

IMT Des Moines Half Marathon Pacer Bios

Sponsored by Fitness Sports

Pace Time: Half Marathon 1:30

Name: Brock Johnson

Home City & State: Oakland, IA

Age: 34

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

First Marathon and/or Half Marathon:

Dam to Dam Half Marathon 2017 and Main to Main Marathon 2020

Marathon and/or Half Marathon Personal Record:

Eau Claire Marathon 2023 (2:58:35) and TopCity Half Marathon 2021 (1:21:17)

Number of Marathons and/or Half Marathons completed:

Marathons = 6, Half Marathons = 20

Previous Pacing Experience: Chicago Marathon (3:30), Good Life Halfsy (1:30), Heartland Half (1:30), IMT Des Moines Half (1:30)

Interests, hobbies, and any other information your pace team might like to know about you:

Enjoy stand up paddleboarding, snowboarding, pickleball and disc golf.



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 1:35

Name: Kevin Brown

Home City & State: Elk Horn, IA

Age: 36

Occupation: Physical Education Teacher and XC/Track Coach

First Marathon and/or Half Marathon:

First marathon in 2008 in San Diego, CA

Marathon and/or Half Marathon Personal Record:

2012 NAIA Marathon – 2;48; 2012 NAIA Half Marathon – 1:13:30

Number of Marathons and/or Half Marathons completed:

25 Marathons, 51 Half Marathons

Previous Pacing Experience: Des Moines Half, St. Jude Marathon and numerous athletes.

Interests, hobbies, and any other information your pace team might like to know about you:

Hanging out with my 3 amazing kids, watching movies with my girlfriend. Watching/playing sports.



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 1:40

Name: Paxton Bennett

Home City & State: West Des Moines, IA

Age: 49

Occupation: Supervisor

First Marathon and/or Half Marathon: IMT Des Moines 2007

Marathon and/or Half Marathon Personal Record: Grandma's Marathon 2002: 2:49:58

Number of Marathons and/or Half Marathons completed: Marathons = 46+

Previous Pacing Experience: 20+ full and half marathons

Interests, hobbies, and any other information your pace team might like to know about you:

Assistant XC Coach at DSM Roosevelt, enjoy national parks, mountains, hiking and wildlife/scenery/photography



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 1:45

Name: Shane Fantz

Home City & State: Des Moines, IA

Age: 43

Occupation: Business Analyst

First Marathon and/or Half Marathon:

IMT Des Moines 2021

Marathon and/or Half Marathon Personal Record:

IMT Des Moines 2021 – 2:58

Number of Marathons and/or Half Marathons completed:

Marathons = 1

Previous Pacing Experience: IMT Des Moines Half Marathon 2022 – 1:45

Interests, hobbies, and any other information your pace team might like to know about you: I

am excited about the opportunity to pace again this year. I hope to make the experience a good time for everyone who joins my group.



IMT Des Moines Half Marathon Pacer Bios

Sponsored by Fitness Sports

Pace Time: Half Marathon 1:50

Name: Brian Palmer

Home City & State: Des Moines, IA

Age: 55

Occupation:

First Marathon and/or Half Marathon:

Marathon and/or Half Marathon Personal Record:

Number of Marathons and/or Half Marathons completed:

Previous Pacing Experience:

Interests, hobbies, and any other information your pace team might like to know about you:



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 2:00

Name: Bikal Adhikari

Home City & State: Waukee, IA

Age: 50

First Marathon and/or Half Marathon: Above and Beyond Cancer Charity – Coast to Coast Relay Marathon 2013

Marathon and/or Half Marathon Personal Record: IMT Des Moines Marathon 2018 – 3:37

Number of Marathons and/or Half Marathons completed: 1 marathon

Previous Pacing Experience: IMT Des Moines Half Marathon, 2021 and 2022

Interests, hobbies, and any other information your pace team might like to know about you:

Remote hiking, climbing non-technical, running, networking.



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 2:10

Name: Carrie Van Quathem

Home City & State: Urbandale, IA

Age: 51

Occupation:

First Marathon and/or Half Marathon:

Marathon and/or Half Marathon Personal Record:

Number of Marathons and/or Half Marathons completed:

Previous Pacing Experience:

Interests, hobbies, and any other information your pace team might like to know about you:



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 2:20

Name: Lisa Rippe

Home City & State: Minneapolis, MN

Age: 56

Occupation: Run Coach at Lifetime and Active Community Volunteer

First Marathon and/or Half Marathon: Half Marathon - Probably 1996, the year I ran my first marathon.

Marathon and/or Half Marathon Personal Record: Half Marathon – 1:39:54 in 2000 in Bedford Massachusetts

Number of Marathons and/or Half Marathons completed: 156 marathons and even more half marathons

Previous Pacing Experience: Pacer since 2010. Pacing marathons and half marathons near the Twin Cities and beyond as much as my schedule allows. I really enjoy “giving back” in this way.

Interests, hobbies, and any other information your pace team might like to know about you:

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 VP of the Road Runners Club of America Board (rrca.org) and am a Road Runners Club of America certified marathon coach. I have coached at Lifetime Fitness in the Twin Cities since 2010. I am certified in First Aid and Heartsave AED by the American Heart Association.



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 2:30

Name: Katy Muelhaupt

Home City & State: Des Moines, IA

Age: 51

Occupation: Probation/Parole Officer III, Department of Corrections, State of Iowa

First Marathon and/or Half Marathon: Grandma's Marathon 2002 (qualified for Boston)

Marathon and/or Half Marathon Personal Record: Boston 2003, 3:18

Number of Marathons and/or Half Marathons completed: 6 Ironman Triathlons, 5 marathons a dozen or so Half Marathons

Previous Pacing Experience: I've been pacing since 2013...my name might've changed a time or two but the pace has always been around the same 2:20 to 2:30. I like to "bank" 20-50 seconds during the run and will announce how we're doing at each mile marker. I'll entertain you with stories, remind you to relax your shoulders and encourage you to push on.

Interests, hobbies, and any other information your pace team might like to know about you:

I love to climb, on Tuesdays and Thursdays I try to beat my Dad at racquetball, gravel and bike packing has replaced my need to speed. I have Sea Monkeys, love furbabies and I'm always looking for a new athletic challenge!!



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 2:45

Name: Melissa Hart

Home City & State: Olathe, KS

Age: 43

Occupation: Housewife

First Marathon and/or Half Marathon: The Patriot's Day Run in Olathe, KS, 9/11/17

Marathon and/or Half Marathon Personal Record: 5:41 for the full, 1:58:10 for the half marathon

Number of Marathons and/or Half Marathons completed: 1 marathon, but I've completed 131+ Half Marathons

Previous Pacing Experience: 60+ times pacing at the half marathon distance, and a handful of times at the 10K and 4 mile distance. I paced 2:45 in 2021 and 2022 in Des Moines.

Interests, hobbies, and any other information your pace team might like to know about you:

I'm a big fan of movies, books, TV. I like to keep the race entertaining with lots of chatting and stopping for group selfies along the way. I'm excited for the 2023 Des Moines race this year and can't wait to see you there!



IMT Des Moines Half Marathon Pacer Bio

Sponsored by Fitness Sports

Pace Time: Half Marathon 3:00

Name: Penny Terwerp

Home City & State: Lawrence, KS

Age: 54

Occupation: Maximus Federal

First Marathon and/or Half Marathon: Patriot Run Marathon (Kansas) 2016, Kansas City Half Marathon 2011

Marathon and/or Half Marathon Personal Record: 5:34 Los Angeles Marathon 2017, 2:26 Rock The Parkway Half Marathon 2018

Number of Marathons and/or Half Marathons completed: 29 marathons and 130 half marathons

Previous Pacing Experience: Pacing for Marathon Maniacs/Fanatics and Smart Pacing in Kansas City for 4 years.

Interests, hobbies, and any other information your pace team might like to know about you: Member of KC Express, Lawrence Trail Hawks, Marathon Maniacs, Half Fanatics, Kansas Beef Endurance Team, 100 Half Marathon Club and Fifty States Half Marathon Club. Looking forward to encouraging others to help reach their goals using the run/walk intervals Galloway method.

