

# FLEET FEET HALF MARATHON PACE TEAM



# 1:50 H

8:24 minutes per mile

Corral A

1:50 Half Pace Team Leader Paul

Age: 47

# Marathons Completed: 12

# Marathons Paced: 6

Favorite T.V. Show: Dora The Explorer

City, State Born: Tulsa, OK

Random/Interesting Fact About Pace Team Leader: I played football in the Soviet Union



# 2:00 H

9:10 minutes per mile

Corral B

2:00 Half Marathon Pace Team Leader Bryan

Age: 44

# Half Marathons, Marathons Completed / Half P.R.: 11 / 1:46

# Races Paced: 5

Career: Environmental Biologist and Project Manager

Favorite T.V. Show: Game of Thrones, Power, and Friends

City, State Born: Tulsa, OK

Random/Interesting Fact About Pace Team Leader: I spent time in Puerto Rico working disaster recovery efforts for Hurricane Maria.



# 2:05 H

9:33 minutes per mile

Corral B

2:05 Half Pace Team Leader Chris

Age: 47

# Half Marathons, Marathons Completed / Half P.R.: 5 / 1:48

# Races Paced: 3

Career: Marketing

Favorite T.V. Show: Seinfeld

City, State Born: Tulsa, OK

**Random/Interesting Fact About Pace Team Leader:** Lost my cookies while running Rock and Roll Las Vegas Marathon....literally. If you wear gloves while you run, keep your cookies in your underwear!



# 2:10 H

9:55 minutes per mile

Corral B

2:10 Half Marathon Pace Team Leader Rachel

Age: 49

# Half Marathons, Marathons Completed / Half P.R.: 33 / 1:49

# Races Paced: 7

Career: Assistant Director, Health and Wellness, OSU

Favorite T.V. Show: Manifest

City, State Born: Bartlesville, OK

**Random/Interesting Fact About Pace Team Leader:** Saved the life of an injured motorcyclist while on a morning run. Secretly loathe my sister for including a different childhood photo each year.



# 2:15 H

10:18 minutes per mile

Corral C

## 2:15 Half Marathon Pace Team Leader Gena

Age: 32

# Half Marathons, Marathons Completed / Half P.R.: 27 / 3:33 Marathon

# Races Paced: 7

Career: Registered Dietitian/Adjunct Instructor Nutritional Sciences

Favorite T.V. Show: Shield

City, State Born: Stillwater, OK

Random/Interesting Fact About Pace Team Leader: Transcontinental expedition via road bike from Bar Harbor, Maine to Cannon Beach Oregon- self supported.



# 2:20 H

10:41 minutes per mile

Corral C

## 2:20 Half Marathon Pace Team Leader Bob

Age: 52

# Half Marathons Completed / Half Marathon P.R.: 5 / 1:42

# Races Paced: 1

Career: Commercial Real Estate Broker

Favorite T.V. Show: Ozark

City, State Born: Bartlesville, Oklahoma

Random/Interesting Fact About Pace Team Leader: When I'm not running, I am cooking BBQ for competitions and catering.



# 2:30 H

11:27 minutes per mile

Corral C

## 2:30 Half Marathon Pace Team Leader Cadie

Age: 32

# Half Marathons, Marathons / Half P.R: 28 / 2:12

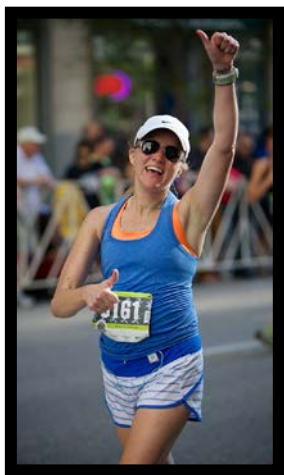
# Races Paced: 1

Career: Wealth Management Operations Analyst, Bank of Oklahoma

Favorite T.V. Show: Taboo

City, State Born: Tulsa, OK

Random/Interesting Fact About Pace Team Leader: Proud to be Chickasaw!



# 2:35 H

11:50 minutes per mile

Corral C

## 2:35 Half Marathon Pace Team Leader Claresse

Age: 33

# Marathons, Ultramarathons, Ironman Triathlons Completed / P.R: 8 / 4:27

# Marathons Paced: 3

Career: Stylist - Abersons

Favorite T.V. Show: Sex and the City

City, State Born: Tulsa, OK

Random/Interesting Fact About Pace Team Leader: I always save the red Skittles for last. The red ones are my favorite.



# 2:40 H

12:13 minutes per mile

Corral C

## 2:40 Half Marathon Pace Team Leader Ryan

Age: 42

# Half Marathons, Marathons / Half P.R: 30 / 1:57:56

# Races Paced: 20

Career: Architecture

Favorite T.V. Show: The Good Place

City, State Born: Tulsa, OK

**Random/Interesting Fact About Pace Team Leader:** Ryan's name was inspired by two things: Nolan Ryan the baseball pitcher and her dad's cousin who married a girl with the last name, Ryan. In the paper is was listed as Nowlin-Ryan Wedding.



# 2:50 H

12:59 minutes per mile

Corral D

## 2:50 Half Marathon Pace Team Leader Mike

Age: 49

# Half Marathons / Marathons Completed / Half P.R: 3 / 1:55

# Marathons Paced: 5

Career: Senior Manager of Global Pricing at a Telecommunications company

Favorite T.V. Show: Stranger Things

City, State Born: Tulsa, OK

**Random/Interesting Fact About Pace Team Leader:** Fond of useless trivia. Details to follow if you're in this group. :)



# 3:00 H

13:44 minutes per mile

Corral D

## 3:00 Half Marathon Pace Team Leaders Becky/Denise

**Age:** 50/52

**# Half Marathons, Marathons / Half P.R.:** 24/ 2:08 and 13 / 2:12

**# Races Paced:** 8 / 8

**Career:** Certified Lease Analyst / Realtor

**Favorite T.V. Show:** Stranger Things and Big Bang Theory / Criminal Minds

**City, State Born:** Rapid City, SD and Tulsa, OK

**Random/Interesting Fact About Pace Team Leader:** I've always wanted to play drums or guitar in a band. I have no talent in that are whatsoever. / Love to wear costumes for a race.