



Eversource Hartford Marathon 2021 Pace Leaders

HMF is pleased to introduce the 2021 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 9th! The information on the following pages will help you get to know your pacer and lays out the details 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 Marathon pacers will be wearing bright green singlets on race day. Their pace times will be displayed on large signs and on their backs.

Pace Leaders

- 3:15 Suresh Jatti
- 3:35 Rob Amatruda
- 4:00 Jeanne & Kim Marchand
- 4:15 Andy Zyrek
- 4:35 Michael Lo Presti & Jennifer Kanaitis
- 5:15 Dave Hoople & Wanda Hodsen
- 5:35 Michelle Bosco



Eversource Hartford Marathon 2021 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, and 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.

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 green** pace shirts.

Half Marathon Pace Leaders will wear **bright orange** 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.

To start with a specific pace group, you must be assigned the same Corral as the pace leader.



Eversource Hartford Marathon 2021 Pace Leaders

3:15 Suresh Jatti

I have run 30 marathons including pacing Hartford 4 times. My pacing strategy is even pacing with the first couple of miles on the slower side. Target is to finish 15 to 20 sec under goal time.

3:35 Rob Amatruda

My goal is to support and motivate my runners to meet their goals. I am conversational and really enjoy hearing peoples running journeys.

4:00 Jeanne & Kim Marchand

We plan to pace Hartford with a steady very controlled pace throughout the race and only slow down through the water stops. Let's stick together, share our stories, have fun for 26.2 miles and finish strong with a sub 4:00 marathon.

4:15 Andy Zyrek

My pacing strategy will be to run even splits throughout the entire race. We will slow down through the water stops to ensure everyone has plenty of time to get enough liquid or fuel. I can't wait to see all those happy faces crossing the finish line crushing their goal time!

4:35 Michael Lo Presti & Jennifer Kanaitis

We're really looking forward to pacing the 4:35 marathon group! We will maintain an overall steady 10:30-per-mile pace, taking a few brief walking breaks at some of the aid stations.



Eversource Hartford Marathon 2021 Pace Leaders

5:15 Dave Hoople & Wanda Hodsen

We aim to provide steady pacing (about 11:45 min/mi), with short walking breaks at the water stations.

5:35 Michelle Bosco

Even pacing & walking a few steps through aid stations.