

Cellcom Green Bay Marathon profile: Jim Aniol

May 17, 2008

Age: 50.

City of residence: De Pere.

Occupation: Employee coach for Plan Administrators Inc.

Event competing in: Marathon.

What's your training regimen? Weekend long runs, midweek 5-10 miles and daily short runs supplemented by endurance weightlifting and core workouts.

Do you run by yourself or with others? On the weekends, I run with the Prevea group, and I'll soon start to run on Wednesdays with the Green Bay Running Club.

What motivated you to start running and choose to run in the Green Bay Marathon? I haven't run a marathon since 2004, when I came within 7 minutes of qualifying for (the) Boston (Marathon). Since I've just turned 50 this year, I'll get 5 extra minutes to qualify for Boston, and I'm planning on doing that in the fall, so Cellcom is a great tune-up race close to home. Also, there are so many great places to run in the De Pere area, the Fox and East River trails, and the hills just about everywhere. Finally, the Green Bay Running Club has a bunch of great people of all abilities to run with.

Do you have any superstitions or traditions that you follow before the race? Just lay out all of my clothes the night before and pin my number to the singlet.

Is there a particular song or music that you listen to while running? Only on the treadmill, then everything from jazz to rock, from the '60s to current.

— **Press-Gazette**