

## Highlights of 57 Years of Running and Racing

		<b>Date</b>	<b>Age</b>	<b>Event</b>	<b>Distance</b>	<b>Time</b>	<b>Place</b>	<b>Notes</b>	<b>Age Graded %</b>
	Spring	1959	16	Montclair High Track, NJ	440 yds	53.5s			84.9
	Spring	1960	17	Montclair High Track, NJ	880 yds	2:02.5			85.9
	<b>Spring</b>	<b>1960</b>	<b>17</b>	<b>Montclair High Track, NJ</b>				<b>member of the 2 mile relay team that was second at the state championship</b>	
	Spring	1961	18	Gettysburg College Track	880 yds mile 2 miles			ran all three events in our only freshman meet	
	<b>Fall</b>	<b>1962</b>	<b>19</b>	<b>Gettysburg College Cross Country</b>				<b>first in 9 of 10 dual meets. set 6 course records.</b>	
	April	1963	20	Gettysburg College Track	mile	4:26.5			84.1
	May	1963	20	Plainfield NJ	5 miles	28:04		I met George Sheehan	76.5
	<b>Mar</b>	<b>1964</b>	<b>21</b>	<b>IC4A Indoor Track Meet Madison Square Garden NYC</b>	<b>2 mile relay</b>	<b>7:54.5</b>		<b>Roger Malehorn 2:00.5 Jim Lombardi 1:59.5 Jerry Staub 1:57.5 Bob Linders 1:57.0 Total 7:54.5 This time is still a Gettysburg record.</b>	
	Spring	1964	21	Gettysburg College Track	mile 2 mile 3 mile ½ mile	4:24.8 9:39.6 15:28 1:59.5		½ mile time was in a 2 mile relay indoors.	84.2 82.1 78.8 85.2
	<b>June</b>	<b>1964</b>	<b>21</b>	<b>St. Christopher's 12 Mile Road Run Binghamton NY</b>	<b>12 miles</b>	<b>1:03:04</b>	<b>1<sup>st</sup></b>	<b>broke Moses Mayfield's course record</b>	<b>85.7</b>
	<b>Aug</b>	<b>1964</b>	<b>21</b>	<b>Ocean Beach Park 12 Mile Road Run New London CT</b>	<b>11.1 miles</b>	<b>58:20</b>	<b>2<sup>nd</sup></b>	<b>John J. Kelley 57:13, 1st place. Kelley is an Olympian and a Boston Marathon winner. I outkicked Abe Fornes for second place. Later that year Fornes became an olympic marathoner for Puerto Rico.</b>	<b>85.6</b>
	<b>Aug</b>	<b>1964</b>	<b>21</b>	<b>Milk Run &amp; National AAU 25-Kilometer Championship NY World's Fair</b>	<b>25km</b>	<b>1:34:52</b>	<b>5/175</b>	<b>It was a very hot day. After the race Ted Corbitt talked to me and impressed on me the importance of the 5<sup>th</sup> place national medal I had won. He wanted to encourage me and it worked.</b>	<b>74.9</b>
	<b>Oct</b>	<b>1964</b>	<b>22</b>	<b>New England 30K Championship New Bedford MA</b>	<b>30km</b>	<b>1:38:33</b>	<b>2<sup>nd</sup></b>	<b>I averaged 5:17/mi and came in second to John Kelley again. Kelley was 2:15 ahead.</b>	<b>87.6</b>

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Nov	1964	22	25K Road Race Wakefield MA	25km	1:24:17	3 <sup>rd</sup>	1 <sup>st</sup> Larry Damon Olympic x-country skier 2 <sup>nd</sup> Fred Norris Olympian, 10K&marathon	84.3
Feb	1965	22	Cherry Tree Marathon Central Park, NYC	26.2 miles	2:42:15	7 <sup>th</sup>	Ed Ayres, George Sheehan and I were the Central Jersey Track Club team. We were first among all teams including NY clubs. I won the first novice award.	77.0
June	1965	22	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:02:48	2 <sup>nd</sup>		85.9
Sept	1965	22	10 mile track relay	10 miles	46:35	3 <sup>rd</sup>	Al Swan and I alternated 440 yds We averaged 68.9s for 20 440's each. We had a fun time!	
Dec	1965	23	168 <sup>th</sup> St. Armory NYC	2 miles	9:28			83.6
Mar	1966	23	about 11 times around Yankee Stadium	5 miles	25:02	4 <sup>th</sup>		85.2
June	1966	23	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:04:34	2 <sup>nd</sup>	94 degrees	83.5
June	1967	24	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:03:30	3 <sup>rd</sup>		84.9
April	1968	25	Clove Lakes Park Staten Island NY	3 miles	14:38	2 <sup>nd</sup>	Norm Higgins 14:19, 1 <sup>st</sup> place. Higgins won the 2 <sup>nd</sup> NYC Marathon in 1971.	83.1
June	1968	25	Milk Run & NYC Metropolitan Championship Central Park NYC	25km	1:25:03	1 <sup>st</sup>	hot day, out kicked Gary Muhrcke. Muhrcke won the 1 <sup>st</sup> NYC Marathon in 1970.	83.5
May	1969	26	Warinanco Park track meet Elizabeth, NJ	3 miles	16:50		on a month of training; 1 <sup>st</sup> mile 5:10	72.3
June	1970	27	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:11:50	45 <sup>th</sup>	eighth day of our honeymoon	75.1
Aug	1971	28	Ocean Beach Park 12 Mile Road Race New London CT	12 miles	1:04:50	14 <sup>th</sup>	Jamie (6 weeks old) was there.	83.2
Aug	1972	29	Bedford OH	7.5 miles	44:12	11 <sup>th</sup>	first race after moving to Meadville	74.1
Sept	1973	30	Lakewood OH	25km	1:27:18	6 <sup>th</sup>		81.3
June	1974	31	Akron OH	11.09 miles	1:00:00	8 <sup>th</sup>	1 hour track run	82.7
June	1975	32	Bedford OH	10km	31:55	5/225		85.0
Aug	1975	32	World Masters T&F Championships Toronto Canada	10km	32:10	2 <sup>nd</sup>	second in age group 30-39. Jamie cheered every lap “you can do it, Dad”.	84.4

### Highlights of 57 Years of Running and Racing

Date	Age	Event	Distance	Time	Place	Notes	Age Graded %
May	1976 33	West End YMCA 10 Mile Road Race Willoughby OH	10 miles	53:11	2 <sup>nd</sup>		84.0
Nov	1976 34	Peace Race& National AAU 25K Championship Youngstown OH	25km	1:25:23	22 <sup>nd</sup>	Runners from all over the world attended this and subsequent 25K Peace Races.	83.3
Dec	1976 34	Baltimore Marathon Baltimore MD	26.2 miles	2:53:30		first half in 1:16:30 – too fast	72.0
May	1977	10 Man 200 Mile Relay Allegheny College Track	200 miles	19:21:30		One team ran with members taking turns running miles. See team members below.* Average time per mile 5:48.	
Oct	1977 34	Canton OH	10km	32:55	14 <sup>th</sup>		83.3
Nov	1977 35	Peace Race Youngstown OH	25km	1:26:54	32/700	Bill Rodgers won	82.1
May	1978 35	Revco 10K Cleveland OH	10km	32:31	23/800		84.7
Sept	1978 35	Presque Isle Marathon Erie PA	26.2 miles	3:09		18 miles at 6:12/mile, 8 miles at 9:00/mile	66.2
Oct	1978 36	Edinboro University Road Race Edinboro PA	4 miles	20:13	6/125	quite a few college runners ran	85.7
Nov	1978 36	Peace Race Youngstown OH	25km	1:24:50	20/900	Lasse Viren was 15 <sup>th</sup>	84.5
July	1979 36	Meadville PA	10km	32:10	4/270		86.3
Aug	1979 36	Bavarian Half-Marathon Sharon PA	13.1 miles	1:11:31	16/300	tough up and down hill course	84.2
Feb	1980 37	Slippery Rock University Slippery Rock PA	3 miles	15:16		indoor track	82.7
May	1980 37	Revco Marathon Cleveland OH	26.2 miles	2:47:21		Last 6 miles were the fastest; last mile in 5:55	75.2
Aug	1981 38	Laker 15K Conneaut Lake PA	15km	50:56	4/280		84.0
July	1982 39	Takanassee Lake Long Branch NJ	5km	16:07	6/200	My Dad and I talked a lot with George Sheehan about “old times.”	84.5
Aug	1982 39	We Love Erie 10K Erie PA	10km	32:24	17/1300		87.6

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Date	Age	Event	Distance	Time	Place	Notes	Age Graded %	
Sept	1982	39	Titusville Bike Path Titusville PA	10 miles	53:11	4/200	87.3	
Sept	1982	39	Presque Isle Marathon Erie PA	26.2 miles	2:49	ran even pace	75.7	
Nov	1982	40	Peace Race Youngstown OH	25km	1:30:20	First Master's. Won trip to run in Dublin Marathon. Talked to Ted Corbitt	81.6	
Aug	1983	40	We Love Erie 10K Erie PA	10km	32:39	17/2000	87.9	
Oct	1983	41	Dublin Marathon Dublin Ireland	26.2 miles	2:42:55	150/11000	almost matched 1965 time	79.2
Feb	1984	41	Fredonia College Fredonia NY	5km	16:12	indoor track, lost time at start because of many runners	83.2	
Mar	1984	41	St. Patrick's Day 10 Mile Run Reading PA	10 miles	55:15	80/4000	85.1	
Aug	1984	41	Lansdale PA	10km	33:47	8/500	85.2	
July	1985	42	Runner's High Quad Race Greenville PA	5km	16:03	set Master's record for Mark Courtney's quad races that stood for 13 years	86.8	
Aug	1985	42	We Love Erie 10K Erie PA	10km	33:22		87.0	
Aug	1986	43	We Love Erie 10K Erie PA	10km	34:07	25/1100	86.0	
June	1987	44	Runner's High Quad Race Greenville PA	5km	16:20	12/425	86.6	
June	1987	44	Laker 15K Conneaut Lake PA	15km	51:47	23/430	86.5	
Aug	1988	45	We Love Erie 10K Erie PA	10km	35:00		84.8	
Aug	1989	46	We Love Erie 10K Erie PA	10km	34:38	22/1000	86.4	
Sept	1989	46	Presque Isle Marathon Erie PA	26.2 miles	3:24	walked and ran the last seven miles	66.4	
May	1990	47	Medicine Shoppe 5K Meadville PA	5km	17:04		84.8	
Sept	1990	47	Presque Isle Marathon Erie PA	26.2 miles	3:14	ran very slowly the last seven miles	70.6	

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July	1991	48	Runner's High Quad Race Fredonia PA	5km	16:51	9/300	first Master's. 90 degrees.	86.7
Aug	1992	49	Londonderry NH	5km	16:49	15/411	<b>First place Jamie Lombardi 15:25</b>	87.6
Sept	1992	49	Erie Marathon Erie PA	26.2 miles	3:40		walked and ran the last seven miles	63.3
Oct	1992	50	Peace Race Youngstown OH	10km	34:57	52/750	first in 50-54 age group	87.8
July	1993	50	Runner's High Quad Race Fredonia PA	5km	17:07	15/450	first Master's. This was my fastest of the 4 quad races this year. Won Master's award for the 4 race total.	86.9
Sept	1993	50	Erie Marathon Erie PA	26.2 miles	3:10:50	60 <sup>th</sup>	second in age group 50-54. Mary Jane saw the race at various places.	73.7
Oct	1993	50	Applefest 5K Franklin PA	5km	16:52	5 <sup>th</sup>	first in 50-54 age group	88.1
Oct	1993	51	Stamford CT	13.1 miles	1:18:15	16/650	first Master's.Mom and Dad cheered me on.	86.3
April	1994	51	Westfield 5 Miler Westfield NJ	5 miles	28:17	4/150	first in 50-54 age group	87.3
Sept	1994	51	Erie Marathon Erie PA	26.2 miles	3:16:30		Ran relatively even pace on a warm day. Mary Jane saw the race at various places.	72.0
Oct	1994	51	Peace Race Youngstown OH	10km	35:35		about 1000 runners. First in 50-54 age group.	87.7
June	1995	52	Runner's High Quad Race Greenville PA	5km	17:04	17/450	first Master's	88.3
July	1995	52	World Veterans Championship Buffalo NY	10km	41:03		third for USA 50-54 age group team. Many runners taken to hospital because of high temperature. Team order: 1-Germany, 2-USA, 3-Brazil	
Sept	1996	53	Erie Marathon Erie PA	26.2 miles	3:43		ran the last 6 miles very slowly	64.8
Sept	1996	53	Roche Park 5K Meadville PA	5km	17:52	5/125		85.2
Aug	1997	54	Runner's High Quad Race Grove City PA	5km	17:48	18/398	first in 50-54 age group Ralph White had coached me for 2 months.	86.2
Oct	1998	55	Applefest 5K Franklin PA	5km	18:28	19/362	first in 55-59 age group	83.9

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								Age Graded %
Date		Age	Event	Distance	Time	Place	Notes	
Aug	1999	56	Runner's High Quad Race Grove City PA	5km	18:35	35/331	first in 55-59 age group	84.0
Sept	1999	56	Erie Marathon Relay Erie PA	13.1 miles 13.1 miles	1:26:40 1:24:30		Lombardi first leg Larry Deremer second leg Fastest overall team time 2:51:10.	
June	2000	57	Runner's High Quad Race Grove City PA	5km	18:53	48/283	first in 55-59 age group	83.2
Sept	2000	57	Erie Marathon Erie PA	26.2 miles	3:35:11		ran an even pace	69.7
Oct	2000	58	Army 10 Miler Washington DC	10 miles	1:04:27	515/16000	2/200 in 55-59 age group	83.7
June	2001	58	Runner's High Quad Race Grove City PA	5km	19:29	56/304	first in 55-59 age group	81.3
Sept	2001	58	Erie Marathon Erie PA	26.2 miles	3:29:40		ran an even pace. It was hot.	72.3
May	2002	59	Human Race Meadville PA	5km	19:08	21/208	first in 55-59 age group	83.5
Oct	2002	60	Baltimore Marathon Baltimore MD	26.2 miles	6:31:15		I ran with Laura Lombardi who had trained 6 months and completed this marathon as her only running event so far. Great day.	
Aug	2003	60	Runner's High Quad Race Grove City PA	5km	19:36	58/596	first in 60-64 age group	82.4
Nov	2003	61	Oil Creek 5K Oil City PA	5km	19:18		first in 60-64 age group	83.9
Mar	2004	61	St. Patrick's Day 10K Washington DC	10km	39:32	154/4443	1/39 in 60-64 age group	85.5
Oct	2004	62	Casino Niagara Half-Marathon Niagara Falls Canada	13.1 miles	1:29:35	82/1542	1/17 in 60-64 age group	83.3
Apr	2005	62	Poker Race Erie PA	5km	19:57	18/197	first in 60-64 age group	82.3
June	2005	62	Mohican 100 Mile Trail Run Loudonville OH				paced Jim Fitch for miles 60-75	
Sept	2005	62	Erie Marathon Erie PA	26.2 miles	3:39:04		ran last 6 miles very slowly	72.7

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Date		Age	Event	Distance	Time	Place	Notes	Age Graded %
Oct	2005	63	Endurance Classic Erie PA	33.0 miles	5:37:09		first ultra. ran 34 laps. Each lap is 0.971 miles.	
Nov	2005	63	JFK 50 Miler Boonsboro MD	50.2 miles	9:53:53	345/952	I ran the last 6 miles the fastest. 13 miles of very rocky trail starting at mile 2	
June	2006	63	Runner's High Quad Race Grove City PA	5km	19:47	32/257	first in 60-64 age group	83.8
Sept	2006	63	Erie Marathon Erie PA	26.2 miles	3:33:58		ran even pace	74.4
Oct	2006	64	Endurance Classic Erie PA	48.6 miles	9:08:57		ran 50 laps. Each lap is 0.971 miles.	
June	2007	64	Slippery Rock University Track Slippery Rock PA	1500m	5:27		first track meet in a long time	83.4
Sept	2007	64	Tussey mOUNTaiNBACK 50 Mile & USATF Championship Run Boalsburg PA	50 miles	10:04:41	51/78	second in 60-64 age group. Ask MJ and Bonnie for details.	
Oct	2007	65	Allegheny College Track Meadville PA	50km	4:59:39		solo run, self-supported My first unofficial ultra.	
Mar	2008	65	USATF Masters Indoor Championship Boston MA	3000m 1 mile 800m	11:26.70 5:49.19 2:41.40		second USA runner third USA runner second USA runner	83.6 83.2 81.7
June	2008	65	Den Haag 6-Hour Run The Hague, The Netherlands	34.9 miles	6 hours	12/30	Ran 30.3 Laps, each lap 1.15 miles. Cheered by Mary Jane, Laura, Joe and Maureen in utero	
Sept	2008	65	The Great Race Pittsburgh PA	10km	40:45	283/6300	1/55 in 65-69 age group	86.4
Oct	2008	65	USATF Masters 5K Championship Road Race Syracuse NY	5km	20:01		second in 65-69 age group	84.6
July	2009	66	Teterboro Airport 5k	5km	20:11	93/866	1/10 in 65-69 age group	84.5
Aug	2009	66	Drake Well Marathon Titusville PA	26.2 miles	3:54:04		First 6 miles very hilly	70.1
Sept	2009	66	Erie Half Marathon Erie PA	13.1miles	1:34:26	27/574	1/8 in 65-69 age group	82.9
Sept	2009	66	The Great Race Pittsburgh PA	10km	41:06	275/6961	1/42 in 65-69 age group	85.7

## Highlights of 57 Years of Running and Racing

Date	Age	Event	Distance	Time	Place	Notes	Age Graded %
Oct	2009	67	Endurance Classic Erie PA	50km	4:59:37	Mary Jane gave me support.	
Mar	2010	67	USATF Masters Indoor Championship Boston MA	3000m 1 mile 800m	11:30.41 5:50.13 2:40.13	second place third place Fourth place	84.8 84.6 84.1
July	2010	67	Presque Isle Half Marathon Erie PA	13.1 miles	1:35:28	67/1000 1/9 in 65-69 age group	It was a hot day. 82.7
Oct	2010	67	Canandaigua 50 Mile Run Canandaigua NY	50.4 miles	9:52:55	51/82 2 <sup>nd</sup> in 60-69 age group Silver standard Mary Jane was a terrific “handler”	
Feb	2011	68	Spring Thaw, North Park Pittsburgh PA	20 miles	2:41:19	51/143	77.3
Mar	2011	68	JC Stone 50K, North Park Pittsburgh PA	50K	4:55:40	31/59	
Aug	2011	68	Ice Cream Race Grove City PA	5K	20:45	115/848 1/9 in 65-69 age group	83.1
Oct	2011	69	Amsterdam Marathon Amsterdam, The Netherlands	26.2 miles	3:42	3441/9637 I ran with Joe O'Brien.	75.7
Nov	2011	69	Philadelphia Marathon Philadelphia PA	26.2 miles	3:56:09	3613/10313 7 <sup>th</sup> in 65-69 age group I ran with Denyse Hannon who was running her first marathon.	71.3
Mar	2012	69	JC Stone 50K, North Park Pittsburgh PA	50K	5:01:30	37/59	
Aug	2012	69	Ice Cream Race Grove City PA	5K	22:17	211/963 1/7 in 65-69 age group	78.2
Sept	2012	69	Pine Creek Challenge Wellsboro PA	Pacer for 30 miles		I paced Jim Fitch during his 100 mile run.	
Sept	2012	69	Drake Well Marathon Titusville PA	26.2 miles	4:29	I ran with Olivia Hemlock who was running her first marathon.	63.1
Oct	2012	69	Canandaigua 50 Mile Run Canandaigua NY	50 miles	9:08:22	33/95 2 <sup>nd</sup> in 60-69 age group gold standard	
Nov	2012	70	Allegheny College Track Meadville PA	31.13 miles	4:51:35	Fastest 50K. I ran alone and unassisted. Recent long runs got me in good shape.	
Mar	2013	70	JC Stone 50K, North Park Pittsburgh PA	50K	5:06:28	38/70	



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Aug	2013	70	Ice Cream Race Grove City PA	5K	22:38	257/1014	1/6 in 70-74 age group	77.9
Nov	2013	71	Philadelphia Marathon Philadelphia PA	26.2 miles	3:54:24	3543/10881	2 <sup>nd</sup> in 70-74 age group I ran with Denise Hannon again.	73.4
Oct	2014	71	Self Transcendence 6 Hour Run Amsterdam The Netherlands	52.2km (32.4mi)	6 hours	23/32	I ran with Joe O'Brien.	
July	2015	72	Fredonia Quad Race Fredonia PA	5K	23:31	89/291	1/6 in 70-74 age group	76.9
Oct	2015	72	Canandaigua 50K Canandaigua NY	50K	5:37:57	17/48	1 <sup>st</sup> in 70-79 age group Silver standard	
Mar	2016	73	Green Jewel 50K Rocky River to Brecksville OH	50K	5:29:38	50/101		
May	2016		Mind the Ducks 12 Hour Run	54.6 miles	11:52:12	27/146	It was rainy at times with high winds.	

\* 200 mile relay team members, May 14-15, 1977

Allegheny College Students

Larry Rahall, Orland Donald, Pat McShea, Frank Fitzpatrick

Mitch Magee, Mark Davidson, Chuck Lanigan

Allegheny Staff and Faculty      Allegheny Graduate

Jeff Ickes, Jim Lombardi      Dave Devine

### Fifty Seven Year Statistics for Jim Lombardi

Total Miles Run:                      approx. 87,000

Average Miles Run Per Week:    approx: 30

Total No. of races:                      830

Average Race Distance as of 12/31/2010: 6.0 miles

Average Race Distance as of 12/31/2015: 6.4 miles

Longest Running Streak:              23.2 years, ending 01/02/2015

Present Running Streak:              starting 01/07/2015 and counting

Updated thru 02/01/2016