

BROCK JOHNSON

Pace Time: Half Marathon 1:30

OCCUPATION

Elementary Physical
Education Teacher, Cross
Country Coach HS Boys
Track & Field Coach, JH Girls
Basketball Coach

Home City & State: Oakland, Iowa
Age: 37

FIRST MARATHON AND/OR HALF MARATHON

Dam to Dam Half
Marathon 2017 & Main to
Main Marathon 2020

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Fargo Marathon 2024 (2:57:13)
& TopCity Half Marathon 2021
(1:21:17)

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

14 Marathons & 40 Half
Marathons

PREVIOUS PACING EXPERIENCE

Chicago Marathon (3:30),
Good Life Halfsey (1:30), Lincoln
Half (1:30), Heartland Half (1:30),
Omaha Half (1:30), Midwest
Omaha HyVee Half (1:30),
Denver Colfax Half (1:30) Beast
Pacing Team (1:30),
Garmin SmartPacing Team (1:30),
IMT Des Moines Half (1:30)



A LITTLE BIT ABOUT ME...

I like stand up paddle boarding,
snowboarding, pickleball, and disc
golf.

SAM THAPA

Pace Time: Half Marathon 1:35

OCCUPATION

PhD Student

Home City & State:

Kathmandu, Nepal

Age: 28

FIRST MARATHON AND/OR HALF MARATHON

First half was Chicago Half in
2023 and first Marathon was
IMT Des Moines
Marathon in 2023

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

1:31 Half Marathon

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

3 full Ironman-distance Triathlons.
Age group podiums in local
triathlons, two 50 milers, Leadville
Marathon (toughest in the nation)
and plenty of marathons/half
marathons over racing
and training.

PREVIOUS PACING EXPERIENCE

This is my first time pacing a
race. I have paced friends who I
coach over shorter
distances. I know how much of
a difference the pacers made in
my first IMT Marathon.



A LITTLE BIT ABOUT ME...

I am passionate about endurance sports. What started out
as "can I run 13 miles??" Went on to ignite a fire that lied
within me, that has led me to share stories through
endurance, running Ultra Marathons, Trail races,
Ironman Triathlons. I enjoy story telling through endurance.

KEVIN

Pace Time: Half Marathon 1:40

BROWN

OCCUPATION

PE Teacher/Coach

Home City & State: Elk Horn, Iowa

Age: 39

FIRST MARATHON AND/OR HALF MARATHON

San Diego Marathon
2008

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

NAIA College Marathon 2012 2:48,
NAIA Half Marathon 1:13:30

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

25 Marathons & 50 Half Marathons

PREVIOUS PACING EXPERIENCE

Des Moines Half
Marathon x2,
Memphis Marathon,
Heartland Marathon



A LITTLE BIT ABOUT ME...

I enjoy spending time with my kids and wife. I am a big sports fan! Taking random trips and enjoying life.

SHANE FANTZ

Pace Time: Half Marathon 1:45

OCCUPATION

Business Analyst

Home City & State: Des Moines, Iowa

Age: 46

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines Half Marathon
2015

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

IMT Des Moines 2025 - 2:55

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

Marathons: 3

PREVIOUS PACING EXPERIENCE

IMT Des Moines Half
Marathon 2022 - 1:45
IMT Des Moines Half
Marathon 2023 - 1:45
IMT Des Moines Half
Marathon 2024 - 1:45



A LITTLE BIT ABOUT ME...

I'm a local Des Moines runner who enjoys keeping things light hearted on race day. Whether it chatting, sharing a laugh or singing a quick song, I hope to make the miles go by a little easier for everyone. I'm excited to pace the 1:45 group!

CLEO **Pace Time:** Half Marathon 1:50

FERRIS

OCCUPATION

Business Owner,
Graphic Systems LLC

Home City & State: Eden Prairie, MN

Age: 56

FIRST MARATHON AND/OR HALF MARATHON

Lakefront Marathon,
Milwaukee in 1997

La Crosse Half Marathon in
1998

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Marathon: 3:04

Half Marathon: 1:26

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

50+ Marathons and countless
half marathons

PREVIOUS PACING EXPERIENCE

I've been pacing since 2010 when I turned 40. Pacing has become one of the things I love most about running. There is something incredibly rewarding about helping someone achieve a goal they've worked so hard for.



A LITTLE BIT ABOUT ME...

I'm a mom of three kids, ages 27, 18 and 17. We have a dog named Pepper who is one of my best fitness buddies. My husband and I have owned and operated Graphic Systems, a wide-format printing company in Minneapolis since 2017.

GEOFFREY KNOOP

Pace Time:
Half Marathon 2:00

OCCUPATION HR Technology Manager
Home City & State: North Liberty, Iowa
Age: 40

FIRST MARATHON AND/OR HALF MARATHON

2006 Honolulu
Marathon/2006 Quad Cities
Half Marathon

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Twin Cities Marathon
3:41/Quad Cities Half 1:37

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

7 marathons and 10 half
marathons

PREVIOUS PACING EXPERIENCE

Cedar Rapids Half Marathon
(2:00)



A LITTLE BIT ABOUT ME...

When I'm not running or working, you'll usually find me supporting my two daughters at dance competitions and cross-country meets across the Midwest, planning our next vacation (preferably somewhere on a beach), chasing after our new mini Goldendoodle puppy, or cheering on the Steelers and Hawkeyes.

LISA

Pace Time: Half Marathon 2:10

RIPPE

OCCUPATION

Run Lead at LifeTime and
Community Volunteer
(Retired)

FIRST MARATHON AND/OR HALF MARATHON

1996, the year I ran my first
marathon.

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

1:39:54 Half Marathon in 2000
in Bedford, MA

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

181 marathons (and more
half marathons!)

PREVIOUS PACING EXPERIENCE

I've had the pleasure of pacing
since 2010. I enjoy pacing several
half and full marathons
a year. Des Moines is one of my
favorite pacing weekends!

Home City & State:

Minneapolis, Minnesota

Age: 59



A LITTLE BIT ABOUT ME...

Running is an amazing positive force in my life, so I hope you will enjoy the journey with me. I enjoy and appreciate the many wonderful people I encounter. In addition to running marathons I also participate in triathlons. I completed Ironman Wisconsin in 2010. I serve as the President of the Road Runners Club of America Board (rrca.org).

BIKAL

Pace Time: Half Marathon 2:15

ADHIKARI

OCCUPATION

Data Analytics

Home City & State: Waukee, Iowa

Age: 53

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines Half Marathon in 2010, Coast to Coast Relay Marathon for a Charity (unofficial) and IMT Des Moines Marathon in 2014 (official)

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:38:25 IMT Des Moines Marathon 2018,
1:39:20 Dam to DSM 2018

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

9 marathons, many official and unofficial half marathons and one Ultra trail run in May 2025

PREVIOUS PACING EXPERIENCE

Cedar Rapids Marathon 2026, IMT Half Marathon in 2021, 2022, 2023 and 2025



A LITTLE BIT ABOUT ME...

I started my running journey in my mid-30s, started with 5K in 2009 and have completed major races. I like to hike remote areas and be with nature as much as I can. I have climbed Mt. Kilimanjaro twice, hiked to Everest Base Camp 3 times, climbed a Himalayan peak, Imja Tse (20,305), climbed total five 14-ers in Colorado and counting and other hiking in the Himalayas. Why I run? I run because I can eat whatever I want.

BILL KALLESTAD

Pace Time: Half Marathon 2:20

OCCUPATION

Advocate

Home City & State: Des Moines, Iowa

Age: 56

FIRST MARATHON AND/OR HALF MARATHON

Dam to Dam

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:50 marathon/1:42 half
marathon

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

12 marathons and countless
half marathons

PREVIOUS PACING EXPERIENCE

I have paced friends through their first racing events and helped a few runners striving for a new PR. This will be my first time pacing an official pace group!.



A LITTLE BIT ABOUT ME...

I've lived in Des Moines since 1989 and have been enjoying running since I completed my first marathon in 1999. I have a wonderful wife, four kids, and two crazy cats who keep life interesting! After turning 50, I decided it would be a good idea to do an IRONMAN - and somehow I've now done two, along with a few half IRONMANs.

ANGELA VEENSTRA

Pace Time: Half Marathon 2:30

OCCUPATION

Middle School Math Teacher

Home City & State: Sioux Center,
Iowa

Age: 40

FIRST MARATHON AND/OR HALF MARATHON

Des Moines Marathon 2017
Des Moines Half Marathon
2014

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Twin Cities Marathon 2018
3:44:28
Drake Half Marathon 2019 1:46:32

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

2 marathons and 8 half
marathons

PREVIOUS PACING EXPERIENCE

This is my second time pacing
the Des Moines Half Marathon. I
am so excited to do it
again as the first time was a
blast! I love helping others
reach their goals!



A LITTLE BIT ABOUT ME...

I love to be active and spend time outside! In
addition to running I also enjoy biking and I swim
enough
to not drown in triathlons. I also stay busy with
our kids and their activities.

KALPANA PRAJAPATI

Pace Time: Half
Marathon 2:45

OCCUPATION

IT Professional

Home City & State: Waukee, Iowa

Age: 43

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines Half
Marathon 2023. IMT Des
Moines Marathon 2024

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

IMT Des Moines Half 2023: 2:25,
IMT Des Moines Marathon 2024:
6:53

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

7 half marathons and 1 full

PREVIOUS PACING EXPERIENCE

6 half marathons



A LITTLE BIT ABOUT ME...

I have developed joy and passion in running, me time fore me. I believe that completing a race is all about the mental game, you believe in yourself. Most importantly, listen to your body. I love to be active and spend time outdoors with my kids, and be involved in their activities.

JIM THORNTON

Pace Time: Half Marathon 3:00

OCCUPATION
Attorney

Home City & State: Ankeny, Iowa
Age: 55

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines
Marathon 2011

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:21:24 at Houston
Marathon, 2016

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

23 marathons,
countless half
marathons

PREVIOUS PACING EXPERIENCE

I have paced multiple half marathons and have paced for the Des Moines Marathon for the past four years. I am excited to help my pace group meet their goals this year!



A LITTLE BIT ABOUT ME...

I started out as a swimmer and a runner but have now become passionate about triathlon. I have done 6 full Ironman races and recently completed the Ironman World Championships 70.3 in Nice, France. I am also actively involved in my church and volunteer activities in the community.

TOM PERRI

OCCUPATION

Retired

Pace Time:
Half Marathon 3:00

Home City & State: Maple Grove, MN

Age: 65

FIRST MARATHON AND/OR HALF MARATHON

Twin Cities Marathon

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

2007 Fargo Marathon, 3:35

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

Over 1,100 total between both half marathons, marathons and ultras. My current marathon/ultra marathon total is 805 and my half marathon total is 350.

PREVIOUS PACING EXPERIENCE

This is my 20th time pacing the Des Moines Marathon. I was diagnosed with Stage 4 cancer on 7/30/2019, and have completed just shy of 400 races since then, of which 311 have been marathons/ultras. I have paced multiple times in all 50 states without cancer, and have 8 states left to pace since my Stage 4 cancer diagnosis.



A LITTLE BIT ABOUT ME...

I love to read and go to microbreweries. I am usually at El Bait Shop at least once during marathon weekend as well as attending the Des Moines farmers market which is one of the best Farmers Markets. My self-published book, Running: My Salvation from Stage 4 Cancer, was published in April of 2024.

JESSE

Pace Time: Marathon 3:00

VEENSTRA

OCCUPATION

Financial Advisor and
Professor

Home City & State: Sioux Center,
Iowa

Age: 40

FIRST MARATHON AND/OR HALF MARATHON

2014 Madison (WI)
Marathon

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

2024 Twin Cities Marathon - 2:44

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

6 open marathons, 11 Ironman
marathons, 9
paced marathons

PREVIOUS PACING EXPERIENCE

Des Moines (6 times), Sioux Falls
(3 times), Twin Cities

Race Day Strategy: Calm start, even splits and small negative splits if the group feels smooth after Mile 20. I call out tangents, aid stations, and gels (about every 35-40 minutes). We'll sip at every station (5-10 seconds if needed) and keep the effort conversational through 20, then lock in.



A LITTLE BIT ABOUT ME...

I am a Cross-country coach at Dorset University, triathlete, 3x IM World Championships qualifier, husband, and father.

MARK BENNETT

Pace Time: Marathon 3:15

OCCUPATION

IT

Home City & State: Grimes, Iowa

Age: 46

FIRST MARATHON AND/OR HALF MARATHON

2007 IMT Des Moines
Marathon

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Monumental Indianapolis, 2025,
2:51:05

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

20+

PREVIOUS PACING EXPERIENCE

10 half/full

Race Day Strategy:

We will run even splits of 7:24 and will stop for water every 4 miles, gels every 6 miles.



A LITTLE BIT ABOUT ME...

I chase my 3 kids around while coaching high school soccer and cross country.

KEN

Pace Time: Marathon 3:25

SKRIEN

OCCUPATION

Full time RVing from race to race
enjoying "retirement" after a TBI
from a hit & run while cycling

Home City & State: Boston, MA

Age: 46

FIRST MARATHON AND/OR HALF MARATHON

Boston - officially 2004

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

REVEL Big Cottonwood: 2:44:45

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

approximately 300

PREVIOUS PACING EXPERIENCE

quite a bit all over the country!
Paces ranging from 3:00 to 5:00+



A LITTLE BIT ABOUT ME...

I ran in high school, and was just getting back into the groove again in 2013. After the shockwaves at the Boston Marathon finish line shattered my psyche, running was elevated to the most important thing in my world. Then a hit and run while cycling a few years later cost me my livelihood and home - running was pretty much all I had left. While most I knew abandoned me in my time of need, the running community became family.

NICK ELLIOTT

Pace Time: Marathon 3:30

OCCUPATION

Non-Profit

Home City & State: West DSM, Iowa

Age: 46

FIRST MARATHON AND/OR HALF MARATHON

Quad Cities Marathon
2009

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

2:58:48 Lincoln Marathon
2017

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

23 Marathons

PREVIOUS PACING EXPERIENCE

This will be the eighth time I've paced the Des Moines Marathon. I've also paced the Half Marathon three times and the Hungry Turkey Half Marathon twice.



A LITTLE BIT ABOUT ME...

I am a proud father of two boys (10 & 12) who enjoy the outdoors. My wife is an ultra runner with many ultramarathons under her belt. I enjoy being outdoors, whether it's running, biking, hiking, yard work, or watching the boys. I truly appreciate having the opportunity to be your pacer and look forward to your strong performance and helping you achieve your marathon goal!

CARTER

Pace Time: Marathon 3:35

OCCUPATION

Territory Sales Manager –
H&C Supply Co

FIRST MARATHON AND/OR HALF MARATHON

First Half Marathon: Dam to
DSM 2021 – First Marathon:
St. Patrick's
Day Marathon 2023

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Drake Relays Half
Marathon 2025 13.1 PR:
1:28:42 –
IMT Marathon 2025 26.2
PR: 3:05:16

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

7 full marathons, dozens of
half marathons

RACE DAY STRATEGY

Settle into a party pace early
on and let the energy pull us
through the race.

FUNKE

Home City & State: Historic Valley
Junction, Iowa

Age: 32



A LITTLE BIT ABOUT ME...

I like tattoos, eating donuts, and Golden
Retrievers. Life mantra: if some is good,
more is better.

ALEC MCDOWELL

OCCUPATION

Structural Engineer

FIRST MARATHON AND/OR HALF MARATHON

Garmin Kansas City
Marathon 2024

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:06 - IMT Des Moines
Marathon 2025

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

5 marathons

RACE DAY STRATEGY

I will maintain an even effort with a slightly negative split in the second half. I will walk through each aid station to allow some time for drinks and gels.

Pace Time: Marathon 3:45

Home City & State: West Des Moines,
Iowa

Age: 27



A LITTLE BIT ABOUT ME...

I'm a husband and father of 2 boys (2 year old and 4 month old). Fortunately, I will not be pushing the double stroller on race day.

MATT

Pace Time: Marathon 3:50

LAZEAR

OCCUPATION

Medical Sales

Home City & State: Ankeny, Iowa

Age: 51

FIRST MARATHON AND/OR HALF MARATHON

Grandma's Marathon 2005

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Marathon PR 3:32

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

7 marathons + Tulsa Ironman, 15+ Half Marathons

PREVIOUS PACING EXPERIENCE

This is my first pacing experience, so I have recruited my running buddy Chris Blanchard (who has run 18 marathons, with a marathon PR of 2:50) to add his expertise along the way.



A LITTLE BIT ABOUT ME...

I spend most of my time chasing my two young boys around the ball fields, but when I'm not doing that, I enjoy running and biking with friends. Those same good friends are the ones who got me into biking and swimming and sparked my love for endurance events. Fun fact: My first-ever triathlon was an Ironman in 2021!

ANDY BERNHOLTZ

Pace Time: Marathon 3:55

OCCUPATION

Procurement Coordinator,
Convergint Technologies

Home City & State: Ankeny, Iowa

Age: 38

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines Marathon
2012, 4:11

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Houston Marathon 2024, 3:14

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

20+ marathons and have
finished the IMT Des Moines
Marathon 13 times.

PREVIOUS PACING EXPERIENCE

I've paced the Turkey Half Marathon
several times and this will be my 5th
experience pacing 26.2. I paced the
IMT Des Moines Marathon 3:55
group in 2022 - 2025.

Race Day Strategy: From prior experiences
running the tangents of a marathon is
tough so the distance is going to be a tad
long. We will stick to a pace that is about 5-
10 faster through the first 15 miles. That will
allow us to settle in to the 8:58 pace for the
tough miles and allow for a little slip if
needed while still being able to realize our
goal. You've trained for this day, stay
positive and let's achieve 3:55!



A LITTLE BIT ABOUT ME...

I grew up in Carroll, Iowa and graduated from
Carroll Kuemper Catholic High School in 2007. My
passion for golf led me to Grand View University where
I met my wife Megan and we now have a
rambunctious 7 year old boy named Beckett. I am a
triathlete and would consider running my 3rd sport
although I do more running races throughout the year.
I have finished more than 75 triathlons, including the
IRONMAN distance now 7 times. Our family spends a
large amount of time at Trail Point in Ankeny as we are
all very invested in training.

GREG

Pace Time: Marathon 4:00

BROWN

OCCUPATION

Amateur Musician

Home City & State: Kansas

City, MO

Age: 56

FIRST MARATHON AND/OR HALF MARATHON

2010 Kansas City
Marathon

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:58:20

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

33 marathons

PREVIOUS PACING EXPERIENCE

Gobbler Grind Marathon
November 2024 and
Garmin Olathe Marathon
April 2026



A LITTLE BIT ABOUT ME...

I am currently learning to sing.

THOMAS LINDSAY

Pace Time:
Marathon 4:05

OCCUPATION

Research Director

Home City & State: Minneapolis, Minnesota

Age: 50

FIRST MARATHON AND/OR HALF MARATHON

Twin Cities Marathon 2011

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:03:31, Detroit Marathon
2015

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

52 marathons or longer;
about 60 half marathons

PREVIOUS PACING EXPERIENCE

Paced or guided 22
marathons, including Twin
Cities Marathon (pacer)
Chicago Marathon (guide),
Boston Marathon (guide).



A LITTLE BIT ABOUT ME...

I'm a pace lead for Run Minnesota's training program, coach youth track and am building distance running coaching experience. When not running I love backpacking, canoeing and cooking.

KIP FULTON

Pace Time: Marathon: 4:20

OCCUPATION

Maintenance Mechanic

Home City & State: Ankeny,
Iowa

Age: 44

FIRST MARATHON AND/OR HALF MARATHON

IMT full, Dam to DSM half

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

full 3:55; half 1:45

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

Full 2, Half 6

PREVIOUS PACING EXPERIENCE

Cedar Rapids Half
marathon, Women's Half,
lead a running group



A LITTLE BIT ABOUT ME...

I live in Ankeny with my wife and two boys.
Started running a year and a half ago
after losing weight. Lead a running group
in Ankeny, work part time at Fitness
Sports.

JUSTIN

Pace Time:
Marathon 4:35

THEUNER

OCCUPATION

IT Analyst

Home City & State: Rochester,
Minnesota

Age: 39

FIRST MARATHON AND/OR HALF MARATHON

Twin Cities 2017

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Go St. Louis 2018, 3:47:14

PREVIOUS PACING EXPERIENCE

Fargo Marathon, Mankato
Marathon, Med City
Marathon, Little Rock
Marathon, Des Moines
Marathon, Sioux Falls
Marathon, Indianapolis
Marathon, Colorado
Marathon



A LITTLE BIT ABOUT ME...

I enjoy running and hiking new areas and exploring new State Parks. Working on cars and going to car events with my Corvette. I also enjoy spending time in Colorado and Utah and exploring the beauty they have to offer.

KRISTINA FUNSETH

Pace Time:
Marathon 4:50

OCCUPATION

HR Data Analytics
Consultant

Home City & State: Minneapolis,
Minnesota

Age: 46

FIRST MARATHON AND/OR HALF MARATHON

Grandma's Marathon in
2006

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

3:58 at Light at the End of the
Tunnel Marathon in 2019

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

224 Marathons and 105 Half
Marathons

PREVIOUS PACING EXPERIENCE

I started pacing in 2012 and have
paced numerous marathons
including Des
Moines, Grandma's, Twin Cities,
Marine Corps, St Jude, Detroit and
 Fargo to name a few.

Race Day Strategy: We will run the
entire time with walk breaks through
all of the aid stations and have a
ton of fun running a marathon.



A LITTLE BIT ABOUT ME...

I love to run along with biking
and swimming.

CHRIS

Pace Time: Marathon 5:00

GASKELL

OCCUPATION

Data Analyst

Home City & State: Boone, Iowa

Age: 40

FIRST MARATHON AND/OR HALF MARATHON

1st Marathon - Lincoln Marathon
2014 (Nebraska), 1st Half Marathon -
IMT Des Moines 2013 (Iowa)

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

Marathon - 3:48:18 IMT Des Moines
Half Marathon - 1:33:43 IMT Des
Moines 2013

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

8 marathons, 6 half
marathons and 1 ultra
marathon

PREVIOUS PACING EXPERIENCE

Paced Des Moines Marathon 1 time
in 2024



A LITTLE BIT ABOUT ME...

I currently have a 3,000+ day running streak of running at least a mile every day since June 4, 2018, averaging over 3.5 miles per day. In 2020, I ran the Dopey Challenge at Disney World, consisting of a 5k, 10k, half marathon and full marathon in 4 consecutive days. I've completed a marathon in 5 different states, including Hawaii this year. When I'm not running I spend most of my time with my wife and 4 kids, golfing, and watching sports.

ASHLEY

Pace Time:
Marathon 5:20

OCCUPATION

Conservation Social
Scientist

GRAMZA

Home City & State: Little Rock, Arkansas

Age: 40

FIRST MARATHON AND/OR HALF MARATHON

Toledo, 2011

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

4:09 at the 2015 Toledo
Marathon

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

56 marathons, 22 ultras,
and numerous half
marathons

PREVIOUS PACING EXPERIENCE

I've paced the Des Moines
Marathon twice previously.
LR Marathon 6x, Memphis St. Jude
Marathon 4x, Fort Smith River Valley
Half 2x, Team Loco Marathon
2x, Oklahoma City Marathon 2x,
Denver Colfax Marathon, Garmin Oz
Marathon, Lincoln Marathon,
Kansas City Marathon, Fort Smith
Marathon, Air Force Marathon,
Florida Publix Marathon, Fargo
Marathon, Detroit
Free Press International Marathon,
and Shiprock Marathon.



A LITTLE BIT ABOUT ME...

I originally hail from NW Ohio, but I now call Little Rock, Arkansas home and work to conserve the grasslands and wetlands of the western Great Plains. In the last few years, I've added mountain biking to my growing activity list. I still love pacing marathons because it provides an awesome way to meet new people, learn about new cities, and help runners achieve their goals.

CHELLE LEE

Pace Time:
Marathon 5:30

OCCUPATION

Service Coordinate

Home City & State: St. Louis, MO

Age: 51

FIRST MARATHON AND/OR HALF MARATHON

2014 St Jude full (5:27)

MARATHON AND/OR HALF MARATHON PERSONAL RECORD

St. Louis track club – Tower
grove relay full solo division
(3:56:13)

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

28 full, 5–50K, 1–50 miler, 1–
100 and countless half
marathons (PR 1:46:06)

PREVIOUS PACING EXPERIENCE

began pacing in 2017 at
the Navy Ten Ten Nautical
Mile



A LITTLE BIT ABOUT ME...

As a mom of 22-year-old twins boys, and have an amazing fiancé who is my biggest cheerleader. Running has been my outlet, my escape, and a constant source of strength for more than a decade. I'm continually inspired by where running can take you not just physically and mentally, but geographically.

VANESSA GRAY

Pace Time:
Marathon 6:00

OCCUPATION

Education

Home City & State: Adel, IA

Age: 44

FIRST MARATHON AND/OR HALF MARATHON

IMT Des Moines

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

1

PREVIOUS PACING EXPERIENCE

One time before.

Race Day Strategy:

Have Fun!



A LITTLE BIT ABOUT ME...

Division I Collegiate cross country and track. Lifelong runner. I enjoy spoiling my pets (two dogs and a cat), visiting breweries, running, gardening, and reading.

MARK GUDGEL

ATHLETE GUIDE

OCCUPATION

Associate Professor of
Education and Director of the
Environmental Sustainability
Minor at the
College of Saint Mary

Home City & State: Omaha, NE

Age: 45

FIRST MARATHON AND/OR HALF MARATHON

First Half: KC in 2002
First Marathon: Fayetteville
in 2005

NUMBER OF MARATHONS AND HALF MARATHONS COMPLETED

No clue, around 75?

PREVIOUS PACING EXPERIENCE

I've been pacing for around ten years, and have paced probably 25 halves and fulls. I pace KC most years, and this is my first year pacing Des Moines. I always try to run the I-35 Challenge, but this is my first year pacing both races, which excites me greatly. I'm hoping to have some of the same company both days (KC 5:00 and DM 4:50)



A LITTLE BIT ABOUT ME...

I love traveling, writing, and spending time with my wife, kids, and dog. I also make wine and do a lot in the world of philanthropy and fundraising. I'm currently working on a book on Genocide Education and another on the Oakville AVA in the Napa Valley. I also enjoy guiding athletes with disabilities, in particular the blind, and serve as the AWD coordinator for the Lincoln Marathon.