



PACE TEAM LEADERS

Meet the Pace Leaders for the **AMHERST HALF MARATHON:**

1:40 PACE

DAVE FUSFELD AND WILLIAM DIXON

Dave will start the race 10 – 15 seconds slower than goal pace, gradually increasing speed for a negative split and a strong finish. He will use the downhill to the group's advantage and keep it manageable on the uphill. He recently ran a new PR of 1:23 in the Eversource Hartford Half Marathon. He is returning from a two-week trip to Spain just in time to pace and bore everyone with tales of travel and tapas!

William will fluctuate between 7:25 and 7:45 minutes per mile pace with a semi-strong .25 - .5 mile kick at the end. He says he's open-minded – surely a topic the group can discuss during the run!

1:50 PACE

ADAM OSMOND AND BILL LIEBLER

Adam and Bill plan to pace with an even effort - 8:15 pace on the downhill, 8:45 for the incline and maintain low 8:20's on the flats. Bill started racing in 2013 and since then has completed over 200 races. He enjoys pacing friends to their personal bests, so is looking forward to this pacing opportunity.

2:00 PACE

VANESSA DIANA AND EMMA HYNES

Vanessa and Emma will keep a steady pace at just under target time to allow for a few walking steps at water stops. A positive attitude and encouraging one another will get us to the finish line! They look forward to sharing miles with fellow runners and helping others reach their goals.

2:15 PACE

AIMEE BOUCHARD

Aimee, a Team HMF member, plans to keep up a steady pace, leaving time to walk through aid stations and take it easy on the hills. She love half marathons, and really enjoyed last year's Amherst Half. She is excited to encourage other runners on this beautiful course.

2:30 PACE

ERIN KELLER

Erin plans to keep an even steady pace right around 11:20 minutes per mile which will give the group plenty of time to walk through water stations and go with an easier effort up the hills. She has been training as a distance runner for about 3 years and also loves doing obstacle course races and triathlons. Her favorite mental trick on long runs is to try to guess the name of every dog she sees. What she loves most about running is that whether the day goes your way or not, it's still an accomplishment and another step towards achieving your goals!

2:45 PACE

ALICIA BONIN AND SALENA CHATMAN

Alicia and Salena, a Team HMF member, will run a steady pace right around 12:30 minutes per mile and walk through water stops. Both enjoy helping others and love running.

Have fun and good luck!

