



PACE TEAM LEADERS

Meet the Pace Leaders for the **HARVARD PILGRIM MIDDLETOWN HALF**:

1:45 PACE

Alison Caruso plans to start out conservative on the uphill start, and pick the pace as she goes. This mom/teacher/track coach has been running for over 20 years and has experience in races of all distances. She loves being a pace group leader and is looking forward to helping you reach your goal!

1:45 PACE

Eric Gruettner designs buildings during the week, and perfect pacing strategies on the weekend. This architect by trade plans to keep the pace as steady as possible, while aiming for slightly under 8 minutes per mile. This tempo will allow the group opportunity to slow through the aid stations and gives relief on the up hills.

2:00 PACE

Mitch Bielenda has paced many runners to their personal bests in the marathon and half marathon, as well as been a perennial contender at the Manchester Road Race – *Know Your Pace Race*, which judges runners not on their finisher time, but on their pacing skills! Mitch plans to maintain a consistent effort/pace to get you across the finish line at 2:00 or slightly under. Depending on the weather (humidity/temperature), he plans to slow down slightly at the water stops to make sure everyone gets fueled up properly.

2:00 PACE

Andrew Zyrek joins the 2:00 pace group this year, and looks forward to bringing his fun attitude to the team. His strategy is to run a few seconds per mile faster on flats and down hills, which will allow more time for the hills. He'll make sure that the group slows down through the aid stations to ensure everyone has time to hydrate. Andy plans to keep the conversation going, and is no stranger to the group run.

2:00 PACE

Joseph Strafach rounds out the 2:00 group this year. This experienced, die hard runner is 100% committed to helping you obtain your goal. Similar to the other two pace leaders, he'll look to keep the pace close to 9:20 on the uphills and 8:40 or so on the downhills. He plans to help the group by whatever means needed, and is quoted saying; that *he'll get it done, or die trying!* I think you'll be hard press to find more passion than that.

2:15 PACE

Michael Lo Presti is a seasoned veteran when it comes to running; he has run everything from the 5K to a 100-miler, but finds the half marathon to be one of his favorite distances. His plans are to go a few seconds per mile faster on the flats and downhill, allow more time on the up hills. Plan to take your time through water stations, as he finds it easier to walk through them. Michael finds pacing an awesome way to share the sport and lifestyle he loves with others. His favorite quote is, “someday I will not be able to do this, today is not that day.” He looks forward to sharing the day with everyone in his group!

2:15 PACE

Wanda Hodsen loves running with HMF Events because she always feels at home at them, and hopes to pass that feeling on to those in her group. Her strategy is to ease off the pace on the hills and through the water stops, and pick it back up in between. Wanda is grateful for the world that running has brought her, and looks forward to creating a new adventure with you!

2:30 PACE

Michelle Bosco loves to set out on a goal and successfully reach it. She’ll use a strategy of steady and consistent miles, combined with walking through the water station, to help you accomplish yours. This marathon and half marathon veteran loves the lessons running has taught her, and excited for the opportunity to help others reach theirs!

2:30 PACE

Faith Raymond says that the hilly *Jay Peak 25K* is her favorite event! This hill runner loves a good challenge, and makes her the perfect pace leader to help you *hammer the hills* of Middletown. Her strategy this year is to keep the pace steady and consistent, and to walk through each of the water stations. She looks forward to meeting everyone in her group and having fun with you as your tour Middletown!

2:45 PACE

Rachel Tambling is a RRCA-certified coach, and plans to tap into these skills to help you achieve your goal finishing time of 2:44:59. Her strategy is to slow down through the water stops to ensure everyone has plenty of time to get enough liquid or fuel. Be aware, Rachel likes to talk when she runs; topics usually include food, scenery, and wildlife. She also finds inspiration watching others accomplish their goals, and looks forward to guiding you to yours!

2:45 PACE

Kelly Byron finds more joy in helping others reach their goals, then even accomplishing her own. She plans to keep a smile on your face, while maintaining even splits, and allowing plenty of time to walk through the water stops.

3:00 PACE

Scott & Robyn Hollister are the perfect team and they're looking to take that skill with them as your pace leaders. Their strategy is to keep the pace around 13:43 per mile, while taking time to walk most of the hills and through each water stops. They look forward to keeping the conversation upbeat throughout, and want to make sure that everyone is feeling good and finishes strong. These two absolutely love the running community, and don't be surprised if they try to convince you to join them at a future race! Their motto for the day is, "*mile and miles of smiles,*" you'll be in great hands touring Middletown with these two Happy Hollisters!

Have fun and good luck!



HMF would like to extend a special thank you to DANI KENNEDY for putting this amazing team together!