



## New York Harriers Bronx 10 Mile – Race Strategy

### Miles 1-4

It's going to be a bit crowded at the start, so remember: no weaving. Try to find a clear path, and just relax—there is plenty of time to make up for a slow first mile, and weaving just wastes energy that you can use in the final miles. In fact, you'd do well to go into this race with a slightly negative-split game plan. The first 4 miles along the Grand Concourse are a steady, gradual uphill (with a few dips under overpasses), so you should expect your pace to be slightly slower than your overall goal pace. Accept that, and know that you'll be running downhill in the back half of the race.

### Mile 5-6

As you reach the halfway point, you'll have left the Grand Concourse and will be doing a little loop along the Mosholu Parkway before you head back. It starts out flat, then goes downhill for a little, before coming back up. Stay calm and steady and focus on keeping your effort, not necessarily your pace, consistent.

### Miles 7-9

Your patience in the first four miles is going to pay off now. Start to crank up the pace a bit, because it's pretty much all downhill now until the finish.

### Mile 10

Let 'er rip! Give it all you've got, and let the downhill pull you to the finish. There's a steep downhill right before you cross the finish line, and it's gonna hurt a little. Don't fight it. Just barrel down and know that you've only got to hang on for a few more seconds. Pump those arms and pick up those knees.

