



## IMT Des Moines Marathon Running Room Pace Team – Frequently Asked Questions

Whether you're running your first marathon or you or 100<sup>th</sup>, you can benefit from the support the Running Room Pace Team adds to the IMT Des Moines Marathon. The Running Room Pace Team also offers pace times for the IMT Des Moines Half Marathon.

### **What is a Pace Team?**

The Running Room Pace Team is a group of runners who share the same finish time goal and run together during the race. The group is led by an experienced distance runner (i.e., Pace Team Leader) who acts as a moving coach throughout the race. The Pacer Team Leader's goal is to help the members of his/her team achieve the finish time goal by creating a team atmosphere and offering encouragement and advice. Because each Pace Team Leader has the capability of finishing the event faster than their specific finish time goal, they will devote their extra energy to assisting the members of their team.

### **How are Pacer Team Leader selected?**

All of the Pacer Team Leaders on the Running Room Pace Team are volunteers giving back to the sport by helping others achieve their goals. Most of the Pacer Team Leaders come from Iowa and other states around the Midwest. Pace Team Leaders are required to have finished multiple events at a time 15 to 30 minutes faster (marathon) or 5 to 10 minutes faster (half marathon) than the goal time they are leading.

### **How do I join a Pace Team? What is the cost?**

Stop by the Running Room Pace Team booth at the Scheels Sports & Fitness Expo on Friday, October 14 from 3:00 p.m. to 8:00 p.m. or Saturday, October 15 from 10:00 a.m. to 6:00 p.m. to sign-up and get information provided by the Pace Team Leaders. Although sign-up is not required, it is appreciated so that the Pacer Team Leaders have some idea of the number of runners to expect at the start line. There is no cost for registered runners to join the Running Room Pace Team.

### **What pace times will be offered?**

Marathon goal times will mirror the new 2013 Boston Marathon qualifying times that become effective 9/24/11. Based on availability of volunteer Pacers, the marathon goal times offered will be: 3:05, 3:10, 3:15, 3:25, 3:30, 3:35, 3:40, 3:45, 3:55, 4:00, 4:10, 4:25, 4:40, 4:55, 5:10, and 5:25. Half marathon goal times will be offered every 10 minutes from 1:30 to 2:30 hours.

Check the Pace Team Leader bios on the IMT Des Moines Marathon web site for the most current list of pace times offered. If you would like to volunteer to be a Pace Team Leader for one of the available times, please contact Pace Team Coordinator, Tara Thomas at [davetara1118@msn.com](mailto:davetara1118@msn.com) for more information.

### **Will the Pacer Team Leader goal time be based on chip time or clock time?**

The Pacer Team Leader will be basing their finish on chip time.



### **What goal time should I strive for?**

One way to select the proper goal time is to consult the Race Results Predictor at [www.MarathonGuide.com](http://www.MarathonGuide.com). Using this tool can help you can base your desired finish time on a previous shorter race you've completed this season. It is very important not to start out too fast in the marathon and to select the proper pace based on your actual previous performance.

### **What if the weather conditions are less than ideal?**

Depending on your overall fitness, you might want to shift to a slower goal time. The Running Room Pacer Team Leaders have been selected to pace times that are well within their capabilities and will be sticking to their finish goal times.

### **Will I be able to meet my Pacer before the event?**

The Running Room Pace Team booth will be staffed with one or more Pacer Team Leaders throughout the Scheels Sports & Fitness Expo. A schedule will be posted at the Running Room Pace Team booth showing when the specific Pacer Team Leaders will be available for personal consultations. Also, Pace Team Leader bios and pictures are posted on the IMT Des Moines Marathon web site.

### **How do I find my Pace Team at the start?**

The Running Room Pace Team Leaders will be located in the starting area about 20 minutes before the start. Each Pace Team Leader will be wearing a white & dark blue singlet that says Running Room on the front in red letters and holding a sign that has their goal finish time on it. The pacers will also have a bib on the back of their singlet that displays their goal finish time.

Go to your group and introduce yourself to your Pace Team Leader and fellow team members. About 10 minutes before the start your Pace Team Leader will give you some last minute instructions about the course, what to do if you need a break, and his/her plan for going through the aid stations.

### **How will I be able to keep track of my Pace Team Leader?**

Your Pace Team Leader will be wearing a white and dark blue singlet with RUNNING ROOM PACE TEAM and his/her specific goal time on the back. Also, Pace Team Leaders will display the goal finish time signs during the entire race.

### **If I join a Pace Team, do I have to stay with them for the entire marathon or half marathon?**

No you don't. While many runners will stay with the Pace Team Leader from the first step to the last, just as many will come and go from your team throughout the race. It is important to listen to your own body and adjust your pace and ultimate goal if you find you're having a particularly good or bad day.

### **Will each Pace Team have the same Pace Team Leader for the entire marathon?**

Yes. Each Pace Team will have one leader for the entire 26.2 or 13.1 miles. No tag teams here!!

### **Will the Pace Team Leader walk through the aid stations?**

This depends on the Pace Team Leader. Handouts provided by each Pace Team Leader will be available at the Running Room Pace Team booth at the Scheels Sports & Fitness Expo and will include this type of information. If you're unable to stop by the booth, your Pace Team Leader will address this question before the race begins. If you need more time to take the proper amount of hydration than your Pacer Team Leader plan allows, stay back and catch up with your team after you've fully hydrated.



**What if I need to take a porta-potty break?**

The Running Room Pace Team will continue holding pace. It will be your responsibility to catch up with your team.

**Will every mile split be exactly the same?**

Pacer Team Leaders will maintain a consistent pace with respect to the terrain. Because the IMT Des Moines Marathon course has several miles of significant elevation rises and declines from miles 3 through 8 you might expect some adjustments in pace to compensate for this stretch.

Stop by the Running Room Pace Team booth at the Scheels Sports & Fitness Expo to pick up a copy of your Pacer Team Leader handout with more specific information on your pacer's "hill" strategy.

**What happens if the Pace Team Leader has an unexpected problem and is unable to continue?**

The marathon is a challenging event and anyone can have a bad day. Hopefully, someone in your group would be willing to share leadership responsibilities & continue on. Remember that the synergy of a group with a specific goal will provide the incentive to continue and achieve your goal.

**Let us know how it goes!**

We will appreciate receiving feedback from you. Send an e-mail with your comments and suggestions to: Tara Thomas, Running Room Pace Team Coordinator at [davetara1118@msn.com](mailto:davetara1118@msn.com).