



PROHEALTH PHYSICIANS PACE TEAMS

The **EVERSOURCE HARTFORD MARATHON** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use the ProHealth Physicians Pace Teams service.

A **PACE TEAM** is a group of runners led by an experienced leader who run together. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the race at a particular time. There are wonderful benefits of running with a pace group. You'll be supported by a cheerful leader and you'll be side by side with other runners sharing the same goal as you.

Where do the Pace Leaders come from?

Our Pacers have been chosen because of their years of running many marathons or half marathons around the country, but more importantly their extensive pacing experience. Our Pacers are dynamic and personable, and know from past experience exactly what it takes to help you have a great race experience.

What Pace Groups are offered?

3:15, 3:35, 4:00, 4:15, 4:35, 4:55, 5:15, 5:35, 6:00

Note: We will make every attempt to provide the above Pace Groups; however, since Pace Leaders are volunteers, we are sometimes unable to find a leader for each group. We will update the pace groups for this year's race as the event date approaches.

Start Corrals

Pace Leaders will start in the corral that aligns with their finish time and pace. Entrance to start corrals are based on the estimated finish time that you entered during the registration process.

What Pace Group should I be in?

To select the proper pace group, we suggest that you consult the free race prediction calculator available on MarathonGuide.com. Base your desired finish time on a previous shorter race you've completed this season.

<http://www.marathonguide.com/fitnesscalcs/predictcalc.cfm>