



## IMT Des Moines Marathon Pace Team presented by Fitness Sports Leader Request

The IMT Des Moines Marathon seeks experienced distance runners who strongly desire to give back to the sport by serving on the IMT Des Moines Marathon Pace Team presented by Fitness Sports on Sunday, October 16.

Finish times established for the Marathon mirror Boston Marathon qualifying 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.

Finish times established for the Half Marathon include 1:30, 1:40, 1:45, 1:50, 2:00, 2:10, 2:20, and 2:30.

### Qualifications:

- Have finished four or more Marathons at 15 to 30 minutes better than the finish time goal you plan to pace.
- Or, have finished three or more Half Marathons at 5 to 10 minutes better than the finish time goal you plan to pace.
- Able to maintain a consistent pace concerning the course terrain for the entire race distance.
- Willing to act as a "moving coach" by creating an enthusiastic team atmosphere while offering encouragement and advice throughout the race.

### Responsibilities:

- Commit to maintaining a consistent pace and finish time under the IMT Des Moines Marathon Pace Team presented by Fitness Sports finish time goal. Ideally, a Marathon finish between 30 seconds and 1 minute ahead of your finish time goal is desirable, i.e., the 3:40 IMT Des Moines Marathon Pace Team Leader finish time should be between 3:39:00 and 3:39:30.
- Please submit a short bio about your running career and what it means to you to serve as an IMT Des Moines Marathon Pace Team Leader to be used on the website and at the Sports & Fitness Expo.
- Complete a two-hour shift at the Sports and Fitness Expo on Friday or Saturday.
- Carry a lightweight sign displaying your finish time goal during the entire race.
- Coach and motivate your team throughout the entire race.
- Wear an IMT Des Moines Marathon Pace Team singlet provided to all IMT Des Moines Marathon Pace Team Leaders. You can wear shorts, tights, etc., of your choice in black.
- Serve as an ambassador for the IMT Des Moines Marathon & Half Marathon.

### Rewards:

- Waived race entry.
- Saturday night, shared hotel room near the race start/finish for out-of-town pacers.
- Saturday evening, IMT Des Moines Marathon Pace Team meal as the pasta dinner.
- Fitness Sports Pace Team singlet bearing the IMT Des Moines Marathon logo.

If you have any questions, don't hesitate to contact the IMT Des Moines Marathon at [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com).

You may also visit the IMT Des Moines Marathon website at [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).