

## 2011 BALTIMORE MARATHON GEICO PACE TEAMS

As of 10/10/11, Tentative Assignment

### 3:00

\*Brian Savitch  
Brian Benda (last half only)

### 3:10

\*Shawn Pinamonti  
Keith McBride (last half only)

### 3:20

\*Ritchie Lavene  
*Brian Hsia*  
David Ploskonka

### 3:30

\*Ed Jablonski  
*Fred Dolan*  
Steve Lauria  
Dan Miranda

### 3:40

\*Bruce Yang  
Paul Marquis  
*Tunde Morakinyo*  
Stacy Ward

### 3:50

\*Marci Benda  
*Ethan Corle*  
*Jon Ober*  
Josh Reiter  
Malcolm Senior

### 4:00

\*Emily Grossman  
*Amy Bloom Platt*  
George Olean  
*Matthew Shanks*  
Gretchen Vassar

### 4:15

\*Sean Dewell  
*Jim Cole*  
*Sara Damiano*  
*Meggie Scogna*  
Roger Shanks

### 4:30

\*Pete Mulligan  
Tonya Dunn  
Greg Griffie  
Randy Hansen  
Shannon Hansen

### 4:45

\*Bob Tschannen-Moran  
Laura Beck  
*Woody Browne*  
*Chris Harrell*  
Ron Reardon

### 5:00

\*Jim Howard  
Gene Fritzel  
*Jill Horvatic*  
*Glenda Rodriguez*

### 5:15

\*George Elder  
Jodie Kendall  
Tim Mullen  
*Matt Wells*

\*Pace Group Leader  
*New Pacers to GEICO Pacing*

## 2011 GEICO Pace Group Biographies

### 3:00

**\*Brian Savitch (Washington, D.C.)** Completed 16 marathons, including two in 2011. He has a marathon PR of 2:41:36, set in 2011 at the Boston Marathon. He works as an actuary for a small consulting firm. In his free time, he enjoys cooking and baking vegan foods.

**Brian Benda (Parkton, MD)** I'm an endurance event junkie having completed 14 marathons, 4 Ironmans, and countless other triathlons. I've also swam across the Chesapeake Bay eight times with two overall wins. My favorite pastime is running with my wife (also a pacer) and chasing our 6 and 7-year old girls. In my other life, I'm a civil engineer designing roads and bridges. Brian will be pacing the last half of the marathon only.

### 3:10

**\*Shawn Pinamonti (Parkville, MD)** Completed 10 marathons with a PR of 2:58. He has paced multiple times at both the Baltimore and Frederick Marathons. In addition to running, Shawn works as a graphic designer at Gamse Lithographing Company.

**Keith McBride (Ventura, CA)** Completed over 30 marathons and several Ironman's. A 10 time Baltimore Marathon Pacer looking forward to another running reason to visit my old home town. Works in the biomedical field and teaches in rehabilitation science. Occupation: Director of Clinical Affairs, Bioness Inc., Assistant Professor, University of Maryland.

### 3:20

**\*Ritchie Lavene (New Egypt, NJ)** I love pacing...I'm at the point where it is more important for me to get you to your time, then to set a PR. This will be my 38<sup>th</sup> marathon, 24<sup>th</sup> pacing. I have a 5 year streak running at Boston and plan to keep that going! I also sing in a Barbershop Quartet and enjoy spending time with my wife and 2 beautiful girls!

**Brian Hsia (New York, NY)** Started running marathons 4 years ago and how has run 26 marathons to date. As a sub 3 hour marathoner, he enjoys coaching 2 charity groups for the NYC Marathon and tries to give back to the running community whenever possible by being a pacer in various marathons. He also takes pictures in every marathon he runs in, so don't forget to smile!

**David Ploskonka (Baltimore, MD)** A veteran of over 30 marathons and ultra-marathons, including the Western States 100-Mile Endurance Run and the Badwater Ultramarathon, David enjoys pushing the limits of what both he and others think is possible. Having recently graduated from University of Maryland's part-time MBA program, David is using his new-found free time outside of his full-time engineering job to run long.

### 3:30

**\*Ed Jablonski (Cockeysville, MD)** Completed 14 marathons, PR of 3:09, including 2 Boston Marathons, 5 Baltimore Marathons, 2 Marine Corps Marathons, 4 NCR Trail Marathons and Frederick Marathon. Completed 9 Ironman Triathlons including 4 Ironman Hawaii Triathlons. Finisher of over 50 triathlons including 11 Eaglemans & 10 Columbias. Baltimore Marathon Pacer in 2009 and 2010, Fredrick Marathon Pacer in 2010.

**Fred Dolan (Arlington, VA)** I officially paced 7:30 mile pace for the 2010 Army Ten Miler and the 2011 GW Parkway 10 Miler. I was holding the 7:30 sign during these events and conversational with runners at that speed. I am a CPA and pride myself on hitting the right numbers! I enjoy pacing because it's a way to help others achieve new goals. I am also an avid Hash House Harrier fan in the DC Metro Area.

**Steve Lauria (Baltimore, MD)** Completed 22 road and trail marathons and ultras within the past 9 years. He has qualified for the Boston Marathon several times and run it three. He first ran the Baltimore Marathon in 2001 and paced the 3:30 group in 2010. Several portions of the course are included in his daily training routes.

**Dan Miranda (Baltimore, MD)** Completed 10 marathons with a PR of 2:44:53 set in November 2010. He has previously paced in the 2010 Baltimore Marathon. He can frequently be found running road races on weekends from 5Ks to marathons. When not running, he works for a contract pharmaceutical research/manufacturing organization.

### 3:40

**\*Bruce Yang (West Nyack, NY)** A triathlete, marathoner, kickboxer. Competed in every single distance ranging from 100 Meter Dash to Marathon including 30 marathons (2 Boston Marathons) and 4 Empire State Building Run Ups. Completed the 2010 Lake Placid Ironman. He has paced for Baltimore and Frederick marathons repeatedly.

**Paul Marquis (Bristow, VA)** I have run more than 40 marathons, two 50-milers, 1 Ironman, and numerous other races. With a PR marathon of 3:03, I have actually found that I get more enjoyment helping others reach their marathon goals than setting a PR for myself. I am an active duty Naval officer, have commanded a front-line destroyer, and look forward to pacing the 2011 Baltimore marathon with you.

**Tunde Morakinyo (Ellicott City, MD)** Completed 14 marathons and coaches high school and runs with Howard County Striders.

**Stacy Ward (Westminster, MD)** Completed 17 marathons including 2 Boston Marathons, San Diego, Marine Corp., Philadelphia, and Kentucky and is a veteran pacer for Baltimore and Frederick. Recently qualified for the 2012 Boston Marathon at Mardi Gras Marathon (3:27). As a new mommy spends her extra time chasing around her one year old daughter. Works as a Director of National Accounts for Coastal Sunbelt Produce in Savage, MD.

### 3:50

**\*Marci Benda (Parkton, MD)** Completed 15 marathons including Boston (PR 3:11). She's currently training for the 2011 NYC marathon. A veteran pacer, she has paced the Baltimore Marathon, the Kentucky Derby Marathon, and the Frederick Marathon and Half Marathon. Proudest finish was fifth overall female at the Baltimore 10 miler in 2010. A former collegiate swimmer, she works part time as a physical therapist and enjoys running and swimming to de-stress from her full time job as a mommy of two.

**Ethan Corle (Philipsburg, PA)** I ran my first marathon in October of 2008 with a time of 3:19 (my PR). Since then, I have run 3 marathons: Pittsburgh, Suntrust National, and God's Country (an inclined course until mile 18). On top of that I have run 3 half-marathons with a PR of 1:27 at Akron 2010.

**Jon Ober (Baltimore, MD)** I have run two previous marathons and am very passionate about the sport because it has literally saved my life. Because of running, I was able to lose over 100 pounds in less than a year. I have gone from 300 pounds to running a 3:22 marathon and it is something I am very proud of. I love running in Baltimore and would be honored to be a part of the pace team.

**Josh Reiter (Baltimore, MD)** Participated in 11 marathons, and has run in every Baltimore Running Festival. PR is 3:30 at Marathon in the Parks. Long time member of the GEICO Pace Team. Was once beaten in a marathon by a fairy princess. Enjoys practicing his new sport...Flying Trapeze! President of ApplicationsOnline.com and an adjunct faculty member at Johns Hopkins University.

**Malcolm Senior, (New Market, MD)** Regular pacer at Frederick and Baltimore Marathons. Completed 21 marathons, including London UK and Minden Germany, plus several ultra races. Works as Quality/Safety Manager at Phoenix Mecano Inc, Frederick.

### 4:00

**\*Emily Grossman (Alexandria, VA)** I have run over 40 marathons since 2007, including 3 times at Boston as well as Baltimore. By day I am an engineer but my true love is being outdoors and running anything from 10 to 100 mile races, as well as multi-day races, my most recent being a 72 hour race on a one mile track. I love pacing as it allows me to meet some of the most driven and inspiring people in the country.

**Amy Bloom Platt (Herndon, VA)** I have run everything from 5ks to ultra trail races and an Ironman since college. My PR for the marathon is 3:16. My last metric marathon was a 2:08 on an extremely challenging course. I love the art of racing. Recently, I have discovered how much I enjoy pacing friends to their first finishes. This is a truly rewarding experience and I feel lucky to be a part of their effort.

**George Olean (Ellicott City, MD)** Completed over 35 marathons ranging from 2:58 to over 4:00 in the past 12 years. Marathons include 7 Baltimore, 3 Boston, and 2 Frederick. He has paced at the Sun Trust National Marathon in Washington, D.C. and Baltimore Marathon. Member of the Howard County Striders.

**Matthew Shanks (Odenton, MD)** My first run was the Great Aloha Run in 2003 and soon after became involved in road racing and competing in triathlons (sprint to half IM distances). Qualified for Kona at the 70.3 Eagleman Triathlon 2009. My first marathon was Maui Marathon in 2004 and since have raced Honolulu 3 times and Disney 3 times with a PR of 3:14.

**Gretchen Vassar (Parkton, MD)** Completed 11 Marathons qualifying for the Boston and NY marathons. Enjoys being a mother of twins along with her husband. Full-time elementary school counselor for Baltimore County Public Schools.

### 4:15

**\*Sean DeWell (Virginia Beach, VA)** Consistently running marathons since 2003 and have completed 32 so far. I always enjoy my fall trip to the Baltimore Marathon and it ranks as one of my favorite events. I look forward to helping other runners achieve their goals.

**Jim Cole (White Hall, MD)** Completed 13 marathons to date and more between now and October. Recently qualified for Boston and exemption from NYC lottery with a 3:29 finish at the National Marathon (and another Boston qualifying finish 2 weeks later at Garden Spot Village). I'm not sure I would have BQ'd that day so easily if it hadn't been for the 3:30 pacers at National. Through that experience, I learned how important and supportive the pacing program is, and can be, for runners, and would like to return the favor to others.

**Sara Damiano (Baltimore, MD)** A graduate student at Johns Hopkins, Sara took up long distance running after watching the Baltimore marathon in the fall of 2008. She has since run 3 marathons (2 Baltimore Marathons) and 6 half marathons. After living and running in Boston during the past year, she looks forward to returning to Baltimore and pacing her "hometown" marathon.

**Meggie Scogna (Arlington, VA)** Completed several marathons (including Boston Marathon), 10 milers,  $\frac{1}{2}$  marathons, and ultra trail races. Marathon PR is 3:40. I have enjoyed pacing friends in marathons and half marathons in the past.

**Roger Shanks (Odenton, MD)** Running for 8 years, 14 marathons, a couple of ultras, 2 half triathlons including Savageman billed as the world's toughest, and the JFK50. Member of Annapolis Striders and enjoy their yearly series of races. It is thrilling to run with fellow runners on the determined quest and to celebrate the finish line filled with joy inspiration, and bask in the glow of the runners accomplishing their goals.

#### 4:30

**\*Pete Mulligan (Baltimore, MD)** Pacer Pete will be running his 7th Baltimore Marathon, six as a pacer and 32nd overall. Pete lives in Baltimore City and works at the Falls Road Running Store. Whether you're a first timer looking to finish or a veteran looking for great conversation, Pacer Pete will get you to the finish line in time.

**Tonya Dunn (Faribault, MN)** I am the General Manager/Director of Operations for a group of restaurants in Minnesota. I love to run, it's when I do most of my planning and problem solving. I have a wonderful little boy named Emmett. I have completed numerous marathons, ultras and one Ironman!

**Greg Griffie (Germantown, MD)** Proud father of 2 little girls! 11 time marathoner finisher, pacer for Baltimore, Frederick, and Kentucky Derby marathons. Occupation: Director of Culinary Development, Marriott International.

**Randy Hansen (Bloomington, IL)** Completed over 15 marathons, 2 ultra-marathons, and 2 Ironman triathlons. Experienced pacer, having paced 5 marathons including Baltimore. Married to fellow pacer Shannon and father of 2 great kids (11 and 12). I'm looking forward to running with our group!

**Shannon Hansen (Bloomington, IL)** Completed over 15 marathons and 2 ultra-marathons. Experienced pacer, having paced 4 marathons, including Baltimore. Married to fellow pacer Randy, excited about running with you!

#### 4:45

**\*Bob Tschannen-Moran (Williamsburg, VA)** Completed over 40 marathons, ultras, and relays including Marine Corps 2007, Boston 2005, and Rome 2002. His personal best was 3:18 at the Las Vegas Marathon in 2000. He has been a pacer with the Baltimore Marathon since 2002, with a reputation for steadiness and on-time finishes. As President of LifeTrek Coaching International, [www.LifeTrekCoaching.com](http://www.LifeTrekCoaching.com), Bob assists others to stay on pace with their dreams.

**Laura Beck (Westminster, MD)** I have run more than 19 marathons and many other shorter races in my 11 year running "career". I also completed an Ironman Distance triathlon in 2010 and numerous half Ironman and short course triathlons. I love being a pacer and have done it for more than 10 races - I look forward to helping you reach your goal time.

**Woody Browne (Springfield, VA)** Has completed about a dozen marathons over the past 30 years in Baltimore, Kansas City, Napa Valley (1998 PR: 3:27), Virginia Beach, Boston (unofficial), Orlando, Maryland (North Central Trail Marathon), and Al Asad, Iraq <Marine Corps Marathon (Forward)- in 2009 where he ran 3:56 - an even 9 minute pace. Training for the JFK 50 miler in November.

**Chris Harrell (Germantown, MD)** Completed 13 marathons, 6 of which were run in 2010. I have run the Frederick and Baltimore marathons for the last three years and completed the Maryland Double each year since its existence. I am a member of the Montgomery County Road Runners Club and train with the Experienced Marathoners Program each summer.

**Ron Reardon (Arbutus, MD)** Completed 20+ marathons including Baltimore (9 times). Paced the Baltimore Marathon with the 4:45 group for the last 7 years; has paced the Frederick Marathon and Kentucky Derby Marathon. If you run with this pace group, you'll have fun doing it! Occupation: Engineer at Northrop Grumman

## 5:00

**\*Jim Howard (Baltimore, MD)** A Baltimore native who will be running his 10th Baltimore marathon. Jim is returning to pace the **5 hour** group for an 8<sup>th</sup> time. Jim is a member of the NCR trail snails. When not running he can be found at Home Depot purchasing supplies for an endless list of home renovation projects.

**Gene Frtizel (Lutherville, MD)** Have run 100 plus marathons and one in each state. I've run Baltimore every year and have paced the nine years pacers have been provided. I am presently a Baltimore Co. deputy sheriff.

**Jill Horvatic (Cheswick, PA)** I started running 5 years ago after hiking the 34 mile Rachel Carson Challenge. I have run 10 marathons, including Boston, and about the same number of ultras. Last year I paced the Pittsburgh Marathon and am the Pace Team Coordinator this year. I have enjoyed pacing several other events officially and for friends.

**Glenda Rodriguez (Odenton, MD)** Has been running for 10 yrs, started with half-marathons worked her way up to ultra-marathons (marathon PR: 4:01). She is a member of the Howard County Striders since 2008 participating as both as a coach (RRCA certified) and a board member. Paced the 4:45 pace group for the Vermont City Marathon and had so much fun, volunteered to pace for the Baltimore Marathon.

## 5:15

**\*George Elder (Hydes, MD)** Experienced pacer and has completed 20 marathons (or longer) including NYC, Marine Corps, Frederick, Baltimore, Grandfather Mountain Marathons, and the JFK 50 miler. Works as an Investigator in the Baltimore County Department of Health.

**Jodie Kendall (Owings Mills, MD)** Completed 9 marathons, a returning GEICO pacer, has completed several half marathons, century rides and triathlons including Ironman Panama City Beach. Team in training alum. Has a penchant for telling corny but clean jokes. Occupation: Director of HR for Daycon.

**Tim Mullen (Timonium, MD)** Completed 17 marathons, 7 time pacer, 4 Olympic distance triathlons and 4 Century Rides. Occupation: Food and Beverage Director, Renaissance Harborplace Baltimore.

**Matt Wells (Silver Spring, MD)** Completed 16 marathons with a PR of 3:49. I have also run a number of halves, with a PR of 1:37. Recently, ran the Pittsburgh Marathon with team Livestrong in honor of my dad who is battling cancer. My time was 4:07. Profession: Teacher