

2011 Baltimore Marathon GEICO Pace Group Plans

3:00 Pace Group:

The 3:00 group is led by 2 very experienced runners. Our goal pace is 6:53/mile and we'll adjust the pace to account for hills. The plan is to come through the halfway point in about 89 minutes. We will try to spend as little time as possible through the water stations – the pace group leaders will try to grab extra fluids to save people time. Our goal is to get you through in 3:00.

3:10 Pace Group:

Close to even splits will be the order of the day. We will run no more than 20-30 seconds faster in total over the first 3 miles heading to Druid Hill. From there it will be some minor give and take within miles with the goal to hit the mile markers from 8 to 26.2 right on the number. We will run the hills on the second half at even splits (7:15) and enjoy our downhill finish holding pace as group members sail ahead to the finish!

3:20 Pace Group:

Since a perfect mile is 7:37, we will aim to average between 7:32 – 7:42, the earlier miles on the faster end of that spectrum. We will “warm up” for 16 miles in order to stay calm and comfortable. We will fight for a few miles and then do a Victory 5k from 23 on! We will stay light, relaxed and motivated! We have a great team! Join us for a party on the course!

3:30 Pace Group:

We will run even splits of 8:00 minutes/mile. We will run through water stops, slowing slightly as required, but keeping up the pace and regrouping quickly. The goal will be to keep everyone motivated and focused bringing our group through the finish line in 3:30.

3:40 Pace Group:

We will maintain a constant and steady pace of 8:24 per mile pace throughout the entire marathon except when there are steep downhills or uphill where we may adjust very slightly for the conditions. The pace group will run through the water stops but we will make the best effort to regroup the runners back together. Our goal is to help you achieve the goal time by running at a very even pace.

3:50 Pace Group:

We will run consistent mile splits between 8:40 and 8:50 with a perfect mile being 8:46. We plan to maintain a light pace through the water stations but will go a bit slower through the 2 gel stations on the course. We plan to have fun, run at a consistent pace, be encouraging, and help you achieve your marathon goal.

4:00 Pace Group:

We are happy to have you join us! We promise if you stick with us, we will keep an even, 9:09 pace for each mile including hills and flats which means our first and second half will be identical in terms of time; at each of the water stops we will be slowing down as we go through them and continuing on—look for the raised hands of our pacers as we leave them; and we will be chatty, engaging and having a lot of fun in order to keep you going. We promise fun and consistency!

4:15 Pace Group:

Our plan is to run even splits to maintain pace and run the race as efficiently as possible. We will walk through all the fluid stops, except the last two as stopping at that point makes it harder to start running again. Overall, we will stick together and encourage each other as much as possible.

4:30 Pace Group:

Our strategy for the day will be as follows: consistent even splits (after any adjustments at mile 1) throughout the day. Also, we will be walking through every water stop—just the duration of the stop. All business but lots of fun!

4:45 Pace Group:

We will maintain an even pace throughout the marathon, using the walk/run method, with continuous GPS feedback. Every half mile, we will walk for one minute and then run for 4:26. For those who want to run the whole way, it will be easy to keep an eye on the pace team. Every half mile we should be together. For the rest of us, we'll use those walk breaks to bring down our heart rate, relieve muscle fatigue, and have some fun. Here's to a great race!

5:00 Pace Group:

Our energetic pacers know from past experience exactly what it takes to help you have a great Baltimore Marathon experience. We will be sticking to our game plan which has brought us across the finish line +/- 30 seconds of our goal time for the past 8 years. Our plan is to relax early and not waste energy weaving through the crowd. When the crowd opens up around mile 2 or 3 we will settle in on a steady pace. We will run the marathon and walk the water stops. We invite everyone to sit back and let us lead you on our 5 hour tour of Baltimore.

5:15 Group Plan:

We will run with a brief intermittent walk. At each mile marker or at fluid stations, the group will walk for approximately 30 seconds and then will run the remaining mile for an overall pace of 12 minute miles. Get ready for a good time...