



HOT DASH

5K & 10 MILE | MARCH 23, 2019

PACE TEAMS

Pace teams will be available for the half marathon only.

Allow our pace leaders to help you meet your goal finish time! Twin Cities In Motion pace team leaders will be identifiable by their bright yellow singlets. Pacers will hold signs on a stick indicating pace and goal time and will be in the starting corral 20 minutes before start of the race.

TIMES AND LEADERS

Goal	Pace	Pace Team Leader
1:10	7:00	Ben Drexler
1:15	7:30	Dan LaPlante
1:20	8:00	Jamie Blumentritt
1:25	8:30	Mike Kaiser
1:30	9:00	Seigo Masubuchi
1:35	9:30	Gwen Thomas
1:40	10:00	Kelli Mutschler
1:45	10:30	Kristina Funseth
1:50	11:00	Tonya Dunn
2:00	12:00	Richelle Schmitz
2:05	12:30	Katie Thorson



TWIN CITIES IN MOTION