

2010 PACE TEAM LEADER

NAME: Stephen Sehring

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PACE GROUP TARGET TIME: 4:00

CITY/STATE OF RESIDENCE: Green Bay, WI

NUMBER OF MARATHONS RAN: 16

NUMBER OF MARATHONS AS A PACER: 3

PACING PHILOSOPHY: I am a strong believer in running an evenly paced race. While we will endeavor to run each mile at ~9:09 min/mile, we will also take what the course gives us in terms of hills and wind. Fortunately, this race course is quite flat, so we should be able to maintain an even pace throughout. We will also ensure that we slow enough to take fluids and maintain good hydration.

NOTABLE ACHIEVEMENTS: I will be running my 5th Boston Marathon this April. My marathon PR is 3:19:44 (Chicago Marathon 2005). 2009 Ironman Wisconsin Finisher. Didn't begin running until age 40. Ran first marathon (Cellcom Green Bay Marathon 2003) at age 43. It's never too late to start!

WORDS OF ADVICE: This is a well organized, fun race. It's easy to start off too fast. Running with a pace group will give you the discipline you sometimes need to run a smart race. The group helps you enjoy the times you feel good during the race, and can help pull you along when you don't feel so good. Running in a pace group in Chicago helped me achieve my personal best. I hope our group can help you meet your personal goals.