



2010 PACE TEAM LEADER

NAME: Michael Rassier

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PACE GROUP TARGET TIME: 4:45

CITY/STATE OF RESIDENCE: Edina, Minnesota

NUMBER OF MARATHONS RAN: 18

NUMBER OF MARATHONS AS A PACER: 3

PACING PHILOSOPHY: I like to think of the pace group as a team and I am the player/coach.

NOTABLE ACHIEVEMENTS: I've run the Boston Marathon five times.

WORDS OF ADVICE: Choose a target time/pace that seems almost too easy in the beginning and stick to it. It won't seem too easy at mile 20.