

# 2012 Kentucky Derby Festival Marathon Pacer Biographies

## 3:10

**Keith McBride (Ventura, CA):** Completed over 30 marathons and 5 Ironman's. Having served as a pacer for 12 marathons, he is looking forward to pacing in beautiful Kentucky. Works in the biomedical field as the Vice President of Marketing for Bioness Inc; Valencia, CA.

**David Ploskonka (Baltimore, MD):** Completed over 30 marathons (PR of 2:49:33 at Boston in 2011) and nearly as many ultramarathons since 2007, including the Western States 100-Mile Endurance Run in 2010 and the Badwater Ultramarathon in 2010 & 2011. When he's not running, or blogging about running (<http://tokenrunningblog.blogspot.com>), he enjoys spending time with family/friends & taking care of his three cats.

## 3:20

**Fred Dolan (Arlington, VA):** Completed 14 marathons since 2006, PR 3:03 in 2011, including eight ultra marathons and three international marathons (Athens, Bucharest, Rome). Works as a CPA and prides himself on hitting the right numbers! He is also an avid Hash House Harrier fan in the DC Metro Area.

**Brian Hsia (New York, NY):** Started running marathons 6 years ago and now has run 37 marathons to date. As a sub 3 hour marathoner, he enjoys coaching 2 charity groups for the NYC Marathon and tries to give back to the running community whenever possible by being a pacer in various marathons. He also takes pictures in every marathon he runs in, so don't forget to smile!

## 3:30

**Jonathan Bosarge (Sierra Vista, AZ):** Completed 20 marathons including 1 ultra since 2005. His PR is 3:06 in 2008 (Columbus Marathon) and has run 2009 Boston Marathon. He has paced Frederick and Baltimore Marathons in 2010 and the Kentucky Derby Marathon in 2011. Currently, he plays the trumpet in the 62<sup>nd</sup> U.S. Army Band stationed in Fort Huachuca, AZ.

**Steve Lauria (Baltimore, MD):** Completed 24 road and trail marathons and ultras throughout the U.S. within the past 9 years. He first paced at the Baltimore Marathon in 2010 and has since paced two other races. His pace has qualified him for the Boston Marathon multiple times and has the pleasure of running it three years.

## 3:40

**Tunde Morakinyo (Ellicott City, MD):** Completed over 15 marathons including Boston twice, Chicago, Philadelphia, and pacing the Baltimore Marathon. His PR is 3:01 from Chicago in 2005. He has coached high school cross-country and indoor track.

**Jon Ober (Baltimore, MD):** In struggling with obesity his whole life, Jon made a goal for himself to finish a marathon. In turn, he lost over 100 pounds and completely turned his life around. Running saved his life and motivated his peers to live a healthier life as well. He is happy with a PR of 3:22 and is excited to pace the Kentucky Derby Marathon and helping people reach their goals.

## 3:50

**Paul Marquis (Bristow, VA):** Completed more than 45 marathons, two 50-milers, an Ironman and numerous other races. With a PR marathon of 3:03, he gets more enjoyment from helping others achieve their personal goals. Paul is a retired Naval Surface Warfare Officer, commanded an Aegis destroyer in combat operations, and am now working to enhance Australia's Naval capabilities.

**Amy Bloom Platt (Herndon, MD):** Runs everything from 5ks to ultra trail races and an Ironman. Her marathon PR is 3:16. While, she loves the art of racing, she finds it even more rewarding to help runners achieve their goals! She feels lucky to be a part of their effort. She coaches a running club at a local elementary school and chase my 3 children for speed work.

## 4:00

**George Olean (Ellicott City, MD):** Completed over 40 marathons with finishing times ranging from 2:58 to over 4:00 in the past 13 years. Marathons include 8 Baltimore, 3 Boston, 2 Marine Corp and 1 New York City. He has paced at the SunTrust National Marathon in Washington D.C, Baltimore and Kentucky Derby Marathons.

**Emily Ryan (Alexandria, VA):** Completed over 50 marathons since 2007, including 3 trips to Boston as well as the 2011 Kentucky Derby marathon. By day I am an engineer but my true love is being outdoors and running anything from 10 to 100 mile races, as well as multi-day races. She loves pacing as it allows her to meet some of the most driven and inspiring people in the country.

## 4:15

**Kara Carlin (Owings Mills, MD):** Proud mother of two girls (6 & 8) & wife of her high school sweetheart. Kara has competed in 2 Boston Marathons (2010, 2011) and has run in a total of 10 marathons, with a Marathon PR of 3:29. Kara was named Athletic Director (AD) of the year last year and she also coaches varsity field hockey and lacrosse at St. Timothy's School (an all girls boarding school in Stevenson Maryland).

**Josh Reiter (Baltimore, MD):** Participated in 12 marathons with a PR of 3:30, as well as numerous half marathons and sprint triathlons. Long time pacer at various marathons and half marathons in Baltimore & Frederick, MD and enjoy helping others achieve their goals. Enjoys his new hobby...Flying Trapeze...really! President of ApplicationsOnline, LLC and Adjunct Faculty member at Johns Hopkins University.

#### **4:30**

**Sean DeWell (Virginia Beach, VA):** He has been marathoning since the Fall of 2003 and KDM 2012 will be my 38th full marathon. Experienced pacer at Baltimore and Virginia Beach Marathons. Looking forward to pacing Kentucky Derby Marathon and helping the 4:30 pace group have an enjoyable and successful race day.

**Pete Mulligan (Baltimore, MD):** Completed 36 marathons and is excited to be returning to Kentucky to pace again. Whether you're a first timer simply looking to finish, a seasoned veteran or someone who loves the group dynamic, I guarantee you a fun time running and meeting our time goal on marathon day. This will be my third time running the Kentucky Derby Festival and look forward to meeting you at the starting line.

#### **4:45**

**Tonya Dunn (Faribault, MN):** General Manager/Director of Operations of a Restaurant Group in Minnesota. Loves great food, wine and beer which keeps her running so she doesn't expand! Completed an Ironman, a few ultras and many marathons!

**Stacy Ward (Westminster, MD):** Completed 19 marathons including Boston, Kentucky, Baltimore and Richmond (PR 3:22). Qualified and Registered for 2012 Boston Marathon. Enjoys being outdoors and spending time with my 22 month old daughter. Works for Coastal Sunbelt Produce as the Director of National Accounts.

#### **5:00**

**Greg Griffie (Germantown, MD):** Proud father of two young girls, 13 time marathon finisher, 7 time marathon pacer including Kentucky and Baltimore marathons. Team and Training Alum. Director of Culinary, Marriott International Headquarters.

**Dwight Mikulis (Ellicott City, MD):** Dwight is a veteran Pacer and has run a dozen marathons and several ultras including JFK 50. He recently paced the 10:15 min per mile group to a finish within 30 seconds of goal time for the 2011 Metric Marathon in Columbia Maryland. He is excited to be an ASICS Pacer at the Kentucky Derby Marathon for 2012.

#### **5:15**

**Chris Harrel (Germantown, MD):** Completed 17 marathons w. Achieved a PR of 4:27:12 at Marine Corps in 2011. Is a member of the Montgomery County Road Runners Club and trains with the Experienced Marathoners Program each summer. Enjoys pacing to achieve one's goal time and have fun while doing it.

**Glenda Rodriguez (Odenton, MD):** Running for 10+ yrs from half-marathons to ultra-marathons (marathon PR: 4:01). Paced the 4:45 pace group for the Vermont City marathon, the 5:00 pace group for the Baltimore Marathon and I had so much fun, I volunteered to do it again for the Kentucky Marathon.

#### **5:30**

**George Elder (Hydes, MD):** Experienced pacer. Completed more than 20 marathons (or longer) including the Kentucky Derby Marathon, NYC, Marine Corps, Grandfather Mountain Marathon, and the JFK 50 miler. Works as an Investigator in the Baltimore County Department of Health.

**Dave Hopkins (Baltimore, MD):** Completed 45 marathons, including Honolulu (3) Maui, Disney (7), and Ocean City (3). Completed 5 Ironmans, JFK 50 miler, and Chesapeake Bay Swim. Let's take a tour of the city together, it'll be great!

#### **5:45**

**Laura Beck (Westminster, MD)** Completed more than 23 marathons, an Ironman Distance triathlon in 2010 and numerous half Ironman and shorter course triathlons. She loves being a pacer and has done it for more than 10 races including 2011 Kentucky Derby Marathon... I can't wait!

**Ron Reardon (Baltimore, MD):** Completed 24 marathons, experienced pacer, and always have a great time during each one. This is my second time to be pacing in the Kentucky Derby Marathon.

#### **Alternate Pacers:**

**Sara Damiano (Baltimore, MD):** Since taking up long-distance running in the fall of 2008, Sara has run 4 marathons and 7 half marathons. She finally obtained the elusive smiling-while-running photo when pacing the Baltimore Marathon in 2011, and looks forward to helping runners to achieve their goals in Louisville. A graduate student at Johns Hopkins University.

**Meggie Scogna (Arlington, VA):** I have completed everything from 5k's to 50 milers including being a Boston Qualifier, but running marathons and ultra marathons are definitely my passion and my expertise. I paced for the Baltimore Marathon in October of 2011 and found it to be both inspirational and encouraging to those around me.

**Roger Shanks (Odenton, MD):** Completed 16 marathons, a few ultras, 3 half triathlons. It is thrilling to run with fellow runners on the determined quest and to celebrate the finish line filled with joy, inspiration, and bask in the glow of the runners accomplishing their goals. Hope to see you there...we'll have a good time!