

**Nashville Striders 2019 Pace Team  
St. Jude Rock 'n' Roll  
Marathon and 1/2 Nashville  
Saturday, April 27, 2019**

The Nashville Striders are once again proud to serve as the Pace Team for this year's 20<sup>th</sup> running of the St. Jude Rock 'n' Roll Nashville Marathon and 1/2 Marathon to be held on Saturday April 27, 2019. Pace leaders will be needed for the full and half marathon races for the following goal times:

<u>Marathon Times</u>	<u>Half Marathon Times</u>
<b>3:30</b>	<b>1:30</b>
<b>3:45</b>	<b>1:45 (2 leaders)</b>
<b>4:00</b>	<b>2:00 (2 leaders)</b>
<b>4:15</b>	<b>2:15 (2 leaders)</b>
<b>4:30</b>	<b>2:30 (2 leaders)</b>
<b>4:45</b>	<b>3:00</b>
<b>5:00</b>	
<b>5:30</b>	

Note: times are subject to change

Pace leaders will receive complimentary entry for the event. Other Pacer Perks will include a custom Pacer singlet or tech tee, along with race morning VIP privileges.

If you are a Nashville Striders member, meet the qualifications listed below, and are interested in being considered to fill one of the above Pace Leader positions, please email Diana Bibeau at [RNR PaceTeam@gmail.com](mailto:RNR PaceTeam@gmail.com). Please include your recent marathon or half marathon experience and times. As a pace leader, you are essentially sacrificing your own attempt at a personal best to lead your group to their target time. Please also be flexible with preferred assignment based on team needs.

**Qualifications**

- For the marathon--must have run three or more marathons 20-30 minutes faster than the time you submit to pace. For the half--three or more half marathons at 15-20 minutes faster than the time you submit to pace. Runners in your group will be counting on you to help bring them to the finish line at their target goal. Include recent history with your self-nomination.
- Ability to maintain a steady pace, factoring in the course elevation profile, for the entire race.
- Willing to act as a "motivational coach" and "course guide", offering encouragement and advice during the race
- **Striders volunteer participation in club activities will be a factor in the pace team selection.**