



## PROHEALTH PHYSICIANS PACE TEAMS

The **WESTERN MASS 10** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use the ProHealth Physicians Pace Teams service. You do not have to sign up to join a pace team.

A **PACE TEAM** is a group of runners led by an experienced leader who run together in the half marathon. 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.

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

We anticipate having the following teams available:

**1:10 1:25 1:40 2:00 2:20**

### ***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>

### ***Where will my Pace Leader be on race morning?***

Pace Leaders will be wearing bright colored ProHealth Physicians Pace Teams shirts and be holding their pace group sign. Pace Leaders will then move into the starting area around 8:15 AM. They will line up according to pace on the right side (facing the start) of the start corral.

