

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 | | 87.6 |

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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 |
| 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 Muhrccke. Muhrccke 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 |

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| 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 |
| Sept | 1982 | 39 | Presque Isle Marathon Erie PA | 26.2 miles | 2:49 | | ran even pace | 75.7 |

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

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| Date | Age | Event | Distance | Time | Place | Notes | Age Graded % |
|-------------|------------|---|-----------------|-------------|------------------|--|---------------------|
| 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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| 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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|------|------|-----|---|-------------------------|--------------------------------|----------|---|----------------------|
| 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 | |
| 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 | |
| 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 |

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| 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 | |

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

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| Present Running Streak: | | starting 01/07/2015 and counting | | | | | |

Updated thru 02/01/2016