



Marathon Pace Team Leader Info

Rose Famiglietti

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Shirt size: M

How many marathons have you completed? 12+

What is your marathon PR? 4:09

What will your pacing strategy entail?

I plan on running a slightly slower pace in the first 6, a steady but faster pace in the middle 14 and will finish with the same pace as I use in the first 6. I will walk briefly during some water stops.

What is your favorite race and why?

Walt Disney World Marathon because we met classic characters along the way.

What is your favorite pre-race food? Bagels, fruit, yogurt

What is your favorite post-race food? Same

What is your occupation? Interior Decorator

What would you like people to know about you?

I was a pace leader in the 2007 Hartford Marathon. My training includes Jeff Galloway's walk / run idea and track work / long runs with the [Brickyarders](#) running group. My Italian accent is one of the first things you'll notice

about me! I like to talk when I run! I' ve placed in my age group in enough races to cover my Christmas tree with the medals! I throw an awesome Christmas party for my runner friends!

