



## IMT Des Moines Marathon Pace Team presented by Fitness Sports FAQs

Whether you're completing your first marathon or 100<sup>th</sup>, you can benefit from the support the IMT Des Moines Marathon Pace Team presented by Fitness Sports adds to your IMT Des Moines Marathon & Half Marathon race experience.

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

The IMT Des Moines Marathon Pace Team, presented by Fitness Sports, is a group of athletes who share the same finish time goal and run together during the race. Each pace group is led by experienced distance runners (i.e., Pace Team Leaders) who act as moving coaches throughout the race.

The Pace Team Leaders' goal is to help their team members achieve their finish time goal by creating a team atmosphere while offering encouragement and advice.

Because each Pace Team Leader can finish the event faster than their specific finish time goal, they will devote their extra energy to assisting the team members.

### **How are Pace Team Leaders selected?**

All IMT Des Moines Marathon Pace Team Leaders are volunteers giving back to the sport by helping others achieve their finish time goals. Pace Team Leaders come from all over, including Iowa and other Midwest states. IMT Des Moines Marathon Pace Team Leaders must have finished multiple races at a time 15 to 30 minutes faster (marathon) or 5 to 10 minutes faster (half marathon) than the Pace Team time they are leading.

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

Stop by the IMT Des Moines Marathon Pace Team presented by Fitness Sports booth at the DMOS Sports & Fitness Expo on Friday, October 14, from 3 to 8 pm or Saturday, October 15, from 10 am to 6 pm to sign-up get a pace band and information provided by the Pace Team Leaders.

There is no fee for IMT Des Moines Marathon or Half Marathon registered athletes to join a pace group.

Become a Pace Team Facebook Group member and join in the conversation as we prepare for race day. <https://www.facebook.com/desmoinesmarathon> and click on Groups.

### **What are the times offered?**

Marathon Pace Leader times mirror Boston Marathon qualifying finish times of: 3:00, 3:05, 3:10, 3:20, 3:25, 3:30, 3:35, 3:40, 3:50, 3:55, 4:05, 4:20, 4:35, 4:50, 5:05, 5:20.

Half Marathon Pace Leader times offered are: 1:30, 1:40, 1:45, 1:50, 2:00, 2:10, 2:20, 2:30, 2:45, 3:00.



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### **How do I know who the Pace Team Leaders for my race division time will be?**

Check the IMT Des Moines Marathon Pace Team presented by Fitness Sports leader bios on the IMT Des Moines Marathon website for the most current list of finish times offered. If you would like to volunteer to be an IMT Des Moines Marathon Pace Team Leader for one of the available times, don't hesitate to contact the IMT Des Moines Marathon at [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com) for more information.

### **Will the Pace Team Leader's finish time be based on chip or clock time?**

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

### **What finish time goal 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). This tool can help you determine your desired finish time based on a previous shorter race you've completed this season. It is essential not to start too fast in the marathon on race day and select the proper pace based on your previous performance.

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

Depending on your overall fitness, you might want to shift to a slower finish time goal. The IMT Des Moines Marathon presented by Fitness Sports Pace Team Leaders has been selected to pace finish times well within their capabilities and stick to their scheduled finish time goal.

### **Will I be able to meet my Pace Team Leader before the race?**

The Pace Team booth will be staffed with one or more Pace Team Leaders throughout the DMOS Orthopaedic Sports & Fitness Expo. A schedule will be posted at the Pace Team booth showing when the specific Pace Team Leaders will be available for personal consultations. In contrast, their bios and pictures are posted on the IMT Des Moines Marathon website.

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

The IMT Des Moines Marathon Pace Team, presented by Fitness Sports, Pace Team Leaders, will be located in the starting area about 20 minutes before starting. Each Pace Team Leader will be wearing a singlet that says PACER on the back and holding a sign with their finish time.

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

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

Your IMT Des Moines Marathon Pace Team Leaders will be wearing a yellow singlet with PACER on the back and display the finish time on a sign they run with during the entire race.

### **If I join a Pace Team, do I have to stay with the group the entire race?**

No, you don't. In comparison, many runners will stay with their 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 essential 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.



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### **Will each Pace Team have the same Pace Team Leaders for the entire race?**

Yes, identified finish time will have two leaders for 26.2 or 13.1 miles. No tagging out here!!

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

This depends on the Pace Team Leaders, who will address this question before the race begins. If you need more time to take the proper amount of hydration than your Pace Team Leaders plan to, stay back and catch up with your team after you've fully hydrated.

### **What if I need to take a bathroom break along the course?**

The IMT Des Moines Marathon Pace Team presented by Fitness Sports will continue holding pace to achieve their finish time goal. It will be your responsibility to catch up with your team.

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

Most IMT Des Moines Marathon Pace Team Leaders will maintain a consistent pace concerning the terrain of the course. Because the IMT Des Moines Marathon course is not flat, some IMT Des Moines Marathon Pace Team Leaders will adjust their pace to compensate for the hills; others will not.

Stop by the Pace Team booth at the Scheels Sports & Fitness Expo to pick up a copy of your Pace Team Leaders' handout with more specific information on your pacers' marathon strategy.

### **What happens if the Pace Team Leaders have unexpected problems and cannot continue?**

A marathon is a challenging event, and anyone can have a bad day. It is unlikely that both of your Pace Team Leaders will have bad days, but it does happen occasionally. In this case, someone in your group would hopefully be willing to share leadership responsibilities & continue. 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 [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com).

### **Where can I get more information on the IMT Des Moines Marathon?**

Visit the IMT Des Moines Marathon website at <https://www.desmoinesmarathon.com>.