

Pacers will help Cowtown Marathon participants

The Fort Worth Running Company Pace Groups will help you not only achieve your goals, but have FUN, whether the goal is a personal record, Boston qualifier, or simply to cross the finish line! The pace groups will be pacing the marathon and half-marathon.

Our Pacers are experienced runners, chosen based upon their previous running and/or pacing performances and each one knows what it takes to hold a steady pace and give you a great experience. Each pacer will be wearing a special bib marked "COACH" with their pace per mile and target finish time on the back.

The Cowtown will be using corrals and a staggered start this year. The corrals will be based on the following paces per mile:

Corral 1=6:30 min per mile or faster

Corral 2=6:31-8:00 min per mile

Corral 3=8:01-9:30 min per mile

Corral 4=9:30 per mile and slower

We will start each corral in intervals a few minutes apart. Since we are using chip timing, this will ensure you get started with little loss of time due to waiting for people to move out in front of you.

Your bib will denote your corral based on your entry form. Please proceed to the corral noted on your bib number. We are proud of our volunteer Pacers who will support you throughout the courses! See you on Race Day!