Southern Arkansas University
2005 Mulerider Cross Country Outlook

Southern Arkansas University has shown consistent improvement in their men’s cross country program since first joining the Gulf South Conference in 1995.

The Muleriders finished last in their first two seasons in the conference meet, but leaped to fourth in the 1997 championship meet, missing third by only four points. In 1998, 1999, and 2002, the Muleriders advanced to third place in the conference final. In 2000 at the NCAA Division II South Regional Championship, the Muleriders placed eighth out of 19 teams. The 2004 team placed fifth in the GSC meet out of 11 teams.

The 2005 Mulerider cross country team will be a well-balanced team led by two-time All-GSC senior Adrian Romanos.

SAU Men’s 2005 cross-country team:

**Adrian Romanos** is the team captain. He is a senior from Laredo, Tex. While attending John B. Alexander High School, he was a member of the National Honor Society, received the Presidential Award, and was involved in various community service projects. As a senior in high school, Romanos was third in the 2,000-meter steeplechase at the Texas Relays. He also won the 2,000-meter steeplechase at the AAU National Meet in 2002. At the university level, he is a two-time All-GSC cross country runner, and placed 10th in the 2004 NCAA Regional with a time of 31:49 for the 10,000. He was a 2004 National Qualifier in cross country. Romanos was named to the NCAA Division II 2003 and 2004 Cross Country Coaches Association All-Academic Team. He has also been named to the GSC All-Academic Team and the GSC Honor Roll.

**Elliot Isom** is a junior from Conway, Ark. While attending Conway High School, Isom was All-Conference in cross country his senior year. As a sophomore at SAU he had a very productive year, improving his 8,000 meter time to 27:30.1, placing 24th in the GSC championship, just four spots from All-Conference honors. Isom also had a good regional meet, posting a 10,000 meter time of 34:15, placing 45th out of 137 participants. In 2003, Isom was named to the GSC Academic Honor Roll.

**Cade Lambert**, is a sophomore from Mena, Ark. Lambert attended Mena High School, and was All-State cross country his senior year. As a freshman at SAU, he made strong strides toward being a top five runner for the 2005 team. He is a hard worker, and will give the team all he has.

**Eric Adcock** is a sophomore transfer from Texas State University in San Marcos. Adcock is a graduate of McNeil High School in Round Rock, Tex. He was injured part of last year, and with a full recovery, will be an asset to the 2005 Mulerider team. Adcock’s best times in high school are a 50.8 in the 400, 1:56 in the 800, 4:31 in the 1,600, and 9:45 in the 3,200. Last spring as a freshman, he ran a 4:01.32 in a 1,500 time trial.

**Joshua Mitchell** is a sophomore from Alia, Hawaii. Mitchell was injured most of his freshman cross country year, but had a good track and field season. Coach Dan Veach looks for him to break into SAU’s top seven runners.

**Morgan Collier** is a sophomore from Mesquite, Tex.. Collier was injured all of his freshman year. Now injury-free, he has the potential to be a top-seven runner this year. Collier’s best high school times include a 2:00.5 in the 800, 4:30.42 in the 1,600, 10:04 in the 3,200, and 15:52 in the 5K.

**Michael Wooten** is a freshman from Houston, Tex. Wooten attended Westside High School, where he was chosen for inclusion in Who’s Who among High School Students in 2002, 2003 and 2004. His best high school times include a 2:00.5 in the 800, 4:30.42 in the 1,600, 10:04 in the 3,200, and 15:52 in the 5K.

**Jonathan Deloney** is a freshman from Dallas, Tex. Deloney attended Duncanville High School, where he participated in track and field, and cross country. His best efforts are 1:58 in the 800, 4:25 in the 1,600, and 15:40 in the 5K.

**Kenneth Foster** is a freshman from Princeton, Tex. Foster graduated from Princeton High School, where he was a member of the band, National Honor Society, and ran track and cross country. With the right training, and with a good attitude, he has the potential to run at the university level.

**Kevin Moore** is a freshman from Atlanta, Tex. Moore was injured most of his senior year while attending Atlanta High School. He has the potential, when healthy, to compete on the next level.