

## Norm's 18 Standing U.S. Age-Group Records (road and track)

Event	Time	Age Group	Age	Location	Date
8 km	27:00:00	55-59	57	Naples, FL	Jan. 13, 1990
8 km	28:07:00	60-64	60	Virginia Beach, VA	March 20, 1993
10,000 meters	33:00:66	55-59	57	Eugene, OR	July 29, 1989
15 km	49:24:00	50-54	53	Portland, OR	June 30, 1985
15 km	50:45:00	50-54	55	Washington, DC	March 27, 1988
15 km	54:20:00	60-64	60	Tampa, FL	Feb. 27, 1993
10 miles	52:53:00	50-54	50	Washington, DC	March 27, 1983
10 miles	57:48:00	60-64	60	Washington, DC	April 4, 1993
20 km	1:05:50	50-54	50	Washington, DC	May 29, 1983
20 km	1:08:07	55-59	56	Medford, OR	April 8, 1989
20 km	1:15:15	60-64	60	New Haven, CT	Sept. 7, 1992
Half-marathon	1:09:30	50-54	52	Philadelphia, PA	Sept. 16, 1984
Half-marathon	1:10:23	55-59	55	Philadelphia, PA	Sept. 20, 1987
Half-marathon	1:16:55	60-64	61	Philadelphia, PA	Sept. 19, 1993
25 km	1:24:12	50-54	51	Washington, DC	May 27, 1984
30 km	1:46:33	55-59	56	Clarksburg, CA	Nov. 13, 1988
Marathon	2:29:11	50-54	51	Lincoln, NE	May 6, 1984
Marathon	2:33:49	55-59	55	Lincoln, NE	May 1, 1988

**Footnote:** At age 55, Norm ran the 1987 marathon in Minneapolis in 2:27:42 -- six minutes faster than the record he set the following year in the 55-59 age division -- but the "point-to-point" course was not eligible for a U.S. record.

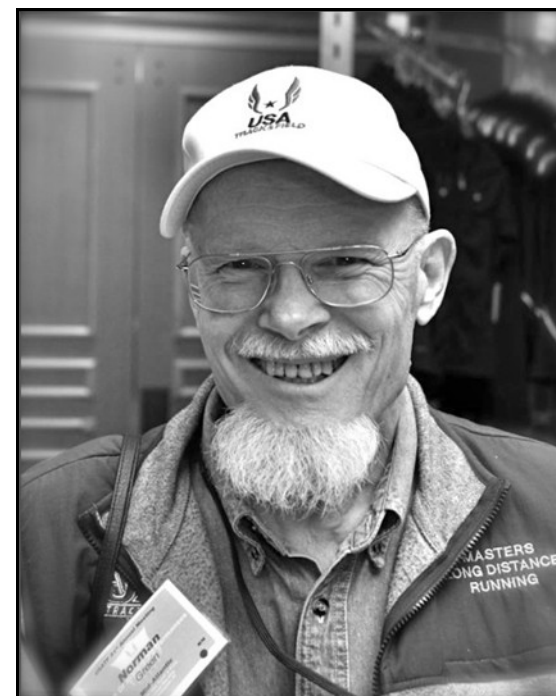
## Norm's Place on List of All-Time Age-Graded Scores

Norm still holds the record for best age-graded scores in the half-marathon and 30-km among all U.S. masters runners. Here is how Norm's performances rank among the best all-time masters age-graded scores -- the statistic used to compare runners of all ages.

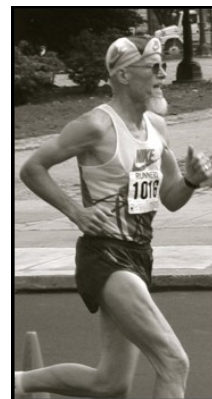
Distance	Place	Age Grade	Time	Age	Date
8 km	10	95.80%	25:42:00	52	June 27, 1984
15 km	6	97.10%	49:24:00	53	June 30, 1985
15 km	7	96.80%	51:18:00	57	April 1, 1990
15 km	10	96.50%	50:07:00	54	Feb. 7, 1987
15 km	11	96.20%	50:45:00	55	March 27, 1988
15 km	13	95.80%	49:15:00	51	May 13, 1984
15 km	15	95.70%	54:20:00	60	Feb. 27, 1993
10 mi	3	97.50%	54:53:00	57	April 1, 1990
10 mi	7	96.60%	54:28:00	55	March 27, 1988
10 mi	11	96.20%	53:18:00	52	March 31, 1985
20 km	2	98.00%	1:08:07	56	April 8, 1989
20 km	4	96.20%	1:05:50	50	May 29, 1983
<b>Half-marathon</b>	<b>1</b>	<b>99.40%</b>	<b>1:10:23</b>	<b>55</b>	<b>Sept. 20, 1987</b>
Half-marathon	3	98.00%	1:09:30	52	Sept. 16, 1984
Half-marathon	4	97.70%	1:12:15	56	Sept. 18, 1988
Half-marathon	8	96.70%	1:14:18	58	Sept. 16, 1990
Half-marathon	9	96.50%	1:13:45	57	Sept. 17, 1989
Half-marathon	11	96.10%	1:16:55	61	Sept. 19, 1993
Half-marathon	14	95.90%	1:12:15	54	Sept. 14, 1986
25 km	2	95.90%	1:24:12	51	May 27, 1984
<b>30 km</b>	<b>1</b>	<b>96.10%</b>	<b>1:46:33</b>	<b>56</b>	<b>Nov. 13, 1988</b>
30 km	3	94.60%	1:49:14	57	Nov. 12, 1989
Marathon	5	97.40%	2:25:51	52	Dec. 2, 1984
Marathon	10	95.30%	2:37:40	58	Oct. 14, 1990
Marathon	13	94.90%	2:33:49	55	May 1, 1988
Marathon	14	94.90%	2:32:28	54	May 3, 1987

A TRIBUTE TO NORMAN M. GREEN JR.

# Thank You, Norm



## For 29 Years of Service to USATF Mid-Atlantic



Both on and off the road, Norman Green has become a legend in the running community. His collection of long-distance national records is unmatched. So is the dedication he has shown to serving the sport of track and field. As he departs the Mid-Atlantic Association Executive Committee, we know those shoes can never be filled.

# Norman M. Green Jr.

With his retirement from the USATF Mid-Atlantic Executive Committee on Dec. 31, 2012, Norman M. Green Jr. culminates a career in track and field that was legendary both on and off the road.

Spanning three decades, his service to the running community has included a wide array of positions dating back to before the Mid-Atlantic Association took its current form, and he founded some of the most treasured traditions of the sport in our area.

But those accomplishments pale in comparison to his life as a runner. He broke dozens of national age group records – and 18 of his records still stand today. He was the first American aged 50 or over to run a marathon in under 2:30. Fourteen times he was named USATF's Runner of the Year in his age division.

Norm was born on June 27, 1932, in Oakland, CA. He attended Piedmont High School in Piedmont, CA, and graduated in 1950. Norm ran track at Piedmont, going undefeated in the mile run for two years and setting a record of 4:31.6 for schools on California's North Coast.

After high school, Norm attended the University of California, Berkeley. He ran cross country and track, turning in an impressive 4:24 in the mile, but then gave up competitive running to concentrate on his studies. After graduating college, Norm attended Baptist Divinity School and was ordained as a Baptist minister. He married his high school sweetheart Dolores in 1953. Together they raised a son, Russ, and daughters Sharon, Deona and Cindy.

Norm initially served as a pastor and accepted a position with American Baptist National Ministries in Valley Forge, where he worked as a demographer for 33 years. He also served as bookkeeper and treasurer for the Central Baptist Church in Wayne, PA, for 22 years. He retired from those posts last year but remains on the church cabinet.

Norm returned to serious competitive running in 1981. Within two years he began setting age group records on the road and the track. By 1991, he had set almost 40 records, according to Runners World maga-



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*"I asked Norm if he was pleased with his (Philadelphia Distance Run) time and he said, 'No, but at least I beat the Kenyans.' He explained to me that age grading was what motivated him and what he was competing against ... to beat everyone!"* – Bob Schwelm, fellow champion marathon runner

More than 60 years after he ran the mile undefeated for two seasons and set a record for California's North Coast, Norm returned to Piedmont High School last year and was inducted into the school's Sports Hall of Fame.



zine. These records range from eight kilometers to the marathon on the roads and 10,000 meters on the track.

Norm has served the sport of track and field in many capacities. His tenure with USATF Mid-Atlantic dates to 1984, when the organization was part of The Athletics Congress. He has served as the association's Membership Coordinator, Sanctions Coordinator, LDR Chair, Treasurer and Financial Secretary and as a delegate to every TAC and USATF Annual Meeting from 1984 to 2011. Norm founded the Grand Prix Circuit in 1991 and organized the first Mid-Atlantic Awards Luncheon in 1992.

Beyond the local level, Norm has served as a U.S. delegate with World Masters Athletics, oversaw the USATF Masters Hall of Fame and served on the Masters LDR Executive Committee. He was elected to the first class of the USATF Masters Hall of Fame in 1996.

He will be dearly missed.

## Norm's Legendary Training

Norm had a remarkable training schedule. Here is one week, a month before running 2:27:42 at Twin Cities at age 55:

Sunday	5 miles @ 5:53
Monday	10 miles @ 5:40
Tuesday	5 miles @ 5:47 (plus weight circuit)
Wednesday	7 miles @ 5:42
Thursday	5 miles @ 5:24 (plus weight circuit)
Friday	5 miles @ 5:35
Saturday	20 miles @ 5:51

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*"It's not often you come across a person who embodies dedication, commitment and perseverance. Norm Green embodies these attributes more than anybody I've met in the track and field world. What he did, nobody else could replicate."* — Monique White, Mid-Atlantic outgoing president