



# CROSS-COUNTRY

Harry Groves Spiked Shoe Invitational || September 13, 2013



## COMPETING TEAMS

Bucknell

Cortland St.

Geneseo St.

Grove City

Johns Hopkins

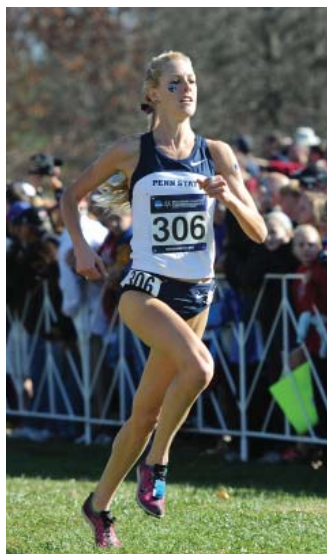
Mt. St. Mary's

Penn State

Pittsburgh

West Virginia (W)

**SENIOR DAY: THANK YOU SENIORS!**



## 2013 SENIOR CLASS

GABRIELLE  
COCCO

EMILY GIANNOTTI

MARTA KLEBE

DANI KOCJANCIC

GWENN PORTER

BEKKA SIMKO

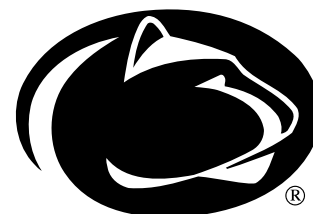
Women's 6,000-Meters || 5:30 p.m.  
Men's 5.2 Miles || 6:15 p.m.



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# PENN STATE

## 2013 WOMEN'S CROSS COUNTRY



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### PENN STATE NITTANY LIONS

#### 2013 Schedule

Name	Class	Elig.	Hometown (Previous School)
Aldrich, Stephanie	Freshman	Freshman	West Chester, Pa. (Henderson)
Anderson, Leigha	Junior	Junior	Carlisle, Pa. (Cumberland Valley)
Benson, Abbie	Junior	Junior	Elma, N.Y. (Iroquis)
Casciano, Rachel	Junior	Junior	Wyomissing, Pa. (Reading Holy Name)
Cocco, Gabrielle	Senior	Senior	Allentown, Pa. (Loyola-Md.)
Gerlach, Tori	Sophomore	Sophomore	Perkasie, Pa. (Pennridge)
Giannotti, Emily	Senior	Senior	Coudersport, Pa. (Coudersport)
Houghton, Audrey	Sophomore	Freshman	Purcellville, Va. (Woodgrove)
Jennings, Kerrin	Junior	Junior	Glen Mills, Pa. (Padua Academy)
Klebe, Marta	Senior	Senior	Chesterbrook, Pa. (Conestoga)
Kocjancic, Danielle	Senior	Senior	Kane, Pa. (Kane Area)
Kocjancic, Julie	Freshman	Freshman	Pittsburgh, Pa. (Mount Lebanon)
Mills, Lauren	Junior	Junior	West Chester, Pa. (Unionville)
Perri, Victoria	Senior	Senior	Philadelphia, Pa. (Mt. St. Joseph Academy)
Porter, Gwenn	Senior	Senior	Clearfield, Pa. (Clearfield)
Rodden, Katie	Junior	Junior	Radnor, Pa. (Archbishop Carroll)
Simko, Rebekka	Senior	Senior	Mentor, Ohio (Gilmour Academy)
Ulizio, Cara	Freshman	Freshman	Redondo Beach, Calif. (Redondo Unioni)
Underwood, Sarah Jane	Freshman	Freshman	Alexandria, Va. (West Potomac)
Vogel, Meghan	Freshman	Freshman	West Liberty, Ohio (West Liberty-Salem)

#### SEPTEMBER

6	at Dolan Duals	Lock Haven
13	<b>Harry Groves Spiked Shoe Inv.</b>	<b>6:15 p.m.</b>

#### OCTOBER

5	at Paul Short Run	Lehigh
18	<b>PSU National</b>	<b>10:00 a.m.</b>
19	NCAA Pre-Nationals	Indiana State

#### NOVEMBER

3	Big Ten Championships	Purdue
15	NCAA Mid-Atlantic Regional	Lehigh
23	NCAA Championships	Indiana State

**BOLD - Denotes HOME Competition**

**Director and Head Coach of Track and Field/Cross Country:** Beth Alford-Sullivan (Eighth Year)

**Associate Head Coach:** John Gondak (Eighth Year)

**Director of Operations:** Jess Riden (Eighth Year);

**Director of Operations:** Ryan Foster (First Year)

**Athletic Trainers:** Ben Evans, Mike Gay



### DIRECTOR AND HEAD COACH || BETH ALFORD SULLIVAN

Beth Alford-Sullivan begins her 15th season at the helm of the Nittany Lion women's program this fall, and her eighth year as the Director and Head Coach of both the Penn State men's and women's track and field and cross country squads.

Under Sullivan's watch, the Nittany Lions have become one of the most successful programs in the country, as she has coached nearly 150 All-Americans, four NCAA Champions, 84 Big Ten individual champions, and 17 Big Ten Champion relays during her tenure in Happy Valley. Sullivan's achievements have also been well recognized in the coaching community, as she has been named "Coach of the Year" on 28 occasions, including four in 2012-13 alone.

The Nittany Lions have been highly successful on the cross country course under Sullivan's watch, as the Penn State women's squad has advanced to the NCAA Championships in each of the last four years, capturing top 15 finishes on three out of four occasions. The Nittany Lions claimed a 14th-place overall finish a year ago, with five of the Lions' 2012 top seven returning to this season's line up. The Nittany Lions' impressive postseason run became with a third-place finish at the Big Ten Championships in 2012, where then-junior Bekka Simko captured First Team All-Conference status. The Nittany Lions would go on to a first-place standing at the NCAA Mid-Atlantic Regional - earning the first regional title in program history - thanks in part to all-region efforts from Tori Perri, Simko, Brooklyne Ridder, Leigha Anderson, and Emily Giannotti.

The Nittany Lions have also been a consistent factor at the conference level, spending the last four years in the top three, including a Big Ten title run in 2009. During her tenure in Happy Valley, Sullivan has coached Big Ten individual champions Bridget Franek (2009) and Caitlin Lane (2011).

### ASSOCIATE HEAD COACH || JOHN GONDAK

John Gondak begins his eighth year in Happy Valley as an assistant with the Nittany Lion cross country and distance squads. Gondak's resume while with the Blue and White - which can be matched by few middle distance mentors in the country - includes 17 USTFCCCA First Team All-Americans, 15 Big Ten Champions, 17 Penn State records, four Big Ten Freshman of the Year honorees, five 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 an NCAA Mid-Atlantic regional title in 2012. Over the years, Gondak has assisted in NCAA-qualifying efforts by the women's squad in 2009, 2010, 2011, and 2012 and by the men's team in 2008, and 2010. 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 four-straight NCAA-qualifying performances in cross country, capturing top 15 standings on three out of four occasions.

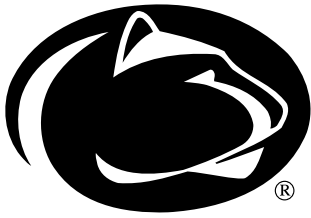
Gondak has also been widely recognized by the coaching community as he was named United States Track and Field/Cross Country Association (USTFCCCA) Mid-Atlantic Region Assistant Coach of the Year during the indoor season in 2009, and again for his efforts during the 2010 outdoor season. Gondak swept 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.



PennStateTFXC



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# PENN STATE

## HARRY GROVES SPIKED SHOE

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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 (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 (Penn State)	20:20 (2008)

### WOMEN'S SPIKED SHOE HISTORY

#### Spiked Shoe (Since Moving to 6000m in 2000)

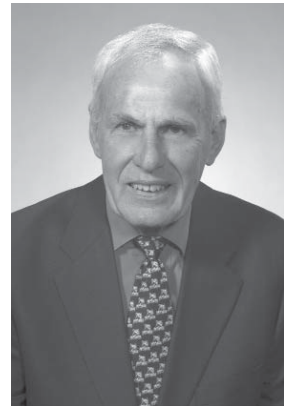
2000	Katie Jazwinski (Michigan)	Michigan (52)
2002	Tracey Brauksieck (PSU)	Penn State (22)
2003	Molly Landreth (PSU)	Penn State (15)
2004	Molly Landreth (PSU)	Penn State (23)
2005	Lindsey Donaldson (Yale)	Yale (34)
2006	Jillian Sullivan (UConn)	Syracuse (64)
2007	Bridget Franek (PSU)	Penn State (25)
2008	Cheryl Spring (PSU)	Syracuse (30)
2009	Cheryl Spring (PSU)	Penn State (33)
2010	Emily Jones (Georgetown)	Georgetown (25)
2011	Hannah Neczypor (Georgetown)	Georgetown (16)
2012	Julie Accurso (Ohio U)	Penn State (25)

#### 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.	Julie Accurso (OhioO)	21:03 (2012)
7.	Jillian Sullivan (UConn)	21:04 (2006)
8.	Hannah Neczyporr (Georgetown)	21:05 (2011)
9.	Madeline Chambers (Georgetown)	21:06 (2010)
10.	Jess Palacio (Navy)	21:08 (2010)

### || 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.



### USTFCCA WOMEN'S RANKINGS

Rank	Team	Region	Conference
1	Providence	Northeast	Big East
2	Florida State	South	ACC
3	Oregon	West	Pac-12
4	Duke	Southeast	ACC
5	Washington	West	Pac-12
6	Georgetown	Mid-Atlantic	Big East
7	Arizona	West	Pac-12
8	Stanford	West	Pac-12
9	Arkansas	South Central	SEC
10	Cornell	Northeast	Ivy
<b>11</b>	<b>Penn State</b>	<b>Mid-Atlantic</b>	<b>Big Ten</b>
12	Villanova	Mid-Atlantic	Big East
13	Michigan State	Great Lakes	Big Ten
14	Colorado	Mountain	Pac-12
15	New Mexico	Mountain	Mountain West
16	William and Mary	Southeast	Colonial
17	Michigan	Great Lakes	Big Ten
18	Notre Dame	Great Lakes	ACC
19	Minnesota	Midwest	Big Ten
20	Vanderbilt	South	SEC
21	Oklahoma State	Midwest	Big 12
22	NC State	Southeast	ACC
23	San Francisco	West	West Coast
24	Weber State	Mountain	Big Sky
25	Boston College	Northeast	ACC
26	Iowa State	Midwest	Big 12
27	Texas	South Central	Big 12
28	Princeton	Mid-Atlantic	Ivy
<b>29</b>	<b>West Virginia</b>	<b>Mid-Atlantic</b>	<b>Big 12</b>
30	Butler	Great Lakes	Big East

Others Receiving Votes: Georgia 21, Connecticut 19, North Carolina 14, UC Davis 13, Harvard 11, Toledo 7, Florida 4, Syracuse 3, Northern Arizona 2, Texas A&M 1





On the Course the Women follow the Blue Line