

Pace Groups and Mentors for All Levels

We have pace leaders and mentors for all levels of Run and Run/Walkers

Run Paces

- Groups from 7:30 to 11:30 minutes per mile, in 30-second increments (i.e. 7:30, 8:00, 8:30, etc.)

Run/Walk Paces

- 8 minute run with 1 minute walk interval (8/1)
 - 10:30 minute/mile
- 5 minute run with 1 minute walk interval (5/1)
 - 10:30
 - 11:00
 - 11:30-12:00
 - 12:00-12:30
- 3 minute run with 2 minute walk interval (3/2 - progresses to 4/2)
 - 12:30-13:30

Note: While we strive to have more than enough pace group leaders and mentors, please be aware that we depend on the availability of qualified, dependable people.

Chicago weekend group runs are pacer led. Elmhurst weekend group runs are mentor led. While the current size of our Elmhurst location is effectively led by both coaches and mentors we are looking to add pacers for training programs in the future.

If interested in becoming a pacer, a mentor or know of someone who might be interested, please contact us at pacer@chicagoendurancesports.com for more information!