

// TOP-RATED PODCAST HOST // SPEAKER //



I'LL HAVE ANOTHER

with Lindsey Hein

// EXPERT INTERVIEWER // RUN COACH // COMMUNITY BUILDER //

ABOUT THE PODCAST

DOWNLOADS

2.5M+
TOTAL

12K+
PER EPISODE

FOLLOWERS



18K+
INSTAGRAM



5K+
TWITTER



4K+
FACEBOOK

2K+
EMAIL LIST



IF SOMEONE WERE TO ASK YOU “WHAT WOULD YOU LIKE ANOTHER OF?” RIGHT NOW, WHAT WOULD IT BE?

‘I’ll Have Another with Lindsey Hein’ provides an opportunity for listeners to learn about their favorite athletes and to discover others along the way. The top-rated podcast offers leaders in sport, business and more a chance to share their stories beyond the finish line.

Lindsey and her guests keep things light and funny with a side of serious. Discussions include topics across the board like competing in the Olympics, running a PR, motherhood AND the hard stuff like failure, injury and loss. These easygoing conversations make miles or daily tasks fly by.

Lindsey has created a community of vibrant and supportive listeners, and her podcast is a source of inspiration — a human experience knowledge base on all things running, training, entrepreneurship, parenting and overcoming.

‘I’ll Have Another with Lindsey Hein’ is about approaching life with vigor and embracing every step. Lindsey is doing just that with the podcast and beyond!

ABOUT LINDSEY



• *Lindsey Interviews Boston Marathon Champion Des Linden* •

Lindsey Hein, founder of SandyBoy Productions network, is a podcast host, run coach and speaker. She is a passionate runner and 15-time marathoner with a personal best time of 3:11. A mother of four young boys, Lindsey can be found running (literally) around her hometown of Indianapolis, IN.

In addition to her top-rated podcast, Lindsey's expert interviewing skills are often on display at many major national running events — hosting live interviews with running legends and current top competitors like Deena Kastor, Scott Jurek and Des Linden.

The owner of a small run coaching business, Lindsey especially loves helping women achieve their goals of qualifying for the Boston Marathon -- one of her all-time favorite events. Lindsey uses her expertise as a coach to make a positive impact on the Indianapolis community through a variety of initiatives and programs, and partnerships with local businesses.

Lindsey often joins forces with national organizations like The Donna Foundation - raising money for breast cancer research and sharing her personal ties to the disease. Recognized as a leader in the industry, Lindsey was honored to be on the cover of Women's Running Magazine during their cover runner contest in 2014.

Lindsey makes lasting and memorable connections by highlighting her real life experiences particularly around topics such as running through pregnancy, postpartum anxiety, parenting, marriage, running a successful business and more.

Learn more about Lindsey by visiting her website, LindseyHein.com, listening to 'I'll Have Another with Lindsey Hein' or inviting her to speak at your next event!

LISTENER DEMOGRAPHICS

LISTENERS

89%
WOMEN

84%
AGES 25-44

79%
MARRIED OR
COHABITING WITH
SIGNIFICANT OTHER

72%
HAVE CHILDREN

INCOME

18%
\$200K OR HIGHER

63%
OVER \$100K

EMPLOYMENT

84%
EMPLOYED

11%
FULL-TIME STAY
AT HOME PARENTS

EDUCATION

86%
BACHELORS DEGREE
OR HIGHER

46%
MASTER'S DEGREE

ACTIVITIES

89% RUN

34% BIKE

21% SWIM

44% YOGA/PILATES

30% LIFT/CROSSFIT

WHAT LISTENERS ARE SAYING

“As an avid podcast listener, ‘I’ll Have Another’ rose to the top of my favorites list almost two years ago and has stayed there ever since. I made the decision to become a Patreon supporter, and I am so glad I did. The extra questions with some of her most sought-after guests make me feel like I’m part of a secret club... Through her podcast, Lindsey often makes me laugh, she sometimes makes cry and she always makes want to be a better runner, friend and person.”

Lizzie • Patreon Supporter

“I started listening to Lindsey just a little over a year ago, and was hooked immediately! She is a great interviewer and gets the most awesome people on her show each week (including her hubby!) Whether she and her guest are talking running the entire time, or about life in general, I always leave feeling uplifted and motivated!”

Wendy • Stitcher Review

“Fun conversations, good information. Easy going conversations that make miles go by quicker. Lindsey is a good interviewer who clearly is interested in the athlete and the HUMAN she’s talking to. You learn about geeky running stuff, but also the lives and backgrounds of some really inspirational people. I’m a fan!”

RunnerSheli • iTunes Review

FEATURED IN



WOMEN'S Running

SHAPE

RUNNER'S WORLD

NOTABLE GUESTS

MOLLY HUDDLE



"Talking with Lindsey on the podcast is like catching up with a running friend on a long run - she hits the interesting running topics, the funny stories and the casual life topics all together!"

Molly Huddle
Olympian; Professional Marathoner

OTHER NOTABLE GUESTS

- Shalane Flanagan • Scott Jurek • Meb Keflezighi • Jim Walmsley • Deena Kastor • Jordan Hasay • Clare Gallagher • Courtney Dauwalter •

BRANDS LINDSEY HAS WORKED WITH

Casper



fabfitfun

FOUR SIGMATIC™



LOLA



Outdoor Voices



STRAVA

CASE STUDY



Since partnering with Lindsey in late 2017, we've seen a 450% return on the partnership! If that isn't successful, we don't know what is. Lindsey does a great job speaking authentically to her audience about the benefits of our product and her personal experience with our brand -- and, her listeners have absolutely responded with increased traffic to our site and product purchases! Lily Trotters' partnership with Lindsey Hein is by far the most impactful of all of our current and previous relationships and one we plan to continue with well into the future.

SPEAKING ENGAGEMENTS & EVENTS

Lindsey is available to speak at Conferences, Emcee Events, Races expos and Host Live Podcast Recordings on site at your event.

RECENT SHOWS AND APPEARANCES



Live Podcast

NYC Marathon eve with Marathon World Record Holder, Paula Radcliffe
NYC Half Eve with 2018 Boston Marathon Champion Des Linden



Live Podcast



EXPO Speaker



Race EMCEE



Host of Live Panel

Interview with Meb Keflezighi, Alexi Pappas, Frank Shorter and Bill Rodgers



Live Podcast

Ultra Running Legend Scott Jurek