



# CROSS COUNTRY

Harry Groves Spiked Shoe Invitational || September 10, 2016



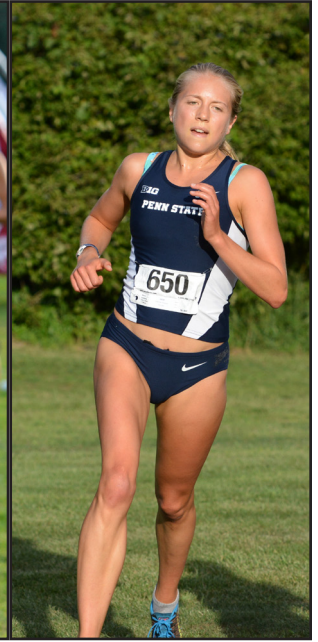
Jillian Hunsberger



Tessa Barrett



Tim McGowan



Elizabeth Chikotas

## Competing Teams:

Cornell  
Georgetown  
Grove City  
Lehigh (M)  
Messiah  
Penn State

Princeton (M)  
Rutgers  
St. Joseph's (Pa.)  
Syracuse  
West Virginia (W)

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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# 2016 PENN STATE CROSS COUNTRY



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## PENN STATE NITTANY LIONS

Men		
Name	Class/Eligibility	Hometown (Previous School)
Colin Abert	SO	Easton, Pa./Easton
William Ashenfelter	FR	Needham, MA/Needham
Brady Bobbitt	SO	Batavia, Ill./Marmion Academy
Isaiah Harris	FR	Lewiston, ME/Lewiston
Bobby Hill	SO	Wellsboro, Pa./Wellsboro
Jaxson Hoey	FR	Downington, Pa./Downington West
Conrad Lippert	SP1	Middletown, N.J./Christian Brothers Academy
William Loevner	FR	Allison Park, Pa./Winchester Thurston
Joey Logue	SO	Bloomington Glen, Pa./Pennridge
Tommy Louro	SO	Holtsville, N.Y./St. Anthony's
Jordan Makins	SO	Perth, Australia/Aquinas College
John McGowan	JR	Northport, N.Y./Roger Williams
Timothy McGowan	JR	Northport, N.Y./Roger Williams
Domenic Perretta	FR	Beaver Falls, Pa./Big Beaver Falls
Joseph Phifer	JR1	Union, N.J./Penn State-Harrisburg
Brad Rivera	JR	Bensalem, Pa./Bensalem
Michael Slagowski	FR	Meridian, ID/Rocky Mountain
Brandon Tubby	FR	Hillsborough, N.J./Hillsborough

Women		
Name	Class/Eligibility	Hometown (Previous School)
Rachel Banks	FR	Chardon, Ohio/Chardon
Tessa Barrett	SO	Waverly, Pa./Abington Heights
Lisa Bennatan	JR	Lake Forest, Ill./Lake Forest
Frances Bull	SO	Mentor, Ohio/Lake Catholic
Hannah Catalano	JR	State College, Pa./State College Area
Elizabeth Chikotas	JR	Hellertown, Pa./Saucon Valley
Victoria Crawford	JR	State College, Pa./State College Area
Marisa Deichert	SO	Uniontown, Pa./Laurel Highlands
Natasha Fedkina	FR	State College, Pa./State College Area
Julia Guerra	FR	Oakland, N.J./Indian Hills
Jillian Hunsberger	JR	Pittsburgh, Pa./Mount Lebanon
Tess Kearns	SO	Scranton, Pa./Holy Cross
Julie Kocjancic	SR	Pittsburgh, Pa./Mount Lebanon
Greta Lindsley	SO	Lancaster, Pa./Penn Manor
Gretchen Mills	SO	West Chester, Pa./Unionville
Sommers Moyer	SO	Doylestown, Pa./Central Bucks East
Kathryn Munks	FR	Chester, N.Y./Monroe-Woodbury
Nicolé O'Donnell	SO	Harleysville, Pa./Souderton
Caitlyn Poss	SO	Manalapan, N.J./Freehold Township
Danae Rivers	FR	Derby, CT/Wilbur Cross
Janelle Rothacker	SO	Ballston Spa, N.Y./Burnt Hills-Balston Lake
Grace Trucilla	SO	Erie, Pa./Villa Maria Academy
Cara Ulizio	SR	Redondo Beach, Calif./Redondo Union

**Head Coach:** John Gondak (Third Year)  
**Assistant Coach:** Angela Reckart (Second Year)  
**Director of Operations:** Laura Loht (Second Year)  
**Athletic Trainer:** Mike Gay

### SEPTEMBER

2	at Dolan Duals	Men - 1st; Women - 1st	
10	Harry Groves Spiked Shoe Invite	University Park, Pa	10:00 a.m.
24	at Griak Invite	Minneapolis, MN	11:00 a.m.

### OCTOBER

14	Penn State Open	University Park, Pa.	10:30 a.m.
30	at Big Ten Championships	Minneapolis, MN	11:45 a.m.

### NOVEMBER

11	Mid-Atlantic Regional	University Park, Pa.	12:00 p.m.
19	at NCAA Championships	Terre Haute, IN	12:00 p.m.

BOLD - Denotes HOME Competition



## 2016 Schedule



# PENN STATE

## HARRY GROVES SPIKED SHOE

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### HEAD COACH JOHN GONDAK

John Gondak enters his third 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 27 First Team All-Americans, 29 Big Ten Champions, 31 Penn State records, four 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 and 2015. Over

the years, Gondak has assisted in NCAA-qualifying efforts by the women's squad in 2009, 2010, 2011, 2012, 2013, and 2015 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 five of the last six cross country seasons, capturing top 16 standings on four out of six occasions, including individual All-American Tessa Barrett in 2015.

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, and earned the USTFCCCA Mid-Atlantic Region Head Coach of the Year award for his efforts during the 2015 cross country season.



### ASSISTANT COACH ANGELA RECKART

Angela Reckart enters her second 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.

Reckart joins the Nittany Lions following a three-year stint as the assistant cross country/distance coach at North Carolina.

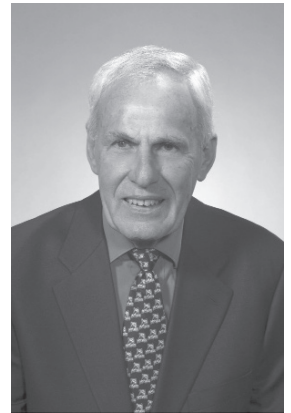
The Tar Heel cross country program is coming off a historic season as both teams tallied top-25 NCAA finishes for the first time in school history.

The Tar Heel men's cross country program advanced to back-to-back appearances at the NCAA cross country championships for the first time in almost 40 years. At the 2014 NCAA Cross Country Championships, the men finished 12th, their highest finish since 1985 and the women placed 22nd. The men also posted a 17th-place finish at the 2013 NCAA Cross Country Championships.

On the track for the Tar Heels, Reckart coached both indoor 3,000-meter run champions at the 2014 ACC Track & Field Championships (Annie LeHardy and Isaac Presson), she also coached 11 NCAA indoor championship qualifiers and 17 NCAA first round qualifiers during the last two years.

### || 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)

### Top Spiked Shoe Performances (6,000-Meters)

1.	Katie Jazwinski (Michigan)	20:52 (2000)
2.	Emily Jones (Georgetown)	20:59 (2010)
3.	Renee Tomlin (Georgetown)	21:01 (2010)
4.	Bridget Franek (PSU)	21:02 (2007)
	Tori Gerlach (PSU)	21:02 (2015)
5.	Sara Cummings (Princeton)	21:03 (2010)
	Alex Banfich (Princeton)	21:03 (2010)
6.	Julie Accurso (OhioO)	21:03 (2012)
7.	Jillian Sullivan (UConn)	21:04 (2006)
8.	Hannah Neczyporr (Georgetown)	21:05 (2011)
9.	Madeline Chambers (Georgetown)	21:06 (2010)
10.	Jess Palacio (Navy)	21:08 (2010)

## 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)