



# CROSS-COUNTRY

Harry Groves Spiked Shoe Invitational || September 13, 2013



## SENIOR DAY: THANK YOU SENIORS!

Team Captains: Senior Nick Scarpello & RS-Junior Matt Fischer

Women's 6,000-Meters || 5:30 p.m.

Men's 5.2 Miles || 6:15 p.m.



An Independent Licensee of the Blue Cross and Blue Shield Association

## COMPETING TEAMS

Bucknell

Cortland St.

Geneseo St.

Grove City

Johns Hopkins

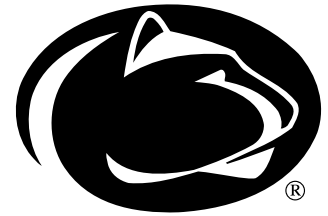
Mt. St. Mary's

Penn State

Pittsburgh

# PENN STATE

## 2013 MEN'S CROSS COUNTRY



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### PENN STATE NITTANY LIONS

#### 2013 Schedule

Name	Class	Elig.	Hometown (Previous School)
Brennan, Ryan	Junior	Sophomore	Chester, N.Y. (Monroe-Woodbury)
Burkhardt, Glen	Junior	Sophomore	Kennett Square, Pa. (Unionville)
Campbell, Chris	Junior	Junior	Newtown, Pa. (Council Rock North)
Colwell, Jon	Freshman	Freshman	Reedsville, Pa. (Mifflin County)
Crawford, Jordan	Freshman	Freshman	LeMoyne, Pa. (Cedar Cliff)
Creese, Robby	Junior	Sophomore	Mount Airy, Md. (Glenelg)
Damiani, Thomas	Sophomore	Freshman	Tunkhannock, Pa. (Tunkhannock)
DiSilvio, Ean	Freshman	Freshman	Pittsburgh, Pa. (Taylor Allderice)
Endress, Wade	Junior	Sophomore	Altoona, Pa. (Altoona Area)
Fischer, Matt	Senior	Junior	Kennett Square, Pa. (Unionville)
Hill, Robert	Freshman	Freshman	Wellsboro, Pa. (Wellsboro Area)
Jewett, Curtis	Freshman	Freshman	Rome, Pa. (Northeast Bradford)
Kidder, Brannon	Sophomore	Freshman	Lancaster, Ohio (Lancaster)
Lippert, Conrad	Sophomore	Freshman	Middletown, N.J. (Christian Brothers Academy)
Miller, John	Freshman	Freshman	Bay Village, Ohio (St. Ignatius)
Pondel, Austin	Freshman	Freshman	Columbus, Pa. (Corry Area)
Quinn, Connor	Freshman	Freshman	Horsham, Pa. (Hatboro-Horsham)
Rivera, Brad	Freshman	Freshman	Bensalem, Pa. (Bensalem)
Scarpello, Nick	Senior	Senior	Jamison, Pa. (Central Bucks West)
Watkins, Za'Von	Sophomore	Freshman	Liverpool, N.Y. (Liverpool)

SEPTEMBER		
6	at Dolan Duals	Lock Haven
13	<b>Harry Groves Spiked Shoe Inv.</b>	<b>6:15 p.m.</b>
OCTOBER		
5	at Paul Short Run	Lehigh
18	<b>PSU National</b>	<b>10:00 a.m.</b>
19	NCAA Pre-Nationals	Indiana State
NOVEMBER		
3	Big Ten Championships	Purdue
15	NCAA Mid-Atlantic Regional	Lehigh
23	NCAA Championships	Indiana State

**BOLD - Denotes HOME Competition**

**Director and Head Coach of Track and Field/Cross Country:** Beth Alford-Sullivan (Eighth Year)

**Associate Head Coach:** John Gondak (Eighth Year)

**Director of Operations:** Jess Riden (Eighth Year);

**Director of Operations:** Ryan Foster (First Year)

**Athletic Trainers:** Ben Evans, Mike Gay



### DIRECTOR AND HEAD COACH || BETH ALFORD SULLIVAN

Beth Alford-Sullivan begins her 15th season at the helm of the Nittany Lion women's program this fall, and her eighth year as the Director and Head Coach of both the Penn State men's and women's track and field and cross country squads.

Under Sullivan's watch, the Nittany Lions have become one of the most successful programs in the country, as she has coached nearly 150 All-Americans, four NCAA Champions, 84 Big Ten individual champions, and 17 Big Ten Champion relays during her tenure in Happy Valley. Sullivan's achievements have also been well recognized in the coaching community, as she has been named "Coach of the Year" on 28 occasions, including four in 2012-13 alone.

Sullivan guided the Nittany Lions to a highly successful cross country campaign in 2012, leading the Nittany Lion men to a fifth-place finish at the NCAA Mid-Atlantic Regional. The Lions efforts were led by All-Region efforts by then-seniors Sam Masters and Tyler Jones.

The men's cross country program has made great strides with Sullivan at the helm, qualifying as a team for the NCAA Cross Country Championships in both 2008 and 2010. All told, Sullivan has guided at least one male entrant to the NCAA meet in six of the last seven seasons. Sullivan has also coached two of the Lions' most successful athletes on the cross country course in Vince McNally, and Kyle Dawson. McNally, who graduated in 2012, ended his career as one of just 13 four-time NCAA cross country qualifiers in program history. Meanwhile, Dawson, who also ended his eligibility in 2012, qualified for the NCAA meet on three occasions, and was named the Big Ten Freshman of the Year in 2008.

Sullivan's teams have also been outstanding in the classroom during her tenure, as the men's squad earned USTFCCCA All-Academic honors a year ago.

### ASSOCIATE HEAD COACH || JOHN GONDAK

John Gondak begins his eighth year in Happy Valley as an assistant with the Nittany Lion cross country and distance squads. Gondak's resume while with the Blue and White - which can be matched by few middle distance mentors in the country - includes 17 USTFCCCA First Team All-Americans, 15 Big Ten Champions, 17 Penn State records, four Big Ten Freshman of the Year honorees, five Penn Relays victories, and three sub-4:00 milers.

Aside from his athletes' efforts on the track, the Doylestown, Pa., native has also had a huge impact on the Nittany Lions' success on the cross country course, including a Big Ten title by the women's squad in 2009, and an NCAA Mid-Atlantic regional title in 2012. Over the years, Gondak has assisted in NCAA-qualifying efforts by the women's squad in 2009, 2010, 2011, and 2012 and by the men's team in 2008, and 2010. The Nittany Lion women's squad placed 13th at the 2011 NCAA Cross Country Championships - the highest finish in nearly two decades. In fact, the Nittany Lion women have enjoyed four-straight NCAA-qualifying performances in cross country, capturing top 15 standings on three out of four occasions.

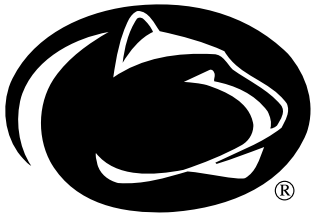
Gondak has also been widely recognized by the coaching community as he was named United States Track and Field/Cross Country Association (USTFCCCA) Mid-Atlantic Region Assistant Coach of the Year during the indoor season in 2009, and again for his efforts during the 2010 outdoor season. Gondak swept the Mid-Atlantic seasons in 2013, winning the USTFCCCA Mid-Atlantic Men's Assistant Coach of the Year award during both the indoor and outdoor seasons.



PennStateTFXC



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# PENN STATE

## HARRY GROVES SPIKED SHOE

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### COLLEGE MEN'S RECORD BOOK

#### Blue/White Golf Course - Top Performers (5.2 Miles)

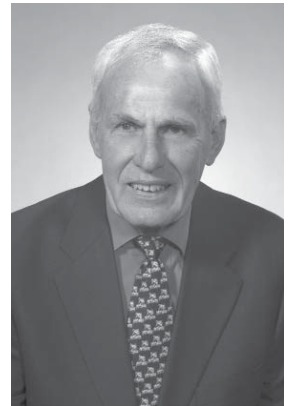
1.	Erick Mack, Air Force Academy	24:54 (1995)
2.	Martin Fagan, Providence	24:56 (2005)
3.	Matt Downin, Wisconsin	24:57 (1999)
4.	Hassan Mead, Minnesota	25:00 (2009)
5.	Elliot Krause, Wisconsin	25:05 (2009)
6.	John Schoenfelder, Wisconsin	25:06 (1999)
7.	Jeff See, Ohio State	25:07 (2009)
8.	Andrew Bumbalough, Georgetown	25:10 (2008)
9.	Mark Steads, Georgia State	25:14 (2008)
10.	John Cantin, Michigan	25:16 (1999)
	Brian Hyde, William & Mary	25:16 (1994)
	Maverick Darling, Wisconsin	25:16 (2009)

### COLLEGE MEN'S SPIKED SHOE HISTORY

1979	Jim Allahand (Unattached)	No Team Score
1980	Alan Scharu (PSU)	No Team Score
1981	George Malley (Athletics West)	No Team Score
1982	Jeff Adkins (PSU)	No Team Score
1983	Greg Fredericks (Unattached)	No Team Score
1984	Tim Springfield (Virginia)	Virginia (24)
1985	Eric Carter	Penn State (30)
1986	Eric Carter/Dave McMillan (PSU)	Penn State (33)
1987	Eric Carter (PSU)	Penn State (31)
1988	Peter Weilermann (JMU)	Penn State (41)
1989	Mark Crogan (Ohio State)	Penn State (42)
1990	Keith Dowling (Pittsburgh)	Pitt (44)
1991	Chris Payne (USF)	USF (31)
1992	Bob Donker (W. Virginia)	Penn State (46)
1993	Frank Nesko (Pittsburgh)	Penn State (54)
1994	Bob Hamer (PSU)	Penn State (16)
1995	Tom McGlynn (PSU)	Penn State (15)
1996	Che Arosomena (PSU)	Penn State (26)
1997	Matt Kodak (Bucknell)	Bucknell (43)
1998	Frank Bruder (Pgh Pharoah Hounds)	Penn State (44)
1999	Peter Sherry (Unattached)	JMU (46)
2000	Karl Savage (St. Joe's)	Wm and Mary (47)
2002	Jason Woodhouse (Okla. State)	Okla. State (25)
2003	Dan Mazzocco (PSU)	Penn State (30)
2004	Macharia Yuot (Widener)	Princeton (63)
2005	Teddy Meyers (St. Joe's)	Penn State (39)
2006	Mike Anderson (Dayton)	Syracuse (50)
2007	Brian Fuller (PSU)	Columbia (26)
2008	Dan Busby (Syracuse)	Syracuse (15)
2009	Lee Berube (Geneseo State)	Michigan (25)
2010	Donn Cabral (Princeton)	Princeton (48)
2011	Lee Berube (Geneseo State)	Geneseo State (33)
2012	Alejandro Arroyo Yamin (Princeton)	Princeton (25)

### || HARRY GROVES || NITTANY LION LEGEND

Today's event is named after long-time Nittany Lion men's track and field and cross country coach Harry Groves. Groves spent nearly forty years at the helm of the men's program, beginning in 1968 until retiring at the conclusion of the 2006 track and field season. Groves is a 2001 USTCA Hall of Fame inductee, was named national Coach of the Year on five occasions, and is a 26-time Regional Coach of the Year honoree. Throughout his Lion career, Groves coached 11 American record holders and 21 national champions. On the international level, 14 Groves-coached athletes made Olympic teams. Groves has also made countless international appearances of his own, including a trip to Barcelona, Spain, where he served as an assistant coach of the 1992 Olympic staff.



### USTFCCA MEN'S RANKINGS

Rank	Team	Region	Conference
1	Oklahoma State	Midwest	Big 12
2	Northern Arizona	Mountain	Big Sky
3	Colorado	Mountain	Pac-12
4	BYU	Mountain	West Coast
5	Arkansas	South Central	SEC
5	Tulsa	Midwest	Conference USA
7	Wisconsin	Great Lakes	Big Ten
8	Portland	West	West Coast
9	Syracuse	Northeast	ACC
10	Princeton	Mid-Atlantic	Ivy
11	Eastern Kentucky	Southeast	Ohio Valley
12	Oregon	West	Pac-12
13	UCLA	West	Pac-12
14	Iona	Northeast	Metro Atlantic
15	Texas	South Central	Big 12
16	Stanford	West	Pac-12
17	Virginia	Southeast	ACC
18	Columbia	Northeast	Ivy
19	New Mexico	Mountain	Mountain West
20	Indiana	Great Lakes	Big Ten
21	Florida State	South	ACC
22	Notre Dame	Great Lakes	ACC
23	Florida	South	SEC
24	Georgetown	Mid-Atlantic	Big East
25	NC State	Southeast	ACC
26	Michigan	Great Lakes	Big Ten
27	Villanova	Mid-Atlantic	Big East
28	Duke	Southeast	ACC
29	Dartmouth	Northeast	Ivy
30	Michigan State	Great Lakes	Big Ten

Others Receiving Votes: Others Receiving Votes: Georgia 20, Illinois 18, Providence 17, Virginia Tech 12, Washington 9, North Carolina 8, Oklahoma 8, Alabama 7, Louisville 3, Harvard 3, Missouri 3, Arizona State 1, Air Force 1.



On the Course the Men follow the White Line