



# Eversource Hartford Marathon

## 2024 Pace Leaders



The Eversource Hartford Marathon offers pace leaders to help athletes achieve their goal time. There is no fee and anyone can use the Fleet Feet Hartford Pace Team service. A Pace Team is a group of runners led by an experienced leader who run together. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the race at a particular time. There are wonderful benefits of running with a pace group. You'll be supported by a cheerful leader, and you'll be side by side with other runners sharing the same goal as you. All pace leaders are volunteering their time, so please express your appreciation of their support of our sport.

### **Pace**

**3:15** Adam Gootnick and Suresh Jatti

**3:30** Rob Amatruda and Allen Pangilinan

**3:45** Eli Gordon and Alex Soter

**4:00** Sean Burns and Andy Zyrek

**4:15** Jeanne and Kim Marchand

**4:30** Jennifer Kanaitis and Michael Lo Presti

**5:00** Julia Khvasechko and Aaron Stevens

**5:15** Michelle Bosco and Adrienne Vuong

**5:30** Karin George and Mercedes Hathcock

**6:00** John Long and Rachael Scullion



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### **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 offered for 3:15—6:00 (course limit).

Half Marathon groups offered for 1:30—3:00 (course limit).

### **RACE DAY MEETING AREA**

- 7:30 am: Pace Leaders will assemble near the Lafayette Statue at the corner of Washington Street near Capitol Avenue (located within the race start assembly area).
- Marathon Pace Leaders will be wearing bright **ORANGE** pace shirts.
- Half Marathon Pace Leaders will wear bright **BLUE** pace shirts.
- All will be standing by their pace group sign.
- 7:40 am: Pace Leaders will move into the starting area
- They will line up according to pace on the right side (facing toward the start banner) of the starting area.



# Eversource Hartford Marathon 2024 Pace Leaders



## 3:15 Pace Leaders

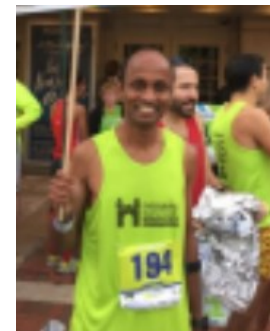
### Adam Gootnick, Unionville, CT

I will be running even splits for the Eversource Hartford Marathon. I'm looking forward to helping others achieve their goals. I started running after playing college football at CCSU. I am a current member of Manchester Running Company. When I'm not running I enjoy spending time with my wife, Lauren and my three kids Aiden, Riley and Parker.



### Suresh Jatti, Glastonbury, CT

I will use an even pacing strategy with the first couple of miles on the slower side (10 to 15 sec/mi). My goal is to reach the half marathon point around 1:37:30 and cross the finish line 15 seconds below the goal time.





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### 3:30 Pace Leaders

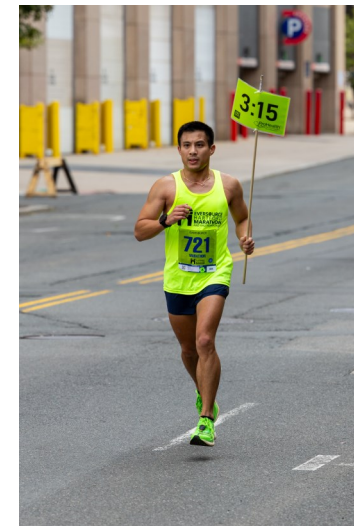
#### Rob Amatruda, South Windsor, CT

I am a supportive and conversational pacer who likes to keep even and consistent splits. Using a team approach I want you to feel confident that you'll hit your time goal and strong enough to pull ahead of the group at the finish. This will be my fifth time pacing the Eversource Hartford Marathon.



#### Allen Pangilinan, South Windsor, CT

My pacing strategy is to run an even effort race throughout. With some hills in the early miles and a fairly flat second half, I plan on finishing with a slight negative split. The Eversource Hartford Marathon is one of my favorite races to run every year, and I have completed the full marathon every year since 2010.





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## 3:45 Pace Leaders

### Eli Gordon, Wallingford, CT

I ran my first marathon in 2014 and haven't looked back since (although I do enjoy racing shorter distances as well)! I'm on a 50 State journey, with 15 states thus far. My fastest race times at all distances have been evenly paced with a slight negative split, including Boston last year. I'm looking forward to connecting with and inspiring runners in Hartford chasing down a 3:45 finish!

### Alex Soter, Milford, CT

I'm joining the HMF Pace Team as an experienced runner, having competed in distances from 400 meters up to the marathon. Having recently completed each of the six World Marathon Majors, I continue to search for new challenges. In addition to pacing, I also volunteer with Achilles International by providing guide services to athletes with disabilities. I have guided Achilles athletes at numerous races, including the Eversource Hartford Marathon.







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### 4:00 Pace Leaders

#### Sean Burns, West Hartford, CT

Having relied on pacers for many races - including this one - I'm excited to do what I can to help a great crew of runners achieve their goal time. This will be my fifth marathon and third Eversource Hartford Marathon finish line, with plans for my second NYC Marathon in November. My pacing plan is to aim for even splits throughout the race, getting to that final turn towards the Arch with enough time for everyone to hit that goal and soak up those cheers. My hope is that I can help keep things light and fun, helping you get the most out the training that got you to the start line.



#### Andy Zyrek, Milford, CT

I have run races in various places around the world. I plan to run continuously with walk breaks during the water stations.





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### 4:15 Pace Leaders

#### Jeanne and Kim Marchand, Winsted, CT

**Jeanne:** This is my 10th year successfully pacing the Hartford Marathon. My pacing strategy is to not go out too fast and to maintain a steady pace that will allow enough to slow down at the water stops with a goal to cross the finish line with a 30 second buffer.

**Kim:** This is my 11th year pacing Hartford. I plan to run a steady pace the whole way. No fast or slow miles. Just a lot of fun and stories along the way with a sub 4:15 finish.





# Eversource Hartford Marathon 2024 Pace Leaders



## 4:30 Pace Leaders

### Jennifer Kanaitis, Andover, CT

This is my 4th time pacing the Eversource Hartford Marathon with my partner, Michael Lo Presti. I've run over 20 marathons and ultra marathons. Our pacing strategy is to keep an even pace throughout, briefly walking at the aid stations. We hope to help many reach their goal!

### Michael Lo Presti, Norfolk, CT

We'll run a consistent pace throughout the race, slowing down a bit through the aid stations to grab fluids as needed. I've been running for about 25 years and have completed more than 120 marathons and ultramarathons. The Eversource Hartford Marathon is one of my favorites, and the first marathon I completed in my return to running after open heart surgery in 2022. We're looking forward to running with you!







# Eversource Hartford Marathon 2024 Pace Leaders



## 5:00 Pace Leaders

### Julia Khvasechko, New York, NY

I have dedicated 20 years of my life to running marathons and working with runners, having completed over 300 marathons including 3 times around the 50 states and 11 countries on 5 continents. I am now trying to pace marathons in every state for my 4th circuit of the 50 states. When I'm not running, I am a licensed massage therapist, Health Coach and a Running Coach, helping runners become the best versions of themselves.



### Aaron Stevens, Natick, MA

I live in Natick, Massachusetts, along the Boston Marathon route. I regularly run with my local Natick Runners club. I am not a competitive runner, but rather a collaborative runner — I especially love pacing, and helping other runners reach their goals. I have run 77 marathons (including 39 as a pacer), I am an aspiring 50-state marathon runner (completed 38 states), and a 5-star Marathon Maniac. I have also raised over \$125,000 for cancer research as a member of the Dana-Farber Marathon Challenge team.





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### 5:15 Pace Leaders

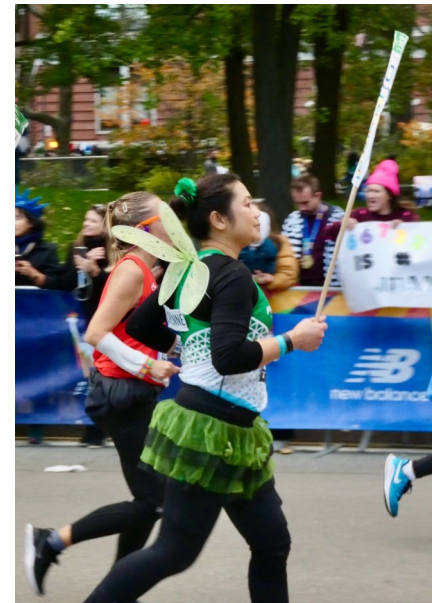
#### Michelle Bosco, Burlington, CT

My pacing strategy is even pacing and walking a few steps through the aid stations.



#### Adrienne Vuong, Bloomfield, NJ

Pacing races (half marathons and marathons) have become such joyous moments for me over the last 7-8 years. Pacing other runners means building connections, and touching others (who might be struggling) one step at a time. The meaningful impacts I can make as a pacer is helping other runners navigate physical & mental challenges during a distance race. I love seeing other runners reach tough milestones by offering them encouragements, running economy tips, small doses of positive energy along the way that can help lift them all the way to the finish line — these are my highest priority and greatest joy as a pacer.





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### 5:30 Pace Leaders

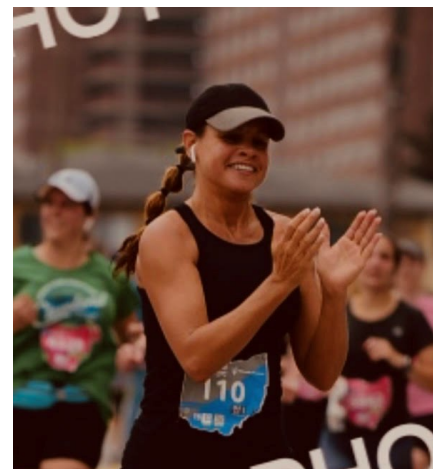
#### Karin George, Florence, MA

I have run 75 marathons to date with the New York City Marathon as a sentimental favorite with my late father cheering me on and the Jungfrau Marathon in Switzerland the most stunning. I am an even split- metronome pacer who works to adjust to the terrain as needed so we hit the times desired. I can be chatty or quiet as the group needs. Helping others reach their goals is a great joy and I look forward to helping you reach yours.



#### Mercedez Hathcock, Berea, OH

I have been running for over 20 years and have completed 144 half marathons. The 2024 Eversource Hartford Marathon will be my 48th full marathon. I am an experienced pacer and love it. I'm grateful for the opportunity to serve and encourage fellow runners to meet their goals and to enjoy the journey.







# Eversource Hartford Marathon 2024 Pace Leaders



## 6:00 Pace Leaders

### John Long and Rachael Scullion, Waterford, CT

Hello! We are the 6 hour Hartford Marathon pacing team, John and Rachael! We have been running for just over 3 years and have completed multiple marathons. We love this distance and helping others complete their race! We plan on running an interval of 2 minutes of running and 1 minute of walking. We will walk all water station for some added walk breaks! We hope to provide conversation and encouragement to all of those running with us!

