



2010 PACE TEAM LEADER

NAME: Jim Aniol

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PACE GROUP TARGET TIME: 3:45

CITY/STATE OF RESIDENCE: De Pere/WI

NUMBER OF MARATHONS RAN: 14

NUMBER OF MARATHONS AS A PACER: 0

PACING PHILOSOPHY: even pace to negative pace

NOTABLE ACHIEVEMENTS: Qualified for Boston in 2009. Have run 4 marathons in 2010, and will run 6 in 2010 by 5/16. Coaching 3 marathoners in 2010 to attain their goals.

WORDS OF ADVICE: Set your goals, create a plan to achieve those goals and then stick to the plan. The marathon is not always something that you can train for in one year to attain your goals, sometimes it takes patience. Do not be afraid to ask for advice.