

PACE TEAMS

Do you need some extra motivation and support to reach your goal at YMCA Evansville Half Marathon? Are you trying to run a personal best time or achieve a specific time goal? Run with a Pace Team Leader during the race, where you will be guided by experienced marathoners who will help you reach your performance goals. The Pace Team Leaders are experienced runners who have run numerous half marathons and marathons and have been assigned based on times that are slower than their personal best, giving them and you the best chance of realizing your goals.

Frequently Asked Pace Team Leader Questions:

Why should I run with a Pace Team Leader? Running with a Pace Team Leader is a fun way to run with a group and target a specific time goal. Pace Team Leaders are experienced marathoners who will encourage you throughout the race and help you achieve your performance goal.

How were the Pace Team Leaders selected?

Each pacer was selected based not only on his or her ability to cover the distance within a certain time, but they are also outgoing people who are able to motivate runners. They are all experienced marathoners who have deep knowledge of endurance running and all have run a half marathons and/or marathons within the previous year that were substantially faster than the pace group they are leading.

What is the cost to join a Pace Team Leader? Running with a Pace Team Leader is free! To join a Pace Team Leader, you are encouraged to sign up at the registration table at the Expo. Pace Team Leaders will be at the booth to answer questions about pace strategy, how to locate your group at the start line and to answer general questions about the program. There is no cost to participate.

What are the finish times available for the Pace Team Leaders? 1:40, 1:50, 2:00, 2:10, 2:20, and 2:30, 2:45, 3:00, 3:15 Run/Walk.

What Pace Team Leader should I join? You should choose a pace that reflects your training and ability level and allows you to run at a comfortable pace throughout the marathon. If you can't decide between two paces (for example 2:10 and 2:20), it is recommended that you start with the slower pace as you can always pick it up later in the race.

<u>GOAL</u>		<u>PACE</u>	<u>PACERS NAME</u>	<u>PACERS NAME</u>
<u>1:40</u>	RUN	<u>7:35</u>	Brayden Gaultney	Jace Redman
<u>1:50</u>	RUN	<u>8:23</u>	Craig Luebke	Ted Barron
<u>2:00</u>	RUN	<u>9:07</u>	Jeanette Pankey	Jeff Hayden
<u>2:10</u>	RUN	<u>9:55</u>	Miki Fields	Cathy Downs
<u>2:20</u>	RUN	<u>10:40</u>	Deanna Brown	Brad Hayden
<u>2:30</u>	SPLIT	<u>11:26</u>	Rhonda McCall	Diane Barron
<u>2:45</u>	SPLIT	<u>12:35</u>	Scott Culliver	Mary Devine
<u>3:00</u>	SPLIT	<u>13:44</u>	Kari Akin	Stephanie Taber
<u>3:15</u>	WALK	<u>14:53</u>	Virginia Hansen	

What will the pace strategy be throughout the race? Pace Team Leaders will run even splits throughout the entire race. Running even splits is the most efficient way to run a half marathon as it prevents you from going too fast or too slow. If in the first few miles the pace is slow due to the crowds or the early uphill portions, Pace Team Leaders will not go more than 15 seconds per mile faster than the established pace until they gradually get back on pace.

How will I find my Pace Team Leader on race morning? Pace Team Leader Leaders will line up in the starting corrals 10 minutes ahead of start time. The Pace Team Leaders will be holding large signs marked with their corresponding finish time and they will be wearing pacer shirts to help identify themselves. These will be bright colored shirts with the time that they are pacing marked clearly on them. During the race, Pace Team Leaders will carry the signs marked with the finish time they are pacing.

What if I have to go to the bathroom? Pace Team Leaders will not plan any bathroom breaks during the race and will not wait for you. If you need to use the bathroom, it is suggested that you run ahead of your team before breaking to use the bathroom, then jump back in with the team or catch up to them.

How does the Pace Team Leader handle drinking at the Aid Stations? Each Pace Team Leader will take water from every aid station to ensure that runners remain well hydrated throughout the race. Most pace teams will slow down but will not walk through the aid stations. *[maybe change this depending on who is planning to walk through?]*

Do I have to stay with my Pace Team Leader throughout the race? No. Runners are welcome to use the Pace Team Leaders for whichever portion of the race they think will help them most. You can run ahead or drop back at any time.

Do Pace Team Leaders go by clock time or chip time? Chip time. Pace Team Leaders will start their watches at the start line as they cross the chip timing mats.

Questions

For more information or questions about the Pace Team Leaders, e-mail _____

2 hours 30 minutes 11:26/mile This will be either an 8/2 or 9/1 split during the race

2 hours 45 minutes 12:35/mile This will be either an 7/3 or 8/2 split during the race

3 hours 00 minutes 13:44/mile This will be either an 6/4 or 7/3 split during the race

3 hours 15 minutes 14:53/mile This will be a walk only pace