I have added the three times that each runner had on Saturday July 25, and used these sums to calculate the starting times for runners on this coming Saturday. I ran the same 3 x 1.8 mile workout on a different day. So I will be running on Saturday too. The sum of the three times for me was 46:52. But I think I probably would have run about 10 seconds per mile faster if I had not been running alone. So I am using 46:00 for me. Even with this adjustment I have the slowest time so I will be starting first.

	Times and totals	Start Times
Jim	16:01, 15:44, 15:07 Total = 46:52->46:00	0
Bill	15:12, 15:11, 15:17 Total = 45:40	0:20
Chance	15:33, 15:00, 14:52 Total = 45:24	0:36
Brian	15:01, 15:23, 14:30 Total = 44:54	1:06
David	15:02, 15:06, 13:21 Total = 43:29	2:31
Tim	14:52, 13:56, 12:51 Total = 41:39	4:21
Colton	13:56, 13:03, 12:16 Total = 39:15	6:45

I took the difference between my total time and the total time for each of the other runners to determine how much time after I start should each of you start. These differences are what is listed in the last column above. So when I start each of you should start your watches at the same time. When your watch gets to the time listed for you that is when you start. If you want to know the time that you run the 5.4 miles (three loops without stopping) you just subtract your Start Time from the total time your watch records.

We probably won't run the 5.4 miles at the same pace as we ran each of the 1.8 miles last Saturday because we took two 5 minute rests when we ran the 3 x 1.8 miles. But I am thinking the differences given in the last column will have all of us finishing at about the same time. It will be a good experiment.