# 2017 Baltimore Pacers at The Baltimore Marathon

**3:05 Pace Group**
We will run an average pace of 7:04mile, running through all water stops.  We will begin slightly slower around 7:10 pace for the 3 mile uphill climb to the Zoo and gradually pick up the pace on the St. Paul Street to the Inner Harbor.  The flat Inner Harbor miles we'll run steady 7:04 pace, aim to come through half way under 1:32:30, and push onward to the uphill miles after Patterson Park toward Clifton Park and Lake Montebello.  We will finish strong at goal pace and finish under 3:05!

**3:15 Pace Group**
Our average pace will be ~7:23/mile due to the course logistics.  The first 3.3 miles of the course is an uphill climb of about 300 feet, where the average pace will be a targeted progression of 7:40/7:35/7:30.  After this warmup period we will hold a steady pace of 7:23 per mile, and will cross the finish line just under 3:15:00.

**3:25 Pace Group**
We will maintain a consistent and steady pace of 7:45 to 7:48 minute per mile pace with the exception of the steep hills where we may adjust slightly.   We will run through the water stops but make an effort to regroup after the stations. Our goal is to keep to a fairly even pace for the entire marathon and come in slightly under goal time!

**3:35 Pace Group**
The name of the game is consistency! We will strive for an even pace of 8:10 per mile adjusting slightly for the start and the late hills. We stay on the move through aid stations. Feel free to take a few walking steps to get the needed fluids down, push slightly to regroup.  We will hold pace (and thoroughly enjoy) our final 1.5 miles of downhill. Our goal is for you to achieve yours! Will finish between 3:34:00 - 3:34:59.

**3:45 Pace Group**
We will run consistent mile splits between 8:30 and 8:40 with a perfect mile being 8:35.  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**
Your friendly and experienced pacers will run a steady pace of 9:05-9:09 minutes per mile. At water stops, we'll slow slightly to allow everyone to fuel and hydrate, then regroup in the center of the road. If you're looking to break 4 hours, we're your group!

**4:15 Pace Group**
We are looking forward to meeting everyone!  Our group will run a steady 9:40-9:42 per mile pace throughout the marathon.  At water stops, we will slow down allowing everyone to grab something to drink and then raise our hands so we can regroup in the center of the road and settle back into our pace.  It's going to be a great run through our beautiful city of Baltimore!

**4:30 Pace Group**
Have the time of your life and see the sights of Baltimore with the 4:30 Pacers, Christie, Randy, Audrey and Dwight. As veterans of the Baltimore Marathon, consistent 10:14 minute pace per mile will bring us in right on time!  We will jog briskly through water stops and regroup after.  Looking forward to a great Saturday together in October.  See you at the start line.

**4:45 Pace Group**
The 4:45 group will run an even pace, walk briefly through the water stops, re-group and move on to the next mile. Having fun one mile at a time!

**5:00 Pace Group**
We aim to run at a consistent pace, with brief walks through the aid stations to give everyone a chance to hydrate as well as eat and keep a steady rhythm  Look  for the gal in the white bandana and you won't get lost.  We'll have a lot of fun; jokes and singing are very welcome!

**5:15 Pace Group**
The fun feisty 5:15 pacers will be running at a consistent effort throughout the race with walk breaks at water stations and/or mile makers resulting in a 12-minute mile pace overall. While we walk water stops, we will remind runners of the importance of dynamic stretching, will provide support and encouragement to power the miles, and will share stories and jokes to keep everyone energized so that everyone has a great time running through Baltimore.