



**IMT Des Moines Marathon  
Pace Team presented by Fitness Sports  
Half Marathon Pace Team Bios**



**1:30**

Name: Kevin Brown  
Home City & State: Adair, IA  
Age: 35  
Occupation: Teacher

First Marathon (including marathon name and year): San Diego Marathon 2008

Marathon Personal Record (including marathon name and year): 2:48 NAIA National Collegiate Marathon

Number of Marathons completed: 23

Number of States you've completed marathons in: 22

Marathon finish you're most proud of and why: Boston in 2017, I had a bad IT Band injury, but still vowed to complete it for my special education students.

Previous Pacing Experience: Ran in college at Grand View University in Des Moines.

Interests, hobbies, and any other information your pace team might like to know about you: I coach cross country and track at a school in Iowa. I have three kids, two dogs, and one awesome girlfriend. Spending time with my family and friends is what I like to do the most. I always enjoy the half marathon distance!



**1:40**

Name: Paxton Bennet  
Home City & State: West Des Moines, IA  
Age: 48  
Occupation: Supervisor

First Marathon (including marathon name and year): IMT Des Moines 2007

Marathon Personal Record (including marathon name and year): Grandma's Marathon 2002. 2:49:58

Number of Marathons completed: 46

Number of States you've completed marathons in: 22

Previous Pacing Experience: More than twenty marathons and half marathons.



Interests, hobbies, and any other information your pace team might like to know about you: Assistant XC Coach at DSM Roosevelt, enjoy national parks, mountains, hiking, and wildlife/scenery photography.



**1:45**

Name: Shane Fantz

Home City & State: Des Moines, IA

Age: 42

Occupation: Business Analyst

First Marathon (including marathon name and year): IMT Des Moines Marathon 2021

Marathon Personal Record (including marathon name and year): IMT Des Moines Marathon 2021 - 2:58

Number of Marathons completed: 1

Number of States you've completed marathons in: 1

Marathon finish you're most proud of and why: I am most proud of achieving a sub-3-hour marathon and for all the fun miles it took to get there.

Previous Pacing Experience: none

Interests, hobbies, and any other information your pace team might like to know about you: I'm excited about the opportunity to pace this year. I hope to make the experience a good time for everyone who joins my group!



**1:50**

Name: Bikal Adhikari

Home City & State: Waukee, IA

Age: 49

Occupation: Employed

First Marathon (including marathon name and year): Above & Beyond Cancer Charity – Coast to Coast Relay Marathon 2013

Marathon Personal Record (including marathon name and year): IMT Des Moines Marathon 2018. 3:37

Number of Marathons completed: 6

Number of States you've completed marathons in: 3

Marathon finish you're most proud of and why: I celebrate the accomplishment after a long training



Previous Pacing Experience: IMT Des Moines Half Marathon 2021

Interests, hobbies, and any other information your pace team might like to know about you: Remote hiking, climbing non-technical, running, networking



**2:00**

Name: Bob Volp

Home City & State: West Des Moines, IA

Age: 44

Occupation: Data, Reporting, Analytics & Automation Manager

First Marathon (including marathon name and year): Marathon to Marathon (Storm Lake, IA) 2010. First "official" half marathon, Maple Grove (MN) Half Marathon, 2014

Marathon Personal Record (including marathon name and year): Marathon to Marathon 2013. 3:16:18  
Half Marathon: Dam to Dam 2015. 1:29:24

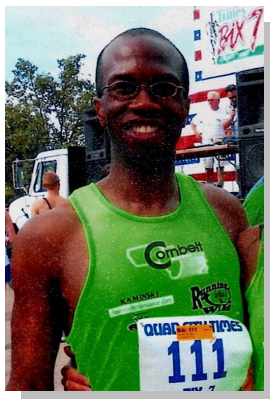
Number of Marathons completed: 22

Number of States you've completed marathons in: 12

Marathon finish you're most proud of and why: Every Marathon is an accomplishment to finish.

Previous Pacing Experience: I have paced the IMT Des Moines Marathon & Half-Marathon multiple times at various paces. In addition, I have paced at the Quad Cities & Fox Cities Marathons and the Drake & Maple Grove (MN) half Marathons.

Interests, hobbies, and any other information your pace team might like to know about you: in my spare time, I coach middle school soccer & track, as well as volunteer with Scouts, Knights of Columbus & the Dowling Vanguard Band program.



**2:10**

Name: Bill Garrett

Home City & State: Davenport, IA

Age: 46

Occupation: Financial Representative

First Marathon (including marathon name and year): Quad Cities Marathon 2010

Marathon Personal Record (including marathon name and year): 2:54 in 2012

Number of Marathons completed: 4

Number of States you've completed marathons in: 3



Marathon finish you're most proud of and why: It is the QC Marathon. It started off raining and got warmer during the race. I overcame the hot, humid conditions and finished within 5 minutes of my marathon PR.

Previous Pacing Experience: I have paced for the Illinois Half Marathon 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 daily. I enjoy traveling and experiencing new things. I am a Board Member of the Mississippi Valley Boys and Girls Club and QC Symphony Orchestra, and I serve on the Family Selection Committee for Habitat for Humanity.



**2:20**

Name: Lisa Rippe

Home City & State: Minneapolis, MN

Age: 55

Occupation: LifeTime Run Coach

First Half Marathon (including marathon name and year): 1996 Probably 1996, the year I ran my first marathon.

Half Marathon Personal Record (including marathon name and year): 1:39:54 in 2000 New Bedford, Massachusetts

Number of Half Marathons completed: Over 100 in around 25 states

Half Marathon finish you're most proud of and why: Completing the Tel Aviv half marathon in extreme heat in a respectable time. The Israeli Health Minister canceled the full marathon but allowed marathon participants to compete in the half.

Previous Pacing Experience: Pacer since 2010. Pacing marathons and half marathons near the Twin Cities and beyond as much as my schedule allows, I enjoy "giving back" in this way.

Interests, hobbies, and any other information your pace team might like to know about you: Running is a tremendous positive force in my life, so I hope you will enjoy the journey with me. I want and appreciate the many wonderful people I encounter on the running journey. In addition to running marathons, I also participate in triathlons. I completed Ironman Wisconsin in 2010.

I serve on the Road Runners Club of America Board of Directors and am a Road Runners Club of America certified marathon coach. I have coached at Lifetime Fitness in the Twin Cities since 2010. I am certified in First Aid and Heartsaver AED by the American Heart Association.



**2:30**

Name: John Skaar  
Home City & State: Cedar Falls, IA  
Age: 54  
Occupation: State Trooper

First Half Marathon: Siouxland 2006

Half Marathon Personal Record: 1:48 in 2007

Number of Half Marathons completed: 94

Number of States you've completed half marathons in: 24

Half Marathon finish you're most proud of and why: Don't have one specific anymore; I think each one is an accomplishment and just getting out there and experiencing them is essential.

Previous Pacing Experience: I have paced for the Des Moines Half Marathon (5 times), NewBo half marathon, and Crandic Half Marathon. I am excited to help other runners achieve and exceed their running goals. And to have a fun time doing it.

Interests, hobbies, and any other information your pace team might like to know about you: I enjoy traveling, running, and attending concerts. When I get some free time, I also volunteer with RAGOM (Golden rescue of the Midwest.)



**2:45**

Name: Melissa Hart  
Home City & State: Olathe, KS  
Age: 42  
Occupation: Housewife

First Marathon (including marathon name and year): The Patriot's Day Run in Olathe, Kansas.

Marathon Personal Record (including marathon name and year): 5:41 in the marathon. 1:58:10 in the half marathon.

Number of Marathons completed: 1, but I've completed 131 Half Marathons!

Number of States you've completed marathons in: 1, but 19 for Half Marathons

Marathon finish you're most proud of and why: The only one I've done. I completed a 50k in October 2021 under 6:10, and I think I'm more proud of that race. It was a trail race, and I did it solo and kept the pace I wanted throughout the entire race.

Previous Pacing Experience: 60+ times pacing at the half marathon distance, and a handful of times at the 10k at 4 mile distance. I paced 2:45 in 2021 at the IMT Des Moines Half Marathon.





Interests, hobbies, and any other information your pace team might like to know about you: I'm a big fan of movies, books, and tv. I like to keep the race entertaining with lots of chatting and stopping for group selfies along the way. I'm excited for the 2022 Des Moines race this year, and I can't wait to see you there!



**3:00**

Name: Penny Terwelp

Home City & State: Lawrence, KS

Age: 53

Occupation: Maximus Federal

First half/Marathon (including marathon name and year):

Patriot Run Marathon (Kansas) 2016

Kansas City Half Marathon 2011

Marathon Personal Record (including marathon name and year):

Los Angeles Marathon 2017. 5:34. Rock the Parkway Half Marathon 2018. 5:34

Number of Marathons completed: 27 marathons and 116 half marathons

Number of States you've completed half/marathons in: 35

Marathon finish you're most proud of and why: 2016 Patriot Run marathon, I trained and ran with three other ladies who were also running their first marathons.

Previous Pacing Experience: Pacing for Marathon Maniacs/Fanatics and Smart Pacing in Kansas City for four years.

Interests, hobbies, and any other information your pace team might like to know about you: Member of - KC Express, Lawrence Trail Hawks, Marathon Maniacs, Half Fanatics, Kansas Beef Endurance Team, 100 Half marathon club, and the Fifty States half marathon club. Looking forward to encouraging others to help reach their goals using the run/walk intervals Galloway method.