



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

**NAME:** Jonathan Ripke

**EMAIL ADDRESS:** archdeluxe16@yahoo.com

**PACE GROUP TARGET TIME:** 2:00

**CITY/STATE OF RESIDENCE:** Green Bay, WI

**NUMBER OF MARATHONS RAN:** 0 (have run 5 half marathons and two ultramarathons)

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

**PACING PHILOSOPHY:** Help the individual in my group reach their goal through even pacing and encouragement.

**NOTABLE ACHIEVEMENTS:** 3 yrs. college cross country, 4 yrs. college indoor and outdoor track, 4-time All-American (racewalk), finisher at Kettle Moraine "Fun Run", 37.3 mi. (2007), Double Chubb 50K in St. Louis (2009).

**WORDS OF ADVICE:** This is the pay-off for all your weeks of hard work. So don't sweat it! The money is in the bank; have fun! No matter what happens, you have already succeeded because you have trained hard to toe the line on May 16!