



PACE TEAMS

The **HARVARD PILGRIM MIDDLETOWN HALF** offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use this service.

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 will be side by side with other runners sharing the same goal as you.

What Pace Groups are offered?

We will have the following teams available:

1:30 1:45 2:00 2:15 2:30 2:45 3:00

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 assemble at Union Green beginning at **10:45 am** and walk up to the Starting Line on High Street at **11:10 am**. Pace Leaders will be wearing bright colored PACE shirts and be holding their pace group sign. Pace Leaders will move into the starting area at 11:25 am. They will line up according to pace on the right side (facing the starting) of the starting area.

Have fun and good luck!

