



## PACE TEAMS

The **HARVARD PILGRIM MIDDLETOWN 10 MILE** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use this service. All our pacers are volunteers. They are dynamic and personable, and know from past experience exactly what it takes to help runners have a great race.

A **pace team** is a group of runners led by an experienced leader who run together throughout the race. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the race at a particular time. There are wonderful benefits of running with a pace group. You'll be supported by a cheerful leader and will be side by side with other runners sharing the same goal as you.

### ***What Pace Groups are offered?***

1:10 (7 minutes per mile)  
1:20 (8 minutes per mile)  
1:30 (9 minutes per mile)  
1:40 (10 minutes per mile)  
1:50 (11 minutes per mile)  
2:00 (12 minutes per mile)  
2:15 (13.5 minutes per mile)  
2:30 (15 minutes per mile)

### ***What Pace Group should I be in?***

To select the proper pace group, we suggest that you consult the free race prediction calculator available on MarathonGuide.com. Base your desired finish time on a previous shorter race you've completed this season.

<http://www.marathonguide.com/fitnesscalcs/predictcalc.cfm>

### ***Where will my Pace Leader be on race morning?***

Pace Leaders will assemble at Union Green beginning at **10:45 am** and walk up to the Starting Line on High Street at **11:10 am**. Pace Leaders will be wearing bright colored PACE shirts and be holding their pace group sign. Pace Leaders will move into the starting area at 11:25 am. They will line up according to pace on the right side (facing the starting) of the starting area.

Any questions, please contact Ellen Smith at [ellen@hartfordmarathon.com](mailto:ellen@hartfordmarathon.com)

***Have fun and good luck!***