

# Lon Wiley

B 7/10/1948



Lon Wiley was born July 10, 1948 and grew up in Inglewood in southern California. His father was a high school teacher and coach before becoming an administrator and athletic director. He took Lon to a variety of sports as he was growing up and showed him the joy of competing.

In elementary and middle school, Lon played football, basketball and baseball. He also played sports including gymnastics through the YMCA. At the YMCA he met Louis Zamperini (Unbroken) at an inspirational speech and learned the importance of not giving up.

Lon attended Inglewood High School where he hoped to play football. He played one year as a sophomore but weighed less than 100 Lb. He was on the track team all four years, but was a pole vaulter, clearing a best height of 12'-3".

At the start of his junior year, his track coach asked that he run cross country for conditioning. In his first race he ran for the junior varsity team and placed second. The next race he was moved to the varsity team. In his senior year, he was second man on the team. One of his best friends was number one and a 4:20 miler. In his senior year in an epic race the two of them raced toward the finish passing each other back and forth. Lon mistimed his final surge and lost by inches.

After high school, Lon attended El Camino Jr College, then Cal Poly in San Luis Obispo. Although he did not compete in college, he kept in shape by taking PE classes every quarter. Lon was also an avid water skier and enjoyed dirt biking until he broke his tibia and fibula.

After college, Lon went to work for Bechtel Corporation in San Francisco. Bechtel transferred him to Houston where he met his wife. Eventually they returned to Northern California and he started his own construction company.

In his twenties and early thirties, Lon mainly played racket ball, but in his thirties, he started running again racing mainly 5k's and 10k's, plus a few half marathons and one full marathon. In his forties, Lon started mountain bike racing. It took a few years to become competitive, but after that he had great success. During the last few seasons, he competed at the expert level on a sponsored team.

Since becoming an Empire Runner, Lon has produced many top marks. He holds all-time summer track series records for veteran runners in the mile, 3000m, 2 mile and 5000m. He shares the top spot for the 800m. Lon also currently holds the all time best for 70+ for the Resolution Run 21:52, the Valley Ford Relay 18:31, the Jackrabbit Derby 21:38 and the second best all time for the Kenwood 3K 13:26.

Lon has competed and done exceedingly well in the Senior Games since 2012. In 2022 Lon placed first in the M70-75 800m, winning in 2:59.08 and again in the 1500m in 5:58.16 an outstanding 83.01% age graded performance. In the 2022 Road Racing events, Lon was first in his division in both the 5K (23:30) and 10K (45:42).

Lon won the USATF-PA XC Grand Prix in 2021, winning all six races he competed in including the finals. He also placed 4<sup>th</sup> at Nationals that year. He was 2021 PA Male Runner of the Year.

Lon was part of an all-star team of 70+ runners at the Hood to Coast 200 Mile Relay in 2022. Current rules for HTC limit teams to "60+". Lon's team, which they dubbed 70ROCKS, hoped to show the organizers that there is a place for 70+ teams, running a spectacular time of 29hrs and 20min. Lon plans to run Hood to Coast again in 2023.

Qualifying Performances			
Distance	Age	Time	Age Grade
800 m	71	2:54.1	80.76%
1500 m	74	5:58.16	83.01%
2 mile	73	13:44.6	81.86%
5000 m	74	22:47.9	79.90%