



PACING 101

Thank you for showing up early, grabbing a sign, and choosing to give your day, your legs, and your energy to someone else's goal. Pacing is one of the most generous roles in running - in a sport that is all about personal bests, you are setting aside your goals to help people reach theirs. That is huge, and we are so grateful!

This brief "Pacing 101" guide will give you the basics on pacing. If you have a question about something that isn't covered here, please ask! The goal is to give everyone a really great race day.

Before the Race

I *highly* recommend that you print out a pace band to wear on race day. They are free and can be created using this link:

<https://runbundle.com/tools/pace-band-generator>

Next to each mile on your band it will show you what the total elapsed time should be for each mile. This is one of the most effective tools you can use while pacing. Print the band out and wear it around your wrist or keep it in a pocket so you can see it easily on the run. I recommend using tape on both sides of the band so it stays intact through weather/sweat/whatever else race day throws at you.

Keeping Pace

By checking your pace band each mile and adjusting as needed, you can confidently keep that even, steady pace that your runners need. Ideally, you'll want to pace just a few seconds under your target time for each mile so that you can finish in just under your goal time. The goal is to cross the finish line within one minute under your assigned finish time.

Communicating

Be super supportive and motivating the whole way to your group. You are much more than someone carrying a stick! Get to know who you are running with and what their goals are. Is it their first time doing this distance? What are their goals? Know that they may not be able to respond much since they are working hard (and tell them you don't expect an answer) but helping them take their minds off the task at hand can be really huge.

It is a great idea to communicate your race strategy early in the race to anyone who may run with you. If you plan to walk through aid stations, let them know. If you plan to bank a small amount of time early in the race to accommodate hills later in the race, let them know. If anything changes along the way, keep them in the loop. Race day nerves are so real for many people, and communication can help ease those worries. Furthermore, giving runners an update on the time at each mile along with some encouraging words goes a

long way. Sometimes a “Mile 3, xxx minutes in, and we are right on our goal time” is enough to bring a smile to everyone’s face and lighten their steps, even if just for a bit.

Since communication is key, please do not use earbuds or listen to music while pacing.

Know the Course

To the best of your ability, try to get an idea of where the aid stations and restrooms are located around the course. Runners will ask, and knowing where things are will help you plan ahead in the event that you need a bathroom break while pacing.

Safety

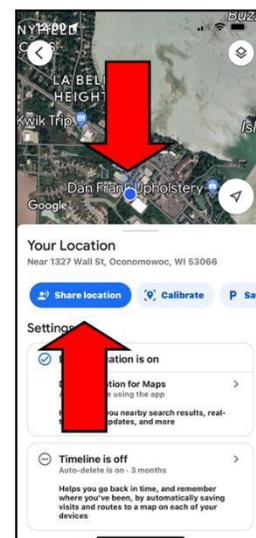
Injured Runners

Immediate medical care needed:

- In a medical emergency, dial 911 or instruct a bystander to dial 911.
- Dial 911 from a safe area. Provide the following information:
 - Your name
 - Location
 - Any available details of the accident or illness
- Do not hang up until told to do so in case additional information is needed. (Unless staying on the line would put you in harm’s way)
- Notify Race Director. Provide name, bib number and the nature of the injury.

Athlete needs transportation:

- Notify Race Director & provide the following information:
 - Your name
 - Runner’s name and bib number
 - Location and/or closest intersection, GPS
 - Have athlete/volunteer send their location
 - Open Google map
 - Hold the blue dot
 - Click share location
 - Any available details of the accident or illness
 - Course manager will pick up athlete



Lost Athlete

- Notify Race Director
- Get runners name, bib number and what clothing they had on

- Race director will call aid stations / course marshals and update them & ask if they have seen the runner
- Course manager drive the course from the turn to the start line
- Race director will get the name & phone of the lost runner from the registration staff or timer
- Race director calls lost runner.
- If no answer, call emergency contact to see if they can contact them or if they were picked up.