

2016 Baltimore Marathon Pace Team

(UPDATED 10/11/16)

3:05

Joel Gladfelter
Sean Caskey
David Ploskonka

3:15

*Matthew Shanks
David Stevenson
Betsy Schultz (2nd Half)

3:25

*Keith McBride
Tunde Morakinyo
Joshua Reid

3:35

*Jackie Range
Liana Farb
Amy Voiland

3:45

*Marci Benda
Otto Lam
Ritchie Lavene
Seigo Masubuchi

4:00

*Sara Damiano
Jaime Holmes
Josh Reiter
Stacy Ward

4:15

*Randy Hansen
Joshua Greenberg
Katrina McGowan
Megan Theuerkorn

4:30

*Paul Marquis
Tonya Dunn
Shannon Hansen
Patrick Range

4:45

*Dwight Mikulis
Dave Hopkins
Matthew Wells

5:00

*Faye Weaver
Jenn Schultheis
Betsy Serp

5:15

*Kristin Waters
Karen Cathell
Anne Lewis

*: pace group leader

Italics: new this year to pacing Baltimore Marathon

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Sean Caskey (Baltimore, MD) Born and raised in Baltimore, I'm looking forward to helping others achieve their goals, whether it be a personal best or a Boston qualifier. I have run Baltimore twice before, the first time relying heavily on the pacers, and the second time placing 4th overall.

Joel Gladfelter (Baltimore, MD) With 20 years of running experience, Joel has run 20 marathons including three Baltimore and five Boston Marathon finishes. Joel's high energy, enthusiasm, and desire to help others is a driving reason he is a Baltimore Pacer. Joel spends his free time with his family and church.

David Ploskonka (Baltimore, MD) With over 50 marathon and ultramarathon finishes over his 20 years of running, David has taken on a wide variety of running-related challenges over the years. David looks forward to pacing you to your best race at the 2016 Baltimore Marathon!

3:15

***Matthew Shanks (Bethesda, MD)** He has been a runner/triathlete for 13 years. Completed in 9 marathons as well as 10 Ironman Triathlons. Pacing with Matthew, you can look forward to reliable and consistent pacing!

David Stevenson (Abingdon, MD) Over 50 marathons run including several Boston marathons. Has run distances from 5k to 50 miles. Eventually hopes to run a marathon in every state while continuing to help others achieve their running goals by being a pacer.

Betsy Schultz (Ellicott City, MD) Betsy stays active running marathons, half marathons, adventure races, triathlons, and bike touring around the US. Former college basketball player, now an elementary school teacher, who enjoys sharing the enjoyment of running and exercise by coaching elementary school boys and girls.

3:25

***Keith McBride (Ventura, CA)** Completed over 40 marathons and 7 Ironman's. Is a 14 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.

Tunde Markinyo (Ellicott City, MD) He is currently a pacer for the Baltimore Marathon Pacers and a member of the Howard County Striders racing team. He continues to enjoy the challenge of the Marathon and has run over 20 marathons: including: Boston twice, Marine Corps 5 times, Chicago, Philadelphia three times and Twin Cities.

Joshua Reid (Columbia, MD) He began running in 2011 with a desire to lose weight and improve my health. Through the support of the local running groups, he has lost 80 pounds and achieved things he never thought possible! His first marathon was in 2014, he has run 6 marathons since, and ran Boston 2016.

3:35

***Jackie Range (Baltimore, MD)** There's no greater high than watching people defy their goals - something she gets to do every day working for the local nonprofit Back on My Feet Baltimore, Former Division I College athlete & coach. Completed over 25 marathons.

Liana Farb (Baltimore, MD) I starting running during my college days at Virginia Tech. Since 2012 I have run 6 marathons, over 10 half marathons, and one 50k. I love the adrenaline that races provide and am looking forward to helping others achieve their race goals. I love running all around Baltimore.

Amy Voiland (Baltimore, MD) Amy has been running with her father since she was a very little girl. She looks forward to the Baltimore marathon because her dad comes out to run it each year. She has run over 15 marathons and has had her PR on the Baltimore course.

3:45

***Marci Benda (Parkton, MD):** Completed over 25 marathons, including Boston (PR 3:11). She is a veteran pacer and enjoys helping those in the running community achieve their goals. A former NCAA swimmer, she works part time as a physical therapist and full time as a mom of two.

Otto Lam (Wayne, NJ): I've completed over a hundred marathons, including my favorite Baltimore Marathon, and I've paced many many marathons. My marathon PR is 3:08 in March 2016. I'm very excited to run with you and help you to reach your goal. Good luck! See you at the start!

Ritchie Lavene (New Egypt, NJ): Excited to be back pacing my 9th Baltimore Marathon. This will mark my 60th Marathon, and 41st as an official pacer. Setting a PR is fun, but getting you yours is even better! My current PR is 2:59:07(Boston '09), and have run 9 Boston's. I can't wait to be there when you reach your goal!!

Seigo Masubuchi (Saint Paul, MN): I have been running marathons since 2001. I have done 58 marathons and more than 35 half marathons. Among them, I was a pacer either for races or personal friends at about 35 marathons and about 25 half marathons. I enjoy pacing because I love helping runners to accomplish their time goals!

4:00

***Sara Damiano (Austin, TX):** An experienced pacer, Sara has run fifteen marathons (PR: 3:20), including Baltimore, Boston, Kentucky Derby, and Richmond. This will be her seventh consecutive Baltimore marathon, and her fifth as a pacer. The joy of helping other runners achieve their goals keeps her coming back!

Jaime Holmes (Fulton, MD): A lifelong runner who loves to see others achieve what they once thought was impossible. Baltimore was her first marathon and she has since completed 20 including Boston 3 times and Baltimore 6 times. She lives in Fulton with her husband and 3 children.

Josh Reiter (Baltimore, MD): Joshua is a long time pacer and enjoys helping others achieve their goals. Perhaps best known for his Baltimore Marathon Rap <https://www.youtube.com/watch?v=ozGBQzQrys0> he was also once beaten in a race by a fairy princess. President of ApplicationsOnline and Senior Lecturer at Johns Hopkins

Stacy Ward (Havre de Grace, MD): Returning Baltimore Marathon Pacer. Completed 30 plus marathons including 2016 Boston Marathon. Enjoys being outdoors; especially at the beach with my family. Wife and Mother of a 5 year, 2 year, and 1 year

4:15

***Randy Hansen (Columbia, MD):** I enjoy running and triathlons having completed numerous half, full, and ultra-marathons as well as 1 half and 2 full Ironman triathlons. I've paced Baltimore several times, it's a great race and I'm looking forward to working with you to achieve your running goal!

Joshua Greenberg (Baltimore, MD): After a break from running Josh began running shorter races about 15 years ago, then graduated to marathons and ultramarathons about 10 years ago. Since then he has completed over 30 marathons and ultramarathons. Josh has been pacing for 5 years and loves helping people achieve their running goals.

Katrina McGowan (Baltimore, MD): An athlete & always a runner, Katrina comes w/ over 15 years of running experience. She loves the challenge it brings emotionally, physically, & mentally. Highlights have included races in Paris, Boston, Bar Harbor, Big Sur, Vegas, & Asheville. Let's take the journey to the finish line & run!

Megan Theuerkorn (Baltimore, MD): I am a Michigan native and MSU Alumni (Go Green!). I have a passion for the marathon and my pit bull Charlie! I am currently finishing my second degree in nursing and I keep busy with running races all over the US! I love helping others achieve their race goals and look forward to running with you!

4:30

***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.

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

Shannon Hansen (Columbia, MD): She has run over 10 marathons, 2 ultra-marathons, a Half-Ironman, and paced countless races with the team. She is excited to help you reach not only finish, but finish in your goal time!

Patrick Range (Parkville, MD): One lap around the football field was painful as a high school senior. That was 50 pounds and fifteen years ago as a lineman. The goal became one marathon just to prove I could do it. Fourteen marathons in, my goal is to keep running and support others along the way.

5:00

***Faye Weaver (Ellicott City, MD):** Faye is a member of Howard County Striders since 2009. She coached and coordinated training programs from 5k to marathons. She is an RRCA-certified running coach. Faye has completed many races from 5k to 50 milers, A member of the Baltimore Pacers since 2013, bringing runners in ON TIME.

Jenn Schultheis (Wake Forest, MD): She lives in Raleigh North Carolina with her husband and 3 year old son. She Regional Vice President with Supplemental Health Care. Jenn has completed 3 IronMan races, multiple half IronMan, and over 15 marathons.

Betsy Serp (Catonsville, MD): I was a competitive swimming during collage and decided to take up running and triathlons after I graduated. I've competed in numerous races but prefer the longer distances. I enjoy running with others and encouraging them along the way.

5:15

***Kristin Waters (Baltimore, MD):** Kristin was inspired by the runners of the Baltimore Marathon to attempt a second marathon, which she did in 2011 and has now run over 40, aspiring to run 100. 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.

Karen Cathell (Berlin, MD): Running has been a part of my life for many years. I am an active Mother of 2 girls who keep me on the go! I have ran 11 half marathons and 4 full marathons. Running has given me many friendships along the way. I never run with music so I can always enjoy the sounds of wildlife around me.

Anne Lewis (Timonium, MD): Completed 30 marathons. Pace Group Coordinator. Former Team in Training Run Coach. Have run marathons from Boston Marathon to Rock N Roll San Diego and everyone was my favorite! Looking forward to showing pace participants why running a marathon is so fun!