

## **Pace Team**

### **What is a pace team?**

A pace team is a group of runners who run together during the Mistletoe Half Marathon. They share the same finish time goal (from 1:30-2:30) and help one another stay on pace. Running together gives the group a collective energy and enthusiasm that supports and enhances everybody's half marathon experience.

### **Who leads the pace team?**

The pace team is led by Fleet Feet Sports Pacers, both men and women, who have been selected to help you achieve your goals. They provide runners with a unique opportunity to interact face-to-face with experienced runners as well as to experience the camaraderie of a team.

The Fleet Feet Sports Pace Team leaders make sure everyone runs at the right pace and has a good time. They act as each team's personal coach, cheerleader and guru for the race. Some chant and sing while others may struggle just like you. But all of them are experienced half marathoners who are running the Mistletoe Half Marathon to help each member of their team achieve their goal time.

### **What paces will the Fleet Feet Sports Pacers be running?**

- 1:30 (6:52 pace)
- 1:35 (7:15 pace)
- 1:40 (7:38 pace)
- 1:45 (8:01 pace)
- 1:50 (8:24 pace)
- 2:00 (9:10 pace)
- 2:10 (9:55 pace)
- 2:20 (10:41 pace)
- 2:30 (11:27 pace)

### **How do I meet up with my pace team on race morning?**

We will have large, Fleet Feet Sports Pace signs in the start area. All Fleet Feet Sports Pacers will be nearby wearing distinctive Pace Team Leader Shirts. Plan on getting to the starting line approximately 15 minutes before start time to find your team and get organized. All pace team leaders will wear a respective "Pace Goal" sign identifying the goal time for their team.

### **Are we going to go out right on pace?**

More or less. Some pacers go out a little slower the first half of the race and try to run "negative splits." Others go out just a little faster to build some "cushion" just in case people have to slow down at the end. Either way, the idea is to run **EVEN**. That's what pacing is all about.

### **Will we stop at water stations?**

This depends on the pace leader. Most pace leaders will at least slow down at the water stations to make sure everyone gets properly hydrated. Some will stop and walk a few meters. Your pace leader will let you know the plan at the start of the race. Don't be afraid to ask your pacers questions!

### **Why run with a pace team?**

Whether you are a first time half marathoner or you are striving to run a personal best, running with a team will make your race experience memorable! The Fleet Feet Sports Pacers will help you to run a smart race all while enjoying the company of your fellow runners. Make the Mistletoe Half Marathon your best (and most fun!) race yet! Relax in the company of experienced runners who will help you to achieve your goals and keep you smiling for your race day photos. Turn your race day into a celebration of your training this fall with the Fleet Feet Sports Pacers!