



PACE TEAMS

The **SURFTOWN HALF** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use this service.

A **PACE TEAM** is a group of runners led by an experienced leader who run together in the half marathon. 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.

Where do the Pace Leaders come from?

Most of our pacers for the Surftown Half are members of **RHODE ISLAND ROAD RUNNERS** running club. Each has been specifically chosen because of their years of running many marathons or half marathons around the country, but more importantly their extensive pacing experience. Our Pacers are dynamic and personable, and know from past experience exactly what it takes to help you have a great race experience.

What Pace Groups are offered?

1:40 1:50 2:00 2:15 2:30 2:45 3:00

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?

At 7:15 AM, Pace Leaders will assemble near the Starting Area on Atlantic Avenue. Pace Leaders will be wearing bright colored PACE shirts and be standing by their pace group sign. Pace Leaders will move into the starting area at 7:25 AM. They will line up according to pace on the side of the starting area.