



2024

FREE

PACED  
LONG RUN  
PROGRAM





## PACED RUNS

Paced Runs are group runs at your speed! With the help of many experienced volunteer pacers, we can invite runners of all speeds and levels to run together!

Pacers will be available for up to the first two loops on any morning.

Optional mileage build up for Half and Full Marathons.

## PACES

Pace groups we provide pacers for:

8:30 min/mi, 9:00 min/mi, 9:30 min/mi, 10:00 min/mi, 10:30 min/mi, 11:00 min/mi, 11:30 min/mi, 12 min/mi, and 13:00 min/mi. Walkers are always encouraged to join!

\*Pace groups subject to volunteer availability\*

## EXTRA RUNNER INCENTIVES

**Last Saturday of the Month: Enjoy an occasional seasonal beverage at the conclusion of runs on the last Saturday of the month.**

**Each time you run you will be entered to win a month end raffle prize! Prizes vary each month!**

# PROGRESSION OF MILEAGE

WEEK	DATE	HALF	FULL (LOOPS)
1	January 6	5 mi	10 (4.5+5.5) 8
2	January 13	5 mi	8 (3+5) mi
3	January 20	3 mi	8 (5+3) mi
4	January 27	5 mi	9 (6+3) mi
FLOWER CITY	February 3	6 mi	7 mi
BUFFALO FULL	February 10	7 mi	10 (7+3) mi
7	February 17	7 mi	11 (7+4) mi
8	February 24	7 mi	9 (5+3+1) mi
9	March 2	8 mi	13 (6+7) mi
BUFFALO HALF	March 9	F 8 / B 6 mi F	14 (7+7) mi
11	March 16	F 9 / B 7 mi	13 (7+6) mi
12	March 23	F 9 / B 7 mi	16 (7+9) mi
13	March 30	F 10 / B 7 mi	17 (6+5+6) mi
14	April 6	F 11 / B 8 mi	13 (6+7) mi
15	April 13	F 6 / B 8 mi	20 (7+6+7) mi
16	April 20	F 6 / B 9 mi	12 (6+6) mi
RACE: FL CITY	April 27	F 3 / B 9mi	20(5+5+10)mi

HALF COLUMN = MILEAGE FOR HALF MARATHON TRAINING  
 FULL COLUMN = MILEAGE FOR FULL MARATHON TRAINING

**Flower City Week will have limited pace groups**

# PROGRESSION OF MILEAGE

WEEK	DATE	HALF	FULL (LOOPS)
18	May 4	B 10 mi	20(5+5+10)mi
19	May 11	B 11 mi	11 (5+6) mi
20	May 18	B 6 mi	8 (6+2) mi
RACE: Buffalo	May 25	B 3 mi	10 (3+7) mi
22	June 1	5 mi	10 (5+5) mi
WINE FULL	June 8	6 mi	12 (6+6) mi
24	June 15	5 mi	11 (5+6) mi
MCM FULL	June 22	5 mi	W/M8 (5+3) mi
ROC 1/2	June 29	R 5 mi	W10/M8 (5+5) mi
27	July 6	R 6mi	W11/M9 (6+5)mi
28	July 13	R7 mi	W10/M6 (5+5)mi
WINE HALF	July 20	R/W 7 mi	W12/M11(7+5)
30	July 27	R8/W 7 mi	W14 / M12(5+7+2)mi
31	August 3	R8/W 8 mi	W13 / M9 (5+3+5)mi
32	August 10	R9/W 8 mi	W15/M14 (5+4+6) mi
33	August 17	R9/W 9 mi	W17/M15 (6+3+8)
34	August 24	R10/W 9 mi	W/M 13 (5+5+3)

HALF COLUMN = MILEAGE FOR HALF MARATHON TRAINING  
 FULL COLUMN = MILEAGE FOR FULL MARATHON TRAINING

# PROGRESSION OF MILEAGE

WEEK	DATE	HALF	FULL (LOOPS)
35	Aug. 31	R12/W 10 mi	W13 /M17(5+5+7)
36	Sept. 7	R6/W10 mi	W12/M18 (6+6+6)
RACE: ROC	Sept. 14	R 3/W11 mi	W20/M13 (6+6) mi
38	Sept. 21	W6	W12/M20(6+3+6+5)
39	Sept. 28	W12 mi	W9/M12 (6+6)mi
RACE: WINE	Oct. 5	3 mi	M20 (3+6+6+5) mi
41	Oct. 12	7 mi	12 (7+5) mi
42	Oct. 19	5 mi	8 (5+5) mi
RACE: MCM	Oct. 26	6 mi	12 (5+7) mi
44	Nov. 2	5 mi	12 (5+7) mi
45	Nov. 9	6 mi	13 (6+7) mi
46	Nov. 16	5 mi	12 (5+7) mi
47	Nov. 23	6 mi	10 (6+4) mi
48	Nov. 30	5 mi	11 (5+6) mi
49	Dec .7	6 mi	11 (6+5) mi
50	Dec. 14	5 mi	10 (5+5) mi
51	Dec. 21	6 mi	12 (6+6) mi
52	Dec. 28	5 mi	10 (5+5) mi

HALF COLUMN = MILEAGE FOR HALF MARATHON TRAINING  
 FULL COLUMN = MILEAGE FOR FULL MARATHON TRAINING



## FAQ

### **Do you have mileage schedules for half/full marathons?**

The group runs will offer long run mileage plans for the half and full marathons listed below:

#### **Half Marathon:**

**Flower City Half Marathon**

**Buffalo Half Marathon**

**Wineglass Half Marathon**

**Rochester Half Marathon**

#### **Full Marathon:**

**Buffalo Marathon**

**Wineglass Marathon**

**Marine Corps Marathon**

\*\*Mileage schedules will occasionally require a 1-2 mile extra loop to meet some of the mileage increases. On these days we will have routes in the store for those extra few miles.

\*\*\* Eliminating the amount of stops for higher mileage marathon training runs: 2nd/3rd loops will occasionally be longer than 7 miles.



## FAQ (continued)

### **How will I know where to go?**

We change the route every week so we will post the route on our Facebook page "Rochester Running Group Runs" and we'll have tick sheets for pacers who will lead your group. You can also download "RunGo" on your smart phone for turn-by-turn directions.

### **Why do the routes loop back to the store mid-run?**

All routes loop back to the store so runners have the option to grab water, nutrition, or take a bathroom break mid-long run. This also allows runners to stop at a certain mileage point or switch pace groups if they choose. Please do not take long breaks in between loops. Act as if you are in a race and need to get back in the game quickly.

### **How do I know what pace group I'm in?**

30 to 90 seconds slower than a race pace. If you are not sure what that is or haven't raced, take a fast mile and add a minute or minute and a half. You can always start a little faster and easily drop back with a slower group if unsure.



## FAQ (continued)

**You are welcome to join for 1 loop, both loops, or even the later loop. Runners meet behind the store and each loop will bring you back to the store.**

**We encourage you to bring your own hydration but we do have a bottle refill and restroom at the store.**

**Pace leaders are not paid, hence we do not charge for the run. But what we do expect is that you respect the volunteer leading the group.**

**Please: Run behind your pacer with your group or if you choose to go ahead, know the route and inform the pacer.**

**Run on the side walks or if the route runs on any road, run against traffic.**

**For everyone's safety, do not spread out too much and run single file if need be.**

**Be respectful of each runner. Give them space, don't run really close behind someone, don't wear earphones to the level you can't hear other runners, warnings etc.**

**Take care of each other. Call out obstacles as you run like cars, trees, potholes, bikes.**

**If you have any concerns or feel uncomfortable in anyway, or need to contact the store, reach out immediately to Jonathan at 585-957-4096**

**We hope you encourage the group to grow and bring new people to the group. If you want to submit a route, pitch an idea, etc we look to be collaborative and make it a run group you are proud to frequent!**



# SEPTEMBER PACE GROUP BATTLES

WHO WILL CLAIM THE TITLE OF BEST PACE GROUP 2024  
AND GRAB A WINNER HAT!!!

## September 7 Challenge

Challenge 1- SCAVENGER HUNT- MOST ITEMS FOUND WINS

## September 14 Challenge

Challenge 2- MOST CREATIVE PHOTO

## September 21 Challenges

Challenge 3- LARGEST GROUP- INVITE YOUR FRIENDS- RECRUIT

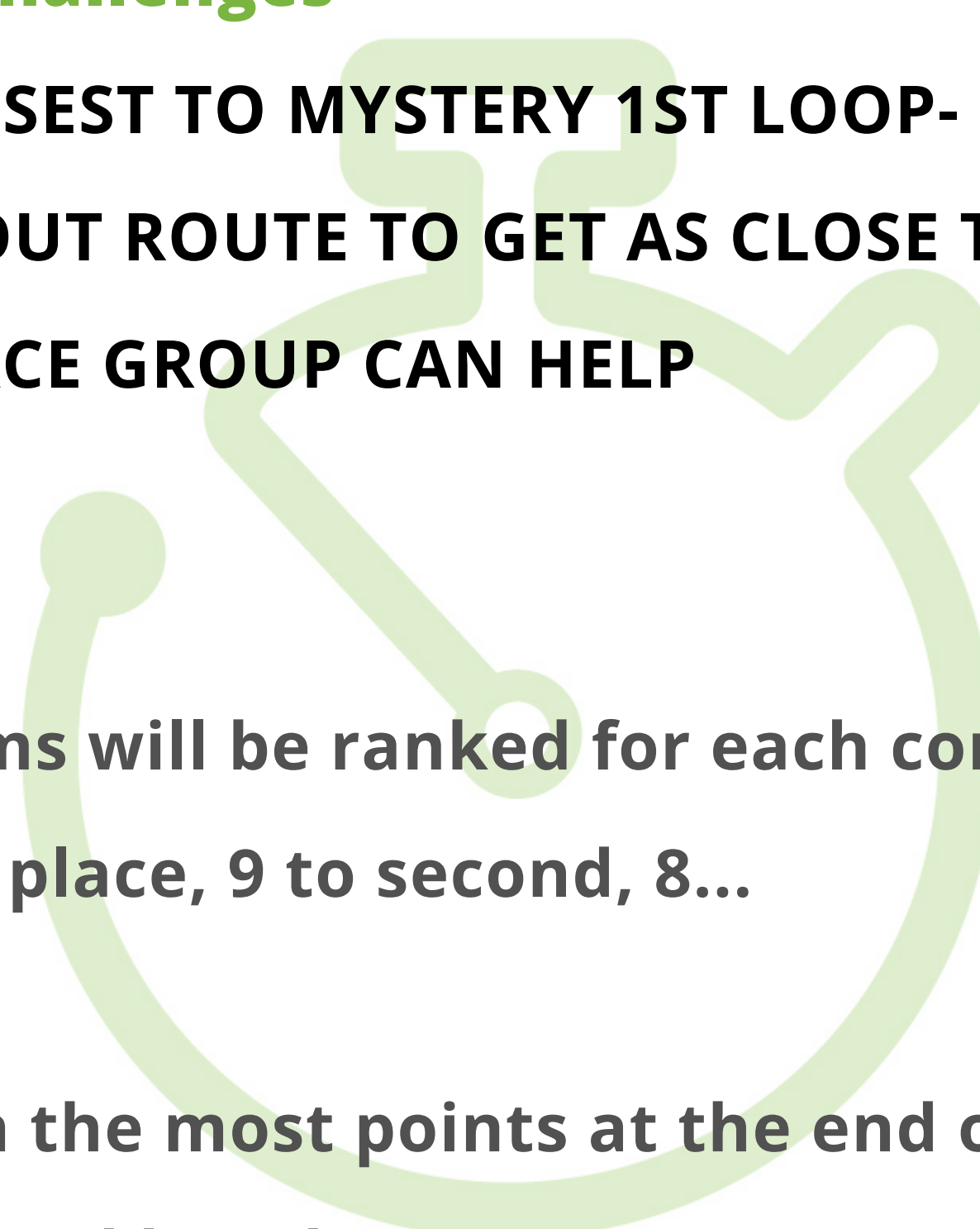
## September 28 Challenges

Challenge 4-CLOSEST TO MYSTERY 1ST LOOP- PACER WILL HAVE 7 DAYS TO PLAN OUT ROUTE TO GET AS CLOSE TO MYSTERY ROUTE AS POSSIBLE- PACE GROUP CAN HELP

### Points System:

Pace Group teams will be ranked for each contest. 10 points will be given to first place, 9 to second, 8...

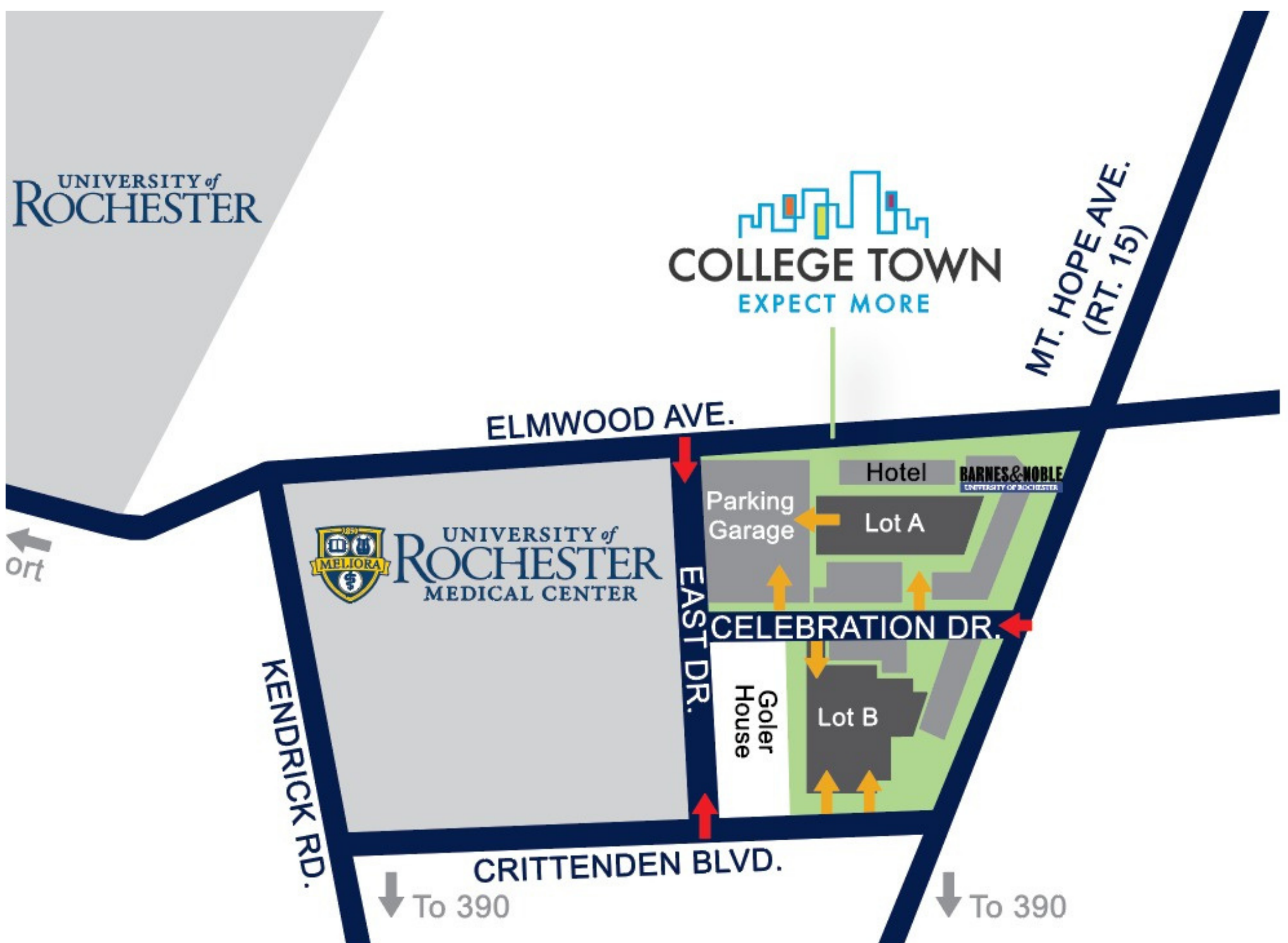
Pace Group with the most points at the end of September will all receive the coveted hat that says "BEST PACE GROUP EVER"





# PARKING

- Parking at Rochester Running Company is available in multiple places:



- OFFICIAL RULES:
- To earn a hat you must make 2 of the Saturday runs
- Weekly winners will be given 10 points for first, 9 points for second...
- Most points at the end of the month will win hats for their entire pace group!



ROCHESTER  
RUNNING CO

RUN ROCHESTER

**Ask to join our Facebook group**

**"Rochester Running Group Runs" for updates!**

**[www.facebook.com/groups/1754874398168415](http://www.facebook.com/groups/1754874398168415)**

