

2006 FLORIDA STATE CROSS COUNTRY MEDIA GUIDE

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2006 QUICK FACTS

FLORIDA STATE UNIVERSITY

Location:.....Tallahassee, FL
 Founded:.....1851
 Enrollment:.....39,652
 Symbol:.....Seminoles
 School Colors:.....Garnet and Gold
 President:.....Dr. T.K. Wetherell

FLORIDA STATE ATHLETICS

Affiliation:.....NCAA Division I
 Conference:.....Atlantic Coast (ACC)
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 Tallahassee, FL 32316
 Website:.....www.seminoles.com

FLORIDA STATE CROSS COUNTRY

Home Facility:.....Miccosukee Greenway
 Head Coach:.....Bob Braman (Florida '80)
 Assistant Coach:.....Sean McManus (Notre Dame '01)
 Graduate Assistants:.....Althea Belgrave (Idaho '97)
 Joey Zins (Georgia Tech '03)

2005 SEASON REVIEW

ACC Championships:.....Men-2nd Place
 Women-7th Place
 NCAA Cross Country Regional Championships:.....Men-2nd Place
 Women-3rd Place
 NCAA Cross Country National Championships:.....Men-18th Place



Dr. T.K. Wetherell
 President, Florida State
 University



Dave Hart, Jr.
 Director of Athletics



Charlie Carr
 Senior Associate Athletics
 Director

MEDIA INFORMATION:

Florida State's home cross country meets are held at Miccosukee Greenway. If any assistance is needed in covering the Seminoles at home, contact Joshua Weber in the FSU Sports Information Department at (850)644-5653 or via email at jweber2@mailers.fsu.edu.

Interviews or other information concerning the coaches or team members will be handled by Joshua Weber. Please let us know if we can be of any assistance to you in your coverage of Florida State Athletics.

Releases, standings, results and other information regarding the FSU cross country team will be available at www.seminoles.com.



Joshua Weber
 Cross Country SID

CREDITS:

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MEN'S ROSTER

NAME	YEAR	HOMETOWN	PREVIOUS SCHOOL
TREY ANDREWS	FR.	TITUSVILLE, FL	ASTRONAUT
LUKE BEEVOR	R-JR.	LUTON, ENGLAND	ICKNIELD
JONATHAN BLOCKER	FR.	TALLAHASSEE, FL	LAWTON CHILES
MARK BUCKINGHAM	JR.	HUDDERSFIELD, ENGLAND	SHEFFIELD
JORDON BRADSHAW	R-FR.	BRADENTON, FL	LAKWOOD RANCH
J.P. COOK	R-JR.	STUART, FL	MARTIN COUNTY
JAVIER CRUZ	R-SO.	MIAMI, FL	BELEN JESUIT
LUKE GUNN	JR.	FOREST GATE, ENGLAND	BIRMINGHAM
TONY KROCK	FR.	AVILLA, IN	EAST NOBLE
JASON LAKRITZ	FR.	NEW WINDSOR, NY	NEWBURGH FREE ACADEMY
TOM LANCASHIRE	SR.	BOLTON, ENGLAND	TURTON
ANDREW LEMONCELLO	SR.	ST. ANDREWS, SCOTLAND	STIRLING
ALEX MILETICH	R-SO.	TALLAHASSEE, FL	LAWTON CHILES
CHRIS NICKINSON	R-JR.	PENSACOLA, FL	BOOKER T. WASHINGTON
TOMMY NOYES	JR.	NORTH CANTON, OH	HOOVER
STEVEN WILSON	R-FR.	TALLAHASSEE, FL	RIVERVIEW

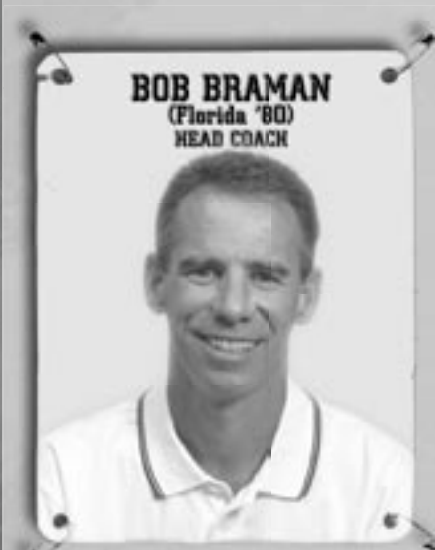


WOMEN'S ROSTER

NAME	YEAR	HOMETOWN	PREVIOUS SCHOOL
ASHLEY ANDRESS	JR.	DAVIE, FL	ARCHBISHOP MCCARTHY
PAMELA ARNELOS	JR.	WEST PALM BEACH, FL	CARDINAL NEWMAN
STEFANIE BECHLER	JR.	LIBERTYVILLE, IL	LIBERTYVILLE
ROSANNA BELL	FR.	GAINESVILLE, FL	GAINESVILLE
TINA BIDENHARN	JR.	ORANGE PARK, FL	RIDGEVIEW
LAURA BOWERMAN	JR.	TEMPLE TERRACE, FL	KING
SHANNON COATES	JR.	DELRAY BEACH, FL	SPANISH RIVER
JESSICA CRATE	R-JR.	BRIGHTS GROVE, ONTARIO	ARIZONA STATE
LAURA CULLEN	SO.	TEMPLE TERRACE, FL	KING
CHRISTINE DION	SO.	CAPE CORAL, FL	FORT MYERS
KIRSTEN HAGEN	JR.	BLACKSBURG, VA	CHRISTIANSBURG
AMANDA HAHN	R-SO.	GAINESVILLE, FL	GAINESVILLE
AUDREY HAND	JR.	VIRGINIA BEACH, VA	KELLAM
SARAH HUGHES	SO.	MAITLAND, FL	WINTER PARK
AMY HUSS	JR.	WYOMISSING, PA	VANDERBILT
DEBBIE HUSS	JR.	WYOMISSING, PA	VANDERBILT
MEREDITH KELLY	SO.	CLERMONT, FL	EAST RIDGE
SUSAN KUIJKEN	FR.	NIJEMOR, NETHERLANDS	STEOELJK GYMNASIUM
COURTNEY LASTER	SO.	WOODBIDGE, VA	HAYFIELD
ADRIENNE LUFKIN	SR.	ST. PETERSBURG, FL	LAKEWOOD
MARY MAGEE	SO.	SEMINOLE, FL	SEMINOLE
KALEY MATTHEWS	SO.	ST. PETERSBURG, FL	LARGO
RYANN MATTHEWS	SR.	ST. PETERSBURG, FL	LARGO
PILAR McSHINE	FR.	LAVENTILLE, TRINIDAD & TOBAGO	WOODBROOK
ASHLEY MONTAGNESE	SO.	TALLMADGE, OH	TALLMADGE
BARBARA PARKER	SR.	NORFOLK, ENGLAND	LOUGHBOROUGH UNIVERSITY
JENNIFER PATTERSON	R-SO.	VALPARAISO, FL	NICEVILLE
AMANDA QUICK	FR.	TAMPA, FL	GAITHER
ANGELINA RAMOS	JR.	NEW FAIRFIELD, CT	NEW FAIRFIELD
ALYSHA SALAPACK	FR.	SEMINOLE, FL	SEMINOLE
WHITNEY SCHNARR	SR.	WATERLOO, ONTARIO	ST. FRANCIS
MEREDITH URBAN	JR.	RALEIGH, NC	GREEN HOPE
JULIA VOLA	JR.	BOCA RATON, FL	SPANISH RIVER
SAMANTHA WEEKS	FR.	SEMINOLE, FL	SEMINOLE
LYDIA WILLEMSE	SO.	FOREST, ONTARIO	ST. CHRISTOPHER
ABI WILSHIRE	SR.	BRISTOL, ENGLAND	BIRMINGHAM
CHRISTINA WOYTALEWICZ	FR.	BRANDON, FL	RIVERVIEW



2006 SEMINOLES HEAD COACH



2006 NCAA DIVISION I MEN'S NATIONAL OUTDOOR TRACK COACH OF THE YEAR

2006 NCAA EAST REGION MEN'S OUTDOOR TRACK COACH OF THE YEAR

2006 ACC MEN'S OUTDOOR TRACK COACH OF THE YEAR

2006 NCAA EAST REGION MEN'S INDOOR TRACK COACH OF THE YEAR

2006 ACC MEN'S INDOOR TRACK COACH OF THE YEAR

2005 NCAA EAST REGION MEN'S OUTDOOR TRACK COACH OF THE YEAR

2005 ACC MEN'S OUTDOOR TRACK COACH OF THE YEAR

2005 ACC MEN'S INDOOR TRACK COACH OF THE YEAR

2005 NCAA INDOOR SOUTH REGION TRACK COACH OF THE YEAR

2005 NCAA SOUTH REGION MEN'S CROSS COUNTRY COACH OF THE YEAR

2004 NCAA SOUTH REGION MEN'S CROSS COUNTRY COACH OF THE YEAR

2003 ACC MEN'S CROSS COUNTRY COACH OF THE YEAR



Coach Braman is entering his seventh season at the helm of Florida State's cross country program. He is the only coach in FSU history to take both the men's and women's cross country teams to the NCAA National Championships. After guiding the men's track and field team to their first ever NCAA Outdoor National Championship in 2006, Braman will build on that success by guiding the Seminoles' cross country program into the nation's elite.

In 2005, he coached the men's team to its third consecutive trip to the NCAA National Championships where they finished 18th and Andrew Lemoncello placed 21st individually to earn All-American honors. Lemoncello also won his second consecutive individual ACC Championship and broke the 25 year old school record in the 8K. At the ACC Championships, the Seminoles finished in second for the third consecutive year and their point total of 38 was the lowest ever by any FSU squad. The women's team just missed qualifying for nationals by one spot as they finished third at the NCAA South Regional. However Laura Bowerman earned one of two at-large bids to nationals where she would finish in 127th.

In 2004, Braman coached the men's team to their second consecutive NCAA National Championships where they finished in 17th place. The men's squad also won their first ever NCAA South Region title earning Braman regional men's cross country coach of the year honors. Junior Andrew Lemoncello won the Seminoles' first individual ACC Championship and the men's team finished in second-place, just one point shy of first. Four members of the men's team received All-ACC honors, which set a school record for most All-ACC cross country selections.

On the women's side Braman coached them to a fourth place finish at regionals where Laura Bowerman and Natalie Hughes each earned All South Region honors. Bowerman just missed an individual berth to nationals by two spots as she ran a collegiate best 6K of 20:19, which was also the third fastest 6K in FSU history.

During the 2003 season, both cross country squads went to the NCAA National Championship meet, held in Cedar Falls, Iowa. Vicky Gill and Natalie Hughes earned All-American status en route to a 18th-place finish, the best finish in program history and up ten spots from the previous year's team – the first ever to qualify for nationals – that finished 28th. In addition to earning All-America honors, Gill won her second NCAA South Region meet and NCAA South Region Athlete of the Year

honor. On the men's side, FSU qualified as a team for the first time since 1981 after a record setting second-place finish at the ACC Championships and another runner-up spot at the NCAA Regionals.

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

The women's team earned a sixth place finish at the ACC Championships, the NCAA South Region runner-up and the Tribe's first-ever appearance in the NCAA Championships. Senior Vicky Gill finished 15th overall out of 254 runners at the National Championships and became FSU's first female NCAA All-American in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place at the South Region, missing the NCAA qualifier by one point. During that season, both squads posted their best finishes at the NCAA South Regional in school history. Then freshman Natalie Hughes she was the top freshman in the country at 1500 meters and earned All-American status.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached the best female distance runner in FSU history. He guided five-time All-America and NCAA runner-up in the 10,000m ('04), Vicky Gill through three years of track and field and cross country. The 2003 NCAA South Region Athlete of the Year is the only female two-time cross country All-American and one of two Lady Seminoles to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the indoor 3000m record, the outdoor 10k record and both 5000m school records.

On the track in 2006, Braman coached the men's track and field team to the school's first ever NCAA Outdoor National Championship. During indoor season the team finished in third place at nationals. Walter Dix, in the 200m, and Garrett Johnson, in the shot put, each won indoor and outdoor national championships while Rafeeq Curry added another national title in the outdoor triple jump. Dix and Tom

2006 SEMINOLES HEAD COACH

Lancashire added runner-up finishes in the 100m and 1500m, respectively. The men's team won the NCAA East Region Championship and the ACC Indoor and Outdoor Championships.

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

On the track in 2005, the men's team finished fourth at the NCAA Outdoor Track and Field Championships. Walter Dix became the first Seminole since 1980 to win an outdoor national title as he won the 100m and seven other Seminoles earned All-American honors. The women's team sent three qualifiers to nationals, including cross country standout Barbara Parker who competed in the 3000m steeplechase. The women's program finished 4th at the ACC Outdoor Championships. Braman earned multiple coaching honors during the 2005 track season including ACC Men's Indoor and Outdoor Coach of the Year and USTCA Indoor South Region Coach of the Year.

In 2004, the Seminoles broke or tied ten records, finishing the outdoor season in the top 20 on the men's side and 28th on the

women's side. The indoor season ended with a 24th place finish for the women behind All-Americans Natalie Hughes and Vicky Gill while the men repeated as Atlantic Coast Conference Indoor Champions. Braman coached 32 student-athletes to 41 NCAA East Regional qualifying marks and brought home four All-Americans and one All-American relay in his first trip to the NCAA Outdoor Track and Field National Championships as head Tribe coach. The All-American men's 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the season, 38.92.

Braman took over the FSU track and field program when longtime head coach Terry Long retired at the end of the 2003 season. During Long's last season as head coach, the Seminoles won many honors on the track including the men's ACC Outdoor title, conference runner-up on the women's side and ACC Coach of the Year honors.

After 17 years of national success at the University of South Florida and three years turning Florida State cross country into one of the fastest rising programs in the nation, Bob Braman was named head track and field coach at Florida State on June 10, 2003. Braman began his coaching career at USF in 1983 as a men's cross country assistant. He was promoted to head coach in



1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending Conference USA champion (1998 - 1999). Braman coached both men's and women's cross country teams to a top 30 finish in 1999. He also guided the Bulls to their first conference track title, 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 ten of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Braman, 48, is married to the former Debbie Turner and has two sons, Steven (18) and Tyler (16). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



2006 SEMINOLES ASSISTANT COACHES

SEAN McMANUS
(Notre Dame '01)
ASSISTANT COACH



Sean McManus is entering his second season as an assistant coach on the Seminoles' cross country coaching staff. In addition to McManus' responsibilities as assistant cross country coach, he will assist with recruiting, coordinating travel and home meet management.

Prior to joining the Seminoles, McManus was an assistant cross country and track coach at the University of Notre Dame from 2001-02 and 2003-05. McManus oversaw training for student-athletes competing in distance and cross country events. He was instrumental in recruiting top local, national and international student-athletes to a highly competitive academic institution. During his time at Notre Dame, McManus coached student-athletes earning 25 All-American, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped to produce 13 individual Big East champions and two Big East Athletes of the Year. McManus is no stranger to the NCAA National Championships scene as he helped guide the men's and women's cross country squads to multiple appearances. During McManus' tenure the men's team finished 6th (2001) and 11th (2004) and the women's team finished 19th (2001), 10th (2003) and 4th (2004). The Fighting Irish grad was an integral part of a Notre Dame staff that earned two Big East coaching staff of the year honors.

From 2002-03, McManus served as a volunteer assistant at the University of Florida where he assisted the men's and women's cross country and distance programs. He helped to produce six All-SEC, five All-South Region, one All-American and one Academic All-District award winner. McManus earned his masters in exercise science with a specialization in sports pedagogy with an emphasis on athlete motivation.

As an undergraduate, McManus attended the University of Notre Dame from 1996 to 2001 where he earned his bachelors in Civil Engineering. He competed four years in cross country and track, in the 10,000m and cross country events. He helped his cross country team to four top 12 team finishes at the NCAA Championships, while running for the Fighting Irish.

ALTHEA BELGRAVE
(Idaho '97)
GRADUATE ASSISTANT



Althea Belgrave continues her duties with the Seminoles. Her duties include overseeing the compliance and recruiting responsibilities for the Cross Country team and heads the Seminoles Striders program. She is the Director of Home Meet Management, the Across the State Relays Coordinator, and assist with practice.

Belgrave spent four seasons running track and two running cross country at the University of Idaho where she held school records in the 800m and mile. The three time Barbadian national 800m and 1500m champion earned all Big West Conference team honors in the 800 meters. Belgrave currently holds the Barbadian national 3000m Steeple record.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant, Belgrave worked with middle distance to long distance runners for the 2003 Big West women's championship track and field team. She also helped with meet management for indoor and outdoor home jumps events.

Belgrave earned her master's in education at the University of Idaho in Counseling of Human Services. Belgrave is a native of St. John, Barbados.

JOEY ZINS
(Georgia Tech '03)
GRADUATE ASSISTANT



Joey Zins is entering his third season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5000m and 10000m events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and led Georgia Tech to a fourth place team finish. He was the team captain at GT from 2000-2001. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Kansas City, where he finished 11th overall. Zins will help the FSU coaching staff with meets, practices, equipment, office management and travel. He is earning a master's degree in physical education.



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 54th 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 100 national championships, including 52 in women's competition and 48 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 130 times in men's competition and 71 times in women's action.

The conference made an immediate impact in women's soccer on the national college scene in the fall of 1987 when North Carolina captured the first of what would eventually be 13 national titles for the ACC. Since becoming a league sponsored sport, the Tar Heels have laid claim to 13 of the last 19 national championships, including eight consecutive titles between 1987 and 1994.

In 2005, the ACC Championship would pit the top two seeds in No. 1 North Carolina versus No. 2 Virginia, a rematch of last year's championship final, at the SAS Soccer Complex in Cary, N.C. The Tar Heels reclaimed the league crown with a 4-1 win over the Cavaliers for their 16th conference title.

The ACC led all conferences with seven teams selected to the 2005 NCAA Tournament, including ACC newcomer Boston College, Clemson, Duke, Florida State, North Carolina, Virginia and Wake Forest. It marked the fourth time in the last five years that at least seven teams from the ACC received a bid into the national tournament. Four schools, Duke, Florida State, North Carolina and Virginia, all earned national seeds, tying a league-high, set back in 2003. Florida State, North Carolina and Virginia each advanced to the quarterfinals of the NCAA Tournament, while the Seminoles made it to the semifinals of the Women's College Cup under first-year head coach Mark Krikorian. The Seminoles have appeared in the College Cup twice over the last three years, the most by any other team in the ACC and the second most in the nation.

Five teams finished in the top 25 of three major polls (Soccer America, Soccer Buzz and NSCAA). North Carolina, Florida State and Virginia each finished in the top 10 of all three polls, while the Eagles of Boston College finished the 2005 season ranked No. 10 by NSCAA. The Tar Heels' Heather O'Reilly was named a finalist for the Honda Award, while teammate Lori Chalupny, Virginia's Sarah Huffman and Florida State's Sel Kuralay earned Soccer America MVP accolades. Krikorian was named National Coach of the Year by Soccer America and Soccer Buzz.

The 11 schools that take to the field this fall under the ACC banner have garnered 102 first, second or third team NSCAA All-America distinctions, 47 National Player of the Year titles and 12 National Rookie of the Year honors. The ACC has also amassed 34 Academic All-Americans since 1986.

2005-06 IN REVIEW

The 2005-06 academic year concluded with the league pocketing an all-time high six national team titles and 15 individual NCAA crowns. In all, the ACC has won 57 national team titles over the last 16 years. The ACC has won two or more NCAA titles in 24 of the past 26 years.

2005-06 National Championships

Field Hockey.....	Maryland
Men's Soccer.....	Maryland
Women's Basketball.....	Maryland
Men's Lacrosse.....	Virginia
Women's Golf.....	Duke
Men's Outdoor Track & Field.....	Florida State

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2006-07 academic year - 12 for men and 13 for women.

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

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

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

A HISTORY

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

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

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

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

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

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

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.

MEN'S 2006 SEASON PREVIEW

After three consecutive appearances at the NCAA National Championships and back-to-back top 20 finishes, the Florida State men's cross country team enters the 2006 season poised to make the next step into the top 10 in the nation. Along the way the Seminoles will look to capture their first ever Atlantic Coast Conference Championship after finishing in second place the last three seasons. Florida State will also be a top contender to win the NCAA South Region Championship which the Seminoles won in 2004 and finished second in 2005.

This year's team will feature a strong group of runners with seniors Andrew Lemoncello and Tom Lancashire returning to lead the pack. Lemoncello and Lancashire will be joined by two extremely talented junior transfers, Luke Gunn and Mark Buckingham from Great Britain.

"Right now we have the best top four in the history of Florida State with Lemoncello, Lancashire and two British superstars in Gunn and Buckingham," said head coach Bob Braman. "Lemoncello and Lancashire went one and three at last year's ACCs and they could sweep it this year. They both are multi-time All-Americans in track. Andrew made All-American in cross country and that is what Tom's goal is for this year. Gunn and Buckingham have run almost as fast as Lemoncello and they both have international experience running cross country. These guys are going to plug right in. They are every bit as good as Tom Lancashire in cross country. We could have four guys way up there, so we are going to be the best we have ever been through four."

In 2005, Lemoncello capped off the best individual season in Florida State cross country history as he became the first men's cross country runner in 24 years to earn All-America honors. He also broke the 25-year-old school record in the 8K and won his second consecutive individual ACC Championship. After such a tremendous season last year, Lemoncello is prepared to move into the top 10 at nationals and win his third ACC Championship.



Andrew Lemoncello

"This is the first summer that Andrew has not had to represent his county in track and field," said Braman. "He passed on the European Championships because he really wants to go after it in cross country. He has never really been in a position to do that until this year. In years' past, he has been a really good closer because he has missed all of the base training that the rest of his competitors are doing during the summer. Andrew can be a national contender. He could be a guy that is in that lead pack at nationals. I think he is clearly a top 10 guy in the county."

Lancashire will play a huge part in the Seminoles' success in 2006. Lancashire was the second Seminole to finish at

the ACC Championships, NCAA South Region Championships and NCAA National Championships. He has earned All-ACC and All-South Region honors over the last two seasons in cross country and has been a multi-time All-American in track and field. He has improved every season and this is the year that he is ready to make the jump to All-American status.

The Seminoles will also look to have big seasons from returning redshirt juniors Luke Beevor and Chris Nickinson. After battling injuries over the last two seasons, Beevor had a solid finish to his 2005 campaign as he placed in the top 25 at ACCs and top 30 at south regionals. Nickinson put together a solid season, finishing in FSU's top seven in the last four races of the season which included a top 25 finish at ACCs.

"Luke Beevor will be a big key for us," said Braman. "As a freshman he ran number two for us at the NCAA Championships and also finished 16th at the NCAA South Region Championships, earning all-region honors. He had a great summer and he is as fit as he has ever been. He is a very talented runner and top 100 type of guy at the NCAA Championships."

"Chris Nickinson did a really nice job at the ACC Championships last season," continued Braman. "He does well with the five mile distance but as he has gotten older, the 10K distance has become better for him."

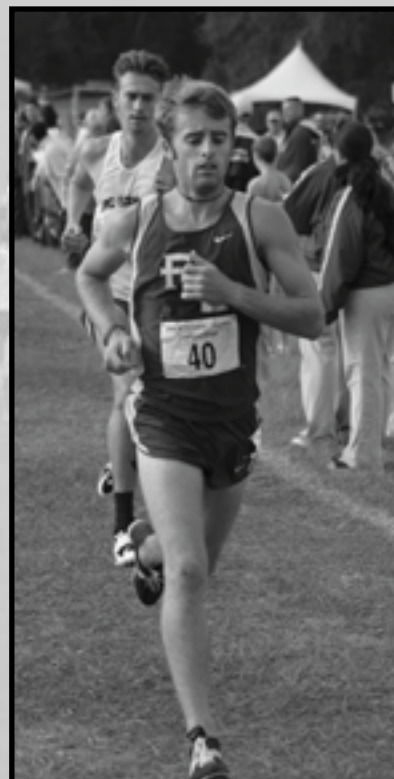
Though injured in 2005, redshirt sophomore Alex Miletich was one of FSU's fastest freshman 10K runners ever in 2004 when he recorded a time of 30:19.

"Alex, when healthy can be a really strong number five for us," said Braman.

Redshirt junior J.P. Cook was 27th at the ACC Championships in 2004 and he gives the team another talented runner to add into the mix.

With a talented group assembled for the 2006 season, this team has the chance to make a huge impact on the national scene and also become one of the best teams in school history.

"We have four guys that have the talent to be All-Americans and certainly be in the top 50," said Braman. "Now when that happens and your fifth guy is in the top 100, not only will you be a top 10 team but you have the chance to be a top 5 team and really compete with the best teams in America. This team has some exciting possibilities if the whole thing comes together. It will be a very veteran group."



Chris Nickinson

MEN'S 2005 SEASON WRAP-UP

Florida State had an outstanding 2005 men's cross country season which saw several historic accomplishments achieved. Senior Andrew Lemoncello became the first Florida State men's cross country runner to earn All-America honors since Herb Willis in 1981. Lemoncello also won his second consecutive individual ACC Championship and in the process, broke Larry Greene's 25-year-old school record in the 8K by four seconds.

The men's team opened up the season by winning the overall team title at the Covered Bridge Open in Boone, N.C. Lemoncello took the individual title and was followed closely by classmate Sean Burris who took second. Juniors Tom Lancashire and Phil Nicholls placed third and fourth, respectively.

Florida State returned to Tallahassee to host the FSU Invitational at Miccosukee Greenway. The Seminoles continued their winning ways as they took the overall team title and Lemoncello won the overall individual title. FSU finished the race with all five of their scorers finishing in the top nine. Lemoncello earned the ACC Performer of the Week for his outstanding performance.

After the back to back wins, the Seminoles headed to South Bend, Ind., for the prestigious Notre Dame Invitational. Florida State made its presence known on the national level as the team finished ahead of higher-ranked No.1 Wisconsin and No. 17 Butler. FSU scored 159 points and finished in fourth place of 25 teams. Lemoncello earned his second ACC Performer of the Week honor, as he was FSU's top finisher in the race taking 11th place.

At the NCAA Pre-Nationals, the Seminoles entered the meet as the 17th-ranked team in the country and they lived up to that ranking with another solid outing and a seventh place finish out of 33 teams with 255 points. Lemoncello finished the race in fourth with a time of 23:48.1. He was followed by Burris (24:26.3) and Lancashire (24:26.9), who both finished in the top 40.

The Seminoles returned home with high expectations as they prepared to host the ACC Championships. Florida State did not disappoint, finishing second with 38 points, which is the lowest point total ever by any Seminole squad. It was the third consecutive year that Florida State finished in second place.

All five FSU's scorers recorded collegiate personal bests and all five times currently rank on the school's all-time top 10 list. The team was led by Lemoncello, who successfully defended his individual ACC Championship by recording a new school 8K

record of 23:43.1. The record had stood since 1980. Lemoncello was followed by Lancashire (3rd), Nicholls (9th), Burris (10th) and Kevin Cook (15th). Lancashire finished the race in 23:53.5 which is fourth all-time at FSU. Nicholls moved into sixth all-time with his time of 24:12.6. Burris clocked in at 24:13.4 while Cook completed the 8K in 24:26.4 which were good for seventh and ninth all-time. Rounding out FSU's top seven were sophomores Chris Nickinson and Luke Beevor who finished 23rd and 25th, respectively. Nickinson finished the race with an 8K lifetime best of 24:40.6.

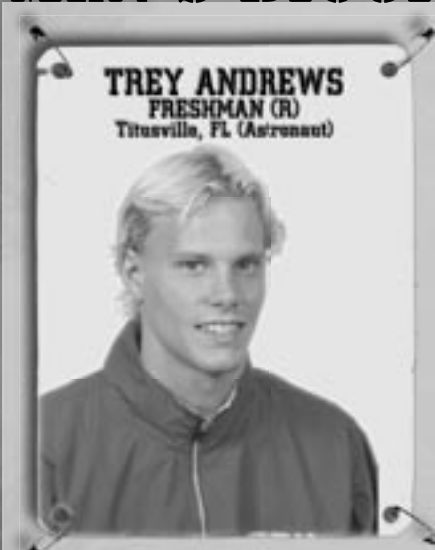
Lemoncello, Lancashire, Nicholls and Burris were all named to the All-ACC team. The four selections equals the most ever for FSU and the only other time FSU has had four was in 2004.



Head coach Bob Braman had his team ready to lock up a spot for nationals when they headed to Gainesville, Fla. for the NCAA South Region Championships. The Seminoles finished second with 47 points and clinched an automatic berth to the NCAA National Championships. Florida State was once again on the top of its game as all five Seminole scorers earned All-South Region honors. The team was led by Lemoncello, who finished the 10K in second and he was followed by Lancashire (7th), Burris (13th), Nicholls (14th) and Cook (20th). Beevor narrowly missed all-region honors as he finished in 29th. Braman earned NCAA South Region Coach of the Year honor for the second consecutive year after FSU's exceptional showing.

The Seminoles finished 18th at nationals leading all ACC and south region teams. Lemoncello, who finished in 21st place with a 10K of 30:07.5, became the first member of the men's cross country team to earn All-America honors in 24 years. Lancashire was FSU's next highest finisher as he took 77th place. Rounding out the top five scoring spots were Cook (158th), Nicholls (163rd) and Burris (175th).

MEN'S BIOGRAPHIES



TREY ANDREWS
FRESHMAN (R)
Titusville, FL (Astronaut)

Andrews' Bests
1600m - 4:21.71
5000m - 15:06.82

2006: Outdoor – Ran unattached all season...finished fourth at the Seminole Invitational in the 5000m with a time of 15:06.82... finished 12th in the 5000m at the FSU Relays with a time of 15:09.79... finished 12th at the Snowbird Invitational in the 5000m with a time of 15:08.47.

2005: Cross Country – Redshirt season.

Prep: Named First Team All-Brevard County in 2005 for the 1600m...finished 13th in the 1600m at the FHSAA 3A-4A State Championship with a time of 4:25.21...won the 1600m with a PR of 4:21.71 and 3200m with a time of 9:40.38 at the FHSAA 3A Region 4...was all-county in cross country...named Florida Today's 2004 All-Space Coast Boy's Cross Country Runner of the Year.

Personal: Majoring in engineering.



LUKE BEEVOR
JUNIOR (F)
Luton, Bedfordshire, England
(Ticknield)

ALL NCAA SOUTH REGION TEAM '03

Beevor's Bests
8K (XC) – 24:36.8
10K (XC) – 31:00
1500m - 3:49
3000m – 8:17
5000m – 14:18

2006: Outdoor – Opened the season with an impressive 5000m win at the Snowbird Invite (14:18.7) before an injury ended his season...

Indoor – Ran his season best time in the 3000m at the Tyson Invite with a mark of 8:17.12 while taking third...took fourth in the 3000m at the ACC Championships with a time of 8:18.92... also competed in the 3000m at the Pepsi Invite where he ran 8:20.60 and finished fifth...led off the ACC runner-up medley relay with an impressive 3:00 (1200m) leg.

2005: Cross Country – Began the 2005 season still recovering from an injury...first few races back he ran unattached as he finished 26th at the FSU Invitational (26:30.22) and 85th at the Notre Dame Invitational (25:22)... had his first big impact for the Seminoles at the NCAA Pre-Nationals as he took 115th place with a time of 25:13.4, finished in FSU's top five and helped the Seminoles to a seventh-place finish...at the ACC Championships the Luton, England native finished the 8K in 25th place with a time of 24:42.2...followed that up with a solid performance at the NCAA South Region Championships finishing with a 10K of 31:40.77, good for 29th and just four spots shy of making the all-region team...at NCAA National Championships, he finished 195th with a 10K of 31:52.3.

2005: Outdoor – Returned from injury to compete during the outdoor season... opened at the Stanford Invitational in the 5000m run, recording a time of 14:53.37... ran a 4:01.78 in the 1500m at the Yellow Jacket Invitational, good for 19th place.

2004: Cross Country – Opened the season with an individual title at the Mountaineer Open with a time of 25:14.10... mark helped lead the Seminoles to an overall team championship at the meet... earned ACC Cross Country Performer of the Week honors for his season-opening performance... suffered a leg injury that ended his cross country season.

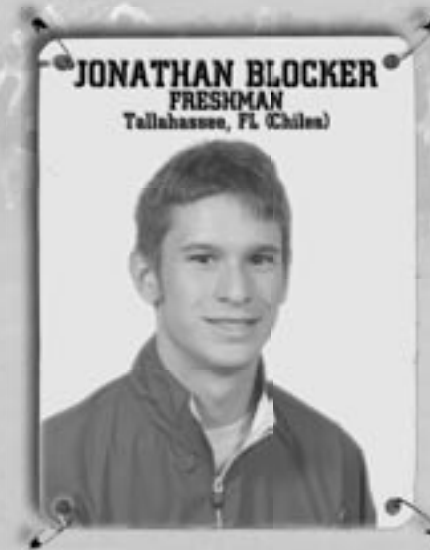
2004: Outdoor – One of the Seminole newcomers who added depth to the distance events...finished seventh at the ACC Championships in the 5000m (14:58.62)...ran a collegiate best 14:32.72 at the prestigious Penn Relays for a seventh-place finish in the 5000m run...posted a personal best mark of 3:56.88 at the Seminole Invite to take third-place in the 1500m run...won the 3200m run at the Seminole Invite...took second-place in the 5K at the Georgia Tech Invite in 14:49.55 and the Florida-FSU dual meet in 14:55.87.

2003: Cross Country – Made an immediate impact in his two months of college competition participating in five meets at the end of the season for FSU...helped the team the most with his 18th place finish at the ACC Championships meet, boosting FSU to its highest ever conference finish...performed at his best at the biggest meets, running at the number two position for the Noles in both the NCAA National Championships and NCAA Pre-Nationals meets...at the ACC Championships, the newcomer raced with an injured leg, placing among the top four Noles and top 20 overall...at the NCAA South Regionals meet, helped the Tribe to a second-place finish and automatic bid to nationals run-

ning a collegiate best time of 31:02.16, good for 18th-place and All-South Region honors.

Prep: Placed 19th at the European Junior Championships, finishing as the No. 1 ranked junior British cross-country runner...at the 2002 English Schools Track & Field Championships, finished third in a time 8:29.26 placing him eighth overall in the UK U-20 3K rankings.

Personal: Entered FSU as one of the tallest track and field athletes to ever come out of England standing at 6 feet 9 3/4 inches... is one of the tallest athletes to sign with the FSU track and field/cross country programs... finished in second-place at the AAA Under-23 Meet during the summer of 2004...his father, Mike, finished 18th at the World Cross Country Championships in 1970...majoring in sport management.



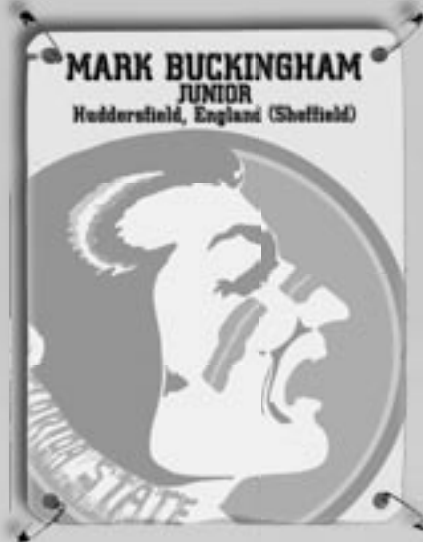
JONATHAN BLOCKER
FRESHMAN
Tallahassee, FL (Chiles)

Blocker's Bests
1600m – 4:19.90
3200m – 9:45.00
5000m – 15:25

MEN'S BIOGRAPHIES

Prep: Earned First Team All-State honors in Florida during his junior and senior years in cross country...finished third in cross country at the class 3A State meet during his junior and senior years...earned Second Team All-State honors as a sophomore when he finished 14th at the state cross country meet...finished fifth in the 1600m with a PR of 4:19.90 at the 2006 FHSAA 3A-4A State Championships...won the 16th Annual Panhandle Cross Country Championships with a 5000m PR of 15:25 in 2005...named All Big Bend Runner of the Year in 2005.

Personal: Major is undecided.

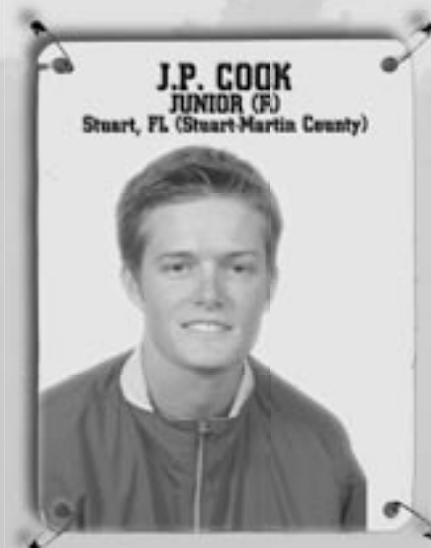


Buckingham's Bests

800m – 1:51
1500m – 3:46
3000m – 8:12
3000m steeplechase – 8:38

At Sheffield: Named the 2006 Sheffield Hallam University Sportsman of the Year... was the 2006 Yorkshire Counties cross country champion (10K)...won the silver medal in 2006 at the British Universities Cross Country Championships (4K)...won the British Universities indoor 3K championship in 2006...took fourth in the 3K steeplechase at the European U/23 Championships in 2005...was a finalist in the 3K steeplechase at the World Student Games... was National Junior Champion in the 3K steeplechase in 2004 and 2005...was a bronze team medalist in 2006 (6K) at the European U/20 Cross Country Championships...in 2004 became the British Milers Club record holder for the U/20 3K steeplechase (8:51)...earned the World Mountain Running Trophy in 2004... was the English Schools Champion in the 2K steeplechase in 2004.

Personal: Earned a degree in sport management at Sheffield Hallam University.



Cook's Bests

8K (XC) – 25:57.31
4-mile – 19:31
5000m – 14:50.29

2006: Outdoor – Won the 5000m at the Seminole Invitational with a lifetime best of 14:50.29

2005: Cross Country – Limited due to injuries.

2005: Outdoor – Ran the 1500m run at the Seminole Invitational... posted a 4:05.74 in the 1500m at the Seminole Invitational...ran a season-best time of 8:57.99 in the 3000m run... took 14th place in the 5000m run at the Yellow Jacket Invitational... **Indoor** – Competed in one event during the indoor campaign, running a time of 8:44.57 for 13th place at the Wildcat Invitational.

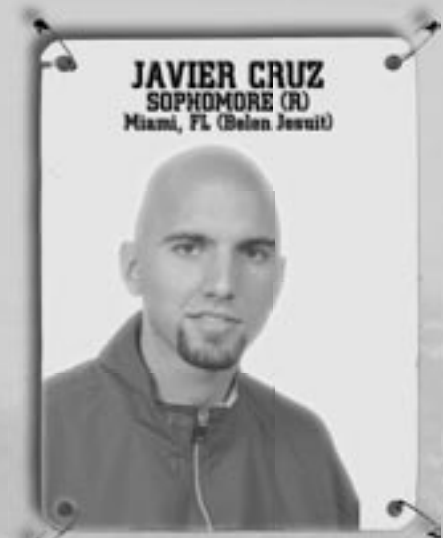
2004: Cross Country – Stepped into the varsity lineup through the middle of the season... placed second overall at the Florida Intercollegiate Championships with a time of 25:57.31... crossed the line 27th in 26:01 at the Atlantic Coast Conference Championships... a member of the varsity seven at the league meet, where the Seminoles had their best conference finish ever, narrowly missing first place by one point.

2004: Redshirted during indoor and outdoor track seasons.

2003: Redshirted during cross country season.

Prep: Won a gold medal in the Class 4A 3200m State Championships, in a time of 9:23.92...also earned all-state honors in cross country leading his team to a third-place finish... twice was named to the first team all-area *Palm Beach Post* and *Stuart News* Runner of the Year... a member of the Martin County soccer team... competed on both the track and field/cross country teams all four years...member of the Key Club and National Honor Society.

Personal: Majoring in management information systems.



JAVIER CRUZ
SOPHOMORE (R)
Miami, FL (Belen Jesuit)

Cruz's Bests

5000m – 15:15
8000m – 25:25

2006: Outdoor – Ran unattached all season...finished 14th in the 5000m with a time of 15:20.38 at the FSU Relays...placed 6th in the 5000m at the Seminole Invitational with a time of 15:17.42...finished 20th in the 5000m at the Snowbird Invitational with a time of 15:19.04.

2005: Redshirted during the indoor and outdoor seasons.

Prep: Miami-Dade Boys Track and Field second-team honoree in 2003 and 2004 in the 3200m run...top cross country runner at Belen Jesuit in 2001 and 2002...won the 3200m run at the Hurricane Invitational and the Dade County Championships.

Personal: Major is undecided.

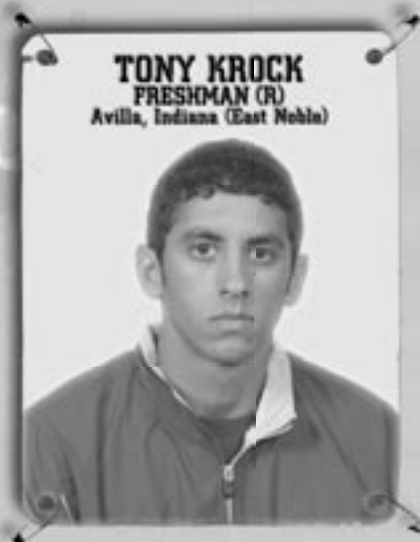
MEN'S BIOGRAPHIES



Gunn's Bests
 5K (XC) – 14:23.38
 800m – 1:53.3
 1500m – 3:46.41
 3000m steeplechase – 8:31
 3000m – 8:09

At Birmingham: Finished second at the 2006 BMC Grand Prix 4 with a 3K time of 8:13.68... was fourth at the 2006 AAA Championships with a 3KST of 8:43.86...took second in the 800m (1:54.78) and 1500m (3:52.33) at the BAL Division 3 Match 3...finished second at the 2006 British University Championships with a 5K of 14:23.38...won the 2005 Welsh Championships with a 3KST of 8:56.24...finished eighth and was the first British finisher on the bronze-medal winning team at the 2004 European Junior Cross County Championships.

Personal: Earned a degree in sports and material at Birmingham University.



Krock's Bests
 5K (XC) – 15:27
 1600m – 4:18

2006: Redshirted during indoor and outdoor track seasons.

2005: Cross Country – Redshirt season.

Prep: First-team, All-state cross country and track harrier as a senior at East Noble High School... ran personal best times of 4:18 in the 1600m and 15:27 in the 5k... also played basketball all four years of high school... honor roll all four years of school... son of Angela Krock... mother played basketball for the Air Force... born in Germany... chose FSU because of high school coach Andrew Begley.

Personal: Majoring in mechanical engineering.



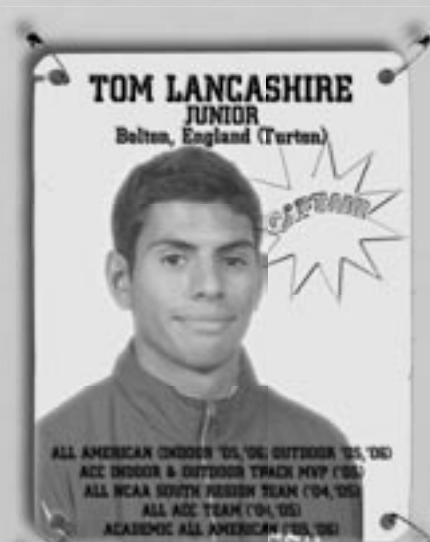
Lakritz's Bests
 800m – 2:06.30
 1000m – 2:34.0
 1600m – 4:22.84
 3200m – 10:10.5

2006: Redshirted during indoor and outdoor track seasons.

2005: Cross Country – Redshirt season.

Prep: Finished third at the N.Y. State Indoor Track Championships in the 1600m with a personal best of 4:22.84... finished 49th at the 2004 New York State AA Cross Country Championships with a time of 17:13.2...won the Section IX Championships with a time of 16:03.2...placed 12th at the Orange County Championships with a time of 16:18.45 in the three mile run.

Personal: Majoring in exercise science.



Lancashire's Bests
 8K (XC) – 23:51
 10K (XC) – 30:11
 800m – 1:45.76
 1500m run – 3:38.92
 3000m run – 8:09.83

2006: Outdoor – One of the top middle-distance runners in the country...finished second at the NCAA National Championships in the 1500 (3:40.62)...fastest 800m runner in the country and fifth speediest 1500m harrier in the nation...set the George C. Griffin Track record and shattered a 20-year old FSU school record in winning the 800m in 1:45.76 at the Reebok Invitational... his time of 1:45.76 was the fastest of the season in the NCAA... secured a berth at regionals with a season-opening, event winning mark of 1:46.99 at the Seminole Invitational...opened the outdoor season with a regional standard time of 3:41.63 at the Cardinal Invitational...picked up his second league crown, taking the 1500m in an ACC Championships and Kentner Stadium record time of 3:42.13...led all advancers in the preliminary race with a mark of 3:48.70... won the 800m at the Seminole Invitational...**Indoor** – one of five student-athletes on the team to earn All-America honors... finished in fourth place in the mile run with a time of 4:13.38... first sub-four minute miler in FSU school history... ran the record-breaking mark at the Florida Fast Times Meet, automatically qualifying with a time of 3:58.52... ran the second fastest mile time in the nation, entering the meet... the title was his sixth overall ACC title, the most of any ACC male athlete (800m – '05, 1500m – '05, mile – '05, '06, DMR – '05, 1500m – '06)... appeared in his second NCAA Indoor National Championships in three seasons at FSU... ran 8:14.85 in the 3000m at the Tyson Invitational... fastest mile run time in the league... sixth fastest 3k time in the conference...mark is the top time in the NCAA Championships and the second fastest in the NCAA all season... defended his mile run title in helping FSU to its fourth consecutive Atlantic Coast Conference Indoor Track and Field Championship.

MEN'S BIOGRAPHIES

2005: Cross Country – Had an outstanding cross country season as a junior...finished in FSU top three in all seven events...opened up the season finishing fourth at the Covered Bridge Open with an 8K time of 25:57.37...at the FSU Invitational the Bolton, England native took fifth in 25:15.35...followed that up with a 17th place finish at the Notre Dame Invitational with a time of 24:08... took 39th at the NCAA Pre-Nationals with a time of 24:26.9...had his most impressive performance of the season at the ACC Championships as he earned All-ACC honors, for the second consecutive year, finishing third with the four fastest 8K time of 23:53.5 in FSU history...also earned all-region honors for the second year in a row as he took seventh place with a 10K time of 30:24.06 at the NCAA South Regional Championships... helped FSU to an 18th place finish at the NCAA National Championships taking 77th with a time of 30:47.4.

2005: Outdoor – In just his second season in the Garnet and Gold, achieved success on the conference, regional and national levels... earned All-America honors for his eighth-place finish at the 2005 NCAA Outdoor Track and Field Championships...bettered the FSU-school record in the 1500m, which he set during the summer of 2004, with his time of 3:38.92...named ACC Indoor and Outdoor Performer of the Year for his excellent performance at the league championships...is the third outdoor performer of the year from FSU in six seasons and first to sweep both indoor and outdoor accolades...won the 800m and 1500m events at the Atlantic Coast Conference meet with start times separated by only 63 minutes...accounted for 20 points in FSU's ACC Team Championship...won the 1500m run at the Georgia Tech Invitational, regionally qualifying in a then-school record of 3:41.83...ran a then-season best and regional standard mark in finishing fourth at the Mt. SAC Relays in 3:44.08...the time was the ninth fastest in the nation and tops in the conference and region...led the team in the 800m and 1500m events, holding three of the top four marks...ran a regional qualifying time of 1:48.30 in the 800m at the Seminole Invitational... one of 11 Seminole men with regional qualifying marks...**Indoor** – Culminated the season with All-America accolades in the mile run...earned his first All-America honor with a fifth-place finish in the mile at the 2005 NCAA Indoor Championships...had one of the top times in the nation and the conference in the mile event...anchored the distance medley relay to defend the league title with a four-minute mile...the ACC Indoor MVP took home the honors for his title-winning performances in the mile run and as anchor leg in the distance medley relay as well as a fourth-place finish in the 3000m run...at the league meet, ran a 4:00-minute mile to edge Virginia at the line to win the ACC distance medley relay...his points helped FSU edge Clemson by 2.5 points for first place in the team race...shattered the school record at the Florida Fast Times meet, running a 4:00.64 in the mile run.

2004: Cross Country – Proved to be a solid competitor for the Seminoles, leading the team to its highest ranking in almost 20 years and scoring in the top five for FSU in six of seven events on the season...helped guide FSU to 17th

place finish at the NCAA National Championships as he recorded a time of 32:17.7 and was the Seminoles' second overall finisher in 72nd place...opened up his season by placing 5th in the Mountaineer Open with a time of 25:28.20...continued his success at the Notre Dame Invite as he set a collegiate personal best (8K) with a time of 24:16 good for 25th place... moved into the top two in the varsity lineup... at the NCAA Pre-Nationals, finished fourth overall for FSU, crossing the line in 46th place with a time of 24:50.6...at the conference meet, finished in 11th place with a time of 25:01.0 and helped FSU to finish in second place...played an integral role on the team that won the NCAA South Regional Championship title, running a collegiate personal best (10K) at the in a time of 30:11.99, good for 12th place.

2004: Outdoor – Finished ninth in the 1500m at his first NCAA Outdoor Track and Field Championships, one place shy of All-America honors...posted a time of 3:47.39 in the prelims and a final mark of 3:47.51 in Austin, TX...led the middle distance corps of the Seminole lineup with the top two times in the 800m and the top five in the 1500m run...as one of the top 1500m recruits in the country, ran a regular season best 3:43.31 at the Georgia Tech Invitational to better his regional qualifying mark and earn an at-large bid to the NCAA Championships meet...the time is the third fastest in school history... posted a then-personal best mark of 3:45.58 at the prestigious Stanford Relays...was named to the 2004 All-Atlantic Coast Conference Outdoor Track and Field Team for his third-place finish in the 1500m in a time of 3:47.04...ran a personal best and regional qualifying mark of 1:48.59 in the 800m dash at the Florida dual meet to finish second... his 800m mark of 1:48.59 is the ninth best in school history. **Indoor** – Continued his high level of competition seen during the cross country season, breaking the record in the mile run...posted a school record time of 4:04.33 at the Adidas Invite, breaking the indoor record that stood for 25 seasons (Cliff Cook – 4:05.60 – 1979)...earned All-ACC honors for his second-place finish in the mile run and as a member of the winning distance medley relay...holds two of the top four times in the mile run...ran the anchor leg for the conference winning distance medley relay in 9:53.19.

2003: Cross Country – Was a welcomed addition to the squad, helping the men to their first NCAA National

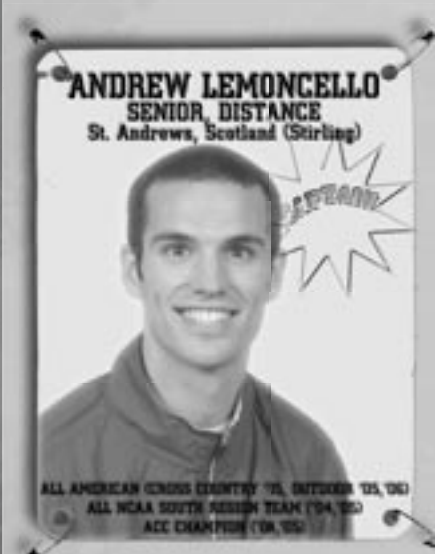
Championships berth in 22 years...ran a season best 10K time at the NCAA South Regionals, completing the course in a time of 31:35... posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet...scored in the top five for FSU at nationals with his 161st-place finish (31:43 10K).

Prep: Second fastest all-time 18U runner in England recording a 3:44.61 in the 1500m as a 17-year old...led the English schoolboys in the 800m with a 1:49.9...an outstanding cross country runner, represented England at the 2003 World Cross Country Championships... played soccer and swam while a student at Turton High School in Brumley Cross.

Personal: Competed in the 2004 International Association of Athletics Federations (IAAF) World Junior Championships and posted a personal best mark of 3:42.48 during the semifinals en route to sixth-place in the final...2005 FSU Cross Country team captain... CoSIDA Academic All-American...majoring in exercise science.



MEN'S BIOGRAPHIES



ANDREW LEMONCELLO
SENIOR, DISTANCE
St. Andrews, Scotland (Stirling)

ALL AMERICAN CROSS COUNTRY '06, OUTDOOR '06, '06
ALL NCAA SOUTH REGION TEAM '04, '05
ACC CHAMPION '06, '05

Lemoncello's Bests

8K (XC) – 23:43.1
10K (XC) – 29:42.22
3000m Steeplechase – 8:30.12
5000m – 13:45.69
10,000m – 28:32.92

2006: Outdoor – Top Seminole distance runner on the squad... nationally ranked and regionally qualified in three events... led the conference 3000m steeplechase, 5000m and 10,000m... ranked second in the nation in the steeple, 12th in the country in the 5000m and fifth among all 10K runners in the NCAA... picked up two of his three regional qualifying times on the West Coast... holds the school record in five events (Cross country 8K, indoor 5000m, 3000m steeplechase, 5000m, 10,000m)... broke the school record in the 5000m and the 10,000m in 2006... ninth fastest 1500m time in the conference... blazed the track in running in the Cardinal Invitational, taking ninth overall in the 5000m run (13:45.69), breaking a three-year old distance record... led the pack from start to finish at the ACC Championships, winning his first 3000m steeplechase crown, his eighth league title and breaking the ACC meet record of 8:35.5 set by Clemson's Hans Koeleman in 1982...his six track titles ties teammate Tom Lancashire for most track ACC titles owned by any ACC male athlete...his eight overall ACC titles is the most of any returning ACC athlete for cross country and track...is the first Florida State runner to win the steeple event... his mark was the fastest 2006 time this year in the NCAA... set the FSU school record and posted an automatic qualifying mark in the 10,000m at the Stanford Invitational... had the fourth fastest time in the event with a clip of 28:32.92... opened the season with a 14:24.13 in the 5000m at the Snowbird Invitational...
Indoor – Top Seminole in the 3000m and the 5000m runs...ACC Champion in the 3000m and the 5000m runs...recorded a 8:10.67 in the 3000m and a 14:19.12 in the 5000m...provisionally qualified and set a new school record in the 5000m run at the Tyson Invite with a time of 13:53.42...placed third in the 3000m run at the Pepsi Invite with a time of 8:17.37.

2005: Cross Country – Wrapped up an outstanding senior season as he became FSU's first All-American since 1981, finishing 21st (30:07.5) at the NCAA National Champion-

ships and leading the Seminoles to an 18th place finish...historic season included winning his second consecutive Atlantic Coast Conference Individual Championships and in the process, he recorded the fastest 8K in FSU history of 23:43.1, previously held by Larry Greene (23:47 – 1981)...finished first for FSU in all seven races during the 2005 season...began the 2005 season taking first place at the Covered Bridge Open with a time of 25:41.62...recorded another first place finish at the FSU Invitational with a time of 24:39.51...took 11th at the Notre Dame Invitational in 24:00 then finished fourth at the NCAA Pre-Nationals Meet in 23:48.1...claimed All-South Region honors as he finished second at the NCAA South Regional with a 10K time of 29:42.22.

2005: Outdoor – Ended a great first season at FSU, earning All-America honors and breaking the school record in the 3000m steeplechase... finished in fourth-place in a personal best time of 8:30.12 at nationals...only Seminole to regionally qualify in four events...had the third fastest steeple time at the NCAA East Region Championships, running a clip of 8:38.99... won the 5000m and 10000m titles on his home track at the 2005 Atlantic Coast Conference Outdoor Track Championships...was one of seven ACC individual event champions...took the 5K title in 14:13.42 and the 10K championship in 29:59.19 to help FSU sweep the ACC meets in 2005... moved into FSU's all-time top 10 list in the 1500m (10), 3000m steeplechase (1), 5000m (6) and 10,000m (2)...the only Tribe member to hold that distinction... shattered a 29-year old, FSU school record by more than 15 seconds, with a third-place finish at the Mt. SAC Relays in 8:37.13... that mark was fifth in the nation and second in the region entering the NCAA East Region Championships... just 11 seconds slower than the Seminoles' all-time 10K best, running a 28:44.97 at the Stanford Invitational...rated 12th in the nation and second in the region in the 10K entering the regional meet... met the regional standard in the 1500m at the last regular meet of the season, crossing the line in 3:47.52...took fourth-place at the Penn Relays in the 5K, posting a clip of 28:44.97.
Indoor – Won the 3000m run at the ACC Championships in a season-best time of 8:12.42...picked up a second All-ACC accolade in his only 5K appearance of the indoor season, posting a mark of 14:21.76 to take third place at the league championships...ran a 4:09.08 to finish in third place in the mile at the Florida Fast Times meet...opened the season with a ninth-place finish at the Tyson Invitational in 8:19.88.

2004: Cross Country – Won the first individual ACC Cross Country Championship in Florida State school history...earned ACC Performer of the Week honors for his first outing as a Seminole at the Florida Intercollegiate Championships where he led FSU to a first-place individual and team finish with a time of 25:35.20... made Florida State history at the Notre Dame Invitational, moving into second-place all-time on FSU's

8K list with a mark of 23:48, just one second short of first place...finished fourth overall in the race and for his impressive performance, earned ACC Performer of the Week honors for a second time... grabbed his third league weekly honor of the season after posting a time of 24:02.09, good for sixth place at the NCAA Pre-Nationals... continued to break records including one of his own when he set a new personal collegiate best in the 10K with a time of 29:47.69 at the NCAA South Regional Championships...crossed the tape fifth overall and paced the Seminoles to their first regional championship...was the top scorer for the Seminoles at the NCAA National Championships, running a time of 32:00 for an individual finish of 50th overall.

At Stirling: Sixteen-time Scottish National champion from Madras College and Stirling University...was a member of the European Cross Country Team Gold...finished third at the 2004 British University Cross Country Championships...finished eighth in the World Mountain Running Championships, representing Scotland at the event five times...was the British University Champion in the 5000m and 10000m run.

Personal: His mother, Phyllis was a national cross country champion...trained with the same club and coach as former Seminole All-American Vicky Gill...majoring in sport management.



MEN'S BIOGRAPHIES

ALEX MILETICH
SOPHOMORE (R)
Tallahassee, FL (Chiles)



Miletich's Bests
1500m - 3:57.9
1600m - 4:17
5000m - 14:39.11
8000m - 24:44
10,000m - 30:19.19

2006: Limited due to injuries during indoor and outdoor seasons.

2005: Cross Country – Limited due to injuries.

2005: Outdoor – Saw limited action during the outdoor campaign, competing in the 10,000m run at the Stanford Invitational and finishing with a time of 30:19.19. **Indoor** – Redshirted during indoor season in order to represent the U.S. at the NACAC Cross Country Championships where he finished fourth.

2004: Cross Country – Redshirted his first cross country season at FSU.

Prep: The top cross country recruit in the area, joined the Seminole program after winning the 2004 Class 3A Cross Country team and individual titles...anchored the first cross country and track and field state titles for his high school, leading Chiles to the team championships...his cross country team finished the season ranked No. 17 in the country and No. 1 in the Southeast region (The Harrier)...named the Gulf Winds Track Club 2002 Cross Country Athlete of the Year after finishing amongst the best on the track during his senior season and taking top six in the 1600m and 3200m runs at the Class 3A State meet...was a member of National Honor Society and an AP Scholar.

Personal: Won the USATF Junior Olympic XC Nationals in 2004...finished 12th at the USATF XC Junior Nationals in 2005...majoring in accounting.

CHRIS NICKINSON
JUNIOR (F)
Pensacola, FL (Booker T. Washington)



Nickinson's Bests
10K (XC) – 32:52.73
8K (XC) – 24:40.6
1500m – 3:50.40
3200m – 9:23.37
4-mile – 19:57
5000m – 14:55.64

2006: Outdoor – Finished 10th at the Seminole Invite in the 1500m with a time of 4:01.45...ran a season best in the 1500m of 3:59.51 to finish fifth at the Seminole Twilight...placed 8th at the Snowbird Invitational in the 5000m with a time of 14:55.64.

2005: Cross Country – Slowed by injuries to open up the season...finished 152nd with a time of 25:34.7 at the NCAA Pre-Nationals Meet...recorded a lifetime best at the ACC Championships with a 8K of 24:40.6 to finish 23rd... finished 61st in 32:52.73 at the NCAA South Regionals...concluded the season taking 244th at the NCAA National Championships with a 10K of 33:02.2.

2005: Outdoor – Solid contributor to the mid-distance events for the Seminoles...recorded a season-best time and tied a 2005 top finish at the Seminole Invitational...posted a time of 3:50.88 for second place at the home meet...had the third fastest time at the Atlantic Coast Conference Championships, posting a 3:51.96 in the preliminary race of the 1500m run...came back to finish in 13th place in the event, in a time of 3:59.67... took second place in the 1500m run at the Seminole Twilight in 3:54.10... **Indoor** – Earned the first All-ACC honor of his career as leadoff leg of the Atlantic Coast Conference winning distance medley relay...the group finished in first place in 9:53.55...competed in the mile events for Florida State...posted a season-best time of 4:10.51 at the Gator Invitational to take fourth place... highest finish came at the Florida Intercollegiate...placed second in the mile with a time of 4:15.22...was the third fastest miler at the Wildcat Invitational, clocking a 4:12.87.

2004: Cross Country – Made debut in cross country at the Mountaineer Open where he placed 17th overall with a time of 26:01.70.

2004: Outdoor – Added depth to the middle distance area, competing in the 1500m event for the Seminoles...ran a collegiate best time of 3:52.33 at the Yellow Jacket Invite to finish 10th in the 1500m run...won the event at the Seminole Invite in 3:52.77...took fourth-place at the Florida dual meet... **Indoor** – Participated in the distance events for Florida State, running in the 3000m run and the mile run...held two of the top 10 times on the Tribe squad in the 3K...crossed the line third in the mile at the Gator Invite in a time of 4:14.22...ran a season-best 8:36.03 at the Florida Intercollegiate meet in the 3000m run...took fourth-place at the Clemson Opener in the 3K and in the mile run at the Clemson Invite.

2003: Cross Country – Redshirted during his freshman season in cross country.

Prep: Compiled all-state honors at the 2003 Florida High School Track & Field Championships with a third-place finish in the boys' 3A 1600m run...also earned all-state honors as a member of the cross country team and in the 1600m run during his senior season...named to the All-Panhandle Cross Country team...majoring in political science.



WOMEN'S 2006 SEASON PREVIEW

Entering the 2006 cross country season, the Florida State women's team returns every member from the squad a year ago. The established group of returnees will be joined by a group of highly-touted newcomers. The Seminoles will expect to qualify for nationals after just missing in 2005 by one place. With its experience Florida State will be ready to compete for a top spot in the conference, contend for a regional title and enter the Top 20 nationally.

"We have everybody back from last year and we have added three impact transfers that will come right in," said head coach Bob Braman. "This will be the deepest team since I have been here at Florida State. We will have 10 young ladies who have the chance to break the 17 minute 5K barrier. We have five returning who have a track 5K P.R. of 16:45. In addition to that, we have two steeplechasers who went one and two at the ACCs and they can run cross county. We are going to be a pretty good team. After flirting with national qualifying the last two years and being one spot out at third last year, I think this is the year that they can break through and qualify. This team is deep enough to be a top 20 team and they could even be a top 10 team which is possible if some of our top girls become of the All-American variety."

At the front of the pack for the Seminoles will be junior Laura Bowerman, who was FSU's lone representative at last year's NCAA National Championships. Bowerman earned one of two at-large bids to nationals after finishing seventh at the NCAA South Regional Championships. Bowerman has earned All-South Region honors the last two seasons and is honed for an All-American season.

"Looking back at nationals, Laura had a sore foot and probably the beginnings of a stress fracture so that is probably why she didn't finish as high as she was projected to," said Braman. "She did, however, get the experience of running at nationals, which is big for her."



Jessica Crate

The team will feature only two seniors, Abi Wilshire and transfer Whitney Schnarr. In her first year at FSU in 2005, Wilshire had an immediate impact as she earned All-South Region honors. Schnarr joins the Seminoles after several outstanding seasons at St. Francis College in Pennsylvania.

Two key additions to the Seminoles this fall will be junior transfers Amy and Debbie Huss from Vanderbilt. The Husses should be instant contributors to the team's overall suc-

cess as both have earned All-South Region honors at some point in their cross country careers. Amy Huss earned the honor last season while Debbie Huss earned the honor in 2003.

"Amy and Debbie are great additions to the team," said Braman. "They should step right in and make us really strong at the front right away. Both of them are veterans so they will assimilate to the team quickly."

Talented freshman Susan Kuijken is expected to contend for the top spot on the squad after running for the Seminoles on the track during the spring. In just one semester on the track, Kuijken recorded Florida State's second fastest time ever in the 5000m at 16:20.30.

"Susan Kuijken, who joined the track team in January, is an All-American candidate," said Braman. "In one semester, she put herself in our top five lists in a couple of events. She had a great summer that included running the second fastest all-time FSU performances at 1500m (4:17) and 3000m (9:26)."

Juniors Kirsten Hagen and Jessica Crate and sophomore Lydia Willemse provide the Seminoles with an exuberant amount of depth. The three, who are an incredibly talented group of runners, finished right behind Bowerman and Wilshire at the ACC and South Region Championships to round out FSU's scoring.

"When I got here I envisioned that we would be able to build up a team with some depth and that is what we finally have with this team," said Braman. "You are going to have injury and illness every season, so you have to have depth."

After returning the entire squad from 2005 and adding several impact runners, this team now has the depth and experience to compete with the best teams in the country.

"I am really excited about the whole group and what they can do," said Braman. "Last year one of the reasons that we got close and didn't push through was because we didn't have the depth. We were also a really new team; Abi Wilshire, Lydia Willemse and Jessica Crate were new and Laura Bowerman and Kirsten Hagen were just in their second seasons. With the base of the team back, I think we can really make an impact if those athletes that have been All-Region can take it to the next level."



Lydia Willemse

WOMEN'S 2005 SEASON WRAP-UP

The 2005 women's cross country season featured a breakout season from sophomore Laura Bowerman, who was FSU's top finisher in all six meets and qualified for the NCAA National Championships. It also saw three new additions to the squad who had immediate impact in junior transfers Abi Wilshire and Jessica Crate and freshman Lydia Willemse.

The Seminoles started off the season on a high note as they won the team title at the Covered Bridge Open. Bowerman led the way, winning in 18:17.44. Crate was the next Seminole to finish as she took sixth and sophomore Kirsten Hagen was close behind taking 10th.

The Seminoles' B-Team made its way to Gainesville, Fla., for the Mountain Dew Invitational where the team finished 10th with 229 points. Sophomore Audrey Hand was FSU's top finisher as she took 29th in 19:07.86. Sophomores Tina Biedenharn and Stefanie Belcher would finish with times of 19:54.61 and 20:10.39, respectively.

Florida State continued its winning streak at the FSU Invitational, scoring a season-low 33 points. Bowerman was the top Seminole finisher as she took third while Crate was close behind in fourth. Wilshire was next as she placed seventh in her first race for Florida State. Willemse and junior Kara Newell rounded out FSU's top five as they finished 13th and 15th, respectively.

At the highly-competitive Notre Dame Invitational, the 28th-ranked Seminoles finished 12th with 321 points. At the front of the pack for Florida State was Bowerman who finished eighth with a personal collegiate best 5K of 17:07. Willemse was the next Seminole to cross the finish line as she took 59th in 17:57 while Wilshire was a few steps behind finishing in 67th with a time of 18:05. Willemse and Wilshire each recorded lifetime bests during the meet.

The B-Team made its biggest impact of the season at the Flrunners.com Invitational with a first place finish of 16 teams with 66 points. The group was led by Hand who finished in eighth with a time of 19:26.90 and was followed by sophomores Julia Vola (20:03.10) and Shannon Coates (20:03.10), both of which finished in the top 20.

The following week, the B-Team concluded its season at the Disney Invitational in Orlando. Hand was FSU's top finisher as she took 21st in 19:11.76. Behind her was freshman Sara Hughes in 54th with a time of 19:56.10 and Coates in 57th with a time of 20:02.96. The team took sixth with 226 points.

The start of the championship season got underway with the NCAA Pre-Nationals Meet in Terre Haute, Ind. With the chance to show off its talent against some of the top programs in the country, Florida State finished 13th of 34 teams with 371 points. Bowerman continued to impress as she finished seventh. She recorded a collegiate personal 6K best of 20:40.3, which moved her into second place on FSU's 6K all-time list. The Seminoles had three more runners finish in the top 100 as Wilshire placed 69th in 21:48, Willemse took 76th in 21:51.6 and Hagen finished 95th in 22:06.9.

The Seminoles returned to home for the 2005 Atlantic Coast Conference Championships to battle some of the best competition in the nation. Florida State placed 7th with 196 points. Bowerman continued to be the first Seminole to cross the finish line as she took 17th in the 5.75K with a time of 20:07.9. Bowerman was followed by Wilshire (39th), Willemse (46th), Hagen (47th) and Crate (52nd).



The final race for the Seminoles as a team came at the NCAA South Region Championships where they would finish in third with 118 points, just one spot out of automatically qualifying for nationals. Bowerman, who finished the race in 7th with a time of 20:52.59, earned one of two individual at large selections to go to nationals and earned a spot on the All-South Region team for the second consecutive year. Also earning All-South Region honors was Wilshire who finished in 14th. Her time of 21:29.50 was a collegiate personal best and moved her into sixth place on the all-time 6K list at Florida State. Hagen recorded a time of 22:02.75, good for 28th, while Willemse crossed the line in 22:06.79 for 31st. Crate rounded out FSU's top five as she placed 38th in 22:13.91.

Running as the lone representative for the women's team, Bowerman recorded a time of 21:29.9 at the NCAA National Championships. She was the 127th finisher of the 253 participants in the race.

WOMEN'S BIOGRAPHIES



Bowerman's Bests
 5K (XC) – 17:07
 6K (XC) – 20:40.3
 5000m – 16:40.42
 10,000m – 35:17.22

2006: Limited during indoor and outdoor seasons due to injuries.

2005: Cross Country – Emerged as the leader of the Seminoles during the 2005 season as she finished first for FSU in all six events which the team ran...opened up the season by taking the win at the Covered Bridge Open with a 5K of 18:17.44...at the FSU Invitational she placed third with a 5K of 17:56.45...followed that up by taking eighth at the Notre Dame Invitational with a 5K PR of 17:07...recorded the second fastest 6K ever at FSU as she finished in seventh at the NCAA Pre-Nationals with a 6K PR of 20:40.3...finished in 17th at the ACC Championships, running the 5.75K in 20:07.9...finished seventh at the NCAA South Regional with a 6K of 20:52.59 and in the process earned all-region honors and earned one of two at large bids to the NCAA National Championships...in her first trip to nationals she finished 127th running the 6K in 21:19.9.

2005: Outdoor – Became the first female Florida State runner to earn Atlantic Coast Conference Outdoor Track and Field Rookie of the Year accolades... at her first league championship meet, took third-place in the 10000m run and sixth-place mark in the 5000m run... fifth all-time in the 5K with a 16:40.42 clip, set at the NCAA East Region Championships... ran a career-best 10K time at the conference meet, crossing the line in 35:17.22... the mark places her at fifth on FSU's all-time list in the event...met regional marks at both the ACC Championships and the Yellow Jack Invite... held the top three times of the 2005 season amongst Seminole 5000m runners... eighth fastest 5K time in the ACC and ninth best 10K mark in the conference.... **Indoor** – Competed in the 3000m and 5000m runs after a standout season in cross country...in her first track meet as a Seminole, ran a collegiate best time at the Wildcat Invitational, finishing in sixth place in 10:00.44... one of the anchors of the distance corps during the season, finished in the top 20 in two events at the Atlantic Coast Conference Championships...posted an indoor season best 5000m run time of 17:44.14 for 15th place

at the league championships meet...took 20th overall in the 3000m run at the conference championships, running a clip of 10:06.83.

2004: Cross Country – One of the top distance runners on the Seminole squad, in the Atlantic Coast Conference and the NCAA South Region...earned NCAA All-South Region honors, finishing in the top two of the Tribe scoring front at every meet... picked up consecutive second place finishes at the Mountaineer Open and the Florida Intercollegiate Championships... posted a top-50 finish at the oldest cross country meet in the country, the Notre Dame Invitational... among the best individuals and teams in the country, finished in 37th place at the NCAA Pre-National Meet... recorded back-to-back Top 20 finishes at the ACC Championships and the NCAA South Region Championships...was the second fastest freshman and the top Seminole in the conference meet, running 22:52.2 for 19th place... at the regional championship, ended her freshman campaign on a high note, with a season-best, 6K 21:29.71 for ninth place, just two spots shy of an individual bid to nationals.

Prep: One of the top runners in the state, running a 17:42 in the 5K at the USF/Jesuit Invitational...was the 2003 Class 3A State 3200m State Champion...took third in 2004 in the mile run in 5:08.07...despite a late September injury during a workout, came back to win her second consecutive Class 3A State Cross Country Championships in a then-course record of 18:07...finished seventh in the 2003 Foot Locker Cross Country South Regionals, running 17:53, en route to earning a spot in the national spotlight as a Foot Locker finalist (top 32 runners in the nation)...finished in the top 32 in the country at the national high school cross country race, posting a time of 19:28 through the hilly San Diego course.

Personal: Member of the Spanish and National Honor Societies...father, Richard, was a cross country All-American...majoring in psychology.



Crate's Bests
 6K (XC) – 21:19
 800m – 2:12.16
 1500m – 4:33.08
 3000m – 9:55.00
 5000m – 17:01.00

2005: Cross Country – Stepped right into the Seminole's lineup and made an immediate impact as she finished in FSU's top five in five of six meets...in her first race as a Seminole, finished in sixth place at the Covered Bridge Open with a 5K of 19:02.84...followed that up by finishing fourth at the FSU Invitational in 18:01.26 and 105th at the Notre Dame Invitational in 18:33...in her first 6K of the season at the NCAA Pre-Nationals, she took 136th with a time of 22:32.1...finished 52nd at the ACC Champions running the 5.75K in 21:06.5... wrapped up her first season as a Seminole by placing 38th at the NCAA South Regional with a 6K of 22:13.91.

2004: Cross Country (Arizona State) – Ran two years at Arizona State...opened up the 2004 season by placing eighth at the Dave Murray Invitational in a time of 15:56...followed that with a third-place finish at the ASU Invite...scored in the top five on her team in both the PAC-10 and NCAA West Region races...finished 20th at the PAC-10 Championships with a 6K of 21:43...placed 19th with a 6K of 21:19 at the west regional to earn all-region honors...finished sixth on her team at the NCAA Championships and in 148th place with a time of 22:44.

2003: Cross Country (Arizona State) – Ran in all six races for ASU...placed second at the 2003 ASU Invitational and finished 17th at the 2003 Roy Griak Invite...finished 19th at the PAC-10 Championships with a 6K of 23:20.7... finished 61st at the west regional with a 6K of 22:12...finished 214th at nationals with a 6K of 24:09.3.

Prep: 2003 graduate from Northern Collegiate I&VS (Sarnia, Ontario)... won the Canadian National Championships in 2001 and 2002 and also placed second at the Canadian Junior Nationals in 2000...earned spots on two national teams and two world teams in 2001-2002... participated in the world junior championships in track and field (Debrecen, Hungary) and cross country (Dublin, Ireland)... garnered multiple honors on the track includ-

WOMEN'S BIOGRAPHIES

ing all-city, all-conference and all-province in the 800m, 1500m, and 3000m runs in 2000... earned all-city and all-conference in 2001... set several school records including her 2:12.16 in the 800m, which she set in 2000, and her time of 4:33.08 in the 1500m set in 2001... captain of the cross country and track and field teams from 2000-2003 and she lettered in both four times.

Personal: Majoring in biological science.



Hagen's Bests
 5K (XC) – 17:42
 6K (XC) – 21:44.1
 1500m – 4:35.14
 3200m – 9:57.79
 5000m – 17:12.64

2006: Outdoor – Recorded a 5000m PR of 17:12.64 in the 5000m to take third at the Reebok Invite... recorded a 3000m PR of 9:57.79 to finish fourth at the FSU Relays... finished 20th at the ACC Championships in the 5000m with a time of 17:19.05... **Indoor** – Made first 3000m run appearance at the ACC Championships... raced a 10:13.45 and finished 26th.

2005: Cross Country – Continued to excel in the Seminoles' varsity line-up in 2005... finished in the Seminoles' top five in four of six meets... opened up the season by finishing 10th at the Covered Ridge Open running the 5K in 19:17.64... followed that up by finishing 21st at the FSU Invitational in 18:51.03 and 114th at the Notre Dame Invitational in 18:39... in her first 6K of the season she finished 95th at the NCAA Pre-Nationals Meet in 22:06.9... at the ACC Championships, the Blacksburg, Va., native finished 47th running the 5.75K in 20:58.8... closed out her 2005 season at the NCAA South Regional taking 28th with a 6K of 22:02.75.

2005: Outdoor – Top 3000m runner on the team in her first season with the Seminoles... won the 3K at the Seminole Invitational in 9:59.97... took eighth-place at the FSU Relays in 10:06.33... at the Penn Relays, ran a 10:08.16 to finish in 13th place... was the second fastest 5000m runner, posting a 17:36.43 at the Snowbird Invitational to take fourth place... also competed in the 5000m at the Stanford Invitational, posting a time of 17:43.94... was in the top 25 in the 5000m at the ACC Championships with a clip of 18:06.52... ran 4:35.14 in the 1500m at ACCs narrowly missing a spot in the finals... finished third at the Seminole

Twilight, running a season-best 4:42.96 in the 1500m... **Indoor** – Made the transition from the top three on the team during the cross country season, to one of the anchors of the Seminole distance group... ran a 5:05.52 mile at the Gator Invitational, good for fifth place... participated in the 3000m event twice during the season... ran a season-best 3K time at the Wildcat Invitational, posting a mark of 9:58.98... at the ACC Championships, completed the 3000m event in 10:04.50.

2004: Cross Country – One of the top three runners for FSU during freshman campaign... scored points in every meet for FSU... opened the season with a third-place finish at the Mountaineer Open... finished in the Top 50 at the oldest meet in the nation, the Notre Dame Invitational, running a personal best 5k time of 17:42 for 42nd place... at NCAA Pre-Nationals, ran a then-personal best 6k time of 21:44.1... followed that outing with a 26th-place performance at the Atlantic Coast Conference Championships... wrapped up the 2004 season with a 22:00.58 time at the NCAA South Region Championships.

Prep: Entered Florida State as the top-ranked cross country runner in the Virginia State Group AA... completed the 2003 season in fifth place at the VHSL Group AA Championships en route to all-state honors... prior to the state race, took the VHSL Region III Cross Country title in 18:53... placed 15th overall in the Foot Locker Southeast Regional... was the 2003 Timesland Girls Cross Country Runner of the Year... also set a new course record with a time of 18:29 at the Bristol Cross Country Invitational... was the Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65... was fourth overall in the high school indoor national championships earning All-America honors... her personal best times included a 5K mark of 18:12, a 10:54.02 in the 3200m run and 5:00.95 in the 1600m run.

Personal: A 2004 graduate of Christiansburg High School in Blacksburg, Va... involved with church activities and worked during the summer as a camp counselor... was involved in indoor soccer in addition to cross country and track during high school... majoring in food science.



Hahn's Bests
 5K (XC) – 18:50
 6K (XC) – 22:24
 1500m – 4:56
 5000m – 17:48.68
 10,000m – 36:57.9

2006: Outdoor – Finished fifth at the Snowbird Invite in the 5000m with a time of 18:23.29... took fourth at the FSU Invite in the 5000m with a time of 18:39.11... placed third in the 3000m at the Seminole Twilight with a time of 10:52.22... **Indoor** – Finished seventh in the 5000m run at the Pepsi Invite (19:03.87).

2005: Cross Country – Proved to be a reliable runner for the Seminoles in 2005 as she finished in FSU's top seven in all six meets during the season... at the Covered Bridge Open she finished in 18th running the 5K in 20:07.76... followed that up by finishing 27th at the FSU Invitational in 19:02.20 and 132nd at the Notre Dame Invitational in 18:50... in her first 6K of the season at the NCAA Pre-Nationals she finished 124th with a time of 22:24.3... at the ACC Championships, she finished in 63rd running the 5.75K in 21:30.2... closed out the season by finishing 45th at the NCAA South Regionals with a 6K of 22:27.48.

2005: Outdoor – Ran a season-best 5000m time of 17:48.68 at the Snowbird Invitational, taking seventh place overall... had the 11th fastest time at the Yellow Jacket Invitational with a 18:17.57 clip... second-place finish in the gold division at the FSU Relays was a season-best 10000m time... completed the race in 36:57.90... also competed in the 5000m and 10000m events at the ACC Championships.

Prep: Junior tri-athlete from Gainesville... qualified for two triathlon junior world championships... finished the 2003 season ranked fourth in her age group... participated in cross country, track and field and swimming... Who's Who in American High Schools... recipient of the President's Award for Educational Excellence.

Personal: A 2004 graduate of Gainesville High School... member of the National Honor Society... participated in the 2004 Athens Olympic Youth Camp designed for potential Olympians to help adjust to the Olympic Games... majoring in communications.

WOMEN'S BIOGRAPHIES

AUDREY HAND
JUNIOR
Virginia Beach, VA (Kellam)



Hand's Bests

5K (XC) – 19:07.86
800m – 2:18.42
1500m – 4:38.06
3000m – 10:13.26
5000m – 18:06.11

2006: Outdoor – Had a breakout season rewriting her PR's in three events...finished in 5th the 1500m with a PR of 4:38.06 and 3000m with a PR of 10:13.26 at the FSU Relays...placed 32nd in the 5000m at the ACC Championships with a PR of 18:06.11...
Indoor – Had season best in the Mile Run in the prelims of the ACC Championships...raced a 5:04.44 and finished 17th...only Seminole to compete in the mile run at the Pepsi Invite... finished fourth with a time of 5:11.36.

2005: Cross Country – Led the way for FSU's B-team during 2005 season and also competed in the Seminoles' varsity line-up at the ACC Championships...led the B-team at the Mountain Dew Invitational as she finished in 19th running the 5K in 19:07.86...also led the B-team to a first place finish at the Flrunners.com Invitational as she took eighth with a 5K of 19:26.90...at the FSU Invitational, finished 36th with a 5K of 19:26.69...was called up to the varsity line-up to compete at the ACC Championships where she finished 72nd running the 5.75K in 22:00.2.

2005: Outdoor – Finished the 800m run in the top 25 at the ACC Championships with a clip of 2:19.95...was third in the 800m and 1500m events at the Seminole Invitational... ran a season-best 1500m time of 4:46.15 at the FSU Relays in taking second place... mark of 4:49.38 at the Yellow Jacket invitational earned her third place in the 1500m...
Indoor – Only competed in one event during the indoor season... finished in second-place in the mile run at the Clemson Opener in 5:14.06.

2004: Cross Country – Hand was one of the top B-team runners, running at the Florida Intercollegiate Championships and the Flrunners.com Invitational, where she finished in 14th and ninth place, respectively. She ran a season-best 5K clip of 20:07.65 at the Flrunners.com meet, finishing third for FSU...at the only home meet of the season, she finished in 20:09.81.

Prep: One of a number of newcomers who came in with talent and a hunger to help FSU get to the top of the conference...finished fifth in the Virginia Class AAA 1600m event dur-

ing the indoor and outdoor seasons to earn all-state honors...ran a leg of the 4x800m relay team that finish first during the Virginia Class AAA...instrumental in her team's second place finish at the state meet during the outdoor season...high school All-American in the indoor 4-mile relay.

Personal: A 2004 graduate of Kellam High School in Virginia Beach, Va... earned academic letters all four seasons at Kellam as well as inducted in the National Honor Society... senior class treasurer and member of the senior senate... active in the biology club...majoring in international affairs.



AMY HUSS
JUNIOR (R)
Wyomissing, PA (Vanderbilt)



Huss' Bests

5K (XC) – 17:47
6K (XC) – 21:34.86
3000m – 9:40.43
5000m – 16:29

2006: Outdoor (Vanderbilt) – Had a breakout season for the Commodores, finishing 10th at the NCAA Regional 5000m to narrowly miss an NCAA bid...took third at the prestigious Penn Relays with a lifetime best time in the 5000m of 16:29...finished third at the SEC

Championships to earn First Team All-SEC honors...
Indoor – Had a remarkable winter where she posted five consecutive career best performances in the 3000m...opened the season at the with a personal best at the Kentucky Invitational then lowered her time the following week at East Tennessee State...dropped her best time in the 3000m under 10:00 for the first time, running 9:50.16 at the ultra-competitive Tyson Invitational...recorded her fourth best consecutive time to score points for the Commodores at the SEC Championships with a time of 9:46.58...set the Vanderbilt record at the Last Chance Meet in South Bend Ind., with a time of 9:40.43 and just missed an NCAA bid.

2005: Cross Country (Vanderbilt) – Put together best season of career, finishing first or second on team in every competition...ended season leading team with 18th place overall finish at NCAA Regionals, running 21:34.86 for 6K...was team's second best finisher at SEC Championships, concluding with 29th place and 21:12.01 6K effort...opened season in excellent fashion, running fifth overall at Belmont Invitational (14:42 for 4K), second overall at Commodore Classic (18:17.29 for 5K), 42nd overall at Notre Dame Invitational (17:47 for 5K) and 68th overall at Pre-Nationals (21:48 for 6K)...effort at Commodore Classic is No. 5 all-time by Vanderbilt runner at home course...set distance PRs at Notre Dame and Pre-Nationals.

2005: (Vanderbilt) – Missed the indoor and outdoor track seasons due to injuries.

2004: Cross Country (Vanderbilt) – Limited due to injuries.

2004: Outdoor (Vanderbilt) – Missed the season due to injuries...
Indoor – Best effort indoors came at Ohio State Invitational, running 3,000 meters in 10:39.63, fourth best on team at distance... Also ran 5:17.85 indoor mile at Middle Tennessee meet.

2003: Cross Country (Vanderbilt) – Ended solid season with gutty 37th place overall performance (23:47) that allowed team to take fifth at SEC Championships...established 5K PR of 18:38 at Notre Dame Invitational...finished among top seven on team in all five races... opened season with 12th place finish at Belmont Invitational, followed by 12th place finish at Commodore Classic...added 19th place finish in team victory at Bulldog Invitational...missed NCAA Regionals due to injury.

Prep: Named Cross Country Most Valuable Player three out of four years...captained cross country and track squads as senior...named All-State and All-District in cross country all four years of prep career...superb cross country squad captured four state championships and four district titles... four-time All-State, finishing no worse than 13th individually in all four state championship races... PRs include 5:06.22 (1600), 11:04 (3200) and 18:19 (cross country).

Personal: Twin sister, Debbie, also runs for Florida State squad...also has an older sister, Lynn...majoring in accounting.

WOMEN'S BIOGRAPHIES

DEBBIE HUSS
JUNIOR (F)
Wyomissing, PA (Vanderbilt)



ALL-NCAA SOUTH REGION TEAM ('03)

Huss' Bests
5K (XC) – 17:53
6K (XC) – 21:35

2006: Outdoor (Vanderbilt) – Did not compete...**Indoor** – Opened up the season finishing 20th in the 3000m at the Kentucky Invitational with a time of 10:43...placed 21st in the 3000m at the ultra-competitive Tyson Invitational with a time of 10:12.68...was a part of the Commodores' distance medley relay that finished ninth at the SEC Championships.

2005: Cross Country (Vanderbilt) – Limited due to injuries... ran once competitively, finishing as the team's No. 6 runner at Notre Dame Invitational (18:59 for 5K).

2005: Outdoor (Vanderbilt) – Opened the season with promise before injuries sidelined competition... Posted 5000m effort of 18:06.90 at Vanderbilt Spring Classic and ran legs on 4x1500 and 4x800 foursomes at Clemson Invitational prior to stopping competition...**Indoor** – Did not compete.

2004: Cross Country (Vanderbilt) – Began the season with 19th finish overall at the Belmont Invitational...her 15:13.21 effort put her among the top five team finishers.

2004: Outdoor (Vanderbilt) – Won 3,000 meters at Vanderbilt Invitational in 10:07.25, 10th fastest time ever by Commodore at the distance...concluded season with PR of 17:33 for 5,000 meters at SEC Championships...effort is ninth fastest ever by Vanderbilt runner...also ran 1500m PR of 4:41.00 at Ole Miss Invitational prior to SEC meet...captured the 3,000-meter run at Vanderbilt Invitational in 10:07.25...ran pair of outstanding races at 5000m distance indoors, with PR of 17:28.72 coming at Iowa State Open...only three Commodores have run faster than Huss...also ran fastest 3000m of season indoors, finishing in 10:05.99 at Tyson Invitational... Fastest indoor mile (5:08.15) came at Ohio State Invitational.

2003: Cross Country (Vanderbilt) – Finished either second or third among Commodore competitors in all seven meets...was strong from start (fifth overall at Belmont Invitational) to end of campaign (20th place at NCAA Regionals)... her NCAA Regional performance (21:35) ranks as the ninth best result ever by a Commodore...finished 18th overall at Southeastern Conference Championships, helping Commodores to fifth place team result, second best in school history...ranked as the third best freshman at the SEC Championships... opened season with fifth place finish at Belmont Invitational (11:09 for two miles), then was Vanderbilt's second best runner in Commodore Classic

victory, notching a third overall finish in 18:23... was a key behind team win at Bulldog Invitational in Athens, Ga., finishing eighth overall in 17:59... also finished 29th at Notre Dame Invitational and established 17:53 PR in 21st place effort at Chile Pepper Invitational.

Prep: Co-captain of cross country and track squads as senior... named Most Valuable Athlete of cross country squad as sophomore... four-time All-American at one-mile distance in track... earned All-State honors three of four varsity seasons... nationally ranked squad captured four state championships and four district titles in cross country... four-time All-District in cross country... PRs of 18:15 (cross country), 5:02 (1600) and 10:45 (3200).

Personal: Twin sister, Amy, also runs for Florida State...has an older sister, Lynn... majoring in neuroscience.

SUSAN KUIJKEN
FRESHMAN
Nijemor, Netherlands
(Stoelijk Gymnasium)



Kuijken's Bests
1500m – 4:17
3000m – 9:26
5000m – 16:20.30

2006: Outdoor – One of two freshman qualifiers on the squad... top 3000m and 5000m runner for the Seminoles... fastest freshman in the ACC and the NCAA East Region... fifth speediest rookie in the nation... fourth in the league in the 5K, entering the NCAA East Regional Championships... 10th fastest overall time in the region... moved into second on the FSU all-time top 5000m performers list with her 16:20.30 time at the Stanford Invitational...won the 3000m at the FSU Relays, running 9:49.87...finished eighth in the 1500m (4:27.79) and 12th in the 800m (2:11.50) at the ACC Championships...one of two regional qualifiers in the 1500m...crossed the line in a season-best 4:27.79, scoring points towards the team's second-place finish...advanced to the finals with the ninth fastest 1500m time (4:33.80)... also finished with the 12th fastest advancing 800m time, with a 2:11.50 clip... ran an outstanding summer campaign recording lifetime bests at 1500m (4:17) and 3000m (9:26)...**Indoor** – Had an immediate impact on the Seminoles track squad...anchored the Seminoles to an ACC Championship record win in the distance medley in a time of 11:16... that time qualified them for the NCAA Indoor Championships, although they elected not to run...finished second at the ACC Indoor Championships in the 3000m with a time of 9:28.97.

Personal: Majoring in exercise science.

PILAR McSHINE
FRESHMAN
Laventille, Trinidad & Tobago
(Woodbrook)



McShine's Bests
5K (XC) – 17:35
800m – 2:13.02
1500m – 4:34.44
3000m – 10:14

Prep: Represented Trinidad and Tobago at seven Carifta Games since age 12...won 10 medals in the 1500m, 800m and 300m at all of the Carifta Games combine...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: Major is undecided.

BARBARA PARKER
SENIOR
Nortalk, England (Loughborough)



Parker's Bests
800m – 2:10.05
1500m – 4:23.86
3000m Steeplechase – 10:13.3

2006: Outdoor – One of two steeplechasers to regionally qualify...seventh in the region and 18th in the nation in the steeple event...won her first Atlantic Coast Conference Championship and regionally qualified in the steeple event in a season-best 10:21.16...one of five women to meet regional standards at the Stanford Invitational...placed third in the highly competitive group, running a season-opening 10:24.75, more than 26 seconds faster than

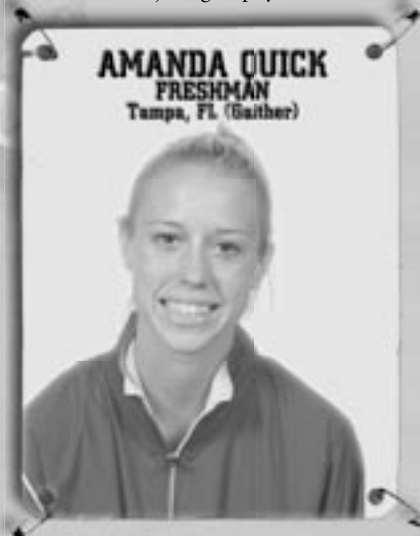
WOMEN'S BIOGRAPHIES

the regional standard...took the 1500m crown at the Seminole Twilight in a season-best 4:28.36. **Indoor** – Member of the Distance Medley Relay team that qualified and finished first at the ACC Championships (11:16.82)...placed second in the Mile Run at the Florida Fast Times meet with a time of 4:50.66...advanced to the finals of the Mile Run at the ACC Championships by placing third in the prelims (4:55.16)...finished fifth in the finals with a time of 4:52.15.

2005: Outdoor – In her first season with the Garnet and Gold, regionally qualified in two events - 1500m and 3000m steeplechase and made it to NCAA Outdoor Track and Field Championship...placed first at the Georgia Tech Invitational with a personal best time of 10:23.90 in the 3000m steeplechase, good for second place all-time...bettered that mark with a 10:20.82 at the NCAA East Region Championships...finished in sixth place, just outside of automatic qualifying but earned an at-large bid to nationals...ran a 10:25.91 at the league championships, narrowly missing All-ACC honors with a fourth place finish...finished first at the FSU Relays in the 1500m with a regional qualifying mark of 4:23.86, good for ninth place on FSU's all-time list...placed seventh in the 1500m at the ACC Championships in 4:29.58...has earned regional qualifying marks on three different occasions in the 3000m steeplechase...led the Seminoles in the 800m run with a time of 2:10.05, which she reached when she finished second at the Seminole Twilight...had the fifth fastest 1500m time in the league (4:23.86)... **Indoor** – Competed in the 800m and mile run for the Seminoles, in her first season after transferring from Loughborough University...ran a season-best 800m clip of 2:12.53 at the Gator Invitational... missed provisionally qualifying in her first meet by three seconds...had the second fastest qualifying time at the Atlantic Coast Conference Championships, running 2:13.03...posted a 2:14.03 in the finals to take fifth place overall... recorded a 4:50.67 clip in winning the mile run at the Wildcat Invitational... ended the year with the eighth-fastest 800m mark and 10th best mile run time in the league...at the Florida Fast Times Meet, came in second in the mile run in 4:54.50.

At Loughborough: Two-time gold medalist in the AAA Under-23 3000m steeplechase, earning gold in 2002 and 2003...2000 English Schools 800m run champion and made it to the European Under-23 finals of the 3000m steeplechase... represented the English schools at the pentathlon event in 2003...ran a personal best time of 10:13 at the Golden League Pre-Meet in 2003.

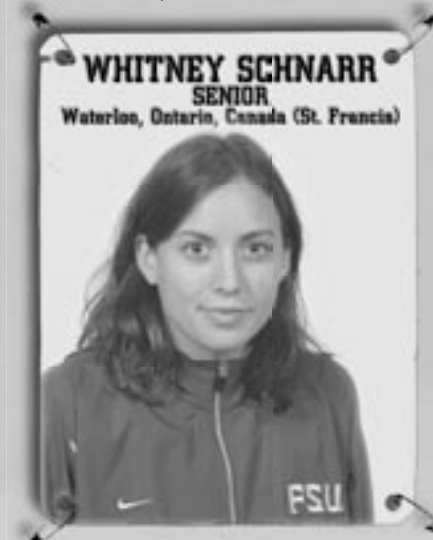
Personal – Majoring in physical education.



Quick's Bests
 5K (XC) – 18:18.13
 800m – 2:21.33
 1600m – 5:09.43
 3200m – 11:14.79

Prep: Awarded *Tampa Tribune's* Athlete of the Year and *St. Petersburg Times* Runner of the Year two years in a row (2005 and 2006)... awarded Best Athlete of the Year all four years at Gaither High School...named Hillsborough Country Runner of the Year (2005 and 2006)... earned All-State honors all year years for track and cross country...finished 8th with a 1600m PR of 5:09.43 and 7th with a 3200m PR of 11:14.79 at the FHSAA 3A-4A State Championships as a junior...finished 5th at the 4A State XC Championships.

Personal: Major is undecided.



Schnarr's Bests
 6K (XC) – 21:08
 1500m – 4:24
 3000m – 9:38
 5000m – 16:37

At St. Francis: Earned All-Northeastern Conference Second Team Track and Field honors in the one mile run and 3000m in 2006... posted second place finished in the one mile run and 3000m at the 2006 NEC Indoor Championships...finished ninth at the 2006 NCAA Regionals in the 1500m with a time of 4:27.81... won the 3000m at the prestigious Penn Relays with a PR time of 9:38...won the 1500m at the ECAC's with a lifetime best of 4:24...was named NEC Athlete of the Week in cross country on October 4, 2005 after she finished 18th out of 310 runners at the Brooks Paul Short 6K with a time of 21:08.4...finished runner-up at the 2004 NEC Cross Country Championships to lead St. Francis to their fourth straight league title...placed fifth at the 2004 ECAC Championships and 50th at the Mid-Atlantic Region finals...top finisher at every cross country meet for SFU in 2004...finished second in the 1500m and seventh in the 5000m at the 2004 NEC Outdoor Championships...placed third in the mile and fourth in the 3000m at the 2004 NEC finals...ranked in top five all-time at SFU in five events and ran on three school record-holding relay teams.

Personal: Majoring in business.



Urban's Bests
 5K (XC) – 18:27
 6K (XC) – 22:26.89
 5000m – 17:37.15
 10,000m – 36:50.4

2005: Outdoor – Took redshirt season after being limited due to injuries.

2005: Cross Country – Limited due to injuries.

2005: Outdoor – Added depth and experience to the distance groups...ran a 17:37.15 at the Yellow Jacket Invitational...placed fifth at the Snowbird Invitational in the 5000m...at the Atlantic Coast Conference ran an 18:02.06 in the 5000m run for 21st-place...ran the 10000m at the ACC Championships, finishing in 15th-place.

2004: Cross Country – A consistent performer, finishing in the Seminoles' top five at every meet... opened up her season by placing sixth overall at the Mountaineer Open and fourth at the Florida Intercollegiate...ran a collegiate best 5K in a time of 18:27 at the Notre Dame Invitational... continued to run well for FSU at the NCAA Pre Nationals where she recorded a time of 22:16.89, good for 130th place...at the ACC Championships, took home 46th place with a time of 24:03.4...finished her season on a strong note with 46th place at the NCAA South Regional Championships and ran a collegiate best 6K in a time of 22:26.89.

2004: Outdoor – Competed in one event during the outdoor campaign, running 18:18.97 in the 5000m at the Gator Invitational.

2003: Cross Country – Saw limited action for the Seminoles, competing at the 2003 Atlantic Coast Conference Cross Country Championships.

Prep: Named 2003 Green Hope High School (Raleigh, N.C.) Women's Athlete of the Year... earned team MVP honors during her 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.

Personal: Majoring in interior design.

WOMEN'S BIOGRAPHIES

LYDIA WILLEMSE
SOPHOMORE
Forest, Ontario, Canada (St. Christopher)



Willemse's Bests
5K (XC) – 17:57
6K (XC) – 21:51.6
1500m – 4:32.47
3000m Steeplechase – 10:27.01

2006: Outdoor – Regionally qualified in her first season at FSU...12th fastest 3000m steeplechase time in the region and top 30 in the country...met the standard at the ACC Championships...ran a career-best 10:27.01 to take second-place and earn All-ACC honors...one of two steeplechasers to meet the regional qualifying standard...secured a berth at regionals in her first outdoor collegiate meet at the Stanford Invitational...placed sixth in the highly competitive group, running 10:28.20...took second in the 1500m at the FSU Relays in 4:34.11. **Indoor** – Competed in the 3000m run at the Pepsi Invite...finished fifth in a time of 9:57.02...her fifth place finish gave the Seminoles four runners in the top five at the Pepsi Invite...competed in the 3000m run at the ACC Championships where she raced a 10:33.62.

2005: Cross Country – In just her first season Willemse proved to be one of the Seminoles' top runners as she finished in FSU's top five in all six meets during the 2005 season...in her first meet for FSU she took 13th at the Covered Bridge Open running the 5K in 19:32.41...followed that up with a 13th place finish at the FSU Invitational in 18:24.01 and a 59th place finish at the Notre Dame Invitational in 17:57...finished 76th in her first 6K of the season at the NCAA Pre-Nationals Meet recording a time of 21:51.6...at the ACC Championships, she took 46th running the 5.75K in 20:56.0...closed out her 2005 season finishing 31st at the NCAA South Regional with a 6K of 22:06.79.

Prep: Came to Florida State after an impressive career running cross country and track at St. Christopher Catholic Secondary School...led St. Christopher to a win as she took second-place in the 4.7K with a time of 17:44.7 at the LSSAA Cross Country Championships...followed that performance with another second-place finish at the SWOSSAA Cross Country Championships as she ran the 4.7K in a time of 17:50.62...at the OFSAA Cross Country Championships, finished in 13th place overall...on the track, was named to the Canadian National Junior Team in the 3000m steeplechase in July 2005...currently holds the Canadian junior 2000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005...won the individual title in the

1500m steeplechase at the 2005 OFSAA Track and Field Championships.

Personal: Majoring in engineering.

ABI WILSHIRE
SENIOR
Knowle, Bristol, England (Birmingham)



Wilshire's Bests
5K (XC) – 18:05
6K (XC) – 21:29.50
3000m – 9:40.37
5000m – 16:45.77

2006: Outdoor – One of three regional qualifiers in the 5000m run... met the standard in her first season at FSU at the Stanford Invitational... finished the course in 16:45.77, more than six seconds faster than the NCAA East regional requirement of 16:52... placed 11th in the 5k at the Atlantic Coast Conference Championships, running 16:57.15... earned her first FSU Relays crown in taking the top spot in the 1500m in a season-best time of 4:33.31... finished in the Top 15 in the 1500m at the Reebok Invitational... posted a season-best 3000m time of 9:49.90 in a third-place performance at the FSU Relays. **Indoor** – raced season best 9:40.02 at the ACC Championships and placed sixth... third place finish of 9:42.78 in the 3000m run at the Pepsi Invite to give the Seminoles the top three finishers in the event.

2005: Cross Country – Quickly established herself as one of FSU's top runners...competed in five races for FSU and finished in the top three in all five...first meet came at the FSU Invitational where she finished seventh running the 5K in 18:12.90...followed that up with a 67th place finish at the Notre Dame Invitational with a 5K of 18:05...in her first 6K of the season Wilshire finished 69th at the NCAA Pre-Nationals Meet with a time of 21:48.0...at the ACC Championships, Wilshire finished 39th running the 5.75K in 20:42.7...wrapped up the season on a high note as she earned all-region honors at the NCAA South Regional where she ran the sixth fastest 6K ever at FSU in 21:29.50, good for 14th.

Prep: Took 5th place at the 2005 British Universities Cross Country Championships on the short course with a time of 11:00... finished in 7th-place at the 2004 Midland Counties Cross Country Women's League Race at Aston University with a time of 22:54...finished in 31st-place with a time of 25:41 at the 2003 British University Sports Associations' National Cross Country Championships...took home 3rd-place in the 3000m run with a time of 9:40.37 at the 2005 BUSA Indoor Champion-

ships...at the outdoor championships, finished 4th in the 5000m run...in high school, finished in 36th-place at the 2002 ESAA National Cross Country Championships with a time of 17:42... in 2000 at the Reebok CAU Inter-County Cross Country Championships, Wilshire finished in 23rd-place in 19:57.

Personal: Majoring in sports management.



CHRISTINA WOYTALEWICZ
FRESHMAN (R)
Brandon, FL (Riverview)



Woytalewicz's Bests
5K XC – 19:51.14
1600m – 5:29.09
5000m – 18:15.66

2005: Cross Country – Finished in FSU top seven in her first race as a Seminoles as she took 32nd with a 5K of 20:46.23 at the Covered Bridge Open...finished 57th at the FSU Invitational running the 5K in 19:51.14...took a medical hardship for rest of the season.

Prep: Earned All-County Cross Country honors as a senior...finished 16th in cross country at the Florida State High School Championships as a senior...named best track athlete at Riverview High as a junior and track MVP as a senior.

Personal: Majoring in finance and business.

WELCOME TO "TRAIL" AHASSEE

WORLD CLASS TRAINING ENVIRONMENT

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



MICCOSUKEE GREENWAY:

Florida State University's home cross country course has been regarded by collegiate and high school coaches as one of the best courses in the Southeastern United States. The greenway includes two 30-acre fields situated on rolling hills and surrounded by forest trails on all sides. One can run approximately 12k without overlapping other sections of the park. An ideal place for intervals, tempo runs or just an easy long run.

ST. MARKS WILDLIFE REFUGE:

Located 40 minutes south of Tallahassee on the Gulf of Mexico, St. Marks Wildlife Refuge is a favorite among visiting teams. The refuge holds close to 40 miles of trails atop dikes. But beware — alligators call the refuge home and you are guaranteed to see a few on the trails.

WAKULLA SPRINGS:

Located just a short drive from campus, Wakulla Springs is a great place for your long distance training runs. Over 10 miles of trails intersect the park, which also includes a natural spring and diving platform. The water is a constant 65 degrees that is refreshing after a hard week of training.

LAKE JACKSON:

Included in the Lake Jackson Park are a variety of training options. Over 15 miles of wide carriage trails run throughout the park. The hilly terrain surrounding Lake Jackson makes it

ideal for tempo runs. Intersecting many of the carriage trails in Lake Jackson is a vast network of single-track trails. These picturesque trails run through ravines and natural streams that blanket the park.

CAPITAL CITY COUNTRY CLUB:

Called C-4 by members of the cross country team Capital City Country Club sits on some of the hilliest land in Florida. The golf course's soft footing makes it an ideal site for hill training and tempo running.

APALACHICOLA NATIONAL FOREST:

Located just 5 minutes south of town, Apalachicola National Forest covers over 550,000 acres of land stretching from Tallahassee to the Gulf of Mexico. Included in this vast area are many trails and unmapped forest roads. Apalachicola Forest also is home to a section of the Florida Scenic Trail, which stretches across the entire state of Florida covering close to 1000 miles.

FERN TRAIL:


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





WELCOME TO "TRAIL" AHASSEE




Brown Park and the Lake Lafayette Trail covering close to 10 miles from point to point. An ideal site for a nice easy long run, the Fern Trail is a local favorite amongst the running community.

 **LEON SINKS:** Preserved, as a geological park Leon Sinks is a single-track trail that runs past many of the natural sinkholes that blanket the park. Some of the sinkholes are filled with water and are close to 100 feet deep. The majority of the trail is hard packed dirt with the exception of a section of boardwalk which cuts through the swamp that is located in the park.


 **LAFAYETTE TRAIL:** The most recently discovered of all the trails in Tallahassee is Lafayette Trail. It is a combination single-track trail and carriage trail that sits on some of the most picturesque land in Florida. Cypress trees line the landscape that one passes on a run past Lake Lafayette. If you're lucky you'll see an alligator or deer on your run. Lafayette Trail intersects Tom Brown Park and the Fern Trail totaling over 10 miles from end-to-end.

 **LAKE OVERSTREET:** Located adjacent to Lake Jackson, Lake Overstreet consists of a five mile figure eight carriage trail ideal for tempo and fartlek work-outs. Also included is a vast network of single-track trails nicknamed the "Blair Witch Trail" by the local runners.

 **MUNSON SAND HILLS:** Located about 10 minutes from campus, Munson Sand Hills encompasses close to



10 miles of moderately hilly single-track trails. A map of the trails is a must since many runners have been known to get lost in the network of trails.

 **ST. MARKS TRAIL:** The St. Marks Trail is the reminiscent of the old railroad that begins at the entrance of Munson Sand Hills. The trail follows the old railroad line close to 20 miles, stretching to the Old seaside Town of St. Marks.



THIS IS TALLAHASSEE

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

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles

its' Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

The New Capitol building rises at the center of Tallahassee's downtown as a sleek modern structure, juxtaposed next to the Old Capitol, built in the more classic domed style. A gallery atop the 22-story New Capitol provides a sweeping view of the hilly city and its tree-lined streets. From it, you can see all the way to Georgia, 20 miles away.

Around the capitol complex, a 10-block historic district spreads, preserving the town's gracious old homes along a linear park and holding a historic inn, bars and restaurants patronized by Senators and sophomores alike. With no shortage of culture, downtown also offers museums, theater and art galleries. Artists have turned the old warehouses of Downtown Industrial Park into the studios and cafes of Railroad Square. The Museum of Florida History, nearby, is highly acclaimed for its scan of the state's past, and The Mary Brogan Museum of Art & Science, along with changing art exhibits, brings learning to a kid's level with hands-on exhibits. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum.



CLIMATE

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

Annual January temperature:

40-63° F

Annual July temperature:

72-91° F

Yearly average maximum temperature:

78.7°

Yearly average minimum temperature:

55.7°

Yearly average days above 90 degrees:

91.0

Yearly average days below 32 degrees:

35.7

POPULATION

City of Tallahassee: 153,658

Leon County: 244,208

Metropolitan Area: 327,869



The Florida State Capitol

THIS IS TALLAHASSEE

DONALD L. TUCKER CENTER

The Donald L. Tucker Center is a multi-purpose convention and entertainment facility featuring a 12,100 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including FSU basketball.

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

Located downtown on Pensacola Street, the Tucker Center is only two blocks from the Capitol building.



DOLLY PARTON



"THOROUGHLY MODERN MILLIE"



CATHY RIGBY AS "PETER PAN"

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

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

Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.



Canopy Roads

THIS IS FLORIDA STATE

From its pre-Civil War beginnings as the Seminary West of the Suwannee to a nearly four-decade stint as the Florida State College for Women to its return to co-educational status as a university, Florida State University has developed into an internationally acclaimed research institution with excellence in teaching, research and public service.

The university enrolls almost 40,000 undergraduate, graduate and professional students. Of these, 24.5 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 137 foreign countries.


Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 94 programs, a master's degree in 107 degree programs, a doctorate in 73 degree programs, a specialist certification in 28 degree programs and a professional designation in two degree programs. Courses are offered through 16 schools and colleges — Arts and Sciences; Business; Communication; Criminology and Criminal Justice; Education; Engineering; Human Sciences; Information; Law; Medicine; Motion Picture, Television and Recording Arts; Music; Nursing; Social Sciences; Social Work; and Visual Arts, Theatre and Dance.


Students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences, members of the American Academy of Arts and Sciences, winners of the Pulitzer Prize and a Nobel laureate. Florida State faculty also lead several scholarly fields in citations of published work.


Several members of the Florida State faculty were recognized with major awards in the 2005-2006 academic year, including two new members elected to the prestigious National Academy of Sciences; four Fulbright fellowships; two new fellows of the American Physical Society; the 2006 Medalist Award from the Florida Academy of Sciences; a Sloan Research Fellowship; and one professor, the legendary ballerina Suzanne Farrell, rewarded with Kennedy Center Honors.


Florida State has many academic programs that consistently rank among those at the nation's top 25 public universities, including programs in business, chemistry, creative writing, criminology, ecology and evolutionary biology, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

The university had many noteworthy achievements during the 2005-2006 academic year. Among them:

 Florida State launched the Pathways to Excellence Initiative, which takes advantage of the university's unique strengths with significant new investments in research and graduate education. It is designed to target and hire 200 top faculty members who are national and international leaders in their respective fields to complement FSU's highly respected faculty, and to bring added value to the university's world-class research groups and centers through substantial investments in new facilities and enhancements to graduate education, particularly Ph.D. programs.

 The FSU CONNECT Campaign, launched in October 2001, officially concluded, having raised more than \$630 million to support the university.

 Sarasota philanthropist Dr. Helga Wall-Apelt's multi-tiered gift devoted to Asian art is the largest yet received by the John and Mable Ringling Museum of Art and the largest single gift to FSU, expected to exceed a total value of \$50 million.

 U.S. News & World Report ranked the College of Information master's program 10th in the nation; the College of Arts and Sciences' nuclear physics program was 13th, as was its analytical chemistry program; and the College of Law's environmental law program was 14th, as was the higher education administration program in



THIS IS FLORIDA STATE

the College of Education. In addition, Hispanic Business magazine again ranked the law school among the Top 10 in the nation for Hispanics.

The National High Magnetic Field Laboratory unveiled two world-record magnets that offer potential for scientific breakthroughs in a variety of fields. Standing 16 feet tall and weighing more than 15 tons, a 900-megahertz, superconducting NMR magnet was brought online following 13 years of design, development and testing. Science performed using this magnet will help scientists understand the workings of biological molecules, as well as the workings of the cell and the brain. In addition, a 35-tesla magnet, the highest-field “resistive” magnet in the world, was unveiled. It will be used primarily for physics and materials science research.

An international reputation of excellence earned the Learning Systems Institute a \$6.2 million grant from the U.S. Department of Homeland Security to develop national performance standards and a training curriculum for port security and other personnel to prevent, deter and respond to terrorist acts along the 95,000 miles of U.S. shoreline.

Student-athlete Garrett Johnson, an outstanding graduate student studying public administration and one of the best shot putters in the world, won a Rhodes Scholarship — just one of many FSU students furthering their educations through prestigious academic awards.

Students at Florida State have the opportunity to conduct research in specialized interdisciplinary centers, such as the National High Magnetic Field Laboratory, the Institute of Molecular Biophysics, and the School of Computational Science; to participate in interdisciplinary work across campus, such as programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; and to work with faculty to forge new relationships between disciplines,



including medicine, the physical sciences, engineering, business and law.

Students also are encouraged to participate in international education through the university’s programs in England, Italy, Switzerland, France, Panama, China, Costa Rica, Spain, Russia, the Czech Republic, Greece, Croatia, Germany, Ireland and the Caribbean. The university’s study sites in London, the Republic of Panama, Valencia, Spain, and Florence, Italy, are considered by many to be among the nation’s best. In 2006, Florida State signed a cooperative agreement with the newly formed International Valencian University in Spain, becoming its North American partner — another example of Florida State’s growing prominence in the international academic community.

Florida State’s main campus is spread over 450.5 acres in Tallahassee. Within the state, the university maintains facilities in Panama City, at its Coastal and Marine Laboratory on the Gulf of Mexico, and at the Asolo Performing Arts Center in Sarasota. Also in Sarasota, Florida State operates the Ringling Center for the Cultural Arts, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Extensive credit and non-credit continuing education programs are offered statewide via Academic and Professional Program Services, housed in the Augustus B. Turnbull III Florida Conference Center



on the edge of the Florida State campus. In addition, library holdings at Florida State include 2.8 million book titles and 9.1 million microforms. The university’s library holdings rank among the top 30 public research universities in the United States.

The university’s main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. Florida State also maintains science, music, library and information science, medicine, engineering and law libraries, as well as the Mildred and Claude Pepper Library, which houses the papers, photographs, audio recordings, video recordings and memorabilia of the longtime congressman from Florida. Library materials and services also are available at the university’s Panama City campus, as well as at the international study centers, and a collection of art and related materials is on display at the John and Mable Ringling Museum of Art in Sarasota. Collectively, the Florida State libraries are a member of the Association of Research Libraries, an association of the top research university libraries in the United States.



UNIVERSITY FACTS

BACKGROUND: The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,652 in the Fall Semester 2005.

ENROLLMENT (FALL, 2005): Total, 39,652...76.7% undergrad, 20.0% grad, 3.0% unclassified...78.8% in-state...93.4% from the United States...students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...22 foreign countries contributed over 25 students each...female, 56.6%...male, 43.4%...minority, 24.6%...international, 3.4%.

ACREAGE: Main Campus: 451.2 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,521 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGES/DEGREE PROGRAMS: With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 95 degree programs, to the master's degree in 109 degree programs, to the advanced master's degree in one program, to the specialist degree in 27 degree programs, to the doctorate degree in 73 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Music, Social Science, Social Work and Visual Arts, Theatre and Dance; and the Schools of Motion Picture, Television, and Recording Arts and Nursing.

OPERATING BUDGET (2005-06): \$970,714,026

DEGREES AWARDED FOR 2004-05: Bachelor, 6,856...Masters, 1,681...Doctorate, 276...Specialist, 44...Judge Doctorate, 274, Total, 9,158.

ENTERING FRESHMAN FACTS (FALL, 2005):

The middle 50 percent High School GPA, 3.3-3.9; SAT score 1070-1250, ACT score 23-27. There were 55 National Merit Scholars, 24 National Achievement Scholars, and 58 Hispanic Scholars enrolled as undergraduate students during the Fall 2005 term.

RETENTION RATE: First year, 100%...second year, 86.2%...third year, 75.7%...fourth year, 71.8%.

FACULTY/STAFF: Total 2,239...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 11 members elected to National Academy of Sciences...10 members of the American Academy of Arts and Sciences.

EDUCATIONAL ADVANTAGES: Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most wired campus in Florida, and was recently ranked 18th most connected university in the nation by Yahoo! Internet Life.

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

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

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

10 LEADING STATES OF ORIGIN

(Enrollment)	
Florida	31,259
Georgia	965
Virginia	414
New York	339
Texas	303
Pennsylvania	278
North Carolina	249
Maryland	217
New Jersey	206
Illinois	194

STUDENT/FACULTY RATIO: 23-1...Many of the general education classes are large, lecture classes; however, over 70 percent of major classes have less than 40 students.

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

SPONSORED RESEARCH (2005-06): \$173,605,359

LIBRARY HOLDINGS: The University Library System contains over 2.8 million volumes, of which more than 245,000 are available electronically as e-books. The libraries subscribe to more than 42,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 300 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

FLORIDA STATE BOARD OF TRUSTEES



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PROMINENT ALUMNI

RITA COOLIDGE

Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

LEE CORSO

Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

BARBARA HARRIS

Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

TRAYLOR HOWARD

Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig." She is currently featured as "Natalie" in the series "Monk" on the the USA Network.

JOHN MARKS

John Marks, Mayor of the City of Tallahassee, is the managing partner of the Tallahassee office of Adorno & Yoss. He is on the Board of Directors of Fringe Benefits Management Company, a privately held financial services company. He currently serves on the Board of Directors of the Florida League of Cities, the Tallahassee Economic Development Council, the Tallahassee/Leon County Civic Center Authority, the Sunshine State Governmental Financing Commission, and the Economic Club of Florida. He received his B.S. degree in 1969 from the Florida State University School of Business and his Juris Doctor degree in 1972 from the FSU College of Law. Mr. Marks also served four years in the U.S. Air Force as a Judge Advocate.

GABRIELLE REECE

Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

BURT REYNOLDS

Burt Reynolds, who has as enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

DR. TONEA STEWART

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

NORM THAGARD

Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, aboard Challenger and STS-30 in 1989, on Orbiter Atlantis, the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995. He is currently on Faculty at FSU in the College of Engineering.

OTHER DISTINGUISHED ALUMNI:

Reubin Askew, former Governor of Florida

Paul Azinger, professional golfer

Alan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"

John W. Bradley, actor, "The New Adventures of Robin Hood"

Clifton Campbell, playwright

Davis Gaines, performer, "The Phantom of the Opera"

Jane Geddes, professional golfer

Paul Gleason, actor, "Trading Places," "The Breakfast Club"

Parris Glendening, former Governor of Maryland

Hubert Green, professional golfer

Tara Dawn Holland Christensen, Miss America 1997

Linda Keever, Editor in Chief *Florida Trend Magazine*

Tony LaRussa, Manager, St. Louis Cardinals

Doug Marlette, Pulitzer Prize winner for editorial cartooning

DeLane Matthews, actress

Michael Piontek, actor

Henry Polic, actor

Charles G. Rex, New York Philharmonic

Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence

Stephen J. Rothman, theatre director

Winston Scott, former NASA astronaut

Steven Sears, writer and producer

Randy Ser, theatrical director

Sonny Shroyer, actor, "The Dukes of Hazard"

Richard Simmons, diet and exercise guru

Robert Ulrich, actor, "Vega\$, "Spencer For Hire"

Dr. Valint Vazsonyi, international concert pianist

Claudia Waite, award-winning soprano

Ellen Taaffe Zwillich, first woman to win Pulitzer Prize in music

Linda Zoghby, opera singer



Former astronaut Norm Thagard



Shape Magazine Editor-In-Chief Barbara Harris

Actor Burt Reynolds with former Seminole Warrick Dunn

One of the Nation's PREMIER PROGRAMS



Coach Bob Braman

Coach Mike Martin

Coach JoAnne Graf

COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches ever to roam an NCAA sideline.

Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches. Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,149 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. For the second straight season, **Bob Braman was recognized for his stellar year in both cross country (2004 & 2005 NCAA South Region Coach of the Year) and both indoor and outdoor track and field when he was named the 2005 & 2006 ACC Coach of the Year as well as region Coach of the Year honors for both sports. He capped off the banner season with National Coach of the Year honors after leading the Seminoles to the 2006 Men's Track and Field Outdoor National Championship. Neil Harper earned Women's Swimming ACC Coach of the Year honors in 2006 while first year soccer coach Mark Krikorian made an immediate impact at FSU earning ACC Coach of the Year honors as well as National Coach of the Year honors by both Soccer America and Soccer Buzz.**

WINNINGEST ACTIVE D-I COACHES

- By Victories**
1. Bobby Bowden
 2. JoAnne Graf
 4. Mike Martin

- By Percentage**
2. Mike Martin
 3. Bobby Bowden
 4. JoAnne Graf

WINNINGEST D-I COACHES ALL-TIME

- By Victories**
1. Bobby Bowden
 2. JoAnne Graf
 5. Mike Martin

COACHES OF THE YEAR

National	- 11
Regional	- 30
Atlantic Coast Conference	- 31
Metro Conference	- 12



Coach Bobby Bowden

Coach Neil Harper

Coach Mark Krikorian



IN THE COMMUNITY...

Seminole student-athletes are committed to making a positive impact on the community, serving almost 5,000 hours of community service during the 2005-06 school year. They also helped to raise thousands of dollars in direct support to charities.

FSU student-athletes have volunteered their time working with students from every elementary and middle school in Leon County as well as schools in nearby Wakulla and Gadsden counties. In addition, the Seminoles have participated in projects such as Habitat for Humanity, Relay for Life, Special Olympics, and Tallahassee Sports Ability, just to name a few.



POSTGRADUATE SCHOLARSHIPS...

In November 2005, two-time All-American shot putter Garrett Johnson became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States to study at the University of Oxford and one of less than 100 from around the world who will join the prestigious academic program in October of 2006. The program's criteria is based on academic success, leadership potential, personal integrity and physical vigor.



Garrett Johnson

Florida State student-athletes have earned over \$350,000 in post-graduate scholarships over the past 12 years. They have also received 29 post-graduate scholarships from the ACC since 1993 including David Castillo (football), Andrew Diakos (track & field) and LaKendra McColumn (track & field), who were among the 36 Atlantic Coast Conference scholar-athletes to be named recipients of the ACC Weaver James Corrigan Postgraduate Scholarship in 2005-06. In addition, Garrett Johnson (track & field) earned the ACC Scholar Award.

In 1996, Seminole Daryl Bush was the first ever recipient of the State Farm National Scholar Athlete of the Year award, now given annually.

Florida State boasts two NACDA Post-Graduate Award winners in the last six years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Diakos



LaKendra McColumn



David Castillo



Ania Rynarzewska



Jonas Blixt



Steve Roof



Sarah Griffin



Alicia Gladden

IN THE CLASSROOM...

Florida State named a record 194 student-athletes to the 2006 Atlantic Coast Conference Honor Roll in 2005-06. At the conclusion of the school year, eight of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2006 semester, 202 Seminoles achieved a minimum 3.0 semester GPA while the average team semester GPA was a 2.941.

Since joining the ACC in 1991, FSU has had seven National Football Foundation and College Hall of Fame National Scholar Athlete Award winners — a figure that ranks nationally in the past 14 years.

In 2001, former Seminole quarterback Chris Weinke was the recipient of the first ever ACC Scholar Award which is given annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since then, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track & field's Garrett Johnson (2006) have also earned the distinction.

Florida State had six student-athletes garner National Academic All-American honors in 2005-06 when football senior David Castillo, softball senior Natasha Jacob and track and field's Garrett Johnson, Tom Lancashire, Javier Garcia-Tunon and Lacy Janson earned such status. It marked the first time that six FSU student-athletes earned the honor in the same academic year.

Florida State has more all-time ACC Academic Honor Roll selections (2,208) than all-time All-ACC honorees (1,692). Since 1970, 32 FSU student-athletes have earned National Academic All-American honors and 2006 marked the second straight year three or more FSU student-athletes earned the honor in the same season.

In 2006, eight Seminole student athletes earned the prestigious Arthur Ashe Junior Sports Scholar Award and football's David Castillo was named the Arthur Ashe Junior National Male Scholar Athlete of the Year. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.

Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Chris Weinke



Derrick Brooks
Academic All-American



Natasha Jacob

TOP ATHLETES...

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the **36 national awards** for athletic achievements Florida State student-athletes have earned, **seven have been for the top athlete in the nation award in their respective sports.** Florida State boasts two Heisman Trophy winners, three Golden Spikes winners, a USA Softball National Player of the Year and a Honda Award winner for softball.

From football, to diving, to tennis, to track and field, several of Florida State's student-athletes achieve All-America status each year. **FSU boasts 709 first team All-America selections** as well as several regional and national award winners. Over the years, **FSU has enjoyed 1,692 All-ACC selections.** Even more impressive is that **25 student-athletes have been crowned individual national champions** in their respective sports.

TOP TEAMS...

Great athletes make great teams and Florida State has a rich history when it comes to great teams on both the national and conference level and has earned 12 national championships over the years **including the 2006 NCAA Men's Outdoor Track and Field title.** In 1999, the Florida State Seminoles became the first football team to go wire-to-wire as the Associated Press' No. 1 team when the squad went 12-0 on its way to the program's second national championship. **FSU teams have combined for 143 NCAA Tournament appearances and 35 ACC team titles.** Florida State's team sports have earned **8,185 victories** and eight of Florida State's team sports have an all-time winning record.



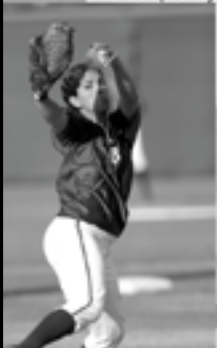
Caroline Westrup



Al Thornton



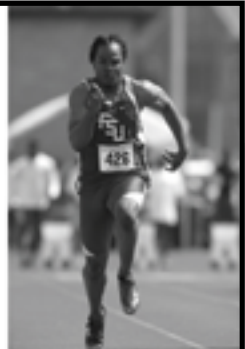
Rafeeq Curry



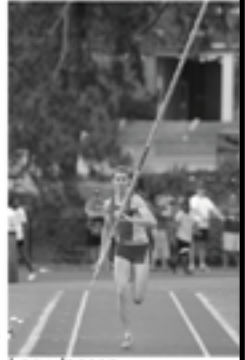
Jessica van der Linden



Heisman Trophy winners



Walter Dix



Lacy Janson



Ytai Abougzir



India Trotter



Bryan Henry



SEMINOLE STRIDERS

Their names do not show up in the headlines, nor do they receive full scholarships to continue competing at the intercollegiate level. What the Seminole Striders do get, however, is a chance to keep running.

The program, which offers expanded opportunities to female cross country runners, began under current Florida State cross country coach Bob Braman, who ran a similar program while coaching at the University of South Florida.

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

Through the Seminole Striders program, female runners have a chance to suit up and run with the Tribe’s cross country team. As Coach Braman is quick to point out however, the Seminole Striders is a running club. They are viewed the same as any other runner on the team, which means they have to attend practice every day, do community service, fundraising and maintain their academics.

On the side of the coaching staff and administration, the runners are treated equally – they are given all the perks associated with being student-athletes, given equipment and coaching, and are allowed to compete in cross country meets.

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

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

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

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

Another benefit of the program is that it isn’t any more difficult to coach additional athletes in cross country, as it may be in other sports.

“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.”

Since the Striders receive constant training and coaching, many improve dramatically, as in the cases

of Anne Clinton and Abbie Day. Clinton joined the Striders in 2002 and developed to the point where she earned a spot in the Seminoles’ top nine and varsity-travel squad en route to finishing the 2003 campaign on the All-NCAA South Region team. Clinton solidified the middle of the lineup consistently, crossing the line third in three of the team’s biggest meets. The Richmond, Ind., native earned NCAA South Region team honors after posting a collegiate best 6K time of 21:43.16. Clinton then went to the 2003 NCAA National Championship where she finished in the Seminoles’ top five. Clinton ran three straight personal best times at the end of the 2003 in one of the most successful seasons yet for the women’s team.

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

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

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

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

As part of the deal to expand the roster, FSU Athletics Director Dave Hart and Senior Associate Athletics Director Charlie Carr wanted to ensure the Striders had a leader, and that the cross country coaching staff wasn’t stretched out. Coach Braman and the athletics department have used graduate assistants selected specifically to work with the program.

The benefits of the program are evident on the both sides. From the standpoint of the FSU athletics department, the team extends the number of opportunities for female athletes, without having to break the bank starting up a new program.

The female runners who participate in the program also get a lot out of it. They have the chance to continue to participate in the sport they love at the intercollegiate level, receive top-level coaching, and can continue to develop as runners.



ACROSS THE STATE RELAY



Helping the community has always been a priority for Florida State University athletics and under the leadership of seventh year head coach Bob Braman, community service and charity donations have become a staple of the Seminole cross country program. In 2005, the Seminoles conducted their fifth annual "Across the State Relay."



The "Across the State Relay" is a 13-hour, 140-mile trek that is more than a training and team-building exercise but a chance for the team, men and women, to give something back to the community. Each, of over 40 runners, is asked to raise \$140 through sponsorships from their high school coaches, families, friends and former employers at a dollar-per-mile.

"We thought this would provide a little more motivation for the athletes, and a great thing for the program," said Braman. "We bring the money from all over the country, if you will, into Tallahassee for good causes. It's a good team building event—the kids get to rally behind something together."

Racing in pairs, the team maintains a competitive pace of about 10 miles per hour. From Yankeetown, which is just north of Crystal River, the pairs run across the peninsula through small towns, back roads and forested scenery in light traffic areas, in four to eight-mile increments. The runners are accompanied by two chase vans throughout the course of the relay. The final leg has the runners dip their water bottle into the Atlantic Ocean at



Daytona Beach. Joining them at the end of the journey are the remaining members of the team who then dive into the ocean.

The team raised \$5,000 during the 2005 "Across the State Relay" and decided to donate it to 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 priority 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.



In 2004, the Seminoles raised over \$7,000 for the American Red Cross Disaster Fund, which set up shelters and provided assistance to those who were affected by Hurricanes Charlie and Frances. In years before that, FSU raised approximately \$12,000 for such charities 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, a past beneficiary, which is named after the former FSU baseball coach, is a nonprofit agency dedicated to providing services for children and individuals with disabilities and their families. The Howser Center began operation in 1974 as a small parent group in Tallahassee and now serves most communities in the Big Bend area. To date, the agency operates developmental preschool centers in Gadsden, Leon, Jefferson and Wakulla counties. The Leon Center, located at 240 Mabry Street in Tallahassee, can be reached at 850/574-3906.

Another past beneficiary was the Capital City Youth Services, which is a non-profit shelter in Tallahassee that provides a nurturing home primarily for runaway children and teens. In addition, it offers services to youths who have been victims of abuse or who are in other troublesome situations. CCYS also provides an extensive counseling program to the youth that they serve as well as the families that they come from. The center serves over 1,000 young people a year from Leon County and the surrounding counties.

Braman started the event in 1981 as president of the Tampa Bay Runners' Club, then took it to the University of South Florida. Upon assuming the head coaching job at FSU, Braman changed the relay into a charitable event.

MEN'S 2005 MEET RESULTS

COVERED BRIDGE OPEN (8K) SEPTEMBER 2, 2005 - BOONE, NC 1ST-PLACE / 9 TEAMS (29 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	25:41.62	1
Sean Burris	25:48.63	2
Tom Lancashire	25:57.37	4
Phil Nicholls	25:57.37	5
Eric Critzer	26:58.93	19

NOTRE DAME INVITATIONAL (8K) SEPTEMBER 30, 2005 - SOUTH BEND, IN 4TH-PLACE / 25 TEAMS (159 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	24:00	11
Tom Lancashire	24:08	17
Sean Burris	24:23	24
Phil Nicholls	24:48	45
Eric Critzer	25:02	62
Luke Beevor	25:22	85

FSU INVITATIONAL (8K) SEPTEMBER 17, 2005 - TALLAHASSEE, FL 1ST-PLACE / 16 TEAMS (26 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	24:39.51	1
Sean Burris	25:07.40	3
Tom Lancashire	25:15.35	5
Phil Nicholls	25:36.85	8
Kevin Cook	25:38.74	9
Luke Beevor	26:30.22	26
Eric Critzer	27:42.08	60

NCAA PRE-NATIONALS MEET (8K) OCTOBER 15, 2005 - TERRE HAUTE, IN 7TH-PLACE / 33 TEAMS (255 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	23:48.1	4
Sean Burris	24:26.3	37
Tom Lancashire	24:26.9	39
Phil Nicholls	24:43.0	60
Luke Beevor	25:13.4	115
Kevin Cook	25:28.1	143
Chris Nickinson	25:34.7	152

ACC CHAMPIONSHIPS (8K) OCTOBER 31, 2005 - TALLAHASSEE, FL 2ND-PLACE / 12 TEAMS (38 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	23:43.1	1
Tom Lancashire	23:53.5	3
Phil Nicholls	24:12.6	9
Sean Burris	24:13.4	10
Kevin Cook	24:26.4	15
Chris Nickinson	24:40.6	23
Luke Beevor	24:42.4	25

NCAA SOUTH REGION CHAMPIONSHIPS (10K) NOVEMBER 21, 2005 - GAINESVILLE, FL 2ND-PLACE / 20 TEAMS (47 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	29:42.22	2
Tom Lancashire	30:24.06	7
Sean Burris	30:40.15	13
Phil Nicholls	30:46.88	14
Kevin Cook	31:13.26	20
Luke Beevor	31:40.77	29
Chris Nickinson	32:52.73	61

NCAA NATIONAL CHAMPIONSHIPS (10K) NOVEMBER 21, 2005 - TERRE HAUTE, IN 18TH-PLACE / 31 TEAMS (471 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	30:07.5	21
Tom Lancashire	30:47.4	77
Kevin Cook	31:29.8	158
Phil Nicholls	31:31.4	163
Sean Burris	31:41.3	175
Luke Beevor	31:52.3	195
Chris Nickinson	33:02.2	244



WOMEN'S 2005 MEET RESULTS

COVERED BRIDGE OPEN (5K) SEPTEMBER 2, 2005 - BOONE, NC 1ST-PLACE / 8 TEAMS (38 POINTS)

NAME	TIME	PLACE
Laura Bowerman	18:17.44	1
Jessica Crate	19:02.84	6
Kirsten Hagen	19:17.64	10
Kara Newell	19:26.58	12
Lydia Willemse	19:32.41	13
Amanda Hahn	20:07.76	18
Christina Woytalewicz	20:46.23	32

NCAA SOUTH REGION CHAMPIONSHIPS (6K) NOVEMBER 21, 2005 - GAINESVILLE, FL 3RD-PLACE / 24 TEAMS (118 POINTS)

NAME	TIME	PLACE
Laura Bowerman	20:52.59	7
Abi Wilshire	21:29.50	14
Kirsten Hagen	22:02.75	28
Lydia Willemse	22:06.79	31
Jessica Crate	22:13.91	38
Amanda Hahn	22:27.48	45
Kara Newell	22:36.01	53

FSU INVITATIONAL (5K) SEPTEMBER 17, 2005 - TALLAHASSEE, FL 1ST-PLACE / 18 TEAMS (33 POINTS)

NAME	TIME	PLACE
Laura Bowerman	17:56.45	3
Jessica Crate	18:01.26	4
Abi Wilshire	18:12.90	7
Lydia Willemse	18:24.01	13
Kara Newell	18:36.59	15
Kirsten Hagen	18:51.03	21
Amanda Hahn	19:02.20	27
Audrey Hand	19:26.69	36

NCAA NATIONAL CHAMPIONSHIPS (6K) NOVEMBER 21, 2005 - TERRE HAUTE, IN

NAME	TIME	PLACE
Laura Bowerman	21:19.9	127

NOTRE DAME INVITATIONAL (5K) SEPTEMBER 30, 2005 - SOUTH BEND, IN 12TH-PLACE / 24 TEAMS (321 POINTS)

NAME	TIME	PLACE
Laura Bowerman	17:07	8
Lydia Willemse	17:57	59
Abi Wilshire	18:05	67
Kara Newell	18:23	90
Jessica Crate	18:33	105
Kirsten Hagen	18:39	114
Amanda Hahn	18:50	132

NCAA PRE-NATIONALS MEET (6K) OCTOBER 15, 2005 - TERRE HAUTE, IN 13TH-PLACE / 34 TEAMS (371 POINTS)

NAME	TIME	PLACE
Laura Bowerman	20:40.3	7
Abi Wilshire	21:48.0	69
Lydia Willemse	21:51.6	76
Kirsten Hagen	22:06.9	95
Amnada Hahn	22:24.3	124
Kara Newell	22:27.8	130
Jessica Crate	22:32.1	136

ACC CHAMPIONSHIPS (5.75K) OCTOBER 31, 2005 - TALLAHASSEE, FL 7TH-PLACE / 12 TEAMS (196 POINTS)

NAME	TIME	PLACE
Laura Bowerman	20:07.9	17
Abi Wilshire	20:42.7	39
Lydia Willemse	20:56.0	46
Kirsten Hagen	20:58.8	47
Jessica Crate	21:06.5	52
Amanda Hahn	21:30.2	63
Kara Newell	21:50.2	70
Audrey Hand	22:00.2	72



FSU CROSS COUNTRY HISTORY

CROSS COUNTRY ALL-AMERICANS

MEN'S

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

WOMEN'S

1981 Darien Andrea
 2002 Vicky Gill
 2003 Vicky Gill
 Natalie Hughes

ALL-ACC

MEN'S

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

WOMEN'S

2000 Amy Pleckaitis
 2002 Vicky Gill
 2003 Vicky Gill

ALL-SOUTH REGION

MEN'S

2001 Joep Tigchelaar
 Kim Bergdahl
 Dave Guerra
 Maarten van den Heuvel
 2002 Joep Tigchelaar
 Maarten van den Heuvel
 Nathan Adams
 2003 Joep Tigchelaar
 Ian Hornabrook
 Kevin Cook
 Eddy Rodriguez
 Luke Beavor
 2004 Andrew Lemoncello
 Eddie Rodriguez
 Tom Lancashire
 Ian Hornabrook
 2005 Andrew Lemoncello
 Tom Lancashire
 Phil Nicholls
 Sean Burris
 Kevin Cook

WOMEN'S

2001 Vicky Gill
 Natalie Hughes
 Katie Jeffrey
 Vicky Gill
 2002 Natalie Hughes
 Allison Lind
 Misty Harper
 2003 Natalie Hughes
 Anne Clinton
 Helen Hofstede
 2004 Laura Bowerman
 Natalie Hughes
 2005 Laura Bowerman
 Abi Wilshire



Joep Tigchelaar

ALL-TIME TEAM FINISHES NCAA NATIONAL CHAMPIONSHIPS

MEN

1981 8th (257)
 2003 29th (733)
 2004 17th (438)
 2005 18th (471)

WOMEN

2002 28th (657)
 2003 18th (455)

SOUTH REGION CHAMPIONSHIPS

MEN

2001 3rd (85)
 2002 4th (104)
 2003 2nd (64)
 2004 1st (59)
 2005 2nd (47)

WOMEN

2001 3rd (113)
 2002 2nd (72)
 2003 2nd (93)
 2004 4th (176)
 2005 3rd (118)

ACC CHAMPIONSHIPS

MEN

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)
 2000 7th (188)
 2001 5th (134)
 2002 5th (123)
 2003 2nd (66)
 2004 2nd (48)
 2005 2nd (38)

WOMEN

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

ACC PERFORMERS OF THE WEEK

MEN'S

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

WOMEN'S

2001 Alison Lind (9/3)
 2002 Vicky Gill (10/21)

MEN'S ALL-TIME 8K RECORDS

1. Andrew Lemoncello 23:43 2005
2. Larry Greene 23:47 1980
3. Herb Wills 23:52 1980
4. Tom Lancashire 23:53 2005
5. Joep Tigchelaar 24:04 2003
6. Phil Nicholls 24:12 2005
7. Sean Burris 24:13 2005
8. Eddy Rodriguez 24:17 2004
9. Kevin Cook 24:26 2005
10. Brett Hoffman 24:30 1980

WOMEN'S ALL-TIME 6K RECORDS

1. Vicky Gill 19:48 2002
2. Laura Bowerman 20:40 2005
3. Natalie Hughes 20:50 2003
4. Helen Hofstede 21:20 2003
5. Brooke Bastein 21:27 2000
6. Abi Wilshire 21:29 2005
7. Katie Jeffrey 21:32 2000
8. Anne Clinton 21:43 2003
9. Kirsten Hagen 21:44 2004
10. Allison Lind 21:47 2001



Natalie Hughes