

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 | 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. 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 | 2 nd | 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 | 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 |
| 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 |

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|-------|------|-------|---|-------------|----------|------------------|--|------|
| 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 | 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 |
| 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 |

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| 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 |
| 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 |

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| 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 |
| 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 |

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|-------------|-------------|--------------|---|--|----------------------------------|---|---------------------|
| 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 |
| 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 |

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| 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 | |

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| Date | | Age | Event | Distance | Time | Place | Notes | |
| 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 Mary Jane, Laura, Joe and Maureen in utero | |
| | | | The Hague, The Netherlands | | | | | |
| 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 | 82.7 |
| | | | Erie PA | | | | It was a hot day. | |
| Oct | 2010 | 67 | Canandaigua 50 Mile Run | 50.4 miles | 9:52:55 | 51/82 | 2 nd 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 | | 77.3 |
| | | | Pittsburgh PA | | | | | |
| 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 | | | | | |

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| 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 | |
| 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 | 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 | |

* 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

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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