



**Joe Gallagher, 5-10, Junior**  
**Apalachin, N.Y./Vestal Central**  
**Major:** Biology

**Profile:** Two-year letterman...has competed in 12 meets in his career...has shown steady improvement in his times in head coach Bill Burke's season-round training regiment...will compete for a spot in the middle tier of the lineup...**2007**

**(Sophomore Year):** Participated in six of seven meets...lowered his times considerably in two races from the previous year: cut 30 seconds off of his time at the season-opening Bison Open (Bucknell University) by covering the 3-mile course in 17:20.57 and 49 seconds at the DeSales Invitational, where he covered the 8000-meter course in 30:06.65...was the fourth Scranton harrier across the finish line in a time of 31:21, good for 42nd-place, over an 8000-meter course at the Landmark Conference championships at Goucher College on October 27...**2006 (Freshman Year):** Competed in six of seven meets...his time for 8000 meters came down considerably during the season, from a 33:37.37 clocking on September 9 at the Lebanon Valley Invitational to 30:55.83 at the DeSales Invitational on October 14...ended the season by running a respectable time of 31:55 to finish 82nd over a muddy and rain-soaked course at the Middle Atlantic Conference championships on the same course as the DeSales Invitational on October 28...put together a solid effort with a time of 31:25 for 5.2 miles at the Spiked Shoe Invitational (The Pennsylvania State University) on September 23, a race that featured numerous runners from prominent Division I and II programs.

**Awards & Honors**

Landmark Conference Academic Honor Roll (2007)

**Conference Championship Finishes**

42nd (31:21, 8000 meters), Landmark Conference Championships, Goucher College, Oct. 27, 2007  
 82nd (31:55, 8000 meters), Middle Atlantic Conference Championships, DeSales University, Oct. 28, 2006



**James Gamrat, 5-11, Senior**  
**Lynbrook, N.Y./Lynbrook**  
**Majors:** Exercise Science/Physical Therapy

**Profile:** Three-year letterman...has appeared in 16 meets in his career...has benefitted tremendously under head coach

Bill Burke's tutelage...**2007 (Junior Year):** Came on strong after missing the first three meets of the season due to an injury; in his first race back, covered an 8000-meter course in 32:40.71 at the Goucher Mid-Atlantic Classic on October 6; three weeks later, cut 1:18 off his time over the same course to finish 43rd in a time of 31:22 at the Landmark Conference championships...at the season-ending NCAA Mideast regional meet, broke the 30-minute barrier for the first time in his career by clocking a time of 29:38...was the fourth Royal harrier across the finish line at the NCAA regional meet...cut almost two minutes off his time, covering an 8000-meter course in 30:38.12 at the DeSales Invitational on October 13 after posting a 31:56.52 time over the same course in 2006...**2006 (Sophomore Year):** Competed in six of seven meets...improved his time in two meets on the same course from his freshman year: cut nearly two minutes off of his time at the DeSales Invitational on October 14 and nine seconds at the Spiked Shoe Invitational (Penn State) on September 23...clocked a personal-best of 31:07.71 for 8000 meters at the Dickinson Invitational on October 7 in Carlisle, Pennsylvania...participated in the Middle Atlantic Conference championships and posted a time of 33:36 for 8000 meters on a muddy and rain-soaked course at DeSales University on October 28... **2005 (Freshman Year):** Competed in five meets...like a majority of his teammates, his times came down as the season progressed...ended the year by placing 103rd in a time of 31:38.80 for 8000 meters at the Middle Atlantic Conference championships at Juniata College in Huntingdon, Pennsylvania, on October 29 as the Royals finished fifth in the 12-team field...at the DeSales Invitational two weeks earlier, covered the 8000-meter course in 33:44.46 to place 176th overall...put together a solid effort at the season-opening Marywood Invitational by covering a hilly and demanding 4.7-mile course in 31:30 to place 34th overall...broke the 33-minute barrier in his next two races by finishing 95th in 32:34.75 for 5080-meters and 32:39 over a 5.2-mile course at the Lebanon Valley and Spiked Shoe (The Pennsylvania State University) invitationals.

**Conference Championship Finishes**

43rd (31:22, 8000 meters), Landmark Conference Championships Goucher College, Oct. 27, 2007  
 99th (33:36, 8000 meters), Middle Atlantic Conference Championships, DeSales University, Oct. 28, 2006  
 103rd (31:38.80, 8000 meters), 2005 Middle Atlantic Conference Championships, Juniata College, Oct. 29, 2006

**NCAA Mideast Regional Finishes**

223rd (29:38, 8000 meters), Lehigh University, Nov. 10, 2007