



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.



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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.

Under Sullivan, the Nittany Lion women's team has become a national mainstay, scoring at the national meet in the 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 scored five All-Region finishes in 2010.

2011 PENN STATE WOMEN'S ROSTER

First	Last	Year	Hometown
Leigha	Anderson	Fr.	Carlisle, Pa.
Abigail	Benson	Fr.	Elma, N.Y.
Natalie	Bower	Jr.	Pleasant Unity, Pa.
Rachel	Casciano	Fr.	Wyomissing, Pa.
Markea	Dickinson	So.	West Chester, Pa.
Bria	Edwards	Fr.	Hazle Twnshp, Pa.
Kalyn	Fisher	So.	Lewisburg, Pa.
Emily	Giannotti	So.	Coudersport, Pa.
Lindsey	Graybill	Jr.	Macungie, Pa.
Kerrin	Jennings	Fr.	Glen Mills, Pa.
Marta	Klebe	So.	Chesterbrook, Pa.
Danielle	Kocjancic	So.	Kane, Pa.
Caitlin	Lane	Sr.	Greenwich, N.Y.
Kara	Millhouse	Sr.	Boiling Springs, Pa.
Lauren	Mills	Fr.	West Chester, Pa.
Victoria	Perri	So.	Philadelphia, Pa.
Gwenn	Porter	So.	Clearfield, Pa.
Brooklyne	Ridder	Jr.	Cincinnati, Ohio
Colleen	Shannon	Jr.	Andover, Mass.
Rebekka	Simko	So.	Mentor, Ohio
Lucia	Sofo	So.	State College, 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 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)
12.	Keri Bland (West Virginia)	20:11 (2008)
13.	Clara Grandt (West Virginia)	20:17 (2008)
14.	Bridget Franek (Penn State)	20:20 (2008)
15.	Mary Cullen (Providence)	20:23 (2004)
	Megan Duwell (Minnesota)	20:23 (2009)

COLLEGE WOMEN'S SPIKED SHOE HISTORY

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)
5.	Sara Cummings (Princeton)	21:03 (2010)
	Alex Banfich (Princeton)	21:03 (2010)
6.	Jillian Sullivan (UConn)	21:04 (2006)
7.	Madeline Chambers (Georgetown)	21:06 (2010)
8.	Jess Palacio (Navy)	21:08 (2010)
9.	Miesha Marzell (Pony Express)	21:10 (2006)
	Tracey Brauksieck (PSU)	21:10 (2002)

Spiked Shoe (Since Moving to 6000m 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)

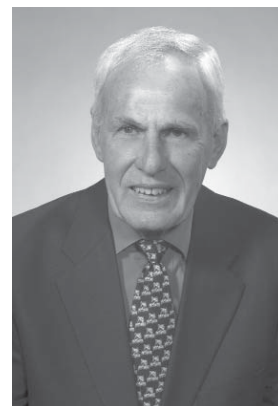
USTFCCCA RANKINGS

Rank	Institution	Region	Conference	Last Week
1	Georgetown	Mid-Atlantic	Big East	1
2	New Mexico	Mountain	Mountain West	2
3	Providence	Northeast	Big East	3
4	Colorado	Mountain	Pac-12	4
5	Villanova	Mid-Atlantic	Big East	5
6	Florida State	South	ACC	6
7	Stanford	West	Pac-12	7
8	Duke	Southeast	ACC	9
9	Iowa State	Midwest	Big 12	10
10	Arizona	West	Pac-12	8
11	Washington	West	Pac-12	11
12	North Carolina	Southeast	ACC	12
13	Michigan	Great Lakes	Big Ten	13
14	Texas	South Central	Big 12	14
15	Syracuse	Northeast	Big East	15
16	Oregon	West	Pac-12	16
17	Virginia	Southeast	ACC	17
18	Penn State	Mid-Atlantic	Big Ten	18
19	Princeton	Mid-Atlantic	Ivy	22
20	West Virginia	Mid-Atlantic	Big East	24
21	NC State	Southeast	ACC	21
22	Texas Tech	Mountain	Big 12	20
23	Oklahoma State	Midwest	Big 12	26
24	Florida	South	SEC	22
25	BYU	Mountain	West Coast	25
26	Boston College	Northeast	ACC	18
27	Iowa	Midwest	Big Ten	28
28	Michigan State	Great Lakes	Big Ten	29
29	Toledo	Great Lakes	Mid-American	27
30	Minnesota	Midwest	Big Ten	30

Others Receiving Votes: Dartmouth 27, Columbia 16, Arkansas 14, Kansas State 12, Tulsa 7, California 6, Indiana 5, San Francisco 5, Vanderbilt 5, James Madison 1, La Salle 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 Women follow the Blue Line