



## **2010 PACE TEAM LEADER**

**NAME:** Thomas (Tom) Perri

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**PACE GROUP TARGET TIME:** 4:45

**CITY/STATE OF RESIDENCE:** Maple Grove, MN

**NUMBER OF MARATHONS RAN:** 164 (Probably 171 by marathon day)

**NUMBER OF MARATHONS AS A PACER:** 19 marathons as an official pacer, and approximately 70 marathons helping pace friends for a Boston Qualifier

**PACING PHILOSOPHY:** I keep a fairly consistent pace throughout the marathon course, however I do adjust slightly for factors such as hills, wind, and crowded water stops, etc.. I will take short walking breaks through the water stops as needed to take gels/gu. My primary emphasis is on having the runner enjoy the marathon experience whether it's for a first-time marathoner or an experienced marathoner hoping for a PR.

**NOTABLE ACHIEVEMENTS:** I have completed a marathon in all 50 states. I have 30 marathons completed for my second time of completing the 50 states and 20 marathons completed for my third time of completing the 50 states. I have officially paced for 11 different marathons in 12 states.

**WORDS OF ADVICE:** Just keep on moving whether it be running or walking, as you will just continue to reach your goal.