

Carl Jackson

B. 1/6/1933

Carl Jackson began sprinting as a 6th grader in San Francisco at an All City Elementary School Meet, continued as a sprinter for Analy high School in 1948/49. Then he stretched his distance to the mile and ran for the Ear East Air Force Team in Tokyo in 1952, 53, and 54, clocking a best time of 4:41 in that distance. Like many of us Carl's devotion to running took second place to raising and supporting a family. He didn't start racing again until 1979, when at 46 he entered the Apple Juice and Fitch Mountain runs. Carl kept getting better and better, preferring the shorter distances, the 3k being his specialty. Between the ages of 55 and 64, Carl ran under the Hall of Fame 80% qualifying standard in 14 races, including a 10:54 3k at age 58 in 1991 and 65-second 400 meter at age 60 in 1993.



Carl considers his best year to be 1995, when at age 62 he entered 40 races, mostly Bay Area events but also the State Senior Games in Sacramento and the World Senior Games in St. George, Utah. That year Carl won his division in 31 of those races and never finished below third. In 1996, Carl took lessons in Race Walking but has not had many opportunities to compete due to the considerable travel requirements to find races.

Carl joined the Empire Runners in 1993 or 1994 and has served the club in critically important ways, writing the club's first Articles of Incorporation and By Laws and lending his expertise to help our Club treasurers with IRS and State non-profit tax issues. When he isn't running a club race, you can often see him helping out on the course monitoring runners.