

# Mort Gray

b. 9/22/1931

Mort Gray first joined the Empire Runners 30 years ago and for many years filled a central role in club operations, editing the newsletter with his wife, Christine, for six and a half years and directing the Last 10K and the Resolution Run. His heyday as a runner came in the 80's. In 1980 at age 49, he set two national age-group records in 15K and 25K road races (53:41 and 1:38:03, respectively) and ran a 1:18:46 half marathon. At age 51, he ran a 58:47 10-miler. At 53 he clocked 2:52:17 at the Napa Marathon and 5:01 in the Santa Rosa Mile. At 54 he won the first of three black shirts in a row at the Dipsea and ran 35:32 at the Pacific Sun 10K. In 1982 Mort was named All-American by Running Times Magazine and by the Road Runners Club of America.

In his 60's Mort tried and excelled at duathlons (run/bike/run) and even at triathlons. In 1992 he won his division national championship of the Coors Light National Series Duathlon (5k-30k-5k) and then competed in the World Duathlon Championship (5k-40k-5k), finishing 5<sup>th</sup>. In '95, at age 64, he won his division at the Pacific Grove (3k-40k-5k) Triathlon.

