

Howard Rubin, (New Hartford, NY)

LDR Male Born: 6/9/1928 Age Group Records: M55 Competed: 1975-2003
His strength came in the mid-distances, particularly cross-country.

Event	AG	Age	Yr	Mark	Rec	%
30K	M55	55	83	1:52:42	AR	90.00
3000m-In	M55	55	84	9:51.8	AR	88.56

WMA World Championship Titles: **M55** 2nd 5000m, 3rd 1500m '83

IGAL World Championship Titles: **M55** 3rd 10k '84

WMA Regional Championship Titles: **M60** 1st 5000m, 10,000m '88; **M65** 3rd 15k '96

USA T&F Championship Titles: **M45** 1st 1500m '75; **M55** 2nd 5000m, 10,000m '85; **M70** 3rd 10,000m '00

USA LDR Championship Titles (1st): **M50** 30k '79; **M55** 30k, 10kXC, 15kXC '83; 10k, 15k, 30k '84; 10k, 15kXC '85; 8k, 15kXC '86; 10k '87; **M60** 10k '88; **M65** Hmar '93; 5k, 8kXC '94

Masters LDR Age-Group Athlete of the Year: **M55** 1984, '85, '86

Other Accomplishments: