



Marathon Pace Team Leader Info

Lee Bradley

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How many marathons have you completed? About 27

What is your marathon PR? 2:49

What will your pacing strategy entail?

I plan on running it at a roughly flat pace but slower in the first 6, faster in the middle 14 and slower in the last 6. I carry fluids and some food and walk briefly at the water stops in the last 1/3 of the course.

What is your favorite race and why?

Oleksak Lumber Spring Half Marathon in Westfield, MA. This is my favorite distance and I love the downhill stretch. I've run it many times.

What is your favorite pre-race food? Oatmeal

What is your favorite post-race food? Bananas

What is your occupation?

Part time Math/English/Statistics/Physics/Computer Programming tutor at Tunxis Community College

What would you like people to know about you?

I have been running since about 1978. I am active in a running group called the Brickyarders. I've run about 21 races this year. I keep track of my running online (<http://primepuzzle.com/tpf/log.html>). My favorite distance is the Half Marathon which I ran in 1:44 this year. A recent interest is the ultra. I ran the Jack Bristol Lake Waramaug Ultra (50K) this April.

