

Jim Robinson

GRTC Hall of Fame - 2009

It is my pleasure to introduce Jim Robinson as one of this year's Hall of Fame inductees.

I have known Jim for about 10 years, and we share a few things in common:

- We started running in our 40's
- (He ran in HS at Greece Arcadia and in 1969 was on the Section 5 Championship team)
- We are teammates on GVH
- We are coached by Mike Reif

Coach had this to say about Jim:

"Jim Robinson is one of the most focused, determined and talented runners I have the privilege to coach. His goal is to be the best at all he does and that is how he trains and lives his life.

He follows to a T a rigorous training schedule that is daunting to most. His consistency at a championship level and his friendly personality are admired by his GVH team-mates and competitors across the country. As the leader of our Veterans team Jim is a shining example of what someone can do with hard work and dedication after not having run competitively for over 20 years. He's amazing!"

-Jim is married to Marji, and has 2 children, Tucker and Corey
Both boys won Sectional Track titles, Corey won County/ Sectional and a State XC title. The apples don't fall far from the tree!

Wait a minute; I must put in a plug for Marji, their mom too. You may have "run" in to her a several local 5K's. She is an avid rower and has also competed in field events for track!

Three years ago, there was a master's Outdoor National Master's Track Meet that Jim of course was going to. He brings his family to some of them, and they let him "drag" them to this one in Honolulu. Marji entered the shot put event, and medaled!

Jim did great of course with winning the 800 in 2:06.12, the 1500 in 4:33.44 and the 3K Steeple Chase in 10:55.80. If that isn't impressive enough, he helped set a world record in the 4x800 relay for 50 year olds in 8:40.32.

I used to have a theory, that shorter people are faster because they have the advantage of faster turnover. Jim doesn't fit in to that niche, at about 6'3, I guess long strides have a lot to do with speed as well.

Jim's friend Tim McMullen commented on how well Jim has improved during the past few years. He is highly motivated to excel at each event he does. Jim used to just run sprints like the 400, but has worked on his endurance so that he has also mastered middle and longer distance races.

I have a little story from a few years back about Jim at a McQuaid summer track meet, and a National Indoor Track Championship at Boston. Jim runs a hard, strategic race. He doesn't always lead, but has the strength to kick near the end, and sometimes in a close heat leans hard into the finish line. I've seen him twice put so much effort into his finish, that he does a face plant and slides on the track after he crosses the line!

Some of his best accomplishments include:

<u>Age</u>	<u>Distance</u>	<u>Time</u>
47	400m	55.8
48	800m	2:04.8
50	1500	4:22.75
52	mile	4:41.48
48	3000m	9:33.39
48	5K	16:43
53	10K	35:17
47	15K	56:10

These are amazing times!

Jim is not only a track or road runner. He has helped GVH win 17 National Master's and Veterans Team XC titles. He has been the Upstate NY 50-59 Champion from 2004-2008. He won National Championship XC races in Indianapolis, Saratoga (2x's), and in New York City. He has medaled 53 times!!

With that said, I would like to present Jim Robinson!