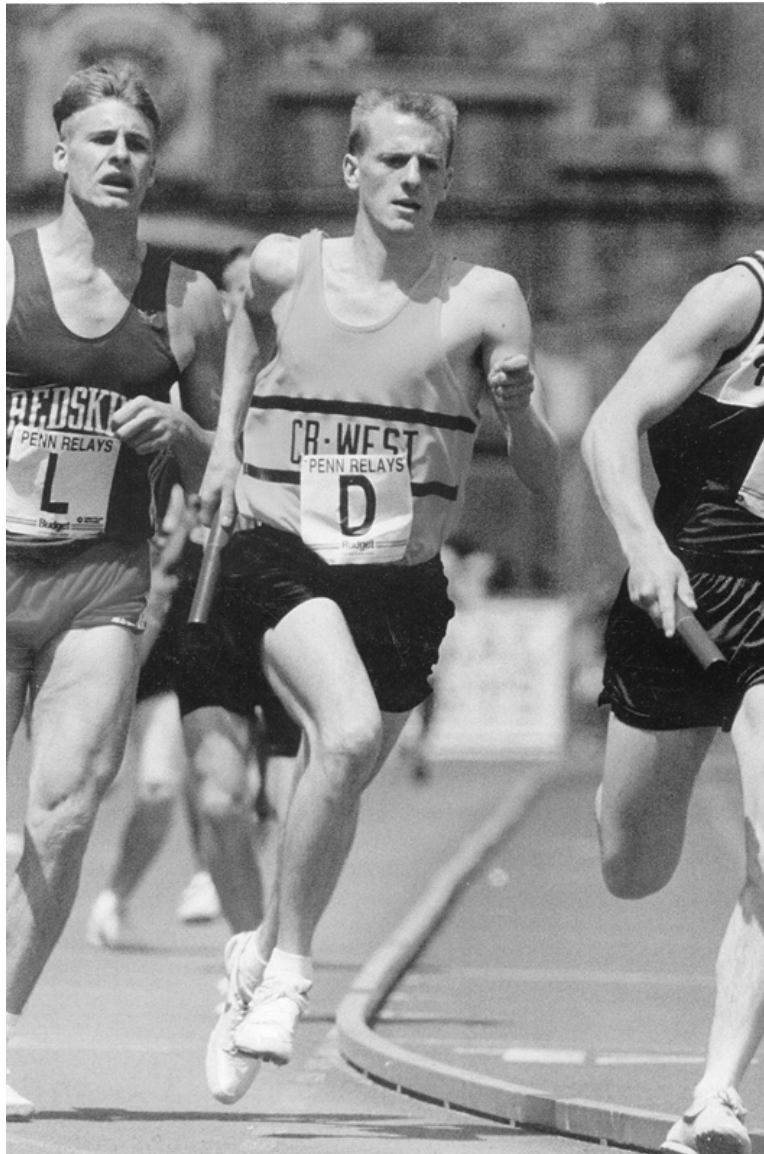


**2018
Hall of Fame Inductee**



**John Gondak -- 1991
Central Bucks West**

At Central Bucks in 10th grade, John Gondak participated in Soccer and Basketball. Beginning in the spring of 10th grade until graduation, he devoted his athletics to running Track and Cross Country. He earned two Varsity letters in Cross Country; one in Winter Track and three in Spring Track. Selected Captain in both Track categories and Cross Country, he received the school's Most Valuable Player in his Junior and Senior years, and at graduation the Stanley MacFarlane Athlete of the Year. His competitive skills at running earned him recognition that extended beyond Central Bucks to higher levels at District and State Championship events.

Cross Country

John received two Varsity letters in his Junior and Senior years. Selected as Captain in his Senior year, he competed on the 1st Team of the Suburban League One each of those two years.

- Most Valuable Player awarded in his Junior and Senior years. He was named to the 1st team of the Suburban One league as compared to competing on the 1st team.

Indoor Track

As a Senior Varsity Letter recipient, John was selected Team Captain and Most Valuable Player. He qualified for the State's Indoor Track Meet and placed 4th in the 1000 Yard Run.

Spring Track

John participated each of his 3 years in high school earning a Varsity letter each of those 3 years.

- Captain and MVP in his Senior year.
- League Champion in the 4x400 and 4x800.
- 1st place in the 4x4 at Penn Relays.
- Suburban One League 1st team all three years.
- District one qualifier all three years.
- 4th place at State in the 4x800.

John attended Syracuse University where he ran Track and Cross Country serving as Captain in his senior year in Cross Country. For three years he was All Big East Scholar, qualifying 8 times for IC4A in the 4x800, the Distance Medley and the Mile. In his last three years at Syracuse he was a point scorer at the Big East Championships, finishing in the top 8 and earned points to the team total.

After graduation John began his coaching career in Track as an Assistant first at Georgia Tech in 1995 to 1996, moving on to Toledo for the next two years, and then at the University of Kentucky from 1998 through to 2006. While at Kentucky he assisted in developing 15 NCAA Qualifiers that earned 25 All-American Honors, breaking 18 school records. In the 2003-2004 seasons John coached 3 individual SEC Champions.

In 2006 John moved on to Penn State University. He started as an Assistant Coach from 2006 to 2014 before appointed to Head Coach, where he remains today. His Track teams have won 12 Big Ten Track and Cross Country Championships, including three during his tenure as Head Coach. . In addition to have coached Isiah Harris to the 2018 NCAA Championship in the 800, his resume is matched by few middle distance mentors:

- 45 First Team All-Americans.
- 38 Big Ten Champions.
- 46 Penn State Records.
- Six Big Ten Freshman of the Year Honorees.
- Ten Penn Relays victories.
- Five NCAA Records.
- Four Sub-4:00 Milers.

The land of Blue and White remains John's home. Currently engaged to Lori Yacisin, John has three children—Jessica, 16; Jeffrey, 14; and Jackson, 3. He is most thankful for the honor of induction to the CB-CB West Hall of Fame.