



3:35 – Tom Lindsay

After a childhood of chasing around my more-serious cross-country-running brother and sister, I've been running seriously for about eight years. I run to expand my own abilities, to meet and help other people, to be a healthy example for my daughter, and to experience interesting places. I love pacing because no matter how my own training is going, I can help other people achieve their goals. It's awesome to help somebody run the race of their life, and to achieve something they weren't sure they could achieve.