



## Feedback from participants about our Joe's Pacers

### Pacer Ryan

Ryan 1:55 did a helluva job! You know that! Helluva job. Kudos all around. He gave an old guy motivation.—**Jim Martell, Bourbonnais, Illinois**

### Pacer Ron

Just wanted to thank your group. Ran with Ron and the 4:25 group from Mile 4 to Mile 23. He was very encouraging and kept us all on pace. I do not think I would have been able to maintain that pace if not for his encouragement. He got me in under 4:30 at 215 pounds with little training. Many Thanks—**Troy Conran, Westminster, Maryland**

### Pacer Mike

I just completed the Illinois Marathon with Pacer Mike Mallon in the 8:12 group. Although I lost touch at mile 21, I had the best 21 miles of any marathon I have ever ran. I could not locate Mike at the finish due to the fact that I lost about six minutes or so in those last five miles. I was wondering if you had an email so I could reach out and say thanks for an incredible experience?—**Steve Anderson**

Greetings from Houghton, MI. I am writing to request contact information for Mike Mallon (#717, pacer for the 3:35 group in Saturday's Illinois Marathon). Without his help and on-the-run coaching, I am very certain I wouldn't have earned the time I recorded, let alone a PR. I'd like to send him a thank you note

(preferably a handwritten one, if you'd provide me his mailing address) and express my gratitude for this help. Thank you!—**Gowtham (bib #1847)**.

### **Pacer Ken**

The 2019 Illinois Marathon was my second marathon. I finished my first marathon under a black flag and so did not receive an official time. My Illinois Marathon time would be my first official finish, so an automatic PR, but I wanted to blow my previous time out of the water. I decided to run with the 4:45 pacer, Ken Fattman—probably the best decision I could have made. Ken was running his 373rd full marathon that day, so he definitely knew what he was doing and how to help all of us runners do our best. With 10K left to go, Ken gave the group the option to continue running at the consistent rate we had been or to switch to a 2-minute walk/30-second walk strategy that would still keep us at the overall pace required to hit the 4:45 finish. We opted for the intervals and, psychologically, the walk breaks were HUGE. Ken finished about 30 seconds ahead of me after I fell off his pace at the very end but guess what my finish time was? 4:44:59! I beat my goal time by ONE second and improved my PR by 55 minutes and 45 seconds.—**Nicole Bare**

### **Pacer Denis**

I just wanted to write and give a review of pacer Denis from the race on Saturday. I can safely say I would not have finished the marathon (my first!) if not for him. His great mood, expert advice, and hilarious conversation kept me smiling throughout the entire race. I am extremely grateful to him and all of Joe's Pacers—they really care, and it shows in the way they encourage everyone around them to do their best. Thanks.—**Michelle Wern**

### **Pacer Erin**

Thanks for pulling me and Mike along today!—**Martin Gruebele**

Wanted to thank pacer Erin for great pacing at the Illinois Marathon yesterday! It was great fun to be a part of her pack.—**Pranay Nanda**