

### Joe King (Central Point, OR)

LDR/Track Male      Born: 5/9/26      Age Group Records: M60, 65      Competed: 1987-2008

This mid-distance athlete consistently bettered 90% on age-graded tables.

USATF Champion: 1500m (7); 5000m (5); Mile (3); 2 mile (2); 800m (2); 3000m (1); 5k (1); HJ (1)

Event	AG	Age	Yr	Mark	Rec	%
1500m	M60	63	89	4:46.96	AR	93.72
1500m	M65	65	91	4:56.80	AR	92.10
5000m	M65	65	91	18:07.04	<b>AR</b>	90.55
1500m	M65	65	91	4:56.31	<b>AR</b>	92.25

WMA World Championship Titles: **M60** 3<sup>rd</sup> 1500m '89; **M65** 1<sup>st</sup> 1500m '91

WMA Regional Championship Titles: **M60** 1<sup>st</sup> 1500m, 2<sup>nd</sup> 5000m '88; **M70** 1<sup>st</sup> 800m, 1500m, 5000m, 2<sup>nd</sup> HJ '96

USA T&F Indoor Championship Titles: **M60** 1<sup>st</sup> 1 mile, 2 mile '87; 1<sup>st</sup> 1 mile, 2 mile, 2<sup>nd</sup> HJ '88; **M65** 1<sup>st</sup> 800m, 1500m, HJ '92; 1<sup>st</sup> 1500m, 3000m '94; **M80** 1<sup>st</sup> 800m, 1 mile '08

USA T&F Championship Titles: **M60** 1<sup>st</sup> 1500m, 2<sup>nd</sup> HJ, 3<sup>rd</sup> 800m '87; 2<sup>nd</sup> 1500m '89; **M65** 1<sup>st</sup> 1500m, 2<sup>nd</sup> 5000m, HJ '91; 1<sup>st</sup> 1500m, 5000m '92, '93; **M70** 1<sup>st</sup> 1500m, 5000m, 2<sup>nd</sup> 800m '97; 3<sup>rd</sup> 1500m, 5000m '00; **M75** 1<sup>st</sup> 5000m, 2<sup>nd</sup> 1500m, HJ '03

USA LDR Championship Titles (1<sup>st</sup>): **M70** 5k '97

Nike World Masters Games: **M70** 2<sup>nd</sup> 5000m, 3<sup>rd</sup> 1500m, HJ '98

Other Accomplishments: Oldest runner to win the famed Dipsea Trail Run (handicapped by age), doing so twice at ages 69 and 70. Inducted into Dipsea Race Hall of Fame in 2003, he was the 17<sup>th</sup> person so honored since 1905. Joe is the first male over 70 to break six minutes in the 5<sup>th</sup> Ave Mile, NYC, running 5:51 in 1997. He holds the record for 60+, set at age 75 for the Seattle StairClimb (56 floors of the Washington Mutual Tower) done in 10:06 (an average of 11 seconds per floor).