



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

3:05

Eric Hollander, 35

Des Moines, Iowa

Occupation: Computer Programmer/Analyst for The Principal Financial Group

First Marathon: Des Moines Marathon, 2002 – 3:05

Marathon Personal Record: 2:33 - 2011 Grandma's Marathon

Number of Marathons Completed: 10 in 5 states

Marathon finish you're most proud of and why: I'll always remember my first marathon, the inaugural Des Moines Marathon nine years ago. That puppy greased the cogs and prepped me for many more years of long distance running. My most enjoyable marathon experience was this year's Grandma's Marathon in Duluth, MN. I pulverized shoes for six months, grinding 1,300 miles with training buds Greg Bell, Martin Popp, and Ryan Kramer. Our workouts were relentless and stupid, but we cashed in on race day. The four of us stuck together and charged like a herd of angry wildebeests, finishing with double-digit PRs. It was one of those rare, magical experiences that I may never see again.

Previous pacing experience: Led the 3:20 group at IMT Des Moines Marathon in 2008, finishing in 3:19:45. Our pack started with ten marathoners, we picked up ten more midway and dwindled down to six the final stretch. I also paced the 3:10 group at the IMT Des Moines Marathon in 2009. We finished in 3:08:45 and kicked the Boston qualifying time where it counts.

Interests, hobbies, etc.: I'm a single dad of a happy little girl, I blog about our fun times at www.BeardandPigtails.com. I try and keep pace with the Serious Coin Running Club each day over lunch at work. Coach Ryan and crew are the best.



3:10

Tony J. Stafford, 32

Currently living in Boulder, Colorado

Occupation: City of Boulder Parks & Recreation / Boulder Sports Performance

First Marathon: 2007 Chicago Marathon

Marathon Personal Record: 2:57 - 2010 Boston Marathon

Number of Marathons Completed: 35 in 20 states

Marathon finish you're most proud of and why: 2010 Bataan Memorial Death March Marathon. Broke the 20-year record for the "Fastest Marathon carrying a 40lbs. pack"...and it was my birthday!!

Previous Pacing Experience: I have paced approximately 10 marathons in the last two years with my assigned time either at 3:10 or 3:15.

Interests, hobbies, etc.: When I'm not running or working my 40 hrs/ week job I like watching movies, hiking or just hanging out.





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3:15

Don Sullivan, 37

Minneapolis, Minnesota

Occupation: Marketing / Education

First Marathon: 2008 Whistlestop Marathon; 3:31

Marathon Personal Record: 2:48 - 2011 Lake Wobegon Trail Marathon

Number of Marathons Completed: 20 in 9 states

Marathon finish you're most proud of and why: 2011 Lake Wobegon Trail. I had an ambitious goal of sub-2:50 after healing from a stress fracture in December of 2010. Not only did I hit my goal of breaking 2:50 I won the race!

Previous Pacing Experience: 2010 Stillwater Marathon (3:40), 2010 Minneapolis Marathon (3:40), 2010 Mankato Marathon (3:30), 2011 Eau Claire Marathon (3:15), 2011 Minneapolis Marathon (3:10).

Have also paced half marathons: 2010 New Prague Half (1:35), 2010 Gopher to Badger Half (1:30), 2010 Minnesota Half (1:30), 2010 Red Wing Half (1:35), 2011 Earth Day Half (1:30).

Interests, hobbies, etc.: I am an avid reader when I'm not busy working and running. I read a lot of history and philosophy. I am also an adjunct history teacher at a local college in St. Paul, MN. Teaching U.S. History is probably the most rewarding and exciting aspect of my "professional" career. One day I hope to exit corporate America and teach full-time.



3:25

Jay P. Johnson

Sauk Rapids, Minnesota

Age: 52

Occupation: Senior Fleet Manager

First Marathon: 1994 Twin Cities Marathon 1994

Marathon Personal Record: 2:40:48 – 1997 Grandmas Marathon

Number of Marathons Completed: 145 in 50 states

Marathon finish you're most proud of any why: 2011 Voyageur 50 mile trail marathon. Fifty miles in 90 degrees...enough said.

Previous Pacing Experience: FIFTH year at Des Moines. I have also paced in Hartford, CT, Fox Cities, WI, Grandma's, MN, Miami, FL and others.

Interests, hobbies, etc.: My hobbies are running and traveling. After completing a marathon in all 50 states and D.C. in October of 2004 my new quest has been completing a marathon in 50 countries, currently I have 26 countries to my credit with Ljubljana, Slovenia and Panama yet this year.





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3:30

Guy Willey, 37

Ames, Iowa

Occupation: Auto Dealer- Willey Auto Group (Ames and Nevada, Iowa)

First Marathon: 2002 Des Moines Marathon

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

Number of Marathons Completed: 14 (including Ultra Marathons) in 6 states plus DC.

Marathon You're Most Proud Of And Why: 2008 Mountain Masochist 54 mile ultra in the Blue Ridge Mountains of Virginia. This was my first ever Ultra, with almost 20,000 feet of elevation gain/loss on a very tough course.

Previous Pacing Experience: 3:20 pacer- 2009 & 2010 IMT Des Moines 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.



3:35

Paul Stein, 53

Rosemount, Minnesota

Occupation: Business Owner and Personal Trainer

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

Marathon Personal Record: 3:04:44 – 2008 Fox Cities Marathon

Number of Marathons Completed: 37 in 9 states

Marathon finish you're most proud of and why: There would be two. My first as the distance is always a great unknown and to have fun and finish strong and the second would be Twin Cities Marathon 2006 running a week and a half after tearing my ACL and still setting a Personal Record.

Previous Pacing Experience: Minneapolis 2009 (3:20) & 2010 (4:00), IMT Des Moines Marathon 2009 (3:30) & 2010 (3:40), Monster Dash ½ 2009 (1:40) & 2010 (2:00), Fargo 2010 (4:00), 2011 Lucky 7 Half (1:40), 2011 Minneapolis Half (2:00).

Interests, hobbies, etc.: Enjoy training runners, through running and physical therapy, to achieve their best. I really enjoy the camaraderie that comes with this activity. I have been married for 24 years to a wonderful woman who tolerates me. I enjoy off time with my dogs up at one of the city lakes.





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3:40

Suzie Scheer, 47

Leawood, Kansas

Occupation: Church of the Resurrection - Matthew's Ministry - a ministry for children and adults with special needs. Official Dog Runner for KCDOGRUNNERS. Yes, there are many caring dog owners that are unable to give their dogs the proper exercise so they hire dog runners.

First Marathon: 1990 Grandma's Marathon

Marathon Personal Record: 3:09 - 2004 Nashville Marathon

Number of Marathons Completed: 24 including a trail marathon in 8 states, also completed a ½ Ironman.

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 Personal Record, but a great, well-orchestrated race.

Previous Pacing Experience: 2008 & 2009 IMT Des Moines Marathon - 3:40.

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 15 and 17, who are both very active in sports. Our evenings and weekends are spent either in gyms or ball field. My oldest daughter and I spend a lot of time at the local shelter, running the dogs. Those dogs have a lot of energy. If you love to run and love dogs, contact your local shelter.



3:45

Sam Houston, 44

Cedar Rapids, Iowa

Occupation: President, Health Solutions, LLC

First Marathon: 2003 Chicago Marathon, 3:52

Marathon Personal Record: 3:10:14 – 2009 Champaign-IL Marathon

Number of Marathons Completed: 20 in 5 states; finished all in under 4 hours

Marathon finish you're most proud of and why: 2007 Boston Marathon, its Boston.

Previous Pacing Experience: Four times at the QC Marathon & once in the IMT Des Moines Marathon.

Interests, hobbies, etc. Running, family, & friends.





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3:55:00

Jason Zakaras, 29

Omaha, Nebraska

Occupation: KFC / Taco Bell Franchisee

First Marathon: 2009 Omaha Marathon – 4:57:58

Marathon Personal Record: 2011 Boston Marathon - 2:57:58

Number of Marathons Completed: 8 marathons/ultras in 6 states

Marathon finish you're most proud of and why: My first marathon was completed with my wife Jayci about 1 year after our first daughter, Lily, was born. We did not train for the distance but always wanted to tackle the distance together. We had a blast the entire way, stopping for pictures, dancing and a beer!

Previous Pacing Experience: I have paced friends and family through various races from 5Ks to marathons and I am very excited to lead this group to a 3:55:00 Marathon in one of the regions finest areas!

Interests, hobbies, etc.: I am very busy with work and family so I try to combine as many outside activities as possible when going to other areas for races. I enjoy camping, fly fishing, live music and snow skiing.



4:00

Andy Naumann, 29

Austin, Texas

Occupation: Software Engineer

First Marathon: 2008 Austin Marathon

Marathon Personal Record: 3:21:03 – 2011 Missoula Marathon

Number of Marathons Completed: 22 in 19 states

Marathon finish you're most proud of and why: 2010 Ironman Coeur d'Alene – Completing an Ironman triathlon was something I always dreamed about but never fully believed I could do, until I actually crossed the finish line.

Previous Pacing Experience: 4:15 - 2011 Madison Marathon

Interests, hobbies, etc: I love traveling around the country to run marathons, it is a great way to see new places and meet new people. As a pacer, I like to ask random trivia questions to provide some entertainment during the run. I write a blog about my running experiences, check it out here: <http://monthlymarathons.blogspot.com>.





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4:10

Jerry Paisley, 58

Clinton, Iowa

Occupation: Quality Lab Tech / Lyondell Chemical Company

First Marathon: 1997 Lake Front Marathon – Milwaukee

Marathon Personal Record: 3:32:52 – 2006 Boston Marathon

Number of Marathons Completed: 27 in 10 states

Marathon finish you're most proud of and why: 2006 Houston Marathon – Went to Houston to visit my son and run the marathon. It was my first time to qualify for Boston and it happened to be on my son's birthday. He, his girlfriend, and my wife were there to witness the event. Also, 2006 Boston Marathon because I set a Personal Record and my son was there for support.

Previous Pacing Experience: 2006 - 2010 Des Moines, 2007 Ft. Lauderdale, 2007 - 2011 Quad Cities, 2008 Houston, 2008 St. Louis and 2008 – 2011 Chicago.

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



4:25

Thomas (Tom) Perri, 50

Maple Grove, Minnesota

Occupation: Mental Health / Insurance

First Marathon: 1993 Twin Cities Marathon

Marathon Personal Record: 3:35 – 2007 Fargo Marathon

Number of Marathons Completed: 196 (IMT Des Moines Marathon will probably be 202). I have completed over 91 different marathons throughout the fifty states. Finished the fifty states in 2007 and currently have 32 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: Champaign/Urbandale (3) , Charlotte (3), Colorado Springs (1), Des Moines (4), Fargo (4), Fox Cities (3), Green Bay (3), Indianapolis (3), Jackson (2) Little Rock (3), Louisville (2), Miami (2), Minneapolis (3), Missoula (1), Olathe (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, and any other information your pace team might like to know about you: 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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4:40

Heidi Anhalt, 34

Cedar Rapids, Iowa

Occupation: Educator

First Marathon: 2005 Quad Cities Marathon

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

Number of Marathons Completed: 13 in 5 states
and Texas plus D.C.



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: In 2010 I paced 4:30 at the Quad Cities Marathon and 4:45 at the IMT Des Moines Marathon.

Interests, hobbies, etc.: I started running in 2001 and completed my first marathon 4 years later. This will be my 14th marathon. I find cross training to be 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 four 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.

4:55

Tom Detore, 63

Lenexa, Kansas

Occupation: Factory Worker

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

Marathon Personal Record: 3:29:06 - 2004 Quad-Cities Marathon

Number of completed marathons: 270 marathons and 62 ultras – 332. I completed all 50 states at the 2001 New Jersey Shore Marathon.



Marathon finished that I am most proud of and why: 2009 TIMTAM 50k in Ames, Iowa. This one I have run each year, since 2001. It was a favorite of my Donna, who ran her own aid station there each year. What makes this one so significant was that I lost my Donna to Lung Cancer 5 weeks before and I was dedicating this one to her memory. Although I trained very little the past 3 months or so, I was determined to leave all I had on the course. My finishing time was over 45 minutes faster than my best time before on this course. Having many friends there including the race director, Doug Bryner, gave me no shortage of cheering be on and congratulations at the finish. I felt like Donna was with me throughout this one.

Previous pacing experience: Omaha - 4:30 - 2003, 2006, and 2008. Des Moines - 4:15 - 2006; 5:00 - 2005, 2007 to 2010. Kansas City – 5:00 – 2010. Olathe – 5:15 – 2011. Lincoln – 4:55 – 2011. Wichita – 5:00 – 2011.

Interests, hobbies, etc. I have been running since 1978. I have been a vegetarian since 1977 and a vegan since 1994. The 2011 IMT Des Moines Marathon will be my 10th marathon since my February 16th, 2010, open heart surgery.



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5:10

Paul Wiederholt, 55

Clinton, Iowa

Occupation: Chemical Engineer

First Marathon: 1997 Twin Cities

Marathon Personal Record: 3:41:15 – 2003 Des Moines Marathon

Number of Marathons Completed: 27 +7 ultras in 10 states and Canada

Marathon finish you're most proud of any why: Pikes Peak Marathon – no explanation needed.

Previous Pacing Experience: I've led pace groups 10 times previously, with goal times ranging from 4:30 – 5:30. This includes 6 times pacing in the IMT Des Moines Marathon.

Interests, hobbies, etc: Iowa born and raised, a 1978 grad from ISU. Go Cyclones! Des Moines is my favorite marathon, I've run it every year. This year it's the only marathon I plan to run...as I've been spending some time on the trails running ultras. Participating in my first RAGBRAI this year has forced me to add some cycling as cross training. When I'm not running, you'll find me on the golf course or cruising on my Sportster.



5:25

Laurel Darren, 34

Davenport, Iowa

Occupation: Massage Therapist/ Sports Writer

First Marathon: 2005 St. Louis Marathon

Marathon Personal Record: 3:40:14 – 2008 Green Bay Marathon (I qualified for the Boston Marathon)

Number of marathons completed: NEVER DNF'd ever!! 18 completed (including Ironman) in 6 states; 5 Ultra marathons completed.

Marathon finish most proud of: For sure the Team in Training one I did in Alaska in 2005...it was so amazing to be hugged by so many people who have a form of cancer and their families are so grateful to have you do what you are doing. Next to that...to hear "LAUREL DARREN, MOLINE, IL YOU ARE AN IRONMAN." still gives me chills.

Previous pacing experience: 2010 IMT Des Moines Marathon: 5:30. Informally, my pal Missey Andrew was told she was not a REAL RUNNER unless she finished the Bix 7 road race in under an hour. We cleared 58 minutes in 2009. We ROCKED IT!!!

Interests, hobbies, etc: I am a QUAD CITY ROLLER on our roller derby team. I am also a sports writer, the only female in the Quad Cities. I love my greyhounds, Vinnie and Boss Hogg dearly. I have completed the Horribly Hilly 200K bike ride and will tackle the Leadville 100 Mountain Bike race in Leadville, CO in August 2011. I have to throw the IRONMAN finisher card only because it is so awesome to say you are an ironman especially since I could not swim at all one year prior and I picked the only Ironman to complete in which wetsuits are not allowed. (Louisville, KY 2009)





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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, 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 26th anniversary in November 2009. This is my 7th year serving as the IMT Des Moines Marathon Pace Team Coordinator.

