



NYRR NEW YORK ROAD RUNNERS

New York Harriers Brooklyn Half – Race Strategy

Remember: Nothing new on race day. Don't eat anything different for breakfast, wear any new clothes, or consume on-course energy gels/fluids that you haven't already tested out. Second, stay off of your feet on Friday. The expo is a long walk from the train, so try your best to pick up your bib before Friday—you should be off of your feet as much as possible (which, admittedly, is tough on an NYC Friday).

Miles 1-3 These opening three miles will surely be crowded and you'll likely be forced to run slower than your planned pace. Just accept that. Don't freak out and weave in and out of everyone—that's just a wasted effort for very little gain. 13.1 miles is a long way to go, and you'll have *plenty* of time to make up for a slow start. This course benefits from a slightly negative split approach, so just hang tight and go with the flow. There are a few ups and downs at the beginning, which you'll hardly notice. Soak in the crowd's energy as you round Grand Army Plaza.

Mile 4 A nice, flat mile as you enter Prospect Park. Hopefully you'll have a little space to run now, so settle into your planned pace. Do NOT try to immediately make up for a slower first three miles.

Mile 5 This is the mile with that nasty, long hill in Prospect Park—but you've run plenty of hills before, so there's nothing to worry about now. Keep your effort even, accept that this mile will be a little slower; keep your head up, lean forward just a bit, and pump your arms and legs. And remember, don't let up once you reach the top—work that transition to the ensuing downhill! Don't fight the hills—let the hills do the work.

Miles 6-7 What goes up must come down. These are the two easiest miles of the race—but don't trash your quads by bounding back down the hill. Settle back into your pace, relax your form, and assess your condition as you exit the park at the mile 7 marker.

Miles 8-12 Ocean Parkway... Now the race really begins. No turns or hills. Lock into your pace and click off the miles. Target other runners up ahead to help pull you along. If you're feeling good at mile 10, it's time to pick up the pace. Reel in those folks you see up ahead. This stretch is where you put your training to the test.

Mile 13 Give it all you've got! You're tired, and you may be hurting a little bit, as you should, but it'll all be over in just a few minutes. Focus on breathing and form, and pick those feet up (especially once you get on the boardwalk). Keep your fingers crossed for no bottlenecks as you turn onto the boardwalk, and soak in the cheers from the crowd.

You are ready! Rock the H!

