

2017 BALTIMORE MARATHON PACE TEAM

(TENTATIVE 9/26/17)

3:05

*Joel Gladfelter
David Freeman
Sean Caskey (Last 14)

3:15

*Joshua Reid
Andrew Cantor
Beth Hannon (Last 14)

3:25

*Keith McBride
David Stevenson
Mark Hyatt (Last 14)

3:35

*Jackie Range
Lizzie Harkins
Tunde Morakinyo

3:45

*Marci Benda
Otto Lam
Ritchie Lavene
Stacy Ward

4:00

*Sara Damiano
Jaime Holmes
Seigo Masubuchi
Josh Reiter

4:15

*Joshua Greenberg
Pamela Geernaert
Katrina McGowan

4:30

*Dwight Mikulis
Christie Bane
Randy Hansen
Audrey Moeser

4:45

*Tonya Dunn
Paul Marquis
Patrick Range
Will Swingle

5:00

*Faye Weaver
Juergen Englerth
Chris Harrell

5:15

*Kristin Waters
Laura Beck
Anne Lewis

*: pace group leader

Italics: new this year to pacing Baltimore Marathon

2017 Baltimore Marathon Pace Team

3:05

*Joel Gladfelter (Baltimore, MD) For 20 years Joel has been an avid distance runner and has completed over 20 marathons. I paced the Baltimore Marathon 3:05 group the last 2 years and enjoy helping other runners meet their day race goals! I spend my free time with family and volunteering at my church youth group.

David Freeman (Baltimore, MD) Since graduating from college where I ran competitively, I have raced several half-marathons and marathons including qualifying for Boston. I am excited to take place in the Baltimore marathon and look forward to helping others reach their own goals whether it is a trip to Boston or a personal best.

Sean Caskey (Lutherville, MD) He has been running in the Baltimore running festival since college graduation in 2013. Finishing 3rd in the team relay in 2014 and 4th in the full marathon in 2015. This will be his second year pacing.

3:15

*Joshua Reid (Columbia, MD) He began running in 2011 with a desire to lose weight and improve health. Through the support of the amazing running community, he has lost 80 pounds and achieved things he never thought possible! His first marathon was in 2014, he has run 13 marathons since, including Boston in 2016 and 2017.

Andrew Cantor (Baltimore, MD) Running has provided him with so much and the opportunity to pace the Baltimore marathon is the perfect opportunity to give back to the running community. He knows the marathon course very well and is looking forward to help a group of athletes chase and achieve their dreams. My marathon best time is 2:56.

Beth Hannon (Columbia, MD) She started running marathons in 2013 and has run 9 marathons including Chicago, MCM, NY and Boston. She is a member of the Howard County Striders racing team and enjoys giving back to the running community. She is looking forward to helping runners have a great experience and meet their goals.

3:25

*Keith McBride (Ventura, CA) Completed over 40 marathons and 8 Ironman's. Is a 15 time Baltimore Marathon Pacer and he is looking forward to another great run and excuse to visit his old home town. Works in the medical device field and is the Chief Technology Officer for Bioness Inc., Valencia, California.

David Stevenson (Abingdon, MD) Has run over 60 marathons including several as a pacer. The challenge and fulfillment of completing 26.2 miles makes the marathon his favorite distance. Dave hopes to complete a marathon in each US state and continue to help others achieve their running goals as well.

Mark Hyatt (Laurel, MD) He is a member of Howard County Striders & coaches marathon training programs. A soccer player/coach converted to runner in 2015; he has run 5 marathons (PR: 2:55). He is excited to help fellow runners accomplish their 26.2 mile journey.

3:35

*Jackie Range (Baltimore, MD) There's no greater high than watching people defy their goals - something Jackie gets to do every day working for the nonprofit Back on My Feet Baltimore - an organization that combats homelessness through running, community support, and employment and housing resources. Completed over 30 marathons.

Lizzie Harkins (Baltimore, MD) She has been running competitively since high school. As a college runner, she competed in the mile, but loved long run Sundays more than anything. Since college, she has fallen in love with longer distances and marathons especially. She loves running with people and seeing them crush their goals!

Tunde Morakinyo (Ellicott City, MD) He has run 18 marathons including: Boston twice, Marine Corps 5 times, Chicago, Philadelphia, and pacing the Baltimore Marathon. He has coached cross-country and track with the Howard County Junior Striders and Franklin High School. He is currently a member of the Howard County Striders racing team.

3:45

*Marci Benda (Parkton, MD): Completed over 28 marathons, including Boston (PR 3:11). She is a veteran pacer & enjoys helping those achieve their personal running goals. A former NCAA swimmer, she works part time as a physical therapist & full time as a mom of two.

Otto Lam (Wayne, NJ): He has completed over a hundred marathons and ultra marathons with a PR of 3:08. He has paced many marathons, including my favorite Baltimore Marathon. He looks forward to running with you and helping you to reach your goal. Good luck! See you at the start!

Ritchie Lavene (New Egypt, NJ) A Veteran pacer of 35+ Marathons, 9 Baltimore! 60 Marathons in all. He has a PR of 2:59 and 9 consecutive Bostons. So... your pace is safe with me. His goal in life is to help you succeed on race day. You put in the training and the work, and he will deliver you to the finish!

Stacy Ward (Bel Air, MD) Returning Baltimore Marathon Pacer. Completed 30 plus marathons including 2017 Boston Marathon. Completed her first triathlon June 2017. Enjoys being outdoors and spending time with her husband and three daughters (7,4, and 2).

4:00

*Sara Damiano (Austin, TX) A history professor by day and a runner by morning, Sara has run 15+ marathons (PR: 3:20), including Baltimore, Boston, Kentucky Derby, and Richmond. This will be her 8th consecutive Baltimore marathon, and her 6th as a pacer. The joy of helping runners achieve their goals keeps her coming back!

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Jaime Holmes (Fulton, MD): A lifelong runner who loves to see others achieve what they once thought was impossible. Baltimore was her 1st marathon & has since completed 22 including 4 Bostons and 7 Baltimores. She lives in Fulton with her husband and 3 children.

Seigo Masubuchi (Saint Paul, MN) He has been running marathons since 2002. He has completed 65 marathons & more than 50 half marathons. He has paced either for races or personal friends for many races. He enjoys helping other runners achieve their goal times.

Josh Reiter (Baltimore, MD) Known for his Baltimore Marathon rap www.youtube.com/watch?v=ozGBQzQrys0, Joshua is a longtime member of the pacing team and enjoys helping others achieve goals. His other claim to fame—he was once beaten in a race by a fairy princess. President of ApplicationsOnline.Com and senior lecturer at JHU.

4:15

*Joshua Greenberg (Baltimore, MD) He is a Baltimore native who has run in over 40 marathons and/or ultramarathons. This will be his 7th Baltimore marathon and his 5th time pacing the race. Josh enjoys helping fellow runners achieve their goals and leading his pace group through the finish line on time.

Pamela Geernaert (Frederick, MD) She is an experienced consistent, encouraging pacer whose enjoys helping runners reach their goals

Katrina McGowan (Baltimore, MD) Katrina comes w/ over 17 years of running experience. Highlights include marathons in Paris, Boston, Bar Harbor, Big Sur, Vegas, Asheville, & more recently 100-mile races in Zion & Shenandoah. The most fun part of pacing is being able to motivate & guide people to meet and surpass their goals.

4:30

*Dwight Mikulis (Ellicott City, MD) He is an experienced marathon runner and Pacer. He has run Baltimore 7 times and loves the city. A few jokes and the miles will fly by. We will come in within 45 seconds of goal.

Christie Bane (Madison Heights, Michigan) She her first marathon in 2005 and has run 50+ marathons and ultras. Her goal is to finish a marathon in all 50 states. She loves meeting new people and helping them achieve their goals. She prides herself on her ability to make marathons fun even in less than ideal weather conditions.

Randy Hansen (Columbia, MD) An avid runner and triathlete, has completed many marathons & triathlons including 2 ultra marathons, 2 full Ironman, & 1 half Ironman. He has a lot of pacing experience & looking forward to helping you reach your running goal!

Audrey Moeser (Glen Arm, MD) Since her first marathon in 2012, she has completed 13 marathons. I has enjoyed pacing several races. She is looking forward to pacing in Baltimore and will help everyone stay motivated (even on the hills). One of her first coaches said - "The hills are your friends." Here's to a great RACE!

4:45

*Tonya Dunn (Fairbault, MN) She has paced the Baltimore Marathon since 2007, it's an amazing course with some nice challenges. She has completed numerous marathons and ultras and one Ironman. She looks forward to meeting you on the course!

Paul Marquis (Bristow, VA): He has run more than 55 marathons, two 50-milers, an Ironman, etc.. His PR is a 3:03, but he has found that he gets more enjoyment from helping others achieve their personal goals. A retired Naval Surface Warfare Officer, commanded an Aegis destroyer, and works now in the defense industry

Patrick Range (Parkville, MD); Running used to be the enemy. I weighed in at 250lbs as a lineman in high school. After a lot of miles and a whole bunch of support, running is a very familiar part of my day. My original goal was one marathon. Sixteen marathons down, my goal is to keep running and support others doing the same.

Will Swingle (Chaska, MN) He ran his first marathon in Baltimore with the pacers and loved it! Since then he has run 19 marathons and many other races. He has been pacing for several years and loves getting out there and helping others meet their running goals.

5:00

*Faye Weaver (Ellicott City, MD) Member of Howard County Striders since 2009. She has coached and co-coordinated training programs from 5k to marathons. She is RRCA certified coach. She has completed many races from 5k to 50 milers. BQ x 3. Member of the Baltimore Pacers since 2013, bringing runners to the finish line ON TIME.

Jeurgen Englerth (Berkeley Heights, NJ) Although he is a new pacer to Baltimore, he has paced many marathons and ultras in the USA, Germany and Austria. He has completed 140 marathons and ultras up to 100 miles. He will help you to reach your goal at the Baltimore Marathon and make sure that you will have fun doing it.

Chris Harrell (Germantown, MD) Completed 27 marathons and multiple half marathons. Achieved goal of becoming both a Marathon Maniac and a Half Fanatic. I enjoy helping others achieve their goal while making it fun. I guarantee anyone who runs with me will be thoroughly entertained and wonder where the time went.

5:15

*Kristin Waters (New York, NY) She has run 55+ marathons (2016 BRF was her 50th!), aspiring to run 100 by her 40th birthday. She credits her ability to complete her first marathon to the Pace Team and wants to help other runners in reaching their goal on race day for in a city she loves! She has paced BRF the last two years.

Laura Beck (Westminster, MD) Completed over 35 marathons, 5 Ironman triathlons & ran her first 50K trail race in 2016. Many of her favorite races are where she is a pacer, helping other people reach their goals makes her happy! Her goal is to help you reach yours.

Anne Lewis (Timonium, MD): Completed 31 marathons. Pace Group Organizer. Former Team in Training Run Coach. She has run marathons from Boston Marathon to Rock N Roll San Diego and each one was my favorite! Looking forward to showing pace participants why running a marathon is so fun!