



## 2010 PACE TEAM LEADER

**NAME:** Ron Van Straten (Age on Race Day: 49)

**EMAIL ADDRESS:** rvanstraten@foth.com

**PACE GROUP TARGET TIME:** 3:35

**CITY/STATE OF RESIDENCE:** Ledgeview, WI

**NUMBER OF MARATHONS RAN:** All ten Green Bay Marathons, Boston Marathon 2008

**NUMBER OF MARATHONS AS A PACER:** This will be my first!

**PACING PHILOSOPHY:** I wear a heart rate monitor and Garmin watch and pride myself in running consistently. I feel that once you know your heart rate you can use this information to know how your body is responding to stress and whether to back off or push harder. This information has helped me to run very consistently in the last few years. My pacing philosophy is to run as consistently as possible but to bank a few minutes during the first part of the race to allow for problems at the end.

For a 3:35 marathon, I need to average an 8:12 pace. If I run 8:05 average pace for the first 16 to 18 miles this will provide a slight "cushion" for the end. This strategy allows for an 8:32 average pace for the last 8 to 10 miles, which are always the hardest to maintain.

**NOTABLE ACHIEVEMENTS:** Madison Ironman 2006, Boston Marathon qualifying for the last three years. Advanced graduate of the school of hard knocks on subjects including nutrition, speed training, gear, etc.

**WORDS OF ADVICE:** Most of us train for months in anticipation of race day. There are certain things for which we have no control (i.e. weather), but the rest of the details we do have control over and some of these can make the difference between a very enjoyable race and a disaster. Experienced

runners are always willing to share advice and I have found this to be a good source of knowledge; it sure beats tuition at the school of hard knocks!

Send me an email if you would like to discuss anything. See you on May 16<sup>th</sup>!