



IMT Des Moines Marathon Fleet Feet Des Moines Pace Team Half Marathon Bios

1:30

Anthony Cendana, 42

Cumming, IA

Occupation: IT Application Analyst (Data warehousing)

First Half Marathon: 2003 Drake Half Marathon

Half Marathon Personal Record: 1:22 Dam to Dam 2014 and 2016

Number of Half Marathons Completed: 15 in 3 states

Half Marathon finish you're most proud of any why: 2003 Drake Marathon

because it was my first half marathon and led me to believe that I can run that distance and beyond.

Previous Pacing Experience: I have never officially paced a half, but I have personally paced on several occasions. I have though paced 18 marathons including Des Moines, Chicago, Little Rock and Memphis.

Interests, hobbies, etc.: I enjoy running which is evident and earlier in the year, I completed my second 50 miler (which was a lot more enjoyable than the first). I am a sports fan especially when it comes to collegiate football and basketball. In the summertime, I enjoy gardening and being outdoors.



1:40

Abel Shaw, 40

Waukee, IA

Occupation: Chiropractor

First Half Marathon: Chicago Distance Classic, 2005

Half Marathon Personal Record: 1:17- Annapolis Half Marathon

Number of Half marathons completed: 20 (or so) plus 9 Marathons and 7 Ultras in 8 states

Half marathon finish you're most proud of and why: My first half marathon in Chicago came after a four year hiatus from running following college. This was the start of my second running career

Previous Pacing Experience: This is the fifth year being a part of the Fleet Feet Sport Pace Team. I paced the marathon four times in the past. The excitement and appreciation of those that finish with us is what makes this an amazing experience.

Interests, hobbies, etc.: I enjoy spending time with my family. Running and working out takes up a lot time too.





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1:45

Halley Griess, 32
Lincoln, NE

Occupation: Attorney at Nationwide Insurance

First Half Marathon: 2013 IMT Des Moines Half Marathon

Half Marathon Personal Record: 1:26:11, 2018 Lincoln Half Marathon

Number of Half Marathons Completed: 10ish in 3 states. I lost count after my kids "misplaced" a few of my finisher medals

Half Marathon finish you're most proud of any why: The 2018 Drake Half Marathon was the first time I broke the 1:30 barrier, which seemed like an impossible goal when I initially set it. The course had a number of hills which made my 1:27 finish even sweeter.

Previous Pacing Experience: I have found pace groups to be a huge blessing in several of my past races. I have never paced a group before but have certainly benefited from using them. I have experienced first-hand what has been helpful and encouraging. For my first time, I have selected a conservative pace and I'm confident we will find success together.

Interests, hobbies, etc.: My wife and I live in Urbandale, but I grew up in Nebraska (so you know I'm a big Husker fan). We have four kids 8 and under (2 girls, 2 boys) and a dog. I enjoy sports and previously served on the Des Moines City Council.



1:50

Dana Kramer, 56
Urbandale, IA

Occupation: Client Account Consultant with Mercer

First Half Marathon: Drake Half Marathon, 1994

Half Marathon Personal Record: 1:22:24. Drake Half Marathon, 1996

Number of Half Marathons Completed: 25

Half Marathon finish you're most proud of any why: My first one, which was Drake in 1994. It was the inaugural year of the half marathon, it was a snowy day (on April 30) and I was the overall women's winner.

Previous Pacing Experience: I have paced the 1:50 IMT Des Moines Half Marathon group the past four years and am thrilled to be leading this group again. It is truly rewarding to help other runners cross the finish line or set a new PR. I also try to make the experience as fun as possible.

Interests, hobbies, etc.: I've done 24 total marathons, 5 of those being Boston, with a marathon PR of 2:53 in Columbus, Ohio in 1995. I'll run marathon #25 this year at Twin Cities. I started competing in triathlons 6 years ago and finished my first Ironman race in Wisconsin on September 11, 2016.



Along with being a co-coordinator for the Fleet Feet Sports Pace Team, I am currently the president of the Capital Striders, our local running club. As part of the club, I organize all of the summer/fall Saturday training runs and am Race Director for our 10-mile road race, Capital Pursuit. I enjoy music, dancing, social bike rides and spending quality time with my running friends doing relays like Ragnar and Market to Market. My awesome family includes my husband Brian, who I have been married to for 32 years, and two sons, Kyle (30) and Derek (27).



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2:00

Michael McGinn, 37

Johnston, IA

Occupation: Risk Analyst

First Half Marathon: 2003 Drake Half Marathon

Half Marathon Personal Record: 1:29:59, 2016 Sturgis Falls Half Marathon

Number of Half Marathons Completed: 9 in 2 states, plus 7 as part of a long distance (70.3) triathlon

Half Marathon finish you're most proud of any why: My half marathon finish I'm most proud of is my PR of 1:29:59 at Sturgis Falls. I always wanted a sub 1:30 half marathon and that course was perfect for it. Extremely flat and I came in right under the gun in order to get a sub 1:30.

Previous Pacing Experience: I paced 3:30 for the IMT Des Moines Marathon 2015 and have paced individual runners on three other occasions for a full marathon. I paced the 2:00 IMT Des Moines Half Marathon in 2017.

Interests, hobbies, etc.: Interests include racing in a variety of sports; including running, cycling and triathlon. I also like to be involved in all aspects of a race. In the past, I've measured courses for certification, been the president of a running club, a race director for a triathlon and have helped organize volunteers for an event. Outside of races, I enjoy spending time with my family and camping.



2:10

Lisa Rippe, Old enough to complete over 115 marathons and countless half marathons

Edina, MN

Occupation: Sales

First Half Marathon: Probably 1996, the year I ran my first marathon

Half Marathon Personal Record: 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 any 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 compete in the half.

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

Interests, hobbies, etc.: Running is an amazing positive force in my life, so I hope you will enjoy the journey with me. I enjoy 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 Director and am a Road Runners Club of America certified marathon coach. I have coached at Lifetime Fitness in the Twin Cities since 2010. I also volunteer to support running events, including pacing half marathons and marathons. I am certified in First Aid and Heartsaver AED by the American Heart Association.





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2:20

John Skaar, 50

Cedar Falls, IA

Occupation: State Trooper

First Half Marathon: Siouxland, Sioux City Iowa 2006

Half Marathon Personal Record: Sioux Falls 1:49, 2007

Number of Half Marathons completed: 77 in 19 states

Half Marathon finish you're most proud of and why: Hard to say which I am most proud of, really, it's all of them for different reasons. But the first one which set me on this course was probably the most influential.

Previous Pacing Experience: I have now paced 3 IMT Des Moines Half marathons (this is the 4th), and two others in eastern Iowa.

Interests, hobbies, etc.: Several from traveling, hiking in the National parks, reading, and others. Just ask while we run.



2:30

Katy Muelhaupt, 46

Des Moines, IA

Occupation: Probation/Parole Officer II

First Half Marathon: 2002 Pigman ½ Ironman, Palo, IA 1:39.

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

Number of Half Marathons Completed: More than fingers and toes

Half Marathon finish you're most proud of any why: Recently it was the Drake Half - didn't try to race it and still ended up winning a baton for age group... contribute it to relaxing and not wanting my friend Falck beat me (he did by a millisecond)

Previous Pacing Experience: It's been an honor and a pleasure to have been pacing since 2011.

Interests, hobbies, etc.: Prank calling my friends when we stay at hotels for athletic events (no caller ID), Ironman Training - won't have a life until this event!! Gravel Rides. Playing bones every Sunday with Dad & Jerry Torrey and eating peanut butter cookies.

