



MIKE SABINO

Mike exploded onto the distance running scene in the early 1970's and became a competitive force in BRRC and local races. He was not intimidated by the distances he chose to race.

When in high school at 5'4" and 115 pounds, he realized he was too small to play football or basketball. His running career began when a coach recognized his talent and nurtured his interest in running.

He continued to run cross country and track and field while attending Fork Union Military Academy and High Point College. At High Point he represented the school at two national AAU cross country meets, a competition of the best college runners in the nation.

Mike received a Purple Heart for his Army service during the Vietnam War and returned to Maryland to teach physical education. He coached cross country at Mount Hebron High School leading his team to the state championship in 1969. For several years he directed a 16 mile cooperative event with the BRRC and Howard County Striders.

Mike has been regarded as one of Baltimore's premier distance runners. His performance led to first place victories in most local races and record setting performances in others. Consider Mike's recorded times:

1976 Constellation 6 Miles	30:54	3 rd Place
1979 Subway 8 Miles	40:37	6 th Top Master
1974 Patterson Park 10 Miles	52:08	1 st
1974 Loch Raven 12 Miles	64:38	1 st
1974 Lake Montebello 50K	1: 19:59	1 st
Worthington Half Marathon	70:25	
1976 1 st BRRC Club Championship (10K which ended 667 yards long)	34:24	1 st
1976 Hunt Valley 20K	68:59	1 st place tie with Jimmy Lears
1976 Loch Raven 21 Miles: March	1:57:52	1 st
October	2:01:29	1 st

Mike ran more than a half dozen Boston Marathons, often placing among the top 50 finishers.

Boston Marathon best times	2:32:18	81 st finisher
	2:28	(Age 40)

At age 41, Mike set a Master's record in the Greenbelt Marathon with a time of 2:32:35.

Mike finished the inaugural 1973 Maryland Marathon (Satyr Hill) in 4th place in 2:27:03, in 1975 in 6th place in 2:26:51, and the Baltimore Marathon in 1981 in 2:30:07 to claim 11th place.

His racing times would range from just over a 5 minute pace per mile to doing 26.2 miles at a 5:40-5:50 pace.

Mike's college colleague and fellow runner, Jack Wagner, comments "In the Baltimore area, he certainly ranks up there with some of the best there have been. Mike was probably one of the most content and high-performing runners that I can recall over 30 or 40 years in the Baltimore area".

Undeterred by weather and running as many as 80 miles a week, Mike once said in an interview, "Running? It's just something I believe in. It's a conscious thing I have to do".

Mike achieved his success through dedicated training, his commitment to a sport he loved, and his competitive spirit. He toed the line giving no less than his absolute best.

The Baltimore Road Runners Club would like to present you with this award and with it your initiation into the BRRC Hall of Fame.

Congratulations, Mike!

2004
Christy B. St.Clair