the BUCS Outdoors 1500m with a time of 4:25.64, placing third in the event.
- Set a new personal best in the 3000m with a 9:44.4 performance at the Crawley Athletic Club Easter Sunday Open.
- Finished fourth at the England U23 Championships in the 800m in 2:06.32.
- Won the 800m at the SEAA U20/Senior Championships in Watford with a time of 2:05.78.
- Ran a season-best 4:22.23 in the 1500m at the England Senior Championships.





Seminole Men Bios



MATT LEEDER

SENIOR
Brockville, Ontario
(Thousand Island Secondary)

TEAM CAPTAIN CROSS COUNTRY

NCAA ALL-AMERICAN 3000m: 2009

ALL-SOUTH REGION
Cross Country: 2007, 2008, 2009

ALL-ACC
Cross Country: 2008, 2009

ALL-ACC ACADEMIC
2009 ACC Scholar-Athlete of the Year
Cross Country: 2007, 2008, 2009

Indoor: 2009, 2010
Outdoor: 2009, 2010

PERSONAL BESTS
1500m – 3:44.09
Mile – 4:03.65
3000m Indoor – 7:56.40
5000m – 13:54.40
8K (XC) – 23:33.66
10K (XC) – 30:08.41

2009

- 2009 ACC Men's Cross Country Scholar-Athlete of the Year.
- Named to the 2009 USTFCCCA All-Academic Cross Country Team.
- Placed 35th at the Notre Dame Invitational with a time of 24:28 in the 8K.
- Led the 'Noles to an eighth place finish at the Pre-National meet with an 18th place time of 24:07.70.
- Placed fifth at the ACC Championships with a personal-best time of 23:33.66 in the 8K event, helping FSU to a third place finish.
- Qualified for the NCAA National Championships at the NCAA South Regional with a fourth-place time of 30:08.41 in the 10K, setting a new personal record and earning All-South Region honors for the third consecutive year.
- First Seminole to cross the finish line at the NCAA National Championships

with a time of 30:29.50, good for 43rd place.

2008

- Finished the Virginia Tech Invitational with a time of 24:06.80 to help the men earn first place.
- Crossed the finish line in 24:01 at the 8K Notre Dame Invitational that helped the Seminoles remain undefeated and take first place.
- Finished 32nd at the NCAA Pre-National meet with a time of 24:12.20.
- Led FSU at the ACC Championships as the first Seminole to cross the finish-line with a seventh-place finish in 24:36.50 and earned All-ACC honors.
- Awarded All-Region honors for his 12th place finish at the NCAA South Region with a time of 31:32.44 in the 10K.

2007

- Finished second in his collegiate debut with a time of 25:34 at the Covered Bridge Open.
- Posted an 8K career-best time at the Notre Dame Invitational with a 24:30 to take 29th place.
- Second on the team, 19th overall, with a time of 24:45.90 at the ACC Championships.
- Came in 17th at the NCAA South Regional with a time of 31:16.63 to earn All-Region accolades.
- Ran a personal-best 10K time of 31:06.10 at the NCAA Championships to finish 97th overall.
- Represented Canada at the IAAF World Junior Cross Country Champion-

ships. Came in 30th overall, third for North American runners, with a time of 24:26.

- Won the Canadian Junior National Cross Country Championships in a time of 25:09.30.

TRACK

2010 Indoor

- Opened the indoor season with an 8:07.41 to win the 3000m at the Rod McCravy Memorial.
- Set a new personal best at the Husky Invitational with a 3000m time of 7:56.40.
- Finished 10th in the 3000m at the NCAA Indoor National Championships.

2010 Outdoor

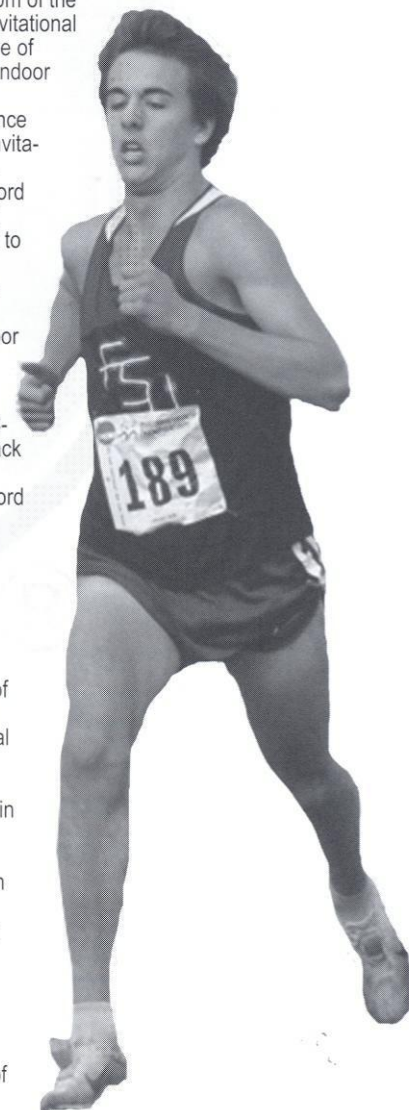
- Named to the 2010 USTFCCCA Men's All-Academic Track and Field Team.
- Ran the 5000m at the Payton Jordan Cardinal Invitational in 14:04.18 to qualify for the NCAA National Championships.

2009 Indoor

- Opened the season and set a personal-record with an NCAA provisional time of 8:02.99 in the 3000m at the adidas Classic.
- Ran the ACC's fastest 3000m of the season at the Alex Wilson Invitational with a new personal-best time of 7:57.06 to qualify for NCAA Indoor National Championships.
- Showed a strong performance in the 3000m at the Husky Invitational with a time of 8:00.01.
- Posted a new personal record time of 4:03.65 in the Mile at the New Balance Invitational to earn fifth place.
- Earned All-America honors with his sixth place finish in the 3000m at the NCAA Indoor Championships.

2009 Outdoor

- Named to the 2009 USTFCCCA Men's All-Academic Track and Field Team.
- Posted a new personal record in the 1500m at the Georgia Tech Invitational with a time of 3:44.09 that was the best 1500m performance by a Seminole on the season.
- Set a new lifetime-best performance while also running the ACC's fastest time of the season in the 5000m at the Payton Jordan Invitational with an impressive 13:54.40 finish time that made him FSU's fourth-best performer in school history.
- Finished fifth at the ACC Championships in the 5000m with a time of 14:22.71.
- Placed fourth in the 5000m at the NCAA East Region with a time of 14:17.55 to qualify for NCAA's.
- Qualified for the 5000m finals at the NCAA Outdoor Championships with a time of 14:02.57.



SEMINOLES

2008 Indoor

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

2008 Outdoor

- Redshirted during the outdoor season. Competed unattached while preparing 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.
- Placed ninth at the IAAF World Junior Track & Field Championships where he posted a time of 3:49.57 in the 1500m.

Prep

- Ran at the IAAF World Cross Country Championships to finishing 64th overall in the junior division –second amongst North American runners.
- His 3:45.50 in the 1500m was the fastest among all North Americans.
- Silver medalist at the 2007 NACAC Cross Country Championships with a 6K time of 18:56.
- Took second at the Canadian Cross Country Championships with a time of 25:59.20 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 summit.
- Captured the gold medals in the junior division of both the 1500m and 3000m as a sophomore.

Personal

- Born December 19, 1989.
- Majoring in Psychology.



ALEX SMYTH

**GRADUATE
STUDENT (5TH YR)**
Sequim, Wash.
**(Sequim High School/
Eastern Washington)**

COLLEGIATE ACCOMPLISHMENTS

8x All-Academic Big Sky Conference
2008 All-Big Sky Conference Cross Country
2009 All-Big Sky Conference 1500m
Captain of EWU Track and Cross Country Teams

PERSONAL BESTS

1500m – 3:48
Mile – 4:05
3000m Indoor – 8:14
5000m – 14:32.86
8K (XC) – 23:47
10K (XC) – 31:54.27

At Eastern Washington (2007-2010):

CROSS COUNTRY

2009

- Was named Big Sky Cross Country Athlete of the Week for posting a time of 24:11.41 at the Sundodger Invitational 8K.
- Crossed the line in 23rd place with a time of 26:58.50 at the Big Sky Conference Championships (8K).

2008

- At the Clash of the Inland Northwest, finished second in the 6K with a time of 19:42.10.
- Earned a fourth-place finish at the Sundodger Invitational 8K, crossing the line in 24:03.
- Finished with a time of 24:08 at the

Notre Dame Invitational 8K.

- Placed second at the EWU Invitational 8K, finishing in 25:00.40.
- Set a new 8K personal best (23:47.60), placing sixth and helping EWU secure 3rd at the Big Sky Conference Championships.
- Posted a 31:54.27 at the NCAA West Regional 10K.

2007

- Ran a 24:32 to finish 14th at the Sundodger Invitational 8K.
- Competed in the Roy Griak Invitational, crossing the line in 25:51.
- Finished third at the EWU Invitational 8K, posting a 25:29.30.
- Grabbed 13th-place at the Big Sky Championships 8K, finishing in 25:08.20.
- Posted a 32:01.70 at the NCAA West Regional 10K.

TRACK

2010 Indoor

- Set a new personal best in the Mile at the UW Invitational, crossing the line in 4:05.98.
- Excelled at the UW Husky Classic in setting a new personal best in the 3000m with a time of 8:14.
- At the Big Sky Indoor Championships, placed fourth in the Mile with a time of 4:14.49.

2010 Outdoor

- Posted a 3:52.18 in the 1500m at the Mt. SAC Relays.
- Nearly set a new personal best in the 5000m at the Oregon Relays in posting a time of 14:34.91.
- Finished seventh in the 1500m at the Big Sky Outdoor Championships with a time of 3:58.52.

2009 Indoor

- At the UW Indoor Preview, finished the 3000m with a time of 8:17.98.
- Posted a 4:14.11 in the Mile at the Husky Classic.
- Placed seventh in the Mile in helping EWU grab third-place as a team at the Big Sky Indoor Championships.

2009 Outdoor

- Posted a new personal best in the 5000m (14:32.86) at the Stanford University Invitational.
- Competed in the 1500m at the Mt. SAC Relays, finishing in 3:53.13.
- Earned a fifth place finish at the Ken Shannon/Ken Foreman Invitational by posting a 3:51.57 in the 1500m.
- Placed third in the 1500m (3:51.24) at the Big Sky Outdoor Championships.

2008 Indoor

- Battled well to post an 8:35.33 in the 3000m of the Husky Classic.
- Won the Mile at the WSU Open in posting a 4:18.76.
- Placed seventh in the Mile (4:20.37) at the Big Sky Indoor Championships.

2008 Outdoor

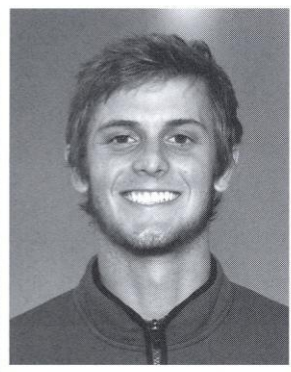
- Ran a time of 4:04.68 in the 1500m at the Oregon Relays.
- Finished fifth at the Ken Shannon Invitational with a time of 15:17.57 in the 5000m.
- Was the first freshman to cross the line in the 10,000m at the Big Sky Outdoor Championships, finishing in 32:38.55.

Prep

- All-State Cross Country 2005.
- Captain Track and Cross Country 2004, 2005, 2006.

Personal

- Born on January 14th, 1988.
- Pursuing graduate degree in Sports Nutrition, earned B.S. in Exercise Science.
- Holds dual citizenship with USA and Canada.
- Brother 1st Lt. in US Army, currently serving 2nd tour in Afghanistan.



JUSTIN HARBOR

RS SENIOR

Bunnell, Fla.

(Flager Palm High School/Oregon)

CROSS COUNTRY

ALL-SOUTH REGION

Cross Country: 2009

PERSONAL BESTS

1500m – 3:45.11
 Mile – 4:04.67
 3000m – 8:13.96
 8K (XC) – 24:15
 10K (XC) – 31:18.16

2009

- Posted a 39th place time of 24:52.90 at the ACC Championships 8K in helping the Seminoles to a third-place finish.
- Earned All-Region honors with his 28th place finish at the NCAA South Regional with a personal-best 31:18.16 in qualifying for the national meet.
- Finished 238th at the NCAA Championships with a time of 33:18.20.

2008

- Crushed his previous 8K personal record at the Notre Dame Invitational with a 24th place time of 24:15 that helped the Seminoles win first place at the meet.
- Finished in sixth place with a time of 24:17.40 at the Virginia Tech Invitational.
- First Seminole to finish while also placing third in the 8K at the Covered Bridge Open with a time of 25:00.
- Ran the 10K at the NCAA Championships in 32:37.80, placing 214th.

2007

- Posted his collegiate-best in the 8K at NCAA Pre-Nationals with a 156th place time of 25:05.
- Crossed the finish line in 50th place at his first ACC Championship with a time of 25:52.80.

TRACK

2010 Outdoor

- Completed in the 1500m at the Seminole Twilight, finishing with a time of 3:47.76.
- Ran a season-best time of 3:46.67 in the 1500m at the Georgia Tech Invitational to qualify for the NCAA Championships.
- Finished the 1500m at the NCAA East Regional in a time of 3:53.17.

2009 Indoor

- Finished fifth at the ACC Indoor Championships with an impressive time of 4:04.67 in the Mile.
- Posted a new personal record in the 3000m 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 at the Alex Invitational.

2009 Outdoor

- Posted an impressive 1500m time of 3:45.11 at the Seminole Twilight that earned second place. The time was FSU's sixth-fastest performer in school history.
- Finished fifth at the ACC Outdoor Championships in the 1500m with a finish time of 3:45.86.
- Ran a season-best time of 14:21.77 in the 5000m at the Stanford Invitational.

2008 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) at the ACC Outdoor Championships.

2006-07 (at Oregon)

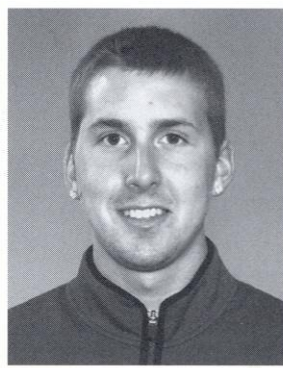
- Redshirted his only year at Oregon.

Prep

- Two-time Foot Locker Championships qualifier 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.
- 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 personal-best at the Snowbird Invitational (second overall / top prep, 3:49.94).

Personal

- Born February 25, 1988.
- Majoring in Sport Management.



MIKE FOUT

JUNIOR

La Porte, Ind.

(La Porte High School)

CROSS COUNTRY

ALL-ACC ACADEMIC

Cross Country: 2009
 Indoor: 2010

PERSONAL BESTS

1500m – 3:50.07
 3000m – 8:14.51
 5000m – 14:01.25
 10,000m – 30:14.02
 5K (XC) – 14:50
 8K (XC) – 24:22
 10K (XC) – 31:46.30

2008

- Posted an 8K time of 24:22 to finish 30th in his first collegiate run at the Notre Dame Invitational.

2009

- Ran a 25:13.3 to finish 110th in the 8K at the 2009 NCAA Pre-Nationals meet in Terre Haute, Ind.
- Finished 27th at the ACC Championships with a time of 24:27.90 in assisting the 'Noles to a third-place finish.
- Had a strong showing at the NCAA South Regional 10K by crossing the line in 40th place with a time of 31:50.
- Finished 151st at the 2009 NCAA Championships 10K with a personal-best time of 31:46.30.

SEMINOLES

- Finished 51st with a time of 24:27.70 in the 8K at the NCAA Pre-Nationals meet.
- Battled at the ACC Championships as he finished 27th in the 8K with a time of 25:22.10.

TRACK

2010 Indoor

- Opened the season with a 3000m finish of 8:14.51 at the Rod McCravy Memorial.
- Ran the 1500m in a time of 14:21.50 at the Husky Invitational.

2010 Outdoor

- Crossed the line in 14:35.81 in the 5000m at the Stanford Invitational.
- Placed 11th in the 5000m (14:38.69) and 8th in the 10,000m (30:14.02) at the ACC Outdoor Championships.
- Lowered his personal best in the 5000m by over 20 seconds by posting a 14:01.25 at the Payton Jordan Cardinal Invitational.
- Finished with a time of 3:50.07 in the 1500m at the Georgia Tech Invitational.
- Posted a 30th-place time of 14:31.27 in the 5000m at the NCAA East Regional.

2009 Track

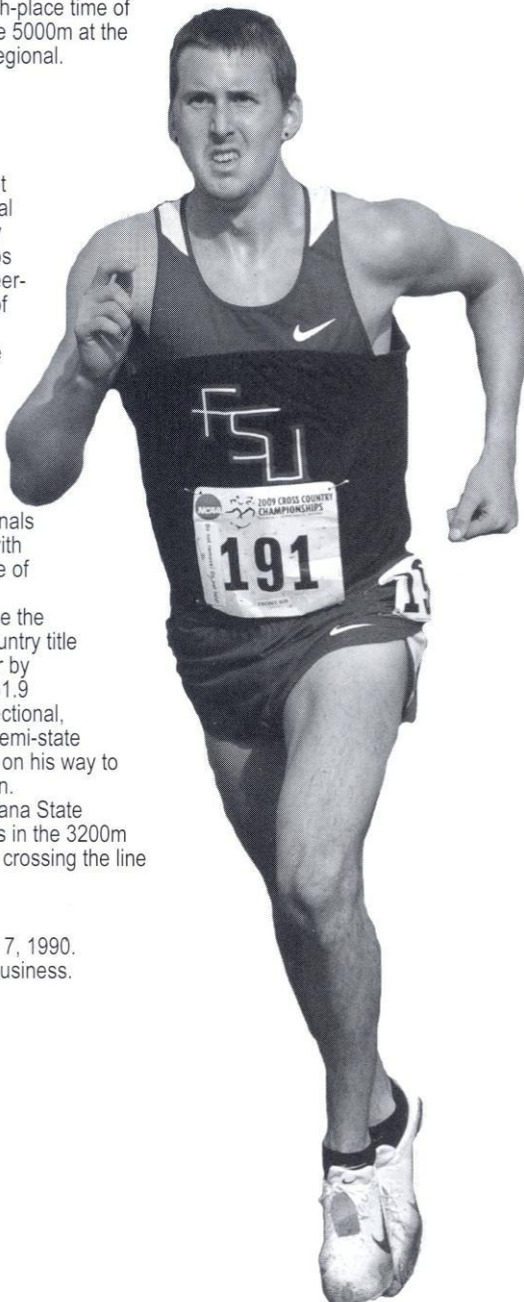
- Redshirted.

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.
- At the 2007 Nike Outdoor Nationals placed ninth with a two mile time of 8:58.7.
- 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.

Personal

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



NICHOLAS MAEDEL

RS JUNIOR

Orange Park, Fla.

(Ridgeview High School/
West Florida)

PERSONAL BESTS

5000m – 14:34.96
8K (XC) – 25:13
10K (XC) – 34:41.20

CROSS COUNTRY

2009

- Finished 13th at the Covered Bridge Open in a time of 20:29.00.
- Grabbed a top-15 finish at the Virginia Tech Invitational with a time of 24:58.30.
- Ran in the Notre Dame Invitational and set a new personal best in the 8K with a 25:13.
- Competed in the NCAA Pre-Nationals meet with a time of 25:36.
- At the ACC Championships, crossed the line in 70th with a time of 25:37.90 as Florida State went on to claim third place at the conference meet.

2008 (at West Florida)

- Redshirted.

2007 (at West Florida)

- Earned Second Team All-South Conference honors by finishing 16th 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 34:41.20 at the NCAA Division II South Regional Championship.
- Added a top 10 finish at the Argos Invitational with a mark of 27:46.

TRACK

2010 Outdoor

- Set a new personal best with a time of 14:34.96 as he won the 5000m at the UNF Spring Break Open in his only outdoor meet of the season.

2008 Outdoor (at West Florida)

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

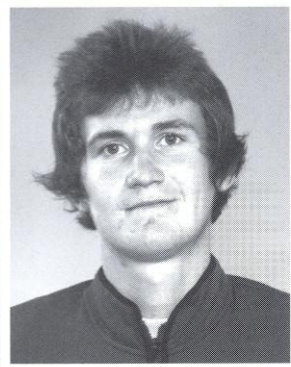
Prep

- Set personal bests in the mile (4:31) and two mile (9:48).
- 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.





CIARAN O'LIONAIRD

R-SENIOR
Macroom-Co.Cork,
Ireland
**(De La Salle College/
 Michigan)**

ALL-SOUTH REGION

Cross Country: 2009

ALL-ACC

Cross Country: 2009

ACADEMIC ALL-BIG TEN

2006-2008

PERSONAL BESTS

5000m – 14:10.99
 8K (XC) – 23:38.80
 10K (XC) – 30:37.10

2009

- Placed second in his first ever race for the Garnet and Gold at the Covered Bridge Open with a time of 19:45.10.
- Ran the eighth-fastest time at the Virginia Tech Invitational at 24:31.40 and helped the Seminoles to a second place finish at the event.
- Crossed the line as the first Seminole and twelfth participant overall at the Notre Dame Invitational in a time of 24:08.

CROSS COUNTRY

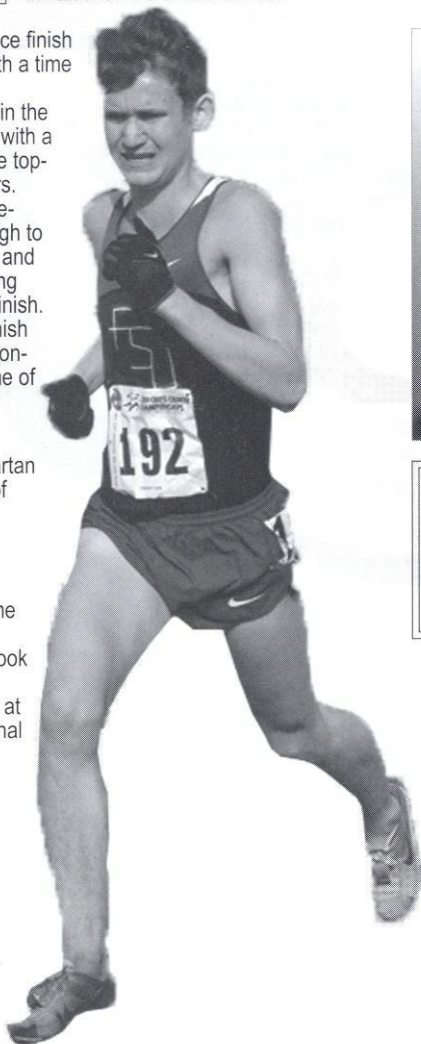
- Helped FSU to an eighth-place finish at the NCAA Pre-Nationals with a time of 24:37.90.
- Posted a new personal best in the 8K at the ACC Championship with a time of 23:38.80, placing in the top-10 and earning All-ACC honors.
- Ran the 10K NCAA South Regional in 31:07.88, good enough to earn All-South Region honors and a top-20 place overall in helping the 'Noles to a second place finish.
- Was the third Seminole to finish at the NCAA National Championships, placing 147th with a time of 31:41.20.

2008 (at Michigan)

- Earned the crown at the Spartan Invitational with a finish time of 24:44 in the 8K.
- Finished third with a time of 24:24.10 at the Iona Meet of Champions.
- Posted a personal-record time of 23:50.60 in the 8K at the Pre-National meet where he took 10th place.
- Grabbed a ninth-place finish at the NCAA Great Lakes Regional with a time of 31:42.6 in the 10K.
- Led Michigan at the NCAA Championships with a finish time of 30:37.10 that earned him 68th place.

2007 (at Michigan)

- Opened the season with a ninth-place finish in the Michigan Open.
- Posted a 24:50 in finishing 45th at the Notre Dame



Invitational.

- Placed 27th at the NCAA Great Lakes Regional with a time of 31:42.74.

TRACK

2010 Indoor

- Posted a 14:10.99 in the 5000m at the Husky Invitational.
- Completed in the 5000m at the ACC Indoor Championships, crossing the line in 16th place (14:59.44).

2009 Indoor (at Michigan)

- Was the top Wolverine to finish the Mile (4:11.46) at The Dual with Ohio State.
- Posted a 4:06.90 in placing sixth in the Mile at the Indiana Relays.
- Ran a time of 8:29.43 in the 3000m in finishing 70th at the Husky Invitational.

2008 Indoor (at Michigan)

- Finished third in the Mile with a time of 4:10.45 at The Dual.
- Placed sixth in the 3000m with a time of 8:04.05 at the Meyo Invitational.

2007 Indoor (at Michigan)

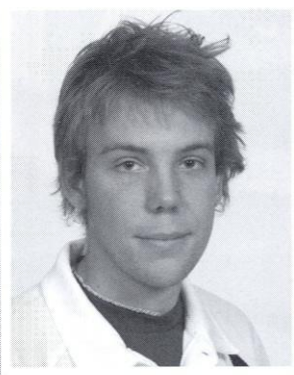
- Completed in the Mile at the TFM Silverston Invitational, finishing third with a time of 4:13.48.
- Fifth-place finish in the Mile (4:13.33) at the Indiana Gladstein Invite.

Prep

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

Personal

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



SETH PROCTOR

JUNIOR
Orlando, Fla.
(Edgewater High School)

PERSONAL BESTS

800m – 1:55
 1500m – 3:58
 3000m – 8:32
 5000m – 14:39
 8K (XC) – 25:15

2009

- Placed sixth at the FSU Invitational with a time of 25:41.
- Finished the Mayor's Cup 8K in Boston in 25:57.

2008

- Posted a 26:31 in finishing 13th at the season-opening Covered Bridge Open.

2007

- Took 14th at the Great American Cross Country Festival with a time of 26:48.70.

TRACK

2009 Track

- Finished third in the 5000m at the FSU Relays with a personal-best time of 14:39.
- Placed fourth at the North Florida Invite with his 14:47 in the 5000m.

2008 Outdoor

- Came in second during the 3000m at the Seminole Invitational with a time of 8:42.35.

SEMINOLES

Prep

- All-District, All-Region for 4A Cross Country as a Senior.
- All-District and Conference at 1600m in 2004, 2005, 2006, and champion in 2007.
- All Region at 1600m in 2006, and Runner-up in 2007.
- All-State at 1600m in 2007.

Personal

- Born November 4, 1988.
- Is the great-nephew of actor Paul Reubens (Pee-wee Herman).
- Majoring in English Literature.



DAVID FORRESTER

SOPHOMORE
Billinge, England
(University of Liverpool)

TRACK

PERSONAL BESTS

400m – 49.30
800m – 1:48.91
1500m – 3:40.81
Indoor Mile – 4:12.52
5000m – 14:26

2010 Indoor

- Posted a 4:12.52 in the Mile at the ACC Indoor Championships. Also competed as a member of the Distance Medley Relay at the same meet, finishing in 10:16.84.

2010 Outdoor

- Opened the outdoor season with a 1:51.46 finish in the 800m at the Seminole Invite.

- Ran a 3:54.32 in the 1500m at the ACC Outdoor Championships. Also competed in the 5000m, crossing the line in fourth place with a time of 14:29.71.
- Posted a 1500m time of 3:43.32 at the Payton Jordan Cardinal Invitational.
- Grabbed a sixth place finish in the 1500m at Georgia Tech Invite with a time of 3:43.09, qualifying for the first round of NCAA Championships.
- Finished third at NCAA First Round Championships to qualify for the NCAA National Championships.
- Competed at the NCAA Outdoor Championships, posting a 3:47.30 in the preliminary heat of the 1500m.

Previous Accolades

- Placed 10th in the 1500m (3:52.94) at the 2009 European U23 Championships.
- Finished 24th at the 2008 World Junior Cross Country Championships.
- Posted a 1500m time of 3:47.64 in finishing ninth at the 2008 World Junior Championships.
- Grabbed a top-5 individual and top-3 team finish in both the 2007 and 2008 European Cross Country Championships.
- 2008 English Schools Champion 1500m and Cross Country.
- 2008 National AAA's Champion in the 1500m.

Personal

- Born on December 11, 1989.
- Pursuing a degree in Biochemistry.



WES RICKMAN

SOPHOMORE

Peyton, Colo.

(Falcon High School)

CROSS COUNTRY

2009

- Finished the 7.7K Virginia Tech Invitational in a time of 24:04.30 and placed sixth overall.
- Helped FSU to a fourth place finish at the Notre Dame Invitational with a 33rd place time of 24:24.
- Competed at the 2009 NCAA Pre-National meet for the Seminoles finishing 70th in a time of 24:47.
- Earned a top-20 finish at the ACC Championships and his time of

ALL-SOUTH REGION

Cross Country: 2009

2009 ACC CROSS COUNTRY

Freshman of the Year

PERSONAL BESTS

800m – 1:56
1500m – 3:55.86
5000m – 14:35.81
5K (XC) – 15:15
8K (XC) – 24:16
10K (XC) – 31:10.50

24:16.16 was key to FSU's third place finish at the event.

- Was the first freshman, and 23rd overall, to finish the NCAA South Regional 10K in 31:10.50, earning All-South Region honors.
- Ran at the NCAA Championships for the Seminoles, finishing in 182nd place in a time of 32:26.

TRACK

2010 Outdoor

- Started his outdoor season with an impressive 14:35.81 in the 5000m at the Stanford Invitational.
- Ran the 5000m at the ACC Outdoor Championships, crossing the line in 12th place with a time of 14:41.85.
- Set a personal best in the 1500m with a time of 3:55.86 at the Seminole Twilight.

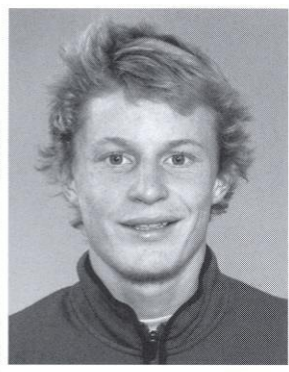
Prep

- Won the 4A State Cross Country Team title that is noted 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 3200m Indoor All-American (2008 & 2009).
- Earned an All-America honor in the outdoor season in the two mile with a time of 8:57 that is his personal record.

Personal

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





JACOB BROOKS

JUNIOR

Ft. Myers, Fla.
(Ft. Myers High School)

PERSONAL BESTS

3000m – 8:44.83
5000m – 14:58.45
10,000m – 30:58.89
5K (XC) – 16:04.62
8K (XC) – 25:29.60

CROSS COUNTRY

2009

- Placed 20th with a time of 20:03 at the Covered Bridge Open.
- Finished eighth at the FSU Invitational with a time of 25:52.03.
- Set a personal best with his 65th place finish time of 25:29.60 in the 8K at the ACC Champion-

ships.

2008

- Redshirted.

2010 Indoor

- Battled to finish the 3000m in a time of 8:44.83 at the Rod McCravy Memorial.

2010 Outdoor

- Set a new personal best in the 10,000m with a second place time of 30:58.89 at the FSU Relays.
- Crossed the line in 31:13.01, finishing 18th in the 10,000m at the ACC Outdoor Championships.
- Broke the 15-minute barrier for the first time in the 5000m with a 14:58.45 finish at the Georgia Tech Invitational.

Prep

- Finished in the top 15 of the FHSAA 3A Cross Country Championships his last two seasons at Ft. Myers.
- Best finish was eighth-place 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.

Personal

- Born on March 12, 1990.
- Majoring in Athletic Training.



MICHAEL WALLACE

FRESHMAN

Jacksonville, Fla.
(Bishop Kenny High School)

PERSONAL BESTS

800m – 1:57
1600m – 4:17.23
3000m – 8:47.53
3200m – 9:02.22

Prep

- Jacksonville Track Club Male Cross Country Athlete of the Year.
- 2008 Florida Times-Union Cross Country Runner of the Year.
- FHSAA 2A State Champion in Cross Country and 3200m in 2008.
- Won the district meet and went on to a third place finish in the 2007 2A Cross Country Championships.
- Finished 5th in the 2007 2A 3200m at the state meet and qualified in the 1600m.
- Placed ninth in the 2007 Nike Outdoors Nationals Freshman Mile.
- 2006 Cross Country District Champion.

TRACK



JAKUB ZIVEC

FRESHMAN

Litomerice,
Czech Republic
(Grand Rapids/
Gymnazium Josefa
Jungmanna)

PERSONAL BESTS

800m – 1:52.55
1500m – 3:44.77
3000m – 8:10.82
5000m – 14:10.58
5K (XC) – 14:53

Prep

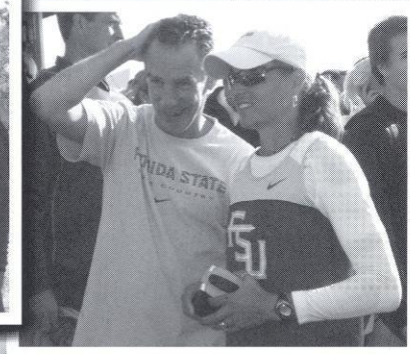
- Finished second in 5000m at 2009 European Junior Championship in Serbia.
- Won 1500m and finished second in the 800m at 2009 European Team Junior Championship in Moscow.
- Won the Midwest Region of the 2008 Foot Locker XC Championships with a time of 15:09.
- Finished fifth to earn first-team All-American honors at 2008 Foot Locker XC National Championships.
- Won the Heartland region in qualifying for the 2008 Nike XC Nationals.
- Placed second with a time of 15:18 at 2008 Nike XC Nationals.
- Finished in 12th place in 3000m at 2007 World Youth Championship (8:19.36).
- Fourth place in 3000m at 2007 European Youth Olympic Festival in Serbia.
- 13 Czech Republic national titles (Indoor, Outdoor, XC) since 2006.

Personal

Born on November 11, 1990.

SEMINOLES

2009 SEASON REVIEW & PROGRAM HISTORY





2009 Women's Season Review

2nd Place National Finish Makes History

Florida State continued to make school history as head coach Karen Harvey and the Seminoles captured second place at the 2009 NCAA Cross Country Championships by posting five 'Noles in the top 46 to score 133 points. The Seminoles ran the 6K with several impressive times that included three Seminoles earning NCAA All-American status for their top 40 finish. In one of her toughest races of her collegiate career, senior and captain Susan Kuijken battled all the way to the finish line for a third place spot with a time of 19:58.

Newcomer Pasca Cheruiyot was the second 'Nole to finish in 15th with a time of 20:23, while freshman Amanda



Winslow crushed her previous personal record with a new time of 20:44 to finish in 33rd place. Sophomore Jennifer Dunn recorded a 36th place finish with 20:47, while junior Pilar McShine came in 46th with a time of 21:00.

Kuijken: One Of Florida State's Most Decorated Athletes

As one of Florida State's most decorated athletes, Susan Kuijken leaves FSU as a four-time cross country NCAA All-American, a two-time cross country South Region Athlete of the Year, a three-time cross country NCAA All-South Region honoree, a three-time cross country ACC Performer of the Year recipient, a four-time cross country All-ACC honoree and three-time cross country ACC Champion.

Seminoles Crowned ACC Champions For Third-Consecutive Year

Florida State dominated the ACC Championships for the third year in a row thanks to five top 14 finishes to post 37 points and take home the trophy. The Seminoles were led by three-time ACC Champion Susan Kuijken's first-place finish in 19:39.3 and junior Pilar McShine quickly followed with an impressive third place run of 20:06.4. Although it was her

first ACC Championship race, newcomer Pasca Cheruiyot notched a sixth place finish with a time of 20:18.6 to round off the top 10. Other Seminoles earning All-ACC honors were sophomore Jennifer Dunn finishing 13th with a time of 20:37.8 and freshman Jessica Parry, who posted a 14th finish in 20:40.7.

Susan Kuijken Earns Third ACC Title

For the third-consecutive year, senior and team captain Susan Kuijken crushed the competition at the ACC Championships and posted a first-place finish in 19:39.3. Kuijken eased across the finish line a full 16 second ahead of the next runner to capture the title.

FSU Breaks In New Home Course

Florida State, ranked 11th at the time, unveiled its new home course at the Apalachee Regional Park and finished in second place by posting three runners in the top 10 and five in the top 25 at the FSU Invitational. As one of the most improved cross country runners this season, sophomore Jennifer Dunn trumped the opposition with a first-place finish time of 17:41.43. Christina Woytalewicz finished fifth with a solid performance of 18:11.71, while sophomore Kacey Gibson rounded off the top 10 for Florida State in seventh place with a time of 18:20.97. Christal Washington finished 13th in 18:38.34 and Bree McArdle finished 24th with a time of 19:08.39.

Susan Kuijken Debuts At NCAA Pre-National Meet

In the team's first meet of the championship season, the Seminoles showed their strength with two top 10 finishes that earned the squad second place at the NCAA Pre-National meet. In her first race of 2009, team captain Susan Kuijken showed her dominance by notching a dominant second place performance with 20:20.8. Newcomer Pasca Cheruiyot continued her solid year, taking seventh place in 20:36.6, while Pilar McShine placed in the top-20 for the Seminoles with a time of 21:10.3. Sophomore Jennifer Dunn finished 40th with an impressive time of 21:30.1.

Florida State Finishes Top 10 At Notre Dame Invite

The Garnet and Gold placed two runners in the top 25 to finish in seventh place at the Notre Dame Invite. For the second consecutive meet the 'Noles were led by team co-captain Pilar McShine, who finished 19th in 17:10, while Jessica Parry added to her impressive freshman campaign, finishing 25th overall in 17:17. Transfer Pasca Cheruiyot took 32nd place with a time of 17:22, and junior Amanda Quick claimed 49th place to finish 12 seconds behind. Freshman Amanda Winslow also scored for the 'Noles finishing 54th in 17:37.

Early In The Season

The Seminole women's cross country team opened the 2009 season scoring 22 points to earn first place at the Covered Bridge Open. Senior Amanda Quick dominated the field with a first place run of 18:12.3, while sophomore Jennifer Dunn finished in a close second with a time of 18:12.9. Three other 'Noles also placed in the top 8 for Florida State including Andrea Palen in fifth (18:27.5), Christina Woytalewicz in sixth (18:34.2) and Kacey Gibson in eighth (18:46.5).

In the squad's second meet of the season, the Seminoles posted seven runners in the top 10 and scored 26 points to take home the first-place trophy at the Virginia Tech Alumni Invite. Pacing the Seminoles was team co-captain Pilar McShine, who posted a second-place time of 16:25.2. Quickly following in third place was newcomer Pasca Cheruiyot (16:25.8), while freshman Jessica Parry finished an impressive sixth-place in 16:43.4. Amanda Quick and Jennifer Dunn placed seventh (16:44.2) and eighth (16:45.4), with Andrea Palen and Christina Woytalewicz rounding out the top ten with times of 16:48.7 and 17:00.9, respectively.

2009 ACCOLADES

ACC Women's Cross Country Performer of the Year

Susan Kuijken (third straight season)

ACC Team Champions Women's Cross Country

ACC Coach of the Year Honors

Karen Harvey

Individual ACC Champion

Susan Kuijken (6K)

All-Americans

Susan Kuijken, Pasca Cheruiyot, Amanda Winslow

Regional/District Honors

Pasca Cheruiyot, Jennifer Dunn, Pilar McShine, Jessica Parry, Amanda Winslow

All-ACC Honors

Pasca Cheruiyot, Jennifer Dunn, Susan Kuijken, Pilar McShine, Jessica Parry

ACC Performer of the Week

Susan Kuijken (Oct. 19)

Academic All-ACC Team

Pasca Cheruiyot, Jennifer Dunn, Susan Kuijken, Jessica Parry, Amanda Winslow

USTFCCCA All-Academic

Cross Country Team
Jennifer Dunn, Jessica Parry, Amanda Winslow



SEMINOLES

2009 Team & Individual Results



Women's Results

Covered Bridge Open (5k) • 9-4-09
Boone, N.C. *1st place/6 teams*

Name	Time	Place
Amanda Quick	18:12.3	1
Jennifer Dunn	18:12.9	2
Andi Palen	18:27.5	5
Christina Woytalewicz	18:35.2	6
Kacey Gibson	18:46.5	8
Bree McArdle	19:03.6	11
Kara Taylor	19:18.2	18

Va. Tech Alumni Invitational (5k) • 9-18-09
Blacksburg, Va. *1st place/7 teams*

Name	Time	Place
Pilar McShine	16:25.2	2
Pasca Cheruyiot	16:25.8	3
Jessica Parry	16:43.4	6
Amanda Quick	16:44.2	7
Jennifer Dunn	16:45.4	8
Andi Palen	16:48.7	9
Christina Woytalewicz	17:00.9	10
Kacey Gibson	17:15.4	13
Kara Taylor	17:50.1	21

Notre Dame Invite (5k) • 10-2-09
Notre Dame, Ind. *7th place/22 teams*

Name	Time	Place
Pilar McShine	17:10:00	19
Jessica Parry	17:17:00	25
Pasca Cheruyiot	17:22:00	32
Amanda Quick	17:34:00	49
Amanda Winslow	17:37:00	54
Andi Palen	17:38:00	60
Jennifer Dunn	17:38:00	61
Christina Woytalewicz	17:56:00	85
Kacey Gibson	18:22:00	116

FSU Invitational (5k) • 10-10-09
Tallahassee, Fla. *2nd place/7 teams*

Name	Time	Place
Jennifer Dunn	17:41.43	1
Christina Woytalewicz	18:11.71	5
Kacey Gibson	18:20.97	7
Christa Washington	18:38.34	13
Bree McArdle	19:08.39	24
Katherine McMeekin	19:23.09	28
Emily Ness	19:57.52	35
Kara Taylor	20:12.28	37
Jennifer Farnung	20:32.27	41
Lyndsey Spragins	20:32.30	42
Maria Valdivia	21:17.99	47
Ashley Calhoun	21:48.88	50
Erika Charlassier	21:50.33	52
Liz Gerrity	22:36.30	58
Amanda Skillen	22:36.52	59
Nicole Kenna	22:49.72	61
Arica Halila	23:00.47	62
Brittany Hilliker	23:30.45	64
Kaylie Belcik	24:24.83	67

NCAA Pre-Nationals (6k) • 10-17-09
Terre Haute, Ind. *2nd place*

Name	Time	Place
Susan Kuijken	20:20.8	2
Pasca Cheruyiot	20:36.6	7
Pilar McShine	21:10.3	20
Jennifer Dunn	21:30.1	40
Amanda Winslow	21:49.4	66
Andrea Palen	21:52.4	71
Jessica Parry	21:58.9	88

ACC Championships (6k) • 10-31-09
Cary, N.C. *1st place/12 teams*

Name	Time	Place
Susan Kuijken	19:39.3	1
Pilar McShine	20:06.4	3
Pasca Cheruyiot	20:18.6	6
Jennifer Dunn	20:37.8	13
Jessica Parry	20:40.7	14
Amanda Winslow	20:46.7	16
Andrea Palen	21:08.8	20
Christina Woytalewicz	21:19.1	26
Amanda Quick	21:39.4	34
Kacey Gibson	22:06.7	51

NCAA South Regional (6k) • 11-14-09
Tuscaloosa, Ala. *2nd place*

Name	Time	Place
Pilar McShine	20:31.15	6
Pasca Cheruyiot	20:31.28	7
Jennifer Dunn	20:46.29	13
Jessica Parry	20:51.62	15
Amanda Winslow	20:59.03	19

NCAA Championship (6k) • 11-23-09
Terre Haute, Ind. *2nd place*

Name	Time	Place
Susan Kuijken	19:58:00	3
Pasca Cheruyiot	20:23:00	15
Amanda Winslow	20:44:00	33
Jennifer Dunn	20:47:00	36
Pilar McShine	21:00:00	46

Men's Results

Covered Bridge Open (6.4k) • 9-4-09
Boone, N.C. *1st place/9 teams*

Name	Time	Place
Ciaran O'Lionard	19:45.1	2
Matt Leeder	19:56.4	4
Daniel Roberts	19:57.7	5
Jared Bell	20:03.0	8
Nick Maedel	20:29.0	13
Jacob Brooks	20:45.8	20
Tyler Price	20:53.8	22
Nathan Duby	21:13.5	25
David Huckaby	21:21.2	39
Daniel Silva	23:03.4	58

Notre Dame Invite (8k) • 10-2-09
Notre Dame, Ind. *17th place/23 teams*

Name	Time	Place
Ciaran O'Lionard	24:08:00	12
Daniel Roberts	24:13:00	16
Wes Rickman	24:24:00	33
Matt Leeder	24:28:00	35
Nick Maedel	25:13:00	91
Jared Bell	26:22:00	157
Tyler Price	26:23:00	159
Jacob Brooks	27:16:00	176
David Huckaby	27:47:00	179

FSU Invitational (8k) • 10-10-09
Tallahassee, Fla. *4th place/6 teams*

Name	Time	Place
Jake Brooks	25:52.03	8
Tyler Price	26:06.82	12
Nathan Duby	27:33.78	25
David Huckaby	27:37.08	27
Pablo Navarette	28:13.42	28
Daniel Silva	28:52.43	42

NCAA Pre-Nationals (8k) • 10-17-09
Terre Haute, Ind. *8th place/41 teams*

Name	Time	Place
Matt Leeder	24:07.7	18
Daniel Roberts	24:19.1	34
Ciaran O'Lionard	24:37.9	56
Wes Rickman	24:47.0	70
Mike Fout	25:13.3	110
Nick Maedel	25:36.0	143

ACC Championships (8k) • 10-31-09
Cary, N.C. *3rd place/12 teams*

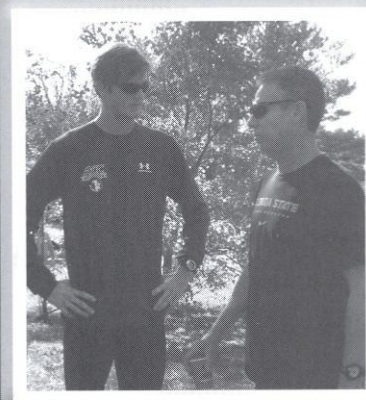
Name	Time	Place
Matt Leeder	23:33.7	5
Daniel Roberts	23:36.4	9
Ciaran O'Lionard	23:38.8	10
Wes Rickman	24:16.2	21
Mike Fout	24:27.9	27
Justin Harbor	24:52.9	39
Jared Bell	25:11.1	51
Jacob Brooks	25:29.6	65
Nick Maedel	25:37.9	70
Tyler Price	25:45.1	75

NCAA South Regional (10k) • 11-14-09
Tuscaloosa, Ala. *2nd place*

Name	Time	Place
Matt Leeder	30:08.41	4
Daniel Roberts	30:17.32	8
Ciaran O'Lionard	31:07.88	20
Wes Rickman	31:10.50	23

NCAA Championship (10k) • 11-23-09
Terre Haute, Ind. *30th place*

Name	Time	Place
Matt Leeder	30:30:00	43
Daniel Roberts	31:04:00	89
Ciaran O'Lionard	31:42:00	147
Mike Fout	31:47:00	151
Wes Rickman	32:26:00	182

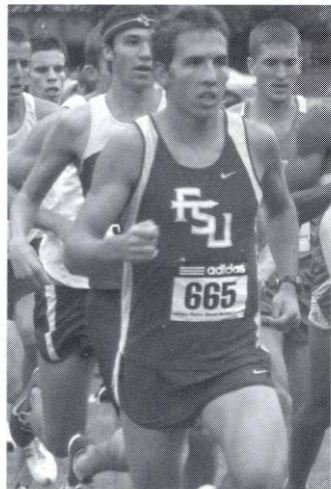




2009 Men's Season Review

At The National Meet

Florida State placed 30th at the national meet at the Lavern Gibson Championship Course in Terre Haute, Ind. Junior and co-captain Matt Leeder was the first 'Nole to finish in 43rd with a time of 30:30, while senior and fellow co-captain Daniel Roberts came in 89th with a finish time of 31:04. Newcomer Ciaran O'Lionaird was the next Seminole in at 147th in 31:42 with sophomore Mike Fout coming in at 151st place with 31:47 and ACC Freshman of the Year Wes Rickman taking 182nd with a time of 32:26. Over his three years on Florida State's cross country team, Robert's found great success by earning three All-South region honors and being named to the All-ACC list in 2009.



Seminoles Finish Best In ACC At NCAA Pre-National Meet

In the team's last meet to train for the conference championships, Florida State turned in impressive times to finish in eighth place as team co-captain Matt Leeder led the pack with a time of 24:07.7 to place 18th. FSU's performances of sub 25-minute times by Daniel Roberts (34th, 24:19.1), Ciaran O' Lionaird (56th, 24:37.9) and freshman Wes Rickman (70th, 24:47) led the ACC at the meet. Coming off an injury, Mike Fout finished in 100th place (25:13.3), while

Nick Maedel closed out the scoring in 143rd place (25:36.00).

2009 ACCOLADES

ACC Men's Cross Country
Freshman of the Year
Wes Rickman

Regional/District Honors
Matt Leeder, Ciaran O'Lionaird,
Wes Rickman, Daniel Roberts

All-ACC Honors
Matt Leeder, Ciaran O'Lionaird,
Daniel Roberts

Academic All-ACC Team
Michael Fout, Matt Leeder

USTFCCCA All-Academic
Cross Country Team
Jennifer Dunn, Jessica Parry,
Matt Leeder

Garnet and Gold Battle At ACC Championships To Finish Third

In the squad's first championship stint of the season, the Seminoles showed how much stronger their team compares to last year's squad by not only improving the overall team finish to a third-place finish with 72 points, but also placing more runners in the top 14 to earn All-ACC honors. The Seminoles were paced by co-captain Matt Leeder who finished in fifth place with a time of 23:33.66 along with senior and

other co-captain Daniel Roberts, who followed in ninth place with a time of 23:36.37. Newcomer Ciaran O'Lionaird was the third Seminole to earn All-ACC honors with his 10th-place finish in 23:38.8. Leeder was named All-ACC for the second consecutive year.

Wes Rickman Named ACC Rookie Of The Year

As the first freshman to finish at the ACC Championships, newcomer Wes Rickman was named the ACC Rookie of the Year for his 20th-place finish in 24:16.16. Since his arrival in August, Rickman has been an important asset to the Seminoles. The Peyton, Colo., native, opened the season at the Virginia Tech Invitational with a sixth-place finish in 24:04 and went on to battle at the Notre Dame meet where finished in 33rd place with a time of 24:24. At the Pre-National meet, Rickman finished the 8k with a time of 24:47 to place 70th.

FSU Opens New Home Course

Vying for a spot on the team's travel list for conference, Florida State runners took to the course hoping to prove their worth to Coach Braman at the FSU Invitational. Jacob Brooks led the 'Noles with an eighth place finish in 25:52.03 and helped the team to a fourth place finish. Sophomore Tyler Price took 12th place with a solid time of 26:06.82, with Nathan Duby rounding off the top 25 in 25th place with a time of 27:33.78. Other runners battling at the meet were David Huckaby in 27th (27:37.08), Pablo Navarette in 38th (28:13.42), and Daniel Silva in 42nd (28:52.43).

Notre Dame Invite A Success For FSU

Florida State quickly turned their attention to the Notre Dame meet where the squad was the first school in the south region to finish and placed sixth overall. Ciaran O' Lionaird finished as the top Seminole in 12th place overall with a time of 24:08, while Daniel Roberts placed 16th in 24:13. Freshman Wes Rickman continued to impress by finishing third for Florida State, 33rd overall finish, with a time of 24:24, while team co-captain Matt Leeder finished 35th overall with a time of 24:28.



Early In The Season

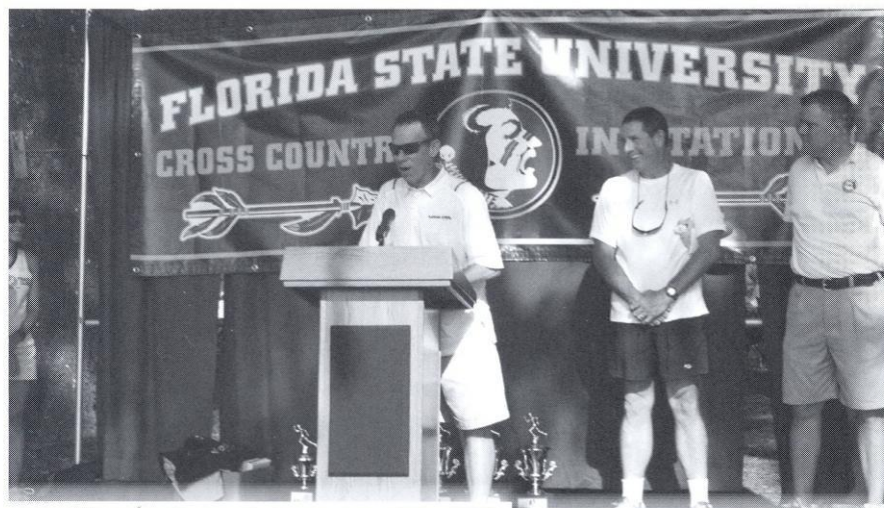
The Seminole men's team kicked off the season strong, finishing in first place at the Covered Bridge Open. Although it was his first meet wearing garnet and gold, junior Ciaran O' Lionaird stepped up to pace the Seminoles and finished second in the race with a time of 19:45.1. Team captains Matt Leeder and Daniel Roberts finished neck and neck for fourth (19:56.4) and fifth (19:56.7), respectively, while newcomer Jared Bell finished eighth for the Seminoles, with a time of 20:03.

The Seminoles continued the momentum at the Virginia Tech Invitational as they scored a second-place finish. Team co-captain Daniel Roberts paced the 'Noles and finished fourth with a time of 23:49.8, while freshman Wes Rickman quickly followed in 24:04.3. Ciaran O' Lionaird rounded off the top ten for the Garnet and Gold as he took eighth place in 24:31.4. Roberts' fourth place finish in less than 24 minutes was faster than that of the event winner the previous year (Luke Gunn, FSU, 24:09).

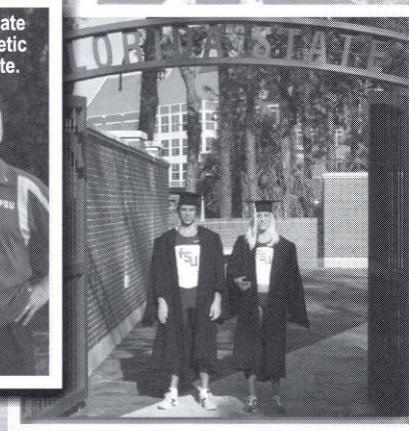
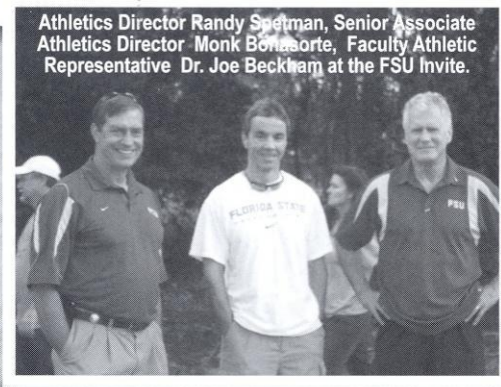


SEMINOLES

UNIVERSITY & PROGRAM SUPPORT



Athletics Director Randy Spelman, Senior Associate Athletics Director Monk Bonaiuto, Faculty Athletic Representative Dr. Joe Beckham at the FSU Invite.



FLORIDA STATE



Men's Cross Country History

ALL-AMERICANS

1969	Ken Misner
1970	Ken Misner
1971	Bobby Brooks
1981	Herb Willis
2005	Andrew Lemoncello

ALL-SOUTH REGION

2001	Kim Bergdahl Dave Guerra Joep Tigchelaar Maarten van den Heuvel
2002	Nathan Adams Joep Tigchelaar Maarten van den Heuvel
2003	Luke Beevor Kevin Cook Ian Hornabrook Eddy Rodriguez Joep Tigchelaar
2004	Ian Hornabrook Tom Lancashire Andrew Lemoncello Eddie Rodriguez
2005	Sean Burris Kevin Cook Tom Lancashire Andrew Lemoncello Phil Nicholls
2006	Mark Buckingham Luke Gunn Tom Lancashire Andrew Lemoncello
2007	Mark Buckingham Luke Gunn Steeve Gabart Matt Leeder Daniel Roberts
2008	Steeve Gabart Jason Lakritz Matt Leeder Daniel Roberts Nick Sunseri
2009	Matt Leeder Ciaran O'Lionaird Wes Rickman Daniel Roberts

ALL-ACC

2001	Joep Tigchelaar
2002	Joep Tigchelaar
2003	Joep Tigchelaar Ian Hornabrook
2004	Andrew Lemoncello Ian Hornabrook Tom Lancashire Eddy Rodriguez
2005	Andrew Lemoncello Tom Lancashire Sean Burris Phil Nicholls
2006	Tom Lancashire Andrew Lemoncello
2008	Steeve Gabart Matt Leeder
2009	Matt Leeder Ciaran O'Lionaird Daniel Roberts

ACC PERFORMERS OF THE WEEK

1996	Jason Ritter (9/10)
1997	Aaron Scheer (10/6)
1998	Aaron Scheer (10/12)
2004	Luke Beevor (9/7) Andrew Lemoncello (9/14) Andrew Lemoncello (10/4) Andrew Lemoncello (10/18)
2005	Andrew Lemoncello (9/19) Andrew Lemoncello (10/3)
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

1981	8th	(257)
2003	29th	(733)
2004	17th	(438)
2005	18th	(471)
2006	30th	602)
2007	20th	(454)
2008	26th	(576)
2009	30th	(612)

ACC CHAMPIONSHIP

Under Head Coach Scott Irving

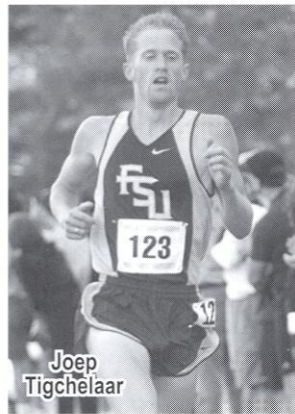
1991	7th	(200)
1992	8th	(230)
1993	8th	(220)
1994	9th	(273)
1995	9th	(230)
1996	7th	(217)
1997	9th	(232)
1998	8th	(210)
1999	8th	(218)

NCAA SOUTH REGION CHAMPIONSHIP

2001	3rd	(85)
2002	4th	(104)
2003	2nd	(64)
2004	1st	(59)
2005	2nd	(47)
2006	1st	(67)
2007	2nd	(52)
2008	3rd	(66)
2009	2nd	(80)

Under Head Coach Bob Braman

2000	7th	(188)
2001	5th	(134)
2002	5th	(123)
2003	2nd	(66)
2004	2nd	(48)
2005	2nd	(38)
2006	2nd	(79)
2007	3rd	(130)
2008	4th	(80)
2009	3rd	(72)



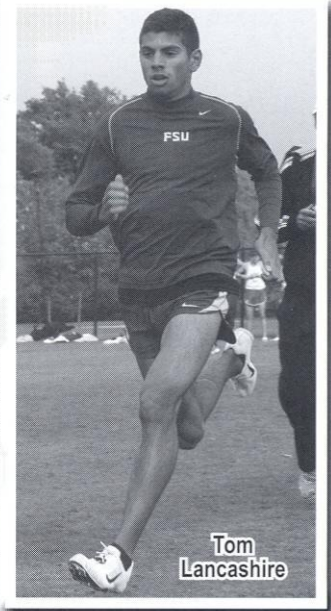
Joep Tigchelaar



Luke Gunn



Andrew Lemoncello



Tom Lancashire

MEN'S ALL-TIME 8K PERFORMERS

Rk	Runner	Time	Year
1.	Matt Leeder	23:33	2009
2.	Luke Gunn	23:35	2008
3.	Daniel Roberts	23:36	2009
4.	Ciaran O'Lionaird	23:38	2009
5.	Andrew Lemoncello	23:43	2005
6.	Larry Greene	23:47	1980
7.	Herb Wills	23:52	1980
8.	Tom Lancashire	23:53	2005
	Mark Buckingham	23:53	2007
10.	Joep Tigchelaar	24:04	2003

SEMINOLES

Women's Cross Country History



ALL-AMERICANS

1981	Darien Andreau
2002	Vicky Gill
2003	Vicky Gill
	Natalie Hughes
2006	Susan Kuijken
2007	Susan Kuijken
	Barbara Parker
2008	Susan Kuijken
	Pilar McShine
	Lesley Van Meirt
2009	Pasca Cheruiyot
	Susan Kuijken
	Amanda Winslow

ALL-ACC

2000	Amy Pleckaitis
2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
	Barbara Parker
2008	Susan Kuijken
	Pilar McShine
	Linzi Snow
	Lesley Van Meirt
	Lydia Willemse
2009	Pasca Cheruiyot
	Jennifer Dunn
	Susan Kuijken
	Pilar McShine
	Jessica Parry

ALL-TIME TEAM FINISHES

NCAA CHAMPIONSHIP

2002	28th	(657)
2003	18th	(455)
2006	21st	(436)
2007	3rd	(236)
2008	3rd	(163)
2009	2nd	(133)

ACC CHAMPIONSHIP

Under Head Coach Scott Irving

1991	5th	(154)
1992	5th	(164)
1993	7th	(195)
1994	9th	(235)
1995	9th	(220)
1996	9th	(247)
1997	9th	(247)
1998	8th	(220)
1999	8th	(214)

NCAA SOUTH REGION CHAMPIONSHIP

2001	3rd	(113)
2002	2nd	(72)
2003	2nd	(93)
2004	4th	(176)
2005	3rd	(118)
2006	4th	(84)
2007	1st	(40)
2008	1st	(41)
2009	2nd	(54)

Under Head Coach Bob Braman

2000	6th	(128)
2001	7th	(156)
2002	6th	(134)
2003	5th	(135)
2004	6th	(168)
2005	7th	(196)
2006	4th	(118)

Under Head Coach Karen Harvey

2007	1st	(64)
2008	1st	(27)
2009	1st	(37)

ALL-SOUTH REGION

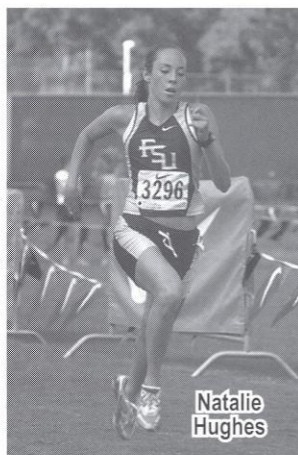
2001	Vicky Gill
	Natalie Hughes
	Katie Jeffrey
2002	Vicky Gill
	Misty Harper
	Natalie Hughes
	Allison Lind
2003	Anne Clinton
	Vicky Gill
	Helen Hofstede
	Natalie Hughes
2004	Laura Bowerman
	Natalie Hughes
2005	Laura Bowerman
	Abi Wilshire
2006	Jessica Crate
	Amy Huss
	Susan Kuijken
	Abi Wilshire
2007	Hannah England
	Kirsten Hagen
	Audrey Hand
	Susan Kuijken
	Pilar McShine
	Barbara Parker
	Lydia Willemse
2008	Kacey Gibson
	Susan Kuijken
	Pilar McShine
	Linzi Snow
	Lydia Willemse
	Christina Woytalewicz
2009	Pasca Cheruiyot
	Jennifer Dunn
	Pilar McShine
	Jessica Parry
	Amanda Winslow

ACC PERFORMERS OF THE WEEK

2001	Alison Lind (9/3)
2002	Vicky Gill (10/21)
2007	Susan Kuijken (9/4)
	Pilar McShine (9/25)
	Susan Kuijken (10/2)
	Susan Kuijken (10/16)
	Susan Kuijken (10/23)
2008	Susan Kuijken (10/20)
	Susan Kuijken (11/3)
2009	Susan Kuijken (10/19)



Susan Kuijken



Natalie Hughes



Barbara Parker



Vicky Gill

WOMEN'S ALL-TIME 6K PERFORMERS

Rk	Runner	Time	Year
1.	Susan Kuijken	19:35	2008
2.	Vicky Gill	19:48	2002
3.	Pilar McShine	20:06	2009
4.	Barbara Parker	20:17	2007
5.	Pasca Cheruiyot	20:18	2009
6.	Lesley Van Meirt	20:25	2008
7.	Jennifer Dunn	20:37	2009
8.	Laura Bowerman	20:40	2005
	Jessica Parry	20:40	2009
10.	Hannah England	20:44	2007





University Facts & Figures



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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 1951 and first offered instruction at the postsecondary level in 1857...It's 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 the Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 40,255 in the Fall Semester of 2009.

ENROLLMENT (FALL, 2009): Total 40,255...75.7% undergrad, 21.3% graduate, 3.0% unclassified...81.9% in-state...93.7% from the United States...students are from all 50 states and the District of Columbia are in attendance...18 state contributes over 100 students each...19 foreign counties contributed over 25 students each...female, 55.2%...male, 44.8%, minority, 26.1%...international, 3.4%.

ACERAGE: 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 and Gadsden counties...sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGE DEGREE PROGRAMS: With 16 college and schools, student made take courses of study leading to the baccalaureate degree in 101 programs, to master's degree in 118 programs, to the advanced master's degree in one program to the specialist degree in 35 programs, to the doctorate degree in 75 degree programs, to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communications, Criminology and Criminal Justice, Education, Engineering, Human Services, Information, Law, Medicine, Motion Picture, Television and Recording Arts, Music, Nursing, Social Sciences and Public Policy, Social Work and Visual Arts, Theatre and Dance.

OPERATING BUDGET (2009-010): \$1,048,678,772

DEGREES AWARDED FOR 2008-09: Bachelor, 7,630...Masters, 2,129...Doctorate, 343...Specialist, 47...Juris Doctorate, 263...Medical Doctorate, 74...Total, 10,486.

ENTERING FRESHMAN FACTS (2009): The middle 50 percent high school GPA, 3.6-4.1...SAT score 1120-1280...ACT score 25-29...There were 18 National Merit Scholars, 4 National Achievement Scholars and 26 Hispanic Scholars enrolled as undergraduate students during the fall 2009 term.

RETENTION RATE: First year, 100%...second year, 86.7%, third year, 77.0%, fourth year, 73.9%.

FACULTY/STAFF: Total 2,268...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches electrical engineering, and Winston Scott who serves as the Vice President for Student Affairs...FSU's faculty has included six dynamic Nobel Laureates with 12 members who have been elected to the National Academy of Sciences and 11 members who have been elected to the American Academy of Arts and Sciences and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

EDUCATIONAL ADVANTAGES: The 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 in FSU's long tradition as a liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU was ranked as the 18th most connected

university in the nation by Yahoo! Internet life.

EDUCATIONAL OPPORTUNITIES ABROAD: FSU offers a variety of overseas 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 stud 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. The is one Linkage Institute, FLORICA, in Costa Rica and Beyond Borders programs in Turriaba, Costa Rica, Kingston, Jamaica and Dresden, Germany.

EXTRACURRICULAR ACTIVITIES: FSU has over 500 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: 22-1. Many of the general education classes are large, lecture classes; however 80% of major classes have fewer than 50 students.

RESEARCH: The Florida State University has built as reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$140 million in external funds will be generated this year by the university faculty and administration as supplements for state funds used for research. The 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 (2008-09): \$199, 829, 173

LIBRARY HOLDINGS: The Florida State University Library System contains over 3.1 million volumes, of which more than 594,000 are available electronically as e-books. The libraries subscribe to more than 78,300 current serials including academic journals, professional and trade journals, and major newspapers from around the country in both paper and electronic formats. The libraries also subscribe to more than 600 data bases. The FSU Libraries include eight 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, the College of Engineering 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 Program study centers in London, Florence, and Panama, and a collection of art related materials at the John and Mable Ringling Museum of Art in Sarasota, Fla.

10 LEADING STATES OF ORIGIN

Florida.....	32,914
Georgia.....	719
Virginia.....	384
New York.....	256
North Carolina.....	243
Texas.....	231
Pennsylvania.....	205
Alabama.....	189
New Jersey.....	176
Illinois.....	165

SEMINOLES

Athletic Academic Support Services



ACADEMIC ADVISING

The advisors in the 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 related 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 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 patterns by providing a structured setting to work on class assignments and provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic advisor, typically, most freshman, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade average are required to attend study hall.

TUTORING PROGRAM

The Athletic Department at Florida State University has made a commitment to providing our student-athletes with one of the finest and most comprehensive tutorial programs in the nation. The tutorial program is just one of several key support services that are available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree.

Academics hires approximately 85 tutors a year, from a variety of academic departments, who are committed to providing proactive individualized assistance with course comprehension and study skills. The Academic Mentoring program provides each student-athlete with the opportunity to have individualized assistance in the areas of study skills, test preparation, organization and time management. Mentors tailor their efforts to meet the needs of each student, their learning style and their academic strengths.

Most tutors are seniors or graduate level students who have outstanding academic backgrounds. Tutorial assistance is a free service available to all student-athletes in any of their academic coursework and may be obtained by completing a tutorial request form at the beginning of the semester including summers, or as needed.

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 ninth floor of University Center C. Florida State has 47 PC compatible computers and several laser printers available for use by the student-athletes. A computer lab is available to student-athletes with a current FSU ID card. The entire Athletic Academic Support Services is also equipped with wireless internet.

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, the 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.

Florida State student-athletes have achieved great success in obtaining recognition for academic success and that continued in 2009-10. During the 2009-10 academic year, three student-athletes earned CoSIDA Academic All-American honors (Becky Edwards-soccer, Gonzalo Barroilhet, Kim Williams-track) while seven other student-athletes earned District

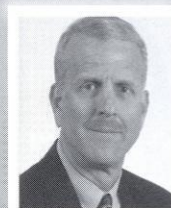
Academic All-American honors including Victoria Huster (soccer), Erin McNulty (soccer), Marissa Kazbour (soccer), Brianna Barry (volleyball) and Taylor Wilson (volleyball). Several of Florida State's best and brightest was also named to their respective Academic All-ACC teams.

In the spring 2010 semester, 10 of Florida State's athletic teams had a 3.0 or better cumulative GPA, 251 student-athletes earned GPA's of 3.0 or better, 17 student-athletes made the President's List with a 4.0 GPA and 74 student-athletes earned Dean's List honors with a GPA of 3.5 or better.

In November of 2008, football's Myron Rolle became the second student athlete to earn a prestigious Rhodes Scholarship – one of the oldest and most prestigious awards for international study. It was the first time in nearly 25 years that a Rhodes Scholarship was awarded to a prominent college football player. He accepted the scholarship and studied at Oxford before entering the NFL Draft in 2010. He became the fourth Florida State student to be named a Rhodes Scholar. He follows in the footsteps of former Student Body President Joe O'Shea (2008), track and field student-athlete Garrett Johnson (2006) and Caroline Alexander (1976). The scholarships provide all expenses for up to two or three years of study at the University of Oxford in England.

Over the past 16 years, more than \$470,000 in Postgraduate

Scholarship monies has been granted to FSU student-athletes as well as numerous other academic honors.



BILL SHULTS
Director



BRIAN MAND
Associate Director/
Cross Country
Advisor





NCAA Compliance



VANESSA FUCHS
Associate
Athletics Director
for Compliance



JODY SMITH
Assistant Athletics
Director for
Compliance



JENNIFER SANTIAGO
Assistant Athletics Director
for Initial Eligibility &
Admissions



BRET COWLEY
Compliance
Coordinator

through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

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)

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 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

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

- Written correspondence, including letters and e-mails
- Business Cards
- 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

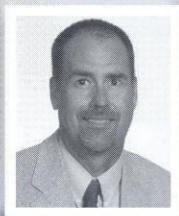
- You **may** forward information about prospects to the appropriate coaches.
- You **may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you 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.

Student Services



BRANDI STUART
Assistant Athletics
Director for
Student Services



JOHN LATA
Director of
Student Services



YASHIVA EDWARDS
Assistant
Director of
Student Services

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 student-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 confronting 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.

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

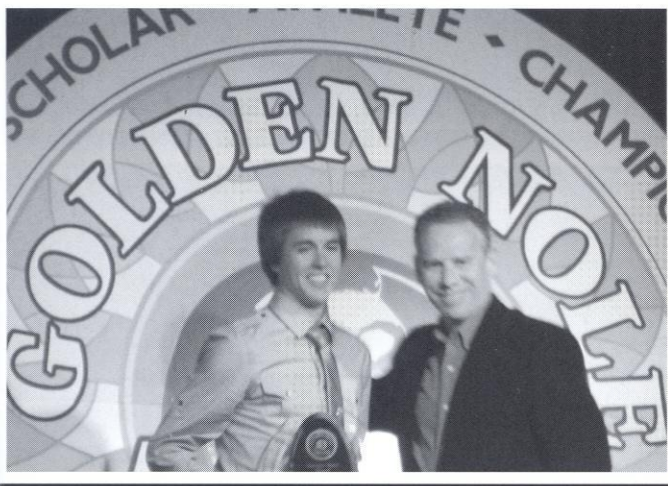
Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as value clarification, goal setting, fiscal planning, decision making and 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

2010 STUDENT-ATHLETE ADVISORY COUNCIL

Katherine Adham	Women's Swimming
Lacey Agnew	Women's Golf
Trevor Andrews	Men's Track and Field
Cierra Brevard	Women's Basketball
Jacob Brooks	Men's Cross Country
Morgan Bullock	Women's Softball
Ashley Calhoun	Women's Cross Country
Chad Colley	Football
Deividas Dulkys	Men's Basketball
Mike Fout	Men's Cross Country
Kacey Gibson	Women's Cross Country
Maurice Harris	Football
Michael Hebert	Men's Golf
Jordan Horsley	Men's Swimming
Andrew Jacobs	Men's Track and Field
Michelle Jenije	Women's Track and Field
Nick Klein	Men's Swimming
Gen King	Women's Golf
Brooks Koepka	Men's Golf
Allyn Laughlin	Women's Track and Field
Owen Long	Men's Tennis
Luke Loucks	Men's Basketball
Chelsi McDonald	Cheer
Stephanie Neville	Women's Volleyball
Danny Nguyen	Men's Swimming
Kristine Polley	Women's Swimming
Shawn Powell	Football
Toni Pressley	Women's Softball
Amanda Quick	Women's Cross Country
James Ramsey	Baseball
Anderson Reed	Men's Tennis
Jenna Romanelli	Women's Volleyball
Hunter Scantling	Baseball
Brittany Selts	Women's Swimming
Chelsey Severance	Cheer
Amanda Skillen	Women's Cross Country
Ashley Stager	Women's Softball
Federica Suess	Women's Tennis
Margo Zwerling	Women's Track and Field



FLORIDA STATE



Medical Care Services

• 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 at Florida State includes 10 full-time and six graduate assistants who 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.

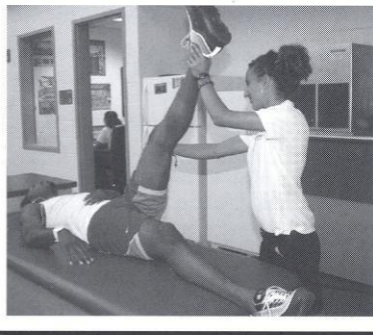
• FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.

• 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.



**JERONIMO
BOCHE**
Athletic Trainer



**ZOILA
RIVERA**
*Graduate Assistant
Athletic Trainer*

THE DON FAULS ATHLETIC TRAINING ROOM

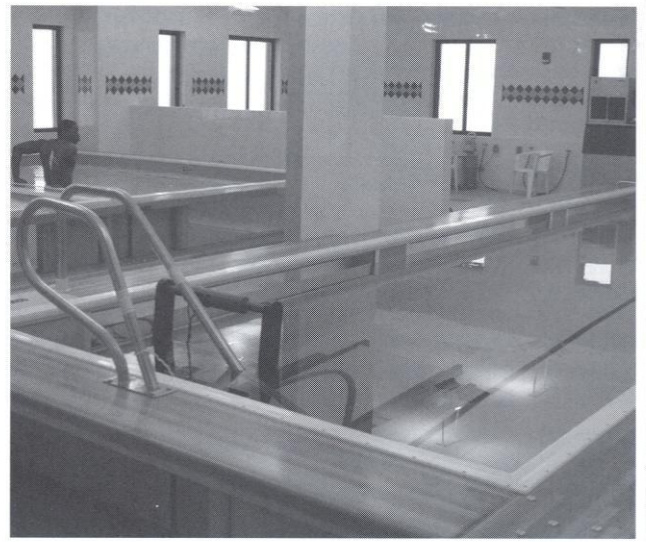
• The 15,000 square foot athletic training room is housed off Doak Campbell Stadium and is used by all 19 Seminole varsity teams.

• Facility is adequately equipped with the latest advances that the field of sports medicine has to offer. Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms.

• Also features a 4,000 square foot rehabilitation area equipped with Biodex System 3.

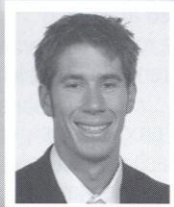
• Treatment area includes 24 treatment tables with various modalities, computer injury tracking devices and 18 taping benches.

• Amply accessible for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool with underwater treadmill, one 9' x 16' in-ground cold whirlpool, a 9' x 16' in-ground warm whirlpool and nine extremity whirlpools.



SEMINOLES

Strength & Conditioning



**TYLER
PEACOCK**
*Strength &
Conditioning
Coach*



**LAUREL
WENTZ**
Sports Dietician

GOAL

To maximize the on-field performance of each athlete, while reducing the risk of injury.

- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.

TOTAL ATHLETIC DEVELOPMENT

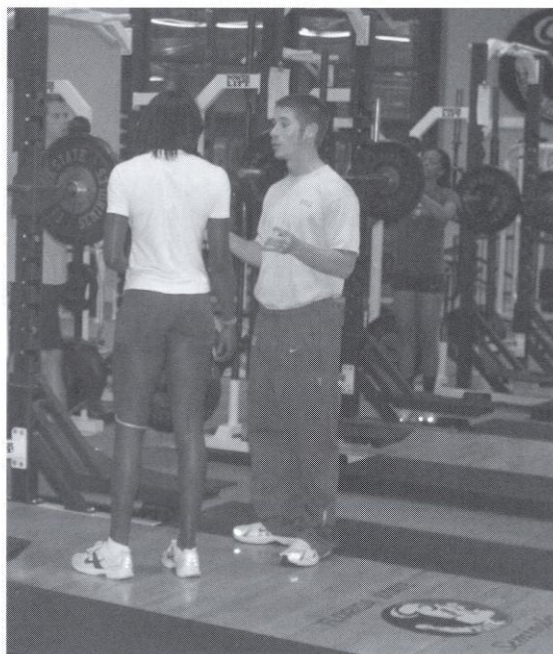
Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.

- Develop individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.

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.

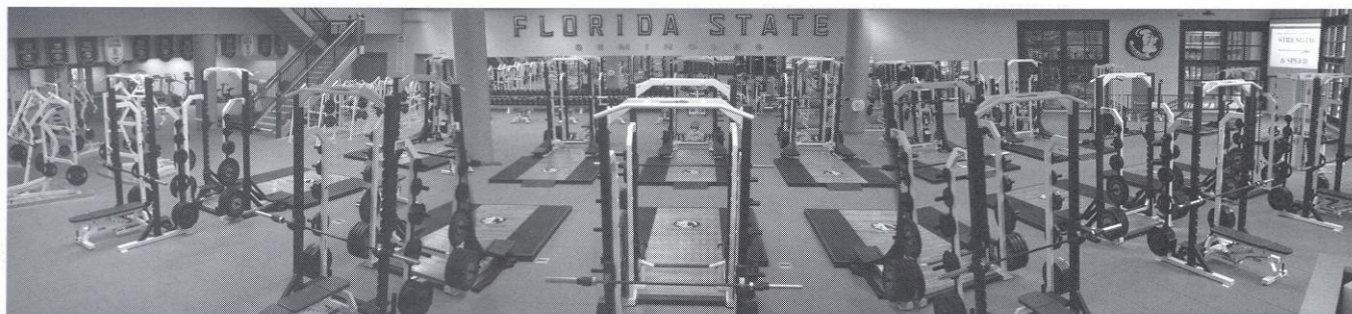
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.



THE ROGER HOLLER CHAMPIONS TRAINING COMPLEX

"Where The Elite Become Champions"

- Facility includes a lifting area of 14,000 square feet
- More than 20,000 pounds of free weights are available to Seminole student-athletes
- Complex also includes 20,000 square feet of functional training space
- Outfitting the facility is custom-built FSU equipment, platforms and weights
- There are 24 self-contained powerlift work stations each containing 500 pounds of free weights.
- Strength & Conditioning staff office surround the facility.





Seminole Striders Program

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.

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

Through the Seminole Striders program, the women are given the chance to suit up and compete with the team. All of the runners are viewed equally. With that said, the Striders are expected to attend practice every day, help with community service, fundraise and maintain a high level of excellence in the classroom as are all Florida State student-athletes.

As for the benefits of being a Florida State student-athlete, the Striders are given the same as any other athlete. They are provided equipment and are coached by a renowned coaching staff while competing in cross country meets.

"Our Strider Program is very unique," women's head coach Karen Harvey said. "It is a chance for our program to help develop future talent. It is for runners of all levels that have a passion for running but might not be on a scholarship or at walk-on level right now. However, with time and good coaching through this opportunity can become much better and potentially make the travel team."

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. "In the past, we've taken the Striders down to the Disney Invitational, which was an overnight meet, and have also taken them to the FRunners.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.

"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."

"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."

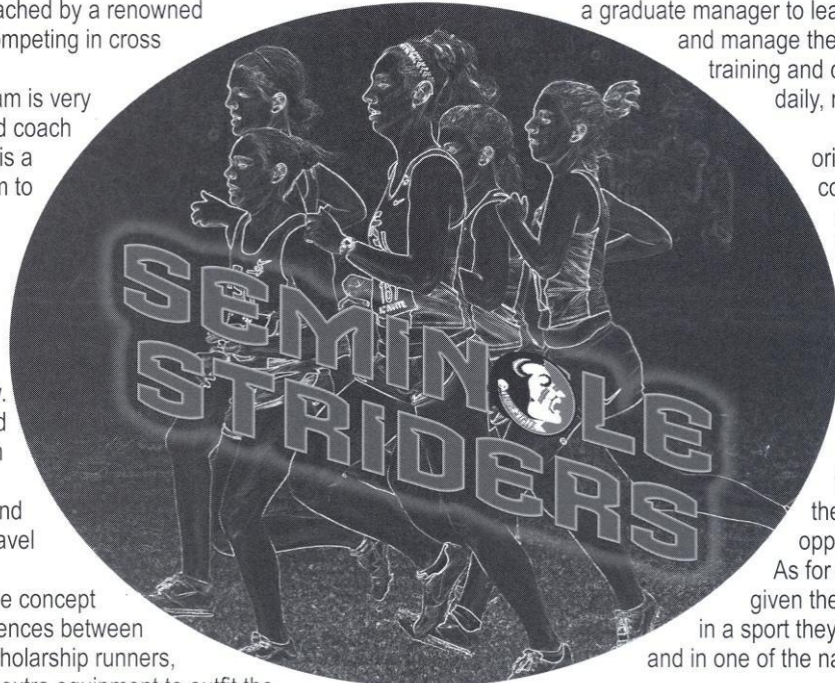
Despite the lack of fanfare surrounding the program, the Striders are not a well-guarded secret. The coaching staff has promoted the program in high schools throughout the state of Florida, by preparing a brochure, running clinics and putting the program up on the track and field website.

"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, women's head coach Karen Harvey and Braman assign a graduate manager to lead the hardworking group and manage their needs. With the constant training and coaching the Striders receive daily, many improve dramatically.

"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."

The benefits of the program are evident on 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.



SEMINOLES

Seminole Striders Program



2010 SEMINOLE STRIDERS ROSTER

Name	Year	Hometown
Alicia Aldrige	Fr.	Tarpon Springs, Fla.
Kendall Andrews	Fr.	Tallahassee, Fla.
Margee Ankli	Jr.	Oviedo, Fla.
Kaylie Belcik	So.	Palm Harbor, Fla.
Carol Anne Bosco	Sr.	Jacksonville, Fla.
Ashley Calhoun	Jr.	Niceville, Fla.
Meagan Cogdall	Fr.	Lakeland, Fla.
Erika Charlassier	So.	Coral Springs, Fla.
Erin Fabrizio	So.	Seminole, Fla.
Mary Catherine Fleming	Jr.	Orlando, Fla.
Lauren Gelzinis	Fr.	Stuart, Fla.
Liz Gerrity	So.	Naples, Fla.
Meghan Gullman	Fr.	St. Johns, Fla.
Arica Halila	Sr.	Boynton Beach, Fla.
Mollie Hibbard	Fr.	Satellite, Fla.
Brittany Hilliker	So.	Tampa, Fla.
Amber Imm	So.	Naples, Fla.
Kaitlyn Iselborn	So.	Jacksonville, Fla.
Nicole Kenna	Jr.	Brandon, Fla.
Katherine McMeekin	So.	Palm Harbor, Fla.
Kristin Moreau	Fr.	Ocala, Fla.
Allyson Pagen	Fr.	Melbourne, Fla.
Kaitlin Pfeiffer	So.	Niceville, Fla.
Jenevah Porter	So.	Jupiter, Fla.
Lauren Ross	Fr.	Ft. Lauderdale, Fla.
Shelby Salimone	Fr.	Tallahassee, Fla.
Arielle Shashaty	Fr.	Coral Springs, Fla.
Samantha Shreffler	Fr.	Coral Springs, Fla.
Brittany Skagfield	Jr.	Tallahassee, Fla.
Maria Valdivia	So.	Miami, Fla.



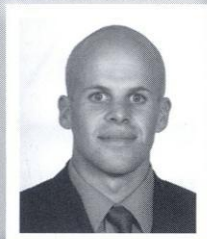
Cross Country Support Personnel



Wendy Byers
Business Office



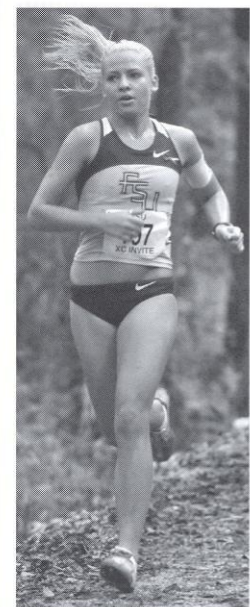
Placide Paul
Equipment



Chris Rettkowski
Facilities



Scott Wright
Operations Director



FLORIDA STATE



This Is The ACC



THE TRADITION

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

Yet the Atlantic Coast Conference has defied the odds. Now, in its 58th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it. Since the league's inception in 1953, ACC schools have captured 120 national championships, including 64 in women's competition and 56 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 130 times in men's competition and 91 times in women's action.

2009-10 IN REVIEW

The 2009-10 academic year saw league teams capturing an all-time high eight national team titles and 9 individual NCAA crowns. In all, the ACC has won 50 national team titles over the last 13 years. The ACC has won two or more NCAA titles in 28 of the past 30 years.

A total of 123 ACC teams placed in NCAA post-season competition in 2009-10. League teams compiled a 116-64-3 (.637) mark against opponents in NCAA championship competition. In addition, the ACC had 170 student-athletes earn first team All-America honors this past year. Overall, the league had 235 first, second or third team All-Americans and the ACC produced four national Players of the Year and four national Coach of the Year honorees.

2009 ACC CROSS COUNTRY IN REVIEW

With six of the top 23 runners in the field, NC State won the 2009 Atlantic Coast Conference cross country championship, edging two-time defending champion Virginia for the men's title. Florida State, meanwhile, placed seven runners in the top 20 and rolled to the women's team title over runner-up Duke.

Virginia's Emil Heineking won the individual championship in the men's race, running the 8K course at the WakeMed Soccer and Cross Country Complex in a time of 23:15.49. Two-time defending women's champion Susan Kuijken was an easy repeat winner, running the 6K course in a time of 19:39.3.

Virginia won a three-way battle for second place with 71 points while Florida State was third, one point behind the Cavaliers with 72 points, and Duke was fourth with 74.

In winning its third straight ACC championship, Florida State thoroughly dominated the women's race. In addition to Kuijken, junior Pilar McShine was third (20:06.4), junior Pasca Cheruiyot was sixth (20:16.6), sophomore Jennifer Dunn was 13th (20:37.8) and freshman Jessica Perry was 14th (20:40.7), giving the Seminoles five runners on the all-conference team. FSU won with a team score of 37 points, easily outdistancing runner-up Duke (71 points) and third-place Virginia (84). NC State finished fourth in the women's race with 109 points.

The men's race was one of the closest in the history of the event. The biggest suspense in the women's race turned out to be Kuijken's final margin of victory. She eased across the finish line a full 16 seconds ahead

of runner-up Catherine White of Virginia, who ran the course in an impressive time of 19:55.9. FSU's McShine was third at 20:06.4, 11 seconds behind White. FSU's top seven runners all finished in the top 20.

Florida State's Wes Rickman was men's ACC Rookie of the Year after running the men's race in a time of 24:16.16. He was the top true freshman in the race, finishing 24th. In the women's race, Duke's Bottorff was women's ACC Rookie of the Year.

At the NCAA Championship, on the women's side, Florida State finished second, Duke eighth and Virginia 15th. Virginia's men's team was the top ACC finisher at 15th while NC State (27th), Duke (28th) and Florida State (30th) all finished in the top 30. Individually, Kuijken placed third overall to lead all ACC performers.

2009-10 NATIONAL CHAMPIONSHIPS

Field Hockey.....	North Carolina
Women's Soccer.....	North Carolina
Men's Soccer.....	Maryland
Men's Basketball.....	Duke
Men's Ice Hockey.....	Boston College
Men's Lacrosse.....	Duke
Women's Rowing.....	Virginia
Women's Lacrosse.....	Maryland



SCHOOL AFFILIATIONS

BOSTON COLLEGE -- Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON -- Charter member of the Southern Intercollegiate Athletic Association in 1894; a charter member of the Southern Conference in 1921; a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE -- Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE -- Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of Southern Conference in 1921; charter member of the SEC in 1932; joined the ACC in April, 1978.

MARYLAND -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

MIAMI -- Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

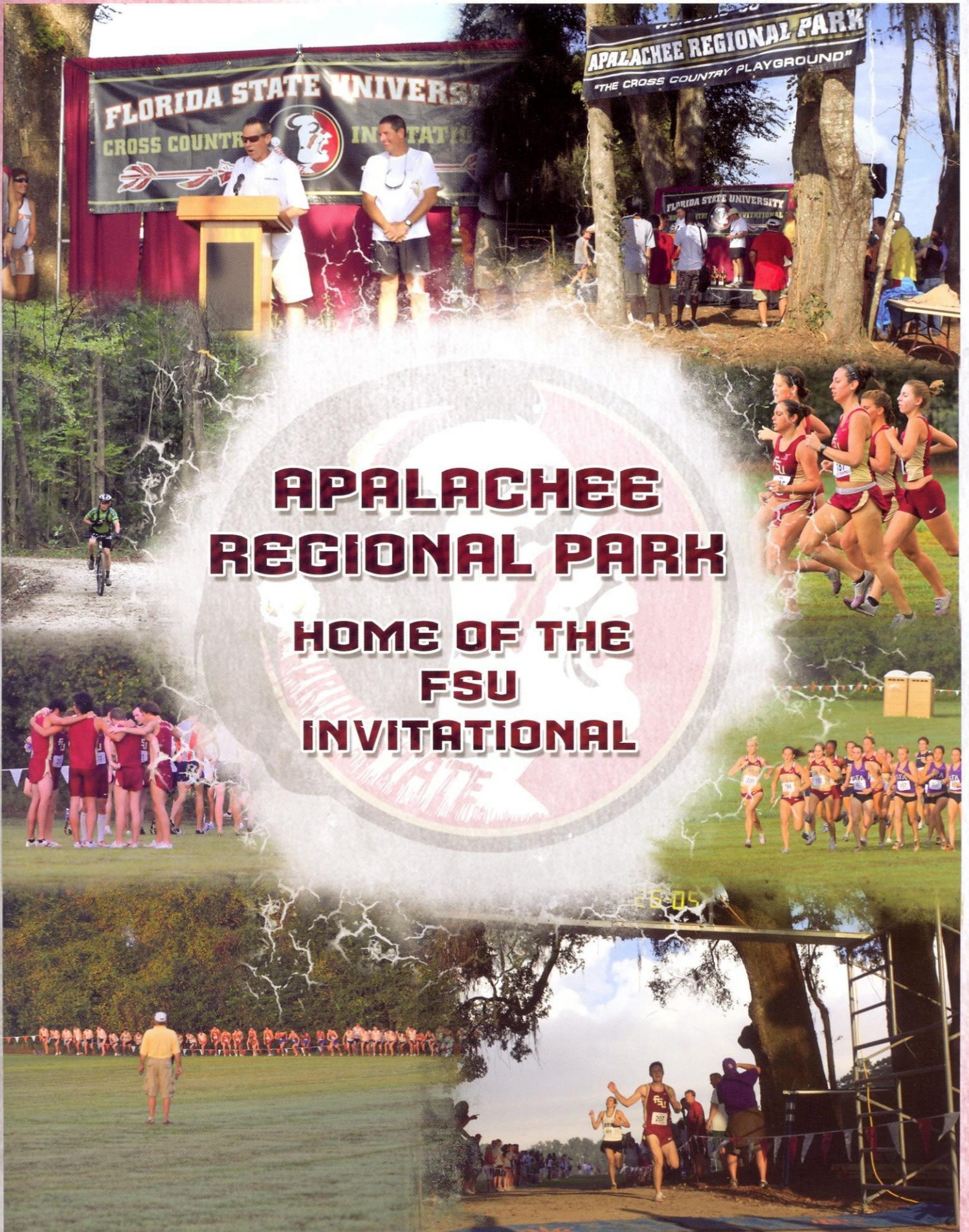
NC STATE -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; resigned from Southern Conference in December 1936; joined the ACC in December, 1953.

VIRGINIA TECH -- Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST -- Joined the Southern Conference in February, 1936; charter member of the ACC in 1953.





**APALACHEE
REGIONAL PARK
HOME OF THE
FSU
INVITATIONAL**

FLORIDA STATE

SEMINOLES



2010 SCHEDULE

Sept 03	Covered Bridge Open	Boone, NC
Sept 11	Across the State Relay	Daytona Beach, FL
Sept 19	Boston University Invitational	Franklin Park, MA
Oct 01	Notre Dame Invitational	South Bend, IN
Oct 09	FSU Invitational	Tallahassee, FL
Oct 15	Royal Cross Country Challenge	Charlotte, NC
Oct 16	Pre-Nationals	Terre Haute, IN
Oct 22	Florida Southern Invitational	Lakeland, FL
Oct 30	ACC Championships	Franklin Park, MA
Nov 13	NCAA South Regional	Birmingham, AL
Nov 22	NCAA Cross Country Championships	Terre Haute, IN