



# PACE TEAM LEADERS

## Meet the Pace Leaders for the 2019

### UCONN HEALTH HALF MARATHON

#### 1:30 PACE

**NICHOLAS FERRON** has run a whole bunch in the last 20 years and has lost count of how many marathons he has completed. He now looks forward to pacing as an opportunity to get in a good workout while helping others enjoy themselves and reach their goals. He paced the 1:30 group at last year's race and, more recently, he paced the 1:30 group at the Mystic Half Marathon. As the UCONN Health course is flat and fast, he hopes to maintain splits that are as even as possible. Because the math works out more easily (6:50/mi is easier to track than 6:51), this group may finish a few seconds under 1:30.

#### 1:45 PACE

**DAVID FUSFELD** has been pacing this race for the last 4 years and knows the course well. He has completed 10 marathons and over 40 half marathons. He recently set a new personal best at the Brooklyn Half Marathon, running 1:22. His strategy is to start a little slower than goal pace and then ease into an even effort level and finish strong.

#### 1:45 PACE

**MATT DAVIS** has been running for 8 years having just completed the Boston Marathon - marathon number 5! He also ran a 1:28 time at the New Bedford Half Marathon earlier this year. Matt will try to keep even splits, as the course is relatively flat. His goal is to come in slightly under 1:45. He's looking forward to a great group to pace.

#### 2:00 PACE

**RICH LINDAHL** moves and restores pianos by day and runs by night. He is excited to help you meet your 2-hour goal. His pacing strategy will be to run a touch quicker than goal pace to allow the group to slow down a bit through the water stations, and still hit goal time. He's not a big eater the morning before a race, sometimes just toast with peanut butter.. but afterwards, he treats himself to a big plate of hot-wings....served cold!

#### 2:00 PACE

**EVAN SCHIFF** is a physician who works in Avon, CT and is thrilled to help you reach your 2 hour UCONN Health Half Marathon goal! With a positive attitude and a diligent eye on the clock, he plans to keep a steady pace of just over a 9 minute mile with a slight slow down at the water stations. Overall, he will bank a few seconds to get in at the two hour mark. Evan runs the Hartford Half Marathon annually. He eats cereal in the morning before every race and

dedicates each mile to a family member or friend. He also loves puns, so bring a few to share with the group!

### 2:15 PACE

**KIM MARCHAND** has paced multiple full and half marathons and run 11 consecutive Boston Marathons. His strategy is to run a steady pace which includes slowing through water stops with a goal to finish just under 2:15. He loves running with a group and hearing everyone's story – it really makes the miles fly by!

### 2:15 PACE

**KATHY MANIZZA** is a cross-country and track coach and loves helping people work towards their goals. Pacing is another way to do that. She likes to chat and get to know people during the run. She will try to maintain a steady pace, walking through aid stations particularly if it's hot.

### 2:30 PACE

**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!

### 2:30 PACE

**BRENDAN CONNOLLY** is a lifelong athlete and his love of running has taken precedence over his military time, college and career. He loves the open road and helping people reach their goals, while making new connections at these events. Brendan has run half marathons all over New England and recently ran the Marine Corp marathon. He likes swapping stories and hearing about how people over-come adversities and charge on to conquer their daily and lifetime goals.

### 2:45 PACE

**MEGAN THOMPSON** loves running and racing and enjoys both road and trail. For her, the best part is the comradery of running with others. She looks forward to running together and hearing others' running stories! The group will aim for a consistent pace and walk through aid stations and possibly up steep hills if it's really hot and humid.