Half Marathon
2017 Pace Leaders

HMF is pleased to introduce the 2017 Half Marathon Pacers. Please join us in expressing your appreciation for their support of our sport and especially for their support of helping you reach your goal on October 14th! The information on the following pages will help you get to know your pacer and lays out detail of their pacing strategy. All our pacers are volunteers so if you were looking for a leader in a pace not listed here, we did not receive any interested volunteer to lead. We wish you much success in our race and most importantly, have fun!

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About the Eversource Hartford Marathon and Half Marathon Pace Program

The Eversource Hartford Marathon and Half Marathon offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use this service. Supported by a motivating leader, a pace team is a group who run together side-by-side with those who share the same race goal. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve the goal of finishing at the group’s designated time.

Where do the Pace Leaders come from?
Pacers are chosen based on their experience running marathons or half marathons around the country, but also because of their extensive pacing experience. Our pacers are dynamic and personable, and know from past experience exactly what it takes to help runners have a great race.

What Pace Groups are offered? Marathon groups from 3:15 to 5:45.
Half Marathon groups offered for 1:30 to 3:00.

RACE DAY MEETING AREA
7:30 am: Pace Leaders will assemble on the west side of the Bushnell Memorial Hall on Capitol Avenue (located within the race start assembly area). Marathon Pace Leaders will be wearing neon green pace shirts. Half Marathon Pace Leaders will wear bright gold pace shirts. All will be standing by their pace group sign. Pace Leaders will move into the starting area at 7:40 am. They will line up according to pace on the right side (facing toward the start banner) of the starting area.

Joe Jaconetta is the founding partner of Jaconetta, Burnham & Wimer, LLC, an Ironman finisher and 3x Boston Marathon finisher. In 2013, Joe ran the Chicago Marathon with the 3:00 pace team. He finished the marathon with a time of 2:59:22.

“It was an experience I will treasure the rest of my life. I experienced an overwhelming sense of accomplishment knowing that I successfully reached a goal that I trained for, for two years. Supporting the Pace Leader Program for the Eversource Hartford Marathon gives me the opportunity to “pay it forward”... to help others achieve their goals...goals that they have worked so hard to achieve.”

“At Jaconetta, Burnham & Wimer, our attorneys continuously help our clients reach their estate planning goals. As a proud sponsor of the Eversource Hartford Marathon, we want to help you achieve yours...”

2017 Eversource Hartford Marathon Pace Program is sponsored by the law firm of Jaconetta, Burnham & Wimer, LLC
1:30 Pace Leader
Adam Rundell, Auburn, MA

Adam’s Pacing Strategy: My pacing strategy is pretty straightforward: I run ever so slightly faster in the first 8 or so miles (3-4 seconds per mile) knowing that the challenge starts with the run in the park at mile 9 and the hill at mile 10. I also know that nobody runs 13.1 miles exactly, so I plan for 13.25 miles. I've gotten my runners to their goal over the last three years, and I look forward to helping all of you as well!

About Adam: This will be my 7th consecutive Hartford Half Marathon (4th as pacer). I look forward to this race every single year, and think it is one of the best races around. As for me, I began running in 2010 at the age of 34 when my wife signed me up for a 10K. Seven years and 60 pounds later, I am still running and doing triathlons. I am also a proud member of Team Hoyt New England and their Boston Marathon team as well, and they inspire me every day.

Adam
1:40 Pace Leaders
David Fusfeld, Manchester, CT
Rick O’Toole, Glastonbury, CT

David’s Pacing Strategy: David plans to start a little slow leading to a slightly negative second half and (hopefully) a strong finish.

About David: David loves strong coffee before a race and a beer or a milkshake afterward (or both!). He ran his first Boston Marathon this year, having qualified with a 3:11 time at Marine Corps Marathon.

About Rick: Rick is a UCONN alumnus and an experienced runner, and has been running more-or-less consistently for the last 17 years. He has 6 road marathons, 1 trail, 1 ultra, and 10 half-marathons under his belt. This will be his first time as a pacer and he’s looking forward to it.
1:50 Pace Leader
Jay Sattler, Bristol, CT

Jay’s Pacing Strategy: Run steady and consistent splits, and encourage everyone to stay hydrated and focus on any nutrition needs they might have. In the end, he wants everyone to have fun.

About Jay: I thoroughly enjoy destination races, trail running, long distance training as well as swimming and biking. I greatly appreciate the opportunity to serve as a pacer once again, and I thoroughly enjoy helping and supporting others reach their running goals!

Jay
2:00 Pace Leaders
Art Byram, Glastonbury, CT
Noiel Fontaine, Longmeadow, MA

Art’s Pacing Strategy: Settle into race pace early, and then use every trick in the book to keep you on track to finish on time. You do the training and he will help you run a fun and smart race.

About Art: Art serves as the running club President of the Silk City Striders, of Manchester. and is an RRCA Certified Coach. He has served as a pacer for several Marathons and has completed over 50 races of marathon distance or longer including 8 Boston Marathons, and a 112 mile Connecticut Ultra Traverse #CUT112 trail run last June.

Noiel’s Pacing Strategy: I’ll keep a steady pace, within about 5-10 seconds of the per mile goal, for the duration of the race and we will walk through water stations. And if feeling strong at mile 10 or 11, that would be the time to pick up the pace to the finish line. The run will have some challenges but we will lots of laughs and fun along the way.

About Noiel: Hartford is a great race because it’s close to home, usually nice fall weather. I have run it as a pacer 6 times.
2:10 Pace Leader
Rebecca Harms, Mystic, CT

About Crystal: I am a running coach & super excited to pace. I enjoy seeing others success & totally love running! I have trained thru & run distances from 5Ks to the marathon in all weather conditions and I have a strategy to handle it all! It's exciting to know that some runners in my group might be finishing their first half marathon & I can't wait see it!

About Rebecca: I have been running for a little over 5 years and in that time I've run 10 half marathons, 3 full marathons, and various other shorter races. Hartford will be my first time pacing, but running with others and helping them meet their goals is one of the best things about running in my books!
2:20 Pace Leaders
Jack Goolsky, Worcester, MA
Leah Cima, Norwich, CT

Jack’s Pacing Strategy: I am a big fan of consistency. Given the abundance of races strategies out there, I feel the most effective service I can offer is to be on pace. I do my level best to finish at the exact time advertised.

About Jack: I’m a Clydesdale runner, so my approach to running is basically get it done, then have fun. I have gotten through more than a few half’s in reasonable time, so you more serious runners are safe with me! Beer is often a big part of my post race celebration...on more than one occasion, it has been a part of my racing itself. I like to have fun and hope for the same to all those on my pacing team!

Leah’s Pacing Strategy: I like to keep a consistent pace but compensate based on the hills. I also don’t stop at water stations. I will grab water and keep on jogging.

About Leah: Leah is a Middle School Math Teacher who lives near Norwich, CT with her husband, who is active duty Coast Guard. She is a newlywed, as she just got married on August 5th in beautiful San Diego, CA. Leah ran her first half marathon in 2013 and became hooked. Since then she has run over 35 half marathons, completed 4 Ragnar races and placed 3rd in her first triathlon. Leah loves pacing because it allows her to run and help others achieve their goals to finish by a certain time. She also gets to meet and stay friends with some other amazing runners!

Jack

Leah
2:30 Pace Leaders

Hector Cruz, Shrewsbury, MA
Jennifer McKenzie, Worcester, MA

**Hector’s Pacing Strategy:** The plan is to do 2 minute run and 1 minute walk from the very beginning and walk through the water stations.

**Jennifer’s Pacing Strategy:** Slow and steady pace, stop at water stations as needed.

**About Hector:** I took up running in 2007 and started pacing the Hartford Marathon in 2012 - something that I enjoy doing very much. I’ve completed over 20 half marathons in my short running history. Even though running a half is not as grueling as running a full marathon you will need to have a plan in place and a backup plan just in case. The goal is to enjoy the 13.1 journey and celebrate your accomplishment with the family after the race.

**About Jennifer:** Her pre-race ritual – Rest, Hydration & Carbs. Post-race ritual – Enjoy! And eat Protein. She is an Emergency Room RN.
2:40 Pace Leaders
Kimberlee McCarthy, Worcester, MA
Marta Carlson, Paxton, MA

Kim and Marta's Pacing Strategy: Kim and Marta have several strategies to help their fellow 2:40s to finish ranging from chit-chat and banter when needed to keep spirits high and quiet focus on the steps of a fellow runner when digging deep. Kim is more of a coach, and Marta is more of a therapist, but together they have fun and get the job done!

About Kim: Kim or Kimmie (the name commonly used by my fellow runners) picked up running as a way to maintain her health and pass the time while in the Peace Corps in 1996. She has participated in a number of half and full marathons, triathlons, and other athletic events. Her fellow pacer talked her into pacing Hartford 4 years ago and she is so glad she did. She loves the course, volunteers, spectators, and after party! Marta and Kim have completed the half within a minute of their scheduled time for the past 3 years. She enjoys meeting new people and encouraging them to achieve their goals.

About Marta: I have been into distance running for the last 15 years. I'm a very moderate runner in the sense that I'm not out to wreak havoc on my body but, rather, to have a fun and challenging workout. I tend to get bored with long solo training runs, but put me in a race, and I'm inspired by the energy and enthusiasm of the other runners. I love my role as a pacer because I get to hear my fellow half marathoners' personal stories of why they run.
2:50 Pace Leader
Harley Eisenberg, Roswell, GA

About Harley: Harley lives in Roswell, GA. His son lives in Hartford, so he decided to be a pace leader this year during his visit. Harley has run 13 full marathons and 18 half marathons; He is a run leader for the Atlanta Track Club.
3:00 Pace Leaders
Diane Ellsworth, Unionville, CT
Reggie Scarpa, Torrington, CT

Diane and Reggie’s Pacing Strategy: Their plan is to pace the Hartford ½ with a steady pace. The ultimate goal is to just have fun with it, get to know each other along the way and cross that finish line in 3 hours with a huge smile on your face!!!!

About Diane: Diane has been running on and off for about 15 years but only started long distance running in 2013. Since then she has run 10 half marathons and 5 marathons. She is currently training for this year’s New York City marathon. She is excited to pace this distance and is looking forward to encouraging other runners to meet their goals on race day. Her group will definitely have a lot of fun out there on October 14!

About Reggie: Reggie has run 20 half marathons but this will be her 6th Hartford half (and her 21st overall). The half is her favorite distance, hence why she has only run 5 full marathons! She looks forward to sharing this incredible experience with you and wants to give you that extra push to help you realize your potential and feel that great feeling of accomplishment!

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