

2019 Baltimore Marathon Pace Team (Tentative 10/15/19)

3:10

*Matthew Shanks *Nate McLeese* (first 14) Tunde Morakinyo (last 14)

3:20

*Hussein EzzEldin *Garrett Corcoran* Andrew Cantor (last14)

3:30

*Keith McBride *Richard Reinhardt* Emily Vaughn Betsy Schultz (last 14)

3:40

* Stacy Ward *Mike Lombardo* David Stevenson

3:50

*Marci Benda Josh Reiter Amy Voiland *Qi Youlin*

4:00

*Sara Damiano Joshua Greenberg *Matt Heiblim* Sara Miller

4:15

*Seigo Masubuchi *Paul Lee* Meri Smalstig Katrina McGowan (last 14)

4:30

*Faye Weaver Dwight Mikulis Peter Mulligan *Xuesong Wang*

4:45

*Dave Hopkins Ken Fattman *Jill Robinson* Roger Shanks

5:00

*Betsy Serp *Annie Chen* *Kristin Cunningham*

5:15

*Kristin Waters *Sarah Lee-Faulkner* *Louisa Lam* Judith Weber

2019 Baltimore Marathon Pace Team

3:10

***Matthew Shanks** (Odenton, MD) has completed over a dozen marathons, 17 full distance triathlons, countless other races, and has coached athletes to many PRs and BQs. Professional triathlete and coach, Matthew is eager to help you pace your Baltimore Marathon.

Nate McLeese (Columbus, IN) began running long distance in 2010 with a surprise wedding gift – an entry to the Disney Marathon from fellow pacer, David Hopkins. He quickly discovered his passion and talent for endurance sports. Nate loves being a part of active communities and is excited to run with you!

Tunde Morakinyo (Columbia, MD) is currently a member of the Howard County Strider's racing team. He continues to enjoy the challenge of the Marathon and has run over 25 marathons, including: Boston twice, Marine Corps 5 times, Chicago twice, and Philadelphia four times.

3:20

***Hussein EzzEldin** (Columbia, MD) loves the feeling of helping someone cross the finish line at the goal time and to see the smile on their faces after 26.2 miles. It is priceless.

Garrett Corcoran (Baltimore, MD) moved to Baltimore from California in August for a job as an engineer at Northrop Grumman. He ran track and cross country in college for UC Berkeley and graduated in May 2019. He was called “The Metronome” on the team for his impeccable pacing skills.

Andrew Cantor (Baltimore, MD) paced the full 2017 Baltimore Marathon for the 3:15 pace group. He loved assisting people in achieving their goals. He has completed 5 marathons (most recently Boston, with a PR of 2:49:45). His half marathon and ten mile PRs are 1:17:45 and 57:12 respectively.

3:30

***Keith McBride** (Ventura, CA) has completed over 50 marathons and 8 Ironmans. He is a 17-time Baltimore Marathon Pacer and is looking forward to visit his old hometown. Works in the medical device field and is the Chief Technology Officer for Bioness Inc., Valencia, CA.

Richard Reinhardt (Columbia, MD) is a 6-time Boston Marathon finisher, and has run sub 3-hour marathons in four of the six major marathons. This summer he ran an unofficial marathon with friends at 2am just for fun.

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. Emily is excited to pace for the second time this year; helping people reach their goals is a joy!

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 teacher, who enjoys sharing the enjoyment of running and exercise by coaching elementary boys and girls.

3:40

* **Stacy Ward** (Bel Air, MD) This will be her 11th time pacing and 12th Baltimore marathon. Completed 46 marathons including 5 Boston Marathons and PR'd at 2018 Chicago Marathon (3:07). She loves running Baltimore Marathon and is looking forward to helping you achieve your race goal this year!

Mike Lombardo (Columbia, MD) After running dozens of marathons, he switched to Ultras since he loves being amongst nature. He wanted to get back to some road work so what better way than running with a bunch of new friends.

David Stevenson (Abingdon, MD) has run 80+ marathons/ultramarathons and is a veteran pacer for the Baltimore marathon and others. David hopes to run many more marathons and continue helping others achieve their marathon goals. He looks forward to seeing you at the start line in October.

3:50

***Marci Benda** (Parkton, MD) has completed 39 marathons (PR 3:11). This will be her 13th year pacing the Baltimore Marathon. Helping others meet their goals is the reason she comes back to pace year after year. A former D1 swimmer at the University of South Carolina, she works part time as a physical therapist.

Amy Voiland (Baltimore, MD) has been running for over 30 years, has lost count on the number of marathons run, but somewhere in the 30s. She has run with the Pacers for about 6 or 7 years and enjoys helping others reach their running milestones.

Josh Reiter (Baltimore, MD) is a long time Pacer and enjoys helping others achieve goals. He's famous for his rap video describing the Baltimore Marathon Course – Find it here: <https://www.youtube.com/watch?v=ozGBQzQrys0> Fun Fact-A fairy princess beat him in a race. President of ApplicationsOnline and adjunct faculty at Johns Hopkins

Qi Youlin (Clarksville, MD) has been running since she was in college, but at that time mostly on track, 400m, 800m & 1500m, and occasionally the 5K. In the last four to five years, she has picked up this leisure and ran two marathons a year, with her best time at 3:17:06. She hopes with more time input, she can PR this year.

4:00

***Sara Damiano** (Austin, TX) is a history professor who has run 20+ marathons (PR: 3:14). A former Charm City resident and 8-time Baltimore pacer, she loves pacing as a way to learn more about endurance and to share the joy of seeing runners achieve their goals.

Joshua Greenburg (Baltimore, MD) enjoys running and pacing marathons. He's run over 60 and has paced at least half of those. He enjoys helping other runners achieve their goals and getting them to the finish line on time.

Matt Heblim (East Brunswick, NJ) has run 48 half marathons, 23 marathons, and a handful of triathlons. He has paced 37 times. Matthew prides himself in even splits and providing encouragement along the way. He finds pacing very rewarding and loves helping others achieve PR's and BQ's. Join him for a great time!

Sara Miller (Bel Air, MD) started running in the early 2000's after a friend suggested ONE marathon might be fun. Nearly 20 marathons later, she continues to plan her life and family travels around races but finds her greatest joy inspiring others to chase that runner's high...especially at the Baltimore Marathon!

4:15

***Seigo Masubuchi** (Saint Paul, MN) has been running marathons since 2006. By the 2019 Baltimore Marathon, he will have completed at least 88 marathons. Among them, he served as an official pacer or was pacing personal friends for about 55 marathons. He enjoys pacing races because he loves helping runners achieve their goals.

Paul Lee (Albertson, NY) is very excited to be pacing the Baltimore Marathon. He ran his first marathon in 2006 and around mile 21 thought that running a marathon was crazy! He didn't run another one for 3 years until the 2009 NYC Marathon. Today, he has run over 60 marathons including 10 ultras. He looks forward to meeting everyone!

Meri Smalstig (Santa Ana, CA) is an avid pacer and goes beyond just a steady pace. It is her goal to make race day a fun experience. She has completed over 175 half & full marathons, and an Ironman 70.3 and 140.6. If you are just about to give up, it takes the right person to lift you up and keep you going. That person is Meri!

Katrina McGowan (Baltimore, MD) loves the mental, emotional and physical joys and feats of running. With over 20 years of running experience, she is game for anything from 5ks to 100+ milers. This will be her 4th year pacing the Baltimore Marathon.

4:30

***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 4 Bostons, Chicago, NY, and Baltimore 5 times. Member of the Baltimore Pacers since 2013.

Dwight Mikulis (Ellicott City, MD) is excited to be a Corrigan Sports Pacer for the 2019 Baltimore Marathon. He has run Baltimore 9 times and paced it 6 times, and just loves running in the city. He is a Steve Martin look alike and you will enjoy running with him and seeing the sights of Baltimore!

Peter Mulligan (Baltimore, MD) has run and paced the Baltimore Marathon, in addition to completing over 79 marathons & 25+ ultra-marathons. His speedy days are long gone and now runs for the sheer pleasure of the sport. He lives in Baltimore City and enjoys running at Patapsco Valley State Park or Gunpowder State Park.

Xuesong Wang (Clarksville, MD) is an active member of Howard County Striders Running Club. In the past year, he has finished 3 full marathons, 2 of them were Boston Marathon Qualifiers and the 3rd one run as a Pacer. He really enjoys running as a pacer and seeing people achieve their Marathon training goals!

4:45

***Dave Hopkins** (Baltimore, MD) started running in 2003, triathlons in 2005, an Ironman in 2007, and pacing in 2008. Now completed around 90 marathons, 16 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!

Ken Fattman (Ozark, MO) ran his 1st marathon in 1980... then took 28 years off. Since returning to the distance, he's learned a lot about recovery. For the last 7 years, he's run at least 52 marathons/year. His passion is helping other runners reach their goals. He has paced almost half of his more than 400 marathons.

Jill Robinson (Severna Park, MD) began running at 16 and ran her first marathon in 1999. She has continued running all distances from 5K to 50 miles, with her favorites being the longer races! Loves both trail and road running, with special favorites being Boston and the JFK50!

Roger Shanks (Odenton, MD) is a returning Baltimore Pacer, running 30 marathons since starting running 16 years ago. Reports have out he will convince you that every mile is the best mile of the race, with no hills. Hope to see you there, we'll have a great time.

5:00

***Betsy Serp** (Catonville, 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 has completed approximately 15 marathons/ultra-marathons. She enjoys being a pacer so she can help others achieve their goals.

Annie Chen (Ellicott, MD) started running 4 years ago and at first, it was a casual hobby, but as she started to run more often, her distance and speed started improving. So far, she has run two 50k ultramarathons and seven marathons and even more half-marathons. As long as you persevere, you will achieve your goals!

Kristin Cunningham (Baltimore, MD) As a Baltimore native, she looks forward to pacing the Baltimore Marathon! She's completed over 40 marathons and ultras. After PR'ing a race with the help of pacers, she wanted to give back. She's successfully paced 7 full marathons and 2 half marathons. She looks forward to helping you meet your goals!

5:15

***Kristin Waters** (New York, NY) Kristin was inspired by the runners of the 2010 Baltimore Marathon to attempt a second marathon, which she did in 2011 and has now run over 85, aspiring to run 100. She credits her ability to complete her first marathon to the Pace Team and wants to help others runners reach their goal on race day.

Sarah Lee-Faulkner (Pittsburgh, PA) has run over 55 marathons with a goal to run a marathon in every state. Her favorite marathon memory was her husband proposing at the finish line of Pittsburgh in 2016. She became a pacer to share her love of running with others and encouraging those in her group.

Louisa Lam (Wayne, NJ) has run 37 half and 31 full marathons. She's paced the NYC marathon, the NJ marathon, the Philadelphia marathon, and many more in the past 5 years. She is very excited to be a pacer for the Baltimore marathon and is looking forward to seeing you on the course!

Judith Weber (Ellicott City, MD) is a veteran pacer. She helps runners achieve their goals while having fun in Baltimore.

***Pace Group Leader**