



## PACE TEAM LEADERS

Meet the Pace Leaders for the **HARVARD PILGRIM MIDDLETOWN 10 MILE**

### **1:10 PACE (7 MINUTE MILES)**

**Tyler Lyon** is a big believer in running power -- as in Watts! He runs with a power meter that measures the power output of his foot strike. It takes more power to run up a hill and less to run down so keeping that consistent ensures effort stays consistent. Middletown is not a terribly hilly race, so splits will be even (around 7:00/mi) with slight variation due to the elevation. He wants to be your effort-based metronome for 70 minutes!

### **1:20 PACE (8 MINUTE MILES)**

**David Fusfeld** will start at a comfortable pace, a little slower than goal, and then gradually speed up for the second half to finish strong. David loves strong coffee before a race and a beer afterward. The Manchester Road Race is his favorite race because he lives on the course and being able to see his daughter cheering for him is the best.

### **1:30 PACE (9 MINUTE MILES)**

**David Hoople** will hold a steady pace throughout the race. He will pick up the pace before approaching an aid station, so that the group can slow down slightly when getting fluids. He then will resume 1:30 pace.

**Wanda Hodsen** loves running with HMF Events because she always feels at home 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!

### **1:40 PACE (10 MINUTE MILES)**

**Michael LoPresti** will aim for mostly steady and consistent miles, taking a few moments to walk through water stops. He may go a bit faster on the downhills to make up time for the inevitably slower uphill!

**Kathy Manizza** will run at a steady pace, but may slow on the uphill and pick it up on the downhill. She'll try to hit 5 miles at exactly 50 minutes and if some runners feel good at that point, maybe they'll want to gradually pick up the pace.

### **1:50 PACE (11 MINUTE MILES)**

**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 is excited for the opportunity to help others reach theirs!

**Rachel Tambling** will run a steady pace and slow down through the water stops to ensure everyone has plenty of time to get enough liquid or fuel.

### **2:00 PACE (12 MINUTE MILES)**

**Cathy King** will start a bit slow then pick up the pace, keeping it steady. She will run the uphill a bit slow then speed up a bit on downhill. The group will walk through water stops.

**Abhiram Khade** will start a little slower than goal pace to make sure everyone is comfortable. He also plans to walk during most (if not all water stops). He will definitely be picking things up on the downhill and closer to the end of the race.

### **2:15 PACE (13.5 MINUTE MILES)**

**Scott & Robyn Hollister** will maintain a pace of 13:30 minutes/mile. They will walk through all the water stations and walk up the bigger hills, perhaps stopping for a few selfies with new friends.

### **2:30 PACE (15 MINUTE MILES)**

**Tony Hollister** will stay flexible with his strategy, gearing it for the people around him. The group will walk the hills and through the water stations.



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

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