

PACER BIOS AKRON 09

Send an email for any pace leader to PacerJim@hotmail.com

3:10 GOAL FINISH TIME (7:14/Mile) Pace Team Leaders

Name: Pacer Chris

Age: 36

Hometown: Atlanta

Occupation: Executive Recruiter

Current Marathon PR: 2:57 Boston 08

Education: B.A., University of Dayton

Races you have paced at: Akron 2005-08, Pittsburgh 09

1st marathon: Columbus, OH 1998 - finish 3:22

of marathons completed: 9. 5 marathons raced and finished under 3:30. 3 paced

Hobbies: road cycling, trail running, sports in general, outdoors, spending time w/ my wife and 3 kids.

Your tip to marathoners: prepare well by following a training program.

3:20 GOAL FINISH TIME (7:38/Mile) Pace Team Leader

Name: Pacer Roger

Occupation: General Electric Corporation Process Improvement

Home: Old Town, Maine

Age: 46

First Marathon: Sugarloaf, Maine 2002 (3:52)

Marathon PR: 3:06 Boston 08

Marathon most proud of and why: Marine Corp Marathon October 28, 2007. This was the (9th) marathon completed within a marathon of marathons. I completed all 9 in a span of 36 days. I ran this race with 2 brothers who have both run New York and Boston with me.

Hobbies: Cycling, Hiking, Camping, Golf, Soccer and last but not least running marathons. I'm actively involved with kids coaching high school track and field, officiating high school soccer and softball. I also enjoy fishing and boating on the beautiful lakes of Maine.

Most Recent Pacing Experience: Marathon-By -The Sea, Kennebecasis Challenge

Pacing Philosophies: "Conserve Your Energy" - My advice to marathoners: Take in fluids at every station available. Concentrate on running with good form especially when you are tired. Run the tangents. Take it one mile at a time. Run at even effort as much as possible. I'll do my best to keep you motivated and on pace to deliver you to the finish so let's go have some fun.

3:30 GOAL FINISH TIME (8:01/Mile) Pace Team Leaders

Name: Pacer Lloyd

Home: Brecksville, OH

Age: 38

Occupation: Student/Running coach

First Marathon: Portland (OR) 1998 (3:18)

Number of marathons completed: 25. 2003- Columbus; 2004- Cleveland, Akron, Detroit;

2005- Athens, Flying Pig, Akron, Towpath, Detroit; 2006- Boston, Kentucky Derby, Flying Pig, Presque Isle, Akron; 2007- Flying Pig, Akron, Steamtown, Grand Rapids; 2008- ING Georgia, Boston, Mad City, Grandfather Mountain, Akron, Marine Corps
Number of ultra-marathons completed: 15, including Bull Run Run 50 Mile, JFK 50 Mile, Mohican Trail 100, Buckeye Trail 50k, Laurel Highlands Ultra, Groundhog 50k, and Massanutten 100.

Marathon PR: 2:58 at Marine Corps 2008

Marathon finish you are most proud of and why: Flying Pig 2005 (3:09). I had tried several times before finally breaking the 3:10 barrier. I paced well in the first 10 miles and everything else just came together for me on that special day, allowing me to run my best.

Other pacing experiences: Detroit , Akron , Kentucky Derby, Mad City

Other hobbies: Trail running, cycling, cooking.

Anything else you think your pace group would like to know about you: I'll run even splits and keep you motivated to meet your goals. This is my sixth year pacing at the Akron marathon. The Akron Marathon is a fabulous event.

3:40 GOAL FINISH TIME (8:24/Mile) Pace Team Leader

Name: Pacer Elizabeth

Home: Euclid, Ohio

Age: 27

Occupation: Environmental Scientist

First Marathon: Richmond VA, 2004 3:39:42

Fastest Marathon: Boston MA, 2009 3:16:30

Number of Marathons Completed: 16

Number of Ultra Marathons Completed: 9

Marathon Finish you are most proud of and why: Columbus Marathon 2006. I ran with Team in Training. I raised over \$1500 for Leukemia Lymphoma Society and mentored for several athletes along the way. I made a few good friends training for this race that also ran well and we all ran Boston Qualifying times. We continued to train together for the 2006 Boston marathon together. My entire family was able to attend the race because of its close proximity and having them there made my experience such a great one.

Pacing Experience: 2007 San Francisco (3:50), 2008 Tampa (3:50), 2008 Akron (3:50); 2009 Cincinnati (3:50)

Anything else you think your pace group would like to know about you: I've been running since I was twelve and qualified for the Boston Marathon during my first marathon attempt at Richmond. Running is very social for me and I have made some of my better friends out on the roads and trails. I look forward to encouraging my group to their planned finish time and keeping them entertained along the way.

3:50 GOAL FINISH TIME (8:47/Mile) Pace Team Leader

Name: Pacer Brett

Age: 51

Occupation: Chief Financial Officer

Date and name of first marathon: 1981 Seattle Marathon

Number of marathons completed: 11

Marathon PR: 3:24:30 Boston 2006

Marathon awards: Lots of fun and lots of good friends

Marathon finish of which you are most proud and why: Boston 2006; PR on a tough course without really pushing too hard. Made me confident I can go much faster

Number of ultra marathons completed: 10 (9 50K's and 1 50 Miler)

How many Boston Marathons? 2 -- 2005 and 2006

Other pacing experiences: I paced Cleveland in 2005; I unofficially paced two friends to first marathon BQ's at Steamtown in 2005

Other hobbies: Spending lots of time with my kids (5 and 7); Mountain Biking; Skiing

4:00 GOAL FINISH TIME (9:10/Mile) Pace Team Leader

Name: Pacer Jeff

Home: Wexford Pa

Age: 51 (on race day)

Occupation: VP Customer Service, Thermo Fisher Scientific

First Marathon: In recent history: Pittsburgh 1997

Number of Marathons / Ultra marathons: Not sure of marathon count 8-10. 30 Ultra Marathons including 7 100 milers

Best Marathon time: 3:20 something

Finishes you are most proud of: (ultras) Any you finish while maintaining control of all bodily functions. Probably Vermont 100 which was my first sub 24 hour or Mohican 100 for winning my age group and going sub 22 on a difficult course.

Other Pacing experience: 3 Pittsburgh marathons, 1 Akron

Other hobbies: Photography, Ultra eating

Anything else you think your Pace Group would like to know about you:

I like beer

I was fishing on the Chesapeake Bay the day Pacer Dave swam across it. I think we hooked him but the mate cut him loose saying it was the ugliest fish he had ever seen.

My first job out of college was working on a research boat taking the temperature of 300+ pound sea turtles. (They don't hold the thermometer under their tongues.)

I am a cancer survivor

My wife thinks I am crazy for running such long races (Actually, she uses the word "stupid")

Turn ons: long runs on the beach

Turn offs: Nuclear war.

My hero and inspiration.....Pacer Jim

Favorite NuGo bar: Orange smoothie followed closely by the peanut butter chocolate

4:15 GOAL FINISH TIME (9:44/Mile) Pace Team Leader

Name: Pacer David

Home: Pittsburgh, PA

Age: 52

Occupation: Trucking company manager

Number of marathons and ultras: 46, inc. 12 as a Pace Team Leader

Most recent marathons: Knoxville '07 (#1 Grand Master) and Buffalo '07, Marshall, Tampa, St. Louis, Gods Country 2008

PR: 3:06, Richmond 2002

Reason for pacing: To make enough of a difference to a few runners to help them accomplish their goals.

Marathon or ultramarathon finish of which you are most proud and why: Frederick Marathon 2003, finished 15th in brutal weather conditions when about a fourth of the field either did not start or DNF'd. Also God's Country 2008, when I hit the wall at mile 11 but still managed a 22nd place finish.

Pacing philosophies: Have fun; tell jokes; offer practical advice during the race; offer motivation the 2nd half of the race; thank the volunteers; remind everyone to smile as they cross the finish line- they just accomplished something most people couldn't!

4:30 GOAL FINISH TIME (10:18/Mile) Pace Team Leader

Name: Pacer John E

Home: Pittsburgh

Age: 57

Occupation: Insurance Investigation

Marathon P/R 2:48 in 1977

Marathons 30+

Ultras: 20+

Number of years running: 44

Number of marathons paced: 11

Memorable running moment: Watching my second sunrise at the Vermont 100 mile trail run.....Truly a most magnificent site.

Last 100 mile finish: Mohican Trail, Summer of 2008

4:45 GOAL FINISH TIME (10:52/Mile) Pace Team Leader

Name: Pacer Jim

E-mail: PacerJim@hotmail.com

Home: Pittsburgh, PA

Age: 55

Occupation: Consultant

First marathon: Pittsburgh, 1981, 3:14

Number of marathons completed: Fiftysomething, over forty as a Pacer

Last Marathon Raced: 3:24:56 at Richmond Marathon, 2003

Marathon finishes of which you are most proud and why: Bayshore Marathon, Traverse City, MI, May, 2001, where I qualified for Boston.

Other pacing experiences: Air Force, Akron, Albany, Carlsbad, Chicago, Columbus, Detroit, Fargo, Flying Pig, Illinois, KY Derby, Long Beach, Los Angeles, Madison, Minneapolis, New Orleans, Nike Women's, Palm Beaches, Pittsburgh, St. Louis, Salt Lake City, San Diego Rock N Roll, Tampa and Twin Cities.

Number of marathons where I hit my pace goal to the second: Three. Columbus 4:15:00 (2001), Pittsburgh 4:00:00 (2003), Akron 4:30:00 (2007)

Other hobbies: Traveling. I've gone on mission trips running through tea fields of Africa, around Mt. Vesuvius and on mountain trails in Haiti.

Anything else you think your Pace Group would like to know about you: If you wanted to run 26.2 miles alone you could have just walked out your front door and started running.

When you're with a pace group you're running with a team and have lots of teammates to support you in your effort.

5:00 GOAL FINISH TIME (11:27/Mile) Pace Team Leader

Name: Pacer Amy

Home: Wapakoneta, OH

Age: 39

Occupation: Nurse Administrator

First Marathon: Chicago, IL 2001

Number of Marathons completed: 20

Marathon PR: Dublin, Ireland 2005 (3:32)

Marathon finish you are most proud of and why: Dublin Ireland, Ran for the Leukemia and Lymphoma Society's Team in Training Program. What an awesome experience to raise money and run for a cure! I told the families that donated if they gave me a picture of their loved one affected by cancer, I would take them with me overseas and take them on the journey, I ended up running with 37 pictures on my back! That's the encouragement to always do your best!

Hobbies: My local home town is the boyhood home of Neil Armstrong so naturally, I'm the race director of our 5K "Run to the Moon." I adore my family, we have 3 children. I'm a member of Rotary International and love to travel. My favorite trip by far is running in the Athens Greece Marathon last year with my brother, the Parthenon is such a sight!

Pacing Philosophy: The marathon is the end and the beginning of a great journey. What lead you to that point will see you through to the finish. I get so excited and motivated when I see runners reach inside themselves where they never thought possible. With pacing, we'll cross the finish line together!!

6:00 GOAL FINISH TIME (13:48/Mile) Pace Team Leader

Name: Pacer Michael

Home: Pittsburgh, PA

Age: 14

Occupation: Student

Number of marathons completed: 2, in 2006 and 2008, both at Akron Marathon

Number of half-marathons completed: 4- Ikea/ Montour Trail, Cleveland, Akron, and Marshall University

Other notable accomplishments: Hiked a 14'r in Colorado at age 10; weeklong back-packing trip at altitude in Yosemite Park at age 11; Century Ride at age 12; Grand Canyon rim-to-rim hike at age 13

Other Hobbies: Basketball, cross-country team, weight training, video games, vacationing throughout the US and Canada

Why I want to be a pace team leader: To be just like my dad, who has run approximately 50 marathons, paced at least a dozen of them, is a great man and my hero.

Other Pacing experiences: Short Run Halfmarathon, Pittsburgh 09

PACE TEAM MANAGER

Name: Pacer Ross

Occupation: Air Force Marathon Logistics Team

Age: 22

First Half Marathon: Illinois 2009

Fastest Half Marathon: Illinois 2009

My Bio: My father got me into marathons at a young age. I remember going to see him run in Pittsburgh and Columbus when I was little with my mother and sister. In college, at Ohio University I studied Recreation Management to further my education on the marathon and sport industry. In my free time I like to travel. My favorite place to be is the beach. I also love to fish and shoot pool. I bleed black and gold (Pittsburgh sports teams).