

2004 Women's Bios

2004 Track & Field



Kimberly Adams

Sophomore, Sprints/Jumps
Stone Mountain, GA
(Stone Mountain)

Collegiate Bests: 200m (25.24), 400m (55.24)

2003: Outdoor – Achieved a personal best time of 25.24 in the 200m dash at the Seminole Track Invitational...finished 17th at the ACC

Outdoor Championships in a time of 25.48...placed second in the 400m dash at the Seminole Twilight and Snowbird Invitational... a personal best mark in the 400m at the Florida Classic in a time of 55.24...placed tenth at the ACC Outdoor Championships in a time of 56.33. **Indoor** - Major contributor in the 400m dash event, competing at the Gator Invitational, Florida Intercollegiate and Purple Tiger Invite... placed 24th at the ACC Championships in the 200m...**Prep:** National champion in 2001 and national runner up in 2002 in the 400m

dash...four-time state champion in the 400m dash (1997, 2000-02)...five time regional champion in the 400m (1997, 1999, 2000-02)...four-time track and field honor roll member...ninth grade class president...played one year of basketball and captained the team. **Personal:** Daughter of Debra and Ernest Adams...born on November 11, 1983...greatest ambition is to go to the Olympics... majoring in communications.



Carla Agnew

Freshman, Distance
Oshawa, Ontario
(McLaughlin)

Personal Bests: 1500m (4:43)

Prep: Three-sport athlete from McLaughlin C.V.I...member of the track and field team for three years and Cross Country for two...was

Track and Cross Country MVP...placed 5th in the 1500m at the Canadian Junior Nationals...won the OFSAA bronze medal in the 800m...personal best of 2:17 in 800m and 4:44 in 1500m. **Personal:** Majoring in exercise physiology...birthday October 7, 1984.



Stefanie Bechler

Freshman, Distance
Libertyville, IL
(Libertyville)

Prep: Four sport athlete at Libertyville High School...focused mostly on track and cross country...Conference champ and state qualifier for the 1600m...member of the 2001 4x800m relay ranked 16th in the state...three years all

conference for track...two years all conference for cross country. **Personal:** Majoring in sport nutrition...birthday July 23, 1984.



Tina Beidenharn

Freshman, Distance
Orange Park FL
(Ridgeview)

Prep: Achieved coaches award for cross country her freshman through senior years...coaches award for track junior year...cross country county champ freshman and senior year...earned

all-state sophomore and junior year. **Personal:** Major is undecided...birthday is February 2, 1985



Christina Boekhout

Freshman, Distance
Merritt Island, FL
(Merritt Island)

Prep: Participated in cross country, track and field, basketball, soccer and swimming while a student at Merritt Island High School...**Personal:** Made honor roll and participated in Key Club, German Club...

Also served as the Vice President of her class... worked during the summer for the Florida Wildlife Hospital... intended major is biology...birthday April 1, 1985.



Sharneka Brown

Junior, Sprints/Jumps
St. Petersburg, FL
(Florida A&M)

Collegiate Bests: 60m (7.84), 100m (11.8), 200m (24.4), Long Jump (17' 8.25"), Triple Jump (40' 11.75")

2003: Outdoor – Earned a bid to the regional championship in the triple jump, placing 20th with a mark of 39' 8.75" (12.11m)... qualified for the East Regional with her best performance of the season at the Florida Classic jumping to a personal best mark of 40' 1.25" (12.22m), 2nd place finish...registered marks of 12.00m or better at the FSU Relays (12.17m) and Yellow Jacket Invite (12.03m)...finished 15th at the ACC Championships with a mark of 37' 3.25" (11.36m)...ran a leg on the 4x100m relay team with a regional time of 45.60 at the Florida Relays. **Indoor** – Had the highest mark on the team in the triple jump competition at 40' 11.75" (12.49m)...ranked third on the team in the 60m dash with a time of 7.84 at the ACC Indoor Championships...her best finish in the triple jump was second at the Florida Intercollegiate with a jump of 40' 3.75" (12.29m)...competed in both the long and triple jump at the ACC Championships...**FAMU:** Transferred to FSU from Florida A&M...All-MEAC honoree in the triple jump and 55m dash...placed fourth in the triple jump at the MEAC championships. **Prep:** Participated in track and field all four years at Lakewood High School... track team MVP as a senior...member of state

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championship 4x100m relay team...helped lead her team to state runner-up finishes in 1998 and 1999...honor roll member...student body treasurer... 2001 *St. Petersburg Times* Athlete of the Year. **Personal:** Daughter of David and Jackie Brown...born on November 10, 1982...Majoring in criminology.



Tamara Campbell

Senior, Sprints
Orlando, FL
(Evans)

2003 Outdoor All-American, 2003 All-ACC team
Collegiate Bests: 100m (12.27), 200m (24.40), 400m (53.82)

2003: Outdoor – Made her first NCAA Championship appearance for the garnet and gold as a member of the 4x400m relay...ran to a season best time of 3:34.32, tenth fastest in FSU history, in the preliminary round of the 4x400m relay to finish sixth and earn a spot in the final...earned All-American honors along with Laura Gerber, Evelyne-Cynthia Niako and Shauna Quinn in the 4x400m relay with a seventh place finish in a time of 3:34.37...received an at-large bid to the NCAA Championships as a member of the 4x400m relay team, after running to a top time of 3:35.78 at the ACC Outdoor Championships...ran a leg in the 4x400m relay at the NCAA East Regional placing fifth in a time of 3:36.55...also competed in the 400m crossing the finish line in a time 54.47...posted her best finish at the ACC Outdoor Championships in 2003 in the 400m placing third in a time of 54.40...earned All-ACC honors for the first time as a Seminole...ran to a personal best time of 53.82 at the Florida Relays in late March, good for a third place finish...her time in the 400m was the fifth fastest in the conference...was a member of the 4x400m relay team that captured the ACC crown in a time of 3:35.78...captured a personal best time in the 200m at the Seminole Track Invitational of 24.40...crossed the finish line in fourth at the FSU Relays in a time of 24.42. **Indoor** – Recorded the fastest time on the team during the indoor season in the 400m dash at 54.88, finishing as the conference runner-up at the ACC Championships...ranked third overall in the conference in the 400m during the season...was the top performer for the Seminoles in the 400m at the Florida Intercollegiate, Gator Invitational and Purple Tiger Invite...**2002: Indoor** – The top performer for the women's squad in the 400m at the Florida Intercollegiate, the UNC Classic and the ACC Indoor Track & Field Championships... contributed in the 200m by competing at the Gator Invitational and the ACC Indoor Track & Field Championships...placed fourth as the first leg of the FSU 4x400m relay team at the ACC Indoor Track & Field Championships where the relay team finished with a season-best time of 3:49.7...**Outdoor** – Led the Lady Seminoles in the 400m and provided added depth in the 200m...posted a then career best time of 54.54 in the 400m at the ACC Championships where she finished in fifth place...achieved other top times in the 400m at the FSU 3-Way, the FSU Twilight and the Florida Relays...in the 200m Campbell attained a personal best time of 24.96 at the FSU Twilight... posted times of 25.47 twice at the FSU Season Opener and at the Georgia Tech Invite. **2001:** Gave the Lady Seminoles depth in several sprints, including the 55m, the 200m and the 400m...member of the 400m relay team which placed third at the ACC meet and provisionally qualified for

NCAA's...set her personal best in the 200m at the Georgia Bulldog Classic, finishing in 25.46...showed marked improvement in the 400m throughout the outdoor season, earning two fifth-place finishes and one third place finish (FSU Relays). **Prep:** Four-year member of the Evans High School track team... attended the same high school as brother and teammate, Sean... **Personal:** daughter of Ulysses and Rhonda Campbell... born December 15, 1980... majoring in exercise physiology.



Heather Clark

Freshman, Distance
Brewer, Maine
(Brewer)

Personal Bests: 1600m (5:04), Mile (5:03)

Prep: Two-time indoor state champion in the mile in 2002 and 2003...Penobscot Valley Conference outstanding performer in 2002 and 2003...also an outstanding cross country runner as her state runner-up and 6th place in the New England Championships... PVC all star cross country and indoor/outdoor track 2001-03... holds the PVC mile record with a time of 5:03. **Personal:** Salutatorian of her graduating class...majoring in nursing...birthday is October 13, 1984.



Anne Clinton

Junior, Distance
Richmond, IN
(Richmond)

Collegiate Bests: 1500m (4:37.69), 3000m (10:17.17), 5000m (17:11.91)

2003: Outdoor – Top Seminole performer in the 1500m at the Seminole Track Invitational...achieved a personal best time of 4:37.69 in the 1500m at the Seminole Twilight meet...finished second at the FAMU Relays in the 3K crossing the finish line at 10:19.82...at the Georgia Tech Invitational, garnered a third place finish in the 5K recording a personal best time of 17:11.91...earned a 14th place finish at the ACC Championships in the 5K. **Indoor** – Saw limited action during the indoor season...placed fourth at the Florida Intercollegiate in the 3K at 10:17.17... **2002: Cross Country** – Helped lead the Lady Seminoles to their first ever appearance at the NCAA Championships... scored in every meet she competed in... finished second for the Tribe at the Mountaineer Open, Seminole Invitational and Great American XC Festival... turned in a top performance at the Seminole Invitational after placing eighth with a time of 18:44.8 for the 5k course...finished 49th at the ACC Championships with a mark of 23:44.5 in the 6k run. **Prep:** Track, golf and gymnastics standout at Richmond High School...MVP of track team as a sophomore... qualified for state championships as a senior... competed in the high jump in addition to distance events... three time golf MVP... sectional champion in golf as a senior...three time all-state honoree in gymnastics...honor roll all four years...involved in Peer-Helpers, Mi-Y, R-Club and FCA. **Personal:** Daughter of Vicki and George Clinton...born on September 29, 1982...park and recreation major.

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Carrie Crandall

Senior, Jumps/Pole Vault
Jacksonville, FL
(Episcopal)

Collegiate Bests: Pole Vault (11' 10")

2003: Outdoor - Vaulted twice at the Snowbird Invitational and Seminole Twilight meets...best finish was third place at the Snowbird with a mark of 10' 0" (3.05m)...did not finish season due to a hamstring injury. **Indoor** - Competed at the Florida Intercollegiate, finishing in a tie for sixth with a height of 10' 4" (3.15m). **2002: Indoor** - Saw action at the Florida Intercollegiate posting a mark of 10-6...Outdoor - Gave the Lady Seminoles added depth in the pole vaulting event...set a season high mark of 11-04.25 at the FSU Twilight meet...compiled vaults over 11 feet three times with one coming on the road at the Georgia Tech Invite...her mark of 11-00.25 was second on the Florida State squad at the FSU Relays. **2001:** Added strong depth to the pole vaulting squad as a freshman...set a personal best mark at the ACC Outdoor Championship by clearing 11-10 to finish ninth...won the pole vault event at the FSU Season Opener and FAMU Relays...vaulted over 11 feet five times. **Prep:** Competed on Jacksonville Area Vault Club team...competed on high school cross country team in 1994-95 and competed on the track and field team from 1996-2000...earned all-state honors four times, as well as earning an individual state championship twice and being named her team's Most Valuable Athlete in her senior year...earned the "Coaches' Award" as a junior...was named to her high school's Dean's List in her senior year. **Personal:** Majoring in business and management information systems... daughter of Pat and Jackie Crandall...celebrates a birthday on February 23.



Abbie Day

Sophomore, Distance
Winter Park, FL
(Lake Howell)

Prep: Ran cross country and track helping her team to a Class 3A District 3 championships during senior year... was a state qualifier as an individual and with her cross country team during senior year... was also selected first team all conference during junior year and second team... ran leg of 4x800 team that won the Class 3A District Championships... was a regional qualifier in the 800m event and the mile, in addition to the 4x800m... member of the National Honor Society graduating summa cum laude...**Personal:** Daughter of Mary and Steve Rivet... born March 25, 1984... intended major is sport management.



Rachel Evjen

Senior, Distance
Eau Claire, WI
(Northwestern)

At NW: Finished as Northwestern's first runner in a total of 28 races ran during her four years as a cross country standout... holds six of the best 6K times in Northwestern history... placed 67th overall during her senior year (2002) at the 6K NCAA Championships posting a finish time of 21:11.6 which also earned her the second best time at the 6K distance in school history... set a school record for the distance at the 6K Midwest Regional with a time of 20:52.28... earned Academic All-Big-Ten honors during her senior year. **Prep:** All-state performer all four years... Finished second in the Wisconsin state championship race three times and finished in the top seven all four years.. Four-time conference and sectional champion... twice voted team captain... also a three year starter on the basketball team... three-time all-state academic award winner. **Personal:** Born Rachel Elizabeth Evjen... celebrates a 12/25/80 birthday... Daughter of Timothy Evjen and Cheryl Hauser... working on her master's degree in sport administration.



Vicky Gill

Senior • Distance
Lancashire, England
(St. Andrews University)

2-Time All-American, All-ACC & All-South Region honoree

Collegiate Best: 5K (15:42.4), 1500m (4:20.2), 10K (33:09)

Outdoor: Ranked No. 1 in the nation in both the 5,000m run and 10,000m event for the entire season, ending the year in first place in the conference and the East Region and fifth in the nation... earned All-America honors at the NCAA Outdoor National Championships in her second appearance becoming one of two Noles to earn that distinction in both cross country and track and field... posted a personal best time and new school record of 33:09.25 at the NCAA Outdoor National Championships... received an automatic bid to nationals after running a then record setting time of 33:14.98, crushing the old school record by more than 44 seconds previously set by Gill (33:59.67) in 2002... ran to a third place finish in the 5K (15:53.37) at the NCAA East Regional to earn her spot at nationals... did not compete in the 5K event to focus on the 10K... earned All-ACC honors in the 5,000m after placing second in a time of 16:02.36 at the conference championship... at the Stanford Invitational, finished in a personal best time of 15:42.40 in the 5K event eclipsing the school record by almost 16 seconds, previously set by Gill earlier in the season... won the Snowbird Invitational crossing the finish line in a time of 15:58.99... named ACC Performer of the Week for her outstanding performance in the 10K. **Indoor:** In the first meet of the season at the Florida Intercollegiate, captured the 3K record with a time of 9:33.11, shattering the previous time of 9:55.90 set by Gale Grant back in 1981... at the ACC Indoor Championships, broke the previous 5K record by more than a minute originally set by Brooke Bastien (17:41.53) in

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Vicky Gill

2001 heading into the ACC Championships meet, led the conference in the 5000m run with a time of 16:45.17... ranked third in the 3000m event with her record setting time of 9:33.11... finished fourth at the ACC Championships in the 5K in a time of 16:37.70 setting a personal best record in the event...**2002: Cross Country** – Became the first women's cross country All-American in school history...finished 15th at the NCAA Championships with a time of 20:07.4 on the 6k course... won the NCAA South Regional and led FSU to a second-place finish to earn all-region honors...named to the All-ACC team after placing second at the conference championship... won the NCAA Pre-Nationals... was the top finisher for the Lady Seminoles in all five meets she competed in...**Indoor** – Redshirted the indoor season...

Outdoor – Established many top times for the Lady Seminoles in the distance events...compiled a personal best and NCAA automatic qualifying and FSU record time of 33:59.67 in the 10K at the Stanford Invitational where she finished in 16th place...at the NCAA Championships, she placed 11th in the 10K run in a time of 35:13.61...finished fifth in the 10K at the ACC Championships with a time of 35:32.54...went on to finish tenth at the ACC Championships running the 5K in 17:17.59... at the FSU 3-Way, she ran a team best time of 10:20.22 in the 3K and achieved a personal best in the 1500m at 4:37.92. **2001: Cross Country** – Finished at the NCAA National Championship in 122nd place with a time of 22:20 for the 6K course...Earned All-South Region honors following her fourth-place finish, crossing the finish line of the 6K course at 20:20...placed fifth at the ACC Championship, which was the highest finish in school history, earning her All-ACC honors...placed first at the Auburn Invitational, earning her ACC Cross Country Performer of the Week honors... led all Lady Seminoles at the NCAA Pre-Nationals with a time of 21:47 for the 6K course...won the Florida State Intercollegiate Championship running unattached. **Prior to FSU:** Finished ninth in the United Kingdom Senior World Cross Country Trials as a 20-year old...missed making the U.K. national team by two spots with less than three-years of cross country experience. **Personal:** Daughter of Anthony and Netta Gill...born October 21, 1980.



Jennifer Gomez
Sophomore, Distance
Miami, FL
(Lourdes Academy)

Collegiate Bests: 1500m (5:16.48), 3000m (10:50.95), 5000m (18:57.62)

2003: Outdoor – Recorded the third fastest time on the team at the Seminole Track Invitational in the 3K at 10:50.95...ran in the 5K at the Yellow Jacket Invite and Snowbird Invitational...posted a personal best time of 18:57.62 in the 5K, while competing in Atlanta. **Indoor** – Did not compete during the indoor season **Prep:** Won the cross country state championships during her senior year and the track 4x800 relay championships during her junior and senior seasons at the Lourdes Academy... as a senior, was the cross country state championship runner-up... won team state championships as a freshman. **Personal:** Daughter of Rodolfo and Maria Gomez... born March 9, 1984... intended major is communications.



Helen Hofstede
Senior, Distance
Hoogarharspel, Netherlands
(RSG Enhuizen)

Collegiate Bests: 800m (2:09.5), 1500m (4:23.2)

Prep: Earned a national championship in the Netherlands during 1997 while competing for a club team... placed fourth in the 1500m nationals competition last season and second in 2000...also played tennis and gymnastics... **Personal:** Member of Rotaract – a community service organization in the Netherlands... daughter of Govert and Sietske Hofstede... Celebrates her birthday on December 31, 1980.



Janet Howard
Junior, Distance
Clearwater, FL
Clearwater Central Catholic

Prep: Earned second team all cross country honors as a senior at Clearwater Central Catholic High School... also participated in swimming in high school... **Personal:** Graduated in top ten percent of high school class... daughter of Mark and Eileen Howard... involved in Key Club and Student Government... spent time working as a lifeguard... intended major is chemical science.



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Natalie Hughes

Junior, Mid-Distance
Grand Junction, CO
(Palisade)

*2-Time All-American, All-ACC &
All-South Region honoree*

*Collegiate Bests: Mile Run (4:46.54), 800m
(2:08.30), 1500m (4:16.33)*

2003: Outdoor - Garnered her second straight All-American honor in the 1500m at the NCAA Outdoor Championships in Sacramento, Calif., after finishing 15th in a personal best time of 4:16.33 which is a new school record...won the 1500m at the NCAA East Regional in a time of 4:19.94 to receive an automatic bid to the NCAA Championships...peaked late in the 2003 season to earn regional berths in both the 800m and 1500m events...won the 1500m at the Seminole Twilight garnering a season best time of 4:27.02...competed in the 1500m at the FSU Relays (finishing second) and Yellow Jacket Invite (sixth)...in the 800m, ran to a season best time of 2:08.90 in the final meet of the season at the Georgia Tech Invite, placing 13th...finished tenth at the ACC Outdoor Championships in the 800m in a time of 2:12.62...ranked in the ACC with the second fastest time in the 1500m and sixth fastest in the 800m. **Indoor** - Led all Seminoles in the mile run, placing third at the ACC Championships with a time of 4:51.63...won the Florida Intercollegiate with a mark of 5:00.67. **2002: Cross Country** - Placed eighth at the NCAA South Regional meet to earn all-region honors...her performance at the South Regional helped the Lady Seminoles finish second and secure a spot at the NCAA Championships...scored for FSU at all six meets she ran in...began the season as the first finisher for FSU at the Mountaineer Open, placing seventh overall...was the top finisher for FSU, third overall, at the Seminole XC Invitational. **Indoor** - Named to the All-ACC team in the one-mile run...placed second in the one-mile run representing Florida State at the ACC Indoor Track Championships with a time of 4:46.54...also stood atop the Seminole standings in the one-mile run at the UNC Classic and at the Florida Intercollegiate... **Outdoor** - Earned All-America honors in the 1500m run with her eighth-place finish at the NCAA Track and Field Championships...in the 1500m, finished third at the ACC Championships to earn all-conference honors with a time of 4:20.77...finished sixth at the ACC Championships in a time of 2:09.84 in the 800m run...posted a career best time of 4:19.69, which is good for third all-time in the Seminole record books, at the Cardinal Qualifier...compiled other top finishes for FSU in the 1500m at the Georgia Tech Invite and Stanford Invitational...was the top performer for the Lady Seminoles in the 800m in four meets on the season...posted a personal best time of 2:08.30 in the 800m at the FSU 3-Way...compiled top finishes for Florida State at the GT/Reebok Invite and Snowbird invitational in the 800m event. **2001: Cross Country** - Earned All-South Region honors following her ninth-place finish at the regional meet with a time of 21:35...placed second for the Seminoles and 27th overall at the ACC Championship at 22:37...took 19th -place at the Appalachian State Invitational with a time of 18:41 for the 5K course...improved to 13th overall and fourth for FSU at the Florida Intercollegiate Championships with a time of 22:24...her climb up the ranks for the Lady Seminoles continued at the Auburn Invitational, crossing the line in 17:32, good for third among FSU runners and



Marla Jackson

Sophomore, Sprints/Jumps
Jacksonville, FL
(Stanton College Prep)

*Collegiate Bests: 60m (7.85), 100m (12.29),
200m (24.82), 400m (56.23), High Jump
(5' 6")*

2003: Outdoor - Ran a personal best time of 24.82 in the 200m. **Indoor** - Competed in the 200m and 400m dash events at the ACC Indoor Championships...finished 18th in the 200m at 25.32 and 12th in the 400m at 57.56...also saw action in the 400m at the Gator Invitational and Florida Intercollegiate...was the team leader during the indoor season in the high jump competition...ranked fifth in the conference with a personal best mark of 5' 6" (1.68m) at the Gator Invitational...attained her highest finish at the ACC Championships of fifth, establishing a mark of 5' 5.75" (1.67m)...All-Conference (member of the 4x400 meter relay with a time of 54.7)... **Prep:** Track class 5A state champion in the 400m dash (55.44) and state record holder as freshman...broke her own state record in winning a second state title in the 400m dash (55.32)...as a junior, won the state championship in her first year of competition in the high jump (5-06)...earned all-state and all-city honors her junior and senior years...selected to the All-Gateway Conference track and field team all four years...four-year letter winner in track and field and basketball...basketball MVP all four seasons in addition to being team captain as sophomore, junior and senior...member of high school yearbook staff. **Personal:** Daughter of Paula Jackson...born on October 17, 1984...early childhood education major.



Kristin Janson

Freshman, Pole Vault
Sarasota, FL
(Cardinal Mooney)

Prep: Earned first place in the Class 2A Region 3 regional and district finals in the pole vault in 2003. **Personal:** Was on the honor roll all four years at Cardinal Mooney High School...participated in Spanish club and Interact...

parents are Laurie and Chuck...her sister, fellow Seminole Lacy, is the reigning indoor National Pole Vault title holder...major is undecided.

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Lacy Janson
Junior, Pole Vault
Sarasota, FL
(Cardinal Mooney)

*2003 Indoor Pole Vault National Champion
2-Time All-American & All-ACC honoree
Collegiate Best: Pole Vault (14' 7.25m)*

2003: Outdoor – Appeared in her second straight NCAA Outdoor Track & Field Championship in the pole vault competition... earned All-American accolades at the outdoor championship with an eighth place finish, clearing 13' 5.25" (4.10m)... recorded an automatic bid by winning the pole vault at the East Regional in Fairfax, VA with a mark of 13' 2.25" (4.02m)... won the 2003 ACC Outdoor Championship in the pole vault and has won two consecutive outdoor conference pole vault titles... recorded an outdoor then personal best mark of 14' 4" (4.37m) at the Florida Relays... broke her previous Florida State and ACC record set last year at 14' 0"... finished the season as the top rated pole vaulter in the ACC... won six of nine events in the pole vault in 2003... cleared 4.00m or better in seven of nine meets... finished 12th at the FSU Relays while competing in the men's pole vault, establishing a mark of 13' 8.25" (4.17m). **Indoor** – Won the 2003 NCAA Indoor Track & Field national title to earn All-American honors... once again broke the school and conference record with her vault of 14' 7.25" at the NCAA Indoor Championship... vaulted to a second straight ACC Indoor Championship winning the event with a height of 14' 0" (4.27m), an ACC record... won at the Purple Tiger Invite and Gator Invitational, with marks of 13' 9.25" (4.20m) at both meets... won every pole vault competition that she competed in, currently going a perfect six for six... **2002: Indoor** – Achieved All-America honors in the pole vault as she finished in sixth place with a mark of 13-7.25 at the NCAA Track & Field Championships... only Seminole to automatically qualify for the NCAA Indoor Track & Field Championships... holds the Atlantic Coast Conference and school record with her mark of 13-7.25 at the ACC Indoor Track and Field Championships... that same mark earned her the ACC title in the pole vault... awarded as the ACC Indoor Track & Field Performer of the Week twice... first, after qualifying for the NCAA Championships at her first collegiate meet, the Florida Intercollegiates... second, after winning the Gator Invitational and breaking the three-year old O'Connell Center Indoor Track record... **Outdoor** – Earned All-America honors following a ninth-place finish at the NCAA Championships with a height of 12-09.50... vaulted a record-breaking 14 feet at the ACC Championships to win the conference title and earn All-ACC honors... the height broke the conference, ACC meet and FSU pole vault records... the 14-foot vault was the third highest mark in the nation entering the NCAA Championships... only FSU member to vault over 13 feet... vaulted 13 feet or higher at six meets. **Prep:** Had an impressive prep career that included a successful stint on the U.S. national team... was the champion at the 2001 Junior Pan American Games in Argentina... placed second for the U.S. Junior Team at a dual meet against the Britain Junior Team in Edinborough, England... was the 2001 high school national champion in the pole vault... holds the Florida high school record in the pole vault with a mark of 13-01.5... earned MVP honors on her high school team during her junior and senior years... lettered in track and field for two years at Cardinal Mooney High School... competed in volleyball for four years... earned honor roll honors all four years of high



Mandy Kinney
Senior, Throws
Lawrenceville, GA
(University of Wyoming)

Collegiate Bests: Shot Put (53-01.50), Discus (160-00), Hammer (168-06)

2002: Indoor – Outstanding performer for the Seminoles in the shot put and weight throw... in the shot put, placed third with a team high and season-high mark of 48-2.50 at the ACC Championships to earn all-conference honors... **Outdoor** – Ended the season as the Seminoles' top thrower in the shot put and discus, while adding impressive marks in the hammer throw... finished eighth at the ACC Championships in the shot put and 10th in the hammer throw... her season-best distance of 146 feet in the discus came at the FSU Relays... had the second-longest toss in the hammer throw for the Seminoles last season with a mark of 161-03 at the FSU 3-Way meet. **2001:** Took a redshirt for the season. **At Wyoming: Indoor** – Placed sixth at the USA Nationals in the shot put with a throw of 53-01.50... **Outdoor** – Won the Mountain West Conference title in the shot put... placed sixth in the hammer throw and ninth in the discus at the MWC Championships. **Prep:** Junior All-American in track and field... won the Georgia state title in both the shot put and discus... her mark in the discus throw set a new state record... won the High School National Scholastic meet in the weight throw and the shot put... competed in softball and basketball... earned athletic academic honor roll honors all four years. **Personal:** Daughter of Reggie and Jackie Kinney... born on March 26, 1981... majoring in sport management.



Deanna Lane
Sophomore, Hurdles/Heptathlon
Marietta, GA
(Alan C. Pope)

2003 All-ACC honoree

*Collegiate Bests: 100m Hurdles (14.09),
400m Hurdles (1:03.26), High Jump (5'
5.75"), Heptathlon (5134 points)*

2003: Outdoor - Earned All-ACC honors for a second place finish at the ACC Outdoor Championships in the heptathlon... earned an NCAA provisional bid with 5134 points, fifth highest point holder in FSU history... her point total is the fifth largest accumulated in FSU history... ran to a personal best time of 14.09 in the 100m hurdles in the final regular season meet of 2003 at the Georgia Tech Invite... at the regional championships, placed 17th in the 100m hurdles in time of 14.13... recorded the ninth fastest time in the 100m hurdles in the conference, as well as the third highest point total

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in the heptathlon... the Seminoles top performer all season in the heptathlon event.... **Indoor** – Saw limited action during the indoor season competing in the 60m hurdles at the Purple Tiger Invite and 55m dash at the Gator Invitational...**Prep:** Participated in track all four years at Alan C. Pope High School...holds USA Track and Field Georgia Jr. Olympics record in the heptathlon... holds the Georgia record for 100m hurdles... MVP in 2001 and 2002 on high school track team... Atlanta Track Club Athlete of the Year 2001 (hurdles)... participated for three years of basketball and was a member of the dance team... graduated with honors. **Personal:** Daughter of Gail and Al Brown... born on October 16, 1983... engineering major.



Latoya Legree
Sophomore, Sprints/Jumps
Lithonia, GA
(Stephenson)

2003 All-ACC honoree

*Collegiate Best: Long Jump (18' 3.75"),
Triple Jump (42' 7")*

2003: Outdoor – One of two freshman to qualify for a spot at the NCAA Championships...recorded a mark of 41' 3.25" (12.58m) at the NCAA tournament to place 18th in the triple jump competition...received an at-large bid to compete in the triple jump after posting a top mark of 42' 7" (12.98m) at the Seminole Track Invite...was the Seminoles top performer in the triple jump competition in 2003...garnered All-ACC honors as she finished third in the triple jump at the ACC Outdoor Championships with a mark of 42' 2.25" (12.86m)...finished the season with the third longest jump in the ACC...won the triple jump at three meets - Seminole Track Invite (12.98m), Florida Classic (12.45m) and Seminole Twilight (12.35m)... recorded regional qualifying marks in all six regular season meets. **Indoor** – Recorded her top performance during the indoor season in the triple jump at the ACC Championships... finished fourth after jumping 40' 8.25" (12.40m)... accumulated another fourth place finish at the Florida Intercollegiate... placed 12th at the conference tournament in the long jump (17'11.5")...posted a collegiate best in the long jump of 18' 3.75" (5.58m) in Gainesville, Fla. at the Gator Invitational...attempted the 60m dash just once during the indoor season, placing 18th at the conference



Latoya Legree

tournament in a time of 7.93. **Prep:** 2000 Junior Olympics champion in the triple jump...three-time state champion in the triple jump...state champion in the long jump her junior year..High School Athlete of the Year in 2001...Women In Sports Female Athlete of the Year in 2001...Atlanta Track Club Female Athlete of the Year in 2002...three time Honor Roll member...competed in softball, cross country and cheerleading. **Personal:** Daughter of Ragan LeGree...born on August 6, 1984...human sciences major.



Mari Leitner
Senior, Distance
Pensacola, FL
(Washington)

*Collegiate Best: 1500m (5:08.14)
5000m (19:36)*

2003: Outdoor – Added depth to the distance events for the Seminoles...accumulated a personal best time of 5:08.14 in the 1500m at the Snowbird Invitational... finished sixth in the 1500m run at the first meet of the season, crossing the line at 5:08.59...ran in the 3K at the FAMU Relays and placed 11th in a time of 11:07.57. **Indoor** – Did not compete during the indoor season. **Prep:** Competed four years in the state championships in cross country... won the district championships as a junior... during junior and senior seasons, earned all-area cross country team honors... selected team captain during senior year... outside of sports, participated in National Honor Society, Spanish club and National Art Honor Society. **Personal:** Celebrates a February 3, 1982 birthday... major is early childhood education... daughter of Karen Leitner-Adams.



Adrienne Lufkin
Freshman, Distance
St. Petersburg FL
(Lakewood)

*High school bests: 800(2:27)... 1500
(5:29)... 1600 (5:49)... 3200(12:48)...
5K (20:04)*

Prep: Earned all county track honors during her senior year at Lakewood High School... Pinellas county runner up in the 800m and runner up at the West Coast Invitational also in the 800m her senior year. **Personal:** Major is exercise physiology and mass communications... celebrates a February 25, 1985 birthday.

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Melissa Maggiore
Senior, High Jump
Panama City Beach, FL
(Bay High School)

Prep: Earned numerous honors as a standout volleyball player at Bay High School...

Personal: Member of the National Honor Society, Mu Alpha Theta, and National Merit

Scholar... father played tennis at the University of Southern Illinois...brother Michael attends the Medical University of South Carolina in Charleston... intended major is food science.



Rachel Marsh
Senior, Distance
Kissimmee, FL
(Osceola)

Collegiate Best: 1500m (4:47.25), 3000m (11:05.66), 5000m (18:27.52)

2003: Outdoor – Added depth in the distance events for Florida State...recorded the fourth fastest time on the team in the 3K of 11:05.66 at the FAMU Relays...competed in the 1500m at the Florida Relays and Snowbird Invitational...achieved a season best time of 5:00.34 in the 1500m in Gainesville, FL...saw action for the garnet and gold in distance relay competition. **Indoor** – Did not compete during the indoor season... **2002: Cross Country** – Competed in three races, finishing in the top seven for FSU in all three...scored points for the Seminoles at the Gator Invitational by finishing second for FSU and 53rd overall...competed at the NCAA Pre-Nationals. **2001:** Provided depth for the Seminoles in distance events...had a strong season in the 1500m... turned in a collegiate-best time of 4:47.25 in the 1500m at the FSU Quad meet to finish fifth...placed second in the 1500m at the FSU Season Opener... competed at the ACC Outdoor Championship in the 5000m and placed 19th (18:27.52). **Prep:** Earned MVP of the cross country team three times...was also named most improved in cross country...also played four years of varsity soccer. **Personal:** Born May 19, 1982...majoring in sports management.



LaKendra McColumn
Sophomore, Hurdles/Jumps
Lithonia, GA
(Southwest Dekalb)

2003 All-ACC honoree

Collegiate Bests: 60m Hurdles (8.57), 100m Hurdles (13.72), 400m Hurdles (59.38)

2003: Outdoor – Was a big contributor for the garnet and gold in the hurdle events...competed in both the 100m and 400m hurdle events at the NCAA East Regional in Fairfax, VA...finished 12th in the 100m hurdles (13.95) and

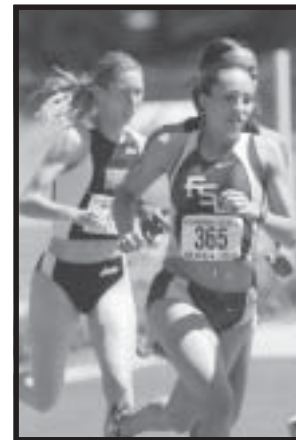
27th in the 400m hurdles (1:01.70) at the regional tournament...garnered All-ACC honors in both hurdle events in route to a pair of third place finishes...recorded a personal best time of 13.72 in the 100m hurdles at the FAMU Relays to finish first...posted another victory at the Snowbird Invitational in a time of 13.84...established regional qualifying times in the 100m hurdles in eight of 11 meets...attained two victories in the 400m hurdles at the Snowbird Invitational and Seminole Track Invite...recorded a personal best time of 59.38 in the 400m hurdles...was the Seminoles' top performer in the event all season. **Indoor** – Competed in multiple events for the Seminoles during the indoor season...ran her best time of 8.57 during the preliminary round of the 60m hurdles at the ACC Indoor Championships...finished seventh in the finals of the 60m hurdles crossing the finish line at 8.68...saw action in the triple jump at the Gator Invitational and ACC tournament...placed ninth down in Gainesville, Fla. establishing a season best mark of 39' 11.5" (12.18m)...also earned a ninth place finish in the triple jump (12.01m) at the ACC Indoor Championships...**Prep:** State champion in the 100m hurdles her senior year...named Female Athlete of the Year in Georgia following her senior year...regional and county champion her sophomore, junior and senior seasons...named team MVP her final three years at Southwest Dekalb High School...Honor Roll four years...National Merit Achievement winner. **Personal:** Daughter of Yolanda and Bruce McColumn...made FSU's Dean List...major is exercise science.



Sydney Mondragon
Junior, Mid-Distance
Pueblo, CO
(South)

Collegiate Bests: 800M (2:14.98), 1500M (5:01.86)

2003: Outdoor – Saw competitive action in the mid-distance events for the Tribe...accumulated a personal best time in the 800m at the ACC Championships of 2:14.98 to finish 13th...compiled three top five finishes in the 800m at the Seminole Track Invite (first), FAMU Relays (first) and FSU Relays (fifth)...ran under 2:20 in all six events in the 800m...finished tenth at the Snowbird Invitational in the 1500m in a time of 5:01.86. **Indoor** – Ran in the mile-run at the Florida Intercollegiate crossing the finish line in tenth (5:20.89). **Prep:** Participated in cross country and track and field as well as basketball all four years at South High School...won the 800m regional championships during freshman, sophomore and junior years...qualified for the state races all four years of school...in basketball, earned all-league honors during junior and senior seasons...member of the National Honor Society and National Hispanic Scholars while in high school. **Personal:** Daughter of Tim and Karen Mondragon...born January 17, 1983...major is math education...earned Dean's list honors three times in two years and the ACC honor roll last season.



Sydney Mondragon

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Lindsey Nelson

Freshman,
Jacksonville, FL
(Mandarin)

Personal Bests: Discus (158'3"), Shotput (45'9")

Prep: MVP and district champ in women's shot-put and discus during all four years at Mandarin High School... All American in both shot-put and

discus at Adidas Championship in 2002... All South Texas Track Athlete 2001 in Corpus Cristi. **Personal:** Daughter of George and Charlene Nelson... father won state championships in pole vault while in high school... born on July 2, 1985... planning on majoring in business.



Evelyne-Cynthia Niako

Sophomore, Sprints
Stone Mountain, GA
(Stephenson)

*2003 Outdoor All-American
2003 All-ACC honoree*

Collegiate Bests: 200m (23.72), 400m (53.57)

2003: Outdoor – One of two freshman on this years women's squad to qualify for a spot at the NCAA Championships... made her first NCAA Championship appearance for the garnet and gold as a member of the 4x400m relay... ran to a season best time of 3:34.32, tenth fastest in FSU history, in the preliminary

round of the 4x400m relay to finish sixth and earn a spot in the event final... attained All-American honors along with Laura Gerber, Tamara Campbell and Shauna Quinn in the 4x400m relay as they finished seventh in a time of 3:34.37... received an at-large bid as a member of the 4x400m relay team, after running to a top time of 3:35.78 at the ACC Outdoor Championships... ran a leg in the 4x400m relay at the NCAA East Regional placing fifth in a time of 3:36.55... posted the four fastest times in the 200m this season... recorded a personal best time of 23.72 at the Georgia Tech Invite where she finished sixth... ranked fifth in the ACC... placed fourth at the ACC Outdoor Championships in a time of 23.88... compiled the second fastest time on the team in the 400m dash of 53.57 at the Yellow Jacket Invite... her time was the fourth fastest record in the conference... garnered All-ACC honors as freshman in the 400m as she finished second at the ACC Outdoor Championships in a time of 54.21... posted



Evelyne-Cynthia Niako

the winning time of 54.47 at the FSU Relays... ran a leg on both the 4x100m and 4x400m relay teams that won the conference championship at the ACC Tournament. **Indoor** – Competed at the ACC Indoor Championships in both the 200m and 400m events... recorded the second fastest time on the team in the 400m at the conference tournament crossing the finish line in 57.02... placed 16th at the ACC's in the 200m dash in a time of 25.27. **Prep:** Earned track and field MVP honors her junior and senior years... named most improved on the cross country team as a senior... only competed two years on the track team... honor roll member all four years. **Personal:** Daughter of Eusebia and Sylvain Niako... originally from the Ivory Coast, West Africa... born on September 25, 1983... roommate with teammate LaToya Legree... majoring in human science.



Keisha Pestano

Junior, Sprints
Lehigh Acres, FL
(Edison Community College)

2003: Did not compete in either season for Florida State. **Prep:** Member of the Fort Myers High School track and field team for two years... participated on basketball team all four years... Attended Edison

Community College before transferring to Florida State. **Personal:** Daughter of Marcel and Regina Pestano... violin player... member of NSCS (National Society of Collegiate Scholars)... born on October 17, 1981... a pre-med major.



India Pettus

Freshman,
Cleveland, Ohio
(Trinity)

Personal Bests: 800m (2:12.52)

Prep: MVP honors for track and field team all four years... personal bests of 56.00 in 400m and 2:12 in 800m... MVP for cross country

during senior year... 800m state champ in junior and senior seasons en route to all state honors in 800m. **Personal:** Daughter of Bernard and Marsha Pettus... member of National Honor Society... interned at NASA over the summer... born May 10, 1985... planning on majoring in sports medicine/pre-med.



Kathryn Purcell

Sophomore, Javelin
West Point, PA
(Southern Illinois - Edwardsville)

Collegiate Best: Javelin (135' 3")

2003: Outdoor – Was Florida State's top performer in the javelin all season long... led the team with a season high throw of 135' 3"

(41.23m), which registered as the tenth longest throw in Seminole

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history...the mark also registered as the fifth in the conference...earned four top two finishes...was victorious at the Seminole Track Invite with a throw of 131' 8" (40.13m)...achieved a sixth place finish in the javelin at the ACC Outdoor Championships with a mark of 121' 7.75" (37.08m). **Indoor** – Did not compete for the Seminoles during the indoor season. **Prep:** Member of North Penn High School track and field and basketball teams. **Personal:** Daughter of Michael and Lynnette Purcell...home is at West Point, PA...born on August 3, 1984...planning on majoring in special education and nursing.

Gina Riano

Sophomore, Distance
Miami Shores, FL
(Arch Bishop Carley ND)

Collegiate Best: 300m (11:59:32)

2003: Outdoor – Added depth for the Tribe in the distance events...saw action in the 3000m at the FSU relays and Seminole Track Invite...recorded a season best time of 11:59.32 in the 3K at the FSU Relays to finish tenth. **Indoor** – Did not compete for the Seminoles during the indoor season.



Jessica Rushing

Freshman, Pole Vault
Jacksonville, FL
(Bishop Kenny)

Prep: Personal best of 10'6" in pole vault...won all-city honors in junior and senior seasons at Bishop Kenny High School. **Personal:** Daughter of Neil and Julie Rushing...born February 19, 1985...plays the piano, guitar, and banjo during her spare time...planning on majoring in music therapy.



Suzanne Shepherd

Junior, Distance
Ellis, KS
(Ellis)

Collegiate Bests: 3000m (12:39), 5000m (18:36.58), 3000m Steeplechase (11:13.65)

2003: Outdoor – Added depth for the Tribe in the distance events...recorded the second fastest time on the team in the 3000m steeplechase, winning the event at the FSU Relays in a time of 12:13.40...she finished the season ranked tenth in the ACC in the 3000m steeplechase...competed in the 5K at the Snowbird Invitational. **Indoor** – Did not compete for the Seminoles during the indoor season. **2002: Cross Country** – Competed at two meets for FSU...finished in the top six for the Lady Seminoles at the Mountaineer Open and Great American XC Festival...top finish was 27th at the Mountaineer Open. **2002:** Emerged as the Lady Seminoles top performer in the steeplechase

events...placed 10th in the 3,000m steeple-chase at the ACC Outdoor Championships...top time in the 2,000m steeple was 7:46.38 at the FSU 3-Way meet...ran a season-best 11:13.65 in the 3,000m steeple at the Florida Relays...competed at the ACC Outdoor Championships in the 5,000m run... Golden Torch recipient...ACC honor roll. **Prep:** Multi-sport athlete, involved in volleyball, basketball, cheerleading, cross country and track... MVP of high school track team freshman and senior seasons...earned Most Inspirational and Best Leader honors as a senior...cheerleading captain as a senior...graduated third in her class...member of the Honor Roll and National Honor Society. **Personal:** Daughter of Paul Shepherd... born on March 13, 1983... mechanical engineering major.



Sara Swanson

Junior, Mid-Distance
Denver, CO
(Tampa Preparatory)

Collegiate Best: 800m (2:28.03)

2003: Outdoor – Accumulated a personal best time (2:28.03) in the 800m at the Snowbird Invitational...established a season high finish of fifth at the Seminole Track Invite in 800m...also competed in the 800m at the FSU and FAMU Relays. **Indoor** – Saw limited action during the indoor season...registered the fastest time of 2:37.79 in the 800m at the Gator Invitational. **Prep:** Three sport athlete at Tampa Prep in volleyball, soccer and track. **Personal:** Daughter of Bruce and Julie Swanson...born on July 22, 1983...member of the honor roll and dean's list...majoring in nursing.



Tristan Tully

Junior, Sprints
Clearwater, FL
(Clearwater)

2003: Outdoor – Added depth for Florida State in the sprint events...competed in the 200m and 400m at the FSU Relays, Snowbird Invitational and Seminole Track Invite...established season best times of 26.96 in the 200m and 1:05.52 in the 400m. **Indoor** – Did not compete for the Seminoles during the indoor season...**Prep:** Named MVP during junior year as a student at Clearwater High School... Earned varsity letters in track (four), soccer (four) and football (one)... Co-Captained soccer and track teams... Also participated in gymnastics earning second in the state individually while team finished first in the state. **Personal:** Named to the honor roll while in high school... Member of the Key Club, Varsity Club and German Club... major is sports management.

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Meredith Urban

Freshman, Distance
Raleigh, N.C.
(Green Hope)

Prep: Named 2003 Green Hope High School Women's Athlete of the Year... earned team MVP honors during freshman, sophomore and senior years at Green Hope High School... earned academic All-Conference all four years

of high school and was co-champion of the Tri-7 Conference... also a member of the Seminole cross country. **Personal:** Daughter of Bill and Linda Urban...major is interior design.



Charlene Walker

Freshman,
Orlando, FL
(Edgewater)

Personal Bests: Long Jump (18'6")

Prep: Three time MVP in track and field for Edgewater High School...won the coaches award in 2001...most valuable sprinter and

long jumper in 2001...AAU Junior Olympic qualifier. **Personal:** Her cousin is former FSU track star and Olympian Walter McCoy...member of the Step Squad and Beta Club...born on January 13, 1985...goal for the 2003 season is to jump 22 feet in long jump...planning on majoring in business.

Danielle Walker

Senior, Pole Vault
Port Orange, FL

Collegiate Best: Pole Vault (11')

2003: Outdoor – Was the number two rated athlete on the team in the pole vault...attained a personal best mark three times at the Florida Classic, Seminole Twilight and FSU Relay meets, clearing 10'6.25" (3.21m)...posted a height of 3.00m or higher in four of five meets.

Indoor – Saw limited action in the pole vault during the indoor season...best finish came at the Florida Intercollegiate...finished in a tie for sixth at a height of 10'4" (3.15m).



Kimberly Walker

Junior, Sprints
Port of Spain, Trinidad & Tobago
(Poly Technic)

2003 All-ACC honoree

Collegiate Bests: 60m (7.72), 100m (11.68), 200m (24.15)

2003: Outdoor – Was the top performer for the Seminoles in the 100m dash this season...recorded a personal best time of 11.68 at the Yellow Jacket Invite to qualify for the NCAA East Regional Championships...placed 17th at the regional meet in the 100m in a time of 11.87...her time was the fourth fastest in the conference...sprinted to a fifth place finish at the ACC Outdoor Championships in a time of 11.90...posted victories in the 100m dash at the Snowbird Invitational, FAMU Relays and FSU Relays...ran a leg on the 4x100m that captured the conference crown at the ACC Outdoor Championships in a time of 44.98 to earn All-ACC honors. **Indoor** – Registered the fastest time on the team in the 55m dash (7.20) down in Gainesville, Fla. at the Gator Invitational...competed in both the 60m and 200m dash events at the ACC Indoor Championships...placed 10th in the 60m dash in a time of 7.72, while placing 20th in the 200m (25.39) at the conference meet...attained a season best finish of sixth at the Purple Tiger Invite in the 200m. **2002: Indoor** – Top performer for the women's squad in the 55m, 60m and 200m dash...achieved a season-best time of 25.13 in the 200m dash at the ACC Indoor Championships' preliminary round...she posted a season-best time in the 60m dash of 7.71...**Outdoor** –

Earned All-ACC team honors...helped the 4x100 relay team to an ACC championship with a time of 44.58 and the 4x400 relay team to a fifth-place finish in the ACCs at 3:43.69...ran in the 100m and 200m dashes at the ACC meet...competed in the 100m and earned a season-best time of 11.84 at the FSU Three-Way meet...her best 200m time of 24.94 came in the FSU Twilight meet...top 400m dash mark of 1:01.16 came in the FSU Season Opener. **Prep:** Was named the Trinidad & Tobago 1999 National Under 17 Most Outstanding Female Athlete...also captured Most Improved Athlete in her running club, the Memphis Pioneers...participated in the 2000 Central American Caribbean Games in Puerto Rico, posting a personal-best time of 11.78 in the 100m...from 1997-2000 was the Champion Sprinter in her schools (Sixth Form and Diego Martin Secondary School) in both the 100m and 200m. **Personal:** Daughter of Ernest and Juliet Walker...born January 20, 1983...majoring in geography and studio art.



Sharneka Brown and Kim Walker