



**IMT Des Moines Marathon
Running Room Pace Team
Half Marathon Bios**

1:23 (New York City Marathon qualifier)

Joe Aulwes, 30

Bondurant, Iowa

Occupation: Web Developer

First Half Marathon: 1999 Drake Relays

Half Marathon Personal Record: 1:10:16 - 2011 Lincoln Half Marathon

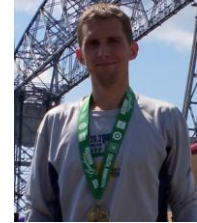
Marathon Personal Record: 2:31:28 - 2011 Little Rock Marathon

Number of Half Marathons Completed: 7 half marathons and 9 20Ks in 2 states.

Half Marathon finish you're most proud of any why: 2010 IMT Des Moines Half Marathon. I had a goal of sub 1:11:00 to qualify for the Chicago marathon elite development corral. I got an injury about 6 weeks before the race and had to skip a few key workouts and a tune up race. Going into the race I didn't know what to expect. Mile 9 had to be the toughest part of the race, but with 5k to go I dug deep picking up the pace to finish 8 seconds under the qualifying time.

Previous Pacing Experience: 2009 IMT Des Moines Half Marathon – 1:30.

Interests, hobbies, etc: I am a father of a two year old girl and my wife is due with our 2nd child in November, so that keeps me really busy. We enjoy just spending time with our family and friends. I love to go camping, rock climbing and cycling but with our busy lives we spend more time relaxing at home to a movie or our favorite TV show.



1:30

Eric Cogdill, 30

Ames, Iowa

Occupation: Ames High School Math Teacher, Assistant Girls XC and T&F Coach

First Half Marathon: 1:21:21 – 2001 Des Moines Marathon

Half Marathon Personal Record: 1:16:21 – 2011 'Round the Loch – Emmetsburg

Number of Half Marathons Completed: 5 in 1 state (overall champion of 2)

Marathon Personal Record: 2:45:30 – 2010 Run for the Ranch – Springfield, MO

Number of Marathons Completed: 3 in 3 states (overall champion of 2)

Half Marathon finish you're most proud of and why: In 2005, I ran the O' Round the Loch Half Marathon in Emmetsburg the morning after an ice/snow storm. Only 14 people completed the half marathon in the brutal conditions. I ran the race wearing track spikes to prevent slipping on the ice-covered roads. I often think of that race when the heat index reaches 100 degrees and I still need to run for the day, which reminds me that conditions could be much worse. A picture from the race remains on the organizer's website.

Previous Pacing Experience: 2010 IMT Des Moines Half Marathon – 1:30. We had a great time and a very successful race!

Interests, hobbies, etc.: I enjoy spending time with my wife of 6 years and our two kids Lincoln and Natalie. In addition to enjoying my family, I still feel like a little farm boy at heart and love anything outdoors, especially fishing or skiing at the lake. I have to add that my most eye-popping run was in 2001 when I covered 45.21 miles in just 6 hours at The Equalizer Run in Des Moines, which today remains the event record distance.





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1:40

Brian Palmer, 43

Des Moines, Iowa

Occupation: Building Inspector

First Half Marathon: 2001 Drake Relays (1:40:45)

Half Marathon Personal Record: 1:29:18 - 2008 April Sorenson Memorial Run, Albert Lee, MN

Number of Half Marathons Completed: 12

Half Marathon finish you're most proud of and why: I'm very proud of my first half marathon at Drake in 2001 because I had never raced that distance before and came in with a very good finishing time. I felt like I was in good shape because I was training for my first marathon (Mayor's Midnight Sun Marathon in Anchorage, Alaska in June 2001). The race went well and I felt strong the whole way. I'm also very proud of breaking my PR in 2008 in Albert Lee. I was training hard for the Chicago Marathon and it was a lonely route on county blacktop and gravel roads. But my training paid off and I overcame some fatigue.

Previous Pacing Experience: 2009 & 2010 IMT Des Moines Half Marathon – 1:40. What a GREAT time! Got to run with some very exciting people and we had a fun time! Somehow in 2010, I nailed my goal of 1:40:00 on the nose!!

Interests, Hobbies, etc.: Skiing, mountain biking, running & marathon home remodeling projects. My wife and I both ran our first marathon together in Anchorage with the support of Team in Training. We had a great experience and have done several other fundraising events with them since. My 5 year old son loves to get out and run with us. He's starting to ride his bike along with us which is a great way to eat up the miles together! I do a little home remodeling when I can fit it in around family time and running.



1:50

Tom Scroggins, 40

Home City & State: Ankeny, Iowa

Occupation: IT Architect

First Half Marathon: 2005 IMT Des Moines Half Marathon

Half Marathon Personal Record: 2009 Drake Half Marathon – 1:31

Number of Half Marathons Completed: 14 Half Marathons and 7 20Ks – all in Iowa

Half Marathon finish you're most proud of any why: Drake Half, 2009. It was one of my best executed races. I relaxed through hills early and saved some energy for the end. I negative split the race and set a PR that I didn't expect.

Previous Pacing Experience: This is my second year pacing the 1:50 group for the IMT Des Moines Half Marathon.

Interests, hobbies, and any other information your pace team might like to know about you: When I'm not chasing my 2 kids around I like to train for triathlons.





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2:00

Kevin Benes, 26

Davenport, Iowa

Occupation: Student and Running Specialty Store Manager

First Half Marathon: Quad City Distance Classic, 2005

Half Marathon Personal Record: 2008 Pigman Half Ironman - 1:35

Number of Half Marathons Completed: 20+ in 5 states

Half-marathon finish you're most proud of any why: The Pike's Peak Marathon involves a half marathon that is straight up a mountain.

Previous Pacing Experience: 5 years pacing the Quad Cities Marathon, 1 year at Illinois Marathon, 1 year at IMT Des Moines Marathon

Interests, hobbies, etc.: I compete regularly in triathlons of various lengths and enjoy cycling when I am not training.



2:10

Kent Altena, 39

Polk City, Iowa

Occupation: Network Engineer

First Half Marathon: 2006 IMT Des Moines Half Marathon - 1:55:31

Half Marathon PR: 1:42:38 - 2007 Sioux Falls Half Marathon

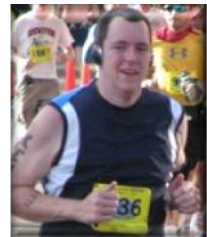
Number of Half Marathons Completed: 10 in 3 states

Number of Marathons Completed: 4 in 3 states

Half Marathon finish you're most proud of any why: It would be the 2007 Sioux Falls Half. I was in the best shape of my life and could have finished quicker if I had not underestimated my level of fitness at the time. When I realized mid-race I was well ahead of my projected goal time, I slowed down to prevent a poor finish. I realized that today was day to see what was possible. I set a PR by 7 and half minutes.

Previous Pacing Experience: I have paced the 2:10 group the last three IMT Des Moines Half Marathons.

Interests, hobbies, etc: Seven years ago, I weighed 429 pounds. I was slowly killing myself. Seeing my former Iowa Army National Guard buddies be deployed to Kosovo and my brother have success with Atkins Diet, I started the Atkins Diet and lost 211 pounds over the next 15 months. After losing weight, I reenlisted with the National Guard, which led me to start running again. Since then I have ran many half and full marathons, and I have used running to remain motivated and stay at my goal weight. Here's the link to my weight loss success story: <http://www.youtube.com/watch?v=kmRaD683OXU>.





**IMT Des Moines Marathon
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2:20

Kaiti Muelhaupt, 39

Des Moines, Iowa

Occupation: Probation/Parole Officer

First Half Marathon: Tail end of the 2002 Pigman ½ Ironman, Palo, IA - 1:39.

First Marathon: 2002 Grandma's Marathon - 3:31

Half Marathon Personal Record: 1:37 - 2009 Drake Relays Half Marathon

Marathon Personal Record: 2003 Boston Marathon - 3:18

Number of Half Marathons Completed: Can I count training runs? Hmmm, no? 5

Half Marathon finish you're most proud of any why: 2002 Drake's ½: Hail, Rain, Wind, Lightning, Thunder ...getting through that gave me "tough pioneer" points.

Previous Pacing Experience: 2:20 at the 2010 IMT Des Moines Half Marathon ~My Group Rocked!!!~

Interests, hobbies, etc.: Ironman (gives me an excuse to go slow & nap a lot), Baking, NPR, Reading, Guitar, Snowshoe Running & Wondering if I got everything ready for a race.



2:30

Natalie Welter, 53

Story City, Iowa

Occupation: Early Childhood Consultant, Heartland AEA

First Half Marathon: 2002 Drake Relays

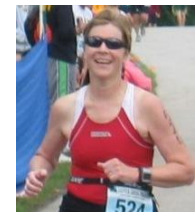
Half Marathon Personal Record: 2008 Philadelphia - 2:07:55

Number of Half Marathons Completed: 19 Half Marathons in 4 states, 13 Dam-to-Dam 20Ks, and 9 marathons in 5 states and 1 Canadian Province

Half Marathon finish you're most proud of and why: I am very proud of Philadelphia because it was my Personal Record and because I had trained smart, running a half marathon distance monthly for a year leading up to it. To PR at age 50 was amazing!

Previous Pacing Experience: I paced the IMT Des Moines Half Marathon in 2005, 2006, 2008, and 2010

Interests, hobbies, etc.: I have been running for 27 years, having started after my younger son was born in 1984. I had never run more than 9 miles at one time prior to 1999 when a great friend signed me up to train with the Leukemia and Lymphoma Society's Team-In-Training for a marathon. That was an unforgettable experience that changed my life. I love having a group of people to run with. I train regularly in Ames with Team Vardo and members of the Ames Area Running Club. I also like to bike and have completed three sprint triathlons and enjoy participating in RAGBRAI. In addition to running and biking, I love gardening, reading, and spending time with my family.





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Pace Team Coordinator

Tara Thomas, 54

Johnston, Iowa

Occupation: CPA

First Half Marathon: 1999 Rib Run 2:14.52

Half Marathon Personal Record: 2:08.28 – 2001 Omaha Half Marathon

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 11th 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, biking, and yoga. 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 dogs and 5 cats. My husband Dave and I will celebrate our 28th anniversary in November 2011. This is my eighth year serving as the IMT Des Moines Marathon Pace Team Coordinator.

