

## 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<br>mile<br>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.<br>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 | 20  | IC4A Indoor Track Meet<br>Madison Square Garden NYC                     | 2 mile<br>relay            | 7:54.5                    |                 | Roger Malehorn 2:00.5<br>Jim Lombardi 1:59.5<br>Jerry Staub 1:57.5<br>Bob Linders 1:57.0<br>Total 7:54.5<br>This time is still a Gettysburg record.   |              |
|  | Spring | 1964 | 21  | Gettysburg College Track  | mile<br>2 mile<br>3 mile   | 4:24.8<br>9:39.6<br>15:28 |                 |   | 84.2         |
|  | June   | 1964 | 21  | St. Christopher's 12 Mile Road Run<br>Binghamton NY                     | 12 miles                   | 1:03:04                   | 1 <sup>st</sup> | broke Moses Mayfield's course record  | 85.7         |
|  | Aug    | 1964 | 21  | Ocean Beach Park 12 Mile Road Run<br>New London CT                      | 11.1 miles                 | 58:20                     | 2 <sup>nd</sup> | John J. Kelly 57:13, 1st place. Kelley is an Olympian and Boston Marathon winner.   | 85.6         |
|  | Aug    | 1964 | 21  | Milk Run & National AAU<br>25-Kilometer Championship<br>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 <sup>th</sup> place national medal I had won. He wanted to encourage me and it worked. |              |
|  | Oct    | 1964 | 22  | 30K Road Race<br>New Bedford MA   | 30km                       | 1:38:33                   | 2 <sup>nd</sup> | I met George Sheehan  | 87.6         |
|  | Feb    | 1965 | 22  | Cherry Tree Marathon<br>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         |

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|------------|-----|---|-------------|----------|------------------|--|--------------|
| June 1965  | 22  | St. Christopher's 12 Mile Road Run Binghamton NY          | 12 miles    | 1:02:48  | 2 <sup>nd</sup>  |  | 85.9         |
| 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         |
| 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. |              |

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|      |      |     |  |            |         |                  | Age   |          |
|------|------|-----|--|------------|---------|------------------|---|----------|
| Date |      | Age | Event  | Distance   | Time    | Place            | Notes   | Graded % |
| Oct  | 1977 | 34  | Canton OH                                    | 10km       | 32:55   | 14 <sup>th</sup> |   | 83.3     |
| Nov  | 1977 | 35  | Peace Race<br>Youngstown OH                  | 25km       | 1:26:54 | 32/700           | Bill Rodgers won  | 82.1     |
| May  | 1978 | 35  | Revco 10K<br>Cleveland OH                    | 10km       | 32:31   | 23/800           |   | 84.7     |
| Sept | 1978 | 35  | Presque Isle Marathon<br>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<br>Edinboro PA | 4 miles    | 20:13   | 6/125            | quite a few college runners ran   | 85.7     |
| Nov  | 1978 | 36  | Peace Race<br>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<br>Sharon PA          | 13.1 miles | 1:11:31 | 16/300           | tough up and down hill course   | 84.2     |
| Feb  | 1980 | 37  | Slippery Rock University<br>Slippery Rock PA | 3 miles    | 15:16   |                  | indoor track  | 82.7     |
| May  | 1980 | 37  | Revco Marathon<br>Cleveland OH               | 26.2 miles | 2:47:21 |                  | Last 6 miles were the fastest;<br>last mile in 5:55                       | 75.2     |
| Aug  | 1981 | 38  | Laker 15K<br>Conneaut Lake PA                | 15km       | 50:56   | 4/280            |   | 84.0     |
| July | 1982 | 39  | Takanassee Lake<br>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<br>Erie PA                  | 10km       | 32:24   | 17/1300          |   | 87.6     |
| Sept | 1982 | 39  | Titusville Bike Path<br>Titusville PA        | 10 miles   | 53:11   | 4/200            |   | 87.3     |
| Sept | 1982 | 39  | Presque Isle Marathon<br>Erie PA             | 26.2 miles | 2:49    |                  | ran even pace   | 75.7     |
| Nov  | 1982 | 40  | Peace Race<br>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<br>Erie PA                  | 10km       | 32:39   | 17/2000          |   | 87.9     |
| Oct  | 1983 | 41  | Dublin Marathon<br>Dublin Ireland            | 26.2 miles | 2:42:55 | 150/11000        | almost matched 1965 time  | 79.2     |

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|      |      |     |   |            |       |         | Age  |          |
|------|------|-----|---|------------|-------|---------|--|----------|
| Date |      | Age | Event                                       | Distance   | Time  | Place   | Notes  | Graded % |
| Feb  | 1984 | 41  | Fredonia College<br>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<br>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<br>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<br>Erie PA                 | 10km       | 33:22 |         |  | 87.0     |
| Aug  | 1986 | 43  | We Love Erie 10K<br>Erie PA                 | 10km       | 34:07 | 25/1100 |  | 86.0     |
| June | 1987 | 44  | Runner's High Quad Race<br>Greenville PA    | 5km        | 16:20 | 12/425  |  | 86.6     |
| June | 1987 | 44  | Laker 15K<br>Conneaut Lake PA               | 15km       | 51:47 | 23/430  |  | 86.5     |
| Aug  | 1988 | 45  | We Love Erie 10K<br>Erie PA                 | 10km       | 35:00 |         |  | 84.8     |
| Aug  | 1989 | 46  | We Love Erie 10K<br>Erie PA                 | 10km       | 34:38 | 22/1000 |  | 86.4     |
| Sept | 1989 | 46  | Presque Isle Marathon<br>Erie PA            | 26.2 miles | 3:24  |         | walked and ran the last seven miles  | 66.4     |
| May  | 1990 | 47  | Medicine Shoppe 5K<br>Meadville PA          | 5km        | 17:04 |         |  | 84.8     |
| Sept | 1990 | 47  | Presque Isle Marathon<br>Erie PA            | 26.2 miles | 3:14  |         | ran very slowly the last seven miles   | 70.6     |
| July | 1991 | 48  | Runner's High Quad Race<br>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<br>Erie PA                    | 26.2 miles | 3:40  |         | walked and ran the last seven miles  | 63.3     |
| Oct  | 1992 | 50  | Peace Race<br>Youngstown OH                 | 10km       | 34:57 | 52/750  | first in 50-54 age group   | 87.8     |
| July | 1993 | 50  | Runner's High Quad Race<br>Fredonia PA      | 5km        | 17:07 | 15/450  | first Master's. This was my fastest of the 4 quad races this year.<br>Won Master's award for the 4 race total. | 86.9     |

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|       |      |     |   |                          |                    |                  | Age  |          |
|-------|------|-----|---|--------------------------|--------------------|------------------|--|----------|
| Date  |      | Age | Event                                     | Distance                 | Time               | Place            | Notes  | Graded % |
| Sept  | 1993 | 50  | Erie Marathon<br>Erie PA                  | 26.2 miles               | 3:10:50            | 60 <sup>th</sup> | second in age group 50-54.<br>Mary Jane saw the race at various places.  | 73.7     |
| Oct   | 1993 | 50  | Applefest 5K<br>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<br>Westfield NJ         | 5 miles                  | 28:17              | 4/150            | first in 50-54 age group   | 87.3     |
| Sept  | 1994 | 51  | Erie Marathon<br>Erie PA                  | 26.2 miles               | 3:16:30            |                  | Ran relatively even pace on a warm day.<br>Mary Jane saw the race at various places.   | 72.0     |
| Oct   | 1994 | 51  | Peace Race<br>Youngstown OH               | 10km                     | 35:35              |                  | about 1000 runners. First in 50-54 age group.  | 87.7     |
| June  | 1995 | 52  | Runner's High Quad Race<br>Greenville PA  | 5km                      | 17:04              | 17/450           | first Master's   | 88.3     |
| July  | 1995 | 52  | World Veterans Championship<br>Buffalo NY | 10km                     | 41:03              |                  | third for USA 50-54 age group team.<br>Many runners taken to hospital because of high temperature.<br>Team order: 1-Germany, 2-USA, 3-Brazil |          |
| Sept  | 1996 | 53  | Erie Marathon<br>Erie PA                  | 26.2 miles               | 3:43               |                  | ran the last 6 miles very slowly   | 64.8     |
| Sept  | 1996 | 53  | Roche Park 5K<br>Meadville PA             | 5km                      | 17:52              | 5/125            |  | 85.2     |
| Aug   | 1997 | 54  | Runner's High Quad Race<br>Grove City PA  | 5km                      | 17:48              | 18/398           | first in 50-54 age group<br>Ralph White had coached me for 2 months.   | 86.2     |
| Oct   | 1998 | 55  | Applefest 5K<br>Franklin PA               | 5km                      | 18:28              | 19/362           | first in 55-59 age group   | 83.9     |
| Aug   | 1999 | 56  | Runner's High Quad Race<br>Grove City PA  | 5km                      | 18:35              | 35/331           | first in 55-59 age group   | 84.0     |
| Sept  | 1999 | 56  | Erie Marathon Relay<br>Erie PA            | 13.1 miles<br>13.1 miles | 1:26:40<br>1:24:30 |                  | Lombardi first leg<br>Larry Deremer second leg<br>Fastest overall team time 2:51:10.   |          |
| June  | 2000 | 57  | Runner's High Quad Race<br>Grove City PA  | 5km                      | 18:53              | 48/283           | first in 55-59 age group   | 83.2     |
| Sept  | 2000 | 57  | Erie Marathon<br>Erie PA                  | 26.2 miles               | 3:35:11            |                  | ran an even pace   | 69.7     |

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|      |      |     |  |            |         |           |   | Age Graded % |
|------|------|-----|--|------------|---------|-----------|---|--------------|
| Date |      | Age | Event  | Distance   | Time    | Place     | Notes   |              |
| Oct  | 2000 | 58  | Army 10 Miler<br>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<br>Grove City PA             | 5km        | 19:29   | 56/304    | first in 55-59 age group  | 81.3         |
| Sept | 2001 | 58  | Erie Marathon<br>Erie PA                             | 26.2 miles | 3:29:40 |           | ran an even pace. It was hot.   | 72.3         |
| May  | 2002 | 59  | Human Race<br>Meadville PA                           | 5km        | 19:08   | 21/208    | first in 55-59 age group  | 83.5         |
| Oct  | 2002 | 60  | Baltimore Marathon<br>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<br>Grove City PA             | 5km        | 19:36   | 58/596    | first in 60-64 age group  | 82.4         |
| Nov  | 2003 | 61  | Oil Creek 5K<br>Oil City PA                          | 5km        | 19:18   |           | first in 60-64 age group  | 83.9         |
| Mar  | 2004 | 61  | St. Patrick's Day 10K<br>Washington DC               | 10km       | 39:32   | 154/4443  | 1/39 in 60-64 age group   | 85.5         |
| Oct  | 2004 | 62  | Casino Niagara Half-Marathon<br>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<br>Erie PA                                | 5km        | 19:57   | 18/197    | first in 60-64 age group  | 82.3         |
| June | 2005 | 62  | Mohican 100 Mile Trail Run<br>Loudonville OH         |            |         |           | paced Jim Fitch for miles 60-75   |              |
| Sept | 2005 | 62  | Erie Marathon<br>Erie PA                             | 26.2 miles | 3:39:04 |           | ran last 6 miles very slowly  | 72.7         |
| Oct  | 2005 | 63  | Endurance Classic<br>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<br>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<br>Grove City PA             | 5km        | 19:47   | 32/257    | first in 60-64 age group  | 83.8         |
| Sept | 2006 | 63  | Erie Marathon<br>Erie PA                             | 26.2 miles | 3:33:58 |           | ran even pace   | 74.4         |
| Oct  | 2006 | 64  | Endurance Classic<br>Erie PA                         | 48.6 miles | 9:08:57 |           | ran 50 laps. Each lap is 0.971 miles.   |              |

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| <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>   |
|-------------|------------|--------------|---|-------------------------|--------------------------------|--|---|
| June        | 2007       | 64           | Slippery Rock University Track<br>Slippery Rock PA                      | 1500m                   | 5:27                           | first track meet in a long time                            | 83.4  |
| Sept        | 2007       | 64           | Tussey mOUntaiNBACK 50 Mile &<br>USATF Championship Run<br>Boalsburg PA | 50 miles                | 10:04:41<br>51/78              | second in 60-64 age group. Ask MJ and Bonnie for details.  |   |
| Oct         | 2007       | 65           | Allegheny College Track<br>Meadville PA                                 | 50km                    | 4:59:39                        | solo run, self-supported                                   |   |
| Mar         | 2008       | 65           | USATF Masters<br>Indoor Championship<br>Boston MA                       | 3000m<br>1 mile<br>800m | 11:26.70<br>5:49.19<br>2:41.40 | second USA runner<br>third USA runner<br>second USA runner | 83.6<br>83.2<br>81.7  |
| June        | 2008       | 65           | Den Haag 6-Hour Run<br>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<br>Pittsburgh PA   | 10km                    | 40:45                          | 283/6300   | 1/55 in 65-69 age group   |
| Oct         | 2008       | 65           | USATF Masters<br>5K Championship Road Race<br>Syracuse NY               | 5km                     | 20:01                          |  | second in 65-69 age group   |
| July        | 2009       | 66           | Teterboro Airport 5k  | 5km                     | 20:11                          | 93/866   | 1/10 in 65-69 age group   |
| Aug         | 2009       | 66           | Drake Well Marathon<br>Titusville PA                                    | 26.2 miles              | 3:54:04                        |  | First 6 miles very hilly  |
| Sept        | 2009       | 66           | Erie Half Marathon<br>Erie PA   | 13.1miles               | 1:34:26                        | 27/574   | 1/8 in 65-69 age group  |
| Sept        | 2009       | 66           | The Great Race<br>Pittsburgh PA   | 10km                    | 41:06                          | 275/6961   | 1/42 in 65-69 age group   |
| Oct         | 2009       | 67           | Endurance Classic<br>Erie PA  | 50km                    | 4:59:37                        |  | Mary Jane gave me support.  |
| Mar         | 2010       | 67           | USATF Masters<br>Indoor Championship<br>Boston MA                       | 3000m<br>1 mile<br>800m | 11:30.41<br>5:50.13<br>2:40.13 |  | second place<br>third place<br>Fourth place   |
| July        | 2010       | 67           | Presque Isle Half Marathon<br>Erie PA                                   | 13.1 miles              | 1:35:28                        | 67/1000  | 1/9 in 65-69 age group It was a hot day.  |
| Oct         | 2010       | 67           | Canandaigua 50 Mile Run<br>Canandaigua NY                               | 50.4 miles              | 9:52:55                        | 51/82  | 2 <sup>nd</sup> in 60-69 age group<br>Silver standard<br>Mary Jane was a terrific “handler” |

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|------|------|-----|---|--------------------|---------|------------|--|--------------|
| Date |      | Age | Event   | Distance           | Time    | Place      | Notes  |              |
| 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<br>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   |              |
| 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 <sup>nd</sup> in 70-74 age group<br>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   |              |



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| Date | Age | Event | Distance | Time | Place | Notes | Age<br>Graded<br>% |
|------|-----|-------|----------|------|-------|-------|--------------------|
|------|-----|-------|----------|------|-------|-------|--------------------|

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

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