

NUGO PACE TEAM BIOS

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

3:10 GOAL FINISH TIME (7:15/Mile) Pace Team Leader

Name: Pacer Steve

Home: Pittsburgh, PA

Age: 34

Occupation: Project Manager

First marathon: Pittsburgh, 2003 - 3:44

Number of marathons completed: 8

Last Marathon Raced: 2:51:32 at the 2008 Boston Marathon

Marathon finishes of which you are most proud and why:

There are 5. Pittsburgh because it was my first marathon; completely a marathon is something to be proud of. Later that year I set a pretty aggressive goal to get to Boston so when I was able to run the 2003 Philadelphia Marathon according to my plan I was thrilled. In 2006 I set a goal of a sub 3-hour marathon; which would be a 10 minute PR. The 2007 Philadelphia marathon was special for I paced a friend to his first BQ. That experience is what motivates me to lead an official pacing group. However, I am most proud of the 2008 Boston. This was my 2nd Boston Marathon (1st was in 2004, it was 85 degrees that day) and I ran more motivated than ever for I wanted to take advantage of the gift I have. A year before my health was in jeopardy and it took months of rehabilitation to get things back in order and the summer before my step-father was diagnosed with Cancer. He is in remission and I am again healthy...so all it takes are moments like those to realize how important it is to "Carpe Diem" (Seize the Day).

Other hobbies:

Outdoor Recreation and Volunteering

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

- I am a firm believer that good things happen to those that make them happen.
- The hardest step of the marathon is not the last, but the first.
- I will remind the pace group to carbo load, hydrate properly, and use Vasoline. ;-)

Favorite NuGo bar: Chocolate Banana

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

Name: Pacer Chris P

Age: 36

Hometown: Wexford, Pennsylvania

Occupation: Executive Recruiter

Current Marathon PR: 2:57 Boston 08

Education: B.A., University of Dayton

Races you have paced at: Akron 2005-07

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.
Favorite NuGo bar: Vanilla Yogurt

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

Name: Pacer John S

Home: the Navy, San Diego

Age: 39

Years running: 17

Marathons completed: 31(28 states going for all 50)

1st 1994 Victoria BC

PR: Tucson 3:07 1999

Ultras completed: 9: 5 50K's, 3 50 milers, 1 100 miler

Pacing duties: Shamrock 3:20 Mar 04, Des Monies 3:20 Oct 04, New York 3:30 Nov 04, Grand Rapids 3:29 Oct 05, Little Rock 3:15 Mar 06, Tampa, Detroit, Carlsbad, Air Force

Occupation: US Navy, LT Nurse Corps

Married with 3 wonderful boys

I love the marathon, however my true running passion is the trails and ultras I enjoy the connection with nature while I am on the trails.

Favorite NuGo bar: Organic Dark Chocolate Almond

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

Name: Pacer Ron

Home: St. Louis, MO

Age: 38

Occupation: Litigation Attorney

First Marathon: World's Second Smallest Marathon (~4:13:00), a 2-man fundraiser for cancer research.

Fastest Marathon: Chicago 2002 (2:53.56)

Number of Marathons Completed: 15

Marathon Finish you are most proud of and why: Chicago 2002. It was the marathon for which I trained the hardest and one of the few in which I've managed to run negatives splits (a faster second half).

Other Hobbies: Reggae music, global travel, trout fishing.

Anything else you think your pace group would like to know about you: For the past 7 years, I've enjoyed coordinating and/or assisting with the Saint Louis Track Club's Marathon Training Program. My favorite quote: "If you are going through hell, keep going." Winston Churchill.

Favorite NuGo bar: Coffee

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

Name: Pacer Rick

Home: Peter's Twp., PA

Age: 50

Occupation: Sales

First Marathon: Pittsburgh, sometime last century

Number of marathons and ultra's completed: 125+

Marathon PR: 3:07, Chicago Marathon

50K PR: 4:26 Rattlesnake 50K

50 mile PR: 7:25 GNC 50

100 mile PR: 20:50 Umstead 100

In the winter 2008 I was able to complete the 350 mile Iditarod Trail Invitational.

Competing in the foot division, I travelled on the same course as the sled dogs along the historic trail. The highlight of the trip was being able to view the Northern Lights like few people ever will, from a totally dark vantage point in the Alaska Mtn. range.

Other Pacing duties: Pittsburgh, Columbus, Cleveland, Detroit, Air Force

Other hobbies: Cycling, fly fishing, I am also the race director for the Laurel Highlands Ultra (www.laurelultra.com).

Pacing is an enjoyable way to help others reach their goals. If I can help even one person break through a perceived barrier, my goal is fulfilled.

Favorite NuGo bar: Banana Chocolate

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

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

4:10 GOAL FINISH TIME (9:33/Mile) Pace Team Leader

Name: Pacer Tom

Home: Allison Park, PA (Pittsburgh)

Age: 45

Occupation: Regional Sales Manager

First marathon: Akron, 2005, 3:44

Number of marathons or ultras completed: 7

Marathon PR: 3:29 at Kentucky Derby in Louisville KY, 2008

Marathon finishes of which you are most proud and why: Akron because it was my first. Kentucky Derby because I qualified for Boston.

Other hobbies: Adventure racing and mountain biking.

Anything else you think your Pace Group would like to know about you: I never dreamed of running a marathon until I met Pacer Jim and a few other diehard runners one early winter morning. With their help, I successfully completed my first marathon at age 43. **You can do it too!** I also enjoy adventure racing and have completed several sprint races, a 12 hour, and a 24 hour race. Oh yeah, I like beer too.

Favorite NuGo bar: Organic Dark Chocolate Pomegranate. It goes great with beer.

4:20 GOAL FINISH TIME (9:55/Mile) Pace Team Leader

Name: Pacer Kelly

Home: Belle River, Ontario

Age: 41

Occupation: News/Layout editor

First Marathon: Cincinnati Flying Pig Marathon, 2003

Marathon PR: 3:35 Detroit Free Press Marathon, 2006

To date, I've completed 15 marathons with Nashville, Boston and Chicago among my favorites. I really enjoy running the bigger marathons because I love the excitement and support the crowds provide - especially around mile 20 when your body's telling you it doesn't want to run any farther.

The majority of my marathons I've run with a pacer. I enjoy running with the pace groups because it's like running with a big group of friends. Everyone jokes around and talks about their training and then when it starts to get tough the group pulls together and offers support and encouragement to help each other get across the finish line.

One of my best pace group memories was last year at the Detroit Marathon. We had a man in our 3:35 group who really wanted to qualify for Boston. When the group hit Belle Isle it was incredibly windy. Everyone in the group took turns forming a wall for the man to break the wind helping him to not exert as much energy. In the end, he didn't qualify but the friends and camaraderie he experienced that day is something I'm sure he'll remember for years. That experience is one of the main reasons I'm looking forward to being a pacer again.

Favorite NuGo bar: Chocolate Black Cherry

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

Favorite NuGo bar: Peanut Butter Chocolate

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

Name: Pacer Christen

Age: 44

Home: Lived in Pittsburgh, PA since 1986; born and raised in Erie, PA.

Occupation: Corporate Tax Accountant

First marathon: Richmond, VA 2004 (4:08:46)

Fastest marathon: New York City, NY 2007 (3:50:18)

Marathon finish of which you are most proud of and why: The New York City Marathon, where I qualified for Boston. Running the New York City Marathon was quite the experience. One day, I want to run it for fun, and shift the focus off of the watch and mile marker clocks to the crowds and sights!

Other Marathon experiences: Erie, Akron, & Flying Pig

How many Bostons? Looking forward to my first in 2009!

Other hobbies: Chasing after my two kids. And getting up before they do to go run! I enjoy traveling. After touring Europe twice in high school, I wanted more. I have since traveled both domestically and internationally for work, and visited my husband's birthplace of Greece several times. Most recently, experienced the South Pacific via two work trips to Pago Pago, American Samoa. I also love the Caribbean!

Anything else you think your Pace Group would like to know about you: I began running in 1992, and only started running marathons after turning 40. The original goal as I went "over the hill" was to run a Half Marathon. In August 2004 (a month after running it), a friend told me at a wedding that since I could run a ½, I could run a full. After two glasses of wine, that logic made complete sense to me; I went home and signed up for the Richmond Marathon. After that, I was hooked on marathons!

Favorite NuGo bar: Chocolate Banana

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

Name: Pacer David

Home: Pittsburgh, PA

Age: 52

Occupation: Trucking company manager

Number of marathons and ultras: 48, inc. 13 as a Pace Team Leader

Most recent marathons: Tampa, St. Louis, Gods Country, Akron, and Palm Beaches, all in 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!

Favorite NuGo bar: Orange Smoothie

5:30 GOAL FINISH TIME (12:36/Mile) Pace Team Leader

Name: Pacer Chris

Home: Jeannette, PA

Age: 35

Occupation: Financial Analyst

First marathon: Cleveland, 2007 4:04

Number of marathons completed: Five

Last Marathon Raced: 3:43:06 Akron 2008

Marathon finishes of which you are most proud and why: I am most proud of my first marathon in Cleveland in 2007. I had been a runner for less than a year and lost nearly 70 pounds while training for the marathon. After finishing, I found that I loved the marathon AND the training. Distance running quickly became an obsession.

Other pacing experiences: I am an extremely consistent runner and post even splits. I'm extremely confident that we'll cross the line and achieve your goals. I've run Cleveland (2007), Marine Corps. (2007), Akron (2008), Johnstown (2008), and Waco (2008).

Other hobbies: I enjoy camping, hiking, traveling, and volunteer activities with non-profits and my church.

Anything else you think your Pace Group would like to know about you: I'm energetic, witty, and just like to have fun when I'm running. While I'm always concerned about hitting my target time, I want to have a great time doing it. If you're in my pace group we'll fun every mile along the way. I'll help hold us back in early when it's easy to push too hard and I'll help keep us focused toward the end to ensure we meet our goal as a group.

Favorite NuGo bar: Dark Double Chocolate

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

Name: Pacer Dave

Home: Pittsburgh, PA

Age: 52

Occupation: Computer Software Workhorse

First marathon: Pittsburgh, 2001 3:52

Number of marathons or ultras completed: 28 of which 9 were ultras and 10 were as a Pacer

Marathon PR: 3:42 at Columbus 2001

Marathon finishes of which you are most proud and why: Rachel Carson 34mi 2003. Finished 5th, healthy and with a good friend.

Other pacing experiences: Akron, Pittsburgh, Twin Cities, Air Force,

Palm Beaches, Detroit

Other hobbies: Lionel train repair: I take rusty broken devices no one wants and turn them into shiny working things few people want.

Anything else you think your Pace Group would like to know about you: I like beer. I swam across the Chesapeake Bay in 2001. I loose about 10 pounds in sweat during a marathon. I am the race director for "Run The Lights" at Hartwood, a charitable event in Pittsburgh that attracts 1,000 people every Christmas season. I am an assistant race director for the Baker ultra-marathon and designed the coveted 3-piece medal and display stand. Pacer Jim and I run together four days each week but it wasn't until our wives got together that we discovered our daughters were going to the same university!

Favorite NuGo bar: Coffee, because it goes well with Tea. And Beer

HALF MARATHON PACERS

1:40 GOAL FINISH TIME (7:38/Mile) Pace Team Leader

Name: Pacer Lou

Age: 47

Occupation: Financial Planner

Date and name of first marathon: 1986 Marine Corps Marathon

Number of marathons completed: 25

Marathon PR: 2:54 at Portland, Oregon

Marathon awards: A couple of good age group finishes.

UltraMarathon awards: 1999 & 2000 35-39 age group winner at GNC Ultra USATF

National Championship 50K ultra, 2004 Tussey Mountain 40 - 44 age group winner at USATF National Championship 50 Mile ultra.

Marathon finish of which you are most proud and why: The Smokey Mountain Marathon where my wife crewed for me. It was a PR at the time and she got to see me run the race.

Number of ultra marathons completed: 27

How many Boston Marathons? 1 - I typically will run a marathon or ultramarathon one time because there are just so many great races and I want to run as many of them as I can.

Other pacing experiences: I have done a few marathons as a pacer. Tucson, LA, New York, Twin Cities, Cincinnati, Pittsburgh, Long Beach, San Diego, Tampa...hot, cold, wet, dry it won't matter.....always on time....guaranteed.

Other hobbies: Mountaineering, Rock Climbing, Mountain Biking, Writing (2 books so far), Civil War History (don't get me started unless you mean it).

Favorite NuGo bar: Chocolate Chocolate Chip

1:50 GOAL FINISH TIME (8:23/Mile) Pace Team Leader

Name: Pacer Scott

Home: Allison Park, PA

Age: 52

Occupation: President/CEO Pressley Ridge

First Marathon: Dallas White Rock, 1985

Number of marathons and ultra's completed: 60ish
Marathon PR: 3:13, Dallas Trails 1993 (Budapest 2008 3:23 is best recent effort)
50K PR: 4:18 JC Stone 2008
50 mile PR: 7:56 CT, 2007
100 mile PR: 20:21 Mother Road 100, 2008
I started running in 1981 because I was 40 lbs over weight. Turns out I was pretty good at it. I've logged every mile since 1984.
Favorite NuGo bar: Peanut Butter Chocolate

2:00 GOAL FINISH TIME (9:09/Mile) Pace Team Leader

Name: Pacer Michelle

Age: 42

Home: Seven Fields, PA

Occupation: Stay At Home Mother of 3

Marathon Stats: Pittsburgh 02 (3:56), Pig 04 (3:44), Columbus 06 (3:38), Boston 07 (3:40), Boston 08 (3:33)

Marathon PR: Boston 2008 3:33:13

Marathon finish of which you are most proud of and why: I am most proud of my finish in the Cincinnati Flying Pig Marathon 2004. I felt that I had a great training cycle and was very fit going into the race. My goal was to qualify for Boston (3:45). On race day, I awoke to find that I was sick with a stomach virus. My GI issues continued throughout the race and I contemplated dropping out from mile 10 on. The race was so mentally and physically difficult that when I finished and still qualified for Boston....the belief that I could overcome any obstacle in life became a strong, central part of my personality. To this day, my outlook on life has been changed from that race.

How many Bostons? Wicked fun in Boston! I've run it twice and it hurt both times.

Other hobbies: I enjoy all types of sports, as a participant and a spectator. I enjoy playing softball and occasionally play indoor soccer. My children are very involved in soccer and other sports, so much of my time is devoted to their activities. I love watching them play and was a coach this past year for my daughter's U8 soccer team. I am very excited to be involved in starting a cross country program at my children's school this year. I also enjoy reading and cooking really healthy meals!

Anything else you think your Pace Group would like to know about you: I believe that life is the continuous process of self evaluation and goal setting. That you should always be striving to be the best person that you can be - mentally, physically and spiritually. I believe in never giving up. One of my favorite quotes:

"If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest, and that is a challenge to you - You will always look forward to waking up to see what the new day brings." - Susan Polis Schultz

Favorite NuGo bar: Peanut Butter Chocolate

2:10 GOAL FINISH TIME (9:55/Mile) Pace Team Leader

Name: Pacer Kristen

Age: 33

Occupations: Marketing Coordinator and Mother

First Marathon: 1997 Columbus Marathon

of Completed Marathons: 17 run/2 walk

Marathon PR: 3:48:41

Marathon Awards: Usually in top 20-25% in age group for big marathons. Placed 2nd in 2006 Martian Marathon for age group.

Marathon I was most proud of: I am proud of my first marathon because I trained by all myself when I was 21 years old and in college. I'm ashamed to say, but amazed, that most of my training took place after a night of partying. And another memorable marathon that I am really proud of is the 2004 Martian Marathon because I received my PR at that marathon. My longest training run had only been 16 miles, and then I found out I was pregnant the next week!!

of Ultras: Zilch, and I'll keep it that way. :)

How many Bostons? I'm still working on that but it is my ultimate goal. My PR is 8 minutes shy of my qualifying time.

Other hobbies: Reading, writing, spending time with family and friends.

Pacing experiences: Detroit FreePress '06 & '07, Tampa, Air Force. I also paced a friend who walked the Columbus Marathon in 2003.

Running is something that I am so passionate about and would never be able to live without. It keeps me sane and fit in this busy world and makes me feel good.

Favorite NuGo bar: Chocolate Banana

2:20 GOAL FINISH TIME (10:41/Mile) Pace Team Leader

Name: Pacer Tim

Age: 47

Home: Mars, PA

Occupation: Director of Sales

First Marathon: Columbus 2005

Completed 3 marathons PR 3:47

Running for 20+ years (have run numerous 10K and half marathons including IKEA, Pittsburgh, & Columbus) PR half 1:40

Most enjoyable marathon moment: Running my first marathon in Columbus with my wife Dena (and passing her on mile marker 23).

Other interests: Spending time with my wife and children. I enjoy coaching youth baseball and being an active member of SS John & Paul church in Wexford, PA.

Favorite local place to run: North Park

Favorite NuGo bar: Organic Dark chocolate and Really Vanilla

2:30 GOAL FINISH TIME (11:27/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.

Favorite NuGo bar: Chocolate Banana

3:00 GOAL FINISH TIME (13:48/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, most of them as a Pacer

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

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)

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: Detroit, Akron, Pittsburgh, Columbus, San Diego Rock N Roll, Los Angeles, Long Beach, Twin Cities, Flying Pig, Chicago, Salt Lake City, Carlsbad, Air Force, Palm Beaches, Tampa, Fargo, Madison, New Orleans, Albany Snickers

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

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.

Favorite NuGo bar: Organic Dark Chocolate Pomegranate