



CROSS COUNTRY

Senior Day || Penn State National Open || October 13, 2017



Tessa Barrett
Waverly, Pa.



Lisa Bennatan
Lake Forest, Ill.



Hannah Catalano
State College, Pa.



Victoria Crawford
State College, Pa.



Bobby Hill
Wellsboro, Pa.



Jillian Hunsberger
Pittsburgh, Pa.



Greta Lindsley
Lancaster, Pa.



Jordan Makins
Perth, Australia



Timothy McGowan
Northport, N.Y.

Women's 6,000-Meters || 10:45 a.m.

Men's 5.2-Miles || 11:30 a.m.



An Independent Licensee of the Blue Cross and Blue Shield Association

COMPETING TEAMS

Akron || Bucknell || Buffalo || Cornell || Dartmouth
Duquesne || James Madison || Kent State || Lehigh || Loyola
North Carolina || Oklahoma State || Penn State || Princeton ||
UC-Davis || Villanova || West Virginia || William & Mary

PENN STATE

2017 CROSS COUNTRY



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| PENN STATE NITTANY LIONS | | |
|--------------------------|-------------------|---------------------------------------|
| Men | | |
| Name | Class/Eligibility | Hometown (Previous School) |
| Colin Abert | JR | Easton, Pa./Easton |
| James Abrahams | FR | Havertown, Pa./Havertown Township |
| 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 |
| 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 |
| 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 |
| 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 |
| 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)

2017 Schedule

SEPTEMBER

| | | | |
|----|----------------------------------------|-----------------------------|-------------------------------|
| 1 | at Dolan Duals | Lock Haven, Pa. | Men - 1st; Women - 1st |
| 8 | Harry Groves Spiked Shoe Invite | University Park, Pa. | Men - 2nd; Women - 1st |
| 30 | at Cowboy Jamboree | Stillwater, Okla. | Men - 3rd; Women - 2nd |

OCTOBER

| | | | |
|----|---------------------------------|-----------------------------|-------------------|
| 13 | Penn State National Open | University Park, Pa. | 10:45 a.m. |
| 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

PENN STATE OPEN

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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 occa-



sions, 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 the 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, Reck-

art helped guide the Penn State women's cross country team to Big Ten and Mid-Atlantic titles in her first year in Happy Valley.

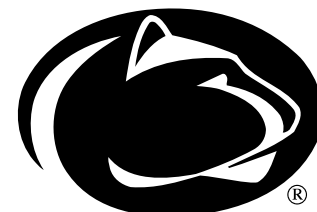
Year two in Happy Valley saw Reckart help lead the Nittany Lion women to a second-place finish at the Big Ten Champi-

onships 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.

PENN STATE

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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, George Washington | 19:58 (2010) |
| 5. | Tessa Barrett, Penn State | 20:00 (2016) |
| 6. | Bridget Franek, Penn State | 20:03 (2009) |
| 7. | Alex Banfich, Princeton | 20:04 (2010) |
| 8. | Bogdana Mimic, Villanova | 20:05 (2010) |
| 9. | Lindsay Carson, Guelph | 20:07 (2008) |
| 10. | Amanda Marino, Villanova | 20:09 (2010) |

COLLEGE MEN'S RECORD BOOK

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

| | | |
|-----|---------------------------------|--------------|
| 1. | MJ Erb, Ole Miss | 24:49 (2016) |
| 2. | Hassan Abdi, Oklahoma State | 24:53 (2016) |
| 3. | Erick Mack, Air Force Academy | 24:54 (1995) |
| 4. | Martin Fagan, Providence | 24:56 (2005) |
| 5. | Matt Downin, Wisconsin | 24:57 (1999) |
| 6. | Hassan Mead, Minnesota | 25:00 (2009) |
| 7. | Joshua Thompson, Oklahoma State | 25:01 (2016) |
| 8. | Robert Domanic, Ole Miss | 25:03 (2016) |
| 9. | Wes Gallagher, Ole Miss | 25:03 (2016) |
| 10. | Elliot Krause, Wisconsin | 25:05 (2009) |

PSU NATIONAL WOMEN'S HISTORY

Top PSU National Performances (at Penn State)

| | | |
|-----|--------------------------------|--------------|
| 1. | Kim Smith, Providence | 19:46 (2003) |
| 2. | Tessa Barrett, Penn State | 20:05 (2016) |
| 3. | Lindsay Carson, Guelph | 20:07 (2008) |
| 4. | Elizabeth Chikotas, Penn State | 20:10 (2016) |
| 5. | Keri Bland, W. Virginia | 20:11 (2008) |
| 6. | Jillian Hunsberger, Penn State | 20:13 (2016) |
| 7. | Clara Grandt, W. Virginia | 20:17 (2008) |
| | Regan Rome, William & Mary | 20:17 (2016) |
| 8. | Bridget Franek, Penn State | 20:20 (2008) |
| 9. | Mary Cullen, Providence | 20:23 (2004) |
| | Sheila Reid, Villanova | 20:23 (2010) |
| 10. | Sarah Bowman, Tennessee | 20:24 (2008) |

National 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, W. Virginia | W. Virginia (86) |
| 2008 | Lindsay Carson, Guelph | W. Virginia (57) |
| 2009* | Neely Spence, Shippensburg | W. Virginia (27) |
| 2010 | Sheila Reid, Villanova | Villanova (26) |
| 2011 | Kate Harrison, W. Virginia | W. Virginia (45) |
| 2012 | No Meet | |
| 2013 | Victoria Davis, Bloomsburg | W. Virginia (28) |
| 2014 | Valerie Palermo, Duquesne | Duquesne (25) |
| 2015 | McKinsie Klim, Youngstown State | Penn State (37) |
| 2016 | Tessa Barrett, Penn State | Penn State (47) |

PSU NATIONAL MEN'S HISTORY

Top PSU National Performances (at Penn State)

| | | |
|-----|---------------------------------|--------------|
| 1. | MJ Erb, Ole Miss | 24:49 (2016) |
| 2. | Hassan Abdi, Oklahoma State | 24:53 (2016) |
| 3. | Martin Fagan, Providence | 24:56 (2005) |
| 4. | Joshua Thompson, Oklahoma State | 25:01 (2016) |
| 5. | Robert Domanic, Ole Miss | 25:03 (2016) |
| 6. | Wes Gallagher, Ole Miss | 25:03 (2016) |
| 7. | Brent Demarest, Virginia | 25:07 (2016) |
| 8. | Andrew Bumbalough, Georgetown | 25:10 (2008) |
| 9. | Lachlan Cook, Virginia | 25:10 (2016) |
| 10. | Timothy McGowan | 25:11 (2016) |

National Winners (Since 2001)

| | | |
|-------|--------------------------------|------------------------|
| 2001 | Sean Graham, William & Mary | William & Mary (21) |
| 2002 | Eric Gillis, Speed River | Speed River TC (91) |
| 2003 | Dan Mazzocco, Penn State | Colorado State (36) |
| 2004 | Ryan Sheehan, Unattached | American (49) |
| 2005 | Martin Fagan, Providence | Eastern Michigan (100) |
| 2006 | Ryan Blood, Lock Haven | Syracuse (68) |
| 2007 | Marcharia Yuot, Unattached | La Salle (62) |
| 2008 | Andrew Bumbalough, Georgetown | Georgetown (43) |
| 2009* | Ryan Blood, Unattached | Cornell (48) |
| 2010 | Terefe Ejigu, Eastern Michigan | Syracuse (61) |
| 2011 | Ryan Blood, Unattached | Penn State (47) |
| 2012 | No Meet | |
| 2013 | Kyle Dawson (PSU Alum) | PSU Alum (19) |
| 2014 | Alex Izewski, Jr, Temple | Penn State (40) |
| 2015 | Brannon Kidder, Unattached | Youngstown State (30) |
| 2016 | MJ Erb, Ole Miss | Oklahoma State (47) |

* 2009 Meet Moved to Lock Haven.

* 2009 Meet Moved to Lock Haven.