

# Fleet Feet Half Marathon Pace Team

## 1:50

8:24 mpm

### Corral A



### 1:50 Pace Team Leader Paul

How Many Half Marathons Complete? 10

Go To During Race Energy? Maurten Gel/Drink, Fig Newtons

Favorite Post Race Treat? Chocolate Milk

Favorite Meal; Breakfast, Lunch, or Dinner? Dinner (Chicken, Potatoes, Carrots)

Favorite Inspirational Quote? "run fast..." - Pacer Paul

## 2:00

9:10 mpm

### Corral B



### 2:00 Pace Team Leader Bryan

How Many Half Marathons Complete? 9

Go To During Race Energy? GU Gel

Favorite Post Race Treat? Little Debbie Snack Cakes

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "Always chill your Little Debbie Snack Cakes for 30 minutes prior to consumption" – Pacer Bryan

# Fleet Feet Half Marathon Pace Team

## 2:05

9:33 mpm

### Corral B



#### 2:05 Pace Team Leader Chris

How Many Half Marathons Complete? 10

Go To During Race Energy? Honey Stinger Gel

Favorite Post Race Treat? A ribeye steak!

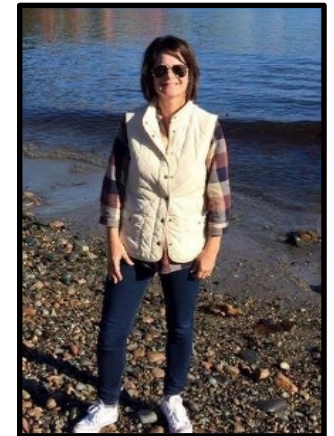
Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "The man who can drive himself further once the effort gets painful is the man who will win." - Roger Bannister

## 2:10

9:55 mpm

### Corral B



#### 2:10 Pace Team Leader Rachel

How Many Half Marathons Complete? 23

Go To During Race Energy? GU Gel or Sport Beans

Favorite Post Race Treat? Eggs Benedict

Favorite Meal; Breakfast, Lunch, or Dinner? Dinner

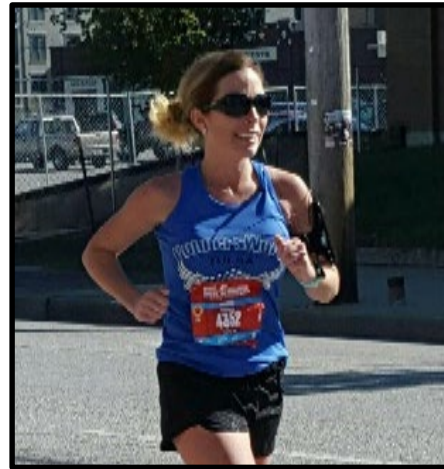
Favorite Inspirational Quote? "I don't run to add days to my life, I run to add life to my days." -Ronald Rock.

# Fleet Feet Half Marathon Pace Team

## 2:15

10:18 mpm

### Corral C



### 2:15 Pace Team Leader Andrea

How Many Half Marathons Complete? 10

Go To During Race Energy? GU Gel

Favorite Post Race Treat? Reese's Anything

Favorite Meal; Breakfast, Lunch, or Dinner? Dinner (Chips/Queso, Margarita)

Favorite Inspirational Quote? "The body achieves what the mind believes!" - Author Unknown

## 2:20

10:41 mpm

### Corral C



### 2:20 Pace Team Leader Gena

How Many Half Marathons Complete? 15

Go To During Race Energy? Gummy Bears

Favorite Post Race Treat? Massage

Favorite Meal; Breakfast, Lunch, or Dinner? Lunch and Dinner (Crock Pot Stew)

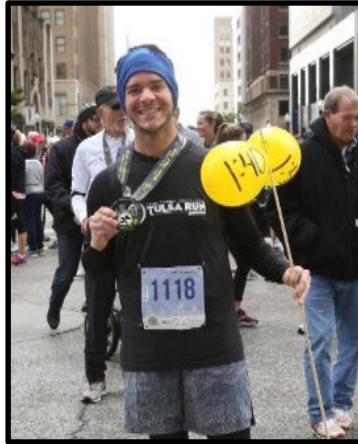
Favorite Inspirational Quote? "If it doesn't challenge you, it won't change you." - Fred Devito

# Fleet Feet 66 Half Marathon Pace Team

## 2:30

11:27 mpm

### Corral C



### 2:30 Pace Team Leader Miquel

How Many Half Marathons Complete? 13

Go To During Race Energy? GU Gel

Favorite Post Race Treat? Lots of carbs... a big asiago cheese bagel!

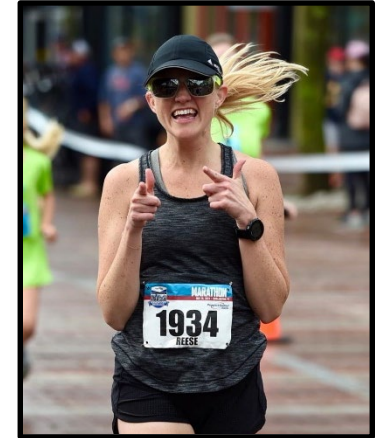
Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast or Lunch

Favorite Inspirational Quote? "The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind" – William James

## 2:40

12:13 mpm

### Corral C



### 2:40 Pace Team Leader Claresse

How Many Half Marathons Complete? 9

Go To During Race Energy? Honey Stinger Gummies

Favorite Post Race Treat? Margaritas

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast for Dinner

Favorite Inspirational Quote? "Your body can do anything. It's just your brain you have to convince." - Author Unknown

# Fleet Feet Half Marathon Pace Team

**2:50**

12:59 mpm

**Corral D**



## **2:50 Pace Team Leader Thing 1**

How Many Half Marathons Complete: 32

Go To During Race Energy? Peanut Butter M&M's or Mini- Payday

Favorite Post Race Treat? Mimosa and Chips/Queso

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "That which does not kill you makes you stronger."  
- Nietzsche