



2010 PACE TEAM LEADER BIO

NAME: Craig Congdon

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PACE GROUP TARGET TIME: 3:50

CITY/STATE OF RESIDENCE: Green Bay, WI

NUMBER OF MARATHONS RAN: About 20

NUMBER OF MARATHONS AS A PACER: Officially, this is #5, unofficially many more

PACING PHILOSOPHY: Pacing strategy: Somewhat dependent on race day weather. Walk ~ 15-30 seconds through water stations. Work rolling hills through first half of race; a bit slower on uphill a bit faster on downhill. If it is windy, adjust pace accordingly to take advantage of wind if possible. As evidenced here, not a fan of running one pace for entire race, like to mix up a bit. Finish within a couple minutes one way or other of goal pace. Qualify women 40-44 and men 60+ for the Boston Marathon.

NOTABLE ACHIEVEMENTS: Runner off and on for 30+ years of varying distances. Finisher inaugural Ironman Louisville 2007. USATriathlon certified coach.

I'm one of the few that have run all Cellcom Green Bay full marathons.

WORDS OF ADVICE: Remember, it is better to be 20% undertrained at start line than 2% overtrained. Train hard, be safe, have fun.