



**NAME:** Ned Hughes

**EMAIL ADDRESS:** runnedrun@hotmail.com

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

**CITY/STATE OF RESIDENCE:** Neenah, Wisconsin

**NUMBER OF MARATHONS RAN:** 61

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

**PACING PHILOSOPHY:** I do walk breaks all the way through the marathon! I do a 30 second walk break at each mile marker and I walk through every water station (not to exceed 30 seconds)! My plan is to pace the first half of the marathon in 2:11 and the second half in 2:19! A special word of advice, don't put something into your marathon game plan on race day that you haven't done in training! If you didn't train for the marathon with walk breaks, don't put them in on race day, and thus it would also not serve you to join my pace group to help you achieve your 4:30 goal!

**NOTABLE ACHIEVEMENTS:** Two 50 Mile Ultra-Marathons (the Door County Fall 50 in 2008 and 2009)! One Ironman Triathlon (Wisconsin-Madison 2009)! My marathon PR is a 3:28 (Grandma's 1995)! I ran a personal high for most full marathons completed in one year, by doing 6 marathons in 2009! I am averaging five plus full marathons a year the last four years, 5 in 2006, 5 in 2007, 5 in 2008, and 6 in 2009! I ran 2 sub-four hour full marathons back to back (a week apart) in 1994 (Twin Cities in 3:42 and Fox Cities in 3:48)! In six out of the last seven years, I have run three full marathons in three consecutive weekends each year during the month of May (Eagle River, Green Bay and Madison)! I have two current full marathon streaks going, Fox Cities 19 years in a row (starting this streak with my very first full marathon, the inaugural Fox Cities in 1991) and Green Bay 10 years in a row (starting this streak with the inaugural Green Bay in 2000)!

**WORDS OF ADVICE:** The marathon is an individual journey! Run with my pacing group only as long as it serves you in helping you achieve your goal (break 4:30)! If you're new to running a full marathon with a pacer (pacing group) please know this, some runners start with me and stay with me the whole way (start to finish), some runners start with me and stay with me for the first half of the marathon and then "do their own thing" for the second half of the marathon, and some runners "ebb and flow" the marathon course with me, participating with my pacing group "On and off" from start to finish (as it serves them) over the entire 26.2 miles marathon course!