



Atlanta Track Club Pace Team

Atlanta Track Club is pleased to offer this free service for the Invesco QQQ Thanksgiving Day Half Marathon and the Publix Atlanta Marathon and Half Marathon. Our pace team is comprised of experienced half and full marathoners who know the course and are long-time track club members who are familiar with the Atlanta landscape. They have the experience to help you finish your race at your goal pace, whether you're running your first race or trying to set a new personal record.

Why should I run with the pace team?

Running with a pace team is one of the most efficient and fun ways to run a half marathon or marathon...especially for first-timers or runners trying to achieve a specific goal finish time. The Atlanta Track Club Pace Team is comprised of experienced runners who can help you reach your goal finish time.

Is there a cost to participate and how do I sign up?

No, all registered participants are welcome to run with the pace groups. Just be sure to sign up and get your pace bib at the pace team booth at race number pick-up.

What pace groups will be offered?

The times offered for each race will range from 1:30:00 to 3:30:00 for half-marathons and 3:30:00 to 6:30:00 for the marathon. Times are subject to change and vary from race to race, so check the specific race's event page to learn what times are being offered. The pace team will have an information booth at number pick-up for the specific race.

What pace group is right for me?

The best guide to determine your ideal pace will be your recent race history, training and personal knowledge of your own body. You can also base your pace off your recent training runs. To determine your pace ask yourself, "At what pace were you able to run your longest training run?" If your goal time is between two groups, we typically recommend to start with the slower of the two groups, then speed up after a few miles if you feel strong.

What if I am assigned to a later corral than my goal pace group?

If you want to run with a pace group that is in an earlier corral, you will need to sign up for that pace group and pick-up your pace bib at the pace team booth at number pick-up. Please note your pace bib will allow you to join the pace group in an earlier corral but you must be wearing the pace bib in addition to your race bib. Please attach your pace bib to your back and your race bib (which has the chip) on your front. Do Not Cover your race bib.

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

On race morning, pace group leaders will be in the corrals 15 minutes prior to the start of the race. A list

of the pace groups and their assigned corral with approximate locations within the corrals will be posted at the pace team information booth at number pick up. The pace team will also be holding large signs with the specific finish times. You'll want to find the pace group that you signed up to run with and stand with them in the appropriate start corral. Pacers will also be wearing bright yellow singlets that say Pace Team on them.

What pace per mile will we run?

The pacers plan on running even splits throughout the race. Not every mile will be perfectly even due to terrain and race day conditions, but the pacers will adjust as necessary each mile to make sure they stay as close as possible to maintaining even splits. By running even splits, the pacers accommodate as many runners as possible and help you to avoid going out too fast.

Are we going to go right out on pace?

The first mile is often crowded and usually slower as a result. The pacers will try to take you out on pace, but if they are slowed down they will gradually adjust the pace over the next several miles to get back on the goal pace. Whatever happens, they'll make sure you don't go out too fast.

Will the pacers finish before, at or after the goal time?

The pacers are targeting to finish as close to (or slightly ahead of) the goal finish time. They will be going by chip time not clock time. They will be communicating regular pace updates throughout the race. Ideally the pacers will cross the finish line close to the goal time with participants ahead of them.

Will we walk through the aid stations?

It will vary based on the pace groups. Pace leads are encouraged to communicate their plan with the group before the start of the race.

Will there be walking breaks?

The pacers will be focused on maintaining even splits in order to accommodate as many runners as possible. Pace leads will run intervals for the 2:45 through 3:30 half marathon pace group and the 5:30-6:30 marathon pace groups.

Do I have to stay with the team the whole time?

Absolutely not! Listen to your body and use whatever method works for you. You don't need to run even splits to use the pace group as your guide. If you become injured or ill, please seek aid or assistance.

Can I switch pace groups race morning?

Yes, and you can even switch mid-race if you choose to do so. The pace team leaders are merely guides to help you achieve your finish time goal.

Are the pacers going to run the entire half marathon?

Yes, the pacers will run the entire race.