

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
May	1963	20	Plainfield NJ	5 miles	28:04		I met George Sheehan	76.5
Mar	1964	21	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.	
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
June	1964	21	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:03:04	1 st	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	2 nd	John J. Kelley 57:13, 1st place. Kelley is an Olympian and Boston Marathon winner.	85.6
Aug	1964	21	Milk Run & National AAU 25-Kilometer Championship NY World's Fair	25km	1:34:52	5/175	It was a very hot day. After the race Ted Corbitt talked to me and impressed on me the importance of the 5 th place national medal I had won. He wanted to encourage me and it worked.	74.9
Oct	1964	22	30K Road Race New Bedford MA	30km	1:38:33	2 nd	I averaged 5:17/mi and came in second to John Kelley again. Kelley was 2:15 ahead.	87.6
Nov	1964	22	25K Road Race Wakefield MA	25km	1:24:17	3 rd	1 st Larry Damon Olympic x-country skier 2 nd Fred Norris Olympian, 10K&marathon	84.3

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Feb	1965	22	Cherry Tree Marathon Central Park, NYC	26.2 miles	2:42:15	7 th	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 nd		85.9
Sept	1965	22	10 mile track relay	10 miles	46:35	3 rd	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 th St. Armory NYC	2 miles	9:28			83.6
Mar	1966	23	about 11 times around Yankee Stadium	5 miles	25:02	4 th		85.2
June	1966	23	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:04:34	2 nd	94 degrees	83.5
June	1967	24	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:03:30	3 rd		84.9
April	1968	25	Clove Lakes Park Staten Island NY	3 miles	14:38	2 nd	Norm Higgins 14:19, 1 st place. Higgins won the 2 nd NYC Marathon in 1971.	83.1
June	1968	25	Milk Run & NYC Metropolitan Championship Central Park NYC	25km	1:25:03	1 st	hot day, out kicked Gary Muhrcke. Muhrcke won the 1 st 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 st mile 5:10	72.3
June	1970	27	St. Christopher's 12 Mile Road Run Binghamton NY	12 miles	1:11:50	45 th	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 th	Jamie (6 weeks old) was there.	83.2
Aug	1972	29	Bedford OH	7.5 miles	44:12	11 th	first race after moving to Meadville	74.1
Sept	1973	30	Lakewood OH	25km	1:27:18	6 th		81.3
June	1974	31	Akron OH	11.09 miles	1:00:00	8 th	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 nd	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	2 nd		84.0

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Nov	1976 34	Peace Race& National AAU 25K Championship Youngstown OH	25km	1:25:23	22 nd	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 th		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 th	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
Sept	1982 39	Titusville Bike Path Titusville PA	10 miles	53:11	4/200		87.3

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Date		Age	Event	Distance	Time	Place	Notes	Age Graded %
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	set Master's record for Mark Courtney's quad races that stood for 13 years	85.2
July	1985	42	Runner's High Quad Race Greenville PA	5km	16:03			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
July	1991	48	Runner's High Quad Race Fredonia PA	5km	16:51	9/300	first Master's. 90 degrees.	86.7

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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	60 th	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 th	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
Aug 1999	56	Runner's High Quad Race Grove City PA	5km	18:35	35/331	first in 55-59 age group	84.0

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Date		Age	Event	Distance	Time	Place	Notes	Age Graded %
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
Oct	2005	63	Endurance Classic Erie PA	33.0 miles	5:37:09		first ultra. ran 34 laps. Each lap is 0.971 miles.	

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								Age Graded %
Date		Age	Event	Distance	Time	Place	Notes	
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
Oct	2009	67	Endurance Classic Erie PA	50km	4:59:37		Mary Jane gave me support.	

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Date		Age	Event	Distance	Time	Place	Notes	
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 nd 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 th 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 nd 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		
Aug	2013	70	Ice Cream Race Grove City PA	5K	22:38	257/1014	1/6 in 70-74 age group	77.9

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Nov	2013	71 Philadelphia Marathon Philadelphia PA	26.2 miles	3:54:24	3543/10881	2 nd 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 st in 70-79 age group Silver standard	
Mar	2016	73 Green Jewel 50K Rocky River to Brecksville OH	50K	5:29:38	50/101		

See next page for notes and statistics.

* 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

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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							