



# CROSS COUNTRY

Harry Groves Spiked Shoe Invitational || September 8, 2017



Jillian Hunsberger



Greta Lindsley



Tim McGowan



Colin Abert

## Competing Teams:

Bucknell  
Edinboro  
Georgetown  
Penn State

Pittsburgh  
Syracuse  
West Virginia

Women's 6,000-Meters || 10:00 a.m.

Men's 5.2 Miles || 10:45 a.m.

High School 5,000-Meters || 11:30 p.m. (Girls)  
12:15 p.m. (Boys)



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# 2017 PENN STATE CROSS COUNTRY



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## Men PENN STATE NITTANY LIONS

Name	Class/Eligibility	Hometown (Previous School)
Colin Abert	JR	Easton, Pa./Easton
James Abrahams	FR	Havertown, Pa./Havertown Township
William Ashenfelter	SO	Needham, MA/Needham
Ryan Barton	FR	Downingtown, Pa./Downingtown West
Brady Bobbitt	JR	Batavia, Ill./Marmion Academy
Benjamin Bumgarner	FR	Waynesburg, Pa./Waynesburg Central
Vail Freed	FR	Middletown, Del./Appoquinimink
Isaiah Harris	JR	Lewiston, ME/Lewiston
Bobby Hill	GS	Wellsboro, Pa./Wellsboro
Brandon Hontz	FR	West Chester, Pa./Bayard Rustin
William Loevner	SO	Allison Park, Pa./Winchester Thurston
Joey Logue	SR	Bloomington Glen, Pa./Pennridge
Tommy Louro	SR	Holtsville, N.Y./St. Anthony's
Jordan Makins	SR	Perth, Australia/Aquinas College
Billy McDevitt	SO	Newtown Square, Pa./Malvern Prep
John McGowan	SR	Northport, N.Y./Roger Williams
Timothy McGowan	SR	Northport, N.Y./Roger Williams
Domenic Perretta	SO	Beaver Falls, Pa./Big Beaver Falls
Brad Rivera	SR	Bensalem, Pa./Bensalem
Gary Ross	FR	Fort Washington, Md./Oxon Hill
Alex Tomasko	FR	Mechanicsburg, Pa./Mechanicsburg
Nick Wagner	FR	Export, Pa./Penn-Trafford
Owen Wing	FR	State College, Pa./State College

## Women

Name	Class/Eligibility	Hometown (Previous School)
Rachel Banks	SO	Chardon, Ohio/Chardon
Tessa Barrett	SR	Waverly, Pa./Abington Heights
Lisa Bennatan	SR	Lake Forest, Ill./Lake Forest
Frances Bull	JR	Mentor, Ohio/Lake Catholic
Hannah Catalano	SR	State College, Pa./State College Area
Elizabeth Chikotas	SR	Hellertown, Pa./Saucon Valley
Victoria Crawford	SR	State College, Pa./State College Area
Marisa Deichert	JR	Uniontown, Pa./Laurel Highlands
Natasha Fedkina	SO	State College, Pa./State College Area
Julia Guerra	SO	Oakland, N.J./Indian Hills
Jillian Hunsberger	SR	Pittsburgh, Pa./Mount Lebanon
Tess Kearns	JR	Scranton, Pa./Holy Cross
Greta Lindsley	SR	Lancaster, Pa./Penn Manor
Reilly Madsen	FR	Manlius, N.Y./Fayetteville-Manlius
Kathryn Munks	SO	Chester, N.Y./Monroe-Woodbury
Noemie Noullet	JR	Pittsburgh, Pa./McDonogh
Nicole O'Donnell	JR	Harleysville, Pa./Souderton
Moira O'Shea	FR	Greensburg, Pa./Greensburg Central Catholic
Danae Rivers	SO	Derby, CT/Wilbur Cross
Jordan Rohrbach	FR	State College, Pa./State College
Victoria Tachinski	FR	Winnipeg, Manitoba/Vincent Massey
Grace Trucilla	JR	Erie, Pa./Villa Maria Academy
Jordan Williams	FR	Sharon, Pa./Sharon
Alison Willingmyre	FR	Wernersville, Pa./Wilson

**Head Coach:** John Gondak (Fourth Year)  
**Assistant Coach:** Angela Reckart (Third Year)

## SEPTEMBER 2017 Schedule

1	at Dolan Duals	Men - 1st; Women - 1st	
8	<b>Harry Groves Spiked Shoe Invite</b>	<b>University Park, Pa</b>	<b>10:00 a.m.</b>
30	at Cowboy Jamboree	Stillwater, Okla.	12:00 p.m.

## OCTOBER

13	<b>Penn State National Open</b>	<b>University Park, Pa.</b>	<b>11:00 a.m.</b>
29	at Big Ten Championships	Bloomington, Ind.	10:45 a.m.

## NOVEMBER

10	at Mid-Atlantic Regional	Bethlehem, Pa.	12:00 p.m.
18	at NCAA Championships	Louisville, Ky.	12:00 p.m.

BOLD - Denotes HOME Competition





# PENN STATE

## HARRY GROVES SPIKED SHOE

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### HEAD COACH JOHN GONDAK

John Gondak enters his fourth year as the head coach of the cross country and track & field programs after being named head coach on Sept. 17 2014. Gondak's résumé while with the Blue and White - which can be matched by few middle distance mentors in the country - includes 39 First Team All-Americans, 34 Big Ten Champions, 46 Penn State records, six Big Ten Freshman of the Year honorees, 10 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 2015, and an NCAA Mid-Atlantic regional title in 2012, 2015 and 2016. Over the years, Gondak has assisted in NCAA-qualifying efforts by

the women's squad in 2009, 2010, 2011, 2012, 2013, 2015 and 2016 and by the men's team in 2008, and 2010. On the men's during the 2013 season, Matt Fischer posted the highest finish at the Big Ten Cross Country Championships in school history (third), placed fourth at the NCAA Mid-Atlantic Regional and finished 78th overall at the 2013 NCAA Division I Cross Country Championships.

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 NCAA-qualifying performances in six of the last seven cross country seasons, capturing top 18 standings on five out of seven occasions, including individual All-American honors by Tessa Barrett in 2015 and Elizabeth Chikotas and Jillian Hunsberger in 2016.

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 awards in 2013, winning the USTFCCCA Mid-Atlantic Men's Assistant Coach of the Year award during both the indoor and outdoor seasons. He was most recently named USTFCCCA Mid-Atlantic Men's Assistant Coach of Year during the 2014 indoor track & field season, USTFCCCA Mid-Atlantic Region Head Coach of the Year award for his efforts during the 2015 & 2016 cross country seasons, and was also named 2017 Big Ten Men's Outdoor Head Coach of the Year, 2017 Mid-Atlantic Region Indoor Women's Head Coach of the Year and 2017 Big Ten Women's Indoor Head Coach of the Year

### ASSISTANT COACH ANGELA RECKART



Angela Reckart enters her third season as the assistant coach for the Nittany Lion cross country/track & field program following coaching at North Carolina for three years. Reckart assists with the cross country and distance event areas.

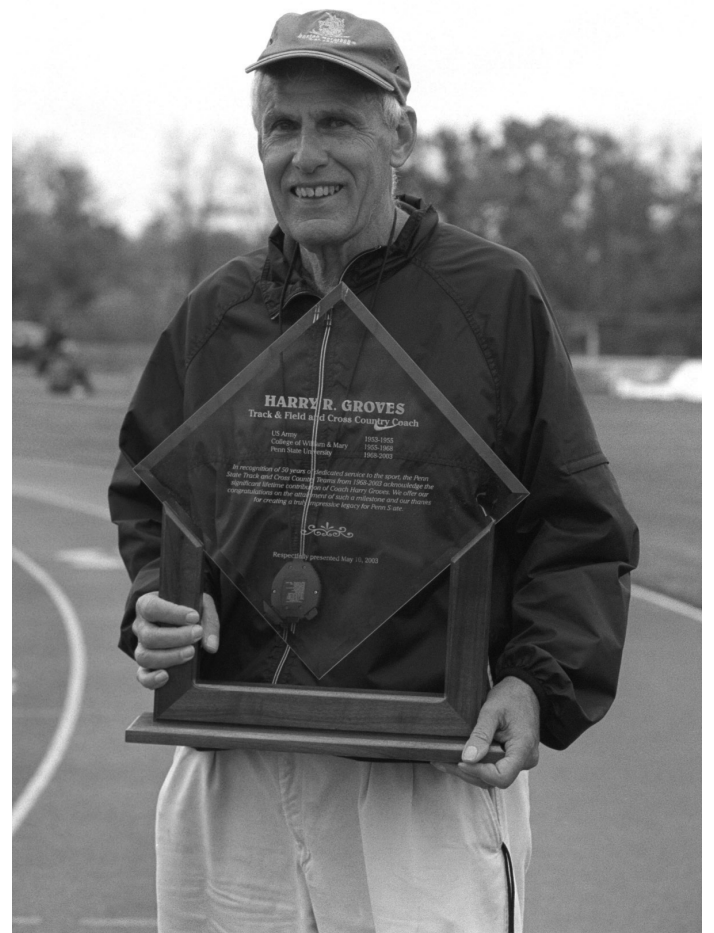
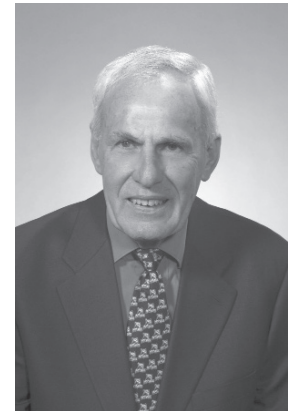
Immediately adding experience and value to the Penn State track and cross country programs, Reckart helped guide the Penn State women's cross country team to Big Ten and Mid-Atlantic titles in her first year in Happy Valley.

Year two in Happy Valley saw Reckart help lead the Nittany Lion women to a second-place finish at the Big Ten Championships in Minneapolis, MN. The second-place finish by the women's team included three All-Big Ten honorees in Tessa Barrett (First-Team), Jillian Hunsberger (First-Team) and Elizabeth Chikotas (Second-Team).

The women's team would go on to win the Mid-Atlantic Regional Title for a second-straight season that saw six Penn State student-athletes earn Mid-Atlantic All-Region honors (Tessa Barrett, Elizabeth Chikotas, Jillian Hunsberger, Kathryn Munks, Greta Lindsley and Tim McGowan). The women's team went on to finish 18th as a team in the NCAA Championships led by two Nittany Lions who teamed up to provide a program first with Penn State fielding two All-Americans at the NCAA Cross Country Championships for the first time in the NCAA era.

### || 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.





# CROSS COUNTRY

## 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)

## WOMEN'S SPIKED SHOE HISTORY

Spiked Shoe (Since Moving to 6,000-Meters in 2000)

2000	Katie Jazwinski (Michigan)	Michigan (52)
2002	Tracey Brauksieck (PSU)	Penn State (22)
2003	Molly Landreth (PSU)	Penn State (15)
2004	Molly Landreth (PSU)	Penn State (23)
2005	Lindsey Donaldson (Yale)	Yale (34)
2006	Jillian Sullivan (UConn)	Syracuse (64)
2007	Bridget Franek (PSU)	Penn State (25)
2008	Cheryl Spring (PSU)	Syracuse (30)
2009	Cheryl Spring (PSU)	Penn State (33)
2010	Emily Jones (Georgetown)	Georgetown (25)
2011	Hannah Neczypor (Georgetown)	Georgetown (16)
2012	Julie Accurso (Ohio U)	Penn State (25)
2013	Emily Giannotti (PSU)	Penn State (15)
2014	Kara Foster (Unattached)	Penn State (27)
2015	Tori Gerlach (Penn State)	Penn State (21)
2015	Tori Gerlach (Penn State)	Penn State (21)
2016	Tessa Barrett (Penn State)	Penn State (37)

Top Spiked Shoe Performances (6,000-Meters)

1.	Tessa Barrett (Penn State)	20:31 (2016)
2.	Katie Jazwinski (Michigan)	20:52 (2000)
3.	Elizabeth Chikotas (Penn State)	20:53 (2016)
4.	Emily Jones (Georgetown)	20:59 (2010)
5.	Renee Tomlin (Georgetown)	21:01 (2010)
6.	Bridget Franek (PSU)	21:02 (2007)
	Tori Gerlach (PSU)	21:02 (2015)
7.	Sara Cummings (Princeton)	21:03 (2010)
	Alex Banfich (Princeton)	21:03 (2010)
8.	Julie Accurso (OhioO)	21:03 (2012)
9.	Jillian Sullivan (UConn)	21:04 (2006)
10.	Hannah Neczyporr (Georgetown)	21:05 (2011)

## 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 Scharsu (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)
2013	Robby Creese (PSU)	Bucknell (33)
2014	Matt Fischer (PSU)	Penn State (41)
2015	Colin Bennie (Syracuse)	Michigan (35)
2016	Iliass Aouani (Syracuse)	Syracuse (19)