



PACE TEAMS 2019

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 you'll be side by side with other runners sharing the same goal as you.

Where do the Pace Leaders come from?

Our Pacers have been 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?

We will have the following teams available:

1:30 1:45 2:00 2:15 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?

7:15 AM: Pace Leaders will assemble near the Race Information Tent, located adjacent to the Simsbury Performing Arts Center entrance. Pace Leaders will be wearing bright colored PACE shirts and be holding their pace group sign. Pace Leaders will then move into the starting area around 7:30 AM. They will line up according to pace on the right side (facing the start) of the start corral.

HAVE FUN AND GOOD LUCK!