



Mike Adams, 5-10, Senior
Brodheadsville, Pa./Pleasant Valley
Major: Psychology

Profile: Three-year letterman...has competed in 16 meets...his early development was hampered by injuries, but he did manage to stay relatively injury-free last fall...member of the university's ROTC program...**2007 (Junior Year):** One of three runners to compete in all seven meets...ended the season with a career-best time of 30:15 for 8000 meters at the NCAA Mideast regional meet...broke the 32-minute barrier for 8000 meters with a time of 31:33.87 on October 13 at the DeSales Invitational...finished 60th overall at the first-ever Landmark Conference championships on October 27 in Towson, Maryland, by covering the 8000-meter course in 32:56, which was 23 seconds faster than the time he recorded on the same course at the Goucher Mid-Atlantic Classique three weeks earlier...**2006 (Sophomore Year):** competed in five meets, including the Middle Atlantic Conference championships at DeSales University on October 28 in Center Valley, Pennsylvania...in his third meet of the season, took nearly two minutes off of his time at the Spiked Shoe Invitational (Penn St.) from the time he recorded there the previous year...clocked a time of 31:41.61 for 8000 meters at the DeSales Invitational, an improvement of nearly four minutes from his time there the previous year...ended the season by recording a time of 32:06 for 8000 meters to finish 84th over a muddy and rain-soaked course at the Middle Atlantic Conference championships...**2005 (Freshman Year):** competed in the Marywood, Spiked Shoe (Penn St.), and DeSales Invitational, as well as the Middle Atlantic Conference championships...posted his lowest time of the season for 8000 meters by finishing 106th in 32:01.98 as the Royals placed fifth in the 12-team field...two weeks earlier, covered an 8000-meter course in 35:07.79 at the DeSales Invitational, the site of the upcoming 2006 MAC championships...opened the season by finishing 47th in a time of 34:26 over a hilly and extremely difficult 4.7-mile course at the Marywood Invitational on September 3...picked up valuable experience at the Spiked Shoe Invitational at The Pennsylvania State University, a race that included many top-notch Division I, II and III runners, and covered the 5.2-mile course in 34:16.

Awards & Honors

Landmark Conference Academic Honor Roll (2007)
 Middle Atlantic Conference Academic Honor Roll (2006)

Conference Championship Finishes

60th (32:56, 8000 meters) Landmark Conference Championships (Goucher College, Oct. 27, 2007)
 84th (32:06, 8000 meters) Middle Atlantic Conference Championships (DeSales University, Oct. 28, 2006)

NCAA Mideast Regional Finishes

238th (30:15, 8000 meters), Lehigh University, Nov. 10, 2007



Sean Finnegan, 5-11, Junior,
Springfield, Pa./St. Joseph's
Preparatory
Major: Exercise Science

Profile: Two-year letterman...his development has been hampered by nagging injuries...has competed in 11 meets in his career...has the potential to solidify the middle tier of the line-up...**2007 (Sophomore Year):** Competed in five of seven races, including the season-ending Landmark Conference championships and the NCAA Mideast regional meet...ran a career-best time of 29:21 for 8000 meters at the NCAA regional meet at Lehigh University on November 10...opened the season with a time of 16:50 for three miles at the non-team scoring Bison Open at Bucknell University, a performance that was 35 seconds faster than his previous time on the same course in 2006...was the sixth Royal harrier across the finish line in a time of 31:27, good for 46th-place, at the Landmark Conference championships on October 27 at Goucher College...**2006 (Freshman Year):** Competed in six of seven meets...broke the 30-minute barrier for 8000 meters by clocking a time of 29:27.89 at the Dickinson Invitational in Carlisle, Pennsylvania, on October 27...opened the season by covering the 3-mile course at Bucknell University in 17:25...sloshed his way to an 81st-place finish in a time of 31:36 for 8000 meters over a muddy and rain-soaked course at the Middle Atlantic Conference championships on October 28 at DeSales University in Center Valley, Pennsylvania, which was a minute and 14 seconds slower that he ran two weeks earlier at the DeSales Invitational in much better weather conditions...was the sixth Royal harrier across the finish line in a respectable time of 31:09.55 for 5.2 miles at the Spiked Shoe Invitational at The Pennsylvania State University, an event featuring numerous runners from Division I and II institutions.

Conference Championship Finishes

46th (31:27, 8000 meters), Landmark Conference Championships, Goucher College, Oct. 27, 2007
 81st (31:36, 8000 meters), Middle Atlantic Conference Championships, DeSales University, Oct. 28, 2006

NCAA Mideast Regional Finishes

216th (29:21, 8000 meters), Lehigh University, Nov. 10, 2007