



CHRISTIE  
CLINIC

ILLINOIS  
marathon

## Feedback from participants on our 2018 Joe's Pacers

### Pacer Ron

Hey Jim. I just ran the Illinois Marathon and had the most fantastic pacer. My pacer kept the proper pace the entire race, offered good advice, and was overall a very charismatic person. I would like to give credit where it is due, as my pacer made my first marathon a blast as well as helping me achieve my goals. My pacer was Ryan Yoch. Truly a 10/10 guy.—**Aaron Cohen**

### Dear Jim

I attended the talk with the 6 tips you gave where you recommended selecting the right pace and then sticking with it evenly. I've never done that in the previous five half marathons I've run (in varied locations) but decided to follow your directions today.....usually I do just exactly what you described by trying to "bank" time in the front end. The young man from Georgia pacing the 9.33/mile group did a great job staying right on time! He never looked or talked like he was challenged—able to carry a conversation—cheerful, polite, and obviously a good athlete! I came out second of 22 in my age group—surviving the last 6 miles much better than previous attempts! Thanks, Jim, for your part in making today memorable!—**Sunny**

### Pacer George

This was my first time running a marathon, and I stayed with George (4:05) for 20 miles until I could no longer keep up and had to fall back. Thanks to him, I finished in under 4:08. George was really enthusiastic and cheerful throughout and I really couldn't have finished the marathon without him. I just locked my eyes on his feet and kept on running!—**Arun**

Hi! I was hoping to get a message to George, the 2:02 half pacer, corral E. I wanted to thank him for helping me reach my goal. He was amazing! I mentioned to him before the start I was hoping to hit a 2:02 even. This was the half time I needed to receive guaranteed entry to the 2019 New York Marathon. He helped me with perfect strategy before the race. At mile 12, I took off with his words of encouragement. He yelled, "think New York until you cross the finish line!" And that's what I did! Thank you, George!—**Susan Langheim**

### **Pacer Ryan**

I ran the half marathon in the 4:00 pace group with pacer Ryan. Admittedly, I was nervous about the pacer's ability to keep an accurate mile-by-mile split for this pace, and it was really important to me that I break 2:00 for my half marathon time. Ryan was awesome and blew my expectations out of the water! He kept us on pace perfectly and chatted with us the whole time, making the miles fly by effortlessly. He even coached us throughout the run, such as encouraging us to run on the most-flat part of the road to save our IT bands. Per his encouragement, we split off from the marathon runners at mile 12, picking up the pace in the last mile and finishing in 1:58:01—a whole two minutes faster than our goal time! Thank you, Ryan—**Allison Clark**

### **Pacer Tom**

This is Jeremiah Canada. Me and my friend (Luis Dieguez) just finished running the Illinois Marathon in Champaign-Urbana. We ran the whole race with your 4:30 pacer. He was very encouraging the whole race and gave great tips to us. We couldn't have done it without him. Thank you!—**Jeremiah Canada**

### **Pacer Stefan**

I just ran the half marathon in Champaign this weekend and I ran 12.2 of my 13.1 miles with one of your pacers, Stefan. He was phenomenal!! He was personable and kept us going as we ran, talking about his own experiences and listening to others! He kept an incredibly solid pace and maneuvered us well through the course! Thank you for choosing such a great pacer! I owe a great portion of my success today to him!—**Stephanie Hedgespeth**

### **Pacer Randy**

Just wanted to share that I had a great experience with Randy, the 3:30 goal group for the Illinois Marathon this past Saturday. I always run with a pacer for my long runs, and I've had some great pacers and some not as great ones. Randy was very motivating and positive throughout the entire course. He did an amazing job. I definitely needed to take the time to let you know he was awesome.—**Jessica O'Connor**