

# Eversource Hartford Half Marathon 2019 Pace Leaders

HMF is pleased to introduce the 2019 Half Marathon Pacers. Please join us in expressing your appreciation for their support of our sport and especially for their support of helping you reach your goal at the Eversource Hartford Marathon and Half Marathon on October 12th! The information on the following pages will help you get to know your pacer and lays out detail of their pacing strategy. All our pacers are volunteers so if you were looking for a leader in a pace not listed here, we did not receive any interested volunteer to lead. We wish you much success in our race and most importantly, have fun!

## **Pace**

- 1:30 Adam Rundell
- 1:40 Aaron Mathieu
- 1:50 Dave Hayes & Kurt Lindboom-Broberg
- 2:00 Earl MacDonald & Shana Miller
- 2:10 Sarah Johannigmeier & Erin Keller
- 2:20 Jack Goolsky & Ken Larson
- 2:30 Hector Cruz & Marie Gryszowka
- 2:40 Marc Cerrone
- 2:50 Rachel Tambling
- 3:00 Diane Ellsworth

2019 Eversource Hartford Marathon Pace Program is sponsored  
by the law firm of Jaconetta, Burnham & Wimer, LLC



# Eversource Hartford Half Marathon 2019 Pace Leaders

**The Eversource Hartford Marathon and Half Marathon** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use this service. Supported by a motivating leader, a pace team is a group who run together side-by-side with those who share the same race goal. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve the goal of finishing at the group's designated time.

## **Where do the Pace Leaders come from?**

Pacers are chosen based on their experience running marathons or half marathons around the country, but also because of their extensive pacing experience. Our pacers are dynamic and personable, and know from past experience exactly what it takes to help runners have a great race.

## **What Pace Groups are offered?**

Marathon groups from 3:05 to 6:00. Half Marathon groups offered for 1:30 to 3:00.

## **RACE DAY MEETING AREA**

- 7:30 am: Pace Leaders will assemble on the west side of the Bushnell Memorial Hall on Capitol Avenue (located within the race start assembly area).
- Marathon Pace Leaders will be wearing bright orange pace shirts.
- Half Marathon Pace Leaders will wear bright blue pace shirts.
- All will be standing by their pace group sign.
- 7:40 am: Pace Leaders will move into the starting area
- They will line up according to pace on the right side (facing toward the start banner) of the starting area.



Joe Jaconetta is the founding partner of Jaconetta, Burnham & Wimer, LLC, an Ironman finisher and 3x Boston Marathon finisher. In 2013, Joe ran the Chicago Marathon with the 3:00 pace team. He finished the marathon with a time of 2:59:22.

*"It was an experience I will treasure the rest of my life. I experienced an overwhelming sense of accomplishment knowing that I successfully reached a goal that I trained for, for two years. Supporting the Pace Leader Program for the Eversource Hartford Marathon gives me the opportunity to "pay it forward"... to help others achieve their goals... goals that they have worked so hard to achieve."*

*"At Jaconetta, Burnham & Wimer, our attorneys continuously help our clients reach their estate planning goals. As a proud sponsor of the Eversource Hartford Marathon, we want to help you achieve yours..."*

# Eversource Hartford Half Marathon 2019 Pace Leaders

## 1:30 Pace Leader

### Adam Rundell

**Adam's Strategy:** This is my 6th straight year pacing the half marathon (4th as the 1:30 leader)! I look forward to this race every year and to meeting all of you joining my little group. I will be aiming for a relatively even pace about 2-3 seconds faster per mile than the 1:30 pace (so 6:49/mi) to cover the distance. We give back a few seconds around Mile 11, but we will get there in time!



## 1:40 Pace Leader

### Aaron Mathieu

**Aaron's Strategy:** I plan to hold a steady pace, but I know that it is hard to hit all the tangents, so I hope to run a 1:40 for a 13.2 mile course.

## 1:50 Pace Leaders

### Kurt Lindboom-Broberg and Dave Hayes

**Kurt's Strategy:** I spend my days teaching biology at Manchester Community College and my spare time training for endurance events, primarily triathlon and running. This will be my 49th half marathon, and I am excited to help bring people to a new PR or just an enjoyable foot tour of Hartford. My plan is to stick to a steady pace from start to finish. After Elizabeth Park, the course pitches downhill and I will encourage you to run ahead if you have the energy left. Otherwise, stick with me and we'll smile the entire way!

**Dave's Strategy:** I had a great time in 2018 helping our group to the finish line. I will run a fairly even pace considering the terrain—about a 8:18 pace. I am a triathlete and run all distances: 5K-Ultra. I'm hoping to be of some help to our group this year and happy to be there.



# Eversource Hartford Half Marathon 2019 Pace Leaders

## 2:00 Pace Leaders

### Earl MacDonald and Shana Miller

**Earl's Strategy:** I'm a doting husband/father, a musician, Canadian, and a follower of Jesus. I have run many half and full marathons and take the role of pacing very seriously. My plan is to run at a consistent pace. I'll keep it between 8:55 and 9:00/mile. Should we get off-pace, I'll make the correction as quickly as possible, and then resume with the initial plan. I'll get you across the half-marathon's finish line in just under two hours.

**Shana's Strategy:** I have been running for 8 years with 33 half marathons and 6 full marathons under my belt. This will be my 9th consecutive year running with HMF. My pacing strategy will be to run even splits throughout the entire race. I can't wait to see all those happy faces crossing the finish line crushing their goal time!

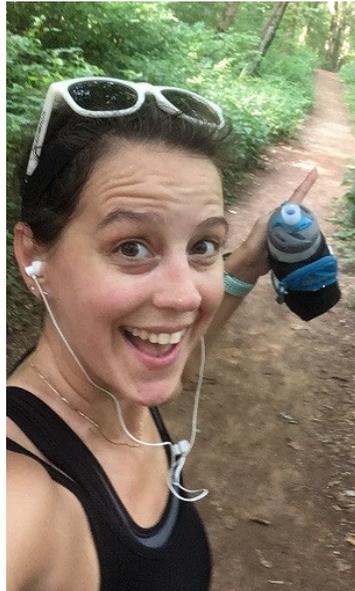


## 2:10 Pace Leaders

### Sarah Johannigmeier and Erin Keller

**Sarah's Strategy:** I'm excited to be running this race and visiting CT for the first time! I have paced over 30 half marathons and run over 50. I plan to keep even splits throughout the race and slow down through water stops to get you in under your goal time of 2:10. I am a physical therapist by day, and I try to carry over my love of helping people reach their goals to pacing races. This will be state 24 for me, so if you enjoy talking about fun runs and travel, I'm the girl you want to run with!

**Erin's Strategy:** I am a member of the Manchester Running Company and have been running since 2015 and have completed 2 marathons and over a dozen half marathons and even run to the top of Mt. Washington. I look forward to helping runners achieve their goal times while keeping spirits high. My strategy will be to run a steady pace right at 9:54 and to be a great metronome.



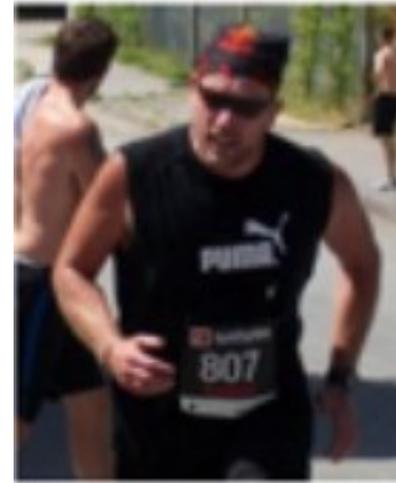
# Eversource Hartford Half Marathon 2019 Pace Leaders

## 2:20 Pace Leaders

### Jack Goolsky and Ken Larson

**Jack's Strategy:** I will try to keep a consistent pace, leaving a little room for fuel and fluid. I'll stay on tempo and tell funny stories!

**Ken's Strategy:** My last and final marathon was the 2014 Boston marathon. Now I enjoy the half marathon distance as my body ages. I am 66 and have run injury free most of my life and plan to continue for another bunch of decades. My pace strategy is to maintain a consistent mile split pace all the way to the finish.



## 2:30 Pace Leaders

### Hector Cruz and Marie Gryszowka

**Hector's Strategy:** I use a run/walk plan. I'll run for 2 minutes and walk for 1 minute and will walk through water stops.

**Marie's Strategy:** I have been running competitively for over 20 years. I run mostly longer trail races but enjoy volunteering and pacing at shorter events. It's a great way to help people reach goals they never thought they could! I plan to run my splits as even as possible and keep the mood upbeat till the end.

# Eversource Hartford Half Marathon 2019 Pace Leaders

## 2:40 Pace Leader

### Marc Cerrone

**Marc's Strategy:** I've been running since I was a kid, and have continued to enjoy it well into my adult life. The Hartford Half Marathon was my first half in 2012 and I loved it so much that I went on to compete in the full marathon in Hartford the next year and have continued to embrace the longer races ever since. I see my role as a pacer as an opportunity to help someone else achieve their goals of tackling this distance at a steady and doable pace. I hope you'll appreciate the adventure as much as I have!



## 2:50 Pace Leader

### Rachel Tambling

**Rachel's Strategy:** Slow down through the water stops to ensure everyone has plenty of time to get enough liquid or fuel.

## 3:00 Pace Leader

### Diane Ellsworth

**Diane's Strategy:** I will try to keep a consistent mile pace, but will speed up on downhills and slow down on uphill as needed.

