

## FOOT RACE HISTORY

Yr. 1985

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Wildwood Crest	4-22-85	5 mile	28:54
Cohanxic Zoological	5-26-85	6.2 mile	47:12
Cohanxic Zoological	5-26-85	1 mile	5:25
Cape May	6-1-85	6.2 mile	41:18
Cape May Point	6-15-85	5 mile	32:01
Avalon	7-27-85	5 mile	29:54
Sea Isle City	8-17-85	13.1 mile	1hr,36'16"
Avalon Race for Life	9-7-85	5 mile	31:24
Avalon Wings and Water	9-21-85	5 mile	30:14
Fenton Carey-Ocean City	10-19-85	13.1 mile	1hr,28'33"
Quail Hill Classic-Smithville	10-27-85	6.2 mile	37:58
Jewish Community Center	11-3-85	6.2 mile	40:37
Elks Run-Atlantic City	11-17-85	10 mile	1hr,3'33"
Leesburg State Prison	11-23-85	5 mile	29:52
Turkey Run	11-28-85	4 mile	23:28
Roots Run-Toms River	12-1-85	5 mile	29:48
Santa Scamper			

## COMMENTS

4-27-85: 1st. race, cool temperatures--good results

5-26-85: temps very hot, ran 1 mile, then 6.2 mile, hot, stopped 6 X, very tired

6-1-85: temps in high 70's, last mile very tired

6-15-85: temps in 80's with high humidity, review circular course

7-27-85: overcast after a heavy rain, cool temps, good run

8-17-85: predicted 1 hr, 35 min, temps high 70's w/nice breeze and moderate humidity

9-7-85: predicted 29:00, temp 81 degrees with 95% humidity, 2.5 mile-14:48, 16:09 last

9-21-85: temps in low 70's

10-19-85: temps in low 70's, low humidity---placed 50th overall

10-27-85: temps in high 60's, moderate humidity--placed 8th%60, 2nd in age

11-3-85: cold w/high winds 50 degrees with 35 mph northeaster---ran additional half mile

11-17-85: temps 60 degrees with moderate SW winds--good run--31:10, 32:23 splits

11-23-85: had stomach virus, breathing was heavy, temps high 40's with 20X on track

11-28-85: temps in low 50's, slow, misty rain, placed 2 %35

12-1-85: rain, cold 50's and damp--at one mile 5:48, placed 20%260, felt good through

year 1986

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Glassboro	2-9-86	10 mile	1 hr,3" 50'
Northeast road runners	1-23-86	6.2 mile	37:10
Nuclear Freeze run	3-1-86	5 mile	29:27
Shamrock Run	3-16-86	6.2 mile	41:28
Utility Run	3-29-86	5 mile	31:23
Audubon Hero Run	4-5-86	3.1 mile	17:46
Mays Landing Run	4-12-86	3.1 mile	18:34
Willow Grove Run	4-20-86	5 mile	30:03
Historic Pottstown	4-27-86	3.1 mile	18:46
Broad Street Run	5-4-86	10 mile	1 hr, 1',27"
Health Focus Bridge	5-11-86	5.5 mile	33:54
Atlantic City Medical	5-17-86	5 mile	30:33
Bridgeton Zoo Run	5-25-86	6.2 mile	38:27
Cape May Foot Race	5-31-86	6.2 mile	39:23
Run through Antitum	6-8-86	6.2 mile	40:06
Margate Rec. Center	6-15-86	2 mile	10:47
Cape May Point Race	6-21-86	5 mile	29:22
Strohs Run for Liberty	6-28-86	5 mile	30:27
Northfield Run	7-4-86	1 mile	4:58
Ventnor Run	7-4-86	1 mile	5:12
Jim Latz Twilight Run	7-12-86	5 mile	30:24
Ventnor City Run	7-20-86	6.2 mile	38:24
Avalon Recreation Run	7-26-86	5 mile	29:26
Plaisted Hall Run (Phila)	7-27-86	3.1 mile	17:42
Vineland Birthday Run	8-3-86	6.2 mile	38:36
Pensauken Cooper Run	8-6-86	6.2 mile	37:58
Avalon Run for Life	8-16-86	5 mile	29:30
Sea Isle City Run	8-23-86	13.1 mile	1hr,28'1"
Love Run (Ventnor)	9-1-86	5 mile	30:25
Garden State Park	9-7-86	3.1 mile	17:57
Phila ½ Marathon	9-14-86	13.1 mile	1hr,22'45"
Kennedy Hospital	9-16-86	4 mile	23:09
Avalon W and W	9-20-86	5 mile	29:13
Cape May Beach Run	9-27-86	4.4 mile	26:39
Flying Cloud ½ Mar.	9-28-86	13.1 mile	1hr,23'03"
Fireman's Run	10-5-86	5 mile	29:23

Legs for Arms (Phila)	10-11-86	5 mile	29:15
Quill Hill Classic	10-12-86	6.2 mile	37:07
Fenton Carey	10-18-86	13.1 mile	1hr20'45"
Ghostly Gallop (phila)	10-26-86	5 mile	29:05
Lewes Del. Marathon	11-1-86	26.2 mile	3hrs,35'34"
Millville	11-16-86	6.2 mile	36:39
Philadelphia Marathon	11-23-86	26.2 mile	3hr,4'8"
Turkey Run	11-27-86	4 mile	23:33
Roots Run (Toms River)	11-30-86	5 mile	29:02
Brian's Run	12-7-86	6.2 mile	37:11
Santa Scamper	12-14-86		

### COMMENTS

2-9-86: temp about 35 degrees w/gray overcast skies, course hilly splits 30:36 and 32:14  
2-23-86: temps about 35 degrees w/ gray overcast skies, very damp, splits 18:42 & 18:28  
3-1-86: temps about 28 w/a moderate NW wind, clear skies splits 14:45 & 14:42  
3-16-86: 1st run since sprained ankle 3-1-86--R foot stiff at start, easy pace. Temps in 50s  
3-29-86: ankle 80%, temps about 55k, with mod. SW wind--2 loops  
4-5-86: ankle 85%, temps around 50 degrees in a light rain--14% 105  
4-12-86: ankle getting better at start, temps 45 with mod wind, day after party  
4-20-86: foot felt good, temp. 65, hilly course, 4 loops, 1st mile 5:45, 52% 379  
4-27-86: ankle had no problem. Temp about 70 w/a mod.wind, 46% 500  
5-4-86: ankle got stiff from 6 mile on, no pain. Ideal downhill course, temps 50  
5-11-86: hilly course, 70 temps, w/a moderate breeze, 2nd in age group  
5-17-86: hot and very humid, temps in high 70's to low 80's, 3rd in age  
5-25-86: mod. Day with little wind, 15% 115  
5-31-86: warm 80+ day with high humidity---39 % 400  
6-8-86: race course had hills throughout, temps in 80's with high humidity 29% 450  
6-15-86: raced on beach from fishing pier to Lucy pier, temps in 70's, 7% 55  
6-21-86: temps in low 70's with low humidity, clear skies, 22% 400  
6-28-86: all on beach. Temps in low 80's, light SW breeze. 21% 300  
7-4-86: clear low humidity w little wind. Temp around 72, 1st in age w 4:58  
7-4-86: 1st. overall , race on boardwalk, felt good throughout  
7-12-86: 80 temps w/ high humidity, on Ventnor Beach. 53% 400  
7-20-86: 80 temps, moderate humidity, light SW wind on boardwalk 14% 125  
7-26-86: 75 degree temps, 90% humidity factor w/ SW wind, 10% 180  
7-27-86: temps 75-80, w/ a 90% hum. Sluggish most of race. 30% 160  
8-3-86: The temp was 80, w/high hum. 26% 150. Age group winner  
8-6-86: The temp was 82 w/ mod. Wind. 16% 80  
8-16-86: The temp around 80, w. a strong sun and high hum. 15% 206  
8-23-86: difficult run very gusty wind from SW. 101% 804

9-1-86: head and chest cold and tired, temps in 70's w/ low humidity  
 9-7-86: cool night 60 temps w/ little hum. 32%490  
 9-14-86: cool temp around 60 on a clear perfect night (10k-39:52)(10 mi.1hr,03:40)  
 9-16-86: cool temps 62 temp w/a mod strong cross wind 13%127  
 9-20-86: cool ideal race weather, 65 temp, low hum. 5%65  
 9-27-86: ran on a 68 degree day, with a strong NE wind. 1st. in age group  
 9-28-86: ran on a 68 deg. day with a mod. NE wind on second half. 18%200  
 10-5-86: ran on a 68 deg. day. Ran 7 miles the day before. 1st. mile 5:20  
 10-11-86: ran on a 55deg day w/ a NE wind. 1st mile 5:32, 4th.23:20. 13%250  
 10-12-86: ran on a 60 deg. overcast day w/mod wind. 1st mile 5:52. 3rd in age group  
 10-18-86: ran in a 60 deg. day, clear and sunny. 2nd in age group, 17%260  
 10-26-86: ran on a rainy 55 deg day. 9%45. 5th in age group  
 11-1-86: ran on a 70 degree day. 6.2-45 min.,13.1-1 hr,34. Developed cramps thereon  
 11-16-86: ran on a 50 degree damp day. 5th. Overall  
 11-23-86:ran on a 55 deg, clear and sunny day on a hilly course.1-6:42,13.1-1 hr,27,  
 11-27-86: ran on a 50 deg morning, placed 4 % 65  
 11-30-86: ran on a clear day, temps in the 40's 20 %325  
 12-7-86: ran on a 45 deg. day sunny day. Mile 1=6:06,2=11:08,4=23:57, 5=29:30  
 12-14-86: prediction run

### SUMMARY

Sprained ankle on 3-1-86. I missed several days running. Substituted walks during the period. Except for days before and after races a relatively injury free year. Took off 73 day for rest. Raced 47 times, total mileage 1,924, per day 5.24, per week 37 miles, per month 160.3. Did 2 marathons,4 ½ marathons,2 10 milers,10-10k's -5.5, 15-5 milers, 4 2 milers, 5-5k's, 1-3 miler 2-1 mile.

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Hangover run	1-1-87	3.1 mile	17:31
Snowball run (Wilm)	2-1-87	5 mile	32:02
Glassboro run	3-6-87	10 mile	60:47
Pathmark run	2-15-87	8 k	28:39
NERR (Plaisted Hall)	2-27-87	6.2 mile	35:57
Freeze run	2-28-87	5 mile	28:33
March of Dimes	3-8-87	5 mile	29:12
St. Pat's Maloney's run	3-14-87	10 mile	58:45
Shamrock Marthon (Va.)	3-27-87	26.2 mile	2 hr,51,28
Rolling Thunder	4-5-87	6.2 mile	35:39
April Shower Kelly Dr.	4-12-87	3.1 mile	17:17
Broad Street Run	5-3-87	10 mile	59:57

Run for Freedom (Tren)	5-9-87	5 mile	29:27
A/C Medical Center	5-16-87	5 mile	29:13
Cherry Hill Subaru run	5-12-87	10 mile	65:34
Bethany-Fenwick Island	5-23-87	5 mile	30:14
Cape May Foot Race	5-30-87	6.2 mile	39:09
St. Anthony's Run	6-7-87	6.2 mile	37:36
Seperation Run (De)	6-13-87	5 mile	32:45
Jim Latz Beach Run	7-18-87	5 mile	32:19
Avalon Run	7-20-87	5 mile	30:35
Asbury Park Classic	8-8-87	6.2 mile	43:03
Wildwood Classic	9-13-87	6.2 mile	39:25
Cape May Beach Front	9-26-87	4.4 mile	26:27
Sports Challenge (Tren)	10-14-87	2 mile	11:24
Fenton Carey	10-24-87	13.1 mile	1hr,22,57
Millville Run	11-1-87	6.2 mile	35:42
Crop Seaville Meth.	11-22-87	5 mile	29:30
Turkey Run	11-26-87	4 mile	23:33
Roots Run (Toms River)	11-29-87	5 mile	29:39
Brian's Run West Ches)	12-7-87	6.2 mile	38:08
Santa Scamper	12-13-87	Prediction Run	
Holiday Run (Phila)	12-21-87	5 mile	30:02

#### COMMENTS

1-1-87: 35deg. day, overcast, sluggish throughout, unable to relax into a pace  
2-1-87:cloudy 32 deg. day with icy and dangerous conditions  
2-8-87: sunny 40 deg. day w/ a strong wind. Placed 14%50. Good run on hilly course  
2-15-87: sunny very cold 10 degrees w/ wind. Placed 14%249--5th. In age group  
2-22-87: 40 deg. day,w/little wind 1st. mile 5:20  
2-28-87: 35 deg. day w/a moderate wind, good race. Finished 1st in age  
3-8-87: ran on a 60 deg warm sunny day with a clear sky. Sluggish!  
3-14-87: clear 40 degree day w/a mod. NW wind.  
3-27-87: ran on a sunny, temps 45 w/light wind. 1-6:40,13.1-1hr,25,20-2hr,11 62%1000  
4-5-87: damp overcast day. Temp low 40's finished 6 %60, 3rd. in age group  
4-12-87: overcast 60 deg day w/ a mod. Wind.. 16%120 ---7th. In age group  
5-3-87: 65 degrees w/ muggy conditions 1 mile-5:32, 5-29:02.  
5-9-87: temp betw.65-70 w/ a head wind and some small hills 12%140  
5-16-87: 60 degree day w/ a 10-15 mph head wind 1st in age  
5-12-87: hot, sunny 75 + day, times were off due to heat, stom. Cramps ,race prior day  
5-23-87: hot overcast humid day w/mod breeze. 12%140. 2nd in age  
5-30-87: hot temps in 80,s, humid 26%400  
6-7-87: ran on pulled hamstring--65 temp. course hilly 56%530

6-13-87: had a pulled ham. Temps in 80's, muggy, 35% humidity, 90 difficult w leg problem  
 7-18-87: 80 degree night w/ a 20 mph S wind. Sluggish after the pulled ham  
 7-25-87: hot 80 deg. day w/ an overcast sky. Still with ham problems. Iced leg after run  
 8-8-87: hot and humid 85 deg day sluggish, tire, not conditioned--leg in ham stiff aft run  
 9-13-87: overcast, humid 80 deg. day  
 9-26-87: 65 degree day, w/ clear sky 5% humidity, 150, 2nd in age group  
 10-14-87: clear 60 degree day 9% humidity 150  
 10-24-87: clear 60 degree day w/ a med head wind ,good consistent run 22% humidity 220  
 11-1-87: 40 degrees w/ little wind 5th overall  
 11-22-87: cold 25 degree day w/ a gusty NW wind 3% humidity 100  
 11-26-87: mild 55 degree day. The pace was good 2nd overall  
 11-29-87: 55 deg cloudy day 25% humidity 400  
 12-7-87: cold windy 45 deg day on a hilly course  
 12-13-87: prediction run  
 12-21-87: ran aft. PBA party right leg stiff. Held back 40% humidity 230

### SUMMARY

The first 6 months of the year injury free. I probably brought on overuse injuries that plagued me the last 1/2 of year. Injuries ranged from left leg problems, right knee and ended with severe cold and flu symptoms last two weeks of year. Took 104 days off from running for rest and injuries. Raced 33 times, total mileage 1,737, per day 4.76, per week, 33.40, per month 145.

yr. 1988

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Hangover- (phila)	1-1-88	3.1 mile	17:58
Icicle Run-(Wilmington)	1-17-88	10 mile	63:58
Snowman Run (Wilm)	2-7-88	5 mile	30:40
Glassboro	2-14-88	10 mile	61:52
Freeze Run	2-20-88	5 mile	29:03
March of Dimes	2-28-88	5 mile	28:52
Pennsville -River Run	3-5-88	3.1 mile	17:33
Brot Run-Tropicana	3-13-88	5 mile	28:56
Va. Beach Marathon	3-19-88	26.2 mile	2 hrs,58,56
Wrestle Mania (Trump)	3-26-88	3.1 mile	19:24
Ocean City Utility Run	4-2-88	5 mile	28:55
Boston Marathon	4-18-88	26.2 mile	3 hrs,15 sec
Broad Street Run	5-1-88	10 mile	59:37
Cape May Foot Race	6-4-88	6.2 mile	36:29
Resorts Int. 10th. Birth.	6-12-88	6.2 mile	37:10
Cape May Point	6-18-88	5 mile	29:05
Denny's Run -Millville	6-26-88	3.1 mile	17:44

Longport-Kelly mile	7-4-88	1 mile	4:51
Buffalo Stampede	7-16-88	6.2 mile	41:26
Jim Latz-Beach Run	7:23-88	5 mile	29:52
Vineland's Birthday Run	8-7-88	6.2 mile	38:37
Asbury Park Classic	8-13-88	6.2 mile	40:02
Sea Isle City	8-20-88	13.1 mile	1 hr,20,12
Wildwood Classic	9-11-88	6.2 mile	38:17
Phila. Distance Run	9-18-88	13.1 mile	No Number
Firefighters A/C	10-2-88	5 mile	30:22
Seaville Meth. Church	11-5-88	5 mile	30:11
Showboat Run-UW	11-19-88	5 mile	29:24

### COMMENTS

1-1-88: damp overcast 45 deg temps, bad cold, flu symptoms. 27%360  
1-17-88: cloudy day, temp 38, little wind, hilly course  
2-7-88: 23 degree windy day on an icy course.35%226  
2-14-88: cold 30 deg day, hilly course  
2-20-88: 45 deg, strong wind, 3rd. in age group. Finished 5 % 70  
2-28-88: cold 40 deg day w/a strong wind 9%375  
3-5-88: 40 deg day 6%70  
3-13-88: 45 deg day, boardwalk was wet and slippery. 3rd overall  
3-19-88: cold windy overcast day, 45 degrees. 1-6:28,6.2-40:28,10-65:10,20-2hrs,14  
3-26-88: 60 deg, windy day. Still tired after Virginia Beach Marathon  
4-2-88: 50 deg overcast and damp day w/ a strong wind 10%150  
4-18-88: 48 deg. with a steady rain, mile 1-7:48,6.2-41:48, 10-1hr.6',1/2-1hr,26,202hr 16  
5-1-88: ideal 50 deg clear conditions. 5:20 1st. mile, 5-28:54, good paced run  
6-4-88: ran on a very cool, clear, ideal day w/ mod NW wind.16%300  
6-12-88: warm clear day on the boardwalk and out and back course. 1st. in age group  
6-18-88: ran on a 75 deg day w/ high humidity. 15 % 400. 4th. In age group  
6-26-88: warm humid 75 deg. got out too quickly and tired. 16 %250  
7-4-88: ran a strong 1/2 mile and held on. 1st. in age--approx. 400 participants  
7-16-88: very hot and sticky day. Stopped 6X 5:35 1 st. mile too fast--bad day!  
7-23-88: damp,foggy night, temps in low 70's good start, faltered at end 48%531  
8-7-88: hot, humid 80 deg day, The pace was deliberate in heat 17%140  
8-13-88: very hot and sticky 82 deg day. 1 mile 5:50 and slowed during the run  
8-20-88: cool 65 deg. evening. 6:33 1st mile 60:41 at 10 mile 77%770  
9-11-88: warm day after many days of rest from injury  
9-18-88: bad run. Maryanne Dunn forgot to bring number stopped several times  
10-2-88: warm 70 degree day. Decent pace--got tired. 1st in age group 12%130  
11-5-88: ran a quick 1 1/2 miles, started to tire at 2 1/2 mi. stopped briefly 6%60  
11-19-88: ran on a cold, damp day. Strong NW wind 1st in age group

## SUMMARY

Year 1987 ended on a down note that led into 1988 a building year. It appears that I am a cold weather runner. Good mileage results from January to May. I average better than 6 miles per day in those five months. I experienced a problem in my right knee with a popping to stiffness that mandated rest. I also used a right knee brace. Ran without knee brace from October 5th. to the end of year. I left the beach for the street 6-28-88. I experienced problems, such as twitching in the right knee area to soreness in back of knee and lower back soreness from July through Sept. Problems caused several days of continuous rest for up to one week. Oct-Nov-Dec have been good consistent injury free months.

I had several good races in 1988 and many first. Boston Marathon 3hr,21sec., Philadelphia 10 miler (59'37"), Cape May Foot Race (36:29) PR, Longport 1 mile (4'51"), Sea Isle City 13.1 mile, (1 hr, 20', 12"). Some bad races were: Buffalo Stampede (41:26"), Asbury Park Classic (40:02") and Philadelphia ½ marathon (1hr, 37').

I raced only 28 races; down from years 86 & 87, but ran over 2100 miles for year, up from 86 & 87. My times in races were all sub pars from past years, but with some highlights. For the most part a good year.

### Yr. 1989

#### COMMENTS

<u>EVENTS</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Hangover	1-1-89	3.1 mile	17:55
Snowball Run	2-5-89	5 mile	30:30
North East Road Run	2-19-89	6.2 mile	37:59
March of Dimes	2-26-89	5 mile	29:18
Freeze Run	3-4-89	5 mile	29:52
Phila. Footbeat	3-11-89	5 mile	30:15
St. Pat's (Longport)	3-18-89	10 mile	61:54
Wrestle Mania	4-1-89	3.1 mile	17:54
Pleasantville High Sch.	4-8-89	6.2 mile	36:41
Waterfront Marathon	4-30-89	26.2 mile	3hrs, 6'43"
Broad St. Run	5-7-89	10 mile	61:31"
Sutors	5-13-89	5 mile	28:38
Cape May Foot Race	6-3-89	6.2 mile	38:50
Cape May Point Run	6-17-89	5 mile	29:38
Phila. Police Run	6-22-89	5 mile	30:47
Iron Mike Pigskin	7-12-89	3.1 mile	17:44
Buffalo Stampede	7-15-89	6.2 mile	40:08
Twilight Run (Ventnor)	7-22-89	5 mile	30:57
Cooper River Run	7-19-89	3.1 mile	17:45

Vineland Run	9-6-89	6.2 mile	46:08
Bottle and Cork Run	9-9-89	10 mile	67:45
Phila. Dist. Run	9-7-89	13.1 mile	1hr, 28' 54"
Beach Front Run	9-23-89	4.4 mile	26:08
Flying Cloud (A/C)	9-24-89	13.1 mile	1 hr,19' 47"
Gov. Sports and Fitness	9-27-89	2 mile	10:47
LBI (LongBeach Island)	10-8-89	18 mile	2 hrs,2' 42"
Halloween Run (CMCP)	10-29-89	3.1 mile	17:15
Atlantic City Marathon	11-12-89	26.2 miles	2hrs,58' 15"

### COMMENTS

1-1-89: race started w/ snow. Started about 50 back, that slowed time  
2-5-89: The course was hilly throughout. 26%250  
2-19-89: Cold, sunny 35 deg day 41%200  
2-26-89: 35 degree day w/ a steady wind throughout the run. 8%250  
3-4-89: 40 deg., extremely windy w/ high gust 10%150  
3-11-89: got out too fast on a cold 40 degree day 22%200  
3-18-89: 50 deg, very windy 15-20 mph. Lost steam the last 3 miles  
4-1-89: 45 deg day, cross wind. Had head and chest cold, good results  
4-8-89: 55 deg. sunny and clear. Looping course placed 8%70. 1st. in age group  
4-30-89: ideal overcast 50 degrees, hilly course, mile 1-7:25,10k-43. Lost it at 22 mi.  
5-7-89: 45 degree day w/ a mod head wind.  
5-13-89: ran at 5 P.M. on a cool evening.  
6-3-89: very warm ,humid day 5:24 1st. mile--too fast for conditions-difficult run  
6-17-89: overcast, humid day w/sprinkles, strong 2 miles then tired the last three mi.  
6-22-89: very humid evening on East River Drive. Very tired and fatigued  
7-12-89: cool night in the summer, but humidy still present 5:10 first mile 96%763  
7-15-89: moderate humid morning 1st. mile 5:45, 2nd mile 12:00 but had a problem  
7-22-89: ran on a hot/humid 80 deg evening 60%663  
7-19-89: ran at 7 P.M. on a warm evening around Cooper River. Ok run  
8-6-89: hot and very humid day 85 degrees w/ 90 % humidity. Stopped 10X and aft injur  
9-9-89: ran on a warm, humid day 80 degrees 5:34 1st mile, too fast stop and go after 9  
9-17-89: overcast 70 degree day. 41:30 10K, 10-67'. Tired last 5k  
9-23-89: 70 degree w/ humidy. There was a stiff SW wind 7%200, 3rd in age group  
9-24-89: 50 degree, clear, low humidity. Good consistent run 5th. overall  
9-27-89: 55-60 degrees. Low humidy w/a breeze. 6%110  
10-8-89: 60 deg, partly cloudy, a tail wind 98%500 stopped 2X to dump  
10-29-89: 70 degree day 8%140. 3rd. in age group  
11-12-89: 60 deg. clear,windy day w/ a consistent pace.43min-10k, 67:30-10mi 20216

### SUMMARY

The year started out with a 5 K run race in Philadelphia and ended with a November 15th. Marathon in Atlantic City (2hrs, 58' 15"). The year was a good year injury wise, except I had the flu in January where I took 7 rest days, and in July where I took 12 rest days and took medication for two weeks. I had soreness in January in the right knee and upper right leg. I received a blood breakdown in May. Had cholesterol 152, HDL-52 with a 2.92 ratio.

The high points of the year were the A/C Marathon, that qualified me for Boston, the Burdette Tomlin 5 K (17:15), PR, Flying Cloud ½ Marathon (1 hr, 19', 47") PR, and the Cape May Beach Front Run 4.4 mile (26:08) PR'D.

The low points were Twilight Run (30:57), Vineland Run, Bottle & Cork and the Philadelphia ½ Marathon. The summer time temps and humidity severely puts a damper on my times and training schedule.

I raced a total of 29 times. Overall a good year with consistent time, but "89" was a good year in respects to injuries and down time.

yr.1990

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Nuclear Freeze	2-24-90	5 mile	29:10
Va. Beach Mar.	3-17-90	26.2 miles	3 hrs, 19' 15"
Boston Marathon	4-16-90	26.2 miles	3 hrs, 27, 45
Long Beach Isl.	10-7-90	18 miles	Did not Finish
Burdette Tomlin	10-28-90	3.1 mile	17:43
A/C Marathon	11-11-90	6.2 mile	36:38

COMMENTS

- 2-24-90: ran on a windy 45 deg. day w/strong wind
- 3-17-90: mid to upper 70's w/ an 80 deg. finish. At 10-66', ½-1 hr. 29 20 on stop&go
- 4-16-90: ran on a 63 deg day w/ bright sun. stop and go from 13.1 onward
- 10-7-90: ran on 80 degree day. Too hot for a long run and burned out DNF
- 10-28-90: ran on a cool 55 degree day ok pace tired at end
- 11-11-90: ran on a 45 degree windy morning. Winds at 25 mph. 2nd in age, 14%279

SUMMARY

The year was a mixed bag. I experienced right hip pain for the first time in January and on an off the rest of the year. Also had back stiffness and mild pain. Pain in both areas were before and after the run, never during the run. Ran only 7 races during the year, two of which were marathons. The St. Pat's Shamrock Marathon a bomb on 3-17-90. The temps were in the 70's at start in gusty wind. Tired at the 18 mile mark--walked and ran to a 3 hr., 19', 24" sec. Finish. The Boston Marathon also had high temps. In high 60's finished 3 hr., 27', and 42". Temperatures and lack of long runs led to poor performance in both marathons.

After Boston to September average weekly mileage fell to around 30 miles per week. Travel and work in Havertown and heat of the summer and into the fall played a negative factor in my running. Ran the Long Beach Isle Run and quit at 9 miles. November and December were good comeback months, after a previous 4 months deteriorated base mileage. Strong 10K in October. Cumulative mileage for year 2,076.4. Marathon training started on December 24th. for spring 1991.

yr.1991

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Icicle Run	1-20-91	10 mile	64'44"
Virginia Beach Marathon	3-16-91	26.2 miles	3 hrs,11'38"
Amish Country	4-21-91	13.1 mile	1 hr,25'02"
Lower Township Coombs	5-4-91	5 mile	29:33
Pentathlon (5 events)	5-19-91	*****	
Ventnor Run	7-3-91	1 mile	4:53
Northfield Run	7-4-91	1 mile	4:53
Longport Run	7-4-91	1 mile	5:10
Hammonton	7-6-91	5 mile	34:00
Jim Latz Run	7-28-91	5 mile	29:45
Wilmington Del. Run	7-12-91	3.1 mile	18:30
Avalon Recreation Run	7-28-91	5 mile	29:37
Dennis Township Run	8-3-91	3.1 mile	17:36
St. Peter's Run (New Castle)	7-9-91	5 mile	29:45
Millsboro	7-10-91	3.1 mile	17:46
Sea Isle City	7-17-91	10 mile	64'20"
Once in a Blue Moon (Ventnor)	7-24-91	3.1 mile	17:19
Letter Carrier Run (A/C)	9-1-91	5 mile	29:15
Legends Bar Run (Wilm)	9-4-91	3.1 mile	17:39
Bottle and Cork	9-7-91	10 mile	62'16"
Philadelphia Distance Run	9-15-91	13.1 mile	1 hr,20'19"
Cape May Ocean Front	9-28-91	4.4 mile	24:57
Dept. of Corrections	10-2-91	1 mile	5:33
Delaware Classic	10-6-91	15K (9.3mile)	55:07
L.B.I.	10-13-91	18 mile	1 hr,52'22"
Polo Club (Greenville, De)	10-19-91	3.1mile	17:43
Sea Witch (Rehoboth De)	10-27-91	3.1 mile	17:40
New Castle	10-27-91	5 mile	29:58
Marine Corp Marathon	11-3-91	26.2 mile	2 hrs,58'19"

COMMENTS

1-20-91: 50 deg. sunny, clear day on a very hilly course. Mod. Start and good run

3-16-91: great weather 45 deg. at start 50 at finish 1-7:20,6.2-44',10-67,20-2hr,20'  
 4-21-91: rainy and windy 48 deg. day a rolling hill course, 65%1200--placed in age  
 5-4-91: clear, sunny 50 deg. day. Good first three miles, then tired. 2nd in age  
 5-19-91: overcast 55 deg. day --finished 1st. in age group  
 7-3-91: Overcast 70 deg. evening w/ a mod-strong tail wind from the NE 1st in age  
 7-4-91: 75 deg. overcast, finished first in 40 year age group  
 7-6-91: ran on an 85% humidity day with high temps. Good 2 miles, then stop and go  
 7-28-91: ran a good consistent race 11:30 at 2 miles and a good kick to finish  
 7-12-91: ran aft. Work on a hilly course. Too fast at start--stopped 2X-Ok run, 5th.in age  
 7-27-91: 70 deg. rainy morning,good pace, lost time with conservative start, strong finish  
 8-3-91: 80 degree and humid. Good pace. 6th. Overall and 1st in age group  
 7-9-91: warm and muggy 75-80 deg. too fast at start 5:13, held on 13%175, 2nd in age  
 7-10-91: warm temps in high 70's, good pace, sluggish last 1/2 mile,7%150, 2nd in age  
 7-17-91: warm day w/ a strong SW wind. 5:57 1st mile too fast. Finished 4th In age  
 7-24-91: 70 degrees w/a mod strong NW wind-1 1/2 mile into wind. 1st in age group  
 9-1-91: 70 deg, good run. 1st in age  
 9-4-91: 80 deg. humid evening, finished 1st in age, 6%270  
 9-7-91: warm, sunny 80 deg. day, steady pace, good run. Finished 23%270. 4th in age  
 9-15-91: humid and high 70 day, good run 6:14 at 1 mile, 29:54 at 5--strong run!  
 9-28-91: 50-60 degree day w/ moderate NW wind, good pace 5:20 1st mile 6%250,2 age  
 10-2-91: warm high 70's, started and finished strong, 1st in age and overall in the event  
 10-6-91: mid 50 degree day--finished 40%400--good run!  
 10-13-91: high 50 deg. day w/mod NW wind. Good run 18%1100, 4th in age  
 10-19-91: good run in Delaware (Greenville). 60 degree temps. 2nd in age  
 10-26-91: good run, too fast at start into first mile. 1st in age  
 10-27-91: humid and warm day. Too fast at start on a hilly course  
 11-3-91: perfect day for running a marathon, in control the whole way.

### SUMMARY

The year started out training for Virginia Beach Marathon. The first run was the Icicle Run 10 miler in Delaware. The 10 mile race results were so!so! 1 hr, 4 min., 44 sec. Trained in Florida the week of 2-2-91 to 2-10-91. The heat and humidity a factor during the Florida training. A right hip problem and calf in Right leg a problem that started on 2-12-91. Also, a cold developed on 2-13. The right leg (shin & calf) a problem throughout the Virginia Beach Marathon training which caused several days of mandatory rest time. The last two weeks before the marathon dictated a total rest time. The marathon was disappointing 3 hrs, 11 min, 38 sec with ideal temperatures. I biked and rested several days after the marathon, because of continued right leg problems that included soreness in the right foot. The Amish Country 1/2 marathon was a turnaround point of the year. I was 4th. In age group with a 1 hr, 25min, 2 sec time. The conditions were terrible 48 degrees w/heavy rain throughout. This was the 1st 40-year age race.

The highpoint of the year was starting on a diet 5-4-91. I weighed approx. 190 lb. I cut out fat from the diet. The lower weight made training easier and race times consistently low. I still had right hip and buttock pain throughout May and June. On 7-1-91 weigh got down to 168 w/ clothes. This started greater calorie intake. 7-7-91 Hammonton Run a disaster 34:00 (5 miler). The rest of the year in the 40 age group meant several awards.

The Marine Corp. Marathon was the final highlight with a below 3 hr finish and a qualifier for Boston 1992.

### Yr.1992

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Icicle Run	1-19-92	10 mile	62'4"
Colonial ½ Marathon	2-23-92	13.1 mile	1 hr,19'45"
St. Pat's Run (Margate)	3-14-92	10 mile	59',44"
Va. Beach Marathon	3-21-92	26.2 mile	3 hrs, 5,54"
Boston Marathon	4-20-92	26.2 mile	3 hrs, 0',56"
Broad Street Run (Phila)	5-3-92	10 mile	57',47"
Lower Twp. (Coombs)	5-9-92	2 mile(2.2 mile)	11:47
Pleasantville Run	5-16-92	2 mile	10:52
Mem. Day Run (Ventnor)	5-24-92	3.1 mile	17:14
Cape May Foot Race	5-30-92	3 k	10:15
Wilm Delaware Pa. Ave	6-2-92	1 mile	4:39
Rehoboth School Run	6-7-92	3.1 mile	17:39
Rett--Ventnor Run	6-13-92	6.2 mile	36:46
Cape May Point Run	6-20-92	5 mile	28:56
Ventnor Run	7-3-92	1 mile	5:04
Dave Eldman Run	7-15-92	3.1 mile	17:22
Buffalo Stampede	7-18-92	3.1 mile	17:49
Rehoboth Avenue Run	7-19-92	1 mile	4:58
Rehoboth Country Club	7-25-92	3.1 mile	17:02
Sea Isle City	8-1-92	10 mile	59:36
P.A.L Run	8-29-92	3.1 mile	17:18
Rehoboth Fire Hse Run	9-15-92	3.1 mile	17:31
Delaware Distance Class	10-4-92	15k	54'36"
LBI	10-11-92	18 mile	1hr, 52',28"
Polo Club Greenville	10-17-92	2.5 mile	13:26
Marine Corp. Marathon	10-25-92	26.2 mile	2 hr, 58'29"
Seawitch Festival	10-31-92	3.1 mile	17:37
Colliers to Colliers	11-7-92	6.2 mile	34:42

Lewes Del-CH h/s	11-15-92	3.1 mile	18:35
Cross Country Kellen SP	11-21-92	3.1 mile	18:21

### COMMENTS

1-19-92: good run on a 20 deg., clear, sunny day w/mod wind. Finished 25%250  
 2-23-92: 55 deg damp and overcast day w/rain at beg, 5:57 at mile, 1hr,30" at 10, hilly  
 3-14-92: 45 deg, sunny, clear day w/a strong wind. Mile 1-5:23,5-28:23---36%697  
 3-21-92: controlled training run w/ B. Keith ----3hr, 5' 54" results. Could have broken 3  
 4-20-92: 63 deg start, overcast/sunny. Mile 1-6:45,13.1-1 hr,26' --took to much water  
 5-3-92: overcast, then sunny day, temps around 70 w/ a head wind, mile 1-5:35  
 5-9-92: sunny 60 deg day w/ a head wind going out, finished 1st overall--2 blocks long  
 5-16-92: overcast day w/wet street. Good pace throughout, under control--1st overall  
 5-24-92: 80 deg and humid. First mile 5:07, 10:35 at mile 2. Place 5 overall, 1st in age  
 5-30-92: good mile, then tired and held on. Got out a little fast 4%100, age group 3rd  
 6-2-92: ran a smart comfortable start, then pick up pace--finished strong 2nd in age  
 6-7-92: 80 deg and humid 5:23 1st mile, 11:20 at mile 2. 1st master, 4 %95  
 6-13-92: 75 deg and humid on the boardwalk, good steady pace 5:20 mile 1 2nd in age  
 6-20-92: 79 deg and humid pc, good run, tired last 2 miles, 2nd in age  
 7-3-92: ran on a wet boardwalk w/ a NE wind and 60 deg temps. Bad run finish 4th age  
 7-15-92: humid 80 deg day, comfortable pace . Finished 2nd in age and 7%100  
 7-18-92: warm humid 82 day, steady pace throughout, tired last mile, 3rd in age,6%100  
 7-19-92: ran w/ masters group, got out w/top runners, and took charge last ¼ mile 1%40  
 7-25-92:70 deg day w/wet streets, good strong pace 5:19-at 1,#2 master and 4%125  
 8-1-92: clear,sunny and warm day w/low humidity. Ran a smart race. 2nd in age  
 8-29-92: 65 deg. Felt the effects of 2 wk layoff w/L-leg. 2nd in age and 6th. overall  
 9-5-92: humid 75 deg day. 5:24 mile 1 and strong throughout, 1st master and 3%125  
 10-4-92: 55 deg day good pace, 5:30 mile 1, 17:34 at 5k, 29:05 at 5. Good finish  
 10-11-92: ran on a 55 deg, humid day 4th in age and 20%897  
 10-17-92: ran on a 50 deg cold day. Was a 5k but cut short due to complaints.  
 10-25-92: temp 50, clear and sunny. Strong wind. Mile 1-6:30,6.2-40:35, 20-1hr,13,20  
 10-31-92: 5:26 first mile and strong 1st half. Lost steam other1/2 1st in age 7%112  
 11-7-92: up but mostly down hills and flat. Finished 17%224 but only 4th. in age  
 11-15-92: bad run! 5:15 mile one too much, then died. Ran and walked 2nd in age  
 11-21-92: ran on a cross country course. Slow but smart start 1st in age group

### SUMMARY

The year was probably the best year since running. The yearly mileage was the most---3,077.6. The mileage was up over 700 miles since year 1991. I have maintained my body weight at about 170lb. and have maintained an excellent diet of low fat and high carbs. Several PR'S were set: 2-23, Colonial ½ Marathon in Williamsburg (1hr, 19'45") on a difficult course. Also, a PR in 10 miler in Philadelphia on 5-3 (57:47). PR in the mile in Wilmington Delaware (4:39) on 6-2, PR in the 5 K in Rehoboth (17:02) and 15 K

in Wilmington, Del. (54:36). A 10K PR was set in Delaware 11-7-92 (34:42). Other highlights were (3) marathons Virginia Beach (3-21), Boston (4-20) and the Marine Corp Marathon (10-25-92) with a 2 hr, 58,24 time set.

Ended the year training for the Miami Marathon that will be held on 1-17-93. The weight and diet has given me more energy and stamina for the increased yearly mileage. Most races have been consistent with regards to times. Some low points were not getting under 3 hr. in Boston (3hrs, 56 sec), Ventnor Mile on 7-3-92 (5:04) got out too fast and stopped in a 5 K in Lewes (11-15-92) 18:35. I had leg problems in both legs---major problem in left leg in shin area that required 12 rest days to recover. Otherwise, GREAT YEAR FOR RESULTS THAT WERE POSITIVE. Raced 30 time of "92".

Yr. 1993

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Miami Marathon	1-17-93	26.2 miles	2hrs,58'25"
Virginia Beach Marathon	3-20-93	26.2 miles	2 hrs,50'35"
Boston Marathon	4-19-93	26.2 miles	3 hrs, 4'53"
Broad Street Run	5-2-93	10 mile	60:35
Pleasantville Run	5-15-93	2 mile	11:44
M. Snell	5-23-93	3.1 mile	18:05
Ventnor Run	5-30-93	3.1 mile	18:00
Linwood	5-31-93	1 mile	5:04
Pa. Mile (Wilmington)	6-1-93	1 mile	4:50
Cape May	6-5-93	3 K	10:00
Rehoboth Firehouse Run	6-6-93	3.1 mile	17:32
Celebration of Life (Wilm)	6-17-93	3.1 mile	17:42
Dover Mile	6-18-93	1 mile	5:01
Cape May Point	6-19-93	2 mile	11:15
Law Enforcement Day	6-22-93	3.1mile	17:27
Duck Run (Wilm)	6-20-93	3.1 mile	17:37
Ventnor Run	7-3-93	1 mile	4:53
Avalon Run	7-10-93	5 mile	30:04
Dukes Dewey Beach Run	7-11-93	3.1 mile	17:42
North East Waterfront	7-16-93	6.2 mile	35:51
Rehoboth Mile	7-18-93	1 mile	5:01
Country Club Rehoboth	7-24-93	3.1 mile	17:19
Hot Foot-Caldwell Park	7-31-93	5 mile	28:29
JJ Corner Market-Dewey	8-1-93	3.1 mile	17:27
Timeout Sports	8-7-93	3.1 mile	17:20
EHT Pal	8-14-93	3.1 mile	17:27
Cape May County Park	8-21-93	3.1 mile	17:15
YMCA-Rehoboth	8-22-93	5 mile	28:56

Pa. Hospice Resorts	8-28-93	3.1 mile	17:41
Annapolis Run	8-29-93	10 mile	60:55
Letter Carrier MDS Run	9-5-93	3.1 mile	17:35
Trolley run Wildwood Crest	9-11-93	5 mile	28:44
Philadelphia Distance Run	9-19-93	13.1 mile	1 hr,16'43"
Cape May Ocean Front Run	9-25-93	4.4 mile	25:20
Delaware Distance Classic	10-3-93	9.3 mile	55:03
C.H. HS Hall of Fame Run	10-17-93	6.2 mile	35:58
Marine Corp. Marathon	10-24-93	26.2 mile	2hrs,53'38:
Seawitch	10-30-93	3.1 mile	17:36
Burdette Tomlin Run	10-31-93	3.1 mile	18:00
Seaville Meth. Church Run	11-10-93	5 mile	28:59
United Way Showboat Run	11-13-93	5 mile	28:42
Killen State Park (Delaware)	11-20-93	3.1 mile	18:26
Smithville Run	11-28-93	6.2 mile	35:28

#### COMMENTS

1-17-93:6 A.M. dark start w/58 deg temps. Lost 3-5 min. stomach problems.3rd in age  
3-20-93: 40 degree start. 42 min 10K,10-66',13.1-1hr,27',2hrs,11'20" at 20. 1st in age  
4-19-93: 70 deg start. Tough run, L-Ham problems,fr. 7 mile on, 67'-10,2hrs,17'-20  
5-2-93:temp 70,5:24 mile 1, stopped 4 times to get control--heat a factor so, so! Run  
5-15-93: temp 60 deg, mod. Wind, good start. Lost some time on return. 1st overall  
5-23-93: 1st. mile 5:29,in control, but unable to maintain pace. 1st in age,2nd master  
5-30-93: ran a quick 1st mile -5:07, and stop and go the last mile. 3rd in age  
5-31-93: controlled 1st. ¼ mile, controlled ½, lost a lot at last ¼--1st in age, 4th O/O  
6-1-93: accelerated at start too fast, had a good ½ mile, then died last 1/8 1-2 age,3rd mast  
6-5-93: good run, both halves of run, in control and excellent pace 3% 128, 1 st. in age  
6-6-93: 5:20 1st mile,11:00 2nd mile. 5% 100, 1st. in age  
6-17-93: 80 deg start, good run in heat. 5:19 1st mile. 9% 200, 1st in age  
6-18-93: 2nd master to finish, 1st in age aft G Ruse  
6-19-93: good run on a hot day 3rd overall. 5:02 first mile, then lost ground.  
6-22-93: ran a good steady pace. Good ½, then finished last mile w/ suffering. 1st overall  
6-26-93: ran a controlled start. Unable to kick at end. 2nd in age group  
7-3-93: ran a good ¼ mile, smooth and paced well and then finished strong. 1st in age  
7-10-93: mid 80 start. 1st mile 5:45 steady and consistent pace. 1st. in age  
7-11-93: 5:08 start mile, backed off, then finished w/ decent pace. 1st in age, 2nd master  
7-16-93: good paced run from start to finish. Large hills on course. 1st in age, 4th overall  
7-18-93: ran a good steady ¼ & 1/2 mile, then sluggish last ¼, finished 2nd in age  
7-24-93: ran a good pace in control 5:16 1st. mile. Overall master winner  
7-31-93: good pace mile in control through, then picked up. 5th. overall, 1st in age/master  
8-1-93: 5:29 start mile, paced w/ R. Beachump. 1st in age, 2nd master

8-7-93: first mile 5:29, finished strong-pace R. Beachump. 1st in age  
 8-14-93: good run w/temps in 70/s,placed 1st in age. Ran w/ B.Keith until last ½ mile  
 8-21-93: good under control run w/ lower humidity, breezy 70 deg day 3rd. overall  
 8-22-93: good run on a humid day. 5:35 start and consistent throughout 10% 150, 1st age  
 8-28-93: good run on the boardwalk, kept a good pace. 8% 293--1st. in age group  
 8-29-93: hilly course, good run. 82% 3006---6% 405 in age  
 9-5-93: good consistent run.start outside Taj. 3rd overall, 1st in age  
 9-11-93: 60 deg temps w/ strong wind. 4% 80, 2nd to B.Keith in age by 4 sec.  
 9-19-93: great run!!!ideal temp high 50's 58:25 at 10, 5:46 mile 1  
 9-25-93: sub par run, got out at 5:11 too fast! 2nd in age by 6 sec.  
 10-3-93: good run 1st mile, 30' at 5 mile, steady and strong 4th. age, 18% 300  
 10-17-93: 1st mile 5:39, 17 min at 3, strong and steady to finish. 1st. master, 3% 50  
 10-24-93: 50 deg start, 1st mile 6:00, 19:20, 5k, 63' 10, 2hr, 10 at 20  
 10-30-93: good run aft. Marathon. (right calf & Ham). 1st in age, 10% 159. 5:35 1st mile  
 10-31-93: rainy 50 deg day. Still marathon soreness, C/C wet route, 10% 159, 3 rd. in age  
 11-10-93: ran a consistent race, 1st in age, 5th overall. Damp 50 degree day  
 11-13-93: 3 rd overall. Had a good consistent race from start to finish  
 11-20-93: ran on a very windy day C/C route. Tough course and hilly 7% 100  
 11-28-93: ran on a 55 deg. day. Good smart paced run. 2nd overall

### SUMMARY

The year started out training for the Miami-Dade Marathon. The marathon results were positive (2hr, 58'25"). The results were about 4 min slower because of several potty stops needed throughout the course. A left leg hamstring pull occurred on 1-24-93, after the marathon rest period. Injury caused several rest days. Shamrock marathon was the 2nd race of year and a PR (2hrs, 50', 25'). Finished 1st in age group. The 3rd. race was Boston Marathon. I had a left hamstring problem from the 7 mile mark. A disappointing time (3hrs, 4', 51"). Boston took a great toll on my left leg, in hamstring area. The 4th race Philadelphia 10 miler was disappointing with conditioning problems. The racing season started May 10th with speed work and increased mileage. The right knee problems appeared 5-24 and were with me most of the year. I raced 40 times since the beginning of May until late November. Positive results throughout the year with consistent age group awards and good times. PR's in the Philadelphia Distance Run (1hr, 16,43"), Shamrock Marathon, Cape May 3K (10 min) and Hotfoot 5 mile (28:29). The number of races 43 was the most since 46 races in 1986. Mileage was down 400 miles from 1992, but races were up from 1992's total of 29 races. Problems in left shin around knee bothersome the rest of the year. The problem caused needed rest time, but went into 1994 with problem although still able to train for Disney World Marathon. The year was positive with more nagging injuries. The slow down in weekly mileage and more races

make for an enjoyable race season. Diet still on target and weight about the same 170 lb. with clothes.

Yr. 1994

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Disney Marathon	1-16-94	26.2 miles	2 hrs,56'10"
Dept. Park March Winds	3-6-94	6.2 miles	36:14
Collingdale Run	3-13-94	5 mile	29:13
Caesar Rodney	3-20-94	13.1 mile	1 hr,21'45"
Amish Country	3-27-01	13.1 mile	1 hr,18'31
Ocean City Utility Run	4-2-94	5 mile	28:40
Waterford Twp. Run	4-10-94	3.1 mile	17:47
Boston Marathon	4-18-94	26.2 miles	2hrs,44'32"
Earth Day CMCP	4-23-94	3.1mile	17:47
Atlantic County Pros. Run	4-30-94	3.1 mile	17:11
Broad Street Run	5-1-94	10 mile	58:30
Lower Township Coombs	5-7-94	5 mile	28:08
CMCP---Special Education	5-14-94	3.1 mile	17:08
C.H.H.S. Run for Youth	5-15-94	5 mile	28:38
Mike Snell	5-22-94	3.1 mile	17:02
Ventnor Run	5-29-94	6.2 mile	35:27
Cape May Foot Race	6-4-94	6.2 mile	35:42
A/C Grand Prix	6-5-94	3.1 mile	17:02
St. Anthony's Run (Wilm)	6-12-94	6.2 mile	36:11
Celebration of Life (Wilm)	6-16-94	3.1 mile	17:38
Cape May Point Run	6-18-94	5 mile	28:59
Father's Day Run (Rehoboth)	6-19-94	3.1 mile	17:48
Law Enforcement Run	6-21-94	3.1 mile	17:33
Nun Run	6-25-94	3.1 mile	17:21
Firecracker Run (Rehoboth)	7-2-94	3.1 mile	17:34
Woodbury Dept. of Parks Run	7-7-94	3.1 mile	17:57
Wildwood Beach Run	7-10-94	3.1 mile	18:05
Beach Run Atlantic City	7-16-01	5 mile	30:11
Avalon	7-23-94	5 mile	28:58
Hot Foot Run (Upper Twp)	7-30-94	5 mile	28:51
J.J.'s Market--Dewey	7-31-94	3.1 mile	17:23
Time-Out Sports (Grove Pk)	8-6-94	3.1 mile	17:15
Egg Harbor PAL Run	8-13-94	3.1 mile	17:28
Animal House Run	8-20-94	3.1 mile	17:18
Tim Kerr Run	8-28-94	6.2 mile	36:36

Red Cross (Coast Guard Base)	9-3-94	3.1 mile	17:00
Trolley Trot (Wildwood Crest)	9-10-94	5 mile	28:13
Philadelphia Distance Run	9-18-94	13.1 mile	1hr,19'38"
Cape May Ocean Front	9-24-94	4.5 mile	26:11
Deborah Del. CHHS	10-2-94	3.1 mile	17:24
Linwood Historical Society	10-8-94	3.1 mile	17:20
Atlantic City Marathon	10-16-94	26.2 miles	2hrs,50'29"
Seawitch Festival	10-29-94	3.1 mile	17:07
Burdette Tomlin Run	10-30-94	3.1 mile	17:37
Showboat Run	11-12-94	5 mile	28:34
N.E. Penny Pack Park	11-13-94	3.1 mile	17:24
Hammonton Turkey Trot	11-19-94	3.1 mile	18:08
Dave Elman Run (Phila)	11-27-94	3.1 mile	17:29
Pineland Strider Run	12-3-94	4 mile	22:02
Seedorf Memorial Run (A/C)	12-10-94	5 mile	28:59
N.E. Chistmas Is For Giving	12-18-94	3.1 mile	17:05

#### COMMENTS

1-16-94: good run 6:30 start,40'-10K,1:30-1/2--lost time with 7 pit stops w/ stomach prob  
3-6-94: double loop in Dept Park and surrounding area. 2nd overall, 1st in age group  
3-13-94: good run 7th overall, 2nd in age. Ran through cemetery, with some mud spots  
3-20-94: good run 5:38 start, 12 at 2 mi. 37:14 at 10 k,61' at 10. Stopped 2X to dump  
3-27-94: good strong run 5:38 start,59' 17" at 10. 19th overall, 1st. in age group  
4-2-94: good steady pace, very comfortable. 4% 100, 1st in age group  
4-10-94: good steady pace, windy conditions and a hill. 1st overall in the run  
4-18-94: great run!6:06 pace for the 1st 10 miles and nearly consistent throughout PR!  
4-23-94: good run after Boston. Controlled throughout 3% 110  
4-30-94: good 1st mile 5:03 too fast! got back in control 2%85  
5-1-94: good 5:35 mile, then consistent throughout the run. 4th. in age 72%5,000  
5-7-94: good controlled run 5:16 mile, and consistent throughout. 2%70, 1st in age  
5-14-94: good run--stretch feeling (nerve) in Right knee cap. 4th overall, 1st. in age  
5-15-94: good steady run 5:37 mile and consistent within myself 2% 100, 1st. master  
5-22-94: ran a steady paced run, got out at 5:25 and held on. 2%80, 1st. in master div.  
5-29-94: ran a 1st mile 5:24, consistent throughout w/ head/tail wind. 3rd. master  
6-4-94: ran a good pace 5:32, then steady throughout on a hot day. 1st. in age  
6-5-94: ran a good run 5:10 mile and settled into a rhythm . too fast of a start. 1st o/a  
6-12-94: ran a 5:27 mile on a warm and humid day high 70's hill and wind 1st age, 5o/a  
6-16-94: ran a 5:17 mile , tired badly on the last 1/2 mile 2nd in age, 7% 150  
6-18-94: hot day and humid. 5:27 first mile and maintained pace 16%300, 1st in age  
6-19-94: hot and humid day, ran after biking from ferry, 5:32 mile and cons. 1st master  
6-21-94: ran on a warm day. Steady pace 1%55

6-25-94: ran on a warm day. Good start. 1st. mile 5:16, 1st. in age and 14%340  
 7-2-94: ran on a very warm/humid day. Steady pace 7%140, 1st in age, 3rd. master  
 7-7-94: ran on a 90 deg & humid day. Stopped 3X 7%42, 1st in age group  
 7-10-94: long course on beach, steady and controlled 7%100, 1st in age, 2nd master  
 7:16-94: difficult beach run in hot & muggy cond. 30%549,6 in age (ten deep)  
 7-23-94: good 1st mile, in control. Passed G. Barton to get 1st in age group. Mod temp  
 7-30-94: ran on a low 70 day & humid. Consistent pace 3%150  
 7-31-94: ran 5:30 mile, then consistent. Past runners last 1+ miles 3%175, 1st master  
 8-6-94: ran on a cool 65 deg day 5:25 mile & consistent pace. 6%100, 1st in age,2nd mast  
 8-13-94: ran a good steady pace &controlled. 2nd %100  
 8-20-94: good start and finish 4%150, 1st. in age group  
 8-28-94: ran a good race on a warm & humid day. 5:32 mile. 2nd in age,27%720  
 9-3-94: ran a steady pace. Felt ify! 4%80,, 1st in age (felt run down)  
 9-10-94: ran a moderate 1st. mile & even pace. Tough running in sand. 5%100, 1st age  
 9-18-94: clear,sunny mid 60 degrees. 5:55 mile. Stomach upset--forced pit stops  
 9-24-94: ran a moderate pace, run down with head and chest cold 1st in age 6%223  
 10-2-94: ran a good mile, under control throughout 2%60, 1st. master finisher  
 10-8-94: ran a consistent pace on a clear,sunny 65 deg day 4%80  
 10-16-94: good run. 2 pit stops kept me from sub 2hr, 50 min. 45 deg. 1st age,6%248  
 10-29-94: good run. Beaten by Reuben 16:48 & G. Reus 17:00. 1st age, 9%250  
 10-30-94: Cross Country course 7%200, 1st in age group  
 11-12-94: ran a good steady pace on boardwalk-long course? 29:32 4%150,1st in age  
 11-13-94: good run on trails in park. Finished 2%80, day after run--tired 1st in age  
 11-19-94: good pace on C/C route. Finished strong. 5%120, 2nd after Jack Troy  
 11-27-94: good 1st mile and pace maintained 5:25 mile. 4%120,1st. in age group  
 12-3-94: good in control a smart 1st mile. Beat(specter,Troy,Canahan )first master  
 12-10-94: good steady start 5:45 and consistent. 1st in age,%85 on a cold day  
 12-18-94: good pace! Followed Stu Madres, then overtook him at finish. 1st in age

### SUMMARY

The BEST YEAR EVER! Set records in several categories: 1) most cumulative mileage--3, 225.9, 2) most races in one year 51. Set several PR'S in the marathon with Boston on my 43rd. Birthday 2 hr., 44'32", a 6:16 mile pace. I had the second best marathon time in 1994 with a 2 hr, 50', 28" marathon in the Atlantic City Marathon (10-94). Had a PR in the 5 mile (28:08), Lower Twp. And 4 mile in the Pineland Run (22:02).

The year was consistent throughout all races. The key was running within myself and my race! Had several age group awards and a power in my age group 40-45.

Medically the year was a good one. Aches and pains, but nothing serious. Lower back problems started around Thanksgiving and the rest of the year. The back problems

didn't disrupt mileage. Ended the year with the back condition getting better, but not 100%. Body weight w/ clothes approx. 170lb.

yr.1995

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Metro-Dade ½ Marathon	2-26-95	13.1 mile	1 hr,18'32"
Virginia Beach Marathon	3-18-95	26.2 miles	2 hrs,44'10"
Boston Marathon	4-17-95	26.2 miles	2 hrs,49'02"
Lower Township Coombs	5-6-95	5 mile	28:36
Broad Street Run	5-7-95	10 mile	56:42
Masser Systems Run	5-14-95	5 mile	28:31
Mike Snell-Lewes	5-21-95	3.1 mile	17:02
Ventnor Memorial Run	5-28-95	6.2 mile	35:03
County Bank -Grove Park	6-4-95	3.1 mile	17:20
Grotto Pizza	6-11-95	3.1 mile	17:22
Cape May Point Run	6-17-95	5 mile	28:30
Rehoboth-Wilm Ave Run	6-18-95	3.1 mile	17:37
Atlantic City (convention hall)	6-20-95	3.1 mile	17:33
Nun Run	6-24-95	3.1mile	17:16
Firecraker Run	7-1-95	3.1 mile	17:22
Resoerts-Pa.Hospice	7-8-95	3.1mile	17:20
Avalon Run	7-22-95	5 mile	28:46
Hot Foot Run	7-29-95	5 mile	29:12
Egg Harbor Twp. PAL	8-5-95	3.1 mile	17:45
Animal House Run	8-19-95	3.1 mile	disqualified
Run for the Red	9-2-95	3.1mile	17:17
Prediction Run (Rehoboth)	9-5-95	3.1mile	19:20
Bud Kern Run	9-9-95	3.1mile	17:24
Phila. Dist. Run	9-17-95	13.1mile	1hr,18'33"
Ocean Front Run (Cape May)	9-23-95	4.4 mile	24:44
Lower Twp Heritage Trail	9-30-95	3.1 mile	17:18
Sea Isle City Fireman's Run	10-8-95	5 mile	28:03
A/C Marathon and 10K	10/15-95	6.2 mile	35:36
Seawitch Festival	10-28-95	3.1 mile	17:42
ShowBoat-United Way	11-11-95	5 mile	29:15
Quail Hill Classic	11-12-95	6.2 mile	36:32
Philadelphia Marathon	11-19-95	26.2 miles	2 hrs,51'53"
Cape May County Park Run	11-25-95	3.1 mile	17:19
A/C Irish Pub-Fireman Run	12-3-95	5 mile	28:59

## COMMENTS

2-26-95: ran a good paced race, started at 6:30 A.M. temps in low 60's 2%350. 1st master  
3-18-95: 5:50 1st. mile, 61:30 at 10, 1hr,28' at 1/2,2hrs 4' at 20. Temps in low 50's PR!  
4-17-95: 6:08 1st. mile,10k-37', 2hrs,6' at 20. Temps 57deg, with head and cross wind  
5-6-95: good run on a 58 deg day. Strong NW wind a factor. 1st in age, 2%80  
5-7-95: great run 60 temp, sunny,clear 5:21 mile 1, 28:10 at 5 and consistent 2nd in age  
5-14-95: great run 5:40 1st mile, on a cold overcast day,windy 1st master & 5%150  
5-21-95: 5:11 1st mile. Too Fast! 2%116, 1st master  
5-28-95: ran a 5:25 1st mile, pushed the pace to finish 2nd in masters. Great run!  
6-4-95: 5:30 1st mile. Finished 4%100, 2nd master, 1st. in age. Biked to race 65&humid  
6-11-95: bike to race and temps took energy from race. 4%140, 1st. master  
6-17-95: ran a good pace 1st mile 5:15 steady throughout 1st in age group  
6-18-95: ran a 5:26 mile never felt into the race. Finished 11%150,2nd master,1st in age  
6-20-95: warm humid day on Atlantic City boardwalk. 1st overall  
6-24-95: 5:21 mile steady and in control on a humid, overcast day 26th overall, 1st in age  
7-1-95: got blocked in at start. Hurt my effort. 1st age, 2nd master 11%200  
7-8-95: good run 3rd in age behind Watkins,Patterson 13 overall  
7-22-95: good controlled pace on a warm day. 1st in age  
7-29-95: steady paced run,warm 80 deg. w/ sun and humidity. Difficult run. 1st in age  
8-5-95: ran on a very hot day 80's,humid. Tired last mile 1st age, 4%100  
8-19-95: got lost on the route and was disqualified from the race  
9-2-95: seasonable day, good pace. Finished 3rd%100, 1st in age  
9-5-95: Prediction run!!!! Awards ceremony run in Rehoboth  
9-9-95: steady pace, 1st mile 5:29, maintained a good pace to end. 9%150, 3rd in 40-50  
9-17-95: longest run since Boston. Stopped once to dump. Strong last 3 miles  
9-23-95: 1st mile 5:35, strong to end. Temps around 60 and a nice wind. 3rd overall  
9-30-95: 2nd overall, 1st in age. Good steady run. Passed at last 1/4mile  
10-8-95: 2nd overall, 1st in age. Good run all the way. 2%150, 1st in age  
10-15-95: 60 deg, overcast day. Fractured rib on wet boardwalk 1st in age  
10-28-95: ran a steady,cautious race. Fearful of fall on wet streets 5%200, 1st master  
11-11-95: temp around 58. 2nd overall %150, 1st in age group  
11-12-95: ran on a windy and cold day. 3%100. 1st in age  
11-19-95: ran a good race, except for potty stop. 1-5:55,2-12:05. Good beg,mid,end  
11-25-95: ran a good pace throughout. Finished 2nd in age after Mike Resch  
12-3-95: ran a good pace on a 50 deg, sunny day. Finished 3%100, 1st in age

## SUMMARY

A great year in several categories; most mileage--ended the year with the most mileage since I began running 3,362,3. Several PR'S (1) Virginia Beach Marathon

(2hrs,44', 10"), Broad Street Run (56:42). I ran three marathons under 3 hours (Virginia Beach, Boston, and Philadelphia). All races were consistent and age group awards were in all but a few races. Highlights for the year other than the PR'S in the marathons and the 10 mile were a) 2nd overall in the Miami Dade 1/2 marathon, b) 2nd in the Lower Township 5 miler, c) 1st in the Seashore Strider race series in my age group 40-44, d) 4th in the Run for the Red, 3rd in Cape May Ocean Front, 2nd in Lower Township Heritage Run (Cold Spring Village), 1st master in Atlantic City Marathon (10K). I raced 34 times for the year. The races were down from the 1994 total of 51 (33%). The mileage was up from the 3,225.9 (4%)

Medically the year had major problems:

- Back problems through January and February.
- Left leg-buttock problems from Feb. until the rest of the year (inner left crease, especially after the Boston Marathon).
- Left hip problems.
- Fractured 5th rib on left side during the 10-15-95 run in Atlantic City on the boardwalk that was wet and slippery (10K).

On December 18th felt deep discomfort in left leg that curtailed running for the rest of the year. GREAT YEAR! ENDED WITH INJURY!

yr.1996

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
<b>Boston Marathon</b>	<b>4-15-96</b>	<b>26.2 (100th Year)</b>	<b>2hrs,53,44</b>
Lower Twp-Coombs Run	5-4-96	5mile	28:59
Masser Run (Lewes Delaware)	5-12-96	5 mile	28:19
Mike Snell	5-19-96	3.1 mile	17:23
Ventnor Run	5-25-96	6.2 mile	35:58
Cape May Foot Race	6-1-96	6.2 mile	35:28
Grotto Pizza	6-9-96	3.1 mile	disq.
Cape May Point Run	6-15-96	5 mile	29:51
Father's Day Run (Rehoboth)	6-16-96	3.1 mile	17:43
A/C Beach Festival	6-22-96	3.1 mile	18:01
Law Enforcement Run	6-25-96	3.1 mile	17:43
Nun Run	6-29-96	3.1 mile	17:14
Bill Degnan Run (Lewes)	6-30-96	3.1 mile	17:35
Twilight Beach Run (on bay)	7-4-96	3.1 mile	16:45
Firecracker Run	7-6-96	3.1 mile	17:44
Mellon Bank (Lewes CHSP)	7-14-96	3.1 mile	17:29
Avalon Run	7-20-96	5 mile	29:12
Sunrise Beach Run A/C	7-21-96	5 mile	30:15
Sandblast Run No. Wild	7-27-96	5 mile	30:33
Meckler Cancer Run	7-28-96	3.1 mile	18:16

Burdette Tomlin Run	8-3-96	3.1 mile	18:09
Animal House Run	8-17-96	3.1 mile	17:18
Tim Kerr	8-25-96	6.2 mile	36:40
Run for the Red	8-3--96	3.1 mile	17:19
Bottle and Cork (Dewey)	9-7-96	10 mile	62:17
Cape May Beach Front	9-28-96	4.4 mile	25:45
Deborah CHHS (Lewes)	9-29-96	3.1 mile	17:47
Sea Isle City	10-6-96	5 mile	29:18
A/C Marathon & 10 K	10-13-96	6.2 mile	36:14
Seawitch Festival	10-27-96	3.1 mile	17:28
New Lisbon Run	11-2-96	3.1 mile	17:48
Cass O'Brien Run	11-10-96	3.1 mile	17:33
Quail Hill Classic	11-17-96	6.2 mile	36:38
Ocean City Run	11-23-96	6.2 mile	37:38
Humanity Run	11-30-96	3.1 mile	disq
A/C Firefighters Run	12-1-96	5 mile	29:42
Christmas is for Giving	12-7-96	3.1 mile	17:43

#### COMMENTS

4-15-96: good run of the 100th. Boston Marathon, especially after left leg problems.  
5-4-96: steady run, 1st in 45 yr. Age bracket--10 yr. Group. 1st mile 5:40 4th o/a  
5-12-96: Steady pace 5:40 mile 1. Cold and windy. Beat Reuben by 2 sec. #1 master  
5-19-96: very warm day. 1st mile 5:33. Unable to take Reuben by 10 sec. 2nd master  
5-25-96: good 1st mile and thereafter w/ nice weather 65 temps. 2%80  
6-1-96: good run--excellent day (temps& humidity) 1st in age  
6-9-96: 5:30 mile, consistent to end. Off course!  
6-15-96: heat index 162. Too fast at start! Stopped 3X beaten by B. Keith by 20" 2nd a/g  
6-16-96: started w/ 5:26 mile, then within myself for 1st. age, 2nd master  
6-22-96: ran on boardwalk outside conv. Hall, hot and humid. 1st in age 4%100+  
6-25-96: ran on boardwalk. Warm and humid day. 1st overall  
6-29-96: ran on a clear,sunny day w/ humidity. 1st in age  
6-30-96: ran after a 5k day before. Overcast/cool 7%200 behind Reuben in masters  
7-4-96: fell 1st block-cut on L elbow & shoulder. Got up and finished 4%125,1st age  
7-6-96: ran a good start and consistent throughout. After racing two days prior.1st master  
7-14-96: ran a good start 5:32&consistent on bike path in Lewes S/P. 2%150. 1st master  
7-20-96: good run on a cool, sunny and clear day. Finished 3%150, 1st in age  
7-21-96: good run on a cool morning. Finished 7%225  
7-27-96: typical beach run. Conservative in soft sand 30%272, 2nd master  
7-28-96: not paced well! Finished 1st in age and 3rd master  
8-3-96: bad run for the 2nd week in row. unable to maintain pace. 2nd in age after BK  
8-12-96: good aggressive run after 2 bad 5K's and sub par blood test. 12%150, 1st in age

8-25-96: good mile 1,5:35 & consistent to end 16%750, 1st in age group  
 8-31-96: good pace--finished 2%125, 1st in age group  
 9-7-96: good mile 1--5:47 w/hot/humid conditions. Finished 7%250 and 1st in age  
 9-28-96: good mile 1 5:35. There was a strong wind had impact. 2%260. 1st. master  
 9-29-96: chilly low 60 temp w/rain. Consistent run 1st master, 3%65  
 10-6-96: so-so run. Unable to get out well. Finished 3rd in age, 8%200  
 10-13-96: 1st mile 5:30,5k-18:02, then consistent. 2%180  
 10-27-96: too fast at start 5:15, but held on 2%300, 1st master  
 11-2-96: cross country nice course, 2nd in age,9%60. Finished behind Tom Resch  
 11-10-96: ran a good pace through the street of SW philly--2nd in age, beaten Mark H.  
 11-17-96: finished 3rd master behind Chris Peters Sid Aerol. 5%60  
 11-23-96: 5th and Bay started and boardwalk. 2o/a--long course?  
 11-30-96: off course and disqualified  
 12-1-96: rainy conditions w/ high wind. Finished 2%75  
 12-7-96: good run on a damp, overcast day. The temps in the low 40's 2%50. 1st. master

### SUMMARY

The year started out with the left leg injury that year 1995 ended on. Started training on 1-22-96 for the 100th Boston Marathon. The training was made difficult, not only by a severe Left leg problem that may be originating from the back, but also by the severe weather that included cold temperatures, ice and snowy conditions. The highlight of the year was completing Boston with a great time considering the leg, weather etc. The mileage for the year was 3,168.9 miles, down from 3,362.3 miles in year 1995 (-5.7%). I raced 37 times in 1996, up from 34 races in 1995 (.08%). I was a dominant force in the 40 age group, and especially the 45-49 group. I received age group awards in every race, except Boston, Grotto's Pizza (off course and disqualified), and Humanity Run (off course and disqualified). Good competition in low 40 age group making the 10-year age group 40-49 competitive to place.

No PR'S set but noteworthy times in most races. Downers for the year in two races; the Al Meckler and 2nd in Burdette Tomlin Hospital 5K. Times were consistent throughout the year. I was slightly Anemic and low in red cells (Just slightly).

Problems still persist in the left leg, and lower back, but I see improvement. I am continuing to be able to train in a consistent manner. GOOD YEAR OVERALL!

### Yr. 1997

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
B&A Marathon	3-9-97	26.2 miles	2 hrs,46'27"
Lower Township (Coombs)	5-3-97	5 mile	28:44
Masser Run (Lewes Del.)	5-11-97	5 mile	28:14
Mike Snell Memorial Run	5-18-97	3.1 mile	16:49
Ventnor Memorial Run	5-25-97	6.2 mile	36:58

Cape May Foot Race	5-31-97	6.2 mile	35:32
Grotto's Pizza	6-8-97	3.1 mile	17:10
Rehoboth-Wilm. Ave	6-15-97	3.1 mile	17:26
Cape May Point Run	6-21-97	5 mile	28:33
Avalon's Nun Run	6-28-97	3.1 mile	16:50
Bill Degnan-CHHS	6-29-97	3.1 mile	17:19
Lower Twp Bay Run	7-4-97	3.1 mile	16:34
Sister Blister	7-6-97	3.1 mile	17:29
Mellon Bank (Lewes Del)	7-13-97	3.1 mile	17:37
Avalon Recreation Run	7-19-97	3.1 mile	16:44
Sand Blast Run	7-26-97	5 mile	29:09
Burdette Tomlin Run	8-3-97	3.1 mile	17:23
Animal House Run	8-16-97	3.1 mile	17:59
Strider Run (Lewes)	8-23-97	3.1 mile	17:37
Run for the Red (Avalon)	8-30-97	3.1 mile	17:50
Bottle & Cork	9-6-97	10 mile	61:16
North Wild. Irish Festival	9-20-97	3.1 mile	17:45
Cape May Ocean Front	9-27-97	4.5 mile	26:05
Wildwood Crest Run	10-10-97	5 mile	28:46
New Lisbon Run	11-1-97	3.1 mile	18:10
Showboat United Way	11-16-97	5 mile	28:47
Humanity Run	11-29-97	3.1 mile	18:03

#### COMMENTS

3-9-97: good steady race on a cold and windy day. Excellent paced run and results  
5-3-97: good pace on an overcast day w/ wind. 5:45 mile one and pace 1st overall  
5-11-97: 5:32 mile 1. Ran within myself the whole way 2nd. Overall, 1st master  
5-18-97: 5:15 mile one, consistent pace. Finished 3% 110  
5-25-97: ran w/ a head cold and fatigue, mile one 5:45. 5% 110  
5-31-97: ran a strong race, in control w/cool and overcast conditions. 1st in age  
6-8-97: good paced run on a 62 deg day. Got out quickly and held on. 3% 150, 1st master  
6-15-97: ran a good race on a clear,sunny day. 5:25 mile one 5%200, 1st master  
6-21-97: good pace throughout the run. Controlled. Mile 4-22:10. 5% 300, 2nd in age  
6-28-97: good run in control and kept up a strong pace. 1st master  
6-29-97: good run on a warm, but low humidity day. 1st master  
7-4-97: good start on a warm and humid day. Sluggish throughout! 4% 120. 1st in age  
7-6-97: good start 5:21 on a sunny, warm day. Tired last ½ mile. 1st master, 10% 350  
7-13-97: good pace in control. Two hills=slower times 3% 150  
7-19-97: good run throughout. Finished 3% 100, 1st in 10 year age group  
7-26-97: cool but humid evening. 7 P.M. start. 1st master  
8-3-97: good controlled 1st mile and well paced. 3% 250 & 1st master

8-16-97: good run in very hot and humid conditions. Tough day before! 20%210, #1age  
 8-23-97: 5:28 mile one w/ excellent weather conditions mid 60's. 1st master, 6%125  
 8-30-97: 1st master. Good run 7%135  
 9-6-97: ran a steady pace. 1st mile 5:44 & consistent but struggled throughout. 17%250  
 9-20-97: ran a consistent pace, on a muggy, warm day. 4%150, 1st in age and master  
 9-27-97: good run 5:40 mile one, 17:15 at 3, consistent & within myself 4%250, 1st age  
 10-18-97: good run. 5:45 1st mile, and consistent throughout. 1st overall % 55 runners  
 11-1-97: good run, had to be cautious w/ leaves and pot holes/mud/rain. 4&75  
 11-16-97: good 1st mile, comfortable & controlled. 1%60 finishers  
 11-29-97: good 1st mile on a difficult C/C course. (long course?) 1st overall % 140

### SUMMARY

A good year by staying healthy, except for the usual sciatica problems throughout the year. Sciatica in the left leg was on an off the whole year. Total mileage for the year (3,350.1) was up from the 3,168.9 mile from year prior. The mileage was up 181.2 miles (5.4%). The racing season didn't begin until the BA Marathon in Annapolis, Maryland in the beginning of March. The only marathon in 1997 had excellent results, 2 hr, 46', and 26: 3rd overall and 1st in masters. Races for the year numbered 27, down from 37 in year 1996 (-27%). All races for the year were consistent. Earned placement in all races. Great results in the Masser 5 miler at the Cape Henlopen High School (28:15), and 2nd place overall. The other race highlights: 1st in the Lower Township, Coombs Run. A PR in the Mike Snell 5k (16:49). Won prize money in the Nun Run and Sister Blister. Finished 1st in Wildwood Crest 5 miler, Showboat and Humanity Run. All other races either masters or 1st in age group. Won the 45-49 age group; title in Delaware Racing Series.

Good year! In "97". Still enjoy training and racing! Healthy and consistent!

Other highlights: (1) reversed runs against traffic instead of with traffic since injury in 1-96. (2) Four months of morning running, due to Gov. election from 8-15-97 to 11-15-97.

yr. 1998

EVENT	DATE	RACE DISTANCE	TIME
Atlantic City Firefighters	4-4-98	5 mile	28:57
Brandywine Brewery (Wilm)	4-18-98	6.2 mile	36:15
Millville Spring Thaw	4-25-98	6.2 mile	35:50
Lower Township (Coombs)	5-2-98	5 mile	29:06
Wildwood Crest	5-9-98	5 mile	28:45
Masser Run	5-10-98	5 mile	29:12
Stone Harbor Run	5-16-98	3.1 mile	16:56
Mike Snell	5-17-98	3.1 mile	17:29

Ventnor	5-24-98	6.2 mile	36:06
Cape May Foot Race	5-30-98	6.2 mile	37:12
Cape May Point	6-20-98	5 mile	28:59
Bill Degnan	6-28-98	3.1 mile	17:30
Bay Front Run (Douglas)	7-3-98	3.1 mile	16:07
Sister Blister Run	7-5-98	3.1 mile	17:41
Taxin Run	7-11-98	3.1 mile	17:49
Mellon Bank (Lewes)	7-12-98	3.1 mile	17:40
Buffalo Stampede	7-18-98	6.2 mile	
Sand Blast Run	7-25-98	5 mile	30:10
Timeout Sports	8-1-98	3.1 mile	17:24
Damn Mill	8-8-98	3.1 mile	18:25
Bicentennial Run (Middle Twp.)	8-15-98	3.1 mile	14:32
Animal House Run	8-22-98	3.1 mile	17:45
Strider (Lewes)	8-29-98	3.1 mile	18:08
Run for the Red	9-5-98	3.1 mile	17:47
Ocean Front Run	9-26-98	5 mile	28:57
North Wild. Irish Fest.	9-27-98	3.1 mile	17:14
Fireman's Run Sea Isle	10-4-98	3.1 mile	18:08
Wildwood Crest Run	10-24-98	5 mile	28:08
Burdette Tomlin Run	10-25-98	3.1 mile	18:06
New Lisbon Run	11-7-98	3.1 mile	17:46
Showboat United Way	11-22-98	5 mile	28:55
Humanity Run	11-28-98	3.1 mile	18:30

#### COMMENTS

4-4-98: temps 45-50. Good 1st. mile, then stayed within myself--1st overall in race  
4-18-98: ran in park and streets Wilm. Temps 50-55, finished 2nd %120  
4-25-98: 55 degrees. Finished 4th. overall, 1st in age--distance inaccurate  
5-2-98: got past the last 1 1/2 mile to finish 2nd overall in the race  
5-9-98: finished 1st overall with a consistent pace (inaccurate race distance)  
5-10-98: a brisk wind. The day before race took its toll. 5%135, 1st age, 2nd master  
5-16-98: good run. Wind not a factor. Finished the race 1st. overall  
5-17-98: the run was controlled. 1st mile 5:30, then consistent. 1st master & 2%85  
5-24-98: 2nd master. Beaten by Glen Forester by 14 sec. 9%150, 1st in age  
5-30-98: difficult run w/ warm temps and humidity. 1st in age & 15%300  
6-20-98: controlled pace and in control. Finished 1st in age group 4%325  
6-28-98: the run was slightly strained on an ideal day, steady wind. 1st. age, 2nd master  
7-3-98: short course--a warm 84 deg day w/low humidity 4%125, 1st in age group  
7-5-98: the last 1/2 of the race with a strong wind, finished 20%400, 2nd in age  
7-11-98: ran within myself, good run, very impressive competition. 3 rd in age

7-12-98: one long winding hill on course, 11%200, 2nd in age group  
 7-18-98: finished strong. Stayed w/John & Rose Weiss 8%350, 1st in age  
 7-25-98: ran in the sand w/ mod. Humid conditions. 31%350, 2nd in masters  
 8-1-98: 5:32 1st mile, then consistent throughout. Ideal 60 deg, 1st in age  
 8-8-98: 3 days of little sleep,ear and throat swollen, on Penicillin-bad run. 1st in age  
 8-15-98: short course, Davies Complex, 4th overall, 2nd in age, aft. Mike Scythes  
 8-22-98: good run aft two weeks of illness. 3rd in 10 year age group  
 8-29-98: decent run on a warm day. 1st master, so--so results  
 9-5-98: good pace w/ a sprained ankle on R-foot. 1st in age  
 9-26-98: good steady pace on a warm and humid day. Finished 2%200  
 9-27-98: good steady race aft. The day before race. Finished 1st %60  
 10-4-98: good strong run, especially into the wind. 2%85. Cold/w rain  
 10-24-98: 55 degree ideal day w/clear and sunny conditions---1st overall  
 10-25-98: good run on a tough cross country route. 7% 150, 1st in age group  
 11-7-98: good run on a cold,clear sunny day, temps in 40's 3% 50  
 11-22-98: excellent day w/ temps in 50's 1st overall  
 11-28-98: ran on an ideal day. Had a severe cold all week & poison ivy. 3 %100

### SUMMARY

A consistent year with total mileage 3,284, down from year 1997 (3,350.1) a (-66.5 miles). Races for the year 32 up from 27. A (15.6%) increase from year 1997.

The racing started in Atlantic City on 4-4-98. Finished 1st in the race to start a good trend throughout the year. Placed in all races. Finished 1st in Atlantic City, Wildwood, Crest, Stone harbor, North Wildwood and again in Wildwood Crest and Showboat. Great race results for being 47 years old. Highlights in races: 2nd in Brandywine, Coombs ,Snell, Cape May Ocean Front and Sea Isle. Placed 3rd. overall and 4th overall in races in Millville, New Lisbon and Humanity Run. All races were consistent with only one rac, Damn Mill with sub par results, due to medication taken for sickness. Comparing 5K from yr "98" to "97" Coombs: 29:09-----28:44, Masser: 29:12- ---28:14, Mike Snell: 17:29---16:49, Ventnor 10K: 36:06---36:58, Cape May 10 K: 37:12---35:32, Cape May Point 5 mile: 28:59---28:33.

Ended the year with plans to run the Cape May County Marathon in March 1999. The last marathon was March 1997. Sciatica in the left leg, hip, and groin area a continuous problem, but I am able to continue training. Medically a good year but with the usual aches and pains.

### Yr.1999

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Ocean Drive Marathon	3-28-99	26.2 miles	3hrs,34

Atlantic City Firefighters	4-10-99	5 mile	29:06
Brandywine Brew Co.	4-17-99	6.2 mile	36:45
New Jersey Shore Marathon	4-25-99	26.2 miles	2hrs,51'45
Lower Township (Coombs)	5-1-99	5 mile	29:57
Cape May Foot Race	5-22-99	6.2 mile	36:24
Ventnor Run	5-30-99	6.2 mile	36:32
Cape May Point Run	6-19-99	5 mile	28:10
Douglas Bay Run	7-4-99	3.1 mile	17:33
Cape May Ocean Front Run	9-25-99	5 mile	29:45
Atlantic City Marathon & 10k	10-17-99	6.2 mile	36:07
Burdette Tomlin Run	10-31-99	3.1 mile	DQ
New Lisbon Run	11-6-99	3.1 mile	17:50
Jolly Holly Run (Millville)	11-26-99	3.1 mile	17:49
Pineland Striders	12-4-99	4 mile	22:56

#### COMMENTS

3-28-99: good marathon, ext. weather 45 deg w/25mph wind/rain in the face 5%300 #1m  
4-10-99: temp 55 deg. mod/NW wind/good race. First in age  
4-17-99: temps 55 w/sunny skies 3%100, 1st in age  
4-25-99: temps started in 50's. Finished 4 % 741, # 1 in age. Very good run after O.D.  
5-1-99: ran a 5:55 mile one and stayed within myself. 1st overall w/ sciatica present  
5-22-99: ran a conservative 1st mile and stayed within myself 14th overall, 1st in age  
5-30-99: ran a consistent race on a warm day 4th. overall, 1st master  
6-20-99: good run on an ideal sunny, low hum day 4th overall  
7-4-99: short course--good steady run on a 97 degree day w/ high humidity. 3%125  
9-25-99: ran on an 80 temp. finished 2%200. Strong SW wind on course  
10-15-99: ran a 5:35 mile 1, then maintained a good pace 4th overall %185  
10-31-99 went off course. Lost \$50 prize and RIGHT FOOT SPRAIN  
11-6-99: Right foot ify--right ankle supported by brace. Steady mile 1 then finished #1  
11-26-99: left foot above big toe area sore. Ok run 3rd overall  
12-4-99: good run on a 45 degree day. Finished 3%60. First master

#### SUMMARY

A consistent year that included a total mileage of 3,347.1 or +63.1 miles from year 1998. The 15 races during the year were down from year 1998's (32) or 53% less. The 15 races were the 2nd lowest total since 1990.

The year started out with training for the 1st annual Ocean Drive Marathon. The training schedule was good and consistent. The 3 hr,0', 34" time at the marathon was excellent in extreme windy conditions and cold temperatures. Finished 5 % 250 runners.

Had a good run in Atlantic and Delaware 5K 6.2 mile respectively. Did the Jersey Shore Marathon and finished 4%700.

Highlights in the low race session were 1st in the Coombs Run, New Lisbon. Top 5 in other races. After July 4th to 9-25-99 didn't race. The lull was the longest period without racing. The weather was hot during these months.

Aches and pain (sciatica-hamstring problems in the right leg. I will start training for the Ocean Drive Marathon. Running schedule A.M. runs have replaced P.M. runs, due to Maria's job in Mt. Laurel. Satisfied overall with the 1999 results!

Yr.2000

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Icicle Run	1-23-00	10mile	61:17
Ocean Drive Marathon	3-26-00	26.2 miles	2 hrs,55' 19"
Lower Township (Coombs)	5-1-00	5 mile	29:13
Cape Soccer Run (Bay Run)	5-13-00	3.1 mile	17:29
Cape May Foot Race	5-27-00	6.2 mile	36:48
Turtle Run-Stone Harbor	5-28-00	3.1 mile	18:00
Nun Run	6-3-00	3.1 mile	17:54
Cape May Point Run	6-12-01	5 mile	disq.
Sister Blister	7-25-00	3.1 mile	17:41
Mackler Run	7-30-00	3.1 mile	17:40
Pace Setter	8-12-00	3.1 mile	17:59
Animal House	8-19-00	3.1 mile	17:29
Run for the Red	9-2-00	3.1 mile	18:00
Cape May Ocean Front Run	9-23-00	5 mile	30:25
Ocean City Run (Fenton Carey)	10-17-00	6.2 mile	36:58
St Raymond's Run for fun	10-14-00	3.1 mile	16:25
New Lisbon	11-4-00	3.1 mile	17:48
Pineland Striders	12-2-00	4 mile	23:00

COMMENTS

1-23-00: good steady pace. 22 deg.w/little wind, hills, snow covered course. 1st age 16a/o

3-26-00: good pace and run-finished 7%400 20-25mph winds, 2nd in age on 55 deg day

5-1-00: 1st mile at 5:38. Finished 1 overall

5-13-00: good run, finished 1st overall

5-27-00: good pace on an overcast cold 52deg. day w/ a biting wind. 9%350-2nd master

5-28-00: good 1st mile 5:30. Maybe a little to strong w/ a strong NW wind. 1st master

6-3-00: good run on a clear day w/strong wind. 1st master %320

6-12-00: did not qualify due to lost on the course by no marking 1%3 lost

7-25-00: good run, 1st in age. Good start and finished with a comfortable pace

7-30-00: ran a good pace on a warm day on A/C boardwalk 3% 165--1st master  
 8-12-00: 12% 450, 1st in age group 45-50, 2nd master  
 8-19-00: 10% 150, 2nd in age 40-49, good run on a low humid day w/ temp high 60's  
 9-2-00: 3 % 136, good run on a warm and humid 75 deg start (broken 2nd toe stil/healing)  
 9-23-00: 3% 150--good decent run in a heavy rain and ENE winds that were strong  
 10-7-00: 3% field of 50 runners, good controlled run  
 10-14-00: Short course? 1st overall % 75 good run!  
 11-4-00: ran on a 60 degree day. Good pace. Finished 2% 79, aft. Jim Turner  
 12-2-00: ran on a 25 degree day w/a steady NW wind--2% 150 after Jim Turner

### SUMMARY

A good year of running with total mileage of 3,545.4. that was the most in any year. The mileage was up from 3,347.1 miles or +198.3 miles from year 1999. Raced 18 times up from 15.

The race season was good in the ninth and final year of the 40 category. Started off the year 2000 with marathon training for the Ocean Drive Marathon. Had a good 10 miler to start the racing season in Delaware, 1st in age and 10th overall. Finished 7th in the Ocean Drive Marathon. Finished 1st in Coombs and Cape Express in Lower Township and then in the St. Raymond's race. Top age finisher and other awards in races.

The race year was good injury wise, except for the occasional aches and pains, but no down time because of injury. Did suffer a broken 2nd. Toe in the left foot in August. The broken toe was not running related. I broke it on the kitchen floor by having no shoes and stubbing the toe that turned inward. The broken toe had to be taped during runs. The toe still a problem 4 months later but seems to be getting stronger.

Better that good year 2000!

### Yr.2001

<u>EVENT</u>	<u>DATE</u>	<u>RACE DISTANCE</u>	<u>TIME</u>
Icicle Run	1-21-01	6.2 mile	39:10
N.E.R.R.	3-4-01	6.2 mile	36:14
Ocean Drive Marathon/10mi	4-1-01	10 mile	62:11
Douglas Run (Cold Springs)	4-21-01	10 mile	61:51
Coombs Run	5-5-01	5 mile	29:51
Cape Xpress	5-13-01	3.1 mile	17:25
Cape May Foot Race	5-19-01	6.2 mile	36:32
Turtle Trot-Stone Harbor	5-27-01	3.1 mile	17:43

Nun Run	6-2-01	3.1 mile	17:45
Catch Your Breath	6-9-01	3.1 mile	17:33
Cape May Point Run	6-16-01	5 mile	30:05
Pineland Striders	6-30-01	6.2 mile	39:00
Sister Blister	7-1-01	3.1 mile	18:35
All Taxin Run	7-7-01	3.1 mile	18:05
Cara-Avalon Run	7-21-01	5 mile	28:49
Sand Blast	7-28-01	5 mile	29:01
Animal House Run	8-18-01	3.1 mile	17:47
Wildwood Crest Beach Run	8-24-01	5 mile	29:40
Run for the Red	9-1-01	3.1 mile	17:59
Bud Kern	9-8-01	3.1 mile	18:07
Colts Neck Run	9-15-01	6.2 mile	35:45
Ocean Front Run	9-22-01	5 mile	30:14
CMCP-Habitat Humanity	11-24-01	3.1 mile	18:06
Pineland Strider Holiday Run	12-8-01	4 mile	23:28

#### COMMENTS

1-21-01: ran on a snowy & icy surface. Run cut from 10 to 6.2-8%325, 1st in age  
3-4-01: 32 deg w rain and wind 6%250,2nd in 40-49 age, 2nd pineland strider team  
4-1-01: 40 deg. a 8 mph northwest wind. Good run 2%276  
4-21-01: ran on a 60 deg. day w/ a strong NW wind. 2%49  
5-5-01: 65 deg day w/a NW wind mod/strong pace. 1st overall %49  
5-13-01: ran on a 78 degree day w/a SW wind. Good paced run. 1st overall  
5-19-01: 60 degree temps w/NE wind. Finished 7%300, 1st master \$100 prize  
5-27-01: ran on a 60 deg temps, overcast w/ great running conditions. 1st master \$25  
6-2-01: ran on a 65 temps, clear w/a SW wind the last mile 11%250, 1st age, 2nd master  
6-9-01: clear,sunny 65 temps. Great running conditions w/little humidity. 2nd overall  
6-16-01: hot sticky and very humid. 1st in age,6%150  
6-30-01: 80 degree heat and humidity, VERY HOT--VERY STICKY 1st in age,6%150  
7-1-01: very hot 80 temp. 1st master, 13th. overall  
7-7-01: 78 deg day on the Atlantic City Boardwalk by Flagship. 1st in age 14%355  
7-21-01: even pace on a high 60 degree day. Excellent conditions. 1st overall  
7-28-01: ran on a cool 65 deg evening. Good surface and weather 12%250, 1st master  
8-18-01: good paced run on a 72 degree humid day. 13%150, 1st in age  
8-24-01: ran a good pace on Rambler Road beach 3rd o/a, 1st in age  
9-1-01: ran a good pace. Finished 4%125, 1st in age  
9-8-01: ran a good pace throughout. 1st in age, 13 overall  
9-15-01: ran on a rolling hilly course. Strong controlled run--8%125, 1st in age

9-22-01: ran on a warm day. Steady controlled pace. Pulled ham in left leg, 2nd overall  
 11-24-01: ran on a 60 deg day w/excellent conditions. C/C course clear of leaves  
 12-8-01: ran on a 45 degree day. Good pace--raw conditions, 5% 100, 1st in age

### SUMMARY

The year started off with the Icicle Run in Wilmington Delaware. The conditions of ice and snow caused a shorten of the course from a 10 miler to a 10k. The results were good, when considering the conditions. The total mileage for the year was down from year 2000. The total 2001 mileage was 3,136 down from the 3,557 miles (421 miles). The race schedule of 24 was up from the 18 races in 2000. This was a 25% increase. This was the first year in the 50 age group and I was productive in every race. I was first overall in the Coombs and Cape Express runs in Lower Township. Second place in three races and age group winner in the other races. The Colts Neck 10k on a hilly course on 9-15-01 beat me up for the fall racing season. The Cape May Beach Front race the following week caused a hamstring pull that kept me from running for about two weeks. I biked the 25-mile course into Cape May during the off period. Had problems in my right ankle and foot. It appears to be Post-Tib Tendentious. I put four cushioning pads in the right heel of the right shoe. It appears to help. A two month absence from running between 9-22 and 11-24 due to the accumulation of injuries. The rest of the year went well. Year 2001 was a good year considering hitting 50 and the small constant injuries. I would like to continue racing early in the 2002 season and maintaining a constant schedule and racing success.

### YR 2002

EVENT	DATE	RACE DISTANCE	TIME
Icicle Run	1-20-02	10 miles	63:38
Cape May Foot	5-19-02	6.2 mile	38:45
Turtle Trot S/H	5-26-02	3.1 mile	18:39
Catch your Breath	6-08-02	3.1 mile	17:55
Cape May Point	6-16-02	5 mile	30:02
Sister Blister	7-07-02	3.1 mile	18:23
Avalon	7-20-02	5 mile	30:30
Sand Blast	7-27-02	5 mile	29:41
Coombs Douglass	8-03-02	5 mile	31:43
Animal House	8-17-02	3.1 mile	17:58
Run for the Red	8-31-02	3.1 mile	18:06
Bud Kern	9-07-02	3.1 mile	18:24
Manasquan Res.	9-21-02	5 mile	31:40
Beach Front Run	9-28-02	5 mile	30:26

Atlantic City	10-13-02	6.2 mile	37:46
St. Raymond's	10-19-02	3.1 mile	18:30
Trick or Trot-LB	10-27-02	4 mile	23:00

### COMMENTS

1. Ran on a 30 degree day on a hilly snow and ice covered course w/clear skies
2. Heavy downpour, cool conditions and windy. 7th o/a, 1st in age group.
3. Nice cool conditions with a light breeze. Good conditions. 1st master \$25.00.
4. Good run in cape may park. Cool temps 60 deg. and run on asphalt. Double loop.
5. Nice overcast day with temps in low 60's. Double looped course 4%250
6. 75 degree temps. Humid , but not a bad running day with overcast skies. 2nd in age
7. 75 degree temperatures, humid----finished 3rd overall---1st in age.
8. Finished 13th. 2nd master by 8 sec. Good run on 75 deg. day with a SE breeze.
9. New course--probably 1 min. long. The run on a hot 80 degree day. 3rd. overall.
10. Ran with a turnout of 150. Finished 9th overall; but 2nd in age--L. Shied 1st.
11. Ran on a 65 degree day with a northeast wind and overcast conditions 1st overall.
12. Great running day, but results were not the greatest--finished 4%150, 1st in age
13. Trail race in Howell. Finished #1 male, 2nd aft. 11 yr. Old. Stopped 3X. ?
14. Finished 2nd passed last ¼ mile. Windy conditions (NW). Good run.
15. Consistent paced run on wet 60-deg. day. 5:55 first mile, then consistent 6%102.
16. The course seemed accurate. Ran on 55 degree day w/strong/gusty S.W. wind 1st fin.
17. Ran in Long Branch 7 President Park. 60 degrees w/ a mod. NW wind. 3 % 275

### SUMMARY

It was a strange year and one of the worse in many respects mileage and races run. It was a year that the times were noticeably slower and the race mileage was down. But for my age I am at the top of the class. I started the running season at the Icicle Run in Wilmington, DE. I was 11th overall and 1st in age group. The Sister Blister in Stone Harbor I finished second in the 50--55 age group which was a shock considering. The Sister Blister race had a time of 18:23, which is very slow for me.

I had two 1st overall finishes one the run for the Red in Avalon on 7-29-02 and St. Raymond's run, both 5K runs. All of the races were good for the year. All of the races were age group winning, but the times in the 5k were no longer in the 17-min. class and the five milers were no longer in less than 30 min., except for the SandBlast.

The total mileage of 2,561.3 was down from year 2002 that had a total of 3,136 miles. This was a 575-mile decline or 18 % decline in mileage from year to year. This was the

lowest mileage since before 1990. The races for the year were 17, which were down from 24 races or a 29% decline. The lowest number of races since 6 in 1990 and 16 in 1985.

The contributing factors with the mileage drop for the year was an injury to the left knee on March 1st. The new shoe change from the Brooks Chariot to the Brooks Cheetah II's was a big mistake. I HAVE A SEMI FLAT FOOT THAT NEED STABILITY. The Cheetah's were not the shoes for me. NEED STABILITY! The left knee in the inside was sore and the layoff from running was almost 1 month. The left knee remained sore but the runs were OK!

The mileage remained in the daily 4-7-9 range for several months before increasing to the normal 11-mile daily runs. Then had another injury to the same knee removing a bolt on the toilet, which called for a three-week layoff. The year ended with the 66-mile week and 11 daily run.

The year was probably the worse in 11 years. I biked the days that I was off on the 13 or 25 mile course around Cape May Point and Cape May. At 51 ¾ years still feel good and hope to continue into a better year in 2003. In all a down year with injuries, mileage and races, but an up year with racing results. Will monitor the left knee and hope to increase in all areas in year 2003.

### YEAR 2003

EVENT	DATE	RACE DISTANCE	TIME
Cape May Foot	5-17-03	6.2	37:39
S.H. Turtle Trot	5-25-03	3.1	18:12
Law Enforcement	5-31-03	3.1	18:34
Catch your Breath	6-7-03	3.1	18:34
Cape May Point	6-21-03	5 mile	Disq.
Sister Blister	6-29-03	3.1	19:10
Hamilton Twp	7-5-03	3.1	19:06
Avalon Run	7-19-03	5 mile	31:25
Coombs/Douglass	8-4-03	5 mile	31:31
Animal House	8-16-03	3.1	17:58
Bud Kern	9-6-03	3.1	18:17
A/C Firefighters'	9-13-03	5 mile	31:09
Wildwood Crest	9-20-03	5 mile	30:58
Ocean Front CM	9-27-03	5 mile	31:32
St. Raymond's	10-18-03	3.1 mile	17:47

Mc Hugh Run

10-26-03

3.1 mile

17:31

### COMMENTS

1. Cold 50 degree day with a northeast wind. Tough conditions. Finished 2% 217
2. Damp 55 degree day with a NE wind. 1st 5k of season. Finished 12 % 200. #2 in age.
3. Got out too fast? Or lost a step? Finished 3rd % 100 on a cool windy day.
4. The race started one-minute early-- missed start. Lost time coming back. 1st age.
5. The course changed 2 days before race day. Ran 6 miles when given no directions.
6. The first mile 5:50, then struggled with slowest 3.1 mile ever. 70 deg. 1st in age.
7. Hot late 10:00 A.M. start (88 deg). decent pace, finished 1st in age group.
8. hot and humid with overcast conditions and breezy. Finished 4% 100, 1st in age group
9. hot and humid conditions. Temp. 80's w/ a breeze SW. Finished 3% 124, 1st in age.
10. hot and humid August day. Temps in 80's with mod. Humidity. 1st in age group.
11. 65 deg. day with pleasant conditions and clear sky. 1st in age, 9 th. Overall.
12. ran on a 70 degree day. A very, very strong NE wind for 4 ½ miles. 1st overall.
13. ran on a 75 degree day. Humid conditions with clear skies. 1st overall.
14. ran on a 75 degree day with humid conditions and a mod. SE wind. 3% 125.
15. ran on a 50 degree day with a strong NW wind. Finished 1 % 60--strong throughout.
16. ran on a 60 degree day in CMCP. Good paced run. Finished 3% 60.

### SUMMARY

After a sub par year in many areas, especially injury wise (left knee) year 2003 was upbeat. Started the running season out late. The first race was Cape May Foot Race on 5-17-03. I raced 16 times, one race down from the 17 race totals in 2002. The 5 k race times were in the lower to mid 18 minute range at the beginning of the year, then got down in the high 17 minute range in the later part of the year.

The training runs were done primarily in the early A.M. hours and have been mostly in the 1hr. 20-23 minute range. There is a noticed slow down in races and especially in training runs that were 11 miles.

Some of the highlights for the year were that I had the usual nagging injuries but nothing that caused significant down time like in the previous year. The Cape May Foot Race I was 2nd overall, 3rd overall in the Wildwood Law Enforcement Run, Bishop Mc Hugh Run in the County Park, and in the Cape May Ocean Front Run. I finished 1st overall in the Seedorf Fireman's Run in Atlantic City, 5 mile race in Wildwood Crest St. Raymond's Run in Lower Twp. Along the Bayfront, and the Coombs Douglass 5 mile run.

The year had a total of 3,232.1 mile compared to year 2002 with 2,561.3 or an increase of 670.8 miles or 20.8 % increase. Decrease of one race for year over year was a decrease of 6%. Slight knee (left) and sciatica on and off were the extent of the injuries for the year.

Overall a come back year from 2002. Slow down in performance training and races evident, but still consistent in performing within age group. I would have to say that 2003 was a pretty good year.

### YR. 2004

EVENT	DATE	RACE DISTANCE	TIME
(1) Cape May Foot Race	5-15-04	6.2 miles	39:07
(2) Turtle Trot Stone Har.	5-30-04	3.1 miles	18:18
(3) Law Enforcement N.W.	6-5-04	3.1 miles	18:18
(4) Cape May Point	6-19-04	5 miles	31:11
(5) Sister Blister	7-3-04	3.1 miles	18:55
(6) Avalon	7-19-04	5 miles	31:15
(7) Coombs/Douglass	8-8-04	5 miles	30:46
(8) Cape May Ocean Fr.	9-25-04	5 miles	31:03
(9) St. Raymond's	10-16-04	3.1 miles	18:12

### COMMENTS

- (1) finished 1st in age and 9th. O/A. New course down sunset blvd, fr. Conv. Hall.
- (2) finished 9 % 200. 1st in age group. Cool conditions.
- (3) finished 2 % 35. 1st in age group. 60 degree temps w/gusty NE wind, a factor.
- (4) finished 6 % 175. 1st in age group. Clear, 75 degree day.
- (5) 22 % 300 runners. 1st in age. 75 degrees w/ strong head wind.
- (6) finished 6 % 125. 1st in age group. 80 degree start w/moderate southerly wind.
- (7) finished 3 % 125 participants. 1st. in age group. Unseasonable 60 degrees. Cl. & S.
- (8) finished 1st O/A. 125 participants. 70 degrees with clear and sunny conditions.
- (9) finished 1st O/A 50 participants. Strong WSW winds. Cool 50 degree temps.

### SUMMARY

The age factor is once again being noticed in the training and race performances. The training is still being done in the A.M. hours. Starting the runs at 5:30 A.M. Running in the dark has a tendency to add a couple minutes to the runs. However, it appears that the result of daily running results have increased even from last year. The times are from the 1hr. 23 min. range to averaging in the 1hr. 25 minutes.

The times in races have also showed a continued decrease. 5 k's in the 18:20 range. 5 mile run results around 31:00 minutes. The one 10 k for the year maybe misleading due to a new course (not certified). I had a time of 39:07 that isn't indicative of my performance. Will attempt to run more 10k's to get a better barometer on my performance in the 10 k.

The year was a good one overall with no major injury and few of the minor variety. The major overhaul of the house that started in April was a large factor in only running 9 races for the year. The second lowest total since I have run. Had race highlights in all races with age group # 1 finishes. The times have slowed but apparently so has everybody else. Finished #1 % in the St. Raymond's race (5K) 18:12 and Cape May Ocean Front run (31:03).

I had a total training mileage of 3,266.6 for the year. A few miles increase from year 2003. Overall a satisfying year with very little kayaking to complement the running and lack of races in 2004. Very pleased with the amount of aches and pains. Hope to run more races and kayak more in 2005.

#### YEAR 2005

EVENT	DATE	RACE DIST.	TIME
(1) Cape May Foot Race	5-21-05	6.2 miles	40:01
(2) Turtle Trot--SH	5-29-05	3.1 miles	19:02
(3) Cape May Point	6-18-05	5 miles	31:36
(4) Sister Blister	7-3-05	3.1 miles	19:05
(5) Avalon Run	7-16-05	5 miles	32:30
(6) Coombs/Douglass	8-6-05	5 miles	32:23
(7) Animal House	8-20-05	3.1 miles	18:42
(8) Cape May Ocean Fr.	9-24-05	5 mile	32:03
(9) St. Raymond's Run	10-15-05	3.1miles	18:20

#### COMMENTS

- (1) temps in upper 50's. Ran within self but not a fast enough start pace. 1st in Age
- (2) temps in 60's. Ran a good pace. 1st 5k of season. 1st in age, 2nd master.
- (3) temps in low 70's. 1st in age. 11 O/A.
- (4) temps in low 70's. 2nd in age group. Beaten at last 50 yards.
- (5) 1st in age group. 75 degree with high humidity. 6:10 first mile. Good run!
- (6) 1st in age group. 75 degree heat and high humidity.
- (7) 2nd in age group. 80 degree heat and high humidity.

- (8) 3rd overall. Strong NE winds and gusty with 70 degree temperatures.
- (9) very windy conditions (North West). 1st overall with 30 participants 45 deg. temps.

### SUMMARY

Ended year 2005 like I started the year injured. On December 28th had major discomfort in the upper right buttock area. Hope to take the rest of the year off (next two days to heal area for year 2006).

Year 2005 started off with three days of running before experiencing sciatica in the right crease and hip area. Working on the home renovation process probably contributed to problems. The lingering injury caused 21 days off from running in January and 17 days in February. Total mileage for both January and February was just 180 miles. March through rest of year 2005 was basically injury free with minor aches and pains.

The year 2005 training runs were probably in the 1' 26" range which is an increase over the previous year by a minute or two. This illustrates the aging process. The yearly mileage has been 2,740.7. The mileage for 2004 was 3,266.6 that was a decrease of 526 miles or 16% decrease. The decrease caused mostly by January and February injury in right leg (sciatica).

Raced 9 times in year 2005. The same amount as in 2004. Slower times but highlights for racing season include a first overall in St. Raymond's run and several 1st in age groups. Finished 2 times behind Larry Schied in age group in Sister Blister and Animal House runs.

The number of miles have been the lowest since 2002. Hope to get over the current injury and start out with a good year 2006 beginning.

### YEAR 2006

EVENT	DATE	RACE DISTANCE	TIME
(1) Turtle Trot	5-28-06	3.1 mile	19:08
(2) Cape May Point	6-17-06	5mile	30:59
(3) Sister Blister	7-2-06	3.1 mile	19:39
(4) Avalon	7-15-06	5 mile	32:15
(5) Coombs/Douglass	8-5-06	5 mile	33:14
(6) Stone Harbor Lions	8-27-06	6.2 mile	40:55
(7) Cape May Ocean Fr.	9-13-06	5 mile	31:49
(8) St. Raymond's	10-14-06	3.1mile	17:45

### Comments

- (1) Decent temps. A very strong North East wind on the way back. 1st. in age.
- (2) Warm day with temps in 70's, clear skies and moderate wind. 1st. age. 5th %.
- (3) Warm 70 degree day w/ a strong SW wind. Hot conditions on way back. 1st age.
- (4) Overcast humid morning with 75 degree temperatures. Steady paced run. 1st. age.
- (5) 83 degree day. Steady throughout run and consistent. 1st. in age.
- (6) Cloudy, humid conditions w/ 75 degree temps. 3rd. in age. Very tough competition.
- (7) 70 degree temps, strong SW wind and humidity. Finished 3 O/A.
- (8) Very windy (NW) with only 15 runners. 1st overall. Approx. 1 tenth short of 3.1.

### SUMMARY

Good year as far as injuries. Raced 8 times. This was down from 9 races in prior year (2005). The mileage for the year was up from year 2005. 2,741 vs. 3,132 or 391 mile increase (12.5%). This is the first year of retirement. Actually retirement was effective July 1, 2006. The runs were no longer done at 5:30 AM while I was working. The runs are now done in the daylight hours in the morning.

Since July 1st have been able to complement running with more kayaking and biking. Kayaked 81 times for a total of 351 miles. Biked a total of 584 miles. The race times have slowed from previous year. However, year 2006 has been relatively injury free and a much better year from year 2005. Race results have been top of age group and 3rd in 10 year age group in Stone Harbor's Lions Run.

Overall a good year that was better than year 2005. Highlight were flexibility in times that I can run from the structured approach due to working. Biking and kayaking more has probably enabled me to cross train. Just about 500 cumulative miles short of 60,000 overall miles in the last 21 ½ years of running. 554 total races with that time span.

### YEAR 2007

EVENT	DATE	DISTANCE	TIME
(1) CMCPark	4-21-07	3.1 miles	18:46
(2) Cape May Foot Race	5-19-07	6.2 miles	40:45
(3) Turtle Trot	5-27-07	3.1 miles	19:03
(4) Cape May Point	6-16-07	5 miles	30:56
(5) Sister Blister	7-1-07	3.1 miles	19:37
(6) Avalon Run	7-14-07	5 miles	32:35
(7) Coombs/Douglass	8-4-07	5 miles	33:45
(8) Stone Harbor-Lions	8-26-07	6.2 miles	DNF

### Comments

- (1) good start---1<sup>st</sup> in age. Nice 55 degree, clear day.
- (2) Finished 3<sup>rd</sup> in age (10 yr) on an ideal running day.
- (3) Overcast muggy day with overcast conditions. 1<sup>st</sup> in age group.
- (4) 65 deg. Overcast day and cool temps. Good run. Finished 1<sup>st</sup> in age. 7%125.
- (5) Sunny, PC day, 70 degree w/ some heat and humidity. 1<sup>st</sup> in age. Mod NW wind.
- (6) 2<sup>nd</sup> in age after 52 year old—10 yr age group. Passed at 4 ¾ miles.
- (7) Hot and Humid. Low 89 degree temps. Finished 1<sup>st</sup> in age group.
- (8) Day after Del. Bay Crossing. Pulled ham-Sciatica problem ? in R-leg and stopped.

### SUMMARY

Year 2007 was a mixed bag. Ran a total of 2,918 miles. This yearly mileage was down from the 2006 (3,132), or a decline of 6.8 %. The races for the year were 7 down 1 from the previous year of 8 races. The reason for the mileage decline and race numbers were due to the injury in the right leg hamstring, behind the butt. A one month layoff from effectively running. Substituted biking and kayaking while not able to run. Biked 1,023 miles on two newly purchased bikes from Stone Harbor bike shop. The bike routes were mostly the Cape May route of 25 miles and the shorter version to the concrete ship. Kayaked a total of 377 miles for the year.

The training times have been increasing from year over year. The race times have been about the same over year. I hope to race more in 2008. Will be in Treasure Island, Florida for the months of Jan, Feb and March. Hope to race a couple of times while away in Florida.

Overall a good year considering a month long injury. Highlight of the year is winning age group awards in each race and still a good runner in my age group, especially the 5 year groupings. I passed the 60,000 mark after 22 years of running. I have averaged over 2,800 miles per year over that time span.

### YEAR 2008

EVENT	DATE	DISTANCE	TIME
St. Pete's Beach Classic	1-19-08	6.2	40:18
Palms of Largo	2-2-08	3.1	19:06
Countryside	2-16-08	3.1	19:26
Sun Coast Classic	2-23-08	6.2	41:31
Pow Wow Seminole	3-2-08	3.1	19:28
Shamrock Run	3-14-08	3.1	19:54
Bay to Bay	3-16-08	3.1	19:15
CMCP	4-19-08	3.1	19:03

Cape May Foot Race	5-17-08	6.2	40:29
Turtle Trot—Stone Harbor	5-25-08	3.1	19:48
Cape May Point	6-21-08	5mile	31:52
Sister Blister	7-6-08	3.1	19:22
Avalon (CARA)	7-12-08	5 mile	32:06
Coombs/Douglass	8-2-08	5 mile	32:50
Animal House	8-23-08	3.1	19:52
Stone Harbor-Lions	8-24-08	3.1	19:37
Ocean City's Mayor's Run	9-1-08	5 mile	36:13
Bud Kern---Somers Pt.	9-6-08	3.1	19:33
Tink Haldeman—NW	9-20-08	3.1	19:31
Cape May Ocean Front	9-27-08	5 mile	32:58
LBI	10-12-08	18 mile	2hrs,12'40"
Atlantic City ½ marathon	10-19-08	13.1	1hr, 34' 08
Seashore Marathon-Rehoboth	11-22-08	26.2	3hrs,15' 19

### Comments

- (1) 63 degree start. Overcast and humid. 6: 10 first mile. 1<sup>st</sup> in age group.
- (2) 55 degree start. Three times around loop. Finished 1<sup>st</sup> in age group.
- (3) 55 degree start. Run inside a golf course. 1<sup>st</sup> in age group.
- (4) A 75 degree start. Warm and humid. 2<sup>nd</sup> in age group.
- (5) 60 degree start. Two loops on and around football field. 1<sup>st</sup> in age group.
- (6) 7 PM start in Largo. Heavy rain and cool conditions. 2 loops. 1<sup>st</sup> in age group.
- (7) 70 degree start. 1<sup>st</sup> mile 5:50. good consistent run. 2<sup>nd</sup> in age group.
- (8) Ran on a 60 degree day. Good conditions. Finished 3<sup>rd</sup>. overall.
- (9) Ran on a 55 degree, clear, sunny day w/ strong SSS wind. 4<sup>th</sup> O/A. 1<sup>st</sup> in age group.
- (10) Ran on a 60 degree, clear day w/strong NW wind. 1<sup>st</sup> in age. 15 O/A
- (11) Ran on an 80 degree clear day with a moderate wind. 2<sup>nd</sup> in age. 11 O/A
- (12) A75 degree-day w/ heavy rain that fell prior and light rain during run. 1<sup>st</sup> in age.
- (13) A warm, sunny day w a very light wind, low humidity and 75 deg. Day. 1<sup>st</sup> in age.
- (14) Lightning storm and heavy rain caused delay. 80 deg. w/ high humidity. 1<sup>st</sup> in age.
- (15) Animal House revived. 70 deg and sunny. 1<sup>st</sup> in age. Course very winding.
- (16) Nice day high 70's w/bright sunshine. 2<sup>nd</sup> in 10-year age group.
- (17) Forget results. High tide on O.C. beach----soft sand, water etc. 1<sup>st</sup> in age/ 7<sup>th</sup> O.A.
- (18) Had a good run on an upper 70-degree day w/ mod. Wind. Finished 2<sup>nd</sup> in 10yr age.
- (19) Good run on 65 deg. day. Clear, sunny w/brisk NE wind. Finished 5<sup>th</sup> O/A.

- (20) Ran on a warm—upper 70's day w/humidity and a moderate NE wind. 4<sup>th</sup> O/A.
- (21) Finished 52% 720 finishers. mid 70's w/head wind and sunny skies. 2<sup>nd</sup> in age.
- (22) High 40's to low 50's PC skies and a strong and gusty N wind. Finished 2<sup>nd</sup> in age.
- (23) Temps. Began in high 20's into mid 30's, 15-25 mph NW wind. Finished 1<sup>st</sup> age.

### SUMMARY

Year 2008 was a different year in that I raced 7 times in the first three months of the year in Florida. The racing season in Jersey usually starts in April or May. This added to a yearly total increase in races from 8 in 2007 to 23 or a 35% increase. In fact the average of 8-9 races were only achieved over the previous 5 years. The winter hiatus to Florida has added diversification and all year enjoyment into the running schedule.

Another highlight to the year was the completion of the Seashore Marathon in Rehoboth Beach, Del. on November 22<sup>nd</sup> on a difficult 20- degree-day with high winds. I finished 1<sup>st</sup> in my age group 55-59. The time of 3 hrs, 15', 19 seconds was excellent especially in light of the difficult conditions and almost 9 years absence from the marathon race distance. I utilized a 12- week program from the Ocean Drive Marathon in 2000. The difference in times was 20- minute increase, due to absence from the marathon, weather and the confidence to run hard in the early miles. The marathon preparations were excellent with long races of 13.1 in Atlantic City and an 18 miler in LBI. The training times were about 45 seconds per mile slower due to age and absence from the 26.2- mile distance.

The 5k times were in the mid 19's. The 5 mile time were in the mid to high 32's and the 10K times mid to high 41's. The total mileage for year 2008 was 3,227.9 miles that was an increase of 9.6% from year 2007. The year was a plus in total mileage trained, total races due to the 3 months in Florida and the completion of a marathon with a pretty good time.

### **YEAR 2009**

EVENT	DATE	DISTANCE	TIME
(1) St. Pete's Classic	1-17-09	6.2	40:50
(2) Run w/ the nuns	1-24-09	3.1	19:37
(3) Suncoast Classic	2-14-09	6.2	41:12
(4) Trevor Miller MOB	2-21-09	3.1	19:31
(5) Belleaire Classic 10K	3-7-09	6.2	40:03

(6) Shamrock N-5K	3-13-09	3.1	19:52
(7) Bay To Bay	3-15-09	3.1	19:29
(8) Max Bayne 10 miler	3-29-09	10 miler	68:20
(9) CMCP Earth Day	4-25-09	3.1	18:52
(10) Cape May Foot Race	5-16-09	6.2	40:29
(11) Turtle Trot	5-23-09	3.1	19:08

### Comments

- (1) Cold 40 deg. Start w/ strong head wind most of way. Finished 1<sup>st</sup> in age.
- (2) Ran on a chilly 55 degrees in Vet Park. Finished 11 A/O 150. Grandmaster.
- (3) 65 deg. Start. Controlled run throughout. 1<sup>st</sup> in age group and top 10%
- (4) Ran on a cold 50-degree day. 5<sup>th</sup> O/A and Grandmaster.
- (5) Ran on a 65-degree day. Double loop---14 A/O 200. 1<sup>st</sup> in age group.
- (6) Ran on a humid, 70 deg. Day. Sluggish! 11% 100. 3<sup>rd</sup>. master.
- (7) Humid, 75 deg. 13% 250. 1<sup>st</sup>. in age group.
- (8) Good run in heavy rain and T-storms. 12<sup>th</sup> overall. Grandmaster.
- (9) Good run paced behind Vondra and Reich. 3<sup>rd</sup> O/A.
- (10) Good run w/ humid conditions 75 deg. temps—2<sup>nd</sup> in age –10 yr.
- (11) Good run w/60 deg. temps. Strong run, established strong 1<sup>st</sup> mile. 1<sup>st</sup>. master.

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MILES RUN SINCE 1986

Total Mileage	Per Day	Per Wk.	Per Mon.	Cumulative Mileage
1986---	5.27	37.0	160.3	1,924
1987---	4.76	33.4	145.0	3,661
1988---	5.78	40.7	176.4	5,778
1989---	6.02	42.3	183.1	7,975
1990---	5.69	39.9	173.0	10,051
1991---	6.39	44.8	194.3	12,383
1992---	8.41	59.2	256.5	15,460
1993---	7.29	51.0	204.0	18,122
1994---	8.84	62.0	269.0	21,348
1995---	9.21	64.7	280.0	24,711
1996---	8.68	60.9	264.1	27,880
1997---	9.18	64.4	279.0	31,230
1998---	9.00	63.0	274.0	34,514
1999---	9.20	64.4	278.0	37,861
2000---	9.7	68.2	295.0	41,407
2001---	8.6	60.3	261.3	44,543
2002---	7.0	49.3	213.0	47,104
2003---	8.9	62.2	269.3	50,336
2004---	8.9	62.3	272.2	53,603
2005---	7.5	52.7	228.4	56,344
2006---	8.6	60.2	261.0	59,476
2007---	8.0	56.0	243.0	62,394
2008---	8.8	62.1	269.0	65,621
2009---				

1985	16	
1986	47	
1987	33	
1988	28	216
1989	28	
1990	6	
1991	29	
1992	29	
1993	43	259
1994	51	310
1995	34	344

1996		37	381
1998		32	408
1999		15	455
2000		18	473
2001		24	497
2002		17	513
2003		16	528
2004		9	537
2005		9	546
2006		8	554
2007		7	561
2008		23	584
2009		11	595

### PERSONAL RECORDS

Date	Event	Distance	Conditions	Time
6-2-92	Pennsylvania Mile (De)	1 mile	65 degrees, clear	4:39
6-5-93	Cape May Foot Race	3K	55-60	10:00
6-15-86	Margate Recreation Run	2mile	70 degrees, clear	10:47
7-19-97	Avalon	5K	75 degrees, sunny	16:44
12-3-94	Pineland Striders	4 mile	40 degrees	22:02
9-23-95	Cape May Ocean Front	4.4 mile	60 degrees	24:44
5-7-94	Lower Town (Coombs)	5 mile	55-60 degrees	28:08
11-7-92	Collier to Collier	10K	40 degrees	34:42
5-7-95	Broad Street Run	10 mile	60 degrees	56:42
9-19-93	Philadelphia Dist. Run	13.1 mile	57 degrees, clear	1hr,16'43"
10-13-91	Long Beach Island Run	18 mile	58 degrees	1hr,52'22"
3-18-95	Virginia Beach Marathon	26.2 mile	55 degrees	2hr,44'10"

### RACE DISTANCES IN CHRONOLOGICAL ORDER

#### ONE MILE HISTORY

1.	5-26-85	Bridgeton	5:25
2.	7-4-86	Northfield	4:58
3.	7-4-86	Ventnor	5:12
4.	7-4-88	Longport	5:51
5.	7-3-91	Ventnor	4:53
6.	7-4-91	Northfield	4:53

7.	7-4-91	Longport	5:10
8.	10-2-91	Dept. of Corr.	5:33 (Long Course)
9.	6-2-92	Pennsylvania Ave	4:39
10.	7-3-92	Ventnor	5:04
11.	7-19-92	Rehoboth Ave	4:58
12.	5-31-93	Linwood	5:04
13.	6-1-93	Pennsylvania Ave	4:50
14.	6-18-93	Dover Mile	5:01
15.	7-3-93	Ventnor Mile	4:53
16.	7-18-93	Rehoboth Mile	5:01

### TWO MILE HISTORY

1.	6-15-86	Margate Recreation	10:47
2.	10-14-87	Sports Challenge	11:24
3.	5-9-92	Lower Twp	11:47 ( Course was 2.2 mile)
4.	5-16-92	Pleasantville	10:52
5.	5-30-92	Cape May	10:15 (Course was a 3 K)
6.	5-15-93	Pleasantville	11:44
7.	6-5-93	Cape May	10:00 (Course was a 3 K)
8.	6-19-93	Cape May Point	11:15

### FOUR MILE HISTORY

10-27-02 Long Branch 7 Pres. Pk. 23:00

### EIGHTEEN- MILE HISTORY

1.	LBI	10-7-90	DNF
2.	LBI	10-31-91	1hr, 52' 22
3.	LBI	10-11-92	1 hr, 52' 28
4.	LBI	10-12-08	2 hr, 12' 40"

### MARATHON HISTORY

Event	Date	Time	Per/Mile	Ranking
1. Lewes Delaware	11-1-86	3,35'34"	8:14	WORST
2. Philadelphia	11-23-86	3, 04'8"	7:02	
3. Shamrock (Virginia Beach)	3-27-87	2,51'28"	6:33	
4. Shamrock (Virginia Beach)	3-19-88	2,58'56"	6:50	

5. Boston	4-18-88	3,0'15"	6:53	
6. New Jersey Waterfront	4-30-89	3,06'42"	7:08	
7. Atlantic City	11-12-89	2,58'15"	6:48	
8. Shamrock (Virginia Beach)	3-17-90	3,19'21"	7:56	
9. Boston	4-16-90	3,27'45	7:56	
10. Marine Corp.	11-3-91	2,58'45	6:49	
11. Shamrock	3-16-91	3,11'38"	7:19	
12. Shamrock	3-21-92	3,05'54"	7:06	
13. Boston	4-20-92	3,00,56	6:54	
14. Marine Corp.	10-25-92	2,58'29"	6:49	
15. Metro Dade	1-17-93	2,58,25	6:49	
16. Shamrock (Virginia Beach)	3-20-93	2,50'31"	6:31	
17. Boston	4-19-93	3,04'53"	7:06	
18. Marine Corp.	10-24-93	2,53'38"	6:36	
19. Disney World	1-16-94	2,56'19"	6:44	
20. Boston	4-18-94	2,44'32"	6:17	
21. Atlantic City	10-16-94	2,50'28"	6:30	
22. Shamrock (Virginia Beach)	3-18-95	2,44,10	6:16	BEST
23. Boston	4-17-95	2,49'02"	6:27	
24. Philadelphia	11-19-95	2,51'53"	6:34	
25. Boston	4-15-96	2,53'44"	6:37	
26. B&A	3-09-97	2,46'26"	6:21	
27. Ocean Drive	3-28-99	3,0'34"	6:54	
28. NJ Shore Marathon	4-25-99	2,51'46"	6:33	
29. Ocean Drive	3-26-00	2,55'19"	6:41	
30. Seashore Marathon	11-22-08	3,15'19"	7:28	

#### HALF MARATHON HISTORY

1. Sea Isle City	8-17-85	1,36'16"	7:21	
2. Fenton Carey (Ocean City)	10-29-85	1,28'33"	6:46	
3. Sea Isle	8-23-86	1,28'01"	6:43	
4. Flying Cloud (Atlantic City)	9-28-86	1,23,03	6:20	
5. Philadelphia Distance Run	9-14-86	1,22'45"	6:19	
6. Fenton Carey (Ocean City)	10-18-86	1,20'45"	6:10	
7. Fenton Carey (Ocean City)	10-24-87	1,22'57"	6:20	
8. Sea Isle City	8-20-88	1,20'12"	6:07	
9. No Number Distance Run-----Maryanne didn't give me the number	9-18-88			
10. Philadelphia Distance Run	9-17-89	1,28'54"	6:47	
11. Flying Cloud (Atlantic City)	9-24-89	1,19,47	6:05	

12. Amish Country	4-21-91	1,25,02	6:29
13. Philadelphia Distance Run	9-15-91	1,20'19:	6:08
14. Colonial Williamsburg	2-23-92	1,19'45"	6:05
15. Philadelphia Distance Run	9-18-93	1,16'43"	5:51
16. Ceasar Rodney	3-20-94	1,21,45	6:14
17. Amish Country	3-27-94	1,18,31	5:59
18. Philadelphia Distance Run	9-18-94	1,19,38	6:06
19. Miami-Dade	2-26-95	1,18'32"	5:59
20. Philadelphia Distance Run	9-17-95	1,18'33"	5:59
21. Atlantic City ½ marathon	10-19-08	1,34' 08"	7:11

### TEN MILE HISTORY

1. Elks Run (Atlantic City)	11-17-85	63:33	6:21
2. Glassboro	2-9-86	63:50	6:23
3. Broad Street Run	5-4-86	61:27	6:08
4. St. Pat's Run (A/C)	3-14-87	58:45	5:52
5. Broad Street Run	5-3-87	59:57	5:59
6. Icicle Run	1-17-88	63:58	6:24
7. Glassboro	2-14-88	61:52	6:11
8. Broad Street Run	5-1-88	59:37	5:58
9. St. Pat's Run (A/C)	3-8-89	61:54	6:11
10. Bottle & Cork	9-9-89	67:45	6:46
11. Icicle Run	1-20-91	64:44	6:28
12. Sea Isle City	7-17-91	64:20	6:26
13. Bottle & Cork	9-7-91	62:16	6:14
14. Icicle Run	1-19-92	62:07	6:13
15. St. Pat's Run (A/C)	3-14-92	59:44	5:58
16. Broad Street Run	5-3-92	57:47	5:47
17. Sea Isle City	8-1-92	59:36	5:58
18. Broad Street Run	5-2-93	60:35	6:04
19. Annapolis	8-29-93	60:55	6:09
20. Broad Street Run	5-19-94	58:32	5:52
21. Broad Street Run	5-7-95	56:42	5:40 PR
22. Bottle & Cork	9-7-96	62:27	6:15
23. Bottle & Cork	9-6-97	61:16	6:08
24. Icicle Run	1-23-00	61:16	6:08
25. Ocean Drive Marathon	4-1-01	62:11	6:13
26. Douglas Run	4-28-01	61:51	6:11
27. Icicle Run	1-20-02	63:38	6:22
28. Max Bayne	3-0-09	68:20	6:51

## 10K HISTORY

1. Cape May	6-1-85	41:31	6:41
2. Smithville	10-27-85	37:58	6:08
3. Philadelphia--Kelly Drive	2-23-86	37:10	6:00
4. Philadelphia--Kelly Drive	3-16-86	41:28	6:41
5. Bridgeton	5-25-86	38:27	6:13
6. Cape May Foot Race	5-31-86	39:23	6:21
7. Antitiam	6-8-86	40:06	6:28
8. Ventnor	7-20-86	38:24	6:11
9. Vineland	8-3-86	38:36	6:14
10.Cooper River	8-6-86	37:58	6:08
11.Smithville	10-12-86	37:07	5:59
12.Millville	11-16-86	36:39	5:54
13.Brian's Run (West Ches)	12-7-86	37:11	6:00
14.Rolling Thunder-Clayton	4-5-87	35:39	5:44
15.Cape May Foot Race	5-30-87	39:09	6:19
16.St. Antony's Delaware	6-7-87	37:36	6:04
17.Asbury Park Classic	8-8-87	43:02	6:56
18.Wildwood Classic	9-13-87	39:25	6:21
19.Millville	11-1-87	35:42	5:46
20.Brian's Run (West Ches)	12-7-87	38:08	6:09
21.Cape May Foot Race	6-4-88	36:29	5:53
22.Resorts---Atlantic City	6-12-88	37:10	6:00
23.Buffalo Stampede	7-16-88	41:26	6:41
24.Vineland	8-7-88	38:38	6:14
25.Asbury Park Classic	8-13-88	40:02	6:27
26.Wildwood Classic	9-11-88	38:17	6:11
27.Philadelphia--Kelly Drive	2-19-89	37:59	6:08
28.Pleasantville	4-8-89	36:41	5:52
29.Cape May Foot Race	6-3-89	38:50	6:16
30.Buffalo stampede	7-15-89	40:08	6:28
31.Vineland	8-6-89	46:08	7:26
32.Atlantic City 10 K	11-11-90	36:38	5:54
33.Ventnor	6-13-92	36:46	5:56
34.Collier to Collier	11-7-92	34:42	5:36
35.North East Maryland	7-16-93	35:51	5:46
36.Hall Of Fame (Lewes)	10-17-93	35:58	5:48
37.Smithville	11-21-93	35:28	5:44

38. Woodbury H/S	3-6-94	36:14	5:51
39. Ventnor	5-29-94	35:27	5:44
40. Cape May Foot Race	6-4-94	35:42	5:45
41. St Anthony's Festival	6-12-94	36:11	5:50
42. Tim Kerr	8-28-94	36:36	5:54
43. Ventnor	5-27-95	35:03	5:39
44. Atlantic City 10K	10-15-95	35:36	5:44
45. Quill Hill Classic	11-12-95	36:32	5:51
46. Ventnor	5-25-96	35:58	5:48
47. Cape May Foot Race	6-1-96	35:28	5:44
48. Tim Kerr-Avalon	8-25-96	36:40	5:54
49. Atlantic City 10K	10-13-96	36:14	5:51
50. Quail Hill Classic	11-17-96	36:38	5:54
51. Ocean City Cop	11-23-96	37:38	Long Course
52. Ventnor	5-25-97	36:58	5:58
53. Cape May Foot Race	5-31-97	35:32	5:45
54. Brandywine Brewing Club	4-18-98	36:15	5:51
55. Millville Spring Thaw	4-25-98	36:00 (minus)	probably 35:50
56. Ventnor	5-24-98	36:06	5:49
57. Cape May Foot Race	5-30-98	37:12	6:00
58. Buffalo Stampede	7-18-98	34:53	Short Course (35:50)
59. Brandywine Brewing Club	4-17-99	36:45	5:56
60. Cape May Foot Race	5-23-99	36:24	5:52
61. Ventnor	5-30-99	36:32	5:54
62. Atlantic City 10K	10-17-99	36:07	5:49
63. Cape May Foot Race	5-20-00	36:48	5:56
64. Ocean City Fenton Carey	10-7-00	36:58	5:58
65. Icicle Run	1-21-01	39:13 (ice/snow)	6:19 (10 mile to 10K)
66. North East R/R	3-4-01	36:10	5:50
67. Cape May Foot Race	5-19-01	36:32	5:53
68. Pineland Strider July 4th	6-30-01	39:00	5:47 (heat & Humidity)
69. Colts Neck	9-16-01	35:45	5:47
70. Cape May Foot Race	5-19-02	38:45	6:15
71. Atlantic City 10K	10-13-02	37:46	6:06 (wet and cool)
72. Cape May Foot Race	5-17-03	37:39	6:02
73. Cape May Foot Race	5-15-04	39:07	6:18 (new course)
74. Cape May Foot Race	5-21-05	40:01	6:27
75. Stone Harbor Lions	8-27-06	40:55	6:36
76. Cape May Foot Race	5-19-07	40:45	6:35 (new course)

77. Stone Harbor Lions above butt.	DID NOT FINISH---right hamstring--Sciatica problem		
78. St. Pete's Classic, Fl.	1-19-08	40:18	6:30
79. Sun Coast Classic, Fl.	2-23-08	41:31	6:42
80. Cape May Foot Race	5-17-08	40:29	6:30
81. St. Pete's Classic	1-17-09	40:50	6:36
83. Suncoast Classic	2-14-09	41:12	6:38
84. Belleaire Classic	3-7-09	40:03	6:27
85. Cape May Foot Race	5-16-09	40:29	6:30

### FIVE MILE HISTORY

1. Cape May Point	6-15-85	32:01	6:24
2. Avalon	7-27-85	29:54	5:59
3. Avalon	9-7-85	31:41	6:20
4. Avalon	9-21-85	30:14	6:02
5. Leesburg State Prison	11-23-85	29:52	5:59
6. Roots Run--Toms River	12-1-85	29:48	5:55
7. Ventnor	3-1-86	29:27	5:54
8. Ocean City	3-29-86	31:23	6:17
9. Willow Grove	4-20-86	30:03	6:00
10. Atlantic City Medical	5-17-86	30:33	6:06
11. Cape May Point	6-21-86	29:22	5:53
12. Stroh's A/C	6-28-86	30:27	6:05
13. Latz	7-12-86	30:24	6:05
14. Avalon	7-26-86	29:26	5:53
15. Avalon	8-16-86	29:30	5:54
16. Love Run-Ventnor	9-1-86	30:25	6:05
17. Avalon	9-20-86	29:13	5:50
18. Fireman's Run A/C	6-5-86	29:23	5:53
19. Philadelphia	10-11-86	29:15	5:50
20. Philadelphia	10-26-86	29:05	5:49
21. Roots Run--Toms River	11-30-86	29:02	5:48
22. Snowball-Del.	2-7-87	32:02	6:24 (icy conditions)
23. Freeze Run	2-28-87	28:33	5:42
24. March of Dimes	3-8-87	29:12	5:50
25. Trenton	5-9-87	29:27	5:53
26. Atlantic City Medical	5-16-89	29:13	5:50
27. New Castle Delaware	6-13-87	32:45	6:32 (Hamstring prob).
28. Jim Latz	7-18-87	32:19	6:28

29.Avalon	7-25-87	30:35	6:07
30.Crop Run	11-22-87	29:30	5:54
31.Roots Run--Toms River	11-29-87	29:39	5:55
32.Philadelphia	12-21-87	30:02	6:00
33.Snowball-Del	2-7-88	30:40	6:08
34.Freeze Run	2-20-88	29:03	5:48
35.March of Dimes	2-28-88	28:52	5:47
36.Brot Run Atlantic City	3-13-88	28:56	5:47
37.Ocean City	4-2-88	28:55	5:47
38.Cape May Point	6-18-88	29:05	5:49
39.Jim Latz	7-23-88	29:27	5:53
40.Fireman's Run--A/C	10-2-88	30:22	6:05
41.Seaville	11-15-88	30:11	6:02
42.Showboat	11-19-88	29:24	5:53
43.Snowball/Del	2-5-89	30:30	6:12
44.March of Dimes	2-26-89	29:18	5:52
45.Freeze Run	3-4-89	29:52	5:59
46.Philadelphia	3-11-89	30:15	6:02
47.Sutors--EH	5-13-89	28:38	5:43
48.Cape May Point	6-17-89	29:38	5:55
49.Philadelphia (Police Run)	6-22-89	30:47	6:10
50.Jim Latz	7-22-89	30:57	6:11
51.Nuclear Freeze	2-24-90	29:10	5:50
52.Lower Township (Coombs)	5-4-91	29:33	5:54
53.Hammonton	7-6-91	34:00	6:48
54.Jim Latz	7-26-91	29:45	5:56
55.Avalon	7-*-91	29:37	5:55
56.St. Peter's--Delaware	7-9-91	29:45	5:56
57.Letter Carriers --A/C	9-1-91	29:15	5:50
58.Cape May Point	6-20-92	28:56	5:47
59.Avalon	7-10-92	30:04	6:01
60.Hot Foot --Upper Twp.	7-31-92	28:29	5:42
61.Rehoboth--YMCA	8-22-93	28:56	5:47
62.Wildwood Crest	9-11-93	28:44	5:44
63.Seaville	11-6-93	28:59	5:48
64.Showboat--United Way	11-13-93	28:42	5:44
65.Collingdale	3-13-94	29:13	5:51
66.Ocean City Utility Run	4-2-94	28:40	5:44
67.Lower Twp (Coombs)	5-7-94	28:08	5:38
68.Masser's Youth Run	5-15-94	28:38	5:43

69.	Cape May Point	6-18-94	28:59	5:48
70.	Atlantic City Beach Run	7-16-94	30:11	6:02
71.	Avalon	7-23-94	28:58	5:48
72.	Hot Foot --Upper Twp.	7-30-94	28:51	5:46
73.	Trolley Trot	9-10-94	28:13	5:39
74.	Showboat--United Way	11-12-94	28:34	5:43
75.	A/C Firefighter's --Seadorf	12-10-94	28:59	5:48
76.	Lower Twp. (Coombs)	5-6-95	28:36	5:43
77.	Masser's Youth Run	5-14-95	28:31	5:42
78.	Cape May Point	6-17-95	28:35	??Course
79.	Avalon	7-22-95	28:46	5:46
80.	Hot Foot--Upper Twp.	7-29-95	29:12	5:50
81.	Sea Isle City	10-8-95	28:03	5:36
82.	Show Boat--United Way	11-11-95	29:15	5:51
83.	A/C Firefighter's	12-2-95	28:59	5:48
84.	Lower Twp. (Coombs)	5-4-96	28:59	5:48
85.	Masser-Lewes Delaware	5-12-96	28:19	5:40
86.	Cape May Point	6-15-96	29:51	5:59
87.	Avalon Recreation Center	7-20-96	29:10	5:50
88.	A/C Beach Run	7-21-96	30:38	6:02
89.	Sandblast	7-27-96	30:38	6:08
90.	Sea Isle City	10-6-96	29:18	5:52
91.	A/C Firefighter's	12-1-96	29:42	5:56
92.	Lower Twp. (Coombs)	5-3-97	28:44	5:45
93.	Masser's Youth Run	5-11-97	28:14	5:40
94.	Cape May Point	6-21-97	28:33	5:43
95.	Sand Blast	7-26-97	29:08	5:49
96.	Wildwood Crest	10-18-97	28:46	5:45
97.	Showboat--United Way	11-16-97	28:47	5:45
98.	A/C Firefighter's	4-4-98	28:57	5:47
99.	Lower Twp. (Coombs)	5-2-98	29:06	5:49
100.	Wildwood Crest	5-9-98	27:38	Short Course
101.	Masser-Lewes Delaware	5-10-98	29:12	5:50
102.	Cape May Point	6-20-98	28:59	5:48
103.	Sand Blast	7-25-98	30:10	6:00
104.	Cape May Ocean Front	9-26-98	28:57	5:48
105.	Wildwood Crest	10-24-98	28:08	5:37
106.	A/C Firefighter's	4-10-98	29:09	5:49
107.	Cape May Point	6-20-98	28:10	5:35
108.	Cape May Ocean Front	9-25-99	29:45	5:57

109.	Lower Twp. (Coombs)	5-6-00	29:13	5:50
110.	Cape May Ocean Front	9-23-00	30:25	6:05
111.	Lower Twp. (Coombs)	5-5-01	29:51	5:59
112.	Cape May Point	6-16-01	30:06	6:01
113.	Avalon-CARA	7-21-01	28:49	5:46
114.	Sand Blast	7-28-01	29:01	5:48
115.	Wildwood Crest	8-24-01	29:40	5:53
116.	Beach Front Cape May	9-22-01	30:14	6:03
117.	Cape May Point	6-15-02	30:02	6:00
118.	Avalon	7-20-02	30:30	6:05
119.	Sand Blast	7-27-02	29:41	5:56
120.	Coombs/Douglass	8-03-02	31:43	6:20 (long course)
121.	Manasquan Reservoir	9-21-02	31:40	6:20
122.	Beach Front Cape May	9-28-02	30:29	6:06
123.	Cape May Point	6-21-03	****	(off course disq).
124.	Avalon Run	7-19-03	31:25	6:18
125.	Coombs/Douglass	8-04-03	31:31	6:18
126.	Fire Fighters'	9-13-03	31:09	6:14
127.	Wildwood Crest	9-20-03	30:58	6:12
128.	Beach Front Cape May	9-27-03	31:32	6:18
129.	Cape May Point	6-19-04	31:11	6:14
130.	Avalon	7-19-04	31:15	6:16
131.	Coombs/Douglass	8-18-04	30:46	6:09
132.	Cape May Ocean Front	9-25-04	31:03	6:12
133.	Cape May Point	6-18-05	31:36	6:19
134.	Avalon Run	6-16-05	32:30	6:30
135.	Coombs/Douglass	8-6-05	32:23	6:29
136.	Beach Front Cape May	9-24-05	32:03	6:25
137.	Cape May Point	6-12-06	30:59	6:12
138.	Avalon	7-15-06	32:15	6:24
139.	Coombs/Douglass	8-5-06	33:14	6:38
140.	Cape May Ocean Front	9-23-06	31:49	6:22
141.	Cape May Point	6-16-07	30:56	6:12
142.	Avalon Run	7-14-07	32:35	6:30
143.	Coomb/Douglass	8-4-07	32:45	6:32
144.	Cape May Point	6-21-08	31:52	6:24
145.	Avalon (CARA)	7-12-08	32:06	6:25
146.	Coombs/Douglass	8-2-08	32:50	6:34
147.	O.C. Mayor's Run	9-1-08	36:13	*****Soft sand and high tide!
148.	Cape May Ocean Front	9-27-08	32:58	6:36

## 5 K HISTORY

1. Audobon	4-5-86	17:46	5:44
2. Mayslanding	4-12-86	18:34	6:00
3. Pottstown	4-27-86	18:45	6:06
4. Philadelphia	1-1-87	17:31	5:39
5. Philadelphia	4-12-87	17:17	5:35
6. Philadelphia	1-1-88	17:58	5:49
7. Pennsville	3-5-88	17:37	5:41
8. Wrestlemania A/C	3-26-88	19:24	Long Course
9. Denny's Run--Millville	6-26-88	17:44	5:43
10.Philadelphia--Hangover	1-1-89	17:55	5:47
11.Wrestlemania A/C	4-1-89	17:54	5:47
12.Trenton--Iron Pig	7-12-89	17:44	5:43
13.Cooper River	7-19-89	17:45	5:35
14.Berdette Tomlin Hospital	10-24-89	17:15	5:35
15.Berdette Tomlin	10-28-90	17:43	5:43
16.Delaware--Du Pont	7-12-91	18:31	5:58
17.Dennis Twp.	8-3-91	17:36	5:41
18.Millsboro Delaware	7-10-91	17:46	5:43
19.PBA --Ventnor	7-24-91	17:19	5:35
20.Legends--Del.	9-4-91	17:39	5:43
21.Memorial Day---Ventnor	7-24-92	17:14	5:33
22.Rehoboth---Del.	6-7-92	17:39	5:43
23.Cooper River--Elman	7-15-92	17:22	5:37
24.Buffalo Stampede	7-13-92	17:49	5:44
25.Rehoboth (Country Club)	7-25-92	17:02	5:29
26.Cape Henlopen H/S P.A.L.	8-29-92	17:18	5:35
27.Time Out Sports (Reh)	9-5-92	17:31	5:39
28.Seawitch	10-26-91	17:40	5:42
29.Seawitch	10-31-92	17:37	5:41
30.Lewes Del--Cape H/S	11-15-92	18:35	6:00
31.Killen State Park	11-21-92	18:23	5:58
32.Mike Snell (Cape H/S)	5-23-93	18:05	5:50
33.Ventnor City	5-30-93	18:00	5:48
34.Boy Scout Run	6-6-93	17:32	5:39
35.Fight of Life	6-17-93	17:32	5:39
36.Law Enforcement	6-22-93	17:27	5:38
37.Duck Run (Del.)	6-23-93	17:37	5:41
38.Duke Last Resort (Dewey)	7-11-93	17:42	5:42

39. Country Club (Rehoboth)	7-24-93	17:20	5:35
40. JJs Food Market--(Dewey)	8-1-93	17:27	5:38
41. Time out Sports	8-7-93	17:20	5:35
42. Egg Harbor Twp. PAL	8-14-93	17:27	5:38
43. Animal House (CMCH)	8-21-93	17:15	5:34
44. Resorts-Pa Hospice	8-28-93	17:40	5:42
45. A/C Letter Carriers	9-5-93	17:35	5:41
46. Sea Witch	10-30-93	17:36	5:41
47. Burdette Tomlin	10-31-93	18:01	5:48
48. Killen S/P	11-20-93	18:26	5:58
49. Waterford Twp.	4-10-94	17:47	5:44
50. Earth Day CMC Park	4-23-94	17:47	5:44
51. Law Day	4-30-94	17:11	5:33
52. Cape May Co. Spec. Serv.	5-14-94	17:08	5:31
53. Mike Snell	5-22-94	17:02	5:29
54. A/C Grand Prix	6-5-94	17:02	5:30
55. Celebration of Life	6-16-94	17:38	5:41
56. Rehoboth Father's Day Run	6-19-94	17:48	5:44
57. Law Enforcement	6-21-94	17:33	5:40
58. Nun Run	6-25-94	17:21	5:36
59. Firecracker--Rehoboth	7-2-94	17:34	5:40
60. Woodbury--Browning Ross	7-7-94	17:57	5:48
61. Wildwood Beach Run	7-10-94	18:05	5:50
62. J.J.'s Corner Market	7-31-94	17:23	5:36
63. Time out Sports	8-6-94	17:15	5:34
64. PAL-Egg Harbor Twp.	8-13-94	17:28	5:39
65. Animal House	8-2--94	17:18	5:35
66. Red Cross--CMCH	9-3-94	17:00	5:29 (Short Course?)
67. Debora	10-2-94	17:24	5:36
68. Linwood Hist. Society	10-8-94	17:20	5:36
69. Seawitch (Grove Park)	10-29-94	17:07	5:30
70. Burdette Tomlin	10-30-94	17:37	5:40
71. N.E. Road Runners	11-13-94	17:24	5:37
72. Turkey Trot (Hammonton)	11-19-94	18:08	5:50
73. Dave Elman--NERR	11-27-94	17:29	5:36
74. Christmas is for Giving	12-18-94	17:05	5:30
75. Mike Snell	5-21-95	17:02	5:29
76. County Bank (Grove Park)	6-4-95	17:20	5:35
77. Grotto Pizza	6-11-95	17:22	5:36
78. Father's Day	6-18-95	17:37	5:40

79.Law Enforcement	6-20-95	17:33	5:40
80.Avalon's Nun Run	6-24-95	17:16	5:35
81.Firecracker	7-1-95	17:22	5:36
82.Resorts-Pa Hospice	7-8-95	17:20	5:35
83.PAL Egg Harbor Twp.	8-5-95	17:45	5:44
84.Animal House	8-19-95	Went off the course disq.	
85.Run for the Red	9-2-95	17:17	5:35
86.Bud Kern	9-9-95	17:24	5:37
87.L.T. Heritage Trail	9-30-95	17:18	5:35
88.Seawitch	10-28-95	17:42	5:42
89.Burdette Tomlin	11-25-95	17:20	5:35
90.Mike Snell	5-19-96	17:23	5:37
91.Grotto Pizza	6-9-96	19:49	Went off Course disq.
92.Father's Day Run	5-16-96	17:43	5:42
93.A/C Beach Fest	6-22-96	18:01	5:48
94.Law Enforcement	6-25-96	17:43	5:42
95.Nun Run	6-29-96	17:14	5:35
96.Bill Degnan	6-30-96	17:35	5:40
97.Bay Run-Twilight (6 P.M.)	7-4-96	16:45	Short Course
98.Firecracker (Rehoboth)	7-6-96	17:44	5:42
99.Mellon Bank --Lewes	7-14-96	17:29	5:39
100. Al Meckler Cancer Run	7-28-96	18:16	5:54
101. Burdette Tomlin	8-4-96	18:09	5:51
102. Animal House	8-17-96	17:16	5:34
103. Run for the Red (C.G.)	8-31-96	17:19	5:35
104. Deborah	9-29-96	17:47	5:44
105. Seawitch	10-27-96	17:28	5:39
106. New Lisbon	11-2-96	17:44	5:42
107. Finnegan	11-10-96	17:33	5:40
108. Humanity Run	11-30-96	Went off Course	
109. Christmas Seal	12-7-96	17:43	5:42
110. Mike Snell	5-18-97	16:49	5:26
111. Grand Slam-Grotto	6-8-97	17:10	5:33
112. Father's Day Rehoboth	6-15-97	17:26	5:37
113. Nun Run	6-28-97	16:50	5:26
114. Bill Degnan	6-29-97	17:19	5:35
115. Bay Run (Douglas)	7-4-97	16:34	Short Course
116. Sister Blister	7-6-97	17:29	5:39
117. Mellon Bank	7-13-97	17:37	5:41
118. Avalon	7-19-97	16:44	5:25

119.	Burdette Tomlin	8-3-97	17:23	5:37
120.	Animal House	8-16-97	17:59	5:48
121.	Strider's Rehoboth	8-23-97	17:37	5:41
122.	Run for the Red (Avalon)	8-30-97	17:50	5:47
123.	No. Wildwood Irish Fest	9-20-97	17:45	5:46
124.	New Lisbon	11-1-97	18:10	5:52
125.	Humanity Run	11-29-97	18:03	5:50
126.	Stone Harbor Run	5-14-98	16:56	5:27
127.	Mike Snell	5-17-98	17:29	5:39
128.	Bill Degnan	6-28-98	17:30	5:39
129.	Bay Run--Douglas	7-3-98	16:07	Short Course
130.	Sister Blister	7-5-98	17:41	5:43
131.	Albert Taxin	7-11-98	17:49	5:47
132.	Mellon Bank	7-12-98	17:40	5:43
133.	Time Out Sports	8-1-98	17:26	5:37
134.	Damn Mill	8-9-98	18:25	6:00
135.	Middle Twp. Davies	8-15-98	Short Course	
136.	Animal House	8-22-98	17:45	5:43
137.	Strider 5K	8-29-98	18:08	5:50
138.	Run for the Red	9-5-98	17:47	5:44
139.	No. Wildwood Irish Fest	9-27-98	17:14	5:35
140.	Sea Isle City Fireman's	10-4-98	18:09	5:52
141.	Burdette Tomlin	10-25-98	18:06	5:50
142.	New Lisbon	11-7-98	17:46	5:44
143.	Humanity Run	11-28-98	18:30	5:58
144.	Bay Run--Douglas	7-4-99	16:33	Short Course
145.	Burdette Tomlin	Went Off Course		
146.	New Lisbon	11-6-99	17:50	5:45
147.	Jolly Holly	11-26-99	17:49	5:45
148.	Cape Express Run	5-13-00	17:29	5:39
149.	Stone Harbor Turtle Run	5-28-00	18:02	5:49
150.	Nun Run	6-3-00	17:54	5:47
151.	Sister Blister	7-2-00	17:41	5:43
152.	Al Mackler Cancer Run	7-20-00	17:40	5:42
153.	Ocean City Pace run	8-12-00	17:59	5:48
154.	Animal House	8-19-00	17:29	5:35
155.	Run for the Red	9-2-00	18:00	5:49
156.	St Raymond's Run	10:14-00	16:25	(Short Course by 1')
157.	New Lisbon	11-4-00	17:48	5:44
158.	Cape Express Run	5-13-01	17:25	5:37

159.	Stone Harbor Turtle Run	5-27-01	17:43	5:43
160.	Nun Run	6-2-01	17:44	5:41
161.	Catch Your Breath	6-9-01	17:33	5:40
162.	Sister Blister	7-1-01	18:35	6:00
163.	Albert Taxin	7-7-01	18:05	5:50
164.	Animal House	8-18-01	17:47	5:42
165.	Run for the Red	9-1-01	17:59	5:49
166.	Run for Bud Kern	9-8-01	18:07	5:50
167.	Habitat for Humanity	11-24-01	18:06	5:50
168.	Stone Harbor Turtle Run	5-26-02	18:39	6:01
169.	Sister Blister	7-7-02	18:23	5:56
170.	Animal House	8-17-02	17:58	5:47
171.	Run for the Red	8-31-02	18:06	5:50
172.	Bud Kern	9-7-02	18:24	5:57
173.	St. Raymond's	10-19-02	18:30	5:58
174.	Stone Harbor Turtle Run	5-25-03	18:12	5:52
175.	Law Enforcement	5-31-03	18:34	6:00
176.	Catch Your Breath	6-7-03	18:34	6:00
177.	Sister Blister	6-29-03	19:10	6:12
178.	Hamilton Twp.	7-5-03	19:06	6:10
179.	Animal House	8-16-03	17:58	5:48
180.	Bud Kern	9-6-03	18:17	5:54
181.	St. Raymond's	10-18-03	17:47	5:44
182.	Bishop Mc Hugh	10-26-03	17:31	5:40
183.	Turtle Trot Stone Harbor	5-30-04	18:18	5:54
184.	Law Enforcement	6-5-04	18:18	5:54
185.	Sister Blister	7-3-04	18:55	6:06
186.	St. Raymond's	10-16-04	18:12	6:02
187.	Stone Harbor Turtle Run	5-29-05	19:02	6:08
188.	Sister Blister	7-3-05	19:05	6:10
189.	Animal House	8-20-05	18:42	6:00
190.	St. Raymond's	10-15-05	18:20	5:54
191.	Turtle Trot Stone Harbor	5-28-06	19:07	6:07
192.	Sister Blister	7-2-06	19:39	6:21
193.	St. Raymond's	10-14-06	17:45	5:42
194.	CMC Earth Day	4-21-07	18:46	6:04
195.	Turtle Trot	5-27-07	19:03	6:09
196.	Sister Blister	7-1-07	19:37	6:21
197.	Palms of Largo, Fl.	2-2-08	19:06	6:09
198.	Countryside, Fl.	2-16-08	19:26	6:16

199. Pow wow—Seminole, Fl.	3-2-08	19:28	6:16
200. Shamrock Run, Largo, Fl.	3-14-08	19:54	6:24
201. Bay to Bay, St Pete's, Fl.	3-16-08	19:15	6:12
202. CMCP	4-19-08	19:03	6:06
203. Turtle Trot—SH	5-25-08	19:48	6:23
204. Sister Blister	7-6-08	19:22	6:15
205. Animal House	8-23-08	19:52	6:24
206. Lions Club	8-24-08	19:37	6:18
207. Bud Kern	9-7-08	19:33	6:18
208. Tink Haldeman, NW	9-20-08	19:31	6:18
209. Run w/ the nuns	1-24-09	19:37	6:19
210. Trevor Miller MOB	2-21-09	19:31	6:18
211. Shamock N-Largo	3-13-09	19:53	6:24
212. Bay to Bay	3-15-09	19:29	6:18
213. CMCP	4-25-09	18:54	6:06
213. Turtle Trot	5-24-09	19:25	6:16