



IMT Des Moines Marathon Van Meter Industrial Pace Team Marathon Bios

3:00

Rob Semelroth, 33

Des Moines, Iowa

Occupation: Community Health Consultant – Iowa Department of Public Health

First Marathon: Chicago Marathon, 2001

Marathon Personal Record: 2:32:12, Austin Marathon, 2006

Number of Marathons Completed: 8 marathons, a 50K and a 50 miler in 5 states (7 counting ultras)

Marathon finish you're most proud of and why: Chicago Marathon in 2005. I ran an eight minute personal record and was two minutes faster than my goal time. It was the first marathon where I finished strong and ran even splits.

Previous Pacing Experience: I paced the 3:00 group at the 2008 Des Moines Marathon

Interests, hobbies, etc.: I have caught the ultra-marathon bug and am currently training for my second 50 miler in November. Unlike most people I know, I actually enjoy running on the treadmill. I have watched countless movies from start to finish while on my treadmill. When I am not running I'm usually trying to improve my golf game and playing sand volleyball. I also enjoy relaxing at home catching up with my TiVo play list.



3:10

Eric Hollander, 33

Des Moines, Iowa

Occupation: Dorky IT Programmer/Analyst

First Marathon: Des Moines, 2002

Marathon Personal Record: 2:46:52 - Grandma's, 2008

Number of Marathons Completed: 7 in 5 states

Marathon finish you're most proud of and why: The inaugural Des Moines marathon, seven years ago. It was my first. Toeing the start line, tender-green and nervous, I thought, "I must somehow cover 26.2 miles on two hairy sticks and a prayer. This is going to hurt." Three hours, five minutes later, I kissed the finish line and vowed that I'd never again subject my body and mind to the pain that the marathon doles out. The next autumn, I gingerly toed the line for my second.

Previous pacing experience: Led the 3:20 group at Des Moines last year, we finished at 3:19:45. We started with ten marathoners in the group, picked up about ten more stragglers midway, then slowly dwindled down to six tough runners the final miles. All six finished ahead of their goal time. I know the marathon is intimidating, especially if you are trying to push the pace to quality for Boston. I can help you get there.

Interests, hobbies, etc.: I'm a single dad, a Christian and prefer the simple pleasures of life. Running is a great gift. It freshens the mind and body, allows me to meet the best people through our running group at work (the SCRC, Serious Coin Running Club), and firms up mental toughness. I enjoy writing marathon recaps, and have had several published through a magazine out of England, Running Fitness Magazine.





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3:20

Guy Willey 35

Ames, Iowa

Occupation: Auto Dealer - Willey Auto Group

First Marathon: Des Moines Marathon, 2002

Marathon Personal Record: 2:52, Marine Corps-Washington D.C 2007

Number of Marathons Completed: 12 (including Ultra Marathons) in 6 states plus DC.

Marathon Your Most Proud Of And Why: 2006 New York City

Marathon- I wasn't in the best shape and started out slower than anticipated

(2 minutes off at 5k) but slowly worked my way back and ran a 2:53 on a tough course.

Previous Pacing Experience: This is my first time pacing a marathon.

Interest, Hobbies, etc.: I have been an avid runner since junior high school, running at Northern Iowa in college. I still do marathons, but ultra marathons and trail runs have been my focus of late. I also enjoy climbing Colorado's peaks, spending time with my 2 dogs, and all sorts of new adventures.



3:30

Paul Stein, 51

Rosemount, Minnesota

Occupation: Business Owner and Personal Trainer

First Marathon: Grandma's Marathon 2002, 3:57:58

Marathon Personal Record: 3:04:44 - Fox Cities Marathon, 2008

Number of Marathons Completed: 26 in 8 states.

Marathon finish you're most proud of and why: There would be

2. My 1st, as the distance is always a great unknown and to have

fun and finish strong and the 2nd would be Twin Cities Marathon 2006, running a week and a

half after tearing my ACL and still setting a PR.

Previous Pacing Experience: 3:20, 2009 Minneapolis Marathon

Interests, hobbies, etc.: Enjoy training runners both running and through PT to achieve their best. Really enjoy the camaraderie that comes with this activity. I've been married to a

wonderful woman who tolerates me for 24 years. Enjoy off time with my dogs up at one of the city lakes.





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3:40

Suzie Scheer, 45
Leawood, Kansas

Occupation: Church of the Resurrection - Matthew's Ministry - a ministry for children and adults with special needs

First Marathon: Grandma's Marathon - 1990

Marathon Personal Record: 3:09 - Nashville Marathon, 2004

Number of Marathons Completed: 20 including a trail marathon and a ½ Ironman in 9 states (KS, MN, NY, MA, FL, NE, TN, MO, and IA).

Marathon finish you're most proud of and why: It's hard to beat the fall marathons of Twin Cities, however my favorite is Nashville. Not only was it my PR, but a great, well orchestrated race.

Previous Pacing Experience: 3:40 – 2008 IMT Des Moines Marathon

Interests, hobbies, etc.: I ran cross country and track at the UNI (University of Northern Iowa) - 1982-1986. I'm married with two daughters ages 13 and 15, who are both very active in sports. Our evenings and weekends are spent either in gyms or ball fields – we wouldn't change it for anything!!



3:45

Russell Nieman, 40
Peosta, Iowa

Occupation: Accountant

First Marathon: Madison Marathon 1997

Marathon Personal Record: IMT Des Moines Marathon 2006 2:57

Number of Marathons Completed: 27 in 7 states

Marathon finish you're most proud of and why: Des Moines Marathon 2003. Definitely not a PR (3:13) but I was only able to run once in the month preceding

the race due to an injury. Struggled through the race and qualified for Boston.

Previous Pacing Experience: First Time Pacing! It has been a goal of mine to do this for years. It's a huge responsibility to have others count on you to reach a goal and we will get that 3:45.

Interests, hobbies, etc.: I have run Boston 6 times and absolutely love it (although I have yet to run it well!) I have also run Des Moines twice. You'll love the lap around the Drake track.





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3:50

Sam Ryder, 31

Menomonie, Wisconsin

First marathon: Grandma's Marathon, 2005

Marathon Personal Record: 3:10 – Med City Marathon, 2007 where I qualified for Boston

Number of Marathons Completed: 29 in 7 states.

Favorite marathon memory and why: I have too many to tell. I really enjoy meeting other runners and sharing advice. My first marathon was in 2005 and now I'm hooked on running as many marathons as I possibly have the time for. This is my first marathon in Iowa and I'm really looking forward to race day!

Previous Pacing Experience: Fargo, Stillwater, and Minneapolis. I always finish within 30 seconds of goal...guaranteed. Advice to first timers: Just run with a pace group and listen to your pace leader. They are there to help you finish and meet your goal. Running with a group is much easier than running alone. Have fun!

Interests, hobbies, etc.: Racquetball, boating, fishing, and running. Why run with Pacer Sam? I'm very motivating. I am always talking and getting the crowds into the race. I like to cheer on the group, and I like seeing runners reach their goals. Run with me and you will have a great time!



4:00

Mike Rassier, 57

Edina, Minnesota

Occupation: Computer programmer, Spanish teacher

First Marathon: Twin Cities Marathon 1997

Marathon Personal Record: 3:14 Oklahoma City Marathon 2004

Number of Marathons Completed: 17 in 6 states

Marathon finish you're most proud of and why: 2004

Oklahoma City Marathon; it was my PR and I ran it with my two brothers. We all placed and came home with trophies.

Previous Pacing Experience: 2009 Stillwater Marathon, 4:15 marathon pacer.

Interests, hobbies, etc.: When I'm not out running or cross-training, I enjoy studying and teaching foreign languages (Spanish, French and Guarani)





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4:15

John Reed, 58
Parma, Michigan

Occupation: Building Trades Plumber-Pipefitter

First Marathon: Detroit 2004, 3:50

Marathon Personal Record: 3:32, Akron, 2008

Number of Marathons Completed: 11 in 7 states.

Marathon Finish you are most proud of and why: Sunburst Marathon 2008 because it was the first marathon that I ran a steady pace and qualified for Boston. It was also my first marathon with no pain afterwards.

Pacing experience: 4:00 – 2009 A1A Marathon Ft. Lauderdale and 2009 Snickers Marathon, 4:30 - 2009 Madison Marathon

Interests, hobbies, etc.: I also like bicycling, walking and any other physical activity. I enjoy being outdoors and taking in all of the sights and sounds that are there. I have had my best marathons with the help of pacers, who kept me from going out too fast. I like pacing because it allows me to help others achieve their goals, make friends, share running experiences and just have fun while running.



4:30

Thomas (Tom) Perri, 48
Maple Grove, Minnesota

Occupation: Mental Health / Insurance

First Marathon: Twin Cities Marathon, 1993

Marathon Personal Record: 3:35 - Fargo North Dakota Marathon, 2007

Number of Marathons Completed: 155 (Des Moines will probably be my 162nd) in all fifty states. I have completed over 82 different marathons throughout the fifty states and currently have 28 states completed for my second time of completing all fifty states.

Marathon finish you're most proud of and why: Oklahoma City 2005 as I primarily walked the course after having major knee surgery.

Previous Pacing Experience: I have paced at Charlotte (1), Champaign/Urbandale (1), Des Moines (2), Fargo (2), Fox Cities (1), Green Bay (1), Indianapolis (1), Little Rock (1), Louisville (1), Miami (2), Minneapolis (1), and New Orleans (1). I have helped numerous friends with their first marathon experience as well as friends for a Boston qualifier.

Interests, hobbies, etc.: I have completed the Duluth In-line skate marathon. I have completed Ironman bike rides, duathlons, as well as the runner on triathlon relay teams. I love to read mystery books.





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4:45

Heidi Anhalt, 32

Cedar Rapids, Iowa

Occupation: Educator

First Marathon: Quad Cities Marathon, 2005

Marathon Personal Record: 4:00:32 -Twin Cities Marathon, 2006

Number of Marathons Completed: 7 in 4 states (IL, MN, IA and WI).

Marathon finish you're most proud of and why: The Twin Cities Marathon because I was able to finish strong and fast with a smile on my face while hitting my goal time dead on.

Previous Pacing Experience: I have never been a pacer but have run with pace teams in the past and enjoy the company, energy and support they provide.

Interests, hobbies, etc.: I started running in 2001 and completed my first marathon 4 years later. This will be my eighth marathon. I ran the Des Moines half in 2006 so I am excited to run the full this year. I find cross training to being key so I like to do triathlons and yoga. I am a member of the Cedar Valley Running Association and have sat on the board for the past two years. My board member duties are editor for the newsletter and being on the Alliant Energy Fifth Season Race committee. As a pacer I am hoping I get to run with first timers to help keep them motivated and energized to achieve their goals (and wanting to come back for more). I am also looking forward to running with veterans so we can swap stories and training strategies/ techniques.





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5:00

Tom Detore, 61
Lenexa, Kansas

Occupation: Factory Worker

First Marathon: Los Angeles Marathon March 9, 1986, 4:37:52

Marathon Personal Record: 3:29:06 – Quad Cities Marathon, 2004

Number of Marathons Completed: 237 marathons and 53 ultras (total = 290) in all 50 states. Completed all 50 states at New Jersey Shore Marathon on April 29th, 2001.

Marathon finish that I am most proud of and why: October 9th, 2004 Lake Tahoe Marathon. It was my third marathon in three days completing my run around Lake Tahoe. The Lake Tahoe Marathon is known for its beauty as well as being one of the most difficult marathons in North America. That day everything went right for me. In a marathon that included 588 finishers I won my age group with a time of 3:52:57 by passing other runners up and down hills that are measured by the mile. The following weekend I ran the Des Moines Marathon the following weekend with a time of 3:50.

Previous pacing Experience: 4:30 - Omaha 2003 & 2006; 5:00 - Des Moines 2005 (the day after running a 50-miler in Nebraska), 2007 (the day after running the Kansas City Marathon), & 2008; and 4:15 – Des Moines 2006.

Interests, hobbies, etc.: I love to read books that I can learn from. Reading and running are my two passions in life. I have been a vegetarian since April 1977. I started running a year later. I eat a good diet every day and avoid all sweets and junk foods. I started running on the crest of the beach in Long Beach, CA. After eight years of this I had to learn how to run with shoes, so I could run the first Los Angeles Marathon in 1986. I married my late wife, Donna, in Hawaii the day before the 2007 Maui Marathon (and of course ran the marathon the following day). The 2008 Des Moines Marathon will be my 291st marathon / ultra.





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5:15

Rachele Kugel, 44

Des Moines, Iowa

Occupation: Human Resources Director

First Marathon: Omaha Marathon, 2002

Marathon Personal Record: 3:55:46 - Des Moines, 2005

Number of Marathons Completed: 8 marathons in 4 states and 14 ultras in 5 states

Marathon finish you're most proud of and why: My first one in Omaha in August 2002. It was incredibly hot, humid and hilly. I was disappointed to finish in 4:48, but looking back that doesn't seem too bad. Also, in 2005, I finished 3rd in my age group out of about 60 runners, but still missed my Boston time by less than five minutes!

Previous Pacing Experience: This will be my third time as a pacer. I paced 5:15 in the 2007 IMT Des Moines Marathon and 4:45 in the 2008 Des Moines Marathon and really had a great time. I'm really excited about being a volunteer and giving back to this great sport.

Interests, hobbies, etc.: I also participate in ultra marathons, and especially love the trail events. I also enjoy the timed ultras and look forward to participating in many more of these fun events in the future. My biggest claim to fame is being the overall winner of the Rebel Summer Scorcher in Sioux Rapids, Iowa in 2008! I have to admit that there were only 5 participants, and I was the only female, so I won the women's division pretty easily! I also have to say that I have won some prize money in a race. In 2006, I finished 2nd place--women's at the Brew to Brew 43 mile race, winning \$150! Does this make me a professional??? The longest distance I have completed to date is 100K in a 24 hour ultra. I hit 100K at about 14 hours and decided to call it quits. I hope to complete a 100 mile ultra marathon some day! Although my day job is being a Human Resources Director at a large law firm in downtown Des Moines, I'm also an adjunct faculty member at Simpson College, where I teach Management classes. My husband and I have two kids and a dog, and all that keeps me pretty busy!





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5:30

Steve Hughes, 60

Chicago, Illinois

Occupation: Retired

First Marathon: Arkansas Marathon, 1973

Marathon Personal Record: I don't remember, but it was a long time ago when I

had hair and did not have arthritis.

Number of Marathons Completed: 80+ in 50 states

Marathon finish you're most proud of and why: Each marathon is getting harder because I am aging and every injury lingers, so my latest marathon is the one of which I am most proud.

Previous Pacing Experience: I paced 5:00 at the 2009 Shamrock Marathon in Virginia and the 2009 New Jersey Marathon. I am scheduled to pace 5:30 at the upcoming Midsouth Marathon in Arkansas and the St. Jude Marathon in Memphis.

Interests, hobbies, and etc.: I am going to be a first-time grandfather in November.



Pace Team Coordinator

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 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, 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 25th anniversary in November 2008. This is my sixth year serving as the IMT Des Moines Marathon Pace Team Coordinator.

