



2010 PACE TEAM LEADER

NAME: David Wians

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PACE GROUP TARGET TIME: 3:40

CITY/STATE OF RESIDENCE: Green Bay, WI

NUMBER OF MARATHONS RAN: 18

NUMBER OF MARATHONS AS A PACER: None. "Virgin" Pacesetter

PACING PHILOSOPHY: As a first time pacer, I believe you should enjoy your run. The hardest part of a marathon is training for one. The easy part is running it.

NOTABLE ACHIEVEMENTS:

- 10 Green Bay Marathons
- 2 Boston Marathons
- 1 Mad City Marathon
- 4 Fox Cities Marathons
- PR of 3:06:04 @ Lakefront Marathon in 2004

WORDS OF ADVICE: Have fun when you are running. Leave the stress behind.