



## IMT Des Moines Marathon Pace Team FAQ

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

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

The Pace Team is a group of athletes 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 Pace Team Leader's goal is to help the members of his/her team achieve their finish time goal by creating a team atmosphere, while 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 Pace Team Leader selected?**

All of the Pace Team Leaders on the Pace Team are volunteers giving back to the sport by helping others achieve their finish time goal. Most of the Pace Team Leaders come from Iowa and other Midwest states. Pace Team Leaders are required to 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 finish time that they are leading.

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

Stop by the Pace Team booth at the Scheels Sports & Fitness Expo on Friday, October 19 from 3:00 p.m. to 8:00 p.m. or Saturday, October 20 from 10:00 a.m. to 6:00 p.m. to sign-up, get a pace band, and information provided by the Pace Team Leaders.

There is no cost for registered runners to join the Pace Team. Although sign-up is not required, it is appreciated so that the Pace Team Leaders have some idea of the number of runners to expect at the start line in their estimated finish time group.

Become a member of the Pace Team Facebook Group and join in the conversation as we prepare for race day. Go to the IMT Des Moines Marathon Facebook Page and visit Groups.  
<https://www.facebook.com/desmoinesmarathon/>

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

IMT Des Moines Marathon Pace Leader times mirror 2019 Boston Marathon qualifying finish times of 3:00, 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.

IMT Des Moines Half Marathon finish times offered are; 1:30, 1:40, 1:45, 1:50, 2:00, 2:10, 2:20 and 2:30.



Check the Pace Team Leader bios on the IMT Des Moines Marathon website Race Day page for the most current list of finish times offered. If you would like to volunteer to be a Pace Team Leader for one of the available times, please contact the IMT Des Moines Marathon at [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com) for more information.

**Will the Pace Team Leader finish time be based on chip time 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). Using this tool can help you determine your desired finish time based on a previous shorter race you've completed this season. It is very important not to start out too fast in the marathon on race day 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 finish time goal. The Pace Team Leaders have been selected to pace finish times that are well within their capabilities and will be sticking to their scheduled finish time goal.

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

The Pace Team booth will be staffed with one or more Pace Team Leaders throughout the Scheels 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, while their bios and pictures are posted on the IMT Des Moines Marathon web site.

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

The Pace Team Leaders will be located in the starting area about 20 minutes before the start. Each Pace Team Leader will be wearing a yellow singlet that says PACER on the back and holding a yellow (marathon) or red (half marathon) sign that has their finish time on it.

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 hydration stations.

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

Your Pace Team Leader will be wearing a yellow singlet with PACER on the back and will 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. While 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 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 race?**

Yes, identified finish time 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 hydration stations?**

This depends on the Pace Team Leader 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 Pace Team 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 exactly the same?**

Pace Team Leaders will maintain a consistent pace with respect to the terrain of the course. Because the IMT Des Moines Marathon course is not flat, some 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 Leader's handout with more specific information on your pacer's marathon 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 [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com).