



**Joe Larramendia, 6-0, Junior  
Bernardsville, N.J./Bernards  
Major:** Secondary Education

**Profile:** Two-year letterman...has the potential to move into the upper tier of the lineup...**2007 (Sophomore Year):** Solidified the middle tier of the lineup by competing in

six of seven meets and was the third Royal harrier across the finish line in three events...ran a career-best time of 28:00 for 8000 meters at the season-ending NCAA Mid-east regional on November 10 at Lehigh University...finished 23rd in a time of 30:02 for 8000 meters at the Landmark Conference championships on October 27 at Goucher College; three weeks earlier, covered that same course in 29:36.34 to finish 18th at the Goucher Mid-Atlantic Classic...for the second straight season, broke the 17-minute barrier for three miles at the season-opening Bison Open (Bucknell University), covering the distance in 16:48.74 to finish 45th overall (one of five Royal harriers to break the 17-minute barrier)...**2006 (Freshman Year):** Opened the season by being one of four runners to break the 17-minute barrier for three miles at the Bison Open (Bucknell University) on Friday, September 1; covered the course in 16:48 to finish 58th overall...broke the 30-minute barrier for 8000 meters on three occasions: ran a personal-best 28:46.93 to finish 59th at the Dickinson Invitational on October 7 in Carlisle, Pennsylvania; placed 37th in 29:27.95 at Lebanon Valley Invitational in Annville, Pennsylvania, on September 9; and finished 64th in 29:09.60 at the DeSales Invitational in Center Valley, Pennsylvania, on October 14...ended the season with a 63rd-place finish in 30:37 over a muddy and rain-soaked 8000-meter course at the Middle Atlantic Conference championships at DeSales University on October 28; two weeks later, covered an 8000-meter course in 30:25 to place 173rd at the NCAA Mid-east regional on November 11 in Waynesburg, Pennsylvania...was the fourth Royal harrier across the finish line in 149th-place in a time of 30:30.25 for 5.2 miles at the Spiked Shoe Invitational (The Pennsylvania State University), a race that featured several prominent Division I and II programs.

**Awards & Honors**

Landmark Conference Academic Honor Roll (2007)

**Career Highlights**

**Top 25 Finishes**

- 18th (29:36.34, 8000 meters), Goucher Mid-Atlantic Classic, Oct. 6, 2007
- 23rd (29:46, 8000 meters), Cougar Classic (Misericordia University), Sept. 22, 2007
- 23rd (30:02, 8000 meters), Landmark Conference Championships, Goucher College, Oct. 27, 2007

**Conference Championship Finishes**

23rd (30:02, 8000 meters), Landmark Conference Championships, Goucher College, Oct. 27, 2007

63rd (30:37, 8000 meters), Middle Atlantic Conference Championships (DeSales University, Oct. 28, 2006)

**NCAA Mid-east Regional Finishes**

150th (28:00, 8000 meters), Lehigh University, Nov. 10, 2007  
172nd (30:25, 8000 meters), Greene County Airport, Waynesburg, Pa., Host: Waynesburg College, Nov. 11, 2006



**Marcos Taboas, 5-7, Junior  
Newark, N.J./St. Benedict's  
Preparatory  
Major:** Communication

**Profile:** After a solid freshman season, injuries kept him on the sidelines for three of the final four meets of the 2007 season...when healthy, has the potential to move into the upper tier of the lineup...**2007 (Sophomore Year):** An injury limited him to just four meets...showed signs of promise with two top 15 finishes in his first three meets--placing 12th in 30:22 for 8000 meters at the Vassar Invitational on September 8 and eighth in 28:56, again over an 8000-meter course, at the Cougar Classic (Misericordia University) on September 22...after sitting out two meets, came back to clock a time of 32:25 for 8000 meters to finish 55th at the Landmark Conference championships on October 27 at Goucher College...**2006 (Freshman Year):** Opened the season by being one of four runners to break the 17-minute barrier (16:29) at the Bison Open at Bucknell University in Lewisburg, Pennsylvania, on September 1...was the second Royal harrier across the finish line in four meets: at the Bison Open (48th overall), DeSales Invitational (54th overall in 28:51.80 for 8000 meters), Middle Atlantic Conference championships (45th overall in 29:55 for 8000 meters), and NCAA Mid-east regional (116th in 29:22 for 8000 meters).

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**Awards & Honors**

Landmark Conference Academic Honor Roll (2008)

**Career Highlights**

**Top 25 Finishes**

- 8th (28:56, 8000 meters), Cougar Classic (Misericordia University), Sept. 22, 2007
- 12th (30:22, 8000 meters), Vassar Invitational, Sept. 8, 2007

**Conference Championship Finishes**

45th (29:55, 8000 meters), Middle Atlantic Conference Championships, DeSales University, Oct. 28, 2006  
55th (32:25, 8000 meters), Landmark Conference Championships, Goucher College, Oct. 27, 2007

**NCAA Mid-east Regional Finishes**

116th (29:22, 8000 meters), Greene County Airport, Waynesburg, Pa., Host: Waynesburg College, Nov. 11, 2006