



## **2010 PACE TEAM LEADER**

**NAME:** John Reed

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**PACE GROUP TARGET TIME:** 4:30

**CITY/STATE OF RESIDENCE:** Parma, MI

**NUMBER OF MARATHONS RAN:** 20

**NUMBER OF MARATHONS AS A PACER:** 6

**Marathon Finish you are most proud of and why:**

The Sunburst Marathon 2008 because it was the first marathon that I ran a steady pace and qualified for Boston. It was also my first marathon with no pain afterwards

**PACING EXPERIENCE:** A1A Marathon Ft. Lauderdale 2009 (4:00) Snickers Marathon 2009 (4:00) Madison Marathon 2009 (4:30) Des Moines 2009 (4:15) Chickamauga Battlefield 2009 (4:30) Miami 2010 (4:15) A1A 2010 (2:00 half)

**WORDS OF ADVICE:** I have had my best marathons with the help of pacers, who kept me from going out too fast. I like pacing because it allows me to help others achieve their goals, make friends, share running experiences and just have fun while running.