Highlights of 57 Years of Running and Racing

Date	Age	Event	Distance	Time	Place	Notes	Age Graded % *
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
Spring 1960	**17**	**Montclair High Track, NJ**				**member of the 2 mile relay team that was second at the state championship**	
Spring 1961	18	Gettysburg College Track	880 yds mile 2 miles			ran all three events in our only freshman meet	
Fall 1962	**19**	**Gettysburg College Cross Country**				**first in 9 of 10 dual meets. set 6 course records.**	
April 1963	20	Gettysburg College Track	mile	4:26.5			84.1
Mar 1964	**20**	**IC4A Indoor Track Meet Madison Square Garden NYC**	**2 mile relay**	**7:54.5**		**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.**	
April 1964	21	Gettysburg College Track	mile	4:24.8			84.2
June 1964	**21**	**St. Christopher's 12 Mile Road Run Binghamton NY**	**12 miles**	**1:03:04**	**1st**	**broke Moses Mayfield's course record**	**85.7**
Aug 1964	**21**	**Ocean Beach Park 12 Mile Road Run New London CT**	**11.1 miles**	**58:20**	**2nd**	**John J. Kelly 57:13, 1st place. Kelley is an Olympian and Boston Marathon winner.**	**85.6**
Oct 1964	**22**	**30K Road Race New Bedford MA**	**30km**	**1:38:33**	**2nd**	**John J. Kelly 1:36:18, 1st place.**	**87.6**
Feb 1965	**22**	**Cherry Tree Marathon Central Park, NYC**	**26.2 miles**	**2:42:15**	**7th**	**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	2nd		85.9
Dec 1965	23	168th St. Armory NYC	2 miles	9:28			83.6
Mar 1966	23	about 11 times around Yankee Stadium	5 miles	25:02	4th		85.2
June 1966	23	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:04:34	2nd	94 degrees	83.5
June 1967	24	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:03:30	3rd		84.9

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
April	**1968**	**25**	**Clove Lakes Park** **Staten Island NY**	**3 miles**	**14:38**	**2nd**	**Norm Higgins 14:19, 1st place.** **Higgins won the 2nd NYC Marathon in 1971.**	**83.1**
June	**1968**	**25**	**NYC Metropolitan Championship** **Central Park NYC**	**25km**	**1:25:03**	**1st**	**hot day, out kicked Gary Muhrcke.** **Muhrcke won the 1st NYC Marathon in 1970.**	**83.5**
May	1969	26	Warinanco Park track meet Elizabeth, NJ	3 miles	16:50		on a month of training; 1st mile 5:10	72.3
June	**1970**	**27**	**St. Christopher's 12 Mile Road Run** **Binghamton NY**	**12 miles**	**1:11:50**	**45th**	**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	14th	**Jamie (6 weeks old) was there.**	83.2
Aug	1972	29	Bedford OH	7.5 miles	44:12	11th	first race after moving to Meadville	74.1
Sept	1973	30	Lakewood OH	25km	1:27:18	6th		81.3
June	1974	31	Akron OH	11.09 miles	1:00:00	8th	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**	**2nd**	**second in age group 30-39. Jamie cheered** **every lap "you can do it, Dad".**	**84.4**
May	1976	33	West End YMCA 10 Mile Road Race Willoughby OH	10 miles	53:11	2nd		84.0
Nov	**1976**	**34**	**Peace Race& National AAU** **25K Championship** **Youngstown OH**	**25km**	**1:25:23**	**22nd**	**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	14th		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**

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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 15th	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
Aug	1982	39	We Love Erie 10K Erie PA	10km	32:24	17/1300		87.6
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.**	**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

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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**
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	**First place Jamie Lombardi 15:25**	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**	**60th**	**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**	**5th**	**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**

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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
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

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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**
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**	

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
Mar	2008	65	**USATF Masters**	**3000m**	**11:26.70**		**second USA runner**	**83.6**
			Indoor Championship	**1 mile**	**5:49.19**		**third USA runner**	**83.2**
			Boston MA	**800m**	**2:41.40**		**second USA runner**	**81.7**
June	2008	65	**Den Haag 6-Hour Run**	**34.9 miles**	**6 hours**	**12/30**	**Ran 30.3 Laps, each lap 1.15 miles. Cheered by**	
			The Hague, The Netherlands				**Mary Jane, Laura, Joe and Maureen in utero**	
Sept	2008	65	**The Great Race**	**10km**	**40:45**	**283/6300**	**1/55 in 65-69 age group**	**86.4**
			Pittsburgh PA					
Oct	2008	65	**USATF Masters**	**5km**	**20:01**		**second in 65-69 age group**	**84.6**
			5K Championship Road Race					
			Syracuse NY					
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**	**26.2 miles**	**3:54:04**		**First 6 miles very hilly**	**70.1**
			Titusville PA					
Sept	2009	66	Erie Half Marathon	13.1miles	1:34:26	27/574	1/8 in 65-69 age group	82.9
			Erie PA					
Sept	2009	66	**The Great Race**	**10km**	**41:06**	**275/6961**	**1/42 in 65-69 age group**	**85.7**
			Pittsburgh PA					
Oct	2009	67	**Endurance Classic**	**50km**	**4:59:37**		**Mary Jane gave me support.**	
			Erie PA					
Mar	2010	67	**USATF Masters**	**3000m**	**11:30.41**		**second place**	**84.8**
			Indoor Championship	**1 mile**	**5:50.13**		**third place**	**84.6**
			Boston MA	**800m**	**2:40.13**		**Fourth place**	**84.1**
July	2010	67	Presque Isle Half Marathon	13.1 miles	1:35:28	67/1000	1/9 in 65-69 age group It was a hot day.	82.7
			Erie PA					
Oct	2010	67	**Canandaigua 50 Mile Run**	**50.4 miles**	**9:52:55**	**51/82**	**2nd in 60-69 age group**	
			Canandaigua NY				**Silver standard**	
							Mary Jane was a terrific "handler"	
Feb	2011	68	Spring Thaw, North Park	20 miles	2:41:19	51/143		
			Pittsburgh PA					77.3
Mar	2011	68	**JC Stone 50K, North Park**	**50K**	**4:55:40**	**31/59**		
			Pittsburgh PA					
Aug	2011	68	Ice Cream Race	5K	20:45	115/848	1/9 in 65-69 age group	83.1
			Grove City PA					
Oct	2011	69	**Amsterdam Marathon**	**26.2 miles**	**3:42**	**3441/9637**	**I ran with Joe O'Brien.**	**75.7**
			Amsterdam, The Netherlands					

Date	Age	Event	Distance	Time	Place	Notes	Age Graded % *
Nov 2011	69	**Philadelphia Marathon Philadelphia PA**	**26.2 miles**	**3:56:09**	**3613/10313**	**7th in 65-69 age group** **I ran with Denise 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 40 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**	**2nd in 60-69 age group** **gold standard**	
Mar 2013	70	**JC Stone 50K, North Park Pittsburgh PA**	**50K**	**5:06:28**	**38/70**		
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**	**2nd 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**	**1st in 70-79 age group** **Silver standard**	

* age graded percentages are calculated using the 2006 age grading factors

** 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

Date	Age	Event	Distance	Time	Place	Notes	Age Graded % *

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