



MYSTIC HALF MARATHON PACE TEAM LEADERS

2019

1:30 PACE

Patrick Brody has been running competitively for the past 9 years, since he was 12 years old. His strategy will entail clean, even splits. An off split for any reason will be handled by slight adjustments in pace as opposed to drastic changes to get back on track. Although this is Patrick's first time as a pacer, he has been involved in races from 800 meters to 30 miles. He respects and appreciates every single person who laces up their shoes and gives it their best. He believes it doesn't matter how fast you get there as long as you reach the finish line.

1:30 PACE

Nicholas Ferron will maintain splits that are as even as reasonably possible (6:50/mi) while communicating constantly about the course. The first mile or two may be slightly slower than goal pace, depending on crowds and course traffic. Nick has been running for over 20 years, and has been pacing for the past four or five years. He has successfully paced 1:30 groups on many prior occasions, including last year's Mystic Half Marathon. He looks forward to a good workout while helping others enjoy themselves and reach their goals.

1:45 PACE

Matt Forde is planning to run the course with even pacing for the entire race. He knows the course very well and can provide insight and motivation throughout.

1:45 PACE

Steven deCastro plans to keep the pace very controlled throughout the race hoping not to lose time during the water stops. He is looking forward to pacing his fifth consecutive Mystic Half Marathon. He runs the Mystic Half course often as he lives in the area

2:00 PACE

Jeanne & Kim Marchand will pace together and plan to run a steady pace with even splits per mile. They will slow a little through water stops and on the uphill. Kim will share his knowledge and motivation to keep the group together and finish on time. He has been running for 15 years and pacing for 8 years. He loves

sharing his passion for running, hoping that maybe he can be that one little thing that changes someone's life. Jeanne supports all runners to help them achieve their goals by keeping them busy with laughter, sharing stories and taking in the sites of this beautiful course! She has been running since 2009 and has been pacing the past 8 years. She will do everything possible to motivate her group to cross that finish line smiling!

2:15 PACE

Lynne Richesin-Plouffe will run an even pace, a bit slower on the uphill and quicker on the downhill. The group will shuffle through the water stops and allow that final decent to give us a welcome boost and the power we need to cross the finish line strong! Lynne has been running for nearly 30 years and happily pacing for 4 years. She plans on running and racing until the angels close her eyes.

2:15 PACE

Susan Rubenstein will be pacing with Lynne using the same pacing strategy, supporting every runner with motivation, humor and a smile. Susan has been running for 30 plus years and has been enjoying pacing for the last 5 years. Running makes her happy and running with new runners gets her so motivated to help others get the "happy" running bug.

2:30 PACE

Elizabeth Mashiak will be with her group for 13.1 miles of smiling and motivation! She plans on a steady pace but a little slower on the hills and through the water stations. She has been running for 14 years and pacing 5Ks for 4 years. This is Elizabeth's first time pacing a half, and she is excited to share this experience with you! She is a physical education teacher who loves sharing her passion for running with anyone who has time to listen (and even to those who don't have time)!

2:30 PACE

Marie Gryszowka will make sure every runner knows where the group is and how they should expect to feel, with friendly encouragement the whole way! Marie's been running for well over 20 years. This is the first time she'll be pacing for HMF and can't wait. She is a trail runner by nature but will run roads if it means seeing people achieve something they thought they couldn't.

2:45 PACE

Rachel Tambling has been pacing for many years and loves seeing other athletes achieve their goals. She will run a steady pace; slowing for water stops and major hills, to ensure everyone arrives at the finish line with a smile on their face. She has been running for more than 20 years and pacing for 10 years. She loves Chipotle! It's her favorite post-race meal.

2:45 PACE

Amanda Terenzi plans to run a steady pace with Rachel, easier on the uphill and near water stops, motivating runners to reach their goal. She has been running competitively since high school and recently graduated from Eastern CT State University where she ran for 4 years. This is Amanda's first time pacing,

and she is looking forward to it. She loves running long distances and is excited to get back into the groove of high mileage weeks.

3:00 PACE

Ken Larson plans to use a run/walk strategy for his pace group. Once the group is gathered, they will determine what works best. He has many entertaining stories to share during the run. He's been running for 40+ years – he has no choice since he's married to a track coach! Ken used to live in Mystic, and looks forward to returning.

3:00 PACE

Tina Gosselin plans to join Ken with the run/walk method, and will keep a steady pace throughout the race. She hopes to motivate others to achieve their goals and share her running experiences! She's been running for about 10 years. She is currently a cross country/track and field athlete for Eastern CT State University, and will graduate in May. As a captain, she has the responsibility for leading and pacing the team during runs/workouts. This is Tina's first official pacing experience and second half marathon! Running has brought her many friendships that she will cherish for a life time. Besides running, she enjoys reading, singing, and going to the beach in her hometown of Old Saybrook. She is pursuing a career as a physical therapist, but would love to be a part-time cross country coach as well.

Have fun and good luck!