

## 2018 BALTIMORE MARATHON PACE TEAM

(TENTATIVE 9/26/18)

### 3:05

\* *Stephen England, Aaron Ellison* (first 14 miles), *Stephen Turner* (last 14 miles)

### 3:15

\*Mark Hyatt (first 14), *Bill Cahill, Hussein EzzEldin, Jamie Stroffolino*

### 3:25

\*Keith McBride, David Stevenson, Betsy Schultz (last 14)

### 3:35

\*Tunde Morakinyo, Liana Farb, *Emily Vaughn, Amy Voiland*

### 3:45

\*Marci Benda, *Jazmin Abraham, Otto Lam*

### 4:00

\*Sara Damiano, Joshua Greenberg, Seigo Masubuchi, Stacy Ward

### 4:15

\*Kara Carlin, Megan Jordan, Katrina McGowan, Faye Weaver

### 4:30

\*Dwight Mikulis, Karen Cathell, Pamela Geernaert, *Sara Miller*

### 4:45

\*Patrick Range, David Hopkins, Paul Marquis, Ed Schultheis

### 5:00

\*Laura Beck, *Tricia Mainil, Betsy Serp, Judith Weber*

### 5:15

\*Kristin Waters, Anne Lewis, Jenn Schultheis

\*: pace group leader

*Italics: new this year to pacing Baltimore Marathon*

## 2018 Baltimore Marathon Pace Team

### 3:05

\***Stephen England** (New York, NY) runs with Team Type 1 Elite (a global type 1 diabetes team). He has run 80+ marathons and ultras including a 2:45 PR at the 2018 Boston Marathon and Western States 100. He also is an established NYRR pacer and coach with The Run SMART Project. He truly enjoys giving back to the running community.

**Aaron Ellison** (Ellicott City, MD) has been an avid marathoner and ultramarathoner since 2012. He enjoys running events of all distances and terrain, with long scenic mountain races being his favorite.

**Steve Turner** (Glenelg, MD) has been running for over 40 years and loves the camaraderie of a supportive running group. He has run 11 marathons and 4 ultras. Steve is excited to be a pacer.

### 3:15

\***Mark Hyatt** (Alexandria, VA) is a member of Howard County Striders & DC Road Runners. A soccer player/coach converted to runner in 2015; he has run 7 marathons (PR: 2:55); including Boston this past Spring. He is excited to help fellow runners accomplish their 26.2 mile journey.

**Bill Cahill** (Baltimore, MD) loves running all distances, especially hills! He's completed 12 ultramarathons, most recently the Zion 100 miler.

**Hussein EzzEldin** (Columbia, MD) started running in June 2013. His PB is: 2:58. His plan for this year is to break 2:55. He loves pacing because it is a wonderful feeling to help fellow runners achieve their goals.

**Jamie Stroffolino** (Stormville, NY) has been running competitively for 11 years. I have paced close to 30 marathons, and to-date have run a total of 54. My marathon PR is 2:37 and my half PR is 1:11. Please join my group if you are looking to qualify for Boston, set a new PR, or just challenge yourself.

### 3:25

\***Keith McBride** (Ventura, CA) has completed over 50 marathons and 8 Ironmans. He is a 16 time Baltimore Marathon Pacer and is looking forward to another great run and excuse to visit his old hometown. Works in the medical device field and is the Chief Technology Officer for Bioness Inc., Valencia, California.

**David Stevenson** (Abingdon, MD) has run more than 70 marathons including Boston several times and is a veteran pacer. He enjoys the challenge that the marathon provides and the inherent reward of crossing the finish line. As a pacer, he looks forward to helping you reach your marathon goals.

**Betsy Schultz** (Ellicott City, MD) has run over 15 marathons and many half marathons, trail runs, triathlons and enjoys different cycling events. Works as an elementary school teacher, who enjoys sharing the enjoyment of running and exercise by coaching elementary school boys and girls.

### 3:35

\***Tunde Morakinyo** (Columbia, MD) has run 20 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, and is currently a member of the Howard County Striders racing team.

**Liana Farb** (Baltimore, MD) starting running during her college days at Virginia Tech. Since 2012 she has run 13+ marathons and countless races of other distances. She loves the adrenaline that races provide looks forward to helping others achieve their marathon goals. This is her 3rd time pacing the Baltimore Marathon.

**Emily Vaughn** (Baltimore, MD) ran competitively in college, but fell in love with the sport when she crossed the finish line of her first marathon in 2013. Being a nurse, Emily is even more excited to pace; helping people is natural to her, and helping people achieve their running specific goals is both an honor and a joy!

**Amy Voiland** (Baltimore, MD) has been running since about the age of 10. She started running to hang out with her dad...and she still gets the opportunity to run with him in Baltimore. Amy loves helping folks reach their goals and having fun along the way.

### 3:45

\***Marci Benda** (Parkton, MD) has completed 31 marathons, including Boston (PR 3:11). She is a veteran pacer & enjoys helping those around her achieve their personal running goals. A former NCAA swimmer, she works part time as a physical therapist & full time as a mom of two.

**Jazmin Abraham** (Upper Saddle River, NJ) has trained and completed more than 20 full marathons, tons of halves and 2 ultras. She was very honored to be one of the Achilles pacers for the NYC Marathon in 2016. She has had the opportunity to be one of the 1:45 pacers at the Baker's Dozen Half and New Jersey Half in 2018.

**Otto Lam** (Wayne, NJ) has completed over 100 marathons and ultra marathons with a marathon PR of 3:08. He has also paced many marathons, including one of his favorites, the Baltimore Marathon twice. He is looking forward to sharing this special 26.2 mile journey with you and helping you to reach your goal.

### 4:00

\***Sara Damiano** (Austin, TX) is a history professor who has run 20+ marathons (PR: 3:19). This will be her 10th consecutive Baltimore marathon and her 8th as a pacer. She loves learning more about endurance through pacing, and the joy of helping runners achieve their goals keeps her coming back to Charm City!

**Joshua Greenberg** (Baltimore, MD) is a veteran pacer, and has run about 50 marathons and has been pacing marathons since 2011. He paces far more marathons than he races each year and enjoys helping others achieve their goals. On the weekends, Josh can be found running with his local running group, the Baltimore Pacemakers.

**Seigo Masubuchi** (Saint Paul, MN) has been running marathon since 2004. He has done 78 marathons and more than 65 half marathons. Among them, he was an official pacer or paced for friends for about 55 marathons and about 50 half marathons. He enjoys

race pacing because he loves helping runners achieve their goals.

**Stacy Ward** (Bel Air, MD) This will be her 10th time pacing and 11th Baltimore marathon. Completed 40 plus marathons including 5 Boston Marathons (PR is 3:12). She loves running with people and is looking forward to helping you beat your race goal this year!

#### **4:15**

\***Kara Carlin** (Pikesville, MD) started running long distance races in 2006 and has run a total of 21 marathons including pacing Houston, Baltimore, Kentucky and Frederick. She has run the Boston Marathon 3 times with a PR or 3:29 in Philly. She is the Director of Athletics at Friends School of Baltimore.

**Megan Jordan** (Baltimore, MD) is a native of Michigan and Spartan Alumni (go green!) who has a passion for the marathon. Megan loves helping others towards their running goals and can't wait to run this marathon by your side!

**Katrina McGowan** (Baltimore, MD) will be pacing Baltimore for her third year, and the third time's a charm. Katrina is a home grown Baltimorean but travels to compete in all distance running and triathlon events. The Baltimore Marathon remains a favorite!

**Faye Weaver** (Ellicott City, MD) is a member of Howard County Striders since 2009. She has coached and co-coordinated training programs from 5k to marathons. She is a RRCA certified coach. She has completed many races from 5k to 50+ milers. Boston 3 times, Chicago, Baltimore 4 times. Member of the Baltimore Pacers since 2013.

#### **4:30**

\***Dwight Mikulis** (Ellicott City, MD) is a veteran pacer for Baltimore Pacers and has paced the Baltimore Marathon 4 times within 30 seconds of goal time. He knows the course well. Let's have a great time together and we will come in on time!

**Karen Cathell** (Berlin, MD) started running about 20 years ago with her father. She is a mother of 2 very active girls and has completed 5ks to 50ks, and enjoys running in new places and she never runs listening to music! Karen enjoys helping others cross the finish line and meet their goals!

**Pamela Geernaert** (Frederick, MD) is a veteran at running and talking. With over 30 marathons and 40 ultras under her fuel belt she will help you enjoy the process of 26.2 miles.

**Sara Miller** (Bel Air, MD) has been running marathons since a friend convinced her to enter the 2003 MCM lottery. Certain that she would never be picked, she mailed her application. Fourteen marathons later, including 2 Boston marathons, she looks forward to helping others reach their goal, catch the bug, and have a great 26.2.

#### **4:45**

\***Patrick Range** (Parkville, MD) Running was the enemy. After a bunch of miles and support, running is now a very familiar and welcome part of his day. His original goal was one marathon; now seventeen marathons in, his goal is to keep running and support others doing the same. His advice for Baltimore - Run YOUR Race!

**David Hopkins** (Baltimore, MD) started running in 2003, triathlons in 2005, an Ironman in 2007, and marathon pacing in 2008. He has now completed nearly 80 marathons, 15 Ironman races, a few ultramarathons and long distance swims. Spinning Instructor and USAT Certified Coach. Come join us, listen for the horn, and let's have fun together!

**Paul Marquis** (Bristow, VA): He has run more than 58 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 now works in the defense industry.

**Ed Schultheis** (Wake Forest, NC) is a Business Consultant residing in North Carolina with his wife Jenn and son Bodie. He is an avid endurance athlete, completing more than 35 marathons, 3 full Ironman and 10 half-Ironman races. He has paced the Baltimore marathon numerous times and enjoys sharing the history of Baltimore along the course.

#### **5:00**

\***Laura Beck** (Westminster, MD) believes pacing someone to the finish of a race is one of her favorite things to do, and as a runner-it is her way of paying it forward. She has done more than 40 full marathons, 5 Ironman triathlons and numerous other races. She can't wait to see you at the starting line!

**Tricia Mainil** (Ellicott City, MD) has run more than 30 marathons. Loves to run with the "back of the pack" runners who are the most fun and have the best stories. I have raced with fellow pacers Jenn and Ed Schultheis for more than 10 years.

**Betsy Serp** (Catonsville, MD) started running more than 15 years ago when she signed up for her first triathlon. She continued to challenge herself and started running marathons. Since then she's completed approximately 15 marathons. She enjoys being a pacer so she can help others achieve their goals.

**Judith Weber** (Ellicott City, MD) has been part of the Baltimore Pacer family since 2005. She is an ultrarunner who enjoys pacing groups and individuals. She is looking forward to returning to pacing Baltimore.

#### **5:15**

\***Kristin Waters** (New York, NY) was inspired by the runners of the Baltimore Marathon to attempt a second marathon, which she completed in 2011 and has now run more than 66 marathons, aspiring to run 100. She credits her ability to complete her first marathon to the Pace Team and loves leading runners in reaching their goals!

**Anne Lewis** (Timonium, MD) has run 32 marathons. Former Team in Training Run Coach. Has run marathons from Boston Marathon to Rock N Roll San Diego, each one was her favorite! Looking forward to showing participants why running a marathon is so fun!

**Jenn Schultheis** (Wake Forest, NC) has paced Baltimore 6 times and has completed 20 marathons, 3 Ironman races, and 13 half Ironman events. She lives in North Carolina with her husband Ed (4:45 pacer) and 5year old son, Bodie. She is a regional vice president with a healthcare staffing company.