



## IMT Des Moines Marathon Van Meter Industrial Pace Team Half Marathon Bios

**1:30**

**Joe Aulwes, 28**  
**Bondurant, Iowa**

**Occupation:** Web Developer

**First Half Marathon:** 1999 Drake Relays

**Half Marathon Personal Record:** 1:16:05 - 2009 Drake Relays

**Number of Half Marathons Completed:** 4 - half marathons and 7 - 20Ks all in Iowa. I've also run 3 marathons in 3 states.

**Half Marathon finish you're most proud of any why:** My first half marathon in 1999.

Previous experience in two 20Ks helped me determine my pace at that distance. My goal was to run even splits and I ended up setting a personal best that took 10 years to break. As I slowed down toward the end of the race, words of encouragement from complete strangers propelled me to the finish. I hope that I too can provide such uplifting words that will enable other runners to reach their goals.

**Previous Pacing Experience:** No formal pacing experience, but I use my Garmin to pace my running buddies.

**Interests, hobbies, etc.:** I just became a father in March, so that keeps me really busy. My wife and I attend a weekly Bible study group. We enjoy just hanging out with our family and friends. When I can find the time I look for a challenging rock to climb or mountain to ascend. When the day is waning and it's time to relax I relish a good beer.



**1:40**

**Dave Mable, 44**  
**Urbandale, Iowa**

**Occupation:** Owner and coach of GO! Training

**First Half Marathon:** I'll say 2006 IMT Des Moines, but I did a half ironman in 1985

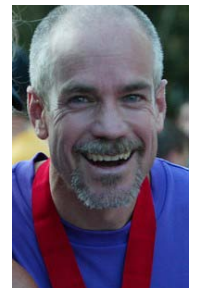
**Half Marathon Personal Record:** 1:27 – 2007 IMT Des Moines Marathon

**Number of Half Marathons Completed:** 4 in 1 state. That would be Iowa! I love the 'home court advantage'! People cheering for you and yelling your name all along the way – I love Des Moines!

**Half Marathon finish you're most proud of any why:** 2007 IMT Des Moines Marathon – I rocked it – ran a 6:42 pace and finished 26<sup>th</sup> out of more than 2000 participants – and 2<sup>nd</sup> in my age group. I had a great race and loved it

**Previous Pacing Experience:** 1:40 – 2008 IMT Des Moines Half Marathon

**Interests, hobbies, etc.:** I have run since high school (Johnston) and have competed in triathlons since 1982, most recently at Hy-Vee, 2009. I am also a competitive cyclist – competing in road and mountain bike racing events. My wife, Dee, and I compete on an off-road tandem and have twice finished 2<sup>nd</sup> in the tandem division at the Leadville 100 mountain bike race. While my half marathon answers may be a little boring – I do have quite a history of running – I've completed 6 marathons, The inaugural Des Moines, plus 3 others, Cleveland, Chicago and Philadelphia – fastest, Cleveland 3:22, slowest – Philly, 4:30.





## IMT Des Moines Marathon Van Meter Industrial Pace Team Half Marathon Bios

**1:50**

**Matt McCright, 50**  
Urbandale, Iowa

**Occupation:** Information Security in Financial Services

**First Half Marathon:** Fall 1976, Ames, IA

**Half Marathon Personal Record:** I honestly don't know. I am a lot slower than I was 20 or 30 years ago.

**Number of Half Marathons Completed:** 9 or so.

**Half Marathon finish you're most proud of any why:** Always my last. In this case, 1:50:00 as a pacer at last year's IMT Des Moines Half Marathon. I feel lucky each time for being able to complete a hard run.

**Previous Pacing Experience:** This is my second formal pacing experience. Last year, a group of individuals hoping to finish at 1:50 stayed on pace until around 10 miles. Some felt good enough to move ahead, and beat their target pace. Others struggled, and drifted back. As far as I could tell, most finished under 1:55. Part of my responsibilities as a pacer is to complete the race on pace. The other major task is to help everyone in the 1:50 group to meet their goal. This year I will work harder at more effectively encouraging everyone in the group to meet their 1:50 challenge and achieve their 1:50 goal (or better).

**Interests, hobbies, etc.:** I am interested in a broad range of fields and activities, and have especially enjoyed watching the world "shrink" as my job in Des Moines now involves working regularly with individuals from around the U.S, Mexico, Chile, China, & India (my running shoes have collected dirt from almost everywhere I have travelled). I am a year-round runner, and running has been a lot more about health maintenance and stress management, than about racing. I do at least one long run weekly, along with a variety of other distances and speeds the other days. When our schedules permit, I also walk and sometimes jog with my wife of 24 years, Jane Robinette (a runner in spirit).



**2:00**

**Kent Altena, 37**  
Polk City, Iowa

**Occupation:** Network Engineer

**First Half Marathon:** 2006 IMT Des Moines Half Marathon, 1:55:31

**Half Marathon Personal Record:** 1:42:38 - 2007 Sioux Falls Half-Marathon

**Number of Half Marathons Completed:** 6 in 2 states

**Number of Marathons Completed:** 2 (Des Moines and Quad Cities Marathon)

**Half Marathon finish you're most proud of any why:** It would be the 2007 Sioux Falls HM.

I was in the best shape of my life, and actually could have finished quicker if I had not underestimated my level of fitness at the time. When I realized mid-race I was over 7 minutes ahead of my goal time, I slowed down to prevent a poor finish. After two slower miles, I realized that I was going to push it and see what was possible. I set a PR by 7 and half minutes.

**Previous Pacing Experience:** 2:10 - 2008 IMT Des Moines Half Marathon.

**Interests, hobbies, etc.:** 4 ½ half years ago I weighed 429 pounds. I knew I was slowly killing myself and had an extreme case of sleep apnea. Seeing my former Iowa National Guard buddies be deployed to Kosovo and my brother have success with Atkins Diet, I started the Atkins Diet and proceeded to lose over 211 pounds over the next 15 months. After losing weight, I reenlisted with the National Guard, which led me to start running again. Training for the 2006 IMT Des Moines Half Marathon was instrumental in me keeping the weight off by giving me a new goal to train and shoot to achieve. Besides running, I am a father to 4 great kids and a volunteer firefighter for Polk City.

Here's the link to my weight loss success story: <http://www.youtube.com/watch?v=kmRaD683OXU>





## IMT Des Moines Marathon Van Meter Industrial Pace Team Half Marathon Bios

**2:10**

**Carrie Van Quathem, 37**

**Urbandale, Iowa**

**Occupation:** Pediatric Physical Therapist

**First Half Marathon:** I think it was the 1995 Richmond, Virginia half-marathon.

**Half Marathon Personal Record:** Not sure I remember (a sure sign I'm getting old). Recently, it was 1:40 at Drake this year. I have run many in the upper 1:30s and low 1:40s.

**Number of Half Marathons Completed:** At least 20 in 2 states. I have completed 18 marathons in at least 7 states.

**Half Marathon finish you're most proud of any why:** I finished the 2006 IMT Des Moines Half Marathon in 1:46 only 3 months after having my second child. I did the Boston marathon in 2007 in 3:34 when that same child was only 9 months old. Running these races after having experienced such a life changing event as becoming a mother was a very powerful experience and reinforced the importance of passing on my love of running and exercise to my children.

**Previous Pacing Experience:** 3:50 – 2008 IMT Des Moines Marathon. I have run multiple marathons in many states and often will access the pace groups to help me meet a goal. These experiences have led me to realize what an important and exciting role the pace groups have in half-marathons and marathons. Sharing experiences and learning from others in the group is a very powerful motivator and makes the distances seem shorter.

**Interests, hobbies, etc:** I am married and have 2 daughters, age 3 and 5. I have a life-long love of running and other sports (basketball, volleyball, triathlon, backpacking), which led me to my career in physical therapy. One of the best side effects of running is that I enjoy cooking and don't have to worry about enjoying desserts!



**2:20**

**Jerry Paisley, 56**

**Clinton, Iowa**

**Occupation:** Quality lab tech

**First Half Marathon:** Park to Park Half Marathon 2006, Waterloo, Iowa

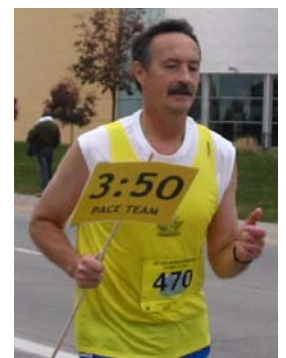
**Half Marathon Personal Record:** Park to Park Half Marathon 2006, Waterloo, Iowa – 1:39:45

**Number of Half Marathons Completed:** 3 half marathons in 1 state and 21 marathons in 10 states

**Half Marathon finish you're most proud of any why:** Haven't run enough to be proud of any half-marathons, but am most proud of 2006 Boston Marathon because I set my Personal Record in Boston.

**Previous Pacing Experience:** Have paced in 9 marathons including 3 times in Des Moines (3:50 and 4:15).

**Interests, hobbies, etc.:** I like a variety of sporting activities and enjoy watching the Cubs.





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### 2:30

Jere Wood, 58

Clinton, Iowa

**Occupation:** Accountant

**First Half Marathon:** 1993 Quad City Distance Classic.

**First Marathon:** 1998 Quad Cities Marathon.

**Half Marathon Personal Record:** 1:45:42 - 2006 Park to Park Half-Marathon

**Marathon Personal Record:** 3:43:55 - 2004 Detroit Free Press International Marathon.

**Number of Half Marathons Completed:** A multitude of half-marathons in 2 states (IA and IL). Have also completed 26 marathons in 12 states plus the District of Columbia.

Half Marathon finish you're most proud of any why: 2006 Park to Park Half-Marathon because I set a PR in my 17<sup>th</sup> year of running and took 2<sup>nd</sup> place in the 50 to 55 age division, just 30 seconds behind the leader.

**Previous Pacing Experience:** 5:30 - 2006 IMT Des Moines Marathon, 5:00 – 2007 A1A marathon in Fort Lauderdale, Florida, 2:30 – 2007 IMT Des Moines Half-Marathon, 2:20 - Air Force Half-Marathon in Dayton, Ohio, 2:10 - 2007 Quad Cities Half-Marathon, and 2:20 for both the Des Moines and Quad Cities Half-Marathons in 2008.

**Interests, hobbies, etc:** Divorced with four children ages 18 to 36. After participating in aerobics at the local YMCA for 10 years, I quit at age 40 to take up running. I ran my first half-marathon 2 years later and my first marathon 7 years later. In 2007 an injury put a stop to my marathon running but I continue to enjoy running the half-marathon distance. As a cross training activity, I took up cycling in 2005. I found that I really liked cycling and rode my first RAGBRAI in 2005. Since then I ride one or two 5 to 8 day bicycle tours each summer. I highly recommend joining a training group when training for a marathon or half-marathon. The support and camaraderie of a training group is priceless.





## IMT Des Moines Marathon Van Meter Industrial Pace Team Half Marathon Bios

### Tara Thomas, 53

Johnston, Iowa

**Occupation:** Tax Accountant

**First Half Marathon:** The Rib Run (Kansas City, MO) – 1999, 2:14.52

**Half Marathon Personal Record:** 2:08.28 - Omaha Half-Marathon, 2001

**Number of Half Marathons Completed:** 4 in 3 states

**Half Marathon finish you're most proud of and why:** The Rib Run in Kansas City, MO.

It was my first half-marathon and around mile 3 a very nice man who had run many marathons started running next me. He stayed with me to the finish, helping me through a couple of rough spots along the way. It was then that I became aware of the concept of pacers and chose my first marathon the next year based on the fact that it offered pacers.

**Marathon Personal Record:** 4:43.52 - Twin Cities Marathon, 2001

**Number of Marathons Completed:** 8 in 6 states

**Marathon finish you're most proud of and why:** Twin Cities Marathon, 2001. The marathon was only 3 weeks after September 11<sup>th</sup> and the crowd really lifted my spirits. The streets were lined almost the entire way with thousands of spectators all wearing red, white, and blue and waving the American flag.

**Previous Pacing Experience:** 5:00 – 2003 and 2004 Des Moines Marathon, 2:30 – 2005 IMT Des Moines Half Marathon

**Interests, hobbies, and any other information your pace team might like to know about you:** Running (of course), walking, and biking. I also love to work in the yard and I collect antiques, Windsor diamond depression glass, and Gone With the Wind memorabilia. I am a devoted “Mom” to 2 German shepherds and 5 cats. My husband Dave and I celebrated our 25<sup>th</sup> anniversary in November 2008. This is my sixth year serving as the IMT Des Moines Marathon Pace Team Coordinator.

