



## **Feedback from participants on our 2017 Joe's Pacers**

### **Pacer Zeb**

Hi! I didn't sign up for a group as this was my first marathon and I am learning the whole process. I saw Zebb in my corral! He was so welcoming and I ended up following him. He was amazing! So encouraging and knowledgeable. I felt like I had my own private coach pushing me along the way. He helped me with the GU and my nutrition along the way. What an amazing race and I beat my goal time by 12 minutes! Thanks Zeb! You're a Rockstar!—**Angela Buerger**

Yesterday I ran in the Illinois Marathon with the 4:20 pace group. Zeb Wall was the pacer. He was terrific—interesting to talk with during the run, knowledgeable about running, and encouraging to the group members as we struggled to hold it together during the second half. I recommend him for other races.—**Jim Cavallo**

### **Pacer Ron**

I have to say Thank You to pacer Ron (3:35 for IL Marathon today)!! He did a fantastic job at keeping my goal and attention on point today. I was able to surpass my goal due to his ability to keep such a consistent pace. I have a new PR and a BQ now thanks to Ron!!!—**Meghan Gardner**

### **Pacer Janette**

I can't not express how wonderful Janette (5:30) was at today's marathon. Had it not been for her, I would not have been able to finish the race at my goal time nor would I have been able to run the entire race. She kept us on pace the entire time and was so positive and encouraging. This was my first marathon and I did not know what to expect on race day. There were definitely times I wanted to just walk, but having her, and the others in the group, encouraging me and keeping me motivated kept me accountable to myself. I didn't even know what a pace group was when I arrived at the corral, but following her was the absolute best decision I made today. Thank you so much for your pacing service and for having a great pacer like Janette.—**Alison Wirth**

### **Pacer Tom**

I saw on your website that I could give pacer feedback. I just wanted to email to send a big thank you to Tom Perri with whom I ran in Illinois today. He was really a total blast to run with. It was also an honor

to run with him on a milestone run (marathon # 400). Beyond that, Tom helped me PR in the Half-Marathon. I really wasn't expecting myself to be able to keep up at that pace, but Tom was just too much fun to miss out on. So, I kept up, finished the half in under 2:15 and beat my previous half marathon PR (from 5 years ago!) by 3 minutes. Hooray!—**Katy Huff**

### **Pacer Kristen**

Kristin (3:50 pacer) did great. Super enthusiastic and worked the spectators. Fairly consistent pace although a bit faster than promised. Nonetheless, I got used to that pace and broke away at 5 miles when apparently the group slowed a bit. Highly recommend!—**Marc A. Booth**

### **Pacer Beth**

I ran with Beth in the 5:00 pace group for the first 20 miles of the marathon and had a wonderful experience! This was my first marathon, and my first race running with a pacer. Beth kept me positive and motivated the whole time with great conversation and good advice. That really added a lot to my experience and allowed me to finish strong! My parents who were spectating snapped this great picture of our group at around mile 15.—**Shana Mintz**

### **Pacers Amanda & Heather**

Amanda and Heather were spot-on on their mile splits last Sunday in Champaign for the Illinois Marathon. They were pacing 4:00:00 finish. Unfortunately (for me), I started losing contact with them after mile 1, and then I hit the dreaded wall, and my splits plummeted after that! We chatted about marathons and marathoning and marathoners. Amazing to me it seemed that Amanda twice took a “quick break” and was able to latch on again within several minutes! I would hook up with them again and next time hopefully finish with them!—**George Tchakanakis**

### **Pacer Geoff**

Hello, my name is Diego Ponce, and I just ran the Illinois Marathon two days ago, BIB 816. I would like to give my gratitude to Pacer Geoff at 3:45. He is awesome! It was my first Illinois Marathon, and he help me with my pace and most important he was very MOTIVATING. Geoff made the race looks very easy and he waited in the finish line to say congratulations! That's pretty awesome for me. THANK YOU VERY MUCH, Geoff !!! I don't know if I could have made it without his help.—**Diego Ponce**

### **Pacer Steve**

I just ran the Christie Clinic Marathon in Champaign, IL. And wanted to tell you how much I appreciated the pacers that ran with us. I went out with the 4:15 group and the Pacer was Steve. Very friendly and upbeat. I advised him that I was trying to qualify for Boston. I turn 70 in November and needed to best a 4:25 time. Steve continually gave encouragement and kept aware of my progress. I eventually fell off the 9:43 pace around mile 20, but I managed to run the marathon in 4:21:49. I can honestly state that Steve contributed a great deal for my Boston Qualifying time.—**Alan Weitkamp**