



2010 PACE TEAM LEADER

NAME: Heidi Gooding

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PACE GROUP TARGET TIME: 3:45

CITY/STATE OF RESIDENCE: Green Bay, WI

NUMBER OF MARATHONS RAN: 12

NUMBER OF MARATHONS AS A PACER: This will be #2

PACING PHILOSOPHY: Run slightly conservative in the beginning, increasing pace throughout...jog through water stations...relax and enjoy the ride...

NOTABLE ACHIEVEMENTS: Boston Qualifier...actually making the trip 2x...Personal trainer, fitness instructor, Anatomy & Physiology Instructor...and of course my 3 beautiful children!

WORDS OF ADVICE: An object in motion tends to stay in motion...beware of overtraining...and keep on cross training...

If you have questions send me an e-mail or find me on Facebook!