

# 2003 FLORIDA STATE CROSS COUNTRY YEARBOOK

## 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 Lauren Williams in the FSU Sports Information Department at (850) 644-5653 or via email [ljwillia@mailers.fsu.edu](mailto:ljwillia@mailers.fsu.edu).

Interviews or other information concerning the coaches or team members can be handled by Lauren Williams. 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](http://www.seminoles.com) and [www.fsutrack.com](http://www.fsutrack.com).

## CREDITS:

The 2003 Cross Country Post-Season Yearbook is a publication of the Florida State University Sports Information Department. Written and edited by Lauren Williams. Additional editing by Tina Thomas, Elliott Finebloom, Bob Braman and Peter Ormsby. Designed by Cade Advertising. Printing by FSU Printing Services. Photos by Ross Obley, Ryals Lee, Brian Westerholt, FSU coaching staff and John Guarino.

This document is available upon request in alternate formats for individuals with printing-related disabilities. Contact the ADA Office, 301 Westcott Administration Building for further information.

## TABLE OF CONTENTS

Quick Facts . . . . .	Inside Front Cover
Head Coach Bob Braman . . . . .	2
Assistant Coaches . . . . .	3
2003 Men's Season Review . . . . .	4
2003 Men's Roster . . . . .	5
2003 Men's Bios . . . . .	6
2003 Seminole Newcomers . . . . .	10
2003 Women's Season Review . . . . .	11
2003 Women's Roster . . . . .	12
2003 Women's Bios . . . . .	13
"Trail"ahassee . . . . .	18
This Is Florida State . . . . .	20
This Is Tallahassee . . . . .	23
Premier Program . . . . .	26
This Is The ACC . . . . .	32
2003 Men's Meet Results . . . . .	33
2003 Women's Meet Results . . . . .	34
History . . . . .	35
FSU's Across The State Relay . . . . .	36
2004 Schedule . . . . .	Back Cover



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



*Dave Hart, Jr.  
Director of Athletics*



*Charlie Carr  
Senior Associate  
Athletics Director*



*Kim Record  
Senior Associate  
Athletics Director*



*Lauren Williams  
Sports Information  
Graduate Assistant*



# HEAD COACH

**BOB BRAMAN • UNIVERSITY OF FLORIDA ('80)**

It took two seasons on the women's side and three on the men's side but fourth year head cross country coach Bob Braman has accomplished one of the many goals he set for the Florida State cross country program – become one of the top programs in the country. The 2003 ACC Men's Cross Country Coach of the Year finished his fourth season at the helm of the Seminole program and enters his first as the head track and field coach in January of 2004.

During the 2003 season, both cross country squads went to the NCAA National Championship meet, held in Cedar Falls, Iowa. Senior Vicky Gill and junior Natalie Hughes earned All-American status, en route to an 18th place finish, up ten spots from last year's team 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 honors. 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 addition to proven leaders Joep Tigchelaar and Keven Cook, the Seminoles recruiting class stepped it up during the record-setting season.

Braman has coached ten distance runners to All-American honors in cross country and track. 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, then sophomore Joep Tigchelaar earned his second consecutive trip to the NCAA Championships with the last coming as an automatic bid. Tigchelaar is the first Seminole to earn All-ACC Cross Country honors three times.

Braman takes over the reins of a program that won many honors in 2003. Last season, the Garnet and Gold set seven school records, captured the men's ACC Outdoor title, finished as the conference tournament runner-up on the women's side, earned three Coach of the Year honors, the men's ACC Outdoor and Indoor Rookie of the Year awards and the men's ACC Outdoor Performer of the Year. The Seminoles entered the NCAA Outdoor Championships with a total of 23 athletes, the most to qualify for the NCAA's from Florida State since the early '80s. The Seminoles ended the season with seven All-Americans and setting three school records during the championships.

The FSU women enjoyed one of the most successful seasons in cross country history last



year. The 2002 season included 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 en route to becoming 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 then best finishes at the NCAA South Regional in school history. Then freshman Natalie Hughes was the top freshman in the country at 1500 meters and earned All-American status.

Braman's distance runners have achieved unparalleled heights on the track as well. Every women's school record from the 1500m to the 10,000m events have been set during his tenure. On the men's side, distance runners have won seven ACC individual titles, with Tigchelaar shattering a 30-year old record and leading the nation with a 28:33 time.

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 also coached both men's and women's cross country teams to a top 30 finish in 1999.

While at USF, his 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, 45, is married to the former Debbie Turner and has two sons, Steven (15) and Tyler (13). 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.

## QUICK FACTS

### COACHING EXPERIENCE: 23

Florida State	Head Coach	Track & Field	2003-Present
	Head Coach	Cross Country	2000-Present
	Assistant Coach	Track	2000-2003
University of South Florida	Head Coach	Track	1991-2000
University of South Florida	Head Coach	Cross Country	1985-1999
University of South Florida	Assistant Coach	Cross Country	1983-1985
Tampa Catholic High School	Head Coach	Cross Country	
	Assistant Coach	Track	1981-1983

### COLLEGIATE TRACK EXPERIENCE:

University of Florida	Cross Country, 5,000m	1977-1980
-----------------------	-----------------------	-----------

# ASSISTANT COACHES



**JACKIE  
RICHARDS**

---

ASSISTANT COACH  
(NEW MEXICO '98)

---

Jackie Richards served in her first season as an assistant coach for the Florida State cross country program in 2003, after working with the track and field staff during the spring. Working alongside Bob Braman, the 2003 ACC Women's Cross Country Coach of the Year, Richards helped Vicky Gill and Natalie Hughes to All-American seasons and assisted the men's squad to second place finishes at the ACC and NCAA South Regional Championships.

Prior to joining the Florida State staff, Richards was the head horizontal jumps coach for the men's and women's squad at Sacramento State University, as well as the assistant coach for cross country. During her first indoor/outdoor season, she had eight Big Sky Conference finalists, and two all-conference team members.

Before working at Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at the University of Idaho. During her three-year tenure, the women's cross country team placed second in the Big West Conference, had one all regional team member and a team ranking of 31st in the nation. Richards also helped guide the men's and women's track teams to first-place finishes at the 2001 Big West Conference Championships. After a successful NCAA finish, the Vandal women ranked 14th in the nation while the men finished 23rd.

Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. She ran for the Prince George Track & Field Club, and competed nationally for Canada including a three-medal performance at the Canadian Junior championships. She was a multi-time provincial champion in her native British Columbia.

Richards competed for the University of New Mexico earning All Western Athletic Conference scholar athlete honors from



1995-98. She graduated summa cum laude in 1998 from New Mexico with her bachelor's degree in exercise science. In 2002, Richards received her master's degree in physical education with a concentration in sport science from the University of Idaho. Richards is a USATF Level 2 Track and Field certified coach.



**ALTHEA  
BELGRAVE**

---

GRADUATE ASSISTANT  
(IDAHO '98)

---

Althea Belgrave finished her first season as a graduate assistant with the Seminoles cross country program. In addition to her responsibilities with the Seminole Striders program, she will be assisting the women's track and field team in the steeplechase and middle distance events.

Belgrave spent four seasons running track and two running cross country at the University of Idaho. The three-time Barbadian national 800 meter and 1500 meter champion earned all Big West Conference team honors in 1997 in the 800 meters. Belgrave held the national Barbadian record in the 1500 meter event. Belgrave ran cross country during her freshman and senior years, racing in the 5000-meter event. During her senior season, Belgrave led all women at University of Idaho with the fastest time in the 5000-meter event.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant at Idaho. As a graduate

assistant coach, 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.



**PETER  
ORMSBY**

---

VOLUNTEER COACH  
(ELON '98)

---

Peter Ormsby is in his third season working with the Florida State track and cross country programs and first as a member of the Seminole coaching staff. Ormsby assists the cross country and track and field distance teams. Prior to becoming a volunteer coach, the Annapolis, Md., native worked with the team as a sports psychology consultant. He is pursuing a doctoral degree in sports psychology.

Ormsby was a four-year letter winner at Elon University in cross country, helping to lead the Phoenix to the South Atlantic Conference Championships in 1994 and 1996. Ormsby is a three-time member of PowerBar's Team Elite program in addition to being an accomplished tri-athlete. He went on to coach at Godby High School in Tallahassee where he coached the first female state qualifier to a top 30 finish as a freshman. Ormsby is a USATF Level 1 track and field certified coach.

# 2003 MEN'S CROSS COUNTRY YEAR IN REVIEW

The story of the Florida State men's cross country squad has been leadership and teamwork. Two leaders, junior Joep Tigchelaar and sophomore Kevin Cook, guided a young and talented team towards fourth-year head coach Bob Braman's goal of building one of the top programs in the nation. Tigchelaar represented the present and continued future, while Cook symbolized the program's definite and immediate future. The duo helped the team jump into the national spotlight for the first time in 22 years. FSU ended the season at the NCAA Cross Country championships and as one of the top 30 programs in the nation.

If starting off right constituted winning the first meet and placing two runners in the top five, then FSU was the textbook example. The Seminoles posted a 37-point win led by Cook who finished third, one second ahead of fourth-place finisher Eddy Rodriguez, one of the new additions to the team.

The Florida Intercollegiate Championships, hosted by Florida State, was the only home meet of the season. Cook continued to lead the newcomers by winning the event and helping the team to its second, first-place finish of the season. The Noles bested fellow South Region opponent Georgia State by three points to take the tightly-contested title. Cook won the 8K event in a time of 24:51.48. Junior transfer Ian Hornabrook crossed the tape in fourth for FSU in 25:11.55, followed by fellow juniors Jim Van Veen (25:37.38) and Nate Davis (26:24.23).

The next meet, the prestigious Great American Cross Country Festival, was a big test for FSU, considering the men faced six ranked opponents - No. 3 Arizona, No. 7 Central Michigan, No. 11 Ohio State, No. 12 Michigan, No. 16 Villanova and No. 22 (and fellow ACC school) N.C. State. Tigchelaar began his emergence, finishing first for the Tribe and 16th overall, completing the 8K course in 26:14.30 followed by Hornabrook in 46th place in 26:49.2. Working as a team, Cook (27:07.01), Rodriguez (27:08.20) and freshman Luke Beevor finished 58th, 59th and 60th, respectively. Beevor crossed the mark, less than a minute behind Rodriguez, scoring points in his first race of the season.

From that point on, Beevor became a strong candidate for FSU's freshman of the year. After sitting out the FLRunners.com and Disney Invationals, Beevor competed in the NCAA Pre-Nationals meet.

The NCAA Pre-Nationals is consistently one of the biggest meets of the year for the Noles. The race allows the Tribe to preview the national championship course and the competition as well as earn points toward an at-large bid. At the meet, FSU finished ninth overall and first among four ACC schools with six of seven runners setting personal-best marks. Tigchelaar finished 27th, 90 spots higher than last year's 117th place. Beevor again stepped up, completing the course in 24:37 for 66th place. Cook (24:39, 70th), Hornabrook (24:43), Van Veen (25:23), Rodriguez (24:44, 79th) and freshman Tom Lancashire ( 25:23, 208th) finished for FSU.

Lancashire, a newcomer from Bolton, England, showed why he is the second fastest all-time under-18, 1500m runner in England.

At the Atlantic Coast Conference Championships, the Noles drubbed their prior top showing of fifth with a runner up finish to perennial ACC powerhouse No. 17 N.C. State. Leading FSU's run at a conference title was Tigchelaar, who finished fourth overall and Hornabrook, who ran a personal best time of 24:39.7 to place eighth, both winning All-ACC honors for their top 10 finishes. The Seminole men improved 57 points from last season's finish and placed five runners in the top 25. Cook crossed the line in 14th place while Beevor helped his team the most with his 18th place finish boosting FSU to its highest ever conference finish.

Head coach Bob Braman was the 2003 recipient of the ACC Men's Cross Country Coach of the Year. He was awarded the honor after Florida State finished second at the conference championships - the highest since joining the ACC in 1992.

The next meet on the list was the NCAA South Regionals, which presented the perfect opportunity to prove to the nation that the Florida State cross country program was one to be reckoned with. Coming off an historical performance at ACCs, the Noles raced to second place with Tigchelaar again at the forefront. The Macharan, Netherlands native narrowly missed first place and regional athlete of the year honors, scoring .06 seconds behind overall champion, Georgia's Simon Ngota. FSU finished second as a team, after being seeded No. 2 prior to the meet, to earn its first automatic bid to the NCAA National Championships in 22 years. Joining Tigchelaar on the All-South Region team were four other Tribe members - Hornabrook (30:44.84 - 11th), Cook (30:58.17 - 16th), Rodriguez (31:00.31 - 17th) and Beevor (31:02.16 - 18th).

The last and final stop of the year was the national championships hosted by the University of Iowa. In Cedar Falls, Iowa, the warm-weathered Noles were faced with temperatures around minus three degrees at race time. The Seminole men, competing against 30 of the top teams in the country, completed the race, finishing 29th overall ahead of conference foe Virginia. Tigchelaar was disqualified from the race when he was pushed out of bounds, costing FSU a top 25 finish. Beevor, running with a hamstring injury, placed 100th overall and first for Florida State with a 10K course time of 31:04.8, two seconds off his season best time posted at the regional meet.





# 2003 MEN'S ROSTER

NAME	YEAR	HOMETOWN/HIGH SCHOOL/LAST COLLEGE
Adler, Jordan	FR	Miami, FL/Gulliver Preparatory School
Bautel, Andrew	JR	Ocala, FL/Vanguard
Beevor, Luke	FR	Luton, England/Icknield
Clark, Dan	SR	Fairbury, IL/Prarie Central
Cook, JP	FR	Stuart, FL/Martin County
Cook, Kevin	SO	Fern Park, FL/Lyman
Critzer, Eric	FR	Falmouth, MA/Falmouth
Davis, Nate	RS JR	Largo, FL/Largo
DiBari, Steve	RS FR	Palm City, FL/Martin County
Hornabrook, Ian	JR	Queensland, Australia/Southport/Rend Lake
Kalinski, Matt	JR	Greenwich, CT/Greenwich/Central Conn. State
Lancashire, Tom	FR	Bolton, England/Turton
Madiedo, Joseph	FR	Tampa, FL/Jesuit
Nickinson, Chris	FR	Pensacola, FL/Booker T. Washington
Noyes, Tommy	FR	North Canton, OH/Hoover
Patterson, Shawn	SR	Valparaiso, FL/Niceville
Rodriguez, Eddy	JR	Miami, FL/Christopher Columbus/Florida International University
Thiele, Herbie	FR	Tallahassee, FL/Chiles
Tigchelaar, Joep	JR	Macharen, Netherlands/Titus Brandsmalyceum
Timm, Nathan	SR	Marion, IL/Marion
Van Veen, Jim	SR	Satellite Beach, FL/Satellite
Walsh, Michael	FR	Bradenton, FL/Lakewood Ranch
Wilson, A. J.	SO	Pensacola, FL/Pine Forest



# 2003 SEMINOLE MENS CROSS COUNTRY BIOGRAPHIES



## JOEP TIGCHELAAR

JUNIOR

MACHAREN,

NETHERLANDS

TITUS BRANDSMALYCEUM

**THREE TIME ALL NCAA  
SOUTH REGION TEAM ('01-'03)**

**THREE TIME ALL ACC TEAM ('01-'03)**

**ACC ALL FRESHMAN OF THE YEAR ('01)**

Junior Joep Tigchelaar has led the men's squad for three consecutive years. In 2003, he guided the Seminoles to their highest conference finish and first NCAA National Championships berth in 22 years. He crossed the tape first for the Tribe in four of five meets. Tigchelaar has been a strong force for FSU since his freshman year. One of only two Noles from last year's top seven who ran in 2003, he set the pace for Seminole runners this season. He was awarded with his third All-ACC team honors and third NCAA All-South Region honors. He is the first Seminole to earn All-ACC honors three times. The Macharen, Netherlands native recorded a personal best time of 24:03.1 in the 8K and a 27th place finish at the NCAA Pre-Nationals. At the ACC Championships, this year's team captain led FSU to its highest conference finish ever, running a 24:24.7 time, good for fourth place. At the NCAA South Regionals, Tigchelaar completed the 10K course in 30:11.08, leading the way to Florida State's qualifying for nationals. Tigchelaar was one of five Noles to set a personal best time at the NCAA Pre-Nationals meet and earn All-South Region honors. He was disqualified for running out of bounds at the NCAA National Championships.

In his sophomore season, Tigchelaar earned the right to compete at the NCAA Championships for the second straight season, finishing in 107th place, better than half of the entire men's field. He completed the 10K course with a season-best time of 31:10. He earned his second all-region honor after finishing fourth at the NCAA South Regional and was named to the All-ACC team following a seventh-place finish at the conference meet. Tigchelaar's time of 24:48 at the ACC meet was a season-best mark for an 8K course. His performance at the South Regional meet was the best ever by an FSU runner. His performance at the NCAA Regional meet earned him his second consecutive trip to the national championships. Tigchelaar was the Tribe's top finisher in four meets and was the second-best finisher in two races. In 2001, Tigchelaar finished sixth at the ACC meet, becoming FSU's first ever All-ACC



honoree and ACC Freshman of the Year. In addition, he placed 71st at the NCAA Championships and fifth at the South Region meet. Before coming to Florida State from the Netherlands, he competed at the World Junior Cross Country Championships in 1999 and ran in the European Junior Cross Country Championships in 1998, 1999 and 2000. In addition, he ran the 10,000-meter run at the 1999 World Junior Track and Field Championships.

Tigchelaar earned All-American honors in track and field after a sixth-place finish in the 10,000m at the 2003 NCAA National Championships. He owns a personal best and FSU record of 28:33.81 for the 10,000 meters on the track. He is majoring in multinational business and marketing.

### COLLEGIATE BESTS

1500m – 3:49  
5000m – 13:55.30  
10,000m – 28:33.81  
8K (XC) – 24:03.1  
10K (XC) – 30:11

*"Joep is a phenomenal leader for us. His excellence as a distance runner at the national level is the blueprint for success for our young lions." - Head Coach Bob Braman*



## KEVIN COOK

SOPHOMORE  
FERN PARK, FL  
LYMAN

### ALL NCAA SOUTH REGION TEAM ('03)

Since the fall of 2002, Cook has grown into a fierce competitor and leader for the Florida State Seminoles. This fall, he helped anchor a young team with a national championship appearance. Cook provided solid scoring in the Seminoles top five for seven meets. The Fern Park, Fla.,

native has scored in the top five for FSU in all but one event he's run in during the past two years. FSU's co-captain ran a personal collegiate best at the 2003 NCAA Pre-Nationals Meet with a time of 24:38.4 to help Florida State to a ninth-place finish – the second highest in school history. He earned his first NCAA All-South Region honor with his 16th place finish in a personal best time of 30:58 for the 10K course. The former Lyman standout helped his young teammates to an ACC runner-up finish with a 14th place mark, up from 35th place during his freshman year. Cook won the Florida Intercollegiate Championships, FSU's only home meet of the season, and placed third overall at the Mountaineer Open. At the NCAA Championships, Cook completed the 10K course in a time of 32:24.3.

During an impressive freshman campaign, Cook turned in his strongest performance with a 35th overall finish at the NCAA South Regionals. His best finish on the 8K trail was 10th at the

Seminole Invitational where he had a then collegiate-best time of 26:18 to help the Tribe in the team victory. Cook came to FSU following a prep career in cross country and track at Lyman High School. His father, Donnie, was a standout FSU cross country and track runner in the 1970s. He intends on majoring in sport management.

### PERSONAL BESTS

1500m – 3:51.17  
5000m – 14:25.85  
8K (XC) – 24:38.4  
10K (XC) – 30:58

*"Kevin has All-American ability. We'll lean on him heavily to lead us next fall." - Head Coach Bob Braman*



## IAN HORNABROOK

JUNIOR  
QUEENSLAND,  
AUSTRALIA  
REND LAKE COLLEGE

### ALL NCAA SOUTH REGION TEAM ('03) ALL ACC TEAM ('03)

Hornabrook, a two-time NJCAA Division II Cross Country Champion, transferred from Rend Lake College in Ina, Ill. The Queensland, Australia native has been a catalyst for FSU, with the height of his season coming at the ACC Championships where he finished eighth overall in a time of 24:39.7, setting a personal-best record and earning All-ACC honors his first time. Hornabrook is only the second Seminole to

earn this honor. Hornabrook followed that great race with another, finishing eleventh at the NCAA South Region meet, earning region team honors. An illness slowed him down at the national championships, crossing the tape in 151st place, still running in the four position. In 2003, Hornabrook added a 12th-place finish (15:56.9) at the Mountaineer Open, a fourth-place finish (25:11.55) at the Florida Intercollegiate Championships and placed 46th finish (26:49) at the prestigious Great American Cross Country Festival.

### COLLEGIATE BESTS

8K – 24:39.4  
10K – 30:44.8  
1500m – 3:49

*"Ian did a phenomenal job for us this fall. His ACC and region races were truly awesome." - Head Coach Bob Braman*



## EDDY RODRIGUEZ

JUNIOR  
MIAMI, FL  
FIU

### ALL NCAA SOUTH REGION ('03)

Rodriguez, a transfer from Florida International University, was one of the men Braman recruited to make an immediate change in the Noles' top seven. Adding collegiate experience and a definite scorer to the mix of Tribe veterans and newcomers, Rodriguez had an outstanding first

season. He started the year with a fourth-place finish in a 5K course time of 15:38.1 at the Mountaineer Open, followed by a 59th place finish at the highly-competitive Great American Cross Country Festival. Towards the height of the championship season, Rodriguez had a 24:43.3 time at the Pre-National meet, his 8K personal best. He turned in a 25:24.5 time at the ACC Championships for a 22nd place finish and a 31:00.31 time at the 10K NCAA South Regional Championships. His 17th place mark at the regional meet earned him his first All NCAA South Region honor.

While at FIU, Rodriguez recorded a season-best finish in the 5000m with a time of 14:44.4 at the Florida Relays. He placed first in the 5K at the 2003 Indoor Sun Belt Championships after running to a 15:18.32 mark. Rodriguez added a third-place finish in the 5K in the outdoor conference title meet finishing in a time of 15:12.93.

The Miami, Fla., native helped Christopher Columbus High School to the 1997 state championship and earned all-Miami-Dade County selections for two high school seasons. Rodriguez is the brother of former All-American cross country and track and field runner, Gaby Rodriguez.

### COLLEGIATE BESTS

5000m – 14:44.4  
8K (XC) – 24:43.3  
10K (XC) – 31:00.3

*"Steady Eddy was a catalyst in our rise to national prominence. He has All-American potential in cross country and track." - Head Coach Bob Braman*



## LUKE BEEVOR

FRESHMAN  
LUTON, BEDFORDSHIRE  
ENGLAND  
ICKNEILD

### ALL NCAA SOUTH REGION TEAM ('03)

Beevor has made an immediate impact in his two months of college competition participating in five meets toward the end of the season for the

Noles. Beevor helped his team the most with his 18th place finish at the ACC Championships meet, boosting FSU to its highest ever conference finish. Beevor 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-National meets. At 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, Beevor helped the Tribe to a second-place finish and automatic bid to nationals running a collegiate best time of 31:02.16.

Prior to his beginnings in Tallahassee, Beevor competed in a variety of cross country and track and field races. After placing 19th at the European Junior Championships, he finished

third in a time of 8:29.26 at the 2002 English Schools Track and Field Championships, earning his spot at eighth overall the United Kingdom Under-20 3K rankings.

### PERSONAL BESTS

8K – 24:36.8  
10K – 31:02.1  
3000m – 8:29  
5000m – 14:49

*"Big Luke's heart and talent match his considerable size. He is the cornerstone of the cross country future at Florida State."  
- Head Coach Bob Braman*



## TOM LANCASHIRE

FRESHMAN  
BOLTON, ENGLAND  
TURTON

Lancashire has been a welcomed addition to the Noles' squad, helping the men to their first NCAA National Championships berth in 22 years. The Bolton, England native ran a season best 10K time at the NCAA South Regionals, completing the course in a time of 31:35.00. He posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet. He scored in the top five for FSU at the National Championships with his 161st-place finish (31:43 10K).

Lancashire was the top NCAA 1500m recruit in 2002 due to his tremendous prep career. His 3:44.61 time is the second fastest under-18 all-time in England. He won the silver medal at the European Championships in the 1500m event.

Lancashire represented England at the 2003 World Cross Country Championships.

### PERSONAL BESTS

8K (XC) 26:01.5  
10K (XC) 31:35.0  
4-mile – 19:43

*"Tom did a fantastic job in cross country for us but he will be an absolute force for FSU on the track. He has the ability to be a national champion."  
- Head Coach Bob Braman*



## JIM VAN VEEN

SENIOR  
SATELLITE BEACH, FL  
SATELLITE

Van Veen is one of FSU's veteran leaders, consistently competing in the top seven for the Tribe. Running in five meets this season, Van Veen recorded a personal-best 8K time at the

NCAA Pre-Nationals meet, finishing in 25:22.3. Perhaps his best race came at the Florida Intercollegiate Championships where he ran number three to lead Florida State.

In 2002, the Satellite Beach Fla. native ran in four meets for FSU finishing in the top seven for the Tribe in each race. He was the Tribe's top performer at the Gator Invitational, finishing in 22nd place overall, with a career-best 8K time of 25:56. Van Veen's best individual finish of the year came at the Seminole Invitational, where he finished in 16th place helping Florida State to a team victory.

Van Veen came to FSU as a highly-regarded prep runner and was named the 2000 Cape Coast Runner of the Year. He is majoring in communications.

### COLLEGIATE BESTS

8K (XC) – 25:22.3  
4-mile – 20:04  
10K (TR) – 31:35.1

*"Jim's leadership these past four years have been invaluable. We'll miss his wit and enthusiasm."  
- Head Coach Bob Braman*



## NATE DAVIS

REDSHIRT JUNIOR  
LARGO, FL  
LARGO

Davis began the 2003 season in the top seven, scoring in two of three meets, helping the Noles to two first-place finishes. In his third season at

Florida State, Davis ran a season best 8K time of 26:24.23 to finish in 21st place helping the Noles win the Florida Intercollegiate Championship. Earlier in the season, the former Largo High School standout finished the Mountaineer Open in a 5K time of 16:54.2. Davis competed in four meets for Florida State in 2002 and finished in the top seven for the Seminoles twice while scoring points at the Gator Invitational. He placed 65th at the NCAA South Regional as a top seven finisher for FSU. His best finish of the season came at the Seminole Invitational, where he finished in 17th place. Davis turned in a season best 8K time of 26:19 at the Gator Invitational, while finishing third for FSU. He competed as a prep runner in both track and cross country at Largo High School and ran top

times of 4:19 in the 1600m event, 9:48 in the two-mile run and 15:47 in the three-mile run. Davis has earned Dean's List honors and is majoring in physics.

### DAVIS PERSONAL BESTS

8K – 26:19  
1500m – 3:55.1  
3200m – 9:20

*"Nate, who is moving up to the longer races, has been a good 1500m man for us. We're excited to see him run the steeple this spring."  
- Head Coach Bob Braman*





## J.P. COOK

FRESHMAN  
STUART, FL  
MARTIN COUNTY

The former Martin County standout won the Class 4A State Championship title in the 3200m event. Cook earned all-state honors in cross country finishing fourth at the Class 4A state meet and led his team to a third-place finish. He finished eighth at the 2002 FACA Senior All-Star Cross Country Meet. The Stuart, Fla., native was named first team all-area by the *Palm Beach Post* and was pegged *Stuart News* Runner of the Year. While in high school, the 2003 graduate competed on the soccer team. Cook redshirted during the 2003 cross country season.

### COOK'S PERSONAL BESTS

3200m – 9:23.9  
4-mile – 19:51

*“J.P. has tremendous potential. He is a cross country horse who will be a huge part of our distance program for years to come.”*  
- Head Coach Bob Braman



## CHRIS NICKINSON

FRESHMAN  
PENSACOLA, FL  
BOOKER T.  
WASHINGTON

Nickinson was an all-state honoree in cross country as a senior at Booker T. Washington High School. He was ranked among the top 10 runners in Florida in three track events – 1500m (third), 1600m (ninth) and 3200m (seventh). Nickinson finished third in the boys' Class 3A 1600m run at the 2003 FHSAA Championships and fifth in the event at the 2002 FACA Senior All-Star Cross Country Meet. During his final two seasons, the Pensacola, Fla., native also earned all-state in track. The communications major was also a member of the National Honor Society in high school. Nickinson redshirted his first year at Florida State.

### NICKINSON'S PERSONAL BESTS

1500m - 3:55.15  
1600m – 4:18.56  
3200m – 9:23.37  
4-mile – 19:57

*“Chris is a speed distance runner with great versatility. His main focus is to be a sub-4 miler but he'll also be a cross country force in the coming years.”* - Head Coach Bob Braman



## HERBIE THIELE

FRESHMAN  
TALLAHASSEE, FL  
CHILES

Thiele, a former Chiles High School standout, ran three seasons of cross country and three seasons of track. An all-state performer in cross country, Thiele finished fifth in the 1600m at the Florida Class 2A Cross Country Championships and fourth at the 2002 FACA Senior All-Star Cross Country Meet. During his final year at Chiles, he helped his team to a state track title, completing the 1600m event in fifth place. The Tallahassee native earned Chiles High School Athlete of the Year honors during his senior year. The intended political science major did not compete for FSU during the cross country season due to injury.

*“Herbie's injury this fall prevented him from competing, but he will return to form this spring and be a top freshman 5000m man for us.”* - Head Coach Bob Braman



## MICHAEL WALSH

FRESHMAN  
BRADENTON, FL  
LAKEWOOD RANCH

Walsh's Seminole debut came at the 2003 NCAA South Regional Championships where he crossed the line in an 8K time of 32:30.33. He came to FSU as the state runner up in the Class 3A 3200m event as a senior at Lakewood Ranch High School. In his senior year, Walsh was considered the third fastest 3200m runner in the state of Florida. He also ranked 12th in the 1600m event (4:19.66). He garnered all-state track honors during his final campaign in Bradenton, Fla. Walsh also earned all-county and region honors in cross country. He ran an 8K personal-best time at the Disney Invitational, running unattached, finishing in 25:51.95 for 14th place.

### COLLEGIATE BESTS

8K – 25:51.95  
10K – 32:30.3  
4-mile – 19:50

*“Mike is going to be a super collegiate runner. He is a fierce competitor, which is a great attribute for any Tribe member.”*  
- Head Coach Bob Braman



## A.J. WILSON

SOPHOMORE  
PENSACOLA, FL  
PINE FOREST

Wilson, who broke his foot at the beginning of the season, entered FSU in 2002 as a highly-regarded runner from Pine Forest High School in Pensacola, Fla. He earned multiple all-state honors in both cross country and track. He saw action in three meets his freshman season, finishing in the top seven for the Seminoles in each. His top performance of the year came at the Seminole Invitational where he placed sixth for FSU and 15th overall with a collegiate-best 8K time of 26:35. Wilson intends to major in civil engineering.

### COLLEGIATE BESTS

8K – 26:35  
1500m – 3:52.73  
5000m – 14:38.7

*“We really missed A.J. this season, but we welcome his return in track. A.J. is Kevin Cook's matching bookend in the future of our distance program.”*  
- Head Coach Bob Braman

# SEMINOLE NEWCOMERS MAKING AN IMMEDIATE IMPACT



**Helen Hofstede** – As a new addition to the Tribe front, scored points in every meet and earned All-NCAA South Region honors after crossing the tape 25th overall.



**Heather Clark** – As a rookie, contributed to the women's second national championship appearance, finishing in the top five scoring four times.



**Carla Agnew** – A three sport-athlete from Oshawa, Ontario who, after adjusting to the training, is expected to run in the Seminoles top seven.



**Ian Hornabrook** – The former two-time NJCAA Division II Cross Country Champion saw success in his first season with FSU, becoming only the second Seminole to earn All-ACC honors and joining four teammates on the All-NCAA South Region team.



**Luke Beevor** – As the tallest FSU runner in school history, recorded his best race at the ACC Championships, finishing 18th putting the Noles in second place, highest since joining the conference.



**Eddy Rodriguez** – One of two transfer students recruited to immediately impact the program, earned NCAA South Region honors placing 17th overall.



**Tom Lancashire** – As the nation's top 1500m recruit, contributed the most at the NCAA National Championships scoring in the Tribe's top five to help the team end the season ranked in the top 30 programs in the country.

# 2003 WOMEN'S YEAR IN REVIEW

After three persistent seasons of pushing to become one of the top teams in the country, and build a program that remains amongst the best in the nation, fourth-year head coach Bob Braman was at the doorstep of that prophecy in 2003. Florida State concluded the 2002 season with their first trip to the NCAA National Championships – the first team to qualify for the national championship. This season, the Tribe concluded the 2003 campaign with another trip and another first at nationals - a top 20 finish.

The plan throughout the season was to push and learn – push to win in every race and apply what you learned from the last contest. FSU dwarfed a number of its individual and team race finishes. The most important finish from last year was the 28th place mark earned at the 2002 NCAA Cross Country National Championship. In 2003, the Tribe moved up ten spots at nationals to complete the course in 18th place. Important individual finishes included senior Vicky Gill's national race finish of 15th to 11th and junior Natalie Hughes' prior season mark of 197th and this year's 34th.

The Tribe started the season at the Mountaineer Open, finishing second, behind fellow ACC member Wake Forest, in a 44-point effort. With Gill waiting to hear if she was awarded a sixth and final year, Hughes and junior Anne Clinton finished first and second for FSU in times of 18:27 and 18:35.

At the Florida Intercollegiate, the only home meet of the season, Hughes and senior Helen Hofstede took second and third en route to a first-place overall finish (38 points) for the ladies squad. Freshmen Carla Agnew and Heather Clark ran 5K collegiate bests in their second meet of the season, besting their previous times by almost a minute. Clinton finished fifth with a time of 18:21.58 and an 18:36.99 finish was enough for Clark to place seventh. Redshirt junior Rachel Marsh (18:53.51), sophomore Jennifer Gomez (19:07.81) and Agnew (19:29.44) contributed to the women's 28-point finish.

At the prestigious Great American Cross Country Festival, the Noles continued their strong performance with a fourth-place finish, defeating ranked opponents Virginia and Duke. Turning in the top performance for the Tribe was Gill as she came in second with a time of 17:07.20. Next across the tape was Hughes in 14th place at 18:15.8, followed by

Hofstede as her time of 18:37.30 placed her 22nd. Rounding out the Seminole place winners was Clinton in 27th with a time of 18:44.30 while Marsh crossed the line in 19:16.3 to take 47th.

After two weeks of preparation, the Garnet and Gold traveled to the NCAA Pre-National meet to get accustomed to the course and preview some of the competition they hoped to face again in the upcoming national championships. Heading into the meet, Braman set goals to finish in the top ten. FSU complied with the women placing 10th. Gill posted a third-place finish in the meet in Cedar Falls, Iowa, in a time of 19:56, finishing three seconds behind overall champion Alicia Craig of Stanford University. Hughes finished in 18th place with a time of 20:59 in a group filled with 21 of the nation's top 30 teams. Hughes improved on last year's individual finish of 81st place while shaving a minute of her 2002 time. Hofstede and Clark crossed the line third and fourth respectively for the Noles, with Hofstede finishing 82nd overall in a time of 22:06 and Clark posting a 99th place finish in 22:17. Clinton posted a 22:23 mark for 108th place and Gomez recorded a time of 22:58 (150th) leaving Marsh to round out the group in a time of 23:13 and 166th place.

Coming off a strong showing at the pre-nationals, FSU finished fifth, tying a 10-year old mark, Gill ran steadily in the lead pack to finish second in a time of 19:49.5, behind defending national champion North Carolina's Shalane Flanagan. Hughes who finished in a time of 21:34.3 for 24th place. Clinton,

crossed the tape in a time of 21:56.3, placing 32nd and Hofstede placed 38th in a time of 22:12.6. Clark (39th, 22:15.4), Marsh (42nd, 22:19.0) and Gomez (46th, 22:51.7) rounded out the scoring for the Noles.

The NCAA South Regionals solidified Florida State's spot at the national championships. Gill won her first race of the season, the 6K event in a time of 19:48.04, earning her second NCAA South Region Athlete of the Year honor along with a spot on the All-South Region team, comprised of the top 25 runners in the region. For the Seminole women, Hughes finished 11th – receiving a spot on the All-South Region team alongside Clinton (21:43.16, 23rd) and Hofstede (21:44.40, 25th). Marsh finished 33rd crossing the tape in a time of 22:01.07, Clark finished in 58th with a time of 22:37.70 and Gomez posted a 23:05.80 mark to place 79th closing out the top seven for the Tribe.

Heading the national championships hosted in Cedar Falls Iowa, the Noles ran in un-Florida like weather with the temperature holding steady at minus three degrees at the start. Gill and Hughes earned All-American honors completing the 6K course in 20:08.5 and 20:50.1. The team finished 18th overall with 455 points. Three of the top four posted lifetime bests at nationals. Hofstede completed the race in a time of 21:20.3, which was a 24-second lifetime best, good for 89th place, Marsh ran another personal best time of 21:58 to place 156th followed by Clinton who finished in 165th place at 22:06.1.





# 2003 WOMENS ROSTER

NAME	YEAR	HOMETOWN/HIGH SCHOOL/LAST COLLEGE
Agnew, Carla	FR	Oshawa, Ontario/McLaughlin
Bechler, Stefanie	FR	Libertyville, IL/Libertyville
Biedenham, Tina	FR	Orange Park, FL/Ridgeview
Boekhout, Christina	JR	Merritt Island, FL/Merritt Island
Clark, Heather	FR	Brewer, Maine/Brewer
Clinton, Anne	JR	Richmond, IN/Richmond
Day, Abbie	SO	Winter Park, FL/Lake Howell
Dorvillus, Claudia	SO	Naples, FL/Naples
Frarrer, Brianne	RS FR	Naples, FL/Naples
Friedlander, Tracy	SO	Miami, FL/Ransom Everglades
Gill, Vicky	SR	Lancashire, England/St. Andrew's University
Goebel, Terra	SO	Palm Coast, FL/Flagler Palm Coast
Gomez, Jennifer	SO	Miami, FL/Lourdes Academy
Hofstede, Helen	SR	Hoogharspel, Netherlands/RSG Ennhuizen
Howard, Janet	JR	Clearwater, FL/Clearwater Central Catholic
Hughes, Natalie	JR	Grand Junction, CO/Palisade
Jordan, Amanda	RS SO	Oklahoma City, OK/Bishop McGuiness
Leitner, Mari	JR	Pensacola, FL/Washington
Lufkin, Adrienne	FR	St. Petersburg, FL/Lakewood
Marsh, Rachel	RS JR	Kissimmee, FL/Osceola
Mondragon, Sydney	SO	Pueblo, CO/South
Newell, Kara	SO	Tallahassee, FL/Maclay HS/Boston University
Puckett, Katherine	SO	Pensacola, FL/East Hill Christian
Ramos, Angelina	FR	New Fairfield, CT/New Fairfield
Renzulli, Nicole	SO	Cranston, RI/Cranston West
Rogers, Meghan	JR	Wellington, FL/Cardinal Newman
Sheperd, Suzanne	RS SO	Ellis, OK/Ellis
Urban, Meredith	FR	Raleigh, NC/Green Hope
Viola, Julia	FR	Boca Raton, FL/Spanish River
Walls, Candace	SO	Boynton Beach, FL/Atlantic
Walls, Kristin	SO	Boynton Beach, FL/Atlantic
Willy, Cathleen	SO	Pembroke Pines, FL/Flanagan



# 2003 SEMINOLE WOMEN'S CROSS COUNTRY BIOGRAPHIES



## VICKY GILL

SENIOR

LANCASHIRE, ENGLAND

ST. ANDREWS

UNIVERSITY

**TWO-TIME NCAA ALL-AMERICAN ('02, '03)**

**TWO-TIME NCAA SOUTH REGION ATHLETE  
OF THE YEAR ('02, '03)**

**THREE-TIME ALL-NCAA SOUTH REGION TEAM  
('01-'03)**

**THREE-TIME ALL-ACC TEAM ('01-'03)**

Gill torched the cross country scene in the three seasons she's donned the Garnet and Gold. Arguably the best female cross country runner in Florida State history, she became the second Seminole women's cross country member to achieve All-American status in cross country and track and field and the first to win the honor twice. The Lancashire, England native finished 11th overall at the 2003 NCAA National Championships and 15th overall at the 2002 NCAA National Championships to earn the status reserved for the best athletes in the country. Her 11th place finish was the highest for any Seminole at a national championship. She earned her final year of eligibility back 12 minutes before the Great American Cross Country Festival Meet where she finished second overall. She ran a collegiate best 6K time of 19:48.04, winning back-to-back NCAA South Regional Championships titles and NCAA South Region Athlete of the Year honors. At the ACC Championships, Gill completed the race in a time of 19:49.5 to earn All-ACC honors for the third time in as many years. Gill owns five of the top 10 all-time 6K finishes in FSU history, the most by any Seminole.

In 2002, Gill led the Seminoles to their first ever national championship appearance. She burst onto the national scene at the NCAA Pre-National meet where she beat eventual NCAA Champion Shalane Flanagan's course



record to win the White Division in an outstanding then career-best time of 19:54. She finished 15th overall at nationals in a 6K time of 20:07.4 and at the conference championships, she scored FSU's best women's finish by placing second overall. Throughout the season, Gill was the Lady Seminoles top finisher in all five races she competed in. The ACC honored her as the Performer of the Week following the Pre-Nationals meet. Gill's accomplishments in 2002 trumped her impressive 2001 campaign as she finished sixth at the ACC meet, fourth at the NCAA Regional and became the first Lady Seminole to compete at the NCAA Championships.

In addition to her success on the trails, Gill has been just as impressive on the track, earning All-American honors after a sixth-place finish at the 2003 NCAA National Championships. In 2002, she finished 11th

at nationals in the 10K race. Gill opened the 2003-04 season indoor track and field season with an NCAA automatic qualifying mark of 9:15 in the 3000m race, breaking her fourth school record in track and field. Gill owns personal best times of 15:42 in the 5K and 33:09 in the 10K. She is majoring in social science.

### PERSONAL BESTS

6K (XC) - 19:48.04  
8K (XC) - 16:18  
3K - 9:15.68  
5K - 15:42.4  
10K - 33:09

*"Vicky is the most dedicated runner I've ever coached. Her three All-American honors are a testament to her hard work. She's simply a running machine." -Head Coach Bob Braman*



## NATALIE HUGHES

JUNIOR

GRAND JUNCTION, CO

PALISADE

### ALL-AMERICAN ('03) THREE-TIME ALL-NCAA SOUTH REGION TEAM ('01-'03)

Hughes has stepped up in 2003, not only a team leader but as a scorer crossing the tape in the top two for the Noles in all seven meets. The two-time track and one time cross country All-American finished 43rd overall in a season and collegiate best time of 20:50.1 to earn All-American honors for the first time since her rookie season at the NCAA championships. A consistent runner, the highlight of her season came when she placed 18th at the NCAA Pre-Nationals meet in a then personal best time of 20:58.5 for the 6K course to lead FSU to a program best 10th place finish. Hughes ran a season-best 5K time at the Florida Intercollegiate Race, hosted by Florida State. She finished at the 18:11.06 mark for second place helping the Garnet and Gold women to their only first-place finish of the season. Season honors included a third NCAA South Region honor and first All-American award in cross country. Hughes joins a small list of Seminoles (Vicky Gill and Darien Andreau) to earn the honors in both cross country and track and field.

Hughes staked her claim early on as one of the top runners in the nation following impressive sophomore and freshman campaigns. She scored for the Lady Seminoles in all seven meets she ran in 2002, a distinction accomplished by only two other teammates. Her eighth place performance at the 2002 NCAA South Regional meet helped FSU finish second and secure a spot at the NCAA Championships and also earned her All-NCAA South Region honors for the third consecutive year. Hughes began the season as the top finisher for FSU at the Mountaineer Open and then at the Seminole Invitational. Her season best 5K time of 18:20 came at the Seminole Invitational and she ran her best 6K time of 21:47 at the ACC Championships to finish 19th. At that point, her career bests included a 21:35 in the 6K and a 17:32 in the 5K.

In track, Hughes earned All-American honors in 2002 in the 1500m run. Additionally, she was the top American freshman in the nation for that event. Hughes won the first NCAA Region track championship with her win in the 1500m event. During her impressive freshman campaign, the sports management major also garnered All-ACC honors in the mile and 1,500m run. She came to Tallahassee as a highly-recruited athlete, after winning 13 Colorado high school state titles in both cross country and track.

### PERSONAL BESTS

5K - 17:32

6K - 20:50.5

*"Natalie is an awesome talent who has learned to work hard. She's a natural leader."  
-Head Coach Bob Braman*



## ANNE CLINTON

JUNIOR

RICHMOND, IN

RICHMOND

### ALL-SOUTH REGION ('03)

At the beginning of the season, head coach Bob Braman listed Clinton as a solid scorer with experience for the Noles in the middle of the lineup. Clinton held true to form, solidifying the middle by 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 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. Clinton recorded career bests in the two meets prior to the regionals and helped the Noles finish second overall and earn consecutive trips to nationals. At the first meet of the season, Clinton finished fifth overall and second for FSU to help the squad to a second-place finish. Clinton posted times of 21:56.3 at the ACC Championships to aid the Garnet and Gold to a fifth-place performance, tying an FSU women's record for highest finish in a conference championship. At the ACC Championships, the junior crossed the tape in a time of 21:56.3 and a 32nd place finish. In her second appearance at nationals, Clinton finished 165th in 22:06.1.

In 2002, Clinton returned to the team after missing her freshman season. She turned in a remarkable first season of collegiate competition by scoring at every meet in which she raced. Clinton ran a season best 22:34 at the NCAA Championships. The year was highlighted by second-place finishes on the team at the Mountaineer Open, Seminole Invitational and the Great American Cross Country Festival. At the NCAA South Region Championships, Clinton added a top 30 finish.

Clinton is a former Richmond High School standout where she not only excelled in the classroom but on the track, golf and gymnastics teams. She is majoring in parks and recreation management.

On the track, Clinton excelled in the 5000m event where she finished among the top performers at the 2003 ACC Championships. The former high school



ANNE CLINTON

track standout narrowly missed qualifying for the NCAA South Regionals with her personal best time of 17:11 at the Georgia Tech Invite.

---

**PERSONAL BESTS**

5K - 18:21.58  
6K - 21:43.16

---

*“Anne has made as much progress in two years as anyone I’ve ever coached. We never would have qualified for NCAAs without her.” - Head Coach Bob Braman*



**HELEN HOFSTEDE**

---

SENIOR  
HOOGKARSPHEL,  
NETHERLANDS  
RSG ENHBUZIJN

---

**ALL-SOUTH REGION TEAM ('03)**

Hofstede started her Florida State career in great fashion. The Hoogkarspel, Netherlands native was among FSU’s top three finishers in four meets and scored points in all seven events in which she competed. The senior transfer ran a 6K personal-best time on the national stage, placing 89th in 21:20.3, beating her prior best posted at the NCAA South Regionals (21:44.40 - 25th place). In her first season with FSU, Hofstede added a 38th place finish at the ACC Championships and an 82nd place finish in 22:05.7 at the NCAA Pre-Nationals in both 6K races.

Before Hofstede came to Tallahassee, she won the 1997 Netherlands National Championship in the 800m event of the junior championships, following those with fourth- and second-place finishes in 2002 and 2000, respectively. The senior also played tennis and was involved with a gymnastics program.

In track, Hofstede boast bests of 2:09.5 for 800m and 4:23.2 for 1500m, both would be NCAA Region qualifying marks.

---

**PERSONAL BESTS**

6K - 21:20.3  
5K - 18:14.14

---

*“Helen has silky-smooth running form. She’s a talented runner who glides over the ground. We expect a huge track season from her.” - Head Coach Bob Braman*



**RACHEL MARSH**

---

REDSHIRT JUNIOR  
KISSIMMEE, FL  
OSCEOLA

---

Marsh, who got married in the offseason, not only transformed her name but her role over the past few years as a member of the FSU women’s cross country team. In 2003, Marsh scored in three of five major events and four overall for FSU including four straight personal-best finishes. Marsh came through for the women’s squad at the NCAA South Region meet when she placed 33rd in a time of 22:01.07, rounding out the top five scorers for the Noles and securing the automatic bid to the NCAA National Championships. At the NCAA National Championships, the Kissimmee, Fla., native ended her Seminole career running a collegiate best time of 21:58 taking 156th place amongst the country’s best competition.

Running for the first time in her career at the 2003 ACC Championships, Marsh completed the 6K course in a time of 22:15.4 for 39th place. Adding depth and leadership, Marsh, who is on an ROTC scholarship and will serve in the Army once she graduates, redshirted her sophomore season due to injury. That season she finished top five in the pre-season time trials.

As a freshman, she ran in the top seven of every meet. She competed at the 2001 ACC Outdoor Track and Field Championship in the 1,500m run. As a prep runner, she was the MVP of her team three times and named most improved. In addition to track and field and cross country, Marsh was a four-year starter for the Osceola High School soccer team. Marsh will graduate this spring with a degree in sport management.

---

**PERSONAL BESTS**

5K - 18:53.51  
6K - 21:58

---

*“Rachel’s great race at regionals put us into nationals and then she followed that race with a lifetime best at the NCAAs. She had an unbelievable season for a former walk-on.” - Head Coach Bob Braman*



**HEATHER CLARK**

---

FRESHMAN  
BREWER, ME  
BREWER

---

Clark was one of the rookies who contributed to the Garnet and Gold performance helping the women’s squad to its second NCAA National Championship appearance in as many years. Clark scored in Florida State’s top five, four times in seven races. The Brewer, Maine native ran a personal best time of 18:36.99 for the 5K Florida Intercollegiate Championships Race hosted by Florida State. The former Brewer High School standout ran a season best time of 22:15.4 at the ACC Championships in one of the nation’s best cross country conferences. In her first race against national competition, Clark placed 99th at the NCAA Pre-Nationals meet finishing, fourth for FSU, with a mark of 22:16.8. The former two-time state indoor mile champion set six Brewer High School records in distances from the 800 meters to two miles in the indoor and outdoor. The current Tribe member finished eighth overall in the New England Cross Country Championships. Clark was also the salutatorian of her graduating class and intends on majoring in nursing.

---

**PERSONAL BESTS**

6K - 22:15.4  
5K - 18:36.99

---

*“Heather had a super freshman year. She was an integral part of our qualifying for nationals.” - Head Coach Bob Braman*





## JENNIFER GOMEZ

SOPHOMORE  
MIAMI, FL  
LOURDES ACADEMY

After an impressive freshman campaign that saw her compete and finish in the top seven of seven races, Gomez came out solid in 2003 to help the Noles attain another spot at the NCAA National Championships. After finishing 2002 with a 6K personal best time of 23:46, the Miami native shaved close to a minute off her time running a personal best at the ACC Championships. Gomez posted a time of 22:51.7, good for 46th place overall in one of the toughest cross country conferences in the country. The former Lourdes Academy standout tied her personal-best 5K mark, set last year at the Seminole Invitational, in the same meet in 2003 finishing 16th for FSU.

In 2002, during her first season with FSU, Gomez scored points for the Lady Seminoles at the Seminole Invitational and Great American Cross Country Festival. Her best performance of the year came at the ACC Championships where she finished 50th in a season-best 6K time of 23:46. The former 2A State title champion (2000) is a special education major.

### COLLEGIATE BESTS

6K - 22:51  
5K - 19:07

*"Jenny worked extremely hard this season and it showed with her one minute personal record. She's on the verge of becoming something special." - Head Coach Bob Braman*



## CARLA AGNEW

FRESHMAN  
OSHAWA, ONTARIO  
MCLAUGHLIN

Agnew joined the Seminole squad with the expectation of adjustment. Her intentions were to adjust to travel, running in warmer weather and getting used to a new program. Transitioning from a three-sport athlete at McLaughlin C.V.I. in Oshawa, Ontario to running cross country and track and field in Florida could have been tough on the first-year student, Agnew excelled running in three 5K meets - Mountaineer Open, Florida Intercollegiate Championships and the Disney Invitational. She finished the Mountaineer Open in a time of 20:15.4 and 23rd overall in her first collegiate event. At the Florida Intercollegiate held in Tallahassee, where she finished 22nd overall in a season-best time of 19:29 to finish in the top seven for FSU. At the Disney Invitational, Agnew completed her season with a time of 21:03.30.

Prior to joining the Garnet and Gold, Agnew placed fifth in the 1500m run at the Canadian Junior National and won the bronze medal in the 800m event at the OFSAA meet. Agnew intends on majoring in exercise physiology.

### PERSONAL BESTS

6K - none  
5K - 19:29.44

*"Carla nearly doubled her workload from high school. Once she adjusts, she'll be a top five runner for us." - Head Coach Bob Braman*



MEREDITH URBAN



## SYDNEY MONDRAGON

JUNIOR  
PUEBLO, CO  
SOUTH

Mondragon has run cross country for the past three seasons as a preparation for the middle distances in track. Mondragon ran in the FLRunners.com Invitational posting a time of 21:06.36, crossing the tape third overall for FSU and 30th for the meet. In track, the Pueblo, Col., native has excelled running in several mid-distance events for the Tribe and in 2003, finished top five in three 800m events. She competed for FSU at the 2003 ACC Outdoor Championships and recorded a personal best time in the 800m with a 2:14.98 mark. In high school, Mondragon was a cross country state qualifier and participated in track and field and basketball all four years at South High School. She also earned regional champion honors in the 800m during her first three years under coach Bill Bustillos. The math education major has earned Dean's list honors three times in two years and was an ACC honor roll member last season.

### COLLEGIATE BESTS

800m - 2:14.98  
1500m - 5:01.86

*"Sydney's cross country work will enable her to smash her track personal records this spring." - Head Coach Bob Braman*



JENNIFER GOMEZ





CATHLEEN  
WILLY



## CATHLEEN WILLY

---

SOPHOMORE  
PEMBROOKE PINES, FL  
FLANAGAN

---

Cathleen Willy, a highly-touted recruit from the state of Florida, redshirted for the 2003 season. In 2002, Willy served as a positive contributor for the Lady Seminoles. Her best performance of the 2002 campaign came at the Great American Cross Country Festival where she placed seventh among FSU runners and also competed at the Seminole Invitational. That summer, the Pembroke Pines native qualified for the Junior National Championships in Palo Alto, Calif. Willy came to FSU after winning the Florida High School state championship her senior year in the two-mile run and the 5K state all-star meet held in Tallahassee. She is majoring in biology.

---

### PERSONAL BESTS:

3-mile - 17:52  
3200m - 10:46  
3K - 10:06

---

*"Injuries have prevented Cathleen from realizing her great potential. She has the talent to be a top five runner for us."*  
- Head Coach Bob Braman



## KARA NEWELL

---

SOPHOMORE  
TALLAHASSEE, FL  
BOSTON UNIVERSITY

---

The highly-decorated Florida high school runner returned home after spending her freshman season at Boston University. Newell ran in two meets last season placing as high as 21st in a time of 21:08. The Tallahassee, Fla., native helped her team to a first-place finish in a group meet with Northeastern and Albany and an 11th place team mark.

---

### COLLEGIATE BESTS

Mile - 5:06  
2-mile - 10:51

---

*"Kara's a natural long distance runner who I feel will be a big part of our program for years to come."* - Head Coach Bob Braman



# WELCOME TO “TRAIL” AHASSEE

## WORLD CLASS TRAINING ENVIRONMENT

In addition to 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.
- **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.
- **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.
- **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 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 FSU

Florida State University, a graduate research institution, stands among the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida, the university is situated in the heart of the state's capital city. The university's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods and azaleas of North Florida.

As the university has progressed and grown — from its pre-Civil War beginnings as the Seminary West of the Suwannee, to the Florida State College for Women and, finally, returning to coeducational status as a university in 1947 — it has developed into an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and a standard-setter in the basic sciences and the performing arts.

The university has entered the 21st century with excellence in all areas of its mission — teaching, research and public service, including many noteworthy milestones.

- Beginning in fall 2003, the College of Law will offer its first graduate level law degree program, an LL.M. program for foreign lawyers to gain a better understanding of the United States' legal system.
- In March 2003, the department of dance joined the Association for Dance and Performance Telematics (ADaPT), the nation's only interdisciplinary association that uses video and digital technology to expand the creative possibilities of dance performance into the virtual world.
- In February 2003, the School of Motion Picture, Television and Recording Arts won the first, second and third place awards in the comedy category of the 24th annual Academy of Television Arts and Sciences Foundation College Television Awards. The sweep was a first in the history of the annual student competition.
- In February 2003, FSU and the city of Pembroke Pines entered into a first of its kind agreement to establish a charter school to open in August 2003 that will serve 550 kindergarten through fifth grade students and 50 autistic students.
- In February 2003, English Professor Mark Winegardner was chosen by Random House Publishers over several authors from around the world to write the sequel to Mario Puzo's "The Godfather." Winegardner hopes to have the book written by the end of 2004.
- In January 2003, the College of Medicine's Center for Health Equity announced the opening of its Gadsden County office, which will focus on racial and ethnic disparity in maternal and child health issues there.
- During the fall 2002 semester, the Office of Graduate Studies began the pilot phase of the

university's Electronic Theses/Dissertations Project that will eventually store all such scholarly work digitally in both the FSU University Libraries and the UMI/ProQuest Dissertation Archive, an off-site Library of Congress repository.

- In October 2002, the College of Medicine became the first new allopathic medical school in the country since 1982 to receive the approval of the Liaison Committee on Medical Education — the nationally recognized accrediting authority for education programs leading to the M.D. degree — by being granted initial provisional accreditation.
- In September 2002, FSU installed the IBM eServer p690, nicknamed Eclipse, which is the second phase of a computing system that can now perform 2.5 teraflops (2.5 trillion calculations per second) and is ranked No. 34 among all government, industry and academic supercomputers in the world (ranked by the University of Tennessee and the University of Mannheim in Germany, [www.top500.org](http://www.top500.org)).
- During the fall of 2002, FSU had 204 National Merit Scholars, 74 National Achievement Scholars and 203 Hispanic Scholars enrolled.
- In April 2002, the National Weather Service opened its 121st Weather Forecast Office in a four-story addition to the James J. Love Building, home of the FSU department of meteorology. It is the 14th WFO to be collocated on a university campus and will give FSU meteorology students first-hand experience observing and working with professional meteorologists.
- In April 2002, WFSU-TV was among nine public television stations praised for their involvement with the PBS Ready To Learn service and early childhood literacy by President George W. Bush and First Lady Laura Bush during a White House ceremony.
- In February 2002, Florida Gov. Jeb Bush announced the creation of a \$2.5 million FSU center that will develop the best methods to teach reading, to be headed by Joseph K. Torgesen, the FSU Robert M. Gagne Professor of Psychology and Education who is the nation's leading expert on how children learn to read. The center, which will collaborate with the University of Central Florida, will train teachers in what works.
- In October 2001, FSU began its second capital campaign for private funds. The \$600 million FSU Connect campaign surpassed the halfway mark with \$306 million in May 2002. The university's first capital campaign, An Investment in Learning, closed in January 1998 with \$301 million, surpassing its original \$200 million goal.
- From October to November 2001, Pulitzer Prize-winning author Robert Olen Butler, an

FSU Francis Eppes Professor who holds the Michael Shaara Chair in Creative Writing, was the first author ever to write a short story live on the Internet. Butler allowed the world to watch him write an original short story, keystroke for keystroke, two hours a day for 19 days.

- In June 2001, NBC Nightly News anchor Tom Brokaw donated more than 5,000 collections of World War II memorabilia that had been sent to him as the result of his three-book series on "The Greatest Generation" to the FSU Institute on World War II and the Human Experience. FSU created the institute in 1998 to "save the memories of those who saved the world" by collecting letters, diaries, memoirs and photos from participants in the war effort, in order to preserve the materials for classroom teaching, scholarly research and public viewing.
- In May 2001, FSU welcomed the charter class of its College of Medicine.
- In March 2001, FSU opened the Center for the Advancement of Human Rights that trains undergraduate students from nine FSU colleges and schools to be human rights advocates so they can be placed with international human rights organizations.
- In the [blackenterprise.com](http://blackenterprise.com) 2001 "Top Fifty Colleges for African Americans" rankings, FSU was rated 23rd in the nation, up from 26th in 1999.
- In the March-April 2001 issue of National Jurist that rated the nation's "most wired" law schools, the FSU College of Law was ranked 13th.
- At more than \$343.7 million, FSU's endowment has been ranked 127th in the nation by the National Association of College



and University Business Officers, the benchmark of higher education fundraising success, in 2001.

- In 1994, the Carnegie Foundation classified FSU as a "Research University I," placing it among the nation's top research universities. In 2000, the distinction was renamed "Doctoral/Research University-Extensive."

Under the leadership of FSU's 13th president, T.K. Wetherell, who took office in January 2003, and its 13-member Board of Trustees, the university continues to build on the foundation of its history of excellence in scholarship, research and service. The trustees are: Chairman John Thrasher of Orange Park; Harold Knowles, J. Stanley Marshall and Jim Smith, all of Tallahassee; Emily "June" Duda of Oveido; David Ford of Rosemont, Pa.; Dr. Jessie Furlow of Quincy; Manuel "Manny" Garcia III of Winter Springs; William "Andy" Haggard of Coral Gables; E. Ann McGee of Winter Springs; Derrick Brooks of Tampa; FSU Faculty Senate President Valliere Richard Auzenne and Student Government Association President Patrick Sullivan.

A senior member of the State University System, FSU was founded as an institution of higher learning in 1851 by legislative act. It began in Tallahassee with its first class of male students in 1857 and added women in 1858.

FSU's operating budget is \$808 million. Faculty and administrators generate more than \$150 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the university: the Seminole Boosters, the FSU Alumni Association and the FSU Foundation.

The main campus is spread over 463.4 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s. FSU encompasses 1,423.2 acres in Leon, Bay, Franklin, Gadsden and Sarasota counties.

Within the state, the university maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory at Turkey Point on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years, FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica, Spain, Russia, Vietnam, the Czech Republic, Greece, Croatia, Ireland, South Africa, Ghana and the Caribbean. FSU's student centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe.

Florida State offers 300 graduate and undergraduate degree programs through its nine colleges — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University); Human Sciences; Law; Medicine; and Social Sciences (which also incorporates the Reubin O'D Askew School of Public Administration and Policy) — and eight schools — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 2,043 members, the FSU faculty has included 10 National Academy of Sciences elected members, four American Academy of Arts and Sciences members and five Nobel laureates. It is backed by 5,262 administrative and support staff members.

Library holdings at Florida State include 2.5 million book titles and 6.8 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Library is located at the heart of the university's science research complex. FSU also maintains music, library science and law libraries, and the Mildred and Claude Pepper Library.

FSU's 6,605 graduate students pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

Of FSU's 36,683-student population, 56 percent are female, 44 percent are male, 23.5 percent are minorities, and 4 percent are foreign students.

## 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 35,562 in the Fall Semester 2001.

**ENROLLMENT (FALL, 2002):** Total, 36,683...76.5% undergrad, 17.8% grad, 5.7% unclassified...74.7% in-state...93.2% from the United States... students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...12 foreign countries contributed over 50 students each...male, 44%...female, 56%...minority, 23%...international, 4%.

**ACREAGE:** Main Campus: 463.4 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,423.2 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/PROGRAMS:** FSU has 17 major academic divisions: the Colleges of Arts and Sciences, Business, Communication, Education, Engineering, Human Sciences, Law, Medicine, and Social Science; and the Schools of Criminology and Criminal Justice, Film (Motion Picture, Television, and Recording Arts), Information Studies, Music, Nursing, Social Work, Theatre, and Visual Arts and Dance.

**OPERATING BUDGET (2002-03):** \$808,667,563

**DEGREE PROGRAMS:** As of November 2001, the university offers: 96 degree programs at the Bachelor's degree level; 100 degree programs at the Master's degree level; 30 degree programs at the Advanced Master's/Specialist level; 72 degree programs at the Doctoral degree level; 2 degree programs at the Professional level.

**DEGREES AWARDED FOR 2001-02:** Bachelor, 5,912...Masters, 1,553...Doctorate, 248...Specialist, 94...Judge Doctorate, 227, Total, 8,034

**ENTERING FRESHMAN FACTS (FALL, 2001):** The middle 50 percent High School GPA, 3.5-4.1; SAT score 1110-1290, ACT score 23-28.

**RETENTION RATE:** First year, 100%...second year, 83.5%...third year, 72.9%...fourth year, 69.6%.

**FACULTY/STAFF:** Full time ...Part time ...Total 2,043...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 five dynamic Nobel Laureates: 10 members elected to National Academy of Sciences...four 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 has been recently ranked 18th most connected university in the nation by Yahoo! Internet Life...In 1998, IBM hired 29 FSU graduates and not just business graduates but also English majors for help in web development and design...Revlon, which recruits primarily at five schools nationwide, expanded in 1998 to include FSU as its sixth school.

<i>10 Leading States of Origin (Enrollment)</i>	
Florida	27,933
Georgia	977
Virginia	410
Texas	401
New York	313
Pennsylvania	383
North Carolina	263
Illinois	244
Alabama	241
California	203

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU is the recognized leader in international education within the State University System of Florida...FSU gives students the opportunity to see the world, while still attaining their college education...FSU's International programs allow students to travel overseas to participate in formal programs in places like Europe, South America, and Asia.

**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.

**STUDENT/FACULTY RATIO:** 23-1...Many of the general education classes are large lecture classes, however, over 80 percent of major classes have less than 40 students.

**RESEARCH:** Florida State University has built a reputation as a strong research institution in both the sciences and the humanities...Private foundations, industries, and government agencies all provide funding to support research at FSU...In 1994, Florida State was accorded the status of Research I University by the Carnegie Foundation for the Advancement of Teaching, an elite distinction that recognizes the university's strengths in doctoral programs and federal funding.

**SPONSORED RESEARCH (2001-02):**  
\$149,133,787

**LIBRARY HOLDINGS:** The Libraries of Florida State are: Strozier Library, Dirac Science Library, Warren D. Allen Music Library, Harold Goldstein Teaching Laboratory Library, Pepper Library, and the FSU Law Library...The Number of Volumes, 2,522,954; Current Serials, 19,309 Microforms Held, 6,872,780; Government Documents, 962,265; Computer Files, 14,837; Manuscripts and Archives (linear feet), 4,352.

## FAMOUS ALUMNI

**RITA COOLIDGE** Rita Coolidge is a two-time Grammy Award winner. She has worked with Joe Cocker (backup singer and soloist) on his "Mad Dog and Englishman" tour. She has also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills. Coolidge co-wrote "Superstar" which was a huge hit for the Carpenters.

**LEE CORSO** Lee Corso, College football Analyst for ESPN. Corso joined ESPN in 1987 after 28 years of football coaching experience at the college and professional levels – including 17 seasons as a head coach – serves as a game analyst for the Thursday night telecasts and as a studio analyst for College GameDay and the half-time and scoreboard shows. He is a member of the FSU Hall of Fame, received four varsity letters in both football and baseball at FSU.

**PAUL GLEASON** A teammate of Burt Reynolds, is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal in "The Breakfast Club."

**BARBARA HARRIS** Barbara Harris is currently the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States.

SHAPE has a current circulation of 808,634 and over 2.2 million readers. Harris, who lettered in volleyball at FSU from 1974-77, frequently appears on national and local television, radio talk shows, and is interviewed regularly by the newspaper media, sharing her experience in the areas of exercise, health, wellness, and women's issues.

**TRAYLOR HOWARD** Traylor Howard, an actress best known for her role as "Sharon" in the hit TV Series "Two Guys and a Girl" (ABC). Howard appeared in more than 30 national commercials before winning the role of Joy on the comedy series "Boston Commons." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

**GABRIELLE REECE** Gabrielle Reece is best known for her career in volleyball and as a model. Reece began modeling in 1989 and has appeared on the covers of Women's Sports & Fitness, Outside, SHAPE, Elle, Life and others. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece has co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle" and writes a column for Women's Sports & Fitness.

**BURT REYNOLDS** Academy award nominee and Golden Globe winner, Burt Reynolds has enjoyed enormous success as an actor and director in feature films, television and stage productions. Some of Burt's most prominent films include: "Mystery Alaska", "Striptease", "Citizen Ruth", "Deliverance", "Stroker Ace", "Smokey and the Bandit" and many more. Reynolds also starred in the hit television series "Evening Shade".

**Dr. TONEA STEWART** Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, Dr. Stewart is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe. Dr. Stewart also had roles in John Grisham's film "A Time To Kill" portraying Samuel L. Jackson's wife. She won an NAACP Image Award nomination as best supporting actress in 1997. Dr. Stewart was the first African American female to receive a doctorate from the FSU School of Theatre and the first McKnight Doctoral Fellow in Theatre Arts.

**NORM THAGARD** Former NASA Astronaut, Norm Thagard was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, also aboard Challenger and STS-30 in 1989, on Orbiter Atlantis. He also served as 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, which required he live and train at the Gagarin Cosmonaut Training Center at Star City, Russia for more than one year prior to the mission. He logged over 140 days in space during five space flights.

**DELANE MATTHEWS** DeLane Matthews is an actress best known for her role as Beth Barry on "Dave's World" a television sitcom that aired on CBS 1993-1997. She has worked in regional theatre, on the New York Stage, in film and in television. DeLane has also appeared in the daytime soaps, "Guiding Light" and "Ryans Hope" for five years. Some of her other roles have included: "The Fugitive" (2001), Evasive Action (1998), "From the Earth to the Moon" (1998), "Every Woman's Dream" (1996).

## OTHER DISTINGUISHED ALUMNI:

**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

**Parris Glendening**, Governor of Kentucky

**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

**John Marks**, Tallahassee Mayor

**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"

**Dr. Valint Vazsonyi**, international concert pianist

**Claudia Waite**, award-winning soprano

**Ellen Taaffe Zwilich**, award-winning composer

**Linda Zoghby**, opera singer



# 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 Southern beauty and charm, Tallahassee is 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.

Boasting more than 145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida's historic "Capitol Hill" is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd-floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley

House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other downtown delights. Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry "natives."

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.

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

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, science and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite

quail. Area lakes, rivers, ponds and the Gulf — just 30 minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the bass fishing world for yielding the "big ones." Local wildlife areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it's a wild array of spectator sports that leave the crowds screaming for more. The Florida State Seminoles and Florida A&M Rattlers will provide plenty of collegiate action. And always a sure bet are the nearby greyhound races.

For another favorite "sport" — shopping — two large regional malls and many specialty

## OUR HISTORY *Tallahassee, Florida*

In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida's capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.



centers offer an array of “playing options,” from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfasts, rustic “gentlemen” lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

## TALLAHASSEE-LEON COUNTY CIVIC CENTER

It is easy to understand why over one million people a year flock to the Tallahassee-Leon County Civic Center, what



## POPULATION

City . . . . .148,400  
County . . . . .243,300

with the varied array of attractions it offers. Consider: a \$33.8 million versatile, contemporary complex with excellent facilities and a cooperative and efficient staff that knows its business. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events. Some people come to the Civic Center to enjoy the sounds of rock, country, pop and urban concerts. Some come for the thrills of basketball, ice hockey, rodeos, arena football and three-ring spectaculars.

## 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.

## MUSEUMS AND CULTURE

The federal Institute of Museum and Library Services (IMLS) named the Tallahassee Museum of History and Natural Science as one of the nation’s exemplary museums on September 19, 2000. The Tallahassee Museum, along with 176 other museums, was selected out of a field of 823 applications from museums throughout the nation in a highly competitive competition. The museum features a 52-acre natural habitat zoo, nature trails, authentic 1880s farmstead, hands-on Discovery Center, birds of prey aviary, reptile exhibits, annual events and more!

## OTHER POINTS OF INTEREST

### INCLUDE:

#### Mary Brogan Museum of Art & Science

Interactive hands-on science center and national traveling art and science exhibitions.

#### Mission San Luis

Site of Spanish/Indian village settled from 1656-1704. Ongoing excavations/exhibits/reconstructions.

#### Museum of Florida History

Permanent exhibits include a nine-foot mastodon, Spanish galleon treasures, Civil War memorabilia, reconstructed steamboat and Prehistoric Florida plus traveling exhibits.

#### Old Capitol Museum

Restored to 1902 appearance featuring red candy-striped awnings, stained glass dome, House and Senate Chambers, Supreme Court and Governor’s office.

## PHYSIOGRAPHY

Tallahassee’s rolling landscape, typical of regions further north, is unique among the major cities of Florida. Some areas of the county, including the downtown ridge encompassing the Capitol complex, City Hall and the County Courthouse, exceed elevations of 200 feet. The highest elevation in Leon County is 288 feet, found in the northern part of the county. To the south of the city, the hills yield to the flat terrain that is typical throughout the peninsula of Florida.



#### Maclay State Gardens

Enchanting floral architecture surrounds 1930s home of NY financier Alfred B. Maclay. Impressive grounds feature 200+ floral varieties plus hiking, biking and nature trails, swimming, fishing and boating.

#### Tallahassee Antique Car Museum

Impressive showroom features award winning Chevys, one-of-a-kind Ford Roadster, 1913 CarNation Tourer, 1931 Duesenberg, 1956 T-Bird, Delorean, Cadillacs, Corvettes and more. Plus two original Bat Mobiles.

#### The Capitol

One of 5 tower Capitols in the U.S. features panoramic view from 22-floor observatory/art gallery, House and Senate viewing galleries.



## WHERE'S THE BEACH?

Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.

### Alligator Point

Natural dune public beach, 45 miles south of Tallahassee

### Carrabelle

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

### Dekle Beach

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

### Mashes Sands Beach

Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

### St. George Island

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

### Shell Point

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee

## CANOPY ROADS

The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park, which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.



## The Challenger Center

The Challenger Learning Center of Tallahassee is a 32,000 square foot facility located on beautiful Kleman Plaza in downtown Tallahassee. The Challenger Learning Center is the K-12 outreach facility of the Florida A&M University Florida State University College of Engineering and a visitor destination. The Challenger Learning Center is an amazing living testimony to the

dream of the STS 51L Challenger crew of 1986. This facility features a state-of-the-art space mission simulator, an IMAX theatre, planetarium and laser theatre, an observatory, distance learning classroom, exhibit hall, and worlds more! The mission of the Challenger Center is to inspire, to explore, and to teach.



# One of the Nation's PREMIER PROGRAMS



## COMMUNITY SERVICE

FSU's student-athletes contributed over 4,500 volunteer hours in service to the community in 2002-2003. They also helped to raise \$64,000 in direct support to charities.

Florida State student-athletes 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.



*Christina Denny (left) – The Seminole women's tennis team has earned the Golden Torch Award for highest overall team GPA seven straight years.*

## ACADEMICS

Seven of Florida State's 17 athletic teams – that's 41 percent – currently have a 3.0 or better grade point average.

Since joining the ACC in 1991, FSU has had six National Football Foundation and College Hall of Fame National Scholar Athlete Award winners – the most among all ACC schools and a figure that ranks second nationally in the past 10 years.

Florida State student-athletes have earned \$232,000 in post-graduate scholarships over the past eight years. They have also received 18 post-graduate scholarships for the ACC since 1992.

## ACC Academic Honor Roll

Total – 1,499

## Academic All-Americans

Total – 24



*Football's Chris Hope received the 2002 NCAA Postgraduate Scholarship*



*Derrick Brooks  
Academic All-American*



*Matt Diaz  
Academic All-American*



*Brandt Stewart  
Academic All-American*

## COACHING EXCELLENCE

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate as Florida State. The Seminoles have 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 10 for all-time victories in their sport and in the top five in wins and winning percentage among active coaches. Mike Martin (baseball), Bobby Bowden (football) and JoAnne Graf (softball) have combined for 2,839 wins and each coach appears in the top two for either active winning percentage (Martin), active wins (Graf), or all-time wins (Bowden).

### Winningest Active D-I Coaches

Percentage

2. Mike Martin 3. Bobby Bowden 5. JoAnne Graf

Wins

2. Bobby Bowden 2. JoAnne Graf 5. Mike Martin

### Winningest D-I Coaches All-Time

Wins

2. Bobby Bowden 2. JoAnne Graf 8. Mike Martin



Daryl Bush

## Post-Graduate Scholarship Awards

Total - 18

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 three years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.

In 2001, former Seminole Chris Weinke was the recipient of the first ever ACC Scholar Award which is given annually to an excellent athlete and top scholar who is not going on to graduate school. Football's Chris Hope (2002) and baseball's Matt Lynch (2003) have also earned the distinction.

Florida State has more all-time ACC Honor Roll selections (1,499) than all-time All-ACC honorees (1,479). On top of that number, 24 Seminoles have been named Academic All-Americans and 18 Florida State athletes have received post-graduate scholarships.



Matt Lynch



### TOP NATIONAL ATHLETES

Of the 33 national awards for athletic achievement Florida State student-athletes have won, five have garnered the top athlete in the nation award in their respective sport. Florida State boasts two Heisman Trophy winners and three Golden Spikes winners.



Vicky Gill  
First Team  
All-American



### First Team All-Americans

Total - 681

### National Award Winners

Total - 33

Heisei Itoyan  
First Team All-American



Jonathan Carter  
First Team All-American

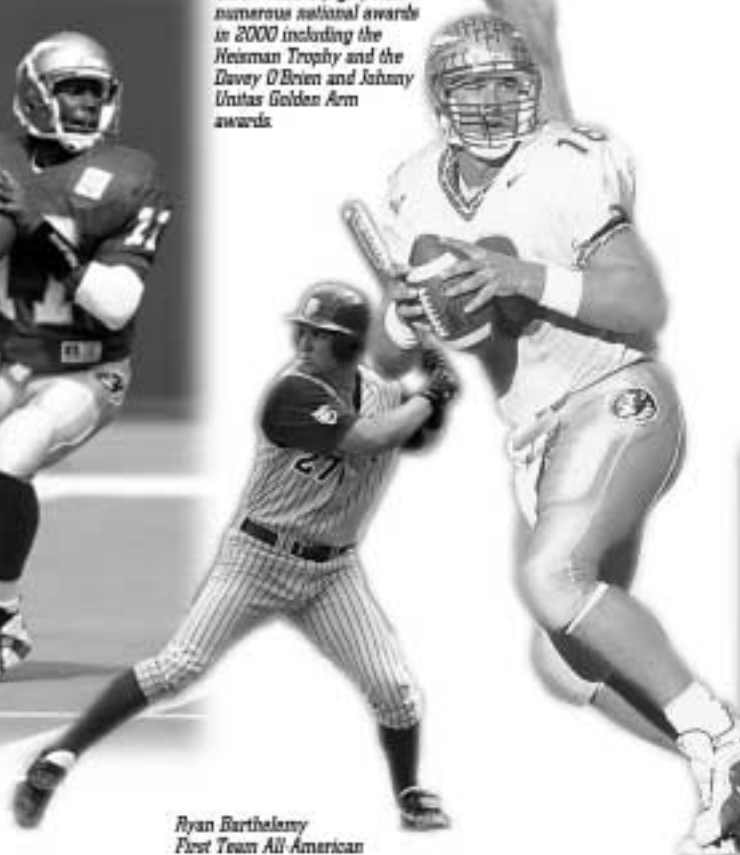


Nolan Henke  
First Team All-American



Charlie Ward  
First Team All-American

Chris Weinke (right) won numerous national awards in 2000 including the Heisman Trophy and the Davey O'Brien and Johnny Unitas Golden Arm awards.



Ryan Barthelmy  
First Team All-American

**All-ACC**  
Total - 1,476



*Corey Siman*  
All-ACC



*Matt Cloer*  
All-ACC



*Cindy Scheffler*  
All-ACC



*Niccola Campbell*  
All-ACC



*Bob Sara*  
All-ACC



**NCAA Tournaments (Teams)**  
Total - 111



**Record**

Florida State's team sports have a combined .689 winning percentage all-time and have earned 7,549 victories. Eight of Florida State's nine team sports have an all-time winning record.

**ACC Team Titles**  
Total - 28



Coach Bobby Bowden



Coach Sue Semrau



**COACHES OF THE YEAR**  
**National Coach of the Year**  
Total - 7

**Regional Coach of the Year**  
Total - 20

**ACC Coach of the Year**  
Total - 20

**Metro Conference Coach of the Year**  
Total - 12



Coach Lisa Gregory



**NATIONAL CHAMPIONSHIPS**

Florida State teams have earned 11 national championships over the years while 21 student-athletes have been crowned individual national champions in their respective sports.



# SEMINOLE STRIDERS

Their names do not show up in the headlines, nor do they receive full scholarships to compete 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 head cross country coach Bob Braman, who ran a similar program while coaching at the University of South Florida.

Through the Seminole Striders program, female runners have a chance to suit up and run with the Tribe's cross country team. However as Braman is quick to point out, the Seminole Striders is not a running club, or an intermediate activity. The cross country team treats these runners the same as any other runner on the team, which means they have to attend practice everyday, do community service, do fundraising and maintain their academics.

On the side of the coaching staff and administration, the runners are treated exactly the same – they are given all the perks associated with being 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," said the fourth-year head cross country coach.

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," Braman said. "We took them down to the Disney Invitational, which was an overnight meet,



and we also took them to the FLRunners.com Invite, where they finished fifth overall, 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. Clinton crossed 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 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.

Abbie Day was another walk-on strider, who ended up running in the varsity seven during her freshman year. During the 2002 season, Day went on to qualify and compete in the ACC Championships.

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.

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

The benefits of the program are evident on both sides. From the standpoint of the FSU athletics department, the program 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.



# THIS IS THE ACC

## THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so advanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds having celebrated its 50th 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 88 national championships, including 44 in women's competition and 44 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 116 times in men's competition and 51 times in women's action.

## 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 2002-03 In Review Tradition of Excellence 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 2002-03 academic year concluded with the league pocketing three more national team titles and 10 individual NCAA crowns. In all, the ACC has won 45 national team titles over the last 13 years.

The ACC's 2002-03 national champions were Wake Forest in field hockey, Virginia in men's lacrosse, and Clemson in men's golf. Overall, 95 ACC teams took part in post-season play compiling a 84-64 (.568) record.

A total of 167 student-athletes from the ACC earned first, second, or third-team All-America honors this past year. In addition, the ACC produced three national Players of the Year, one national Rookie of the Year and four national Coach of the Year recipients.

The ACC placed at least one team in the top 10 nationally in 16 of 21 sports sponsored by the league for which polls were available. In all 28 ACC teams finished their season with a top 10 ranking.

## THE SCHOOLS

Clemson University is nestled in the foothills of the Blue Ridge mountains near the Georgia border, and the tiger paws painted on the roads make the return to I-85 easier. The school is built around Fort Hill, the plantation home of John C. Calhoun, Vice President to Andrew Jackson. His son-in-law, Tom Clemson, left the land to be used as an agricultural school, and in 1893 Clemson opened its doors as a land-grant school, thanks to the efforts of Ben Tillman.

Duke University was founded in 1924 by tobacco magnate James B. Duke as a memorial to his father, Washington Duke. Originally the school was called Trinity College, a Methodist institution, started in 1859. In 1892, Trinity moved to west Durham where the east campus with its Georgian architecture now stands. Nearby are Sarah P. Duke gardens, and further west the Gothic spires of Duke chapel overlook the west campus.

Next to I-85 in downtown Atlanta stands Georgia Institute of Technology, founded in 1885. Its first students came to pursue a degree in mechanical engineering, the only one offered at the time. Tech's strength is not only the red clay of Georgia, but a restored gold and white 1930 model A Ford Cabriolet, the official mascot. The old Ford was first used in 1961, but a Ramblin' Wreck had been around for over three decades. The Ramblin' Wreck fight song appeared almost as soon as the school opened, and it is not only American boys that grow up singing its rollicking tune, for Richard Nixon and Nikita Krushchev sang it when they met in Moscow in 1959.

The University of Maryland opened in 1856 as an agricultural school nine miles north of Washington, D.C., on land belonging to Charles Calvert, a descendant of Lord Baltimore, the state's

founding father. The school colors are the same as the state flag: black and gold for George Calvert (Lord Baltimore) and red and white for his mother, Alice Crossland. Maryland has been called the school that Curley Byrd built, for he was its quarterback, then football coach, athletic director, assistant to the president, vice-president, and finally its president. Byrd also designed the football stadium and the campus layout, and suggested the nickname Terrapin, a local turtle known for its bite, when students wanted to replace the nickname Old Liners with a new one for the school.

The University of North Carolina, located in Chapel Hill, has been called "the perfect college town," making its tree-lined streets and balmy atmosphere what a college should look and feel like. Its inception in 1795 makes it one of the oldest schools in the nation, and its nickname of Tar Heels stems from the tar pitch and turpentine that were the state's principal industry. The nickname is as old as the school, for it was born during the Revolutionary War when tar was dumped into the streams to impede the advance of British forces.

North Carolina State University is located in the state capital of Raleigh. It opened in 1889 as a land-grant agricultural and mechanical school and was known as A&M or Aggies or Farmers for over a quarter-century. The school's colors of pink and blue were gone by 1895, brown and white were tried for a year, but the students finally chose red and white to represent the school. An unhappy fan in 1922 said State football players behaved like a pack of wolves, and the term that was coined in derision became a badge of honor.

The University of Virginia was founded in 1819 by Thomas Jefferson and is one of three things on his tombstone for which he wanted to be remembered. James Madison and James Monroe were on the board of governors in the early years. The Rotunda, a half-scale version of the Pantheon which faces the Lawn, is the focal point of the grounds as the campus is called. Jefferson wanted his school to educate leaders in practical affairs and public service, not just to train teachers.

Wake Forest University was started on Calvin Jones' plantation amid the stately pine forest of Wake County in 1834. The Baptist seminary is still there, but the school was moved to Winston-Salem in 1956 on a site donated by Charles H. and Mary Reynolds Babcock. President Harry S. Truman attended the groundbreaking ceremonies that brought a picturesque campus of Georgian architecture and painted roofs. Wake's colors have been black and gold since 1895, thanks to a badge designed by student John Heck who died before he graduated.

School summaries (except for Florida State) are taken from Tom Perrin's book Atlantic Coast Conference Football, A History Through 1991, which was printed in 1992 by McFarland & Company, Inc., Jefferson, N.C.



# 2003 MEN'S MEET RESULTS

## MOUNTAINEER OPEN (1ST) AUGUST 29, 2003 BOONE, N.C.

Name	Time	Place
Kevin Cook	15:37.5	3
Eddy Rodriguez	15:38.1	4
Joep Tigchelaar	15:43.5	7
Tom Lancashire	15:55.3	11
Ian Hornabrook	15:56.9	12
Nate Davis	16:54.2	30

## FLORIDA INTERCOLLEGIATE (1ST) SEPTEMBER 12, 2003 TALLAHASSEE, FL

Name	Time	Place
Kevin Cook	24:51.48	1
Ian Hornabrook	25:11.55	4
Jim Van Veen	25:37.38	10
Nate Davis	26:24.23	21
Steve DiBari	26:29.25	23
Shawn Patterson	27:09.18	41
Nathan Timm	29:02.20	66

## GREAT AMERICAN (11TH) SEPTEMBER 26, 2003 CARY, N.C.

Name	Time	Place
Joep Tigchelaar	26:14.3	16
Ian Hornabrook	26:49.2	46
Kevin Cook	27:07.01	58
Eddy Rodriguez	27:08.2	59
Luke Beevor	27:09.6	60
Tom Lancashire	28:16.3	113
Jim Van Veen	28:23.6	117

## NCAA PRE-NATIONALS (9TH) OCTOBER 18, 2003 CEDAR FALLS, IA

Name	Time	Place
Joep Tigchelaar	24:03.1	27
Luke Beevor	24:36.8	66
Kevin Cook	24:38.4	70
Ian Hornabrook	24:42.2	77
Eddy Rodriguez	24:43.3	80
Jim Van Veen	25:22.3	144
Tom Lancashire	26:18.1	210

## ACC CHAMPIONSHIPS (2ND) NOVEMBER 1, 2003 WINSTON-SALEM, NC

Name	Time	Place
Joep Tigchelaar	24:24.7	4
Ian Hornabrook	24:39.7	8
Kevin Cook	25:01.3	14
Luke Beevor	25:16.1	18
Eddy Rodriguez	25:24.5	22
Tom Lancashire	26:01.5	42
Shawn Patterson	26:59.1	60

## NCAA SOUTH REGIONAL (2ND) NOVEMBER 15, 2003 AUBURN, AL

Name	Time	Place
Joep Tigchelaar	30:11.08	2
Ian Hornabrook	30:44.84	11
Kevin Cook	30:58.17	16
Eddy Rodriguez	31:00.31	17
Luke Beevor	31:02.16	18
Tom Lancashire	31:35.00	36
Michael Walsh	32:30.33	66

## NCAA NATIONAL CHAMPIONSHIPS (29TH) NOVEMBER 24, 2003 CEDAR FALLS, IA

Name	Time	Place
Luke Beevor	31:04.8	100
Eddy Rodriguez	31:24.6	130
Ian Hornabrook	31:36.4	151
Tom Lancashire	31:43.7	161
Kevin Cook	32:24.3	191
Jim Van Veen	32:54.2	200
Joep Tigchelaar		DQ



2003 MEN'S ALL-NCAA  
SOUTH REGION HONOREES

# 2003 WOMEN'S MEET RESULTS

## MOUNTAINEER OPEN (2ND) AUGUST 29, 2003 BOONE, N.C.

Name	Time	Place
Natalie Hughes	18:27.1	4
Anne Clinton	18:32.7	5
Helen Hofstede	18:42.8	7
Heather Clark	19:36.7	15
Rachel Marsh	19:41.9	17
Carla Agnew	20:15.4	23
Jenny Gomez	20:22.9	25

## NCAA PRE-NATIONALS (10TH) OCTOBER 18, 2003 CEDAR FALLS, IA

Name	Time	Place
Vicky Gill	19:55.6	3
Natalie Hughes	20:58.5	18
Helen Hofstede	22:05.7	82
Heather Clark	22:16.8	99
Anne Clinton	22:22.2	108
Jenny Gomez	22:57.4	150
Rachel Marsh	23:12.31	66

## NCAA SOUTH REGIONAL (2ND) NOVEMBER 15, 2003 AUBURN, AL

Name	Time	Place
Vicky Gill	19:48.04	1
Natalie Hughes	21:13.53	11
Anne Clinton	21:43.16	23
Helen Hofstede	21:44.40	25
Rachel Marsh	22:01.07	34
Heather Clark	22:37.70	58
Jenny Gomez	23:05.80	79

## FLORIDA INTERCOLLEGIATE (1ST) SEPTEMBER 12, 2003 TALLAHASSEE, FL

Name	Time	Place
Natalie Hughes	18:11.06	2
Helen Hofstede	18:14.14	3
Anne Clinton	18:21.58	5
Heather Clark	18:36.99	7
Rachel Marsh	18:53.51	11
Jenny Gomez	19:07.81	16
Carla Agnew	19:29.44	22

## ACC CHAMPIONSHIPS (5TH) NOVEMBER 1, 2003 WINSTON-SALEM, NC

Name	Time	Place
Vicky Gill	19:49.5	2
Natalie Hughes	21:34.3	24
Anne Clinton	21:56.3	32
Helen Hofstede	22:12.6	38
Heather Clark	22:15.4	39
Rachel Marsh	22:19.0	42
Jenny Gomez	22:51.7	46

## NCAA NATIONAL CHAMPIONSHIPS (18TH) NOVEMBER 24, 2003 CEDAR FALLS, IA

Name	Time	Place
Vicky Gill	20:08.5	11
Natalie Hughes	20:50.1	34
Helen Hofstede	21:20.3	89
Rachel Marsh	21:58.0	156
Anne Clinton	22:06.1	165
Heather Clark	22:20.5	185
Jenny Gomez	23:44.3	213

## GREAT AMERICAN (4TH) SEPTEMBER 26, 2003 CARY, N.C.

Name	Time	Place
Vicky Gill	17:07.2	2
Natalie Hughes	18:15.8	13
Helen Hofstede	18:37.3	22
Anne Clinton	18:44.3	27
Rachel Marsh	19:16.3	45
Heather Clark	19:21.5	50
Jenny Gomez	20:18.8	83



2003 WOMEN'S ALL-NCAA  
SOUTH REGION HONOREES

# HISTORY

## FLORIDA STATE UNIVERSITY ATHLETICS

### WOMEN'S CROSS COUNTRY ALL-AMERICANS

1981	Darien Andreau
2002	Vicky Gill
2003	Vicky Gill
	Natalie Hughes

### MEN'S CROSS COUNTRY ALL-AMERICANS

1969	Ken Misner
1970	Ken Misner*
1971	Bobby Brooks
1981	Herb Wills**

\* School 10k Record Holder  
1971-2003...28:55.34

\*\* School 5k Record Hold  
1982-Present...13:53.26

### WOMEN'S ALL-ACC

2000	Amy Pleckaitis
2002	Vicky Gill
2003	Vicky Gill

### MEN'S ALL-ACC

2001	Joep Tigchelaar
2002	Joep Tigchelaar
2003	Joep Tigchelaar
	Ian Hornabrook

### WOMEN'S ALL-TIME 6K RECORDS

1.	Vicky Gill	19:55...2002
2.	Natalie Hughes	20:50...2003
3.	Helen Hofstede	21:20...2003
4.	Brooke Bastein	21:27...2000
5.	Katie Jeffrey	21:32...2000
6.	Anne Clinton	21:43...2003
7.	Allison Lind	21:47...2001
8.	Rachel Marsh	21:58...2003
9.	Misty Harper	22:01...2001
10.	Amy Pleckaitis	22:11...2000

### MEN'S ALL-TIME 8K RECORDS

1.	Larry Greene	23:47...1980
2.	Herb Wills	23:52...1980
3.	Joep Tigchelaar	24:04...2003
4.	Brett Hoffman	24:30...1980
5.	Luke Beevor	24:37...2003
6.	Kim Bergdahl	24:38...2001
7.	Kevin Cook	24:39...2003
8.	Ian Hornabrook	24:43...2003
9.	Eddie Rodriguez	24:44...2003
10.	Brian Lucyk	24:47...1996



DARIEN ANDREAU



KEN MISNER

# FLORIDA STATE UNIVERSITY AND ACROSS THE STATE RELAY



Helping the community has always been a priority for Florida State University athletics and under the leadership of fourth-year head coach Bob Braman, community service and charity donations have become a staple of the Seminole cross country program. In 2003, the Seminoles conducted their third 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," Braman said. "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.

In the past, the event has raised approximately \$7,000 for charities such as the United Way, the Dick Howser Center for Childhood Services Inc., the Red Cross's September 11th Relief Fund and Capital City Youth Services. This year the Seminoles raised over \$5,000 for the United Way of the Big Bend for distribution to multi-sclerosis charities.

One of the organizations that benefit from the event is the Dick Howser Center, 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.

These centers are licensed childcare facilities that offer developmental intervention as well as therapy and other healing arts services. In addition, the Howser Center offers community based support such as respite care and personal care assistance for both children and adults with developmental disabilities. 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 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.

