

**Hospital Hill Run Garmin Pace Team – All Pacers will use the ‘Smartpace’ strategy**

| <b>Time</b> | <b>Pacers</b>                   | <b>Aid Station Strategy</b>   | <b>More Planned Walks</b>   | <b>Warm Weather Adjustments<br/>70 Degrees+</b>  | <b>Comments</b>  |
|-------------|---------------------------------|---|---|--|--|
| 1:30        | Steve Blew & Brian Batliner     | I think that slowing to a jog for 10-15 seconds at the early aid stations will be sufficient. After the 10 mile mark, it isn't efficient or necessary to slow down at all for any aid stations.           | None  | We'll start out even slower than planned and certainly slow down at the the early aid stations to allow everyone to sufficiently hydrate.  | We'll plan to slow down up the big hills, then make it up on the downhills like the 'Smartpace' strategy suggests.   |
| 1:35        | Tony Alt & Duston Morris        | Tony will run slowly through each aid station, drinking as he runs. Dustin will briskly walk 15 seconds through each aid station to hydrate and catch back up.  | None  | We will adjust pace (run 5-10sec slower) during the first few miles of the race. In addition, BOTH pacers will walk through the first few aid stations, ensuring plenty of hydration early. After the halfway mark, the pacers will revert back to aid station strategy listed. We'll also look to run in shade that is provided by buildings, trees...etc along the course. | The 1:35 group is experienced and promises to finish ON TIME. We hope all will trust the ‘Smartpace’ strategy and stick with us. We'll begin with a slower pace and run each mile based on course layout, thus our pace will fluctuate almost every mile...with our average coming in at about 7:14/mile.<br>If there is a decent wind on race day we'll encourage drafting off of us. It's your race day, not ours, so use us as much as possible to gain every advantage allowed. Our goal is for our runners to have fun! |
| 1:40        | Robbie Fitzwater & Josh Hubbard | Briskly walk for about 10 seconds through each station (might skip the last one depending on how the group is feeling) and to make up that time when we can (i.e. the downhill/flat sections of the race) | None  | Plan for an even slower warm up for the first two miles, take the climbs at a slower pace, and possibly add a couple of seconds to the aid stations to allow for extra fluid intake.   | We'll be praying for a start in the 50s....  |
| 1:45        | Brian Beins & Stanton Trotter   | My plan is to walk the aid stations, taking 10-20 seconds to get in, get water, take a few steps and go.  | No other planned walks other than walking through sprinklers if they are available and it's warm. | Obviously, extreme heat will impact early splits and uphills-if that is the case, we'll just have to be sensible and see what energy is left in the end to pick it up. We will walk slower during the aid stations to make sure everyone gets lots of water.   | If we see someone dropping off/slowing on a hill, one of us will go back and try catching them back up. If not, I'll stick closer to the smart pace targets. We'll plan to have fun!   |
| 1:50        | Chris Lounsbury & Nick Prewett  | Briskly walk 10-15 seconds through each aid station   | None  | We will walk for about 15 seconds at the 2/3 mark of the big hills. If the heat really becomes an issue we will be cautious to try and keep our group intact. That will probably mean added walk breaks and adjustments to pace using downhills to our advantage. The whole idea is to try and keep all together.  |  |

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| 1:55        | April King & Larry LaVoie         | We encourage everyone to fully hydrate, particularly early in the race. We will walk briskly about 10-20 seconds through the aid station and jog slowly as we regroup and continue. We encourage everyone to keep moving so that their legs don't stiffen. | We'll walk the top of Trinity Hill to keep legs ready for the downhill finish and encourage our group to slow their pace up steeper hills. There are long downhill stretches in which we can make up the few seconds we use to keep our legs fresh. | We will encourage running in the shade, particularly in Brookside, take the up hills more slowly, stress the importance of aid stations.  | We enjoy running and look forward to helping you reach your goal. We'll follow the 'Smartpace' strategy that stresses an intelligent starting pace, easy running up hills with compensation on the downhills. Depending on the weather, we'll make adjustments in keeping with the plan by easing up more on the hills and slightly increasing pace on the long downhills and flat sections. Our goal is to keep you feeling fresh, relaxed and motivated so that you can feel fresh and speed past us during the last three miles or stay with us as we finish at 1:55. |
| 2:00        | Melissa Brancato & Herschel Davis | 10-15 second walk breaks through the aid stations  | None  | Go with the conditions, talk about the impact of temps on running, water over the head to cool, drink more of it, have one of us maintain the original pace for those who want to achieve and can still, the other fall back 30 seconds or so off pace to help the rest do their best   | We will be taking it easier on the uphills and making it up on the downhills.  |
| 2:05        | Chad Babcock & Jim Still          | Brisk walks for 15-20 seconds through the aid stations.  | None  |   | Jim and I will stick together for the first 7 to 10 miles Then we will consider having one of us slow down, if necessary, during miles 11 to 13.1 in order to reel people in while the other pacer continues towards the finish using the 'Smartpace' Strategy.  |
| 2:10        | Tiffany Snead & Shannon Zaiser    | Walk through each aid station for about 10 seconds to ensure everyone stays well hydrated  | None  | We'll slow down our pace at the start along with adding a little more time at the aid stations to make sure everyone gets hydrated properly. We'll also slow down even more going up the hills and possibly consider a 30 second walk break on the ups. We want to make sure that the runners don't get overheated. We'll be able to pick up the pace on the down hill if needed. |  |

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| 2:15        | Stacy Scalfaro & Myra Valdez             | We will briskly walk through the aid stations for 30-45 seconds.   | One of us may take a 15-30 second brisk walk on Broadway or any steep hills if some people need it while the other pacer keeps running and we'll regroup later.   | We can take more, short walk breaks on the hills if it is a hot day and may take up to a minute walk break through aid stations to make sure everyone gets enough fluids. We'll make any time up on the downhills.                    | We want to help you reach your goal and have fun getting to know you along the way. Feel free to ask questions and join in conversation if you can.   |
| 2:20        | Belinda Ambrose & Bryan LeBar            | We'll walk through the aid stations for approximately 10-15 seconds so that everyone can drink the water and not wear it..   | None  | We <u>may</u> incorporate some short walking breaks on the hills.   | Any day is a great day to run a half-marathon. We're glad that you're with us!  |
| 2:25        | Jamie Montalto & Anita Roberts           | We will briskly walk through every aid station for 15-30 seconds depending on the location of the station.   | We will be briskly walking for a total of 1 minute per mile. Last year, we had great success with walking for 30 seconds every half mile (2x per mile) and moving those walk breaks as needed to adjust to the hills.   | We will take four 15 second walk breaks every ¼ mile. We will still plan our walk breaks so that we can briskly walk through every aid station and on hills, but we'll take longer aid station breaks to make sure everyone hydrates. | We had a lot of fun with our runners last year and can't wait to do it again!   |
| 2:30        | Sarav Karunanithi & Stephanie Letourneau | Brisk walk 30 seconds through aid stations   | We will walk on the second half of big hills for about 30-45 seconds  | We will make sure to have systematic walk breaks after every mile for about 30 seconds and try to compensate that on downhills by going faster.   |   |
| 2:40        | Marian Smith & Cynthia Stapp             | Cynthia will walk through the aid stations for up to 1 minute while getting plenty of hydration (these will coincide with some of our scheduled one-minute walks).<br><br>Marian will walk briskly through the aid station for 15 seconds, unless it falls close to or during our scheduled walk break | Cynthia will run a mile and walk a minute, unless the walk is downhill, then we'll run the hill and bank that minute for the next uphill. We also plan to use other strategic walk breaks on uphills and if heat or fatigue are factors.<br><br>Marian will use rhythmic walk breaks in sticking with the 'Smartpace' strategy – running 4 minutes and walking 1 minute. This means we will pick up the pace a little during the run to make up time. | Cynthia will continue to slow the pace to a walk on some of the uphills and make up the time by going much faster than pace on some of the downhills.<br><br>Marian will continue to take 1 minute walk breaks                        | Cynthia encourages you to do what you've never done before -- to run farther, to run faster or just to run!<br><br>Marian has used this strategy several times and it allows you to finish within the goal time, while feeling as best as possible. |

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| 2:50        | Dianne Asher & Sharon Johnson       | Walk through all aid stations for approximately 30 seconds to 1 minute.   | Plan to walk up part of the uphill and for one minute after each mile unless the walk is down-hill, then we'll run the hill and bank that minute for the next uphill.  | We will continue to slow the pace to a walk on some of the uphill and make up the time by going much faster than pace on some of the downhill.<br><br>Sharon plans to run 5 minutes and walk one minute if the weather conditions reach greater than 70 degrees and will make up time by going faster on the downhill | We are excited to help you meet your goals and have a great time doing it!   |
| 3:00        | Kelly Pfannenstiel & Janice Woolery | It's extremely important to be properly fueled and hydrated early. We'll pick the walk pace up just a bit prior to the aid station so everyone has a chance to slow down and get the water or fuel they need.               | We'll be walking the majority of the way - going slower on the uphill and making up some time with easy running on the downhill.   | We'll strongly encourage people to focus on fuel and electrolytes early in the race. The warmer it gets, the more important it is to make sure you get enough electrolytes.   | 'Smartpace' works! Why fight it? This will be Janice and Kelly's third time pacing together. Join them on the "Three Hour Tour" for an enjoyable Hospital Hill Run Half Marathon. We'll take care of the details so you can cross the finish line with a smile on your face!   |
| 3:15        | Brittany Allen & Nicole Pele        | Walk - approximately 1 minute   | Run 5 minutes, Walk 2 minutes  | Extend the warm-up period, extend aid station breaks to 2 minutes, jog the flats easy, run the downhill moderately and walk all of the uphill.  | We will also hope for cooler temperatures.   |
| 3:30        | Scotty Johnson & Pete Marrone       | We will already be walking but slowing a bit or for some stopping long enough to get a few swallows might not be out of the question. After an aid station "break", we'll gradually pick it back up to the designated pace. | This is a walking pace but that doesn't mean it is going to be easy. Common sense and the 'Smartpace' plan will rule the day. The first 3 miles should be taken at a slower pace to get warmed up and also to let everyone relax. Uphill should be taken at an easier pace. If time is lost it is easier to make it up going down. | We'll take a little longer thru the aid stations and work the shady or cloudy stretches and get everyone across the finish line   | We'll constantly assess the group and be flexible so EVERYONE gets across that finish line. We'll be there to encourage and advise, motivate and cheer our group to the best half marathon experience possible. Being "pumped" and positive will be the order of the day. Everyone finishes! Pete and I will be lonely at the finish line because our group will have crossed before us. We are the Three Thirty Thunder! Hill??? What hill??? |