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PRESS RELEASE

NC State Wolfpack Wrestling



#PackMentality Pop-Ins Podcast

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Three-time National Champion Ed Ruth to Join Wolfpack RTC

Won three straight (2012-14) national championships while at Penn State

RALEIGH, N.C. – Three-time NCAA National Champion Ed Ruth will be joining the Wolfpack Wrestling Club and the Wolfpack Regional Training Center (RTC) as an athlete developmental coach.

"I'm very excited to be coming to Raleigh," said Ruth. "It's a great area, and a great opportunity to be involved with the Wolfpack RTC and NC State's collegiate program. Wolfpack Wrestling has reached very impressive heights recently, and they always have a huge presence at every tournament their guys go to.

"I look forward to working with Coach Popolizio and his whole staff in the development of all the athletes involved with Wolfpack Wrestling."

Ruth competed for Penn State Wrestling from 2011-14. While there, he was a three-time NCAA national champion (in 2012 at 174 pounds and in 2013 and 2014 at 184 pounds). He also was the third as a redshirt-freshman at 174 pounds in 2011.

Penn State won the national title all four years he competed. He currently ranks first in the Penn State record books in career winning percentage, going 136-3 during his Nittany Lion career, only one loss over his final three seasons. He was a four-time Big Ten Champion.

"Ed will be a vital asset to all aspects of our program," said NC State head coach Pat Popolizio. "With his background and the levels of success that he has gotten to already, Ed is bringing to Raleigh experiences that will have a huge impact on every guy associated both with our wrestling team and the Wolfpack RTC."

In freestyle action, Ruth finished second at the World Team Trials, and was third at the 2015 U.S. Open. In 2014, he won the World Team Trials at 84 kg, and represented the U.S. at the World Championships in Uzbekistan. He was a member of the University World Freestyle Team in 2013, and was a University Nationals champion (84 kg).

Ruth has recently competed in the Middleweight division of Bellator MMA, whom he signed with in May 2015 and made his debut in November 2016. He holds a professional record of 8-3, with six wins coming via knockout.

He also holds a purple belt in Brazilian Jiu-Jitsu, and has a career 9-3 record in submission grappling matches.

A native of Harrisburg, Pa., Ruth was a 2009 High School All-American at Blair Academy (N.J.), and the top-ranked recruit in his weight class nationally.

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