



CROSS-COUNTRY

Harry Groves Spiked Shoe Invitational || September 17, 2011



Women's 6,000-Meters || 10:00 a.m.
Men's 5.2 Miles || 10:45 a.m.



An Independent Licensee of the Blue Cross and Blue Shield Association.

COMPETING TEAMS

Penn State

Georgetown - W

Ohio U.

Cortland St.

Ithaca - M

Westfield State

Dickinson

Mansfield

Youngstown St.

Geneseo St.

BETH ALFORD-SULLIVAN
Director and Head Coach

After 12 years and 103 NCAA All-Americans on the women's side, as well as five years and 22 All-America honorees with the men's squad, Beth Alford-Sullivan is in her 13th year at the helm of the Nittany Lion women's program and her sixth campaign as the Director and Head Coach of Track and Field/Cross Country, overseeing both the men's and women's programs. Sullivan's decorated resume is undoubtedly one of the most impressive in the country, as it includes two NCAA "Trophy" Team finishes, six Big Ten team titles, on Big Ten "Triple Crown," as well as three individual NCAA Champions, and one NCAA Champion relay. Most recently, Sullivan coached Bridget Franek, who totaled 10 All-America finishes over her career, to top honors in the 3,000-meter steeplechase at the 2010 NCAA Outdoor Championships.



Since taking the reins of both the men's and women's programs in 2006, Sullivan has remained steadfast to the vision of having two programs in the top tier of the conference and the NCAA and continued coaching the Nittany Lions to countless milestones in 2010-11, beginning with dual bids from the men's and women's cross country teams to the 2010 NCAA Championships. The occasion marked the first time since 1994 that both Nittany Lion squads had qualified for the event in the same year. The 2010 campaign was also indicative of the national prowess of the program, as the women's team made it second-consecutive NCAA appearance, while the men's squad qualified for the national meet for the second time in three years. On the track, Sullivan led the Nittany Lion men to an 11th-place standing – the highest placing by a Penn State team in over two decades - at the NCAA Indoor Championships.

In her five years with the men's program, Sullivan has coached at least one entrant in the NCAA track and field meet on the men's side in 11 of 12 opportunities, including graduate Ryan Fritz, who earned a grand total of four All-America certificates during his Penn State career. Sullivan also coached Tyler McCandless to an All-America finish in the 10,000-meters in 2010, becoming the first Nittany Lion to earn the honor in the event since 1994.



Kyle Dawson and Vince McNally went two-three in the Mid-Atlantic Region in 2010.

2011 PENN STATE MEN'S ROSTER

First	Last	Year	Hometown
Colin	Anderson	Jr.	Northport, N.Y.
Colin	Baker	So.	Haddonfield, N.J.
Glen	Burkhardt	Fr.	Kennett Square, Pa.
Chris	Campbell	Fr.	Newtown, Pa.
Chris	Cipro	Sr.	Harmony, Pa.
Tyler	Corkedale	Jr.	W. Windsor, N.J.
Robert	Creese	Fr.	Mount Airy, Md.
Kyle	Dawson	Sr.	Coatesville, Pa.
Owen	Dawson	Sr.	Coatesville, Pa.
Wade	Endress	Fr.	Altoona, Pa.
Matt	Fischer	RS-Fr.	Kennett Square, Pa.
Mark	Fuller	Jr.	Camp Hill, Pa.
Tom	Luff	Jr.	Emmaus, Pa.
Vince	McNally	Sr.	Smoketown, Pa.
Shawn	Quinn	RS-Fr.	Ambler, Pa.
Connor	Revord	Jr.	Tampa, Fla.
Nick	Scarpello	So.	Jamison, 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

JOHN GONDAK
Assistant Coach

John Gondak enters his sixth year as an assistant coach at Penn State, working with Director of Track and Field/Cross Country Beth Alford-Sullivan and the Nittany Lion cross country and distance runners as well as serving as the primary mentor for the Penn State middle-distance athletes. Gondak's middle distance charges experienced unparalleled success in 2011, including six school records, two All-America performances, and two Big Ten victories. 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 NCAA-qualifying efforts by the women's squad in 2009 and 2010, and by the men's team in 2008, and 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)

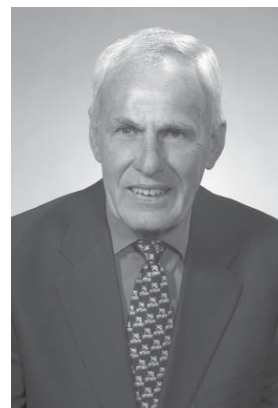
USTFCCA RANKINGS

Rank	Institution	Region	Conference	Last Week
1	Oklahoma St.	Midwest	Big 12	1
2	Wisconsin	Great Lakes	Big Ten	3
3	Stanford	West	Pac-12	2
4	Iona	Northeast	Metro Atlantic	5
5	Oregon	West	Pac-12	4
6	Oklahoma	Midwest	Big 12	6
7	Indiana	Great Lakes	Big Ten	8
8	Colorado	Mountain	Pac-12	7
9	Florida State	South	ACC	8
10	Portland	West	West Coast	10
11	Northern Arizona	Mountain	Big Sky	12
12	Princeton	Mid-Atlantic	Ivy	11
13	NC State	Southeast	ACC	13
14	Syracuse	Northeast	Big East	14
15	Arkansas	South Central	SEC	15
16	BYU	Mountain	West Coast	16
17	Providence	Northeast	Big East	18
18	Villanova	Mid-Atlantic	Big East	17
19	Louisville	Southeast	Big East	20
20	Virginia	Southeast	ACC	19
21	New Mexico	Mountain	Mountain West	21
22	Georgetown	Mid-Atlantic	Big East	22
23	Notre Dame	Great Lakes	Big East	23
24	Minnesota	Midwest	Big Ten	27
25	Texas	South Central	Big 12	24
26	Ohio State	Great Lakes	Big Ten	25
27	Florida	South	SEC	26
28	Eastern Kentucky	Southeast	Ohio Valley	28
29	Dartmouth	Northeast	Ivy	30
30	North Carolina	Southeast	ACC	RV

Others Receiving Votes: Penn State 20, Arizona State 16, Lamar 6, Washington 5, Michigan 3, Alabama 3, Texas A&M 2, William and Mary 2, Michigan State 1, Columbia 1.

COACH 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.



**CATCH THE NITTANY LIONS IN ACTION AGAIN ON OCTOBER 14 AT THE PENN STATE NATIONAL!
FIRST RACE IS SLATED FOR 10:00 A.M.**



On the Course the Men follow the White Line