



## **2010 PACE TEAM LEADER**

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**PACE GROUP TARGET TIME:**

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

**NUMBER OF MARATHONS RAN:** 25

**NUMBER OF MARATHONS AS A PACER:** 7

**PACING PHILOSOPHY:** Slightly negative to even splits. Conserve energy in the first half. Slowly increase the pace throughout. Quick water breaks early on, then stop and drink later in the race.

**NOTABLE ACHIEVEMENTS:** Ran Boston 2006 and 2007.

**WORDS OF ADVICE:** When selecting a pace group, have a good idea of what you are capable of achieving. Running with the right pace group will get the most out of your potential. Running slightly negative splits will get you your best time and also make your run more enjoyable.