

## Why Use a Pace Team

Pace teams are a free resource for participants in the Eversource Hartford Marathon, all Hartford Marathon Foundation half marathons and at the Western Mass 10. Supported by a partnership with ProHealth Physicians, the teams are led by experienced pacers who run a steady pace and keep track of that pace during the race so that the team can achieve their goal of finishing in a certain time.

While running with a pace team is not for everyone, here are some reasons to consider giving pace teams a try at your next distance event:

### Leave the Timing to the Pace Leader

An experienced pace leader will run an even pace throughout the race, eliminating the need for you to keep checking your watch to determine if you're on target for your goal. It's easy to start out too fast at the start of a race and then run out of energy near the end. Joining a pace team helps ensure that you're running at a consistent pace.

### A Pace Team Provides Support

Let's face it, running a marathon or half marathon is hard work. Pace leaders usually have outgoing personalities which is one of the reasons they volunteer their time. Because they're running at a slower pace than their PRs, they have the energy to chat, cheer and tell stories during the race. The support from not only the leader, but the other runners in the group, is often just what's needed when the going gets tough.

### Achieve a PR (Personal Record)

Runners using a pace team, while not guaranteed a PR, have a greater chance of meeting their goal time than if they run on their own. Extra bonus - the Eversource Hartford Marathon is a Boston Marathon qualifying race. Marathon finishers can use their "net" time to qualify for the race. Results are automatically sent to the B.A.A. from the Hartford Marathon Foundation.

### Have a Question?

Pace leaders are experienced runners and can be a great source of answers to your questions about running and the race course. Most pacers have previously run the event and can answer questions about the terrain, elevation gain and water station locations.

### Advantages of Running in a Group

While not a specific advantage of a pace team, running in a pack might help “clear the way” through crowded areas of the race course. Rather than winding through tight spots as an individual, the pace leaders can announce “coming through” to gently nudge runners out of the way as the group moves forward.

### How to Join a Pace Team

HMF does not require runners to sign up for a pace team prior to the race. On race day, pace leaders gather near the race start and are easily identifiable wearing brightly colored singlets and holding large pace team signs.

Find the time that is right for you, introduce yourself to the pace leader and get ready for the race start. Make sure to thank your pace leader at the end of the race, they love to hear that they have helped a runner achieve their goal!

### Considerations

Some runners, especially those who train by themselves, might not enjoy group banter for 26.2 or 13.1 miles! In addition, not all finish times will have a pace team, so you may have to break off from a slower group to meet your goal or drop behind a faster group if you haven’t trained for that pace. Finally, there is no guarantee that the pace leader will finish exactly on time. After all, they’re human too. If you start with a pace group and it doesn’t work for you, there’s nothing wrong with breaking off from the group at any point in the race. After all, this is your race and you’ve worked hard to get to the starting line.

The following HMF races offer pace teams, check [Support Hub](#) to assess what pace times will be supported:

Mystic Half Marathon

UConn Health Half Marathon

Surftown Half Marathon

Eversource Hartford Marathon and Half Marathon

Western Mass 10