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**	**first novice**	**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
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**

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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**
Oct	1978	36	Edinboro University Road Race Edinboro PA	4 miles	20:13	6/125	quite a few college runners ran	85.7

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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
Aug	1986	43	We Love Erie 10K Erie PA	10km	34:07	25/1100		86.0

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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	hilly course. **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**
Oct	**1994**	**51**	**Peace Race Youngstown OH**	**10km**	**35:35**		**about 1000 runners. First in 50-54 age group.**	**87.7**

Highlights of 57 Years of Running and Racing

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

Highlights of 57 Years of Running and Racing

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

Highlights of 57 Years of Running and Racing

Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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**
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**	**2nd 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**	**ran with Joe O'Brien**	**75.7**
Nov	**2011**	**69**	**Philadelphia Marathon** **Philadelphia PA**	**26.2 miles**	**3:56:09**	**3613/10313**	**7th in 65-69 age group** **Ran with Denise Hannon**	**71.3**

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Date		Age	Event	Distance	Time	Place	Notes	Age Graded % *
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
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 ran with Denise Hannon**	**73.4**
Oct	**2014**	**71**	**Self Transcendence 6 Hour Run Amsterdam The Netherlands**	**52.2km (32.4mi)**	**6 hours**	**23/32**	**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
>> Jeff Ickes, Jim Lombardi
>
> Allegheny Graduate
>> 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

Highlights of 57 Years of Running and Racing

Date	Age	Event	Distance	Time	Place	Notes	Age Graded % *
Longest Running Streak:		23.2 years, ending 01/02/2015					
Present Running Streak:		starting 01/07/2015 and counting					

Updated thru 02/01/2016