

2019 Baltimore Pacers at The Baltimore Marathon

3:10 Pace Group

Our plan is to run a consistent 7:14/mile pace throughout the race, adjusting slightly for the uphill and downhill. We'll stay on the move through all water stops and will cross the finish line just under 3:10. We're looking forward to joining you in your marathon experience and helping you achieve your goals!

3:20 Pace Group

We will maintain a consistent and steady pace of 7:36 to 7:38 minute per mile. We will start conservatively the first couple of miles to warmup and find our groove. No stopping at the water stations. If you had to stop, please don't panic, take your time 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, around 3:19+!

3:30 Pace Group

We will maintain a consistent and steady pace of close to 8 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 very close to under goal time!

3:40 Pace Group

We will maintain a consistent and steady pace of 8:20-8:25 with perfect mile being at 8:22 with the exception of the hills where we adjust pace slightly. We will be running through the water stations but feel free to take it easy and regroup!! We will run a consistent race from start to finish with the ultimate goal to finish under 3:40 and have a lot of fun!! We are so excited to help you achieve your goals! We got this!!!

3:50 Pace Group

We will run consistent mile splits between 8:40 and 8:46 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

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

Your experienced pacers will run a consistent pace of 9:40-9:43 minutes per mile. At water stops, we will slow down a bit to allow everyone to hydrate and then raise our hands to regroup and settle back again. We will have a fun, steady run through the beautiful city of Baltimore!

4:30 Pace Group

Have the time of your life and see the sights of Baltimore with the 4 h 30 m Pacers: Dwight, Faye, Pete, and Xuesong. As 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

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. We'll have a lot of fun; jokes and singing are very welcome! If you don't do it, David, Ken, Sara and Roger will, and we can be pretty corny! Come join us!

5:00 Pace Group

Welcome to the 5-hour pace group!! Our plan is to keep you motivated and entertained for 26.2 miles. We will be running a consistent 11:15 pace so we can walk briefly through water stops and gel stations. We will provide support/encouragement while we run the streets of Baltimore and look forward to helping you achieve your marathon goals.

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 min/mile pace overall. We will give helpful reminders of how to stay strong, will provide encouragement to power forward, and will share stories/jokes to keep everyone energized so everyone has fun running through Baltimore.