

Baltimore Marathon Pace Team - October 19, 2024 – FINAL

3:10 (3)	3:20 (4)	3:30 (3)	3:40 (3)
Sean Caskey	Matt Tabor*	Tunde Morakinyo	Matt Miller
Michael Nasuta*	Paul Wells*	Haroon Ahmed	Peter Armitage *
Brian Yeager (2 nd ½)	Caroline Bauer* Kevin Ford (2 nd ½)	Lance Dockery (2 nd ½)	Dave Stevenson (2 nd ½)
3:50 (4)	4:00 (5)	4:15 (5)	4:30 (4)
Stacy Ward	Michael Womelsdorf	Sara Miller	Faye Weaver
John Shafer^	Xuesong Wang	Shifeng Chen	Dwight Mikulis
Ryan Dietrich	Huifei Chen	Emily Clay	Yi Arnold
Aaron Braunstein*	Liza Greer Keith McBride (2 nd ½)	Dorothy Wang* Joshua Reiter (2 nd ½)	Eva Zheng
4:45 (4)	5:00 (3)	5:15 (4)	
Betsy Serp	Bobby Marinelli	Kristin (Waters) Paintal	
Andrew Grzanka*	Glenn Smith	Sarah Lee-Faulkner^	
Yan Zhang^	Pete Mulligan (2 nd ½)	Tracy Ringel*	
Missy Coatrieux (2 nd ½)		Laura Beck ^ (2 nd ½)	

*New to the Baltimore Pacers, ^Returning to the Baltimore Pacers after a short break

Baltimore Marathon Pacer Biographies 2024

3:10 Pace Team

Sean Caskey: Columbia, MD - Has participated in the Baltimore Running Festival for the past 10 years finishing 4th in the 2015 marathon and participating in the winning relay team on multiple occasions. He loves having a captive audience for his bad jokes, but also pushing and guiding others to reach their goals on his favorite marathon course. He is a Senior Financial Manager at the Johns Hopkins Applied Physics Laboratory. Fun Fact: He has run marathons in 13 different states and his other passions include Microsoft Excel and Fantasy Football.

Michael Nasuta - Baltimore, MD - Mike is a first time pacer at the Baltimore Running Festival, but veteran marathon pacer and BRF marathoner. He's completed over 35 marathons and ultra marathons around the world and is currently training for the Stone Mill 50 miler in November. He is the Vice President of the Baltimore Road Runners Club, Director of Engineering at BD, and he's excited to help the 3:10 runners achieve their goals this year! Fun Fact: Mike is a Biotechnology graduate student at Johns Hopkins.

Brian Yeager, Bel Air, MD: Middle School Computer Science Teacher, ultra marathon coach, volunteer Firefighter/EMT, kombucha connoisseur and sourdough bread baker with a personal best of 2:54:11 at the 2023 Boston Marathon. Enthusiastically ready to share the love of running and endurance with others! Fun Fact (or not so fun fact?): He once mistook paprika for cinnamon while making his pre-run oatmeal -not fun :(

3:20 Pace Team

Matt Tabor: Chicago, IL - Matt is currently working on running a marathon in every state. BRF will be his 41st state! Matt is an Operations Manager at a mortgage company and runs to stay sane at his desk job. Fun fact: His first ever race was a marathon and signed up because he didn't know it was 26.2 miles

Paul Wells: Dallas, TX - First time pacing with the Baltimore Pacers. Loves to run and pace marathons. He is a manager for an accounting firm and is a CPA. Fun Fact: Baltimore will be his 40th state on his 50 state marathon journey.

Caroline Bauer: Howard County, MD - Is a long time Howard County Strider and has run over 30 marathons including qualifying for and running in the 2020 U.S. Olympic Marathon Team Trials. She works part time as a nurse practitioner in the pediatric ICU. Fun Fact: Caroline qualified for the Olympic Trials just 10 months after giving birth to her now 5 year old son, Henry.

Kevin Ford: Baltimore Maryland - 23 marathons completed, has competed for the Howard County Striders Racing Team for over 10 years. Kevin is an engineer. Running is his favorite thing, and he loves to share it with others. Fun Fact: Kevin and his wife have fostered over 100 cats and kittens through the Maryland SPCA.

3:30 Pace Team

Tunde Morakinyo: Columbia, MD – Tunde has been running with the Howard County Striders since 1998 and currently is on the strider racing team. He enjoys the personal challenge of running and helping other individuals reach their running potential. He has coached cross-country and track with the Howard County Junior Striders and High School. He continues to enjoy the challenge of the Marathon and has run over 40 marathons: including: Boston 3x, Marine Corps 5x, Chicago 4x, New York, Philadelphia 3x, and Twin Cities. Fun Fact: Got mistaken for a world class Kenyan marathoner at the Kentucky Derby Marathon!

Haroon Ahmad - Laurel, MD - Pacing for his 4th consecutive year. Works as a neurologist at the UMMC Medical Center and walks right by the marathon start line every morning. Fun fact: Haroon ran the 5K in the inaugural BRF back in 2001 at the age of 16.

Lance Dockery: Baltimore, MD – Third year member of the Baltimore Pacers and his 5th time running the Baltimore Marathon. He loves the Baltimore Marathon course and getting to pace in the Greatest City in America!! He is a Scientist at AstraZeneca. Fun Fact: His favorite post-race meal is a cheeseburger with fries and a shake!

3:40 Pace Team

Matthew Miller: Belcamp, MD – Long time member of the Baltimore Pacers and is once again excited to help people reach their goal! He works in logistics as a Supply System Analyst. Fun fact: He once ran a marathon which (unbeknownst to him at the time) finished with a 5k obstacle course.

N. Peter Armitage: Baltimore MD - A long time marathon runner and cyclist, he is transitioning from chasing racing PRs to helping others in the running goals. This is his first time being a marathon pacer. Fun Fact: When not doing his work as a physics professor at Johns Hopkins University, he can be found running in his favorite spots: Lake Roland Park and the Inner Harbor.

David Stevenson: Bel Air, MD – David is a veteran Baltimore Pacer and is looking forward to helping fellow runners achieve their marathon goals as we complete this 26.2-mile trek through Charm City. When not running he is a small Animal Veterinarian. Fun Fact: He is approaching his 100th marathon finish, currently scheduled for Philadelphia in November! Thanks for being part of my journey.

3:50 Pace Team

Stacy Ward - Bel Air, MD – Long time pacer for the Baltimore Pacers. She is looking forward to meeting new people and helping others run and experience this awesome course ! Has worked in the Produce Industry for over 23 years and is a proud mom of three beautiful daughters. Has over 55 marathons and completed her second 50K this past spring. Fun Fact: Has completed five of the six Abbots Major World Marathons. Last stop is Tokyo!

John Shafer – Baltimore, MD - Born in North Carolina but proud to call himself an adopted Baltimorean. Returning member of the Baltimore Pacers and enjoys helping other achieve their goals. Personal Trainer at Coppermine Timonium. Fun fact: He's completed the Baltimore marathon several times and his favorite section changes every year. Just when he thinks the zoo, Patterson Park or the cacophony of the finish line can't be beat, something else jumps out that blows him away.

Ryan Dietrich: Baltimore, MD - Ryan is a life-long resident of the Baltimore area. Although Ryan ran two unremarkable years of cross-country in high school, his connection with running didn't click until he joined the working world and figured out that he needed something to balance out the fact that his employer offered free sodas and snacks. Since then, Ryan has run over 75 marathons (or longer distance), including two Boston marathons, two Ironmans, and a hundred-mile race. Fun Fact: His love of running is so strong he once ran a full marathon distance on a treadmill.

Aaron Braunstein: Northbrook, IL – Long time runner and pacer of 180+ marathons/ultras including the majors. First time Baltimore pacer. Independent tech consultant. Fun Fact: He has run a marathon in all 50 states x2

4:00 Pace Team

Keith McBride: Denver, CO - Keith has completed more than 75 marathons and 8 Ironmans. He is a 20+ time Baltimore Marathon Pacer and looks forward to running through his old hometown. Works in the medical device field and is a Vice President of R&D for Bioventus Inc. Fun Fact: He finished in 4th place overall in the Athens Marathon... Athens, Ohio that is!

Liza Greer: Baltimore, MD – Liza ran her first marathon in 2019 and was immediately hooked. She is a member of the Baltimore Pacemakers and the BRRC for 6 years and has paced the Charles 12 and Susquehanna half for 4 years and paced with the Baltimore Pacers last year. She loves helping people achieve their running goals. She typically runs with pacers in races and has amazing experiences. In fact, she ran the BRF in 2022 with the BEST pace group on earth! She is a special educator at Patterson Park Public Charter School. Fun Fact: Her guilty pleasure is watching Below Deck and 90 Day Fiancé.

Michael Womelsdorf: Etners, PA - He delivers for FedEx Ground in the Hanover, PA area. He has been a long-distance runner since 2001. He has completed almost any event that involves running. Started in Cross-country in high school and he says there is nothing like pacing to help others achieve their goals in a timely fashion! Fun Fact: He has completed over 500 races, including 30 Ultra marathons, 85 Marathons, and 60 Half-Marathons. He is also known as the “Speedo Guy!”

Xuesong Wang: Clarksville, MD- Long time member of Howard County Striders. He has completed more than 20 full marathons and 3 Ultra Marathons. He enjoys being a pacer of all distances racing and loves to help others achieve their goals. He is a Lead RAN engineer of AT&T. Fun Fact: He has been training for marathon races for 8 years and is working to finish all 6 world major marathons.

Huifei Chen: Ellicott City, MD – Huifei has been running for 8 years and completed 18 marathons and qualified for Boston in 2019 and has been a Baltimore Pacer for 5 years. Fun Fact: She finished two marathons in three days in 2023 and completed the Phunt 50 miler in 2022 and completed Paris in 2024.

4:15 Pace Team

Sara Miller: Bel Air, MD - Sara has run enough marathons to have lost track of the actual number. Running is her favorite way to see new neighborhoods, cities, and countries. Her kids have grown up on the sidelines and are now expert fans. They pretty quickly learned that marathons are followed by good meals and therefore they are avid supporters of their mom's habit. Fun Fact: Sara's worst nightmare when running is a flock of waterfowl and/or an unknown barking dog.

Shifeng Chen: Ellicott City, MD - Shifeng started running seriously 6 years ago. He finished his first and second marathon in 2021. He is a member of the Howard county striders club and a professor at University of Maryland School of Medicine. He received an award of New Runner of the Year from Howard county striders club in 2023. Fun Fact: Regularly participates in a weekly group "bagel run" in Howard County and enjoys meeting new friends there.

Emily Clay: Baltimore, MD - Has run the BRF 10 times, and this is the second year pacing the 4:15 group. She is excited to give back to the local running community. She works in scientific sales. Fun fact: Has completed around 80 ultra marathon races and she lives two blocks from the race course.

Dorothy Wang: Portland, OR - Ex-swimmer who started running through high school cross country. Loves running with people and encouraging others along the way! She is a medical student at Johns Hopkins and has participated in the BRF a few times. Fun Fact: She was once out-run in a hilly half-marathon by two older men wearing house slippers.

Joshua Reiter: Baltimore, MD – Long time member of the Baltimore Pacers and has run in the BRF every year since it started. Loves to help others achieve their goals! He is President of ApplicationsOnline and an adjunct faculty member at Johns Hopkins. Fun Fact: He was once beaten in a marathon by a fairy princess.

4:30 Pace Team

Faye Weaver: Ellicott City, MD She has paced over 30 races since 2011 and specifically Baltimore 8 times and the Baltimore 4:30 group 4 times. She's been with the Baltimore Pacers since 2013. She enjoys helping others reach their goals! She is an Occupational Therapist and mom of 4. Fun fact: She bungee jumped off a bridge in New Zealand

Dwight Mikulis: Breckenridge CO – 2024 will be Dwight's 9th Baltimore Marathon Pacing. He is President of the Breckenridge CO Run Club and is the most "Senior" pacer. (He is old) Fun Fact: Dwight's house in Breckenridge CO is at 9714 ft above sea level. Second Fun Fact: He is often confused for comedian/actor Steve Martin

Yi Arnold, Ellicott City, MD: Howard County Strider and veteran pacer. Marathoner since 2011 and currently the Global Head of the Divisional Medical Affairs at Integra LifeSciences. Fun fact: she loves lacing up wherever work takes her - exploring new places at pace! Next up: Athens 2024!

Yihua (Eva) Zheng: Laurel, MD - is a space physicist and educator who had a late start in running (since 2015). She has run 16+ marathons and the longest race is the 2021 JFK 50 miler. She hopes to help fellow runners by serving as a pacer. Fun Fact: She enjoys traveling and running at different locations of the world.

4:45 Pace Team

Betsy Serp: Catonsville, MD - Betsy started running several years ago because it was a great form of exercise, and you can run almost anywhere. She prefers running longer distances and has completed over 20 marathons/ultra marathons. Fun Fact: She enjoys pacing the Baltimore marathon because she loves helping others achieve their goals.

Andrew Grzanka: Cockeysville, MD - He became a runner after Thru-Hiking the Appalachian Trail because of the great camaraderie of the running community. He is a Senior Mechanical Engineer at RPM Tech. Fun Fact: His Trail Name on the AT was Baby Bear, and many of his running friends know him by that name!

Yan Zhang: Howard County, Maryland - Yan has been a member of the Howard county striders since 2015. Her first marathon was BRF in 2015, where she qualified for the Boston Marathon with the help of her excellent pacers. Fun Fact: She decided to join the Baltimore Pacers to give back to the running community after her awesome experience.

Missy Coatrieux, Baltimore, MD - Started running 6 years ago and this will be her second time pacing Baltimore. She is excited to help others reach their goals. Fun Fact: She especially finds it fun to run with first-time marathoners.

5:00 Pace Team

Bobby Marinelli: Baltimore, MD – 4th time pacer in Baltimore with 27 Marathons and dozens of Half Marathons completed. He loves helping runners nail their target and looks forward to the smiles on their faces when they do. He has been a Baltimore City school teacher for nearly 30 years. Fun Fact: He loves helping others meet their goals and has been determined to tell the Daddest of Dad Jokes. Just ask his children.

Glenn Smith: Parkville, Maryland - Glenn is happy to be back for his 3rd year with the Baltimore Pacers. He keeps coming back to this event because he loves the interaction with the runners and spectators out on the course. Glenn is a high school history teacher and loves to share points of interest and local history while on the course. Fun Fact: When not running, he loves spending time on the water on his kayak and standup paddleboard.

Pete Mulligan: Baltimore, MD - Pete lives in the Patterson Park neighborhood of Baltimore - mile 16 of the course. He is happy to be on the Baltimore Marathon Pace Team to help others achieve & reach their goals. Fun Fact: The Baltimore marathon was his first marathon & also the one he has paced the most. Suffice it to say it's his favorite marathon of the 90 marathons he has completed.

5:15 Pace Team

Kristin Paintal: 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 110. She credits her ability to complete her first marathon to the Pace Team and wants to help other runners reach their goal on race day. The Baltimore course is one of her favorites! Fun Fact: Baltimore was her 50th and 100th marathons; she has paced the 5:15:00 group more than five times.

Sarah Lee-Faulkner: Pittsburgh, PA – She is happy to be pacing Baltimore again! She recently ran her 100th marathon in her hometown! She paces so that she can help others make their goals and share her love of running. Fun Fact: Her daughter is a professional wheelchair dancer who also is a wheelchair racer.

Tracy Ringel: Columbia, MD – Tracy enjoys running and the running community. She ran her first race, with her mom, when she was just two years old. Tracy has continued to nurture her love of running, joining running groups all over the world, and competing in races from the 5k distance to marathons. She has found that running with people and helping them reach their goal is more fun than running alone. Fun fact: Tracy is obsessed with the show 'Survivor' and dreams of getting on one day; she has already applied 3 times!

Laura Beck: Westminster, MD - Long-term pacer who took a break to do fall triathlons. I love to pace to help people reach their goals and have a fun time doing it. She works for the State of Maryland and is a triathlon referee. Fun fact: Not only was she on Romper Room and was an extra in a Merry Go Round commercial, but her backside was in the Homicide movie.