



IMT Des Moines Marathon Running Room Pace Team Recruitment

The IMT Des Moines Marathon is seeking experienced distance runners that have a strong desire to give back to the sport by serving as Running Room Pace Team Leaders for the IMT Des Moines Marathon & Half Marathon on Sunday, October 16, 2011.

Marathon pace team goals will mirror the new 2013 Boston Marathon qualifying times, ranging from 3:05 to 5:25 hours. Half Marathon pace team goals will be every 10 minutes from 1:30 to 2:30 hours. Although many of last year's Pace Team Leaders will return this year, there are always few positions to fill for each race. Tara Thomas is returning for her 8th year as the Coordinator of the Running Room Pace Team for the IMT Des Moines Marathon.

Qualifications:

- Have finished 4 or more marathons at 15 to 30 minutes better than the time that you plan to pace
- or, have finished 3 or more half marathons at 5 to 10 minutes better than the plan you plan to pace.
- Able to maintain a consistent pace with respect to the terrain for the entire distance.
- Willing to act as a "moving coach" by creating an enthusiastic team atmosphere and offering encouragement and advice throughout the race.

Responsibilities:

- Commit to maintain a consistent pace and finish with a chip time between 30 seconds and 1 minute ahead of your goal time (i.e., the 3:40 marathon pacer's finish time should be between 3:39:00 and 3:39:30).
- Carry a lightweight sign displaying your goal time during the entire race.
- Coach and motivate your team throughout the entire race.
- Wear a bright yellow (marathon) or red (half marathon) singlet that has a bib displaying your goal time on the back.
- Take a two hour shift at the Running Room Pace Team booth at the Scheels Sports and Fitness Expo on Friday, October 14 or Saturday, October 15.
- Prepare a handout to be given to interested runners who stop by the Running Room Pace Team booth at the Expo (marathon Pacer Team Leaders only). Examples from previous Pace Team Leaders will be provided to help you prepare your handout.

Rewards:

- Waived race entry fee to the 2011 IMT Des Moines Marathon.
- Waived membership fee to the IMT Des Moines Marathon Running Club.
- Pace Team singlet bearing the IMT Des Moines Marathon and Running Room logo.
- Employee-level discount on shoes at the Running Room in West Des Moines, IA
- Complimentary pasta party admission.
- Special gift chosen especially for the Pace Team Leaders.
- Lots of fun, memories and a great way to make a new friend or two.
- NOTE: Pacers are not eligible to win prize money or age division awards.

If you are interested in serving as a **Running Room Pace Team Leader**, please contact Tara Thomas at davetara1118@msn.com or 515-251-3756.

You may also visit the IMT Des Moines Marathon website at www.desmoinesmarathon.com.

