

Fleet Feet Marathon Pace Team

3:40

8:24 mpm

Corral A



3:40 Pace Team Leader Ken

How Many Marathons Complete? 50+

Go To During Race Energy? Whatever is available

Favorite Post Race Treat? Anything and Everything

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "If you are losing faith in human nature, go out and watch a marathon" - Kathrine Switzer

3:50

8:47 mpm

Corral A



3:50 Pace Team Leader Danny

How Many Marathons Complete? 11

Go To During Race Energy? GU Gel

Favorite Post Race Treat? Burger and Fries

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "The first mile is the hardest mile, take the first step!" – Pacer Danny

Fleet Feet Marathon Pace Team

4:00

9:10 mpm

Corral B



4:00 Pace Team Leader Clint

How Many Marathons Complete? 13

Go To During Race Energy? GU and Tailwind

Favorite Post Race Treat? Cheeseburger

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "Run when you can, walk when you have to, just keep moving" - Roger Bannister

4:15

9:44 mpm

Corral B



4:15 Pace Team Leader Bobby

How Many Marathons Complete? 56

Go To During Race Energy? Bonk Breakers

Favorite Post Race Treat? Burger, Beer, and Fries

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "You're gonna eat lightnin' and you're gonna crap thunder BUT IF YOU THINK THAT IS NOT APPROPRIATE THEN: He'll kill yuh to death inside of three rounds" – Author Unknown

Fleet Feet Marathon Pace Team

4:30

10:18 mpm

Corral C



4:30 Pace Team Leader Jim

How Many Marathons Complete? 58

Go To During Race Energy? Honey Stingers

Favorite Post Race Treat? Chocolate Milk, Hamburger, Beer

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast

Favorite Inspirational Quote? "The miracle isn't that I finished. The miracle is that I had the courage to start." John "The Penguin" Bingham

4:45

10:53 mpm

Corral C



4:45 Pace Team Leader Brian

How Many Marathons Complete? 36

Go To During Race Energy? GU Chews and SaltStick Fastchews

Favorite Post Race Treat? Ice Cream

Favorite Meal; Breakfast, Lunch, or Dinner? Breakfast (Bacon and Eggs)

Favorite Inspirational Quote? "When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love." - Marcus Aurelius

Fleet Feet Marathon Pace Team

5:00

11:27 mpm

Corral C



5:00 Pace Team Leader Marie

How Many Marathons Complete? 475

Go To During Race Energy? Salted Caramel GU Gel

Favorite Post Race Treat? Pizza

Favorite Meal; Breakfast, Lunch, or Dinner? Dinner (Pasta)

Favorite Inspirational Quote? ""Perseverance" – Pacer Marie

5:10

11:50 mpm

Corral C



5:10 Pace Team Leader Ken

How Many Marathons Complete? 425

Go To During Race Energy? Orange Slices

Favorite Post Race Treat? Chocolate Milk

Favorite Meal; Breakfast, Lunch, or Dinner? Cincinnati-Style Chili

Favorite Inspirational Quote? "All we can do is all we can do." – Author Unknown

Fleet Feet Marathon Pace Team

5:20

12:13 mpm

Corral D



5:20 Pace Team Leader Julie

How Many Marathons Complete? 80

Go To During Race Energy? Sport Beans

Favorite Post Race Treat? Salted Nut Roll

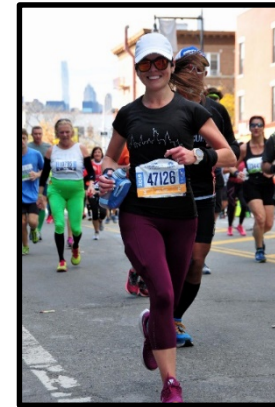
Favorite Meal; Breakfast, Lunch, or Dinner? Garlic Bread any meal!

Favorite Inspirational Quote? "If it doesn't challenge you, it won't change you." – Author Unknown

5:30

12:36 mpm

Corral D



5:30 Pace Team Leader Cadie/Ryan

How Many Marathons Complete? 2 / 2

Go To During Race Energy? Oranges and GU / Huma gels and tailwind

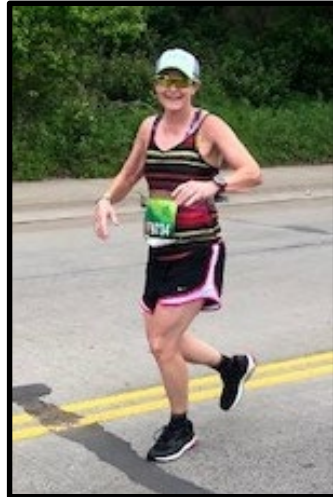
Favorite Post Race Treat? Peppermint Shake / Cold Beer and cheeseburger

Favorite Meal; Breakfast, Lunch, or Dinner? Pizza Every Meal / Breakfast

Favorite Inspirational Quote? "JUST DO IT" - Nike / "Don't let yesterday take too much of today" – Will Rogers

Fleet Feet Marathon Pace Team

FLOATER



Pace Team Coordinator Kathryn

How Many Marathons Complete? 197

Go To During Race Energy? GU Gel

Favorite Post Race Treat? Adult Beverage

Favorite Meal; Breakfast, Lunch, or Dinner? Lunch

Favorite Inspirational Quote? "To give anything less than your best is to sacrifice the gift" – Steve Prefontaine