



# **CROSS-COUNTRY**

**The 2016 Harry Groves Spiked Shoe Invitational**

**@ Penn State University**

**Saturday, September 10, 2016**

---

**Collegiate Meet and Entry Information**

---



# CROSS-COUNTRY

**The Harry Groves Spiked Shoe Invitational @ Penn State University**

**Saturday, September 10, 2016**

---

## **The Harry Groves Spiked Shoe Invitational:**

The annual Harry Groves Spiked Shoe Invitational 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. The Invitational is hosted each fall and features high school and collegiate races.

## **TENTATIVE Harry Groves Spiked Shoe Time Schedule -**

10:00 AM Women's College 6,000-Meters  
10:45 AM Men's College 5.2 Mile  
11:30 AM HS Girls 5,000-Meters  
12:15 PM HS Boys 5,000-Meters

---

## **Entry Information, Fees, and Procedures:**

**Entry Limit** || Entries are **UNLIMITED** in the collegiate races.

### **Entry Fee**

**Single Gender:** \$250 per team (\$500 for combined gender programs);

**Non-Scoring Teams (Less than five athletes):** \$25 per individual

**Entry Fee Deadline** || **Close of Entries (Monday, September 5<sup>th</sup>)** **\*\* NO ENTRY FEES will be accepted at the meet\*\***

**Make Checks Payable to** || Penn State University

### **Send entry fee to**

Laura Loht  
Multi-Sport Facility  
University Park, PA 16802

### **Entry Deadline**

**Monday, September 5, 2015 @ 11:59 p.m.;** Entries will be open on DirectAthletics by Monday, August 25<sup>th</sup> @ Noon.

### **Unattached Athletes:**

In order to be considered please contact **Laura Loht** ([lel5115@psu.edu](mailto:lel5115@psu.edu)) via email prior to August 28· 2015. Proof of performance (within the last year) **MUST** be included in the entry request. Standards are the following:

Women – 19:00 or better for 5k

Men – 16:30 or better for 5k



# CROSS-COUNTRY

## Entry Procedure:

Online through Direct Athletics - [www.directathletics.com](http://www.directathletics.com); You may change your entry until the deadline. Please delete any runners that you are certain will not be competing in the meet before the entry deadline. If you are not sure, leave them in the meet. If you are not on Direct Athletics "Invited Teams" list, please contact Laura Loht at [lel5115@psu.edu](mailto:lel5115@psu.edu), to discuss potential entry.

---

## Pre-Meet and Race Day Information:

### Practice Day || Friday, September 9<sup>th</sup>

The course will be open for inspection from 4:00-6:00 p.m.

- **Note: Onsite parking will not be available until after 4:00 p.m.**
- *The course will still be open to golfers during practice time, so please be mindful of this window.*
- **If you plan on doing strides of any kind, please use the finish like stretch.**

### Packet Pickup

Packet pickup will be available during practice (4:00-6:00 p.m.) on Friday or prior to competition on Saturday (Beginning at 8:00 AM).

### TENTATIVE RACE DAY TIMELINE

8:00-9:30 AM	Course Open for Inspection
8:00 AM	Packets/Timing Chips Available for Pick Up
9:45 AM	College Women's 6K Called to Start
9:55 AM	National Anthem
10:00 AM	College Women's 6K Begins
10:30 AM	College Men's 5.2 Mile Called to Start
10:45 AM	Men's College 5.2 Mile Begins
11:15 AM	HS Girls' 5K Called to Start
11:30 AM	HS Girls 5K Begins
~11:45 AM	HS Awards (Adjacent to Finish Line)
12:00 PM	HS Boys' 5K Called to Start
12:15 PM	HS Boys 5K Begins



# CROSS-COUNTRY

## **Team Camps/Course Guidelines**

Please keep team camps AWAY from the starting line. Team camps should be on the field below the starting line (between the starting line and the parking lot) and away from all fairway and greens.

Please avoid all greens and fairways. PLEASE inform any parents, fans, etc., of this as well.

**Please NOTE - NO TEAM CAMPS OR WARMUPS will be permitted on fenced in rugby fields.**

---

## **Additional Meet Information**

### **Results**

**RESULTS** will be posted near the finish line and available on [www.GoPSUsports.com](http://www.GoPSUsports.com) at the conclusion of the day.

### **Athletic Training**

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and EMS crew will be available on Friday for the races. Mount Nittany Medical Center is approximately five miles away from the Blue/White Courses and the emergency room phone number is 814-231-7000.

### **Showers/Locker Rooms**

Locker rooms will be available in Rec Hall – across the street from the starting line.

### **Recommended Hotel**

Hampton Inn - (814) 231-1590 || 1.8 Miles to Course

### **Directions to Course/Parking**

Take 322 Business/Atherton St and follow to campus. The Red A Park Lot is located at the Intersection of Atherton St and White Course Drive – Directly across from Rec Hall. Buses will be directed to park within the lot. If the lot reaches capacity, buses may be directed off-site. Also Note – The Lot is NOT OPEN for public parking until after 4:00 PM on Thursday. Parking on competition day (Friday) will be reserved STRICTLY for TEAMS AND OFFICIALS prior to 4:00 PM.

---

## **Additional Meet Information**

Log on to [www.GoPSUsports.com](http://www.GoPSUsports.com) for updates and additional information (including course maps).





# CROSS-COUNTRY

## **TOP MEN'S PERFORMANCES AND RECORDS || BLUE-WHITE GOLF COURSE (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)

## **ALL-TIME MEN'S SPIKED SHOE TEAM AND INDIVIDUAL CHAMPIONS**

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 (PSU)	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)



# CROSS-COUNTRY

## **TOP WOMEN'S PERFORMANCES AND RECORDS || BLUE-WHITE GOLF COURSE (6K)**

---

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.	Nicky Akande (Villanova)	20:14 (2012)
14.	Clara Grandt (West Virginia)	20:17 (2008)
15.	Bridget Franek (PSU)	20:20 (2008)

## **ALL-TIME WOMEN'S SPIKED SHOE TEAM AND INDIVIDUAL CHAMPIONS**

---

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 (PSU)	Penn State (21)



# CROSS-COUNTRY

## Recommended Restaurants

### FAMILY/VARIETY

Applebee's  
12 Colonnade Way  
(814) 235-3890

Baby's Burgers and Shakes  
131 S. Garner St.  
(814) 234-4776

Champs Sports Bar and Grill  
(2 Locations)  
\* 1611 N. Atherton St.  
(814) 234-7700  
\* 139 S. Allen St.  
(814) 238-1110

Corner Room Restaurant  
Corner of College Ave. & Allen St.  
(814) 237-3051

Hi-Way Pizza Pub  
428 Westerly Parkway Plaza  
(814) 237-1074

Home Delivery Pizza  
1820 S. Atherton St.  
(814) 237-7777

Hoss's Steak and Sea House  
1450 N. Atherton St.  
(814) 234-4009

Outback Steakhouse  
1905 Waddle Road  
(814) 861-7801

Panera Bread (2 Locations)  
\* 148 S. Allen St.  
(814) 867-8883  
\* 1613 N. Atherton St.  
(814) 237-0552

Red Lobster  
1670 N. Atherton St.  
(814) 867-3867

Texas Roadhouse  
1885 Waddle Road  
(814) 235-7427

TGI Fridays  
1215 N. Atherton St.  
(814) 861-5540

The Tavern Restaurant  
220 E. College Ave.  
(814) 238-6116

The Waffle Shop (3 locations)  
\* 364 E. College Ave.  
(814) 237-9741  
\* 1229 N. Atherton St.  
(814) 238-7460  
\* 1610 W. College  
(814) 235-1816

Wegman's Café  
345 Collonade Boulevard  
(814) 278-9000

Ye Olde College Diner  
126 W. College Ave.  
(814) 238-5590

### FAST FOOD

Burger King  
521 University Drive  
(814) 238-2281

McDonald's (4 locations)  
\* 442 E. College Ave.  
(814) 231-5533  
\* 2167 S. Atherton St.  
(Hills Plaza)  
(814) 231-6644  
\* 2821 E. College Ave.  
(Nittany Mall)  
(814) 231-7755  
\* 1615 N. Atherton St.  
(Wal-Mart Plaza)  
(814) 231-8800

Taco Bell (2 locations)  
\* 322 W. College Ave.  
(814) 231-8226  
\* 100 Rolling Ridge Dr.  
(Hills Plaza)  
(814) 238-3335

Wendy's  
1610 N. Atherton St.  
(814) 237-5894

### SUBS/SANDWICHES

HoneyBaked Ham  
1724 S. Atherton St.  
(814) 272-4267

Irving's Bagels  
110 E. College Ave.  
(814) 231-0604

Fraser Street Deli  
109 South Fraser Street  
(814) 234-1918

Jimmy John's  
434 E. College Ave.  
(814) 237-9300

Subway (4 locations)  
\* 100 S. Burrowes St.  
(814) 231-0232  
\* 300 S. Pugh St.  
(814) 231-0231  
\* 454 E. College Ave.  
(814) 231-0233  
\* Northland Center  
(N. Atherton St.)  
(814) 231-0234

The Pita Pit  
218 E. Calder Way  
(814) 234-1228

### PIZZA

Brother's Pizza  
238 W. Hamilton Ave  
(814) 237-6000

Domino's Pizza  
1100 N. Atherton St.  
(814) 237-1414

Little Caesars  
1712 S. Atherton St.  
(814) 272-5100

Papa John's  
1341 S. Atherton St.  
(814) 234-7272 24

Pizza Hut  
760 S. Atherton St.  
(814) 237-8093

### ITALIAN

Faccia Luna  
1229 S. Atherton St.  
(814) 234-9000

Luna 2 Woodgrill  
2609 E. College Ave.  
(814) 234-9009

Mario & Luigi's  
1272 N. Atherton St.  
(814) 234-4273

Olive Garden  
1945 Waddle Rd.  
(814) 861-1620

Rotelli's  
250 E. Calder Way  
(814) 238-8463

### MEXICAN

Chipotle  
116 Heister Street  
(814) 231-0442

Mad Mex  
240 S. Pugh St. (Days Inn)  
(814) 272-5656

Rey Azteca  
485 Benner Pike  
(814) 238-8700

Qdoba Mexican Grill  
206 W. College Ave.  
(814) 861-3288

### CONTEMPORARY

Allen Street Grill  
Corner of College Ave. & Allen St.  
(814) 231-4745

The Deli Restaurant  
113 Heister St.  
(814) 237-5710