



# CROSS-COUNTRY

The Penn State National || October 14, 2011



CAITLIN LANE



KARA MILLHOUSE

## THANK YOU, SENIORS!!!

Men's 5.2 Miles || 10:00 a.m.

Women's 6,000-Meters || 11:00 a.m.

Awards/Senior Recognition || 12:00 p.m.



An Independent Licensee of the Blue Cross and Blue Shield Association

### COMPETING TEAMS

Akron  
Bucknell (W)  
Buffalo  
Carnegie Mellon  
Cleveland St.  
Colgate  
Connecticut  
Duke  
Duquesne  
Ferris State

Florida Int'l  
Grand Valley St.  
Hofstra  
Indiana (Pa.)  
Lehigh  
Lock Haven  
Loyola (Md.)  
Mansfield  
Miami (Ohio)  
Montana State

Penn  
Penn State  
Rider  
Robert Morris  
Temple  
Towson  
West Virginia  
Wofford  
Youngstown St.

**SENIOR CAITLIN LANE  
GREENWICH, N.Y.**



Caitlin Lane has enjoyed a sensational Nittany Lion career on the track and on the cross country course. So far this fall, Lane took top honors at the Lock Haven Dolan Duals - her fourth-straight win at the event - and also scored a seventh-place finish at the prestigious Roy Griak Invitational at Minnesota. Last year, Lane was the Lions' top finisher at the Mid-Atlantic Regional Championships in 2010, scoring an 12th-place and all-region finish to help Penn State to it's second-straight appearance at the NCAA Cross Country Championships. Lane, who was a key member of the Lion's Big Ten Champion cross

country team in 2009, has also been stellar on the track, setting a school record in the 1,000-meters (2:45.95) during the 2011 indoor campaign. The then-junior would also clocked a speedy 4:38.37 for the mile run, qualifying for the NCAA Indoor Championships, where she placed 14th overall to earn Second Team All-America status. Lane was also a member of the Lions' school-record 4x800-meter relay squad, which combined to run 8:39.44 at Penn Relays last year. The senior is majoring in Journalism.

**SENIOR KARA MILLHOUSE  
BOILING SPRINGS, PA.**



Kara Millhouse has developed into one of the Nittany Lions top distance athletes over her four-year career, including two NCAA appearances during the 2010-11 campaign, one school record and one Big Ten title. Millhouse was sensational as a junior, beginning with an all-region effort in cross country to help propel the Nittany Lions to a third-place effort in the Mid-Atlantic Region, and the team's second-straight NCAA bid. Millhouse continued to impress indoors, turning in a pair of scoring efforts at the Big Ten Indoor Championships by placing fourth in both the 3,000- and 5,000-meters. Millhouse really hit her stride during the outdoor season, shattering the Penn State record in the 10,000-meters with a blistering 33:31.93. She would also capture top honors in the event at the Big Ten Championships, becoming just the second woman in program history to win the conference 10K crown. The then-junior also advanced to the NCAA Outdoor Championships in the event, where she earned Honorable Mention All-America status. She was also a member of the Lions' Big Ten Champion cross country squad in 2009. Millhouse, who is also an Academic All-Big Ten honoree, is majoring in Kinesiology.

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**FOLLOW PENN STATE CROSS COUNTRY  
AND TRACK & FIELD!**

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**2011 PENN STATE WOMEN'S ROSTER**

First	Last	Year	Hometown
Leigha	Anderson	Fr.	Carlisle, Pa.
Abigail	Benson	Fr.	Elma, N.Y.
Natalie	Bower	Jr.	Pleasant Unity, Pa.
Rachel	Casciano	Fr.	Wyomissing, Pa.
Markea	Dickinson	So.	West Chester, Pa.
Bria	Edwards	Fr.	Hazle Twnshp, Pa.
Kalyn	Fisher	So.	Lewisburg, Pa.
Emily	Giannotti	So.	Coudersport, Pa.
Lindsey	Graybill	Jr.	Macungie, Pa.
Kerrin	Jennings	Fr.	Glen Mills, Pa.
Marta	Klebe	So.	Chesterbrook, Pa.
Danielle	Kocjancic	So.	Kane, Pa.
Caitlin	Lane	Sr.	Greenwich, N.Y.
Kara	Millhouse	Sr.	Boiling Springs, Pa.
Lauren	Mills	Fr.	West Chester, Pa.
Victoria	Perri	So.	Philadelphia, Pa.
Gwenn	Porter	So.	Clearfield, Pa.
Brooklyne	Ridder	Jr.	Cincinnati, Ohio
Colleen	Shannon	Jr.	Andover, Mass.
Rebekka	Simko	So.	Mentor, Ohio
Lucia	Sofo	So.	State College, Pa.

**Penn State Coaching Staff**

Director and Head Coach	Beth Alford-Sullivan, 13th Year
Assistant Coach	John Gondak, 6th Year
Director of Operations	Jess Riden, 6th Year
Volunteer Assistant	Artie Gilkes, 9th Year
Volunteer Assisant	Luke Watson, 2nd Year
Volunteer Assistant	Ryan Foster, 1st Year

**MEET THE COACHES**



**Beth Alford-Sullivan**  
**Director and Head Coach**  
**Track and Field/Cross Country**  
13th Year  
Minnesota, '89



**John Gondak**  
**Assistant Coach**  
**Cross Country, Mid-Distance**  
Sixth Year  
Syracuse, '95

## COLLEGE WOMEN'S RECORD BOOK

### Blue/White Golf Course - Top Performers (6,000-Meters)

1.	Sheila Reid (Villanova)	19:34 (2010)
2.	Kim Smith (Providence)	19:46 (2003)
3.	Emily Infield (Georgetown)	19:50 (2010)
4.	Megan Hogan (G. Washington)	19:58 (2010)
5.	Bridget Franek (PSU)	20:03 (2009)
6.	Alex Banfich (Princeton)	20:04 (2010)
7.	Bogdana Mimic (Villanova)	20:05 (2010)
8.	Lindsay Carson (Guelph)	20:07 (2008)
9.	Amanda Marino (Villanova)	20:09 (2010)
10.	Angela Bizzari (Illinois)	20:10 (2009)
	Alison Smith (Villanova)	20:10 (2010)
12.	Keri Bland (West Virginia)	20:11 (2008)
13.	Clara Grandt (West Virginia)	20:17 (2008)
14.	Bridget Franek (Penn State)	20:20 (2008)
15.	Mary Cullen (Providence)	20:23 (2004)
	Megan Duwell (Minnesota)	20:23 (2009)

## WOMEN'S PSU NATIONAL HISTORY

### Top 10 Performances (on PSU 6K Course)

1.	Kim Smith (Providence)	19:46 (2003)
2.	Lindsay Carson (Guelph)	20:07 (2008)
3.	Keri Bland (West Virginia)	20:11 (2008)
4.	Clara Grandt (West Virginia)	20:17 (2008)
5.	Bridget Franek (Penn State)	20:20 (2008)
6.	Mary Cullen (Providence)	20:23 (2004)
	Sheila Reid (Villanova)	20:23 (2010)
8.	Sarah Bowman (Tennessee)	20:24 (2008)
9.	Molly Landreth (PSU)	20:30 (2003)
10.	Shannon Rowbury (Duke)	20:34 (2005)

### National Invite Winners (Since 2000)

2000	Melissa Foon (Navy)	UCLA (38)
2001	Erin Mertin (Florida)	James Madison (35)
2002	Megan Metcalfe (W. Virginia)	Providence (51)
2003	Kim Smith (Providence)	Providence (49)
2004	Kim Smith (Providence)	Providence (49)
2005	Shannon Rowbury (Duke)	Duke (22)
2006	Miesha Marzell (Pony Express)	Syracuse (44)
2007	Marie-Louise Asselin (West Virginia)	West Virginia (86)
2008	Lindsay Carson (Guelph)	West Virginia (57)
2009*	Neely Spence (Shippensburg)	West Virginia (27)
2010	Sheila Reid (Villanova)	Villanova (26)

\* Meet contested to Lock Haven.

## 2010 PSU NATIONAL RESULTS

### 2010 Top 10 Finishers

1.	Sheila Reid (Villanova)	20:23
2.	Amanda Marino (Villanova)	20:30
3.	Elise DeRoo (Colgate)	20:34
4.	Megan Hogan (G. Washington)	20:36
5.	Alison Smith (Villanova)	20:40
6.	Katie Hursey (Syracuse)	20:50
7.	Courtney Calka (E. Michigan)	20:42
8.	Emily Lipari (Villanova)	21:00
9.	Natalie Busby (Syracuse)	21:03
10.	Bogdana Mimic (Villanova)	21:04

### 2010 Team Standings

1.	Villanova	26
2.	Syracuse	57
3.	Penn State	137
4.	Miami (Ohio)	155
5.	Grand Valley St	166

## USTFCCCA RANKINGS

Rank	Institution	Region
1	Villanova	Mid-Atlantic
2	Providence	Northeast
3	Florida State	South
4	Colorado	Mountain
5	Georgetown	Mid-Atlantic
6	Stanford	West
7	New Mexico	Mountain
8	Syracuse	Northeast
9	Iowa State	Midwest
10	California	West
11	Arkansas	South Central
12	Oregon	West
13	North Carolina	Southeast
14	Arizona	West
15	Michigan State	Great Lakes
16	Virginia	Southeast
17	Texas	South Central
18	Michigan	Great Lakes
<b>19</b>	<b>West Virginia</b>	<b>Mid-Atlantic</b>
<b>20</b>	<b>Penn State</b>	<b>Mid-Atlantic</b>
21	Minnesota	Midwest
22	Florida	South
23	Iowa	Midwest
24	Washington	West
25	Notre Dame	Great Lakes
<b>26</b>	<b>Duke</b>	<b>Southeast</b>
27	BYU	Mountain
28	Princeton	Mid-Atlantic
29	Oklahoma State	Midwest
30	Clemson	Southeast

Others Receiving Votes: Vanderbilt 25, Yale 16, Texas Tech 14, Indiana 12, Kansas State 10, **Connecticut** 8, Tulsa 7, Dartmouth 7, Cornell 4, Missouri 2, San Francisco 1.

**BOLD** - Scheduled to Attend PSU National.

**NEXT UP: THE BIG TEN CROSS COUNTRY CHAMPIONSHIPS @ ILLINOIS, OCTOBER 30**





On the Course the Women follow the Blue Line