



Eversource Hartford Half Marathon 2021

Pace Leaders

HMF is pleased to introduce the 2021 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 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 our race and most importantly, have fun!

Half Marathon pacers will be wearing bright orange singlets on race day. Their pace times will be displayed on large signs and on their backs.

Pace Leaders

- 1:30 Adam Rundell
- 1:40 Aaron Mathieu
- 1:50 Rich Lindahl
- 2:00 Patrick Williamson & Dan Luddy
- 2:10 Erin Keller & Kathy Manizza
- 2:20 Katie Martin & Hector Cruz
- 2:30 Mitch Bielenda & Xuedong "Chris" Zhou
- 2:40 Marc Cerrone
- 2:50 Rachel Tambling & Kelly Byron
- 3:00 Diane Ellsworth & Marie Gyszowka



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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.



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1:30 Adam Rundell

I'm excited to be back pacing for my 7th straight Hartford Half Marathon (5th as your friendly 1:30 pacer). I will be doing even splits throughout the race and will get you there on time!

1:40 Aaron Mathieu

This will be my third time pacing at the Hartford Half Marathon and I am excited to be helping out again this year. I plan to run fairly even pacing each mile which has worked well in previous years.

1:50 Rich Lindahl

A running enthusiast for many years, I have settled on the Half Marathon as my favorite distance to both race, and run for fun. We'll run even-effort splits (with our pace varying slightly with terrain) to help you reach your goal!

2:00 Patrick Williamson & Dan Luddy

Patrick: I'm a lifelong runner and am excited to pace the Hartford Half Marathon for the 1st time! My pacing strategy is to target a consistent 9 min/mile pace. A key is holding back on speed in the first few miles and then having enough in reserve for the last 5K.

2:10 Erin Keller & Kathy Manizza

Erin: We're gonna hit those even splits! I've been working at Fleet Feet for the last year, so they'll be plenty of shoe and gear chat to help keep you moving!

Kathy: I like to run steady, have fun, and enjoy the journey!



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2:20 **Katie Martin & Hector Cruz**

Katie: The Hartford Half was my first ever half marathon in 2013 and is one of my best running memories. Looking forward to leading the 2:20 half pacing group with even pacing and smiles along the way!

Hector: I plan to do the Jeff Galloway run walk plan for the half marathon by doing 4-minute run and 1-minute walk for the entire race.

2:30 **Mitch Bielenda & Xuedong “Chris” Zhou**

Mitch: I will run a steady 11:27 pace effort, stop occasionally for water/sports drink breaks, and all the while have fun doing it. Looking forward to meeting my 2:30 group and help achieve their goal.

Xuedong: Have fun, enjoy running.

2:40 **Marc Cerrone**

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 **Rachel Tambling & Kelly Byron**

Rachel: Our pace team will run even splits, enjoying the new course, and everything the race has to offer. Be ready to walk water stops, and to play road trip games! I've been pacing for almost 10 years, so you can count on me for a great pacing experience!

Kelly: If you run with me, expect lots of laughter, conversation on all topics including my favorites- shoes, smoothies, wine, dancing and tacos. But most importantly be prepared for me to tell you how awesome you are the whole



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time! I run a steady even pace with walk breaks for water stops. Come party with me at the back of the pack!

3:00 Diane Ellsworth & Marie Gryszowka

Diane: The 2013 Hartford Half Marathon was my first half and I have always enjoyed this race. Generally, my strategy is slow and steady. I will aim to keep a fairly consistent pace throughout but will always slow down through the water stops. I am looking forward to helping you achieve your half marathon goal!

Marie: 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.