Marathon & Half Marathon Pace Team Information

As an optional, FREE benefit of the Community First Fox Cities Marathon and the [ThedaCare] Half Marathon, Pace Teams will be offered at a wide variety of times, many of which mirror the [Boston Marathon qualifying times]. Experience Pace Team Leaders will help you reach your race day goals with the following finishing times:

- Marathon: 3:20, 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30, and Sweeper (stays with the last runner).
- Half Marathon: 1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, 2:40, 2:50, 3:00, and Sweeper (stays with the last runner).

Pace Team FAQ's

Do I need to sign up to run with the Pace Team?

No! Just fin your preferred Pace Team at your goal time prior to the start of the race. They will be wearing "Pace Team" shirts and holding signs. They will be lined up in order (fastest closest to the start). Introduce yourself and have a great time!

How are the Pace Team Leaders selected?

All of our Pace Team Leaders are carefully selected because of their experience of running many marathons and half marathons around the country. The majority of Pace Team Leaders are local participants or leaders who know the Fox Cities Marathon. All pacers have run more than 10 full and/or half marathons.

What Pace Team should I be with?

It's very important not to start out too fast in your race and proper race, to some extent, should be based on your actual previous performances. Visit the Pace/Time/Distance calculator at [MarathonGuide.com].

How will the Pace Team Leaders be running the race?

Pacers will be running 'even splits' as it is the most effective way to achieve your race day goal.

What will my Pacer do at water stations throughout the course?

Ask you specific Pace Team Leader prior to the race start. Generally speaking, pacers will slow through each water stop.

If I join a Pace Team, do I need to stay with them the entire race?

No, feel free to go ahead (if you're feeling good) or back off (if it's not your day).

Selecting the Right Pace Team

Selecting the right pace for you is the most important factor in determine your race day experience. Selecting your pace should be based on the following factors:

- Recent race performances within the last year (10k, half marathon, marathon)
- Training runs – how far was your longest run? Were you consistent in completing your longer runs?
- Injuries – have you had any recent injuries that might have compromised your training in recent weeks/months?
- Race Day weather forecast – don't forget weather can also play a factor in what pace you may be able to maintain.

    To view a chart which estimates your predicted race finish, visit the Pace/Time/Distance calculator at MarathonGuide.com.

Pace Teams Tips, Do's & Don'ts

Read below for additional information that might be useful in helping make your race day experience a memorable one!

- Pick up your race packet the day before the race at Packet Pick Up.
- Set all of your race day items out the night before (shorts, shoes, bib, shirt, etc.) to make sure everything goes smoothly on race morning.
- Allow yourself additional time getting to the Start Line – expect traffic, lines for parking, and lines for the restrooms.
- Make sure you are in the right group. When in doubt, pick the slower Pace Team as you do not want to over-extend yourself early as you will pay for it later.
- Do not run ahead, stay with the group and trust your Pacer (especially the first half of your race).
- Remember the Pacer's objective is to get to the Finish Line at the pace time selected. They will not be able to attend to all individual's needs.
- If something unexpected happens – don't panic. Things happen such as, having to use the restroom or falling off your pace for a couple of miles… it's a long race but there is plenty of time to get back on target.