



## **2010 HALF MARATHON PACE TEAM LEADER**

**NAME:** Dave Schroeder

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**PACE GROUP TARGET TIME:** 1:45

**CITY/STATE OF RESIDENCE:** De Pere, WI

**NUMBER OF MARATHONS RAN:** 5 full, 8 half

**NUMBER OF MARATHONS AS A PACER:** 0

**PACING PHILOSOPHY:** I plan to run at 7:50 – 8:00 pace and slow down or walk through water stations at mile 3.7, 7.2, and 10.3 to allow the group to hydrate. We will have around a minute of time banked 10 miles into the race if anyone needs it for the final 5k. I will do my best to keep the group on pace for a target time of 1 hour 45 minutes at a steady pace.

**NOTABLE ACHIEVEMENTS:** Completed 5 full marathons, 3 half iron distance triathlons, 1 50k trail run.

**WORDS OF ADVICE:** Enjoy the training and treat the race as a victory lap. Train with the nutrition and hydration you plan to use on race day. Stay relaxed and fresh for the first 10 miles to have plenty of energy to finish the race and feel good about it. If you have energy in the homestretch, use it.