

# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:00

**Name:** Evan Fry

**Home City & State:** Elmhurst, IL

**Age:** 31

**Occupation:** Dentist

**First Marathon and/or Half Marathon:** Oklahoma City Memorial Marathon, 2013

**Marathon and/or Half Marathon Personal Record:** 2:54:52, 2017 Chicago Marathon

**Number of Marathons and Half Marathons completed:** 24 marathons

**Previous Pacing Experience:** 3:00 Houston 2018, 3:05 Des Moines 2019, 3:30 Savannah 2021

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

Aside from running, I enjoy scuba diving, playing board games and spending time with my 4-year-old son.



# **IMT Des Moines Marathon Pacer Bio**

## **Sponsored by Fitness Sports**

**Pace Time:** Marathon 3:05

**Name:**

**Home City & State:**

**Age:**

**Occupation:**

**First Marathon and/or Half Marathon:**

**Marathon and/or Half Marathon Personal Record:**

**Number of Marathons and Half Marathons completed:**

**Previous Pacing Experience:**

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

# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:10

**Name:** Scott Wilmes

**Home City & State:** Liberty, Missouri

**Age:** 46

**Occupation:** System Architect

**First Marathon and/or Half Marathon:** Kansas City Marathon 2013

**Marathon and/or Half Marathon Personal Record:** 2:47 Bayshore Marathon 2023

**Number of Marathons and Half Marathons completed:** 44

**Previous Pacing Experience:** This will be my fourth year pacing Des Moines Marathon and a good number of my completed marathons were completed while pacing. Denver and Baton Rouge are my furthest traveled pacing marathons.

**Interests, hobbies, and any other information your pace team might like to know about you:** Running is my primary activity, but I do enjoy biking as well and can swim well enough to compete in triathlons. I've also participated in Ragbrai with this year being my 4<sup>th</sup> time to complete it.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:20

**Name:** Khris Vickroy

**Home City & State:** Iowa City, IA

**Age:** 48

**Occupation:** Analyst

**First Marathon and/or Half Marathon:** Oz Marathon (now Garmin Marathon) 2011

**Marathon and/or Half Marathon Personal Record:** 2:54:24, Boston 2021

**Number of Marathons and/or Half Marathons completed:** I've done 34 official marathons including 5 of the 6 World Majors (Chicago, NYC, Boston, Berlin and London)

**Previous Pacing Experience:** I have paced 17 marathons and this will be my 7<sup>th</sup> time pacing for the Des Moines Marathon.

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

I've been running for over 15 years and started off with 5Ks and moved to Triathlons before focusing on Marathons and Ultra Marathons. I've completed 10 100 mile races so far with my goal to get to the Western States 100 and I will be running UTMB in France next year. While we are knocking out 26.2 miles together, I can pass the time by answering any questions you have about running, training, recovery, what races to do or I can just tell you a few fun stories. I am an experienced runner and will get you to the finish line.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:25

**Name:** Jesse Veenstra

**Home City & State:** Sioux Center, IA

**Age:** 37

**Occupation:** Finance Professor

**First Marathon and/or Half Marathon:** 2014 Madison Marathon

**Marathon and/or Half Marathon Personal Record:** 3:09 – White River marathon 2018

**Number of Marathons and/or Half Marathons completed:** 12 marathons

**Previous Pacing Experience:** I've paced Des Moines Marathon twice, Sioux Falls Marathon twice and Twin Cities once.

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

I compete in Ironman Triathlon, nine time finisher, and raced at the 2022 World Championships in Kona, HI in 2022 and 2023 in Nice France last month. I'm an assistant cross-country coach at Dordt University – the 2022 NAIA National Champions.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:30

**Name:** Nick Elliott

**Home City & State:** West Des Moines, IA

**Age:** 43

**Occupation:** Non-Profit

**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/or Half Marathons completed:** 19 Marathons

**Previous Pacing Experience:** This will be the fifth time I've paced Des Moines Marathon. I've also paced the Half Marathon three times and the Hungry Turkey Half Marathon twice. I enjoy being able to help others meet their race goals and hear all of the stories about what brought them to this race.

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

I am a proud father of two boys (6 & 8) who enjoy the outdoors. My wife is an ultrarunner with many ultramarathons under her belt. I enjoy being outdoors, whether its running, biking, hiking, yardwork, or watching the boys. This year I completed the Boston Marathon, London Marathon and the Bix 7. I truly appreciate having the opportunity to be your pacer and look forward to your strong performance and helping you achieve your marathon goal!



# **IMT Des Moines Marathon Pacer Bio**

## **Sponsored by Fitness Sports**

**Pace Time:** Marathon 3:35

**Name:**

**Home City & State:**

**Age:**

**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 Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:40

**Name:** Jay Udey

**Home City & State:** West Des Moines, IA

**Age:** 38

**Occupation:** Test Engineer

**First Marathon and/or Half Marathon:** 1<sup>st</sup> Marathon – IMT Des Moines Marathon 2017, 1<sup>st</sup> Half Marathon – sometime in college

**Marathon and/or Half Marathon Personal Record:** Marathon PR – 3:02:48, Des Moines 2022. Half Marathon PR – 1:25:04, Drake Relays Half Marathon 2019

**Number of Marathons and/or Half Marathons completed:** 5 marathons and several half marathons

**Previous Pacing Experience:** This is going to be my first time pacing a race. I'm excited to pace the Des Moines Marathon as I've been able to run it in the past and had great experiences from other pacers during my races.

**Interests, hobbies, and any other information your pace team might like to know about you:** I'm pretty interested in running and enjoy talking/geeking out about any facet of it from training, shoes, nutrition, etc. and look forward to chatting as we cover the miles together. I am super excited to cover the distance with whoever would like to join me and hope we can have a great time doing it!





# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:45

**Name:** Michael Wilson

**Home City & State:** Altoona, IA

**Age:** 40

**Occupation:** Videographer

**First Marathon and/or Half Marathon:** The inaugural Des Moines Marathon 2002

**Marathon and/or Half Marathon Personal Record:** Boston Marathon 2023 | 2:50:30

**Number of Marathons and/or Half Marathons completed:** 30 marathons and 15 half marathons

**Previous Pacing Experience:** While I've paced numerous friends through longer runs and speed work segments, I've never been an official pacer! I want to share my experience and enthusiasm with those running their first marathon or shooting for the time goal of 3:45. I coached Cross Country at Dowling Catholic High School and Des Moines Christian High School and have a passion for helping fellow runners find a love for the sport!

**Interests, hobbies, and any other information your pace team might like to know about you:** I'm an avid snowboarder and traveler who likes to experience new places and people! I can't wait to meet you and help you succeed running the Des Moines Marathon!



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:50

**Name:** Bill Garrett

**Home City & State:** Davenport, IA

**Age:** 47

**Occupation:** Financial Representative

**First Marathon and/or Half Marathon:** QC Marathon 2010

**Marathon and/or Half Marathon Personal Record:** 2:54 in 2023

**Number of Marathons and/or Half Marathons completed:** 4 marathons

**Previous Pacing Experience:** I have paced for the Brooklyn New York, Champaign Illinois and QC Half Marathon. I am excited to help other runners achieve their running goals.

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

I enjoy running each day. I like to travel and experience new things. I am a Board Member for the Mississippi Valley Boys and Girls Club, QC Symphony Orchestra, and serve on the Family Selection Committee for Habitat for Humanity.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 3:55

**Name:** Andy Bernholtz

**Home City & State:** Ankeny, IA

**Age:** 35

**Occupation:** Procurement Coordinator – Convergent Technologies

**First Marathon and/or Half Marathon:** IMT Des Moines Marathon 2012

**Marathon and/or Half Marathon Personal Record:** Houston Marathon 2022: 3:18

**Number of Marathons and/or Half Marathons completed:** 20+ marathons

**Previous Pacing Experience:** I've paced the Turkey Half Marathon several times and also paced the 3:55 group at last year's IMT Des Moines Marathon. I look forward to crossing the finish line with you!

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

I grew up in Carroll, Iowa and graduated from 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 5 ½ year old boy named Beckett. I am a triathlete and have finished more than 75 triathlons, including the Ironman distance now 7 times.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 4:00

**Name:** Jim Thornton

**Home City & State:** Ankeny, Iowa

**Age:** 52

**Occupation:** Attorney

**First Marathon and/or Half Marathon:** Des Moines Marathon 2011

**Marathon and/or Half Marathon Personal Record:** 3:21:24 at Houston Marathon, 2016

**Number of Marathons and/or Half Marathons completed:** Marathons - 16

**Previous Pacing Experience:** I have paced multiple half marathons and paced this same pace group in last year's Des Moines Marathon. I am excited to help my pace group meet their goals this year!

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

I started out as a swimmer and runner but have now become passionate about triathlon. I have done 4 full Ironman races and recently finished the Ironman Men's World Championship in Nice, France. I am also actively involved in my church and in volunteer activities in the community.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 4:05

**Name:** Jeremy Feitelson

**Home City & State:** West Des Moines, IA

**Age:** 49

**Occupation:** Attorney

**First Marathon and/or Half Marathon:** Des Moines Marathon 2010

**Marathon and/or Half Marathon Personal Record:** 3:34.30 - Louisville KY Derby Marathon 2016

**Number of Marathons and/or Half Marathons completed:** 23

**Previous Pacing Experience:** As a pacer, one – 2022 Des Moines Marathon. Using a pacer, quite a few.

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

This will be my 8<sup>th</sup> Des Moines Marathon

If you run with me I guarantee that you'll get a Boston qualifying time...it just might not match your age.

Fun fact about me...I've never been to the moon, but I've been close enough to see it.

"Historical Facts" discussed during the marathon may actually be "opinions" and not necessarily true.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 4:20

**Name:** Justin Theuner

**Home City & State:** Rochester, MN

**Age:** 36

**Occupation:** IT Programmer

**First Marathon and/or Half Marathon:** Twin Cities Marathon 2017

**Marathon and/or Half Marathon Personal Record:** GO! St. Louis Marathon 2018, 3:47:14

**Number of Marathons and/or Half Marathons completed:** 23 full marathons/lost count of half marathons

**Previous Pacing Experience:** Fargo Marathon 2019, Mankato Marathon 2019, Sioux Falls Marathon 019, Colorado Marathon 2022, Des Moines Marathon 2022, Little Rock Marathon 2023, Med City Marathon 2023, Indianapolis Marathon 2023

**Interests, hobbies, and any other information your pace team might like to know about you:** During Covid I decided to start a run streak and stuck with it. I'm currently over 1,000 days in without missing as least a mile every single day. Running is just part of my daily routine and I would be lost without it. I'm a huge car guy, outside of running I enjoy wrenching on cars and going to car meets and cruises with my friends. If you enjoy cars as well we will have lots to talk about while we run together. Bonus points if you love Corvettes as well. 😊



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 4:35

**Name:** Clint Jones

**Home City & State:** West Des Moines, IA

**Age:** 48

**Occupation:** Investment Analyst

**First Marathon and/or Half Marathon:** 2008 Calgary Marathon

**Marathon and/or Half Marathon Personal Record:** 3:13:17, 2018 Tunnel Light Marathon

**Number of Marathons and/or Half Marathons completed:** 81 Marathons (11 IMT Des Moines Marathons).

**Previous Pacing Experience:** 2018, 2019 and 2022 IMT Des Moines Marathons

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

I typically run 6-8 marathons a year. I have recently completed my goal of completing a marathon in all 50 states. I have completed the 6 World Marathon Majors (Boston, NY, Chicago, Tokyo, Berlin and London). Apart from running, I enjoy spending time with my 4 kids (21, 18, 16, 14 and watching them compete at soccer and gymnastics. I was born and raised in Calgary, Canada. I root for the NHL's Calgary Flames hockey team. I enjoy golfing, and I love chocolate.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 4:50

**Name:** Gwen Thomas

**Home City & State:** Fargo, ND

**Age:** 46

**Occupation:** Research Specialist

**First Marathon and/or Half Marathon:** Fargo Marathon 2008

**Marathon and/or Half Marathon Personal Record:** Fargo Marathon 2011, 3:41

**Number of Marathons and/or Half Marathons completed:** 37 Marathons, 117 Half Marathons

**Previous Pacing Experience:** I ran my first marathon in 2008 and started pacing in 2012. Running started as a hobby and has now become a passion. Some of the races I've paced include the Fargo Marathon, Twin Cities Marathon, Grandma's Half Marathon, Chicago Marathon and many others. I enjoy helping runners reach their goals and talking to them about their future events.

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

I live with my husband, Ben, and our two dogs Scuttle and Scout. In addition to running I'm an avid soccer and hockey player.





# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 5:05

**Name:** Ashley Gramza

**Home City & State:** Little Rock, AR

**Age:** 37

**Occupation:** Conservation Social Scientist

**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/or Half Marathons completed:** 39 marathons, 18 ultramarathons, and numerous half marathons.

**Previous Pacing Experience:** I've paced the Des Moines Marathon, LR Marathon 3x, Fort Smith River Valley Half 2x, Memphis St. Jude Marathon 2x, Denver Colfax Marathon, Garmin Oz Marathon, Lincoln Marathon, Oklahoma City Marathon 2x, Kansas City Marathon, Fort Smith Marathon, Air Force Marathon and the Team Loco Marathon.

**Interests, hobbies, and any other information your pace team might like to know about you:** 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. While I prefer trail running with my hound, Kevin, pacing has been my new passion because it provides an awesome way to meet new people, learn about new cities, and help runners achieve their goals. On course, I love to point out cool wildlife and birds to help the miles melt by. I look forward to running with you soon!



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 5:20

**Name:** Julie Lindgren

**Home City & State:** Minneapolis, MN

**Age:** 54

**Occupation:** Child Care Director

**First Marathon and/or Half Marathon:** Twin Cities Marathon October 2011

**Marathon and/or Half Marathon Personal Record:** Fargo Marathon 3:54:57

**Number of Marathons and/or Half Marathons completed:** 150+

**Previous Pacing Experience:** Have paced over 100 races

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

I grew up in rural ND with a class size of 9. When I'm not running I enjoy traveling and spending time with my family.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 5:20

**Name:** Tom Perri

**Home City & State:** Maple Grove, MN

**Age:** 62

**Occupation:** Insurance/Mental Health

**First Marathon and/or Half Marathon:** Twin Cities Marathon 1993

**Marathon and/or Half Marathon Personal Record:** 2007 Fargo Marathon, 3:35

**Number of Marathons and/or Half Marathons completed:** Over 600 and 3 ultras.

**Previous Pacing Experience:** This will be my 17<sup>th</sup> IMT Des Moines Marathon and have paced multiple different times. I have paced numerous other running events besides the marathon distance, although my favorite pacing experience is the marathon distance. I had paced and raced in all 50 states multiple times without cancer, and now I am currently trying to complete pacing in all 50 states and pacing throughout the world since a Stage 4 cancer diagnosis on 7/30/2019.

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

I have completed the Duluth in-line skate marathon and multiple Pump-N-Run events. I have completed Ironman bike rides, duathlons and the runner on triathlon relay teams. I love to read a variety of books. Also I was inducted into the White Castle Hall of Fame class of 2020 as a "Craver Maniac," where my story was told on Slider boxes in 2022.



# IMT Des Moines Marathon Pacer Bio

## Sponsored by Fitness Sports

**Pace Time:** Marathon 5:30

**Name:** Kristina Funseth

**Home City & State:** Minneapolis, MN

**Age:** 43

**Occupation:** HR Data Analytics

**First Marathon and/or Half Marathon:** 2006

**Marathon and/or Half Marathon Personal Record:** Grandma's Marathon, 2006 – 3:58

**Number of Marathons and/or Half Marathons completed:** I have finished over 100 full marathons, which includes multiple 50ks, two Ironmans, two 50 mile races and around 70 half marathons

**Previous Pacing Experience:** I started pacing in 2012 and love pacing 10 milers, half marathons and marathons including Fargo, Twin Cities, Grandma's, Marine Corp Marathon and many others.

**Interests, hobbies, and any other information your pace team might like to know about you:** Running, biking, swimming, playing piano



