

Frank named recipient of USATF Masters Long Distance Running Award

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INDIANAPOLIS - Norm Frank, who has completed more marathons than any American in history, will be presented with a Special Recognition Award by USA Track & Field's Masters Long Distance Running Committee on April 19, 2010.

The award will be presented in recognition of Frank's unique contributions to the sport of Masters Long Distance Running. The presentation will begin at 10 a.m., at an informal brunch to be held at the Clover Blossom Legacy Retirement Community, 100 McAuley Dr., in Rochester, N.Y. The date and time of the presentation were chosen to coincide with the start time of the 114th running of the Boston Marathon, a race that Frank has competed in 30 times.

Frank ran his first marathon at the 1967 Boston Marathon when he was 35-years old. Since then he has completed an incredible 965 marathons. For three years, 1994-1997, Frank held the World Record for most marathons completed according to the Guinness Book of Records.

A resident of Rochester, N.Y., the 78-year old Frank has run, trotted and walked in marathons in every state in the Union and many nations abroad. His total of 965 Marathons completed equates to an average of over 20 marathons a year since his first in 1967. All totaled he's logged some 25,000 miles in his marathon races alone, and estimates place his total number of miles run at 86,000.

His first marathon was the venerable race in Boston, where he would answer the starter's gun 29 more times in that city alone. He also ran marathons in Ottawa, Athens, and several European nations.

Meanwhile, all this was done while managing his own landscaping business (Marathon Lawn Service) and raising two children, now grown. His personal best of 3 hours 22 minutes set at the 1976 Rochester Marathon will not challenge any records, but his longevity and enthusiasm for running is legend.

Frank is currently battling back from three strokes and a bacterial infection around his heart. He is making progress and is already back on a treadmill. His goal is to complete 1,000 marathons.

Norm Frank's Century Milestone Marathons:

900th - Memphis Marathon - Memphis, TN
800th - Rocket City Marathon - Huntsville, AL
700th - Rocket City Marathon - Huntsville, AL
600th - Vermont City Marathon - Burlington, VT
500th - Eriesistable Marathon - Erie, PA
400th - Boston Marathon - Boston, MA
300th - Almost Heaven Marathon - Wheeling, WV
200th - Midnight Sun Marathon - North Pole
100th - Eriesistable Marathon - Erie, PA 1st - Boston 1967