



New York Harriers 5th Avenue Mile – Race Strategy

First 1/4

You're going to need to be a bit of a jerk and elbow your way to the start line in order to try to avoid the chaotic tangle of limbs when the race starts. People are going to sprint this first quarter mile—don't be one of those people! Let them go—you'll pass them in about a half mile. This quarter is flat, so lock into a comfortably (almost-but-not-quite uncomfortably) hard pace and find a clear running lane as soon as you can. Since this race is so short, a little zig-zagging may be necessary—but only a little!

Second 1/4

This quarter is pretty much all uphill, and you should expect to run a slower split here. Even effort, not even splits. Keep pushing, but don't try to overcompensate. Stay calm and patient, pump your arms, lift those knees, and work the transition from up- to downhill (don't let up) as you crest the hill at the halfway point and soak in the cheers of your NYH teammates.

Third 1/4

Here's your reward after the hill: the third quarter is all downhill. Let gravity pull you down. It's a short race, so feel free to push it a little here, but remember you'll still have another quarter mile to go once the course flattens.

Final 1/4

Ok this is it, the last, flat quarter mile, and it's time to give it all you've got! Keep your eyes on the finish line, draw from the energy of the crowd, and always go to your form when you're getting tired—you've only got to hang on for dear life for another minute or two.

