

PACER BIOS SPACE COAST MARATHON 09
Send an email for any pace leader to PacerJim@hotmail.com

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: 45

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

Fastest Marathon: Hartford, Connecticut 2007 (3:09:51)

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 Leader

Name: Pacer Eric

Home: Sarasota, FL

Age: 38

Occupation: Insurance Executive

First Marathon: Richmond, VA 2001

Fastest Marathon: ING Georgia 2009 (3:05)

Number of Marathons Completed: 39 and counting. (Including Boston and Great Floridian Ironman)

Marathon Finishes you are most proud of and why: Overall winner of the Florida Marathon in 2008 & 2009. Also, in early 2007, completed 3 marathons in 4 weeks, all with Boston Marathon qualifying times (sub 3:15). And of course, the marathon in the Ironman after completing a 2.4 mile swim & 112 mile bike warm-up.

Other Hobbies: Traveling, mission trips, time with family

Anything else you think your pace group would like to know about you: I'm a current member of the Manasota Track Club and enjoy the company of our group Saturday morning training runs with views of Lido Beach and Sarasota Bay. I love to talk about training and racing. I look forward to helping my group achieve their marathon goal, enjoy the beautiful scenery on the course, and perhaps help a few get their Boston qualifying time to earn the coveted trip to Bean-town. And, most importantly, have fun!

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

Name: Pacer Tom

Home: Coral Springs, Florida

Age: 39

Occupation: Field Representative for General Motors Corporation

First Marathon: Bayshore Marathon, 2003, Traverse City, Michigan (3:21:13)

Number of Marathon or Ultras Completed: 17 Marathons, 39 Ultramarathons, One Ironman.

Marathon PR: 3:08:21 at Detroit, 2003

Other Pacing Experiences: Detroit (four times), Louisville (three times), Tampa (once)

3:50 GOAL FINISH TIME (8:49/Mile) Pace Team Leader

Name: Pacer Davo

Age: 53

Occupation: Sales for Verizon and President of green-path.net

Home: Tampa, Florida

First Marathon: Disney, 2000

Favorite Marathons: Boston, New York

Fastest Marathon: 3:19:00 (Tampa Gasparilla, 2007)

Number of Marathons Completed: 9

Marathon Finish you are most proud of and why: Tampa Hops Marathon 2000: I related to this marathon a few days later on a horrible flight to Phoenix. I wrote a story about it on the plane and it got published in Marathon and Beyond.

Anything else you think your pace group would like to know about you: I like yoga, meditation, trail running and have learned from my dogs to live in the moment.

4:00 GOAL FINISH TIME (9:09/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!

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

Name: Pacer Emily

Home: Alexandria, VA

Age: 33

Occupation: Computer Programmer

First marathon: Marine Corps, 2007 4:06

Number of marathons completed: Nine plus 2 ultras (currently... it'll be a few more by the time March gets here)

Last Marathon Raced: 3:40, Erie, PA Sept. 2008 (placed 3rd in division, BQ and PR)

Marathon finishes of which you are most proud and why: Erie, PA. I hit my PR and BQ on the hottest day of the year (80 degrees at the start, 80% humidity) I felt amazing at the end as well (although I bet I could've done even better had it been cooler). I also was very proud of doing back-to-back sub four hour marathons in Baltimore (10/11/08, 3:57) and Steamtown, PA (10/12/08, 3:50)

Other pacing experiences: Every Saturday with my coaching groups for DCRR. I lead the 8:30 or 9 min mile group every week for our long runs. The speed depends on what they feel like running. We usually hit it within a couple of seconds by the end. I'm pretty steady once the gun goes off.

Other hobbies: Coaching endurance runners, hiking (which is why I like ultras), EATING (at 60+ miles a week, it becomes a hobby), military style boot camp/working out, volunteering with the elderly and road tripping in my convertible.

Anything else you think your Pace Group would like to know about you: I love talking to keep people's minds off the running, especially at longer distances, but I'm also happy to keep my anecdotes, jokes and funny stories to a minimum. My goal is to help my group meet their goal. I'm just along for the fun.

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

Name: Pacer Jim S

Occupation: Research Scientist

Home: Indialantic, FL

Age: 61

First Marathon: Adelaide Marathon 2001, South Australia, Australia

Marathon most proud of and why: Wickham Park Marathon, Memorial Weekend 2008.

The course is rather difficult, a combination of rocky trails, tree roots and deep sugar sand stretches. Just 15 minutes into the marathon several of us stirred up a wasp nest causing the now angry bees to attack. I took 15 - 20 wasp stings across my chest and shoulders. The pain did not subside for over 3 hours so I am proud to have finished the marathon in 5:09 with bee stings on a hot and humid day!

Number of marathons completed: 15

Number of 50K ultras completed: 3

Number of 50 Mile ultras completed: 2

Hobbies: Cycling, Hiking, Backpacking, Traveling, Reading, Writing and of course Running Marathons and Ultras, Marathon Maniac # 1355

Most Recent Marathon: Paced The San Diego Rock and Roll Marathon, 31 May 2009

Most Recent Ultras: The Keys 100 and Wickham Trail 50 Mile Fun Run, 16 & 24 May 2009

Next Running Goals: The Keys 100 and Wickham Park 100 Mile Ultras, both in May 2010

Pacing Philosophies: Conserve energy, especially at the start. Take in fluids at every available station. Walk just a bit at the water stations if you wish. Run as relaxed as possible with an upright posture to lessen arm, shoulder and neck fatigue. Maintain a steady pace if you can. Most importantly of all: **HAVE FUN OUT THERE!**

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

Name: Pacer Gabi

Occupation: Medical Office Management in Sarasota, FL

Home Town: Sarasota, FL

Age: 27

First Marathon: The Tampa Bay Gasparilla Marathon, 2007, in 3:52:48


Number of Marathons Completed: Tampa Bay Gasparilla. Successfully paced the 5:00 Hour Goal Group in the Albany Marathon, finish time 4:59:36, just 1 week after running the Tampa Bay Half Marathon

Number of Ultra Marathons Completed: Two 30 Mile ultras

Most Recent Marathon: Albany Marathon on March 7, 2009

Most Significant Achievement: California State University East Bay Water Polo Leading Scorer in the nation among all Divisions, 2005. Selected AWPCA All-American First Team in 2005.

Hobbies: Competing in triathlons, wakeboarding, water polo, biking and hiking. I am drawn to anything outdoors that involves strenuous physical exercise.

Next Running Goals: Training for a Full Ironman™  race in 2010. Recruit and Captain an ultra team to win the Ragnar Relay, Sunrise-to-Sunset Relay and Keys 100 Relay. Pacing the Space Coast Marathon, Miami Marathon, Sarasota Marathon, A1A Ft. Lauderdale Marathon, Tampa Bay Gasparilla Marathon and San Diego RnR Marathon.

Pacing Philosophy: I pace for your enjoyment, even your entertainment ☺ and will provide you with the best marathon experience of your life whether this is your first marathon or you have completed a dozen marathons. My philosophy is to prepare mentally and train properly, to give your best on the day that you are competing. After the race is over gracefully accept the outcome, relish the praise after winning and offer no excuses when falling short. **Although pain is inevitable in a marathon, suffering is optional! Ultra Mantra: If you make friends with pain you will never be alone!**

5:00 GOAL FINISH TIME (11:27/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: Fortysomething (Raced 9, Paced over 30)

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: 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.

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.