

FLORIDA STATE UNIVERSITY  
**WOMEN'S CROSS COUNTRY**

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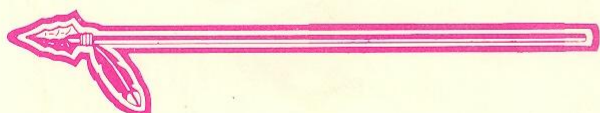
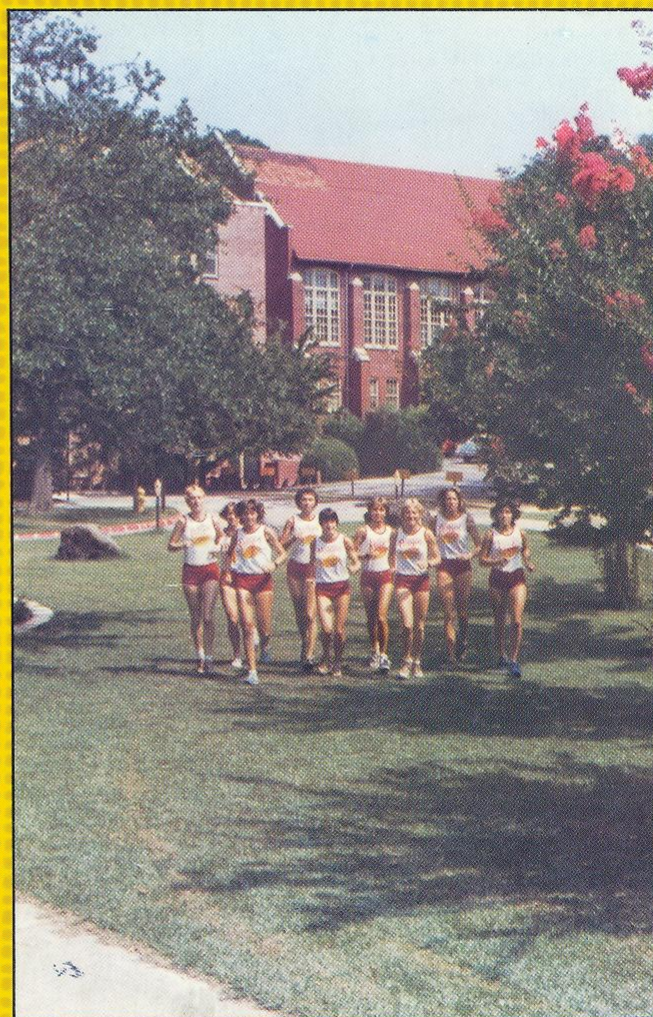
**1981 Media Guide**

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**1981 Schedule  
Women's Cross Country**

Date	Event	Place
August 16-22	High Altitude Training	Boone, N.C.
September 19	Alabama Invitational	Tuscaloosa, Ala.
September 26	Florida State Invitational	Tallahassee, Fla.
October 3	University of California Invitational	Berkeley, Calif.
October 23	Florida Invitational	Gainesville, Fla.
October 31	AIAW Region III Championship	Athens, Ga.
November 21	AIAW National Championship	Pocatello, Ida.
November 28	TAC Nationals	TBA



## Women's Cross Country Coaching Staff

All Offices are at 118 N. Woodward  
Phone: (904) 644-1431

Head Coach ..... Roger Smith  
Assistant Coach ..... Gary Winckler  
Secretary ..... Gloria Jordan

## Sports Information Staff

All Offices at 113 Wildwood Avenue  
Phone: (904) 644-4038

Director ..... Mark Carlson  
Assistant Director ..... Glenn Greenspan  
Assistant Director ..... Lisa Morton  
Assistant ..... Dan Pearson  
Assistant ..... Bob Kormondy  
Secretary ..... Judy Greve

The 1981 Cross Country Guide was written by Assistant Sports Information Director Lisa Morton and Assistant Bob Kormondy.

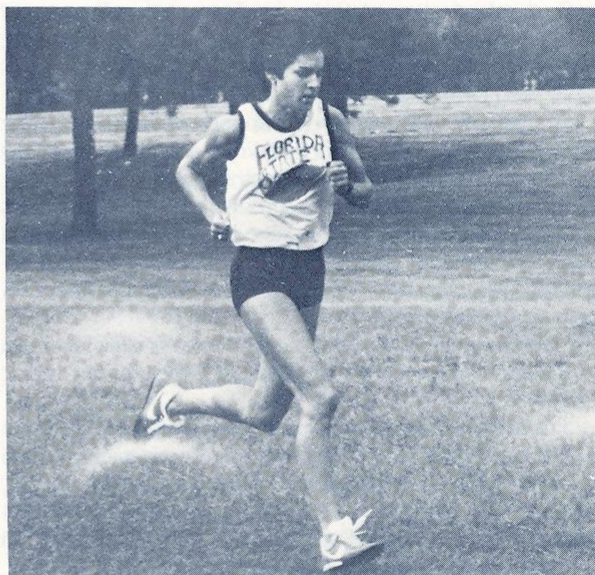
Photography was by the University Photo Lab (Gil Lawhorn and Jak Dempsey) and Terry Hume.

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**Cover:** The 1981 cross country team takes a team jog through the Florida State campus. The photograph was taken by Gary Winckler, who is also the assistant coach.

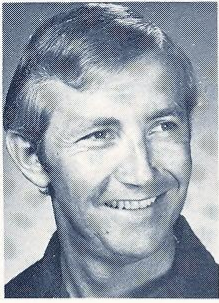
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## Florida State Fingertip Facts

Location .....	Tallahassee, Fla.
Nickname .....	Seminoles
Colors .....	Garnet and Gold
Enrollment .....	22,500
President .....	Dr. Bernard F. Sliger
Faculty Representative .....	Dr. James P. Jones
Athletic Director .....	W.C. "Hootie" Ingram
Women's Athletic Director .....	Barbara Palmer



## Head Coach Roger Smith

Winning and the name Roger Smith are synonymous. After establishing winning programs at El Monte (Calif.) High School, Clackamas (Ore.) Community College and the University of Wyoming, Smith's magic spread to Florida State.

Last season at Florida State—his first—Smith took a track team that had never scored a point at a national meet and finished the indoor season second in the nation and the outdoor season tied for third. Thirty-one All-American awards were won by that team. Cross country finished 21st.

"I have always maintained that there are three areas in the country—Florida, Texas and California—where a coach can build teams of national championship caliber," Smith says. "The climate is conducive to year-round training and that gives us a jump on some of the other schools. With the backing and support that our administration has shown us, we are committed to producing a year-in and year-out national caliber program for Florida State."

At El Monte High School, Smith took a program that had not won a dual meet in 63 attempts and won the Pacific League Championship in two years.

Smith's next move took him to Clackamas where he won the national championship in cross country and track and field in his first year of coaching (1977). Over a three-year period, his teams compiled a 51-1 record in cross country and a 119-4 record in track and field. Five of his cross country athletes and 19 track athletes achieved All-America status.

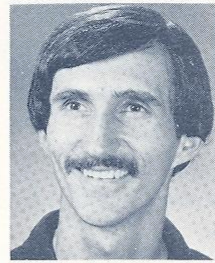
Before arriving on the FSU campus, Smith spent a year at the University of Wyoming. His cross country, indoor track and outdoor track squads all qualified for nationals, with indoor finishing 24th in the nation and outdoor 38th.

Smith was assistant coach at the 1978 Summer Olympic Festival in Colorado Springs, Colorado. This same year, he was named both state and region Coach of the Year for cross country and track in Oregon. Smith is well-respected in his field. While at Clackamas, he was chairperson for women's cross country in the National Junior College Athletic Association. He also authored the NJCAA Region XVIII cross country and track and field operation manual.

At Florida State, Smith served as the U.S. Olympic Development camp director and long jump coordinator in 1981 for the Southeast.

Smith received his bachelor's degree from Idaho State in 1967 and his master's from Azusa Pacific College in 1971.

He is married and is the father of one child.



## Assistant Coach Gary Winckler

Gary Winckler enters his second season on the Seminole staff as Roger Smith's right hand man. Winckler assists Smith in coaching and recruiting as well as taking care of the travel details during the cross country season. He is in charge of similar administrative duties with track and field and coaches the sprinters, hurdlers and jumpers.

Last summer, he was co-director of the U.S. Southeastern Olympic Development Track and Field camp hosted by Florida State.

Winckler was assistant women's track and field coach at Oregon State prior to joining the Seminole staff. Over three seasons, he helped build the program from 10 athletes to a roster of 45 when he left. During that period, the track and field team climbed from the bottom of its 37-school region to a second place finish in 1980.

Winckler has other coaching experience at Lynnwood (Wash.) High School and Seattle Pacific University. He also attended the latter as an undergraduate student and competed in the high jump in the 1974 NCAA finals. While he was at Pacific, the program was consistently ranked among the nation's top five teams. Winckler held the school's high jump record (6-10).

Also an accomplished writer, he has had several articles published, including Perspective on the Back-Layout High Jump which appeared in the 1980 May/June issue of Scholastic Coach Magazine.

Winckler received his master's degree in mathematics from Oregon State in 1980.



## Women's Cross Country Outlook

"We should be one of the top 10 or 15 teams in the country," says second-year head coach Roger Smith of his 1981 cross country squad.

"Our emphasis will be training for two meets—the regionals and nationals. Our intentions are to repeat as regional champs and shoot for a top 10 finish at nationals."

A top 10 finish would be a great stride for the Seminole program. In the two previous years, the squad has finished 22nd and 21st, respectively.

Team leadership and experience will come from last season's captain, Darien Andreu. The senior from Orange Park, Fla., holds school track records in the 3,000, 5,000 and 10,000 meter runs and was the first FSU runner to finish at the regional cross country meet.

"With Darien's improvement over the last track and cross country seasons, she will be tough to upend for the number one position on the team," says Smith.

While Andreu was the top Seminole finisher at the region medet, sophomore Margaret Coomber was close to her heels. Coomber, a native of London, England, finished first in both the Alabama and Florida State Invationals and was selected MVP of the 1980 team. She has international experience from Great Britain and her age—30—makes her the veteran of the group.

Although Andreu and Coomber are considered the core of the Seminole team, success will be determined by depth provided by two other returning letterwinners and six newcomers.

Mary Banks and Susan Eble return. Banks, a junior from Hazlet, N.J., is expected to run consistently in the top seven for Florida State in '81. Eble, a walk-on a year ago, was the squad's biggest surprise and most improved runner.

Newcomers to the program include transfers Janet Bassford (Marshall University), Marie Brown (University of Indiana) and freshmen Chris McKay and Deansie Phillips.

McKay is a Canadian national junior cross country team member while Phillips is a heralded runner from London, England.

Also new on the roster is converted basketball player Susie Thrapp. Thrapp ran on the track team last season, but this will be her first go at cross country.

For the second straight year, Florida State will do its preseason training in Boone, N.C. From there, it's all uphill for the Seminoles as they must face a predominately southern schedule in '81. The Alabama, Florida State and Florida Invationals were all won by FSU last year and appear again on the Seminole card. A western trip to the prestigious University of California Invitational in Berkley, Calif. is also tossed in as a new meet for Smith's troops. And, of course FSU is hoping to make a strong showing as defending champs at the regional meet and hoping to crack that top 10 at the national meet.

## Seminole Profiles



**Darien Andreu, Senior**  
Orange Park, Fla.

...three-time letterwinner in both cross country and track...qualified for cross country nationals last season with a fourth place regional finish...first Seminole to finish at regionals in 1980...MVP of the cross country squad as a sophomore ...expected to be Florida State's top runner this fall...adds leadership and experience to the team...5,000 meter All-American during the 1981 indoor season...holds school records in the 3,000 meters (9:36); 5,000 meters (16:39); and 10,000 meters (34:42)...an English major with a background in journalism...



**Janet Bassford, Junior**  
Huntington, W.Va.

...a transfer and honor student from Marshall University ...voted top Track Athlete of the Year and earned the 110% award two years...placed sixth in regional competition in 1980...placed first in the state in both the 800 meter and 1500 meter runs...an accomplished road racer during the summer ...attended Huntington East High School where she was team captain and a two-time MVP...expected to add depth and place in the top seven this year...a psychology major...



**Margaret Coomber, Sophomore**  
Charlton, London

...one of Roger Smith's top two cross country runners ...voted MVP of last year's squad...will provide experience...at age 30, she is the oldest woman on the team...at one time was ranked among the top 30 women in the world in the half mile...Great Britain World Cup team member...member of two International teams before coming to Florida State—the British and Scottish teams...gained All-American status by placing third in the AIAW Indoor 1,000 meter run...set school records for 1,000 meter (2:46), 1,500 (4:23) and mile (4:53) runs in track...majoring in home economics...



**Bev Cox, Senior**  
Victoria, British Columbia

...third year running for FSU...sat out one year and came back during the 1981 track season to become one of the fastest 1,500 meter runners in the region...her dedication should keep her in the top seven...timed at 2:06 in the half mile and 4:23 for 1,500 meters...former letterwinner in track and is moving up in distance...holds FSU school record for 1,000 yards (2:37)...attended Victoria High School and won two gold and one silver medal in both the Canadian Junior Olympics and Canadian Games...a special education major...



**Susan Eble**, Sophomore  
Jupiter, Fla.

...walked on the cross country team a year ago and was always among FSU's top five runners in 1980 meets...was an asset during regionals and nationals as a freshman...most improved runner... lettered in both track and cross country...runs a personal best of 36:10 for 10,000 meter distance...attended Ocala Forest High School where she was the county and district champion in cross country three times...majoring in exercise physiology...



**Deansie Phillips**, Freshman  
London, England

...one of two freshmen on the 1981 cross country roster...runs a 9:21 timing for the 5,000 meters, a 4:24 for the 1,500 meter distance and a 2:08 half-mile...attended Lady Edridge High School where she won the Southern League Championship in Cross country...on the under-21

English international squad...adds depth to this year's squad already and is in the running for a top slot...



**Susie Thrapp**, Sophomore  
Kendallville, Ind.

...former FSU basketball player...competed with the Seminole track team during the spring and showed improvement...that was the first time she had attempted track and field...added depth in mileage over the summer which should make her competitive for a top seven spot...

attended East Noble High School...majoring in communications...



**Janette Wood**, Sophomore  
Oakville, Ontario

...school record holder for the 800 meters with a clocking of 2:07.85...ran cross country last season and is finally adapting to the longer distance...ran on two relay teams last year during the AIAW nationals that set school records...comes from Canada where she attended T.A. Blakelock

High School...four year All-Ontario high school champ in the 200 and 400 meters...a member of the Canadian National team...majoring in business...

## Cross Country Roster

NAME	CL.	HOMETOWN
Darien Andreu	Sr.	Orange Park, Fla.
Mary Banks	Jr.	Hazlet, N.J.
Janet Bassford	Jr.	Huntington, W. Va.
Ovrill Marie Brown	So.	Lubbock, Tex.
Margaret Coomber	So.	Charlton, London
Beverly Cox	Sr.	Victoria B.C., Canada
Susan Eble	So.	Jupiter, Fla.
Chris McKay	Fr.	Oakville, Ontario
Deansie Phillips	Fr.	London, England
Debbie Seiler	So.	Naples, Fla.
Susie Thrapp	So.	Kendallville, Ind.
Janette Wood	So.	Oakville, Ontario

## 1980 Cross Country Results

Date	Event	Rank	Points
September 20	Alabama Invitational	1st - Florida State	32
		2nd - Alabama	40
		3rd - Alabama-Birmingham	108
September 27	Furman Invitational	1st - N.C. State	36
		2nd - Kentucky	76
		3rd - Clemson	77
		4th - Florida State	81
October 4	Florida State Invitational	1st - Florida State	34
		2nd - Alabama	43
		3rd - Florida	54
October 18	Florida Invitational	1st - Florida State	28
		2nd - Florida	44
		3rd - Auburn	51
November 1	AIAW Region III Championship	1st - Florida State	47
		2nd - Alabama	55
		3rd - Florida	60
November 15	AIAW National Championship	1st - N.C. State	76
		2nd - Arizona	133
		3rd - Virginia	140
		21st - Florida State	469

## Women's Athletic Director Barbara Palmer



Determination. Dedication. Enthusiasm. Each of these words has been used to describe Florida State women's athletic director Barbara Palmer at one time or another. Never has one individual had such a dynamic impact on a program in such a short period of time.

Since Palmer was hired in August of 1977, Florida State has developed one of the top programs in the nation. Only one women's team at Florida State had a losing season last year, while two other teams—softball and golf—won their

respective national championships. The track team finished third in the nation, swimming finished 14th and cross country was 21st.

"It is and always has been our goal to build a national-caliber program here at Florida State," says Palmer. "We are committed to that goal and we will not accept anything short of it. But at the same time, we are concerned with the academic achievement of our athletes. We're building winners in all aspects of personal and professional growth."

Palmer's duties as athletic director include the hiring of coaches, preparation of budgets, monitoring of scheduling and travel and fund-raising.

Palmer is directly responsible for the funding Florida State will receive each year from the state for women's athletics, making Florida the first state in the nation to come into full compliance with Title IX. It was Palmer's lobbying that pushed the bill through the 1980 Legislature to make it law.

Additionally, she was instrumental in the hiring of full-time coaches for each of FSU's eight women's sports. More recently, full-time assistant coaches have been added to the growing staff.

Palmer joined the Florida State staff after serving four years as executive director of a private leisure education and recreation services organization. Prior to that, she served as administrator of Camp Indian Springs, program director for Wakulla County and recreation supervisor of Merritt Island.

A long time Tallahassee, Fla. resident, Palmer received her master's degree in leisure services and studies in 1974.

Palmer is presently the president of the southeast region, region III, of the AIAW.

Joe Heath ..... Administrative Assistant, 644-1013  
 Terry Hume ..... Administrative Assistant, 644-1441  
 Trudy Raybun ..... Academic Advisor, 644-1258  
 Judy Spainhour ..... Travel/Equipment Coordinator,  
 644-2087  
 Janice Yecco ..... Special Events Coordinator, 644-1013  
 Charlotte Glover ..... Secretary, 644-2087

## This Is Florida State

Florida State University — the home of more than 22,500 Seminoles — has a campus that starts at the top of one of Tallahassee's famed seven hills, and rolls gently downward and westward across 340-odd acres of pines, palms and pecan trees.

Founded in 1857 as the Seminary West of the Suwannee, its heritage is evidenced in the wide range of architectural struggles to preserve history and keep up with modern times and air conditioning. Yet it still ranks as one of the South's last few bastions of campus greenery — the kind that combines the blossoms of camellias, azaleas and dogwoods and moss-hung oaks that are, in some cases, as old as the University itself, if not older.

From the Gothic towers of Wescott at the eastern entrance to the campus, to the modern glass and steel structures of its Science Complex to the west, Florida State University has moved forward in time and growth more rapidly than many of its newer counterparts in the State University System. Its enrollment has quadrupled since it became coeducational in 1947, following nearly half a century as the Florida State College for Women.

Today, its 14 schools and colleges are spread through \$150 million worth of buildings, its annual budget exceeds \$100 million and it attracts more than \$18 million a year in research contracts and grants. Students can pick and choose from more than 100 career options offered in arts and sciences, business, communication, criminology, dance, education, home economics, law, library science, music, nursing, social sciences, social work, theatre and visual arts programs.

The location of FSU in the Capital City of Florida offers unusual opportunities for study and research in the social and policy sciences, and an optimum environment for internships and on-the-job learning experiences for students in many fields of study.

A city within a city, Florida State has 1,200 faculty members, more than 6,000 additional employees and a construction program that will exceed \$50 million between now and 1982.

