



PACE TEAM LEADERS

Meet the Pace Leaders for the **HARVARD PILGRIM MIDDLETOWN HALF**:

1:30 PACE

Adam Gootnick plans to run steady and consistent miles throughout the race. His favorite pre-race food is pasta the night before and an energy bar the morning of the race. His favorite post-race food is beer. Adam loves to run and challenge himself so he gets better every year. The annual Manchester Road Race is his favorite race.

1:45 PACE

David Fusfeld plans to start a little slow leading to a slightly negative second half and (hopefully) a strong finish. David loves strong coffee before a race and a beer or a milkshake afterward (or both!). He will be running his first Boston Marathon this year, having qualified with a 3:11 time at Marine Corps Marathon.

2:00 PACE

Andrew Zyrek returns to the 2:00 pace group for his second year. His pacing strategy will be steady and consistent miles while pointing out various things on the course. He will be cheering the group right to the finish line and looks forward to bringing his fun attitude to the team. His favorite race to date is the Kenya Marathon, completed in 2016. He enjoyed running on the savannah while seeing zebras, giraffes, elephants, and rhinos.

2:00 PACE

Kathy Manizza rounds out the 2:00 group this year. She will run steady and consistent and may build a slight cushion (1 minute) at the half way point. She has too many great races to choose just one favorite, although she loves the Willimantic Classic Half Marathon and Manchester Road Race because they are on home roads and the money all goes to good causes. She's a healthy eater both before and after races; no beer or pizza for her! Kathy is the Track and Field/ Cross Country Coach at Eastern CT State University.

2:15 PACE

Michael Lo Presti is a seasoned veteran when it comes to running; he has run everything from the 5K to a 100-miler, but finds the half marathon to be one of his favorite distances. He plans to go a few seconds per mile faster on the flats and downhill, and allow more time on the up hills. Plan to take your time through water stations, as he finds it easier to walk through them. Michael finds pacing an awesome way to share the sport and lifestyle he loves. His favorite quote is, "Someday I will not be able to do this, today is not that day." He looks forward to sharing the day with everyone in his group!

2:15 PACE

Wanda Hodsen loves running with HMF Events because she always feels at home at them, and hopes to pass that feeling on to those in her group. Her strategy is to ease off the pace on the hills and through the water stops, and pick it back up in between. Wanda is grateful for the world that running has brought her, and looks forward to creating a new adventure with you!

2:30 PACE

Michelle Bosco loves to set out on a goal and successfully reach it. She'll use a strategy of steady and consistent miles, combined with walking through the water station, to help you accomplish yours. This marathon and half marathon veteran loves the lessons running has taught her, and is excited for the opportunity to help others reach theirs!

2:30 PACE

Mitch Bielenda will maintain an 11:27 minute pace/effort to get you across the finish line at 2:30 (or slightly under). He plans to slow down at most water stops for a drink and a quick stretch. The Hartford Marathon is his favorite race for many, many reasons; ask him why during the race. Favorite pre-race food is oatmeal, fruit and coffee. Afterward it's definitely pizza! He loves life with all the great events and joy it brings.

2:45 PACE

Rachel Tambling is a RRCA-certified coach, and plans to tap into these skills to help you achieve your goal finishing time of 2:44:59. Her strategy is to slow down through the water stops to ensure everyone has plenty of time to get enough liquid or fuel. Be aware, Rachel likes to talk when she runs; topics usually include food, scenery, and wildlife. She also finds inspiration watching others accomplish their goals, and looks forward to guiding you to yours!

2:45 PACE

Debby Valin will run with a steady pace throughout the race and walk through the water stops. The Chicago Marathon is her favorite race because it was so fun. She eats toast and coffee before a race and loves omelets with mushrooms, tomato and cheese afterward. She is very excited to be pacing the 2:45 group. We are going to have a lot of fun!!!

3:00 PACE

Scott & Robyn Hollister are the perfect team, and they're looking to take that skill with them as your pace leaders. Their strategy is to keep the pace around 13:43 per mile, while taking time to walk most of the hills, through each water stop and enjoy the scenery. They have been pacing this race every year since its beginning. They love helping people finish their first half marathon or PR and have been appropriately named "The Happy Hollisters"!

Have fun and good luck!



HMF would like to extend a special thank you to DANI KENNEDY for putting this amazing team together!