



Do you need some extra motivation and support to reach your goal at Rocket City Marathon? Are you trying to run a personal best time or qualify for the Boston Marathon? Run with a Nike Pace Team during the race, where you will be guided by experienced marathoners who will help you reach your performance goals. The Nike Pace Team Leaders are experienced runners who have run numerous 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 Nike Pace Team Questions:

Why should I run with a Nike Pace Team?

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

What is the cost to join a Nike Pace Team?

Running with a Nike Pace Team is free **and you do not have to register.** The Nike Pace Team Coordinator Eric Charette will be at the Rocket City Marathon Health and Fitness Expo near packet pick up to talk 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 Nike Pace Teams?

3:15, 3:25, 3:30, 3:35, 3:40, 3:45, 3:55, 4:00, 4:10, 4:25.

How were the pace team goal times selected?

One of the goals of providing pace teams is to help runners realize the dream of meeting the qualification standards of the Boston Marathon. Starting in 2013, the qualification times were all adjusted by 5 minutes faster for each classification group. The pacing times were thus selected to provide the majority of runners with an opportunity to run with a pacer at the most common finishing goal times for Boston Marathon qualifications.

What Nike Pace Team 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 3:45 and 3:55), it is recommended that you start with the slower pace as you can always pick it up later in the race.

What is the actual pace per mile for the different Nike Pace Teams?

The chart below lists Nike Pace Team times and corresponding per mile times:

Time (h:mm)	Pace (min/mile)	Boston Marathon Qualifying Group	Pacers (Marathon PR)
3:15	7:27	M40-44	Eric Patterson (2:59)
3:25	7:49	M45-49	Brett Addington (2:50)
3:30	8:00	M50-54	Tim Pitt (3:05) John Nevels (3:08)
3:35	8:12	F18-34	Blake Thompson (2:53)

3:40	8:24	M55-59, F35-39	Tim Vinson (2:41)
3:45	8:35	F40-44	Rick Maehlmann (3:14) Katie Maehlmann (3:15)
3:55	8:58	M60-64, F45-49	Dana Overton (3:16) Lauren Smith (3:25)
4:00	9:10	F50-54	Christy Scott (3:40) David Rawlings (3:21)
4:10	9:33	M65-69, F55-59	James Falcon (3:45) Patti Holmes (4:00)
4:25	10:07	M70-74, F60-64	David Coon (3:50) Heather Coon (4:10) Shawn Smith (4:20)

What will the pace strategy be throughout the race?

Nike Pace Team Leaders will run even splits throughout the entire race. Running even splits is the most efficient way to run a 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, Nike 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 Nike Pace Team on race morning?

Nike Pace Team Leaders will line up on the left (or south) side of Williams Drive. The Pace Team Leaders will be in place by 7:45 a.m. holding large signs marked with their corresponding pace and they will be wearing uniforms to help identify themselves. These will be a bright colored shirt with the time that they are pacing marked clearly on the upper back. During the race, Nike Pace Team Leaders will carry the signs marked with the time they are pacing.



What if I have to go to the bathroom?

Nike 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 Nike Pace Team handle drinking at the Aid Stations?

Each Nike Pace Team will take water and/or energy drink from every aid station to ensure that runners remain well hydrated throughout the race.

Do I have to stay with my Nike Pace Team throughout the race?

No. Runners are welcome to use the Nike Pace Teams for whichever portion of the race they think will help them most. You can run ahead or drop back at any time.

Do Nike Pace Teams go by clock time or chip time?

Chip time. Nike Pace Team Leaders will start their watches at the start line as they cross the chip timing mats.

How were the Nike Pace Team Leaders selected?

Each pacer was selected based not only on their ability to cover the distance within a certain time, but they are also outgoing and dynamic people who are able to motivate runners. They are all experienced marathoners who have deep knowledge of endurance running and all have run a marathon within the previous year that is at least 20 minutes faster than the pace group they are leading.

Questions

For more information or questions about the Nike Pace Team, e-mail fleetfeetracinghuntsville@gmail.com