

2015 Baltimore Ten Miler GEICO Pace Team

(As of 4/13/15)

1:10

*Keith McBride

Dan Miranda

Tunde Morakinyo

1:15

*Jaclyn Range

Alex Fuller

Amy Voiland

1:20

*David Stevenson

Steve Lauria

Betsy Schultz

1:25

*Malcolm Senior

Kara Carlin

Ed Jablonski

1:30

*Sara Damiano

Jaime Holmes

Mike Marley

1:35

*Josh Reiter

Pamela Geernaert

Joshua Greenberg

1:40

*Dwight Mikulis

Philip Allen

Faye Weaver

1:45

*Paul Marquis

Randy Hansen

Shannon Hansen

1:50

*Dave Hopkins

Laura Beck

Roger Shanks

1:55

*Judith Weber

Anne Lewis

Lydia Shell

2:00

*Jodie Kendall

Chris Harrell

Susan Kim

*indicates pace group leader

2014 Baltimore Ten Miler Pace Team (Updated 5/7/15)

1:10

* **Keith McBride:** Completed over 35 marathons and 6 Ironman's. Paced over 15 marathons and is a 12 time Baltimore Marathon Pacer looking forward to another great run in his old home town. Works in the medical device field and is the Chief Technology Officer for Bioness Inc., Valencia, California.

Tunde Morakinyo: I have run 18 marathons including: Boston twice, Marine Corps 5 times, Chicago, Philadelphia, and pacing the Baltimore Marathon. I have coached cross-country and track with the Howard County Junior Striders and Franklin High School. I am currently member of the Howard County Striders racing team.

Dan Miranda: Completed 15 marathons with a PR of 2:44:54 set in 11/2010. He has been pacing races for the last four years including the Frederick Half Marathon, the Kentucky Derby Marathon, and the Baltimore Marathon. You can find him racing nearly any distance on the roads from 5ks to marathons.

1:15

* **Jaclyn Range:** There's no greater high than watching people defy their goals - something she gets to do everyday working for the local nonprofit Back on My Feet Baltimore, Former Division I College athlete & coach. Completed over 20 marathons.

Alex Fuller: Alex has run the Baltimore 10-Miler twice in the past and paced the Baltimore Marathon in 2014. He's run a total of six marathons, with a PR at the 2014 Boston Marathon of 2:59. He's excited to pace the 10-Miler this year, and looks forward to helping people achieve their goals on race day.

Amy Voiland: I have run marathons and halves and ten milers and am proud of my running accomplishments, but the most rewarding ones for me have been the ones where I have had the chance to help another runner meet their running goals.

1:20

* **David Stevenson:** Have run 49 marathons and several other races from 5k to 50 miles. Have paced 2 Baltimore 10 milers and 2 Baltimore marathons in addition to other events. Scheduled to run my 5th Boston Marathon in April.

Steve Lauria: Steve has run 30+ road and trail marathons and ultras within the past 12 years. Much of the Baltimore Ten Miler course is part of his daily training route. Steve manages an architecture firm and a non-profit therapeutic horse riding center in Maryland.

Betsy Schultz: Betsy has run over 10 marathons and many half marathons, adventure races, and triathlons. 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.

1:25

* **Malcolm Senior:** Member of the Baltimore Pacers - committed to help runners achieve their goal providing a little bit of history along the way. Regular Pacer completed 25 marathons, including London UK, Minden Germany and Kentucky, plus several ultra races.

Kara Carlin: Kara is the Athletic Director, lacrosse coach and field hockey coach at St. Timothy's School. She has ran 19 marathons including two Boston Marathons. She has been a pacer for: Baltimore Marathon, Frederick Marathon, Kentucky Derby Marathon, Houston Marathon & Baltimore 10 miler.

Ed Jablonski: Completed 18 marathons, PR of 3:09. Completed 9 Ironman Triathlons including 4 Ironman Hawaii Triathlons. Finisher of over 50 triathlons. 5 time Baltimore Marathon Pacer, Fredrick Marathon Pacer, 2 time Fredrick Half Marathon Pacer and 2 time Baltimore 10 Miler Pacer.

1:30

* **Sara Damiano:** Sara has run 12+ marathons (PR: 3:22), including Baltimore, Boston, and Richmond. An experienced pacer of events from the 10-miler to the marathon, she enjoys helping other runners to achieve their goals. A graduate student at Johns Hopkins University.

Jaime Holmes: Jaime is a lifelong runner who loves to see others achieve what they once thought impossible. She has completed 18 marathons since 2008 including Boston in three times. She currently lives in Maryland with her husband and three children.

Mike Marley: Mike grew up playing ice hockey and took up running after college to keep the competitive edge. Since then he has completed multiple marathons including Baltimore, New York, and Marine Corps. He has been pacing for a few years and enjoys helping his group reach their goals.

1:35

* **Josh Reiter:** Joshua enjoys giving back to the running community and will make your run fun and get you in on time. He is known for his You Tube video rapping about the Baltimore Marathon <https://www.youtube.com/watch?v=ozGBQzQrys0>. President of ApplicationsOnline and Adjunct Faculty member at Johns Hopkins.

Pamela Geernaert: Pamela loves to run... and talk. Pamela challenged herself last year by running 10 ultras. She is a veteran of the Boston Marathon. Pamela was President of the Frederick Steeplechaser's Running Club. Pamela will bring some crazy running adventure story that will keep you laughing for miles.

Joshua Greenberg: After a break from running, Josh began running again about 10 years ago. Since then, he has completed more than 30 marathons and ultramarathons. Josh has paced 10 marathons and more than 15 races, altogether. On the weekend, Josh enjoys running with his local running group, The Baltimore Pacemakers.

1:40

* **Dwight Mikulis:** Dwight has paced B-10 5 years and has run over 30 marathons and ultras. He usually brings in runners within 25 seconds of goal. Known for being a friendly Steve Martin look alike, you will enjoy running with Dwight and arrive on time. Let's Run!

Philip Allen: I served 11 years in the U.S. Army and 15+ years in federal law enforcement. I have been racing since 1990 and have completed 15 Marathons in 3:14-3:40, the JFK 50 Miler, one Ironman 70.3, and two Ironman 140.6. I live for the next workout and work to pay for gear.

Faye Weaver: Member of the Howard County Striders since 2009. I've coached and co-coordinated training programs from 5k to marathons. I've completed many races from 5k to 50 milers. Boston 2014&2015 member of the Baltimore Pacers since 2013 I enjoy bringing runners to the finish line ON TIME.

1:45

* **Paul Marquis:** He's run more than 50 marathons, two 50-milers, and an Ironman, His marathon 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.

Randy Hansen: He is an avid runner and triathlete having completed numerous marathons and triathlons including 2 ultra marathons, 2 full Ironman, and 1 half Ironman with wife and fellow pacer, Shannon Hansen. He has a lot of pacing experience and is looking forward to helping you reach your goal!

Shannon Hansen: She has run over 11 marathons, 2 ultra marathons, and a half-ironman and paced countless races with the team. She is looking to help you not only finish, but reach your goal time!

1:50

***Dave Hopkins:** Completed 68 marathons, 9 Ironmans, and the Chesapeake Bay Swim. Has been pacing for 8 years, and is training for Ironman Copenhagen, Ironman Canada and Marathon du Mont Blanc. Most importantly, looking forward to pacing YOU! Come join us, listen for the horn, and let's have fun together!

Laura Beck: I have completed more than 30 marathons, 4 Ironmans, and a ton of other races in my "career". I wanted to give back so I have been a pacer for at least 10 years - these races are the highlight of my race season. My goal is to help you reach your goals with smile on your face!!

Roger Shanks: He has been running for 12 years, everything from 1 mile track runs to marathons, a few ultras, and triathlons. It is always a blast to run with fellow runners sharing the glow of the runners accomplishing their goals. Hope to see you there, we'll have a great time.

1:55

***Judith Weber:** Long distance runner who has been part of the Baltimore Pacer family since 2005.

Anne Lewis: Completed 28 marathons. Former TNT run coach. Enjoys running with people and encouraging them along the way! Took a break from running for a few years but now happy to get back to running and pacing!

Lydia Shell: She is a RRCA Certified Distance Coach. In the last 6 years she has discovered her passion for distance running and wants to share this passion with others and help them achieve their running goals. She loves serving as a pacer. She has completed 16 marathons, 24 half marathons, and 10 ten milers.

2:00

***Jodie Kendall:** A returning pacer who has competed in many marathons, triathlons, century rides, and is an Ironman finisher. True to her role as an Human Resources Director, she has a penchant for telling clean (& corny) pirate jokes.

Chris Harrell: My greatest pleasure is helping others to achieve their goals as a pacer and having fun while doing it. I have completed 25 marathons with the most recent being Fort Lauderdale in February. When not running to relieve stress, I work in cyber security as a contractor for NNSA and DHS.

Susan Kim: She has been running in races for more than two decades. A coach for youth cross country and track, she enjoys pacing young people and adults alike.