

**Empire Runners Club  
2010 HALL OF FAME**

# Robert Holland

b. 6/15/44

Bob Holland ran track and played football in high school but didn't think he was much of a speedster, so in track he concentrated on the field events, specifically the long jump (PR 19'7"), the discus (PR 136'6"), and ("HA! HA!...for points for the team") the pole vault.

After high school, Bob worked for awhile and then was drafted into the army. After the military, he went to college but did not compete in sports ("Study—study—study!"). After college he went to work and for many years satisfied his athletic urges playing slow pitch softball—center field.

When Bob turned 48, he decided to get in really good shape. Unlike most 48 year olds who resolve to get fit, Bob actually did it. He started running, and eventually ran his first road race, the Harvest Fair Run. "I loved the competition and was hooked."

Bob joined the Empire Runners Club in 1994 and ran a lot of road races, mostly 10K's and 5K's and a couple of marathons. His times were very good for someone over 50 (PR's of 41:57 in the 10K and 20:17 in the 5K), but as he admits, "nothing outstanding."

At 60, he ran the Kenwood 3K in 12:05, third on the all-time list for his age group. That Bob would do so well in a shorter road race probably didn't surprise him. Shorter distances were his forté, especially...the sprints.

Being in a running club that seemed mostly about distance running, Bob clearly did not appreciate the fact that, as an older runner, he had indeed become what he didn't think he was in high

school—a *speedster*. On the track Bob excelled, but in his naturally humble manner, he didn't think much of it.

"I didn't think any of these [times] were outstanding, but according to age-graded standards, they are. I would not have known if Ralph [Harms] had not asked me to check my times! I guess I should have been working on my sprints rather than long distance running all these years."



Some of Bob Holland's OUTSTANDING efforts:

100 meters—13.5 (age 52, 1996, 82.38%)  
100 meters—14.7 (age 61, 2005, 80.08%)  
200 meters—27.7 (age 53, 1997, 82.61%)  
400 meters—1:04.3 (age 55, 1999, 79.51%)  
800 meters—2:37.3 (age 61, 2005, 80.27%)

Bob has coached Analy High School cross-country for 10 years. He has captained the ERC Super-Senior cross country team for 5 years and has maintained historical records for the ERC summer track series for 6 years.