



5K Run

Pace Per Mile Results Chart

5K Pace per mile and Resulting 5K Time																			
Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish		
5:00	15:32	6:00	18:38	7:00	21:45	8:00	24:51	9:00	27:58	10:00	31:04	11:00	34:11	12:00	37:17	13:00	40:23	14:00	43:30
5:10	16:03	6:10	19:10	7:10	22:16	8:10	25:22	9:10	28:29	10:10	31:35	11:10	34:42	12:10	37:48	13:10	40:54	14:10	44:01
5:20	16:34	6:20	19:41	7:20	22:47	8:20	25:53	9:20	29:06	10:20	32:06	11:20	35:13	12:20	38:19	13:20	41:25	14:20	44:32
5:30	17:05	6:30	20:12	7:30	23:18	8:30	26:24	9:30	29:31	10:30	32:37	11:30	35:44	12:30	38:40	13:30	41:57	14:30	45:03
5:40	17:36	6:40	20:43	7:40	23:49	8:40	26:56	9:40	30:02	10:40	33:08	11:40	36:15	12:40	39:21	13:40	42:28		
5:50	18:07	6:50	21:14	7:50	24:20	8:50	27:27	9:50	30:33	10:50	33:59	11:50	36:46	12:50	39:52	13:50	42:59		

- Start staging is on Monroe Avenue north of Lyon Street – finish on Ottawa Avenue at Lyon Street.
- Staggered start, groups released from the start every 2-3 minutes.
 - Participants are to line up based on the pace per mile signage
- 5K Run starts at 7a
 - This event is a Run - not a Walk - walkers are to register for the 5K Walk and start at 9am
- The 5K Run participants are to complete the course by 7:45am - a 14:30 minute mile pace
- Baby joggers, backpacks, bicycles, rollerblades, skateboards and animals are **not** allowed on the course.