



2010 PACE TEAM LEADER

NAME: Marty Thomas AGE: 46

EMAIL ADDRESS: wreststuds@aol.com

PACE GROUP TARGET TIME: 3:40

CITY/STATE OF RESIDENCE: 5463 Townhall Dr. Pulaski, WI 54162

NUMBER OF MARATHONS RAN: 21

NUMBER OF MARATHONS AS A PACER: 4

PACING PHILOSOPHY: It's your race and I'm your benchmark! I plan to be steady, altering only for conditions as they arise. I'm driven by the personal stories that motivate each of us. Please e-mail me so we can get acquainted prior to May 16th.

NOTABLE ACHIEVEMENTS: Previous 10 Cellcom Marathons, Boston, etc.

WORDS OF ADVICE: As distance runners it's easy to be consumed on race day by current pace per mile, heart rate, hydration, did I eat enough, too much, is my bib straight, are my undies in a bundle??....!! Don't let the planning and analyzing interfere with the doing and enjoying. Avoid complexity and the anxiety and pressures that accompany it. We need to be having fun in order to perform up to our potential. You worked very hard to get to the starting line. Race day is PARTY TIME!!!! Let it all go and HAVE FUN!!!!!!!!!!!!

We are blessed with the gift of running. Think of someone you know who is struggling in life or has past away and dedicate your training and race day effort to them. Feel their reflected energy as your experience unfolds. Share your story with others so the combined power can fuel us all!!!

Make it a great day, go for a run!!

Marty