

2011 Baltimore Ten Miler GEICO Pacer Biographies

1:10 Pacers

***Keith McBride, (Ventura, CA)**

Completed over 30 marathons and Ironman's. A 9 time Baltimore Marathon pacer looking forward to another running reason to visit my old hometown. Works in the biomedical field and teaches in rehabilitation science. Occupation: Director of Clinical Affairs, Bioness Inc., Assistant Professor, University Maryland.

David Ploskonka, (Baltimore, MD)

A veteran of over 30 marathons and ultra-marathons, including the Western States 100-Mile Endurance Run and the Badwater Ultramarathon, he enjoys pushing the limits. Recently graduated from University of Maryland's MBA program, works full-time as an engineer, and runs long and enjoys time with family, friends and his cats.

1:15 Pacers

***Jonathan Bosarge, (Baltimore, MD)**

Has completed 19 marathons since his first in 2005. Has paced the Baltimore and Frederick marathons in 2010 and recently paced the Kentucky Derby Marathon and the Frederick Half Marathon in 2011. Currently, he is the footwear manager of City Sports in Baltimore and is also an active trumpet performer and teacher.

Steve Lauria, (Baltimore, MD)

Completed 22 road and trail marathons and ultras throughout the U.S. within the past 8 years. Ten mile races within the past 20 years include several George Washington Parkway Classics, the Cherry Blossom Ten Miler and the U.S. Army Ten Miler. He first paced at the Baltimore Marathon in 2010. Much of the Baltimore Ten Miler course is part of his daily training route.

1:20 Pacers

***Josh Reiter, (Baltimore, MD)**

Completed 11 marathons. His PR is 3:30 at Marathon in the Parks. Long time member of the GEICO Pacing Team for the Baltimore and Frederick Marathons. Was once beaten in a marathon by a fairy princess. Enjoys practicing his new sport-Flying Trapeze! Looking forward to bringing everyone in on pace at the Baltimore 10 Miler! President of ApplicationsOnline.com and adjunct faculty member at Johns Hopkins University.

Donna Karasic, (Baltimore, MD)

Veteran of 20+ marathons, countless half-marathons, ten milers, and smaller distances. Good at telling a few good jokes along the way.

Mark Manz, (Baltimore, MD)

Been running since I first starting training for a half marathon in 2006. Finished my first marathon in 2008. Qualified for Boston in 2009. Briefly flirted with ultras before deciding to focus on shorter stuff. Love running up on the NCR trail and anywhere with trees and dirt.

1:25 Pacers

***Malcolm Senior, (New Market, MD)**

Regular pacer at Frederick and Baltimore Marathons. Completed 21 marathons, including London UK and Minden Germany, plus several ultra races. Occupation: Quality/Safety Manager at Phoenix Mecano Inc, Frederick.

Gretchen Vassar, (Parkton, MD)

Proud parent of twins along with my wonderful husband who supports my need to run. Has run well over 10 marathons, qualifying for Boston and New York. Enjoys being a full-time school counselor at Seventh District Elementary School.

1:30 Pacers

***Kara Carlin, (Owings Mills, MD)**

Proud mother of two little girls & wife of her high school sweetheart. In April 2010, she competed in her first ever Boston Marathon which equalities her for this years running of Boston. To this day, she has competed in 9th Marathons and 3 half marathons with a marathon PR of 3:29. Occupation: Athletic Director at St. Timothy's School.

Scott Phin, (Reisterstown, MD)

Returning Frederick Marathon pacer, multiple marathons and triathlons over a nine year period. Married with two girls, middle school athletic coach, amateur golfer, and business owner. Love to give back what I have been freely given.

Stacy Ward, (Westminster, MD)

Completed 16 marathons including 2 Boston Marathons, San Diego, Marine Corps, and Philadelphia. A veteran pacer for Baltimore and Frederick. Recently qualified for 2012 Boston Marathon at Mardi Gras Marathon (3:27). As a new mommy, spends her extra time chasing around her one year old daughter. Works as a Director of National Accounts for Coastal Sunbelt Produce in Savage, MD.

1:35 Pacers

***Betsy Blom, (Elkridge, MD)**

Completed 11 marathons, many half marathons and triathlons, including NYC and Boston. Finished third in 2007 Frederick half marathon. Former collegiate basketball player, now helping to coach elementary-aged kids in running, also a third grade teacher.

Kari Richmond, (Owings Mills, MD)

Completed 5 marathons, several half marathons, triathlon and won/placed in various 5 k races. Since 2001 certified fitness trainer, group fitness and cycling instructor. Elementary school teacher and wife and mother of four children including a 6 year old, 4 year old, and 15th month old twins who keep her extremely busy.

1:40 Pacers

***Greg Griffie, (Germantown, MD)**

Proud father of 2 little girls! 10 time marathoner, pacer for Baltimore and Frederick and Kentucky Derby Marathons, Team In Training Alum. Occupation: Director of Culinary Development, Marriott International.

Dwight Mikulis, (Ellicott City, MD)

Returned to running at age 42 with Pittsburgh Marathon in record heat in 2000. Baltimore Marathon in 2001 with the old course. Thought running was always horrible until I started to train right in 2006. Slower runner with best marathon of 4 hours 9 seconds at Frederick 2007. 10 marathons, 3-50Ks, 2009 JFK 50. 2011 President of Howard County Striders.

1:45 Pacers

***Laura Beck, (Westminster, MD)**

Completed 19 marathons and paced 5 Baltimore Marathons and 3 Frederick Marathons. She completed an Ironman triathlon this past Fall and has done 3 half Iron Man triathlons, and number other triathlons and road races. Also, she is an outstanding oatmeal chef and champion biscotti eater!

Ron Reardon, (Arbutus, MD)

Official pacer in 11 marathons (Baltimore, Frederick, and Kentucky Derby). Raced in events from 400m to marthon distance last year; wasn't anywhere near the winners, but had a great time.

1:50 Pacers

***Gene Fritzel, (Timonium, MD)**

Completed 100 plus marathons and one in each state. Have paced in excess of twenty five times including ten years in Baltimore. I am employed as a Baltimore County Deputy Sheriff.

Tim Mullen, (Timonium, MD)

Completed 17 marathons, 7 time pacer, 4 Olympic distance triathlons and 4 Century Rides. Occupation: Food and Beverage Director, Renaissance Harborplace Baltimore.

1:55 Pacers

***Judith Weber, (Ellicott City, MD)**

An experienced runner with a little over 10 years of running, mainly long distances. Paced marathons for Miami, Frederick and Baltimore. Accomplishments for 2011 include three 50Ks, one marathon. Excited about pacing B10.

Kristi Martin, (Bethesda, MD)

Completed 6 half marathons and 3 ten milers, including pacing for Army in 2010. Volunteers as a pace coach for the fall and spring half marathon training programs with DC Road Runners. Will be racing in her first triathlon this summer and training for her first marathon this fall.

2:00 Pacers

***George Elder, (Hydes, MD)**

Experienced pacer and has completed 20 marathons (or longer) including NYC, Marine Corps, Frederick, Baltimore, Grandfather Mountain Marathons, and the JFK 50 miler. Works as an Investigator in the Baltimore County Department of Health.

Jodie Kendall, (Owings Mills, MD)

Completed 9 marathons, a returning GEICO pacer, has completed several half marathons, century rides and triathlons including Ironman Panama City Beach. Team In Training Alum. Has a penchant for telling corny but clean jokes. Occupation: Director of HR for Daycon.