

10K and 5K Staggered Start Runs
Saturday November 11, 2023
Tamarack Drive, Meadville PA
First runner will start at
8:00 am

There will be a pair of runs on Tamarack Drive on November 11 for our running group and their families, friends and everyone else who wants to participate. Feel free to run, walk or run and walk either distance at your own risk as you would for any workout on Tamarack Drive. Both runs start at the same point near the parking lot next to the dam on the far side of Tamarack Lake away from Meadville. (See the attached map.) These are out and back runs so I will mark the two turn around points on the road. The finish line is the same as the starting line for both runs.

Everyone who wants to run should predict the time they will take to run 5K or 10K. Please email your predictions to me by Wednesday November 8. Late predictions are also accepted. If you decide to run on the day of the run just tell me when you arrive and I will fit you in.

Please don't respond to this email but send your prediction in a separate email to james.lombardi@allegheny.edu

I will use all the predictions to decide the time of day each runner will start in a “staggered start” fashion. The runner who submits the longest time running (it doesn't matter if it is the 5K or 10K course) will start first at 8:00 am. The runner who submits the shortest time running (again it doesn't matter if it is the 5K or 10K course) will start last. I will decide each runner's starting time such that everyone will finish about the same time. Generally this will make everyone walk or run faster than they would normally. Runners who start early have a tendency to try to hold their lead while runners who start later have a tendency to try hard to catch up.

Because there will be a wide range of starting times you may want to submit your predicted running times by email to me by Wednesday November 8. I will email starting times to everyone before Saturday Nov. 11.

Note: Runners who submit similar running times will start together.