



WOMEN RUN THE CITIES

5K, 10K & 10 MILE | MAY 19, 2019

PACE TEAMS

Pace teams will be available for the 10 mile 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 Finish Time Goal Pace Pace Team Leader

1:15	7:30	Jamie Blumentritt
1:20	8:00	Hilary Eggen
1:25	8:30	Teri Sharp
1:30	9:00	Sara Stanley
1:30	9:00	Ann Smith
1:35	9:30	Heather Schlagel
1:35	9:30	Gwen Thomas
1:40	10:00	Lisa Rippe
1:45	10:30	Tonya Dunn
1:50	11:00	Kelli Mutschler
2:00	12:00	Richelle Schmitz
2:05	12:30	Megan Jaunich
2:10	13:00	Erin Manthey



TWIN CITIES IN MOTION