



2010 PACE TEAM LEADER

NAME: Adam Brouch

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PACE GROUP TARGET TIME: 3:30

CITY/STATE OF RESIDENCE: Kaukauna WI

NUMBER OF MARATHONS RAN: 2

NUMBER OF MARATHONS AS A PACER: 0

PACING PHILOSOPHY: I generally run a steady pace near goal pace the entire race. However, I do like to try and bank at least a few minutes by the time I reach miles 21-22 just so there is a little cushion for the last stretch.

NOTABLE ACHIEVEMENTS: No huge running accomplishments, however, my wife and I started running about 4 years ago after having our second child. We had never been runners in the past. Thanks to running I was able to drop almost 55 pounds of excess weight. I ran 3:19 in the GB Marathon last year.

WORDS OF ADVICE: Even when I am really busy (I have 3 young kids) I 100% believe in getting my long run in every week at or slightly below goal pace. I also do a lot of core training as I think this makes a huge difference near the end of races when you need everything you've got. Have fun – running should be some of the most relaxing time spent in your week no matter what your time/pace is.