



# 5K Run

## Pace Per Mile Results Chart

5K Pace per mile and Resulting 5K Time															
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
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
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
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
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
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

- **7:00a Start time (5K Walk starts at 9:00a)**
- 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.
  - Look for the pace per mile signage and enter gate to line up
- All 5K Run participants must be able to maintain a 14:30 minute per mile pace
- Baby joggers, backpacks, bicycles, rollerblades, skateboards and animals are **not** allowed on the