



CROSS-COUNTRY

2011 BIG TEN CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 2011

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Nittany Lions to Toe the Line at Big Ten Championships Both Penn State programs in position for solid finishes in against stellar competition

UNIVERSITY PARK, Pa.: October 27, 2011 – The Nittany Lion cross country teams will put it all on the line on Sunday, competing against outstanding fields at the Big Ten Cross Country Championships at the University of Illinois Arboretum. Both the women's and men's squads, which both placed fourth at the 2010 Big Ten meet, look to contend for solid finishes, with the No. 26 Nittany Lion women entering the weekend as one of four-ranked teams in the conference. The Penn State men, who have hovered just outside of the national top 30 all season, will also run into a quartet of nationally-rated programs, including No. 2 Wisconsin.

About the Big Ten Championships ...

When: Sunday, October 30

Where: University of Illinois Arboretum (Champaign, Ill.)

Race Times/Distances: 10:45 a.m., CDT – Men's 8,000-Meters; 11:45 a.m., CDT – Women's 6,000-Meters

University of Illinois Host Website: <http://www.fightingillini.com/sports/m-xctrack/xc-championshipcentral.html>

Meet Coverage at Flotrack.org: <http://www.flotrack.org/coverage/240350-Big-Ten-Cross-Country-Championships-2011>

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www.facebook.com/pennstatecrosscountryandtrackandfield

The Badgers are the odds on favorite in the men's race, having claimed the last 12 Big Ten cross country team titles. Indiana also boasts a top 10 ranking on the men's side, at No. 7 in the latest USTFCCCA poll. The Spartans of Michigan State – last year's team champions – look to have the edge in the women's race, entering the weekend as the top ranked team in the field at No. 15. Michigan is also in the top 20, as the Wolverines are currently ranked 19th.

The Nittany Lions have relied on their senior leaders all fall, as the women have been led by a one-two punch from seniors Kara Millhouse (Boiling Springs, Pa.), and Caitlin Lane (Greenwich, N.Y.), who went four-five in a highly competitive Penn State National field earlier this month. The men's team have also been propelled by a duo of swift-running seniors in Kyle Dawson (Coatesville, Pa.), and Vince McNally (Paoli, Pa.), who both earned all-conference finishes at the conference meet a year ago.

The Penn State quartet has fared well in the Lions' high-level meets throughout the season, as Lane and Dawson both scored top 10 finishes at the prestigious Roy Griak Invitational at Minnesota in September, while Millhouse led the women's contingent with a 12th-place finish at the high-powered Notre Dame Invitational. McNally has also been running well on the men's side, as well as redshirt-freshman Matt Fischer (Kennett Square, Pa.). McNally and Fischer both scored top 10 finishes to help the Lions' to a first-place finish at the Penn State National.

2011 CROSS COUNTRY SCHEDULE

Sept. 2	Dolan Duals Lock Haven, Pa.
Sept. 17	Harry Groves Spiked Shoe Univ. Park, Pa.
Sept. 24	Roy Griak Invitational Minneapolis, Minn.
Sept. 30	Notre Dame Invitational South Bend, Ind.
Oct. 14	Penn State National Univ. Park, Pa.
Oct. 30	Big Ten Championships Champaign, Ill.
Nov. 12	NCAA Mid-Atlantic Regional Princess Anne, Md.
Nov. 21	NCAA Championships Terre Haute, Ind.

2011 QUICK FACTS

Director and Head Coach	Beth Alford-Sullivan
<i>Alma Mater</i> , Year	Minnesota, '89
Assistant Coach	John Gondak
Director of Operations	Jess Riden
Volunteer Assistants	Artie Gilkes, Luke Watson, Ryan Foster
Athletic Trainers	Ben Evans, Peter Meier
Home Facility	Blue and White Golf Course
Location	University Park, Pa.
Founded	1855
Enrollment	43,998
Conference	Big Ten
Colors	Blue & White
Nickname	Nittany Lions
President	Dr. Graham Spanier
Athletic Director	Tim Curley
Senior Woman Administrator	Charmelle Green

The women's squad also returns a pair of all-conference finishers from a year ago in juniors Brooklyne Ridder (Cincinnati, Ohio), and Natalie Bower (Pleasant Unity, Pa.), who were ninth and 14th, respectively at the 2010 conference meet. In fact, the Nittany Lion women field an extremely seasoned contingent, as five members of this year's Big Ten travel roster were members of the Lions' conference title team in 2009.

The Nittany Lion men will also send a wealth of experience to the line on Sunday, returning seven of nine members of the fourth-place squad in 2010. Dawson and McNally have also earned a pair of all-conference finishes a piece over their careers, with Dawson earning Big Ten Freshman of the Year honors via a fifth-place overall finish in 2008.

Nittany Lion Notes ...

At the 2010 Big Ten Championships: Propelled by top ten individual finishes from sophomore Brooklyne Ridder (Cincinnati, Ohio), and junior Kyle Dawson (Coatesville, Pa.), both the Nittany Lion men's and women's cross country squads turned in fourth-place finishes in the team standings, at the 2010 Big Ten Cross Country Championships at Zimmer Cross Country Course. Ridder's ninth-place effort was good for All-Big Ten Second Team status, with classmate Natalie Bower (Pleasant Unity, Pa.) also earning all-conference recognition, thanks to a 14th-place standing. Dawson claimed his second-career all-conference certificate via an eighth-place effort individually, with junior Vince McNally (Paoli, Pa.) followed in 13th, also posting the second all-conference performance of his career.

At the Penn State National: Despite a driving rain, and extremely muddy conditions, the Nittany Lion men took top honors in the team standings, on October 14, at the Penn State National. The women also held their own in a challenging field, placing third overall. Senior Kyle Dawson (Coatesville, Pa.) led the men with a third-place effort, while senior Kara Millhouse (Boiling Springs, Pa.) placed fourth individually in the women's race, with classmate Caitlin Lane (Greenwich, N.Y.) following on her heels in fifth overall.

At the Notre Dame Invitational: Running in rainy and windy conditions, senior Kara Millhouse (Boiling Springs, Pa.) turned in a 12th-place finish individually, leading the Nittany Lion women's squad to a fourth-place standing at the Adidas Notre Dame, Friday at Notre Dame Golf Course. The women's squad also knocked off a pair of ranked teams in the effort, upending No. 22 and regional foe Princeton, as well as No. 29 BYU. The Nittany Lions finished 14th in the men's standings, paced by a 27th-place effort from senior Kyle Dawson (Coatesville, Pa.).

At the Roy Griak Invitational: Led by top 10 efforts from seniors Kyle Dawson (Coatesville, Pa.) and Caitlin Lane (Greenwich, N.Y.), the Nittany Lion cross country squads both tallied solid finishes in a national-class field, on September 24, at the Roy Griak Invitational at Les Bolstad Golf Course, at the University of Minnesota. Both Nittany Lion number ones improved upon their 2010 Griak finishes, with Lane turning in a seventh-place effort to lead the women, and Dawson taking eighth overall in a talented men's field. Dawson's finish would propel the Nittany Lion men to a fifth-place finish in the team standings, while Lane paced the women's contingent to an eighth-place standing.

At the Harry Groves Spiked Shoe Invitational: The Nittany Lion cross country squads hosted a quartet of competitions last Saturday, including college and high school races, at the Harry Groves Spiked Shoe Invitational at the Blue-White Golf Courses. Sophomore Lucia Sofo (State College, Pa.) was the top finisher on the women's side, while junior Colin Anderson (Northport, N.Y.) led the men's efforts. Sofo paced the women's team, placing 25th in team scoring with a time of 22:51 over the 6,000-meters course. Sophomore Marta Klebe (Chesterbrook, Pa.) finished on her heels, coming in 26th in team scoring - also crossing in 22:51. Anderson scored a top 10 finish in the men's 5.2-mile race, covering the course in 27:07, as the Nittany Lions' number one. Sophomore Colin Baker (Haddonfield, N.J.) also raced for the Nittany Lions, coming in 23rd in 27:34. Redshirt-freshman Shawn Quinn (Ambler, Pa.) crossed as Penn State's number three, placing 27th overall in 28:09.

At the Lock Haven Dolan Duals: Seniors Caitlin Lane (Greenwich, N.Y.) and Kyle Dawson (Coatesville, Pa.) both captured individual titles, leading the Nittany Lion cross country squads to a pair of one-through-five perfect scores at the annual Dolan Duals at the Lock Haven University on September 2. Both Nittany Lion captains also posted course records in the effort, with Lane breaking the tape at 13:26.52 over the 4,000-meter women's course, and Dawson running 17:36.40 to win the men's 6,000-meters. Lane also recorded her fourth-straight victory at Lock Haven, completing a four-year sweep at the Dolan Duals.

Big Ten Honors: Seniors Caitlin Lane (Greenwich, N.Y.) and Kyle Dawson (Coatesville, Pa.) have been named Big Ten Runners of the Week following winning efforts at the Dolan Duals, on September 2, at West Branch Cross Country Course, at Lock Haven University. Both seniors paced their respective Nittany Lion squads to 15-50 "perfect" score victories over Lock Haven, each setting course records in the process. Dawson was also named Penn State Athlete of the Week for his efforts.



MEN'S USTFCCCA RANKINGS

Rank	School	Region	Conference
1	Oklahoma St.	Midwest	Big 12
2	Wisconsin	Great Lakes	Big Ten
3	BYU	Mountain	West Coast
4	Stanford	West	Pac-12
5	Oklahoma	Midwest	Big 12
6	Colorado	Mountain	Pac-12
7	Indiana	Great Lakes	Big Ten
8	Portland	West	West Coast
9	Princeton	Mid-Atlantic	Ivy
10	Iona	Northeast	MAAC
11	Texas	South Central	Big 12
12	Minnesota	Midwest	Big Ten
13	N. Arizona	Mountain	Big Sky
14	Providence	Northeast	Big East
15	Arkansas	South Central	SEC
16	Villanova	Mid-Atlantic	Big East
17	E. Kentucky	Southeast	Ohio Valley
18	Florida State	South	ACC
19	NC State	Southeast	ACC
20	UCLA	West	Pac-12
21	Michigan	Great Lakes	Big Ten
22	Wash. St.	West	Pac-12
23	Oregon	West	Pac-12
24	Texas A&M	South Central	Big 12
25	Arizona State	West	Pac-12
26	Ohio State	Great Lakes	Big Ten
27	Tulsa	Midwest	C-USA
28	Columbia	Northeast	Ivy
29	Notre Dame	Great Lakes	Big East
30	North Carolina	Southeast	ACC

Others Receiving Votes: Louisville, Georgetown, Georgia, Cal Poly, Penn State

WOMEN'S USTFCCCA RANKINGS

Rank	Institution	Region	Conference
1	Florida St.	South	ACC
2	Washington	West	Pac-12
3	Vanderbilt	South	SEC
4	Villanova	Mid-Atlantic	Big East
5	Arizona	West	Pac-12
6	Georgetown	Mid-Atlantic	Big East
7	Providence	Northeast	Big East
8	Stanford	West	Pac-12
9	Syracuse	Northeast	Big East
10	California	West	Pac-12
11	Oregon	West	Pac-12
12	Texas	South Central	Big 12
13	Iowa State	Midwest	Big 12
14	Arkansas	South Central	SEC
15	Michigan St.	Great Lakes	Big Ten
16	Colorado	Mountain	Pac-12
17	Virginia	Southeast	ACC
18	West Virginia	Mid-Atlantic	Big East
19	Michigan	Great Lakes	Big Ten
20	New Mexico	Mountain	Mountain West
21	NC State	Southeast	ACC
22	North Carolina	Southeast	ACC
23	Notre Dame	Great Lakes	Big East
24	Boston College	Northeast	ACC
25	Cornell	Northeast	Ivy
26	Penn State	Mid-Atlantic	Big Ten
27	Iowa	Midwest	Big Ten
28	Connecticut	Northeast	Big East
29	San Francisco	West	West Coast
30	Oklahoma St.	Midwest	Big 12

Others Receiving Votes: Florida, Duke, Minnesota, Kansas State, Yale, Princeton, Texas Tech, BYU, Wisconsin

BOLD - Big Ten Institution

PENN STATE | | MEN'S ROSTER

First	Last	Year	Hometown (High School)
Colin	Anderson	Jr.	Northport, N.Y. (Northport)
Colin	Baker	So.	Haddonfield, N.J. (Haddonfield)
Glen	Burkhardt	Fr.	Kennett Square, Pa. (Unionville)
Chris	Campbell	Fr.	Newtown, Pa. (Council Rock North)
Chris	Cipro	Sr.	Harmony, Pa. (Seneca Valley)
Tyler	Corkedale	Jr.	W.Windsor, N.J. (W.Windsor-Plainsboro No.)
Robert	Creese	Fr.	Mount Airy, Md. (Glenelg)
Kyle	Dawson	Sr.	Coatesville, Pa. (Coatesville)
Owen	Dawson	Sr.	Coatesville, Pa. (Coatesville)
Wade	Endress	Fr.	Altoona, Pa. (Altoona)
Matt	Fischer	RS-Fr.	Kennett Square, Pa. (Unionville)
Mark	Fuller	Jr.	Camp Hill, Pa. (Cumberland Valley)
Tom	Luff	Jr.	Emmaus, Pa. (Emmaus)
Vince	McNally	Sr.	Paoli, Pa. (Conestoga Valley)
Shawn	Quinn	RS-Fr.	Ambler, Pa. (LaSalle College High)
Connor	Revord	Jr.	Tampa, Fla. (Tampa Jesuit)
Nick	Scarpello	So.	Jamison, Pa. (Central Bucks West)

PENN STATE | | WOMEN'S ROSTER

First	Last	Year	Hometown (High School)
Leigha	Anderson	Fr.	Carlisle, Pa. (Cumberland Valley)
Abigail	Benson	Fr.	Elma, N.Y. (Iroquis)
Natalie	Bower	Jr.	Pleasant Unity, Pa. (Greater Latrobe)
Rachel	Casciano	Fr.	Wyomissing, Pa. (Reading Holy Name)
Markea	Dickinson	So.	West Chester, Pa. (West Chester Rustin)
Kalyn	Fisher	So.	Lewisburg, Pa. (Lewisburg)
Emily	Giannotti	So.	Coudersport, Pa. (Coudersport)
Lindsey	Graybill	Jr.	Macungie, Pa. (Emmaus)
Kerrin	Jennings	Fr.	Glen Mills, Pa. (Padua Academy)
Marta	Klebe	So.	Chesterbrook, Pa. (Conestoga)
Danielle	Kocjancic	So.	Kane, Pa. (Kane)
Caitlin	Lane	Sr.	Greenwich, N.Y. (Greenwich)
Kara	Millhouse	Sr.	Boiling Springs, Pa. (Boiling Springs)
Lauren	Mills	Fr.	West Chester, Pa. (Unionville)
Victoria	Perri	So.	Philadelphia, Pa. (Mt. St. Joseph's Academy)
Gwenn	Porter	So.	Clearfield, Pa. (Clearfield)
Brooklyne	Ridder	Jr.	Cincinnati, Ohio (Oak Hill)
Katie	Rodden	Fr.	Ardmore, Pa. (Archbishop Carroll)
Colleen	Shannon	Jr.	Andover, Mass. (Andover)
Rebekka	Simko	So.	Mentor, Ohio (Gilmour Academy)
Lucia	Sofo	So.	State College, Pa. (State College)

BOLD - On Big Ten Competing Roster

PENN STATE | | COACHING STAFF

Beth Alford-Sullivan, Director and Head Coach of TF/CC	13th Year
John Gondak, Assistant Coach	Sixth Year
Jess Riden, Director of Operations	Sixth Year
Ryan Foster, Volunteer Assistant	First Year
Artie Gilkes, Volunteer Assistant	Eighth Year
Luke Watson, Volunteer Assistant	Second Year
Ben Evans, Athletic Trainer	Fourth Year
Peter Meier, Athletic Trainer	First Year

BIG TEN HISTORY | | MEN'S TEAM FINISHES

Year	Place	Points	Location
1991	4th	89 pts	West Lafayette, Ind.
1992	3rd	109 pts	Champaign, Ill.
1993	3rd	80 pts	East Lansing, Mich.
1994	3rd	75 pts	Iowa City, Iowa
1995	7th	166 pts	Minneapolis, Minn.
1996	5th	118 pts	Bloomington, Ind.
1997	6th	163 pts	Columbus, Ohio
1998	9th	248 pts	Ann Arbor, Mich.
1999	7th	186 pts	University Park, Pa.
2000	3rd	82 pts	Madison, Wisc.
2001	6th	131 pts	Champaign, Ill.
2002	10th	290 pts	West Lafayette, Ind.
2003	7th	218 pts	East Lansing, Mich.
2004	9th	206 pts	Iowa City, Iowa
2005	9th	239 pts	Minneapolis, Minn.
2006	9th	207 pts	Bloomington, Ind.
2007	9th	249 pts	Columbus, Ohio
2008	4th	133 pts	Ann Arbor, Mich.
2009	9th	232 pts	University Park, Pa.
2010	4th	128 pts	Madison, Wisc.

BIG TEN HISTORY | | WOMEN'S TEAM FINISHES

Year	Place	Points	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wisc.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wisc.

INDIVIDUAL HISTORY**MEN'S FIRST TEAM ALL-BIG TEN**

Mark Wimmer, 1991
 Bob Hamer, 1993, 94
 Jake Bartholomy, 1994
 Che Arosemena, 1996
 Chris McGinness, 2000
 Dan Mazzocco, 2003
 Kyle Dawson, 2008

MEN'S SECOND TEAM ALL-BIG TEN

Chris McGinness, 2000
 James Carney, 2000
 Steve Walsh, 2001
 Vince McNally, 2009-2010
 Kyle Dawson, 2010

MEN'S INDIVIDUAL HONORS

Kyle Dawson, 2008 Freshman of the Year

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991
 Kim Kelly, 1993
 Kris Kelly, 1993
 Erin St. John, 1995, 96
 Kim McGreevy, 1996
 Susanne Heyer, 2000
 Molly Landreth, 2003, 04
 Bridget Franek, 2007, 09

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002
 Katy Hillard, 2002
 Bridget Franek, 2008
 Nicole Lord, 2009
 Brooklynne Ridder, 2010
 Natalie Bower, 2010

WOMEN'S INDIVIDUAL HONORS

Colleen Glyde, 1992 Freshman of the Year
 Nicole Lord, 2009 Freshman of the Year

Kim McGreevy, 1996 Athlete of the Year
 Bridget Franek, 2009 Athlete of the Year

Beth Alford-Sullivan, 2009 Coach of the Year



MEET NOTES

2011 BIG TEN CROSS COUNTRY CHAMPIONSHIPS



Chris Cipro
Senior
Harmony, Pa.

Date	Event	Distance	Overall	Team Score	PSU	Time
9/2	Lock Haven Dolan Duals	6K	3rd	3rd	3rd	18:25
9/24	Roy Griak Invitational	8K	53rd	53rd	4th	25:04
9/30	Notre Dame Invitational	5 Miles	55th	55th	2nd	24:59
10/14	Penn State National	5.2 Miles	15th	13th	4th	27:00

2010 Big Ten Finish - 46th, 24:50

Notes - 2010 and 2011 Team Captain; 2010 NCAA XC Qualifier



Tyler Corkdale
Junior
W. Windsor, N.J.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/17	Harry Groves Spiked Shoe	5.2m	7th	UNA	UNA	27:01
10/14	Penn State National	5.2m	25th	UNA	UNA	27:12

2010 Big Ten Finish - 60th, 25:09



Kyle Dawson
Senior
Coatesville, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	1st	1st	1st	17:36
9/24	Roy Griak Invitational	8K	8th	8th	1st	24:12
9/30	Notre Dame Invitational	5 Miles	27th	27th	1st	24:46
10/14	Penn State National	5.2m	3rd	2nd	1st	26:19

2010 Big Ten Finish - 8th, 23:53 ** All-Big Ten Second Team

Notes - 2008 Big Ten Freshman of the Year, 2x NCAA Qualifier, PRs - 5K: 14:02.50



Owen Dawson
Senior
Coatesville, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	7th	7th	6th	18:11
9/24	Roy Griak Invitational	8K	68th	68th	5th	25:18
9/30	Notre Dame Invitational	5 Miles	115th	11th	5th	25:37
10/14	Penn State National	5.2m	51st	>7	8th	27:44

2010 Big Ten Finish - 49th, 24:53

Notes - 2010 NCAA All-American (800m); PRs - 800m: 1:47.77i, Mile:



Wade Endress
Freshman
Altoona, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	9th	9th	7th	18:22
9/24	Harry Groves Spiked Shoe	8K	86th	85th	7th	25:30
9/30	Notre Dame Invitational	5 Miles	146th	>7	9th	26:01
10/14	Penn State National	5.2m	20th	18th	5th	27:05

Notes - Runner-Up 2010 PIAA Cross Country Championships; Nike Cross National Qualifier



Matt Fischer
RS-Freshman
Kennett Square, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	2nd	2nd	2nd	17:58
9/24	Roy Griak Invitational	8K	30th	30th	2nd	24:47
9/30	Notre Dame Invitational	5 Miles	132nd	126th	7th	25:48
10/14	Penn State National	5.2m	10th	8th	3rd	26:49

Notes - 2010 PIAA 3200m Champion (9:03.01)



Tom Luff
Junior
Emmaus, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	12th	>7	9th	18:29
9/24	Roy Griak Invitational	8K	88th	>7	8th	25:31
9/30	Notre Dame Invitational	5 Miles	135th	>7	8th	25:52
10/14	Penn State National	5.2m	28th	25th	7th	27:17

2010 Big Ten Finish - 80th, 26:08

Notes - Placed 19th in 10K at the 2011 Big Ten Outdoor Championships



Vince McNally
Senior
Paoli, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	4th	4th	4th	18:04
9/24	Roy Griak Invitational	8K	36th	36th	3rd	24:48
9/30	Notre Dame Invitational	5 Miles	56th	56th	3rd	24:59
10/14	Penn State National	5.2m	7th	6th	2nd	26:35

2010 Big Ten Finish - 13th, 24:02 ** All-Big Ten Second Team

Notes - 3x NCAA XC Qualifier; 3x All-NCAA Region Finisher; PRs - 5K: 14:09.24



Nick Scarpello
Sophomore
Jamison, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	6K	5th	5th	5th	18:08
9/24	Roy Griak Invitational	8K	69th	69th	6th	25:19
9/30	Notre Dame Invitational	5 Miles	97th	94th	4th	25:27
10/14	Penn State National	5.2m	27th	24th	6th	27:16

2010 Big Ten Finish - 56th, 25:06

Notes - 2010 NCAA XC Qualifier; PRs - 5K: 14:26.76



Abbie Benson
Freshman
Elma, N.Y.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	5th	5th	5th	14:17
9/24	Roy Griak Invitational	6K	79th	78th	4th	21:52
9/30	Notre Dame Invitational	5K	48th	48th	4th	17:48
10/14	Penn State National	6K	34th	34th	5th	22:26

Notes - PRs: 800m - 2:15.69, 1500m - 4:34.44



Natalie Bower
Junior
Pleasant Unity, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	3rd	3rd	3rd	14:06
9/24	Roy Griak Invitational	6K	58th	58th	3rd	21:52
9/30	Notre Dame Invitational	5K	44th	44th	3rd	17:47
10/14	Penn State National	6K	12th	12th	3rd	21:43

2010 Big Ten Finish - 14th, 20:47 ** All-Big Ten Second Team

Notes - 2x NCAA XC Qualifier; 2010 NCAA All-Region; PRs: Steeple: 10:18.48



Emily Giannotti
Sophomore
Coudersport, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	2nd	2nd	2nd	14:01
9/24	Roy Griak Invitational	6K	99th	96th	6th	22:14
9/30	Notre Dame Invitational	5K	70th	70th	5th	17:57
10/14	Penn State National	6K	22nd	22nd	4th	22:11

2010 Big Ten Finish - 48th, 21:31

Notes - 2010 NCAA XC Qualifier; 3rd in steeplechase at 2011 USATF Jr. Champs.

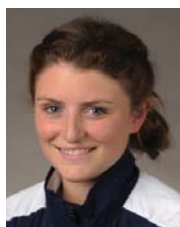


Lindsey Graybill
Junior
Macungie, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	9th	>7	8th	14:35
9/24	Roy Griak Invitational	6K	134th	123rd	7th	22:38
9/30	Notre Dame Invitational	5K	114th	112th	6th	18:20
10/14	Penn State National	6K	59th	>7	8th	23:01

2010 Big Ten Finish - 52nd, 21:36

Notes - 2011 NCAA XC Qualifier; 2011 NCAA First Round Qualifier; PRs - Steeple: 10:30.47



Caitlin Lane
Senior
Greenwich, N.Y.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	1st	1st	1st	13:26
9/24	Roy Griak Invitational	6K	7th	7th	1st	20:53
9/30	Notre Dame Invitational	5K	14th	14th	2nd	17:20
10/14	Penn State National	6K	5th	5th	2nd	21:17

2010 Big Ten Finish - 23rd, 20:58

Notes - Second Team NCAA All-American; 2x NCAA XC Qualifier; 2x School Record Holder





Kara Millhouse
Senior
Boiling Springs, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/24	Roy Griak Invitational	6K	28th	28th	2nd	21:20
9/30	Notre Dame Invitational	5K	12th	12th	1st	17:18
10/14	Penn State National	6K	4th	4th	1st	21:14

2010 Big Ten Finish - 25th, 20:59

Notes - 2011 Big Ten 10K Champion; 2x NCAA XC Qualifier; 2011 Honorable Mention All-American; 10K School Record Holder: 33:31.93



Brooklyne Ridder
Junior
Cincinnati, Ohio

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	4th	4th	4th	14:12
9/24	Roy Griak Invitational	6K	80th	79th	5th	22:06
9/30	Notre Dame Invitational	5K	137th	>7	8th	18:32
10/14	Penn State National	6K	44th	44th	6th	22:48

2010 Big Ten Finish - 9th, 20:37 ** All-Big Ten Second Team

Notes - 2x NCAA XC Qualifier ; 2010 XC Team MVP; PRs - 3K: 9:38.26i; 5K: 16:25.97i



Katie Rodden
Freshman
Ardmore, Pa.

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	7th	7th	6th	14:29
9/24	Roy Griak Invitational	6K	150th	>7	8th	22:46
9/30	Notre Dame Invitational	5K	120th	117th	7th	18:23
10/14	Penn State National	6K	50th	49th	7th	22:50

Notes - 3x PIAA XC Qualifier; PRs - 1600m: 5:01.74



Bekka Simko
Sophomore
Mentor, Ohio

Date	Event	Distance	Overall	Team Scoring	PSU	Time
9/2	Lock Haven Dolan Duals	4K	8th	8th	7th	14:32
9/30	Notre Dame Invitational	5K	10th	JV	9th	18:37
10/14	Penn State National	6K	207th	>7	17th	25:18

Notes - School Record Holder (4x800 - 8:39.44); 2011 NCAA First Round Qualifier

2011 MEET-BY-MEET || AT A GLANCE

Meet	Distance	Team Finish	Score	Top Finisher (Time)
Lock Haven Dolan Duals	M - 6K	1st (of 2)	15 pts	K. Dawson, 1st (17:36)
	W - 4K	1st (of 2)	15 pts	C. Lane, 1st (13:26)
Harry Groves Spiked Shoe	M - 5.2m	No Score	No Score	C. Anderson, 14th (27:07)
	W - 6K	5th (of 9)	152 pts	L. Sofo, 26th (22:51)
Roy Griak Invitational	M - 8K	5th (of 24)	195 pts	K. Dawson, 8th (24:12)
	W - 6K	8th (of 26)	250 pts	C. Lane, 7th (20:53)
Notre Dame Invitational	M - 5 Miles	14th (of 26)	343 pts	K. Dawson, 27th (24:46)
	W - 5K	4th (of 28)	188 pts	K. Millhouse, 12th (17:18)
Penn State National	M - 5.2 Miles	1st (of 21)	47 pts	K. Dawson, 3rd (26:19)
	W - 6K	3rd (of 29)	77 pts	K. Millhouse, 4th (21:14)



Beth Alford-Sullivan
Director and Head Coach
Track and Field/Cross Country

After 12 years and 103 NCAA All-Americans on the women's side, as well as four years and 22 All-America honorees with the men's squad, Beth Alford-Sullivan enters 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 reigns 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, via All-America efforts from freshman Brady Gehret in the 400-meters, and Ryan Foster in the mile run, as well as the men's 4x400-meter relay.

Sullivan also boasts a tremendous amount of international experience in her own right. Most notably in 2004, Sullivan was named a member of the Olympic coaching staff for the Athens Games, where she helped the United States squad to nearly 25 medals in the sport of track and field. More recently, Sullivan served as the Head Coach for the United States women's team at the 2011 Pan Am Junior Championships.

Program Success Under Sullivan...

Under Sullivan, the Nittany Lion women's team has become a national mainstay, scoring at the national meet in last 11 NCAA Outdoor Championships, and 10 of the last 11 NCAA Indoor Championships. The women's squad has also recorded top four "trophy team" finishes in two of the last four years, placing fourth at the NCAA Outdoor Championships in 2008 and 2010.

The Nittany Lions success under Sullivan does not end on the track, however, as the Nittany Lion women's track and field and cross country teams have earned United States Track and Field/Cross Country Coaches' Association (USTFCCCA) All-Academic honors in each of her 12 seasons at the helm of the program. Most recently, both the Nittany Lion men's and women's squads earned the academic standing, via grade point averages of 3.0 or better for the 2011 spring semester. In fact, the 2009-10 version of the women's squad was named USTFCCCA "Scholar Team of the Year" for the outdoor season, which is awarded to the team with the highest NCAA finish with a 3.0 GPA.



John Gondak
Assistant Coach
Middle Distance/Cross Country

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.

Under Gondak's watch, the Nittany Lions ripped through the Penn State records books, led by then-sophomore Casimir Loxsom, who set two individual school records, and was a member of three school-record relays. Individually, Loxsom clocked 1:01.28 for the 500-meters to start the indoor season. The time would stand as the fastest run by a collegian in 2011. Outside, Loxsom would blitz to a school-record 1:45.28 in the 800-meters, bettering Randy Moore's 1:45.96, which had stood since 1985. In the relays, Loxsom – and fellow Gondak charge – Lionel Williams – would assist on the record-setting 4x400-meter relays during both the indoor (3:07.27) and outdoor (3:07.19) seasons. Also making a mark in Nittany Lion history in 2011 was senior Ryan Foster, who clocked a school-record 3:58.49 for the mile run and posted an NCAA-leading time of 2:19.96 for the 1000-meter during the indoor season. Nationally speaking, Loxsom would place fourth in a blistering 800-meter final at the NCAA Outdoor Championships, running 1:45.31. Foster starred during the NCAA Indoor Championships, placing third in the mile run, while Loxsom and Williams ran legs on the Lions' fifth-place 4x400.

The Nittany Lions also made a splash at the prestigious Penn Relays Carnival, taking top honors in the sprint medley relay, thanks to outstanding splits from Loxsom on the 400-meter carry and Foster on the 800 anchor. The team, which claimed Penn State's first Penn Relays win since 1987, would also clock a school-record 3:17.10 in the effort. Gondak also led the Nittany Lions to a second-place finish in the 4x800-meter relay (Williams, Samuel Borchers, Loxsom, and Foster) in an epic battle at Penn Relays, where the team clocked 7:12.90 – the seventh-fastest time in collegiate history.

2010 was a breakout year for the Nittany Lion middle distance contingent, sending a grand total of four 800-meter athletes to the NCAA Indoor Championships, including Foster, Owen Dawson, Williams, and Loxsom. In total, the Lions came away with three All-America certificates, thanks to a bronze-medal effort from Foster, to go along with eighth and 11th-place finishes from Dawson, and Williams, respectively. The three All-America finishes were the first for the Penn State program in the 800 since 1985. Gondak's charges also had a remarkable season in the record books in 2010 with Foster setting new school standard in the 800 (1:47.32), and 1000-meters (2:19.60). Foster's 1000 mark, and his Ashenfelter facility record 1:47.48 from the Penn State National were also recognized as Australian National Indoor Records.