



Marathon & Half Marathon Pace Team Information

As an optional, FREE, benefit of the Community First Fox Cities Marathon and the ThedaCare Half Marathon, Pace Team's will be offered at a wide variety of times including many of which mirror the Boston Marathon qualifying times. Experienced 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, 4:15, 4:10, 4:30, 4:45, 5:00, 5:30, 6:00, sweeper
- Half Marathon: 1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, sweeper

Pace Team FAQ's

- 1) How do I sign up to run with a Pace Team?
 - Simply stop by the On Pace booth at the OSMS Health & Wellness Expo on either Friday, September 17 (4 – 8 p.m.) or Saturday, September 18 (9 a.m. – 4:30 p.m.)
 - Signing up helps us know how many people are interested in each of the various Pace Teams
 - Don't worry, even if you don't sign up, you can still follow the Pace Teams
- 2) 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 and their extensive pacing experiences
 - The majority of Pace Team Leaders are local participants or Leaders who know the FCM
- 3) What Pace Team should I be with?
 - It's very important not to start out too fast in your race and the proper pace, to some extent, should be based on your actual previous performances; visit the 'Race Prediction' charts at [Marathon Guide.com](http://MarathonGuide.com)
- 4) How will the Pace Team Leaders be running the race?
 - Most pacers will be running 'even splits' as it is the most effective way to achieve your race day goal; however, we suggest contacting the individual pacer listed on the FCM website for specific details
- 5) Where will my Pacer be on race morning? What will my Pacer do at water stations throughout the course?
 - For answers to these questions, we suggest you contact your individual pacer that will be leading your group. Although many of the pacers have the same philosophies, you will want to check with them for specific details
 - Pace Team Leaders will be in the starting corral race morning holding signs for their goal time and will also have pace bibs
- 6) 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). However, be cautious as both the Marathon and Half Marathon distance can be a completely different beast – so you might want to have extra faith in your Pacer!

Selecting the Right Pace Team

Selecting the right pace for you is the most important factor in determining your race day experience. A lot of different and unique factors can go into your race day, but 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 that estimates your predicted race finish, visit the Marathon Guide website and the 'Race Prediction' chart.

Pace Team Tips, Do's & Don'ts

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

- Contact your Pacer ahead of race day, ask specific questions like the following:
 - What's the course like? Flat, hilly, etc.
 - What is the plan going through water stations? Run through? Stop and walk?
 - Will we be running even splits, negative splits, etc.?
- Race Day Tips to Remember
 - Set all of your race day items out the night before (shorts, shoes, chip/bib, singlet, etc.) to make sure everything goes smoothly on race morning
 - Allow yourself additional time getting to the Start Line – expect traffic, lines for parking, lines for the restrooms
 - Make sure you're in the right group; when in doubt pick the slower Pace Team – you don't want to over-extend yourself early, because you'll pay for it later
 - Don't run ahead, stay with the group and trust your Pacer (especially the first half of your race)
 - Don't expect the Pacer to cater to your individual needs on race day – remember his/her objective is to get to the Finish Line at the time they are supposed to!
 - Don't panic if something unexpected happens – like having to use the restroom or falling off your pace for a couple of miles, it's a long race – there's plenty of time to get back on target