

## THE MIDDLE HALF PACE CHART

|      |                         | PACE PER MILE |         |         |         |         |         |         |         |         |         |         |
|------|-------------------------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| MILE | LOCATION                | 6:00          | 7:00    | 8:00    | 9:00    | 10:00   | 11:00   | 12:00   | 13:00   | 14:00   | 15:00   | 16:00   |
| 1    | Bell Street             | 6:00          | 7:00    | 8:00    | 9:00    | 10:00   | 11:00   | 12:00   | 13:00   | 14:00   | 15:00   | 16:00   |
| 2    | N. University           | 12:00         | 14:00   | 16:00   | 18:00   | 20:00   | 22:00   | 24:00   | 26:00   | 28:00   | 30:00   | 32:00   |
| 3    | E. Main @CMS            | 18:00         | 21:00   | 24:00   | 27:00   | 30:00   | 33:00   | 36:00   | 39:00   | 42:00   | 45:00   | 48:00   |
| 4    | Oaklands Historic House | 24:00         | 28:00   | 32:00   | 36:00   | 40:00   | 44:00   | 48:00   | 52:00   | 56:00   | 1:00:00 | 1:04:00 |
| 5    | Downtown Square         | 30:00         | 35:00   | 40:00   | 45:00   | 50:00   | 55:00   | 1:00:00 | 1:05:00 | 1:10:00 | 1:15:00 | 1:20:00 |
| 6    | E Main @ Bilbro         | 36:00         | 42:00   | 48:00   | 54:00   | 1:00:00 | 1:06:00 | 1:12:00 | 1:18:00 | 1:24:00 | 1:30:00 | 1:36:00 |
| 7    | Mercury Blvd            | 42:00         | 49:00   | 54:00   | 1:03:00 | 1:10:00 | 1:17:00 | 1:24:00 | 1:31:00 | 1:38:00 | 1:45:00 | 1:52:00 |
| 8    | Mercury @ Rutherford    | 48:00         | 56:00   | 1:04:00 | 1:12:00 | 1:20:00 | 1:28:00 | 1:36:00 | 1:44:00 | 1:52:00 | 2:00:00 | 2:08:00 |
| 9    | Alumni Drive            | 54:00         | 1:03:00 | 1:12:00 | 1:21:00 | 1:30:00 | 1:39:00 | 1:48:00 | 1:57:00 | 2:06:00 | 2:15:00 | 2:24:00 |
| 10   | N. Rutherford           | 1:00:00       | 1:10:00 | 1:20:00 | 1:30:00 | 1:40:00 | 1:50:00 | 2:00:00 | 2:10:00 | 2:20:00 | 2:30:00 | 2:40:00 |
| 11   | N. Rutherford           | 1:06:00       | 1:17:00 | 1:28:00 | 1:39:00 | 1:50:00 | 2:01:00 | 2:12:00 | 2:23:00 | 2:34:00 | 2:45:00 | 2:56:00 |
| 12   | Old Lascassas           | 1:12:00       | 1:24:00 | 1:36:00 | 1:48:00 | 2:00:00 | 2:22:00 | 2:24:00 | 2:36:00 | 2:48:00 | 3:00:00 | 3:12:00 |
| 13   | Champions Way           | 1:18:00       | 1:31:00 | 1:44:00 | 1:57:00 | 2:10:00 | 2:33:00 | 2:36:00 | 2:49:00 | 2:62:00 | 3:15:00 | 3:28:00 |