



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

3:00

Martin Popp, 33 (pronounced "Pope")

West Des Moines, IA

Occupation: Insurance Professional – Pricing

First Marathon: 2008 Chicago Marathon

Marathon Personal Record: 2:32:34 – 2011 Grandma's Marathon

Number of Marathons completed: 3 in 2 states

Marathon finish you're most proud of and why: 2014 Grandma's Marathon –

2:34:20. Training for this marathon was not nearly as strong (only ¾ planned mileage & workout intensity) as the training for my marathon PR at Grandma's Marathon 2011 (2:32:33). However, weather conditions were perfect and I was able to overcome my training plan shortfall with mental focus through the tough tempo miles 12-20. Then it was a 6-mile race to the finish line and I finished only 2 minutes off my PR.

Previous Pacing Experience: Paced the 1:30 IMT Des Moines Half Marathon in 2014, co-led 3:00 IMT Des Moines Marathon in 2016 and led 3:00 IMT Des Moines Marathon to a 2:59:58 finish in 2018.

Interests, hobbies, etc.: Family: Married with 3 boys ages 9yrs, 6yrs and 3.5yrs! Sports: St. Louis Cardinals, Drake, Nebraska Football, Illinois Basketball. Hobbies: Actuarial Exams, Canoeing, Kayaking, Slow-pitch Beer-League Softball, Disc Golf



3:05

Jason Thomas, 24

Des Moines, IA

Occupation: Software Developer

First Marathon: 2015 IMT Des Moines Marathon

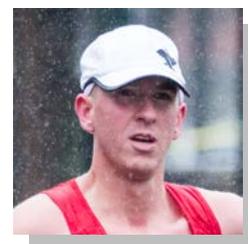
Marathon Personal Record: 2:29:53, 2017 Grandma's Marathon

Number of Marathons completed: 5 in 4 states – Iowa, Massachusetts, Minnesota, Illinois

Marathon finish you're most proud of and why: My PR marathon at Grandma's in 2017 was my most satisfying marathon. I knew what kind of shape I was in and executed my race plan from the gun. It was the first marathon where I held my pace all the way to the finish and avoided "hitting the wall," an experience I have only had once. Hopefully by the time I'm pacing at the Des Moines Marathon I will have a new finish I'm most proud of, as I am running the Chicago Marathon on October 7th!

Previous Pacing Experience: I was on the Iowa State track and cross-country teams during my undergrad, and usually at practice I would be tasked with pacing our workouts. This will be my first time pacing a marathon!

Interests, hobbies, etc.: I am currently in grad school at Iowa State pursuing my MBA via night classes in Des Moines, big St. Louis Cardinals and Iowa State sports fan, I love to read, I love to run, and I enjoy sharing my love of running with others!





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3:10

Rob Hampton, 43
Allentown, PA

Occupation: Healthcare Technology / Revenue Cycle

First Marathon: 2010 Green Bay Marathon

Marathon Personal Record: 2:44:12 – 2017 Pittsburgh Marathon

Number of Marathons completed: 21

Marathon finish you're most proud of and why: 2014 Grandma's Marathon. I was able to stick with my race plan from initial training through crossing the finish line.

Previous Pacing Experience: Green Bay Marathon 2014-2018; Fox Cities Marathon 2014/15; IMT Des Moines Marathon 2014-2017

Interests, hobbies, etc.: Hello! Once again, I'm looking forward to leading the 3:10 pace group in IMT Des Moines Marathon. Even though I don't live in Des Moines, the marathon, people, and festivities keep me coming back each year! I'm returning for my 5th year pacing the 3:10 group. Although the course has minor changes each year, much remains the same, and it is a course you can achieve your goals with preparation and a sound race plan. I'm here to help – feel free to reach out to me by email at rghampton@gmail.com with any questions you have as you prepare for the event.



Personally, I have been a runner since high school and learned how to run half and full marathons in my mid-30s. I run 4-5 marathons a year; some to meet individual goals and the rest as a pacer helping event participants achieve their goals. Outside of running, I enjoy spending time with my wife, working, college sports, and visiting family and friends. I thank you for choosing the IMT Des Moines Marathon and look forward to meeting you on race day.

3:15

Seth Kutikoff, 30
Manhattan, KS

Occupation: Meteorology

First Marathon: 2009 Philadelphia Marathon

Marathon Personal Record: 2:55:32 – 2018 Chevron Houston Marathon

Number of Marathons completed: 18 in 13 states

Marathon finish you're most proud of and why: 2015 Boston Marathon. My first time on this famous course was also my first sub 3-hour marathon finish and only marathon I've done with my sister. Additionally, I did not use a watch, so I paced based on effort level and my training experience. And wet weather for much of the run encouraged me to focus on the sounds of the spectators to finish strong when my legs were on the verge of cramping up in the last two or so miles.

Previous Pacing Experience: Fargo Marathon 2018, Garmin Marathon 2017, Gobbler Grind Half Marathon 2016, Bill Snyder Half Marathon 2016

Interests, hobbies, etc.: I enjoy trail running and ultramarathons, playing a wide array of video games, and have just completed my PhD dissertation.





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3:25

Khris Vickroy, 43

Iowa City IA

Occupation: Auditor

First Marathon: Oz Marathon, 2011

Marathon Personal Record: Med City Marathon, 2015, 2:56:03

Number of Marathons completed: 26 in 21 states

Marathon finish you're most proud of and why: Turning on a kick down Boylston St to finish my first Boston Marathon, 2014.

Previous Pacing Experience: I led the IMT Des Moines Marathon pace team in 2013, 2014, 2016 & 2017 as well as the Oklahoma City Memorial Marathon, Saint Louis Go Marathon, Lincoln Marathon and the Chicago Marathon (twice).

Interests, hobbies, etc.: I'm an endurance athlete with a strong running background. I have completed 45 triathlons from sprint to the full Ironman and I'm working on running a marathon (or longer) in all 50 states. My current focus is now in ultra-running with the goal of racing the Western States 100 someday. I have completed three 100 milers, 6 ultramarathons, and 4 Ironman races. When I'm not training I watch my son play in various sports and cook or bake. I also love searching for great food stops while traveling. I'm always on the hunt for the best hamburger, great local root beers and BBQ sauces.



3:30

Nick Elliott, 38

West Des Moines, IA

Occupation: Non-Profit

First Marathon: Quad Cities Marathon 2009

Marathon Personal Record: 2:58:48 Lincoln Marathon 2017

Number of Marathons completed: 12 in 8 states

Marathon finish you're most proud of and why: Lincoln Marathon 2017 – After a couple years of training and coming close, I finally broke my 3:00 goal for the marathon. It was an incredible experience on a hot and windy day. My wife and I both ran and got PRs despite the conditions. It's a race/vacation I will never forget.

Previous Pacing Experience: I paced the IMT Des Moines Marathon in 2014, then the IMT Des Moines Half Marathons in 2015, 2016 and 2017. I also paced the 2017 Hungry Turkey Half Marathon.

Interests, hobbies, etc.: I am an avid runner who enjoys cycling and spending time with my family and friends. I have two young boys (4 & 2) who keep me busy. My wife is a distance runner, completing several ultramarathons over the past year and looking forward to another this fall. I really enjoy this pace team and pacing a group of runners to meet their goals. I look forward to doing so this October and I'll see you there!





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3:35

Brian Palmer, 50

Des Moines, IA

Occupation: Building Inspector

First Marathon: Anchorage, Alaska: Mayor's Midnight Sun Marathon 2001

Marathon Personal Record: 3:09:03 Chicago Marathon 2008

Number of Marathons completed: 24 and four ultras in 8 states.

Marathon finish you're most proud of and why: For my first marathon in Anchorage, I signed up with charity fundraiser. In order to make the trip I had to meet fundraising goals and follow a pretty tough training program. We got to do a lot of group runs and workouts while learning about running, nutrition and what it takes mentally to make it thru a marathon. It was very rewarding crossing the marathon finish line knowing how much work it had taken to get there!

Previous Pacing Experience: I have paced either the IMT Des Moines Marathon or Half Marathon for the last 8 years. Since 2009 I've had the honor of pacing a lot of great runners which makes this day one I really look forward to each fall! I love helping people stick to a solid plan and keep them from going out too fast. If you run a smart race and finish strong, you'll feel much more satisfied with your performance. Running though my hometown of Des Moines is so much fun - I get to see so many great people I know spectating and cheering for our group. It really keeps our group's energy up!

Interests, hobbies, etc.: Spending time with my family, coaching youth basketball and soccer, traveling, camping, skiing, mountain biking and trail running. I run with my wife, my son and two dogs when I can. The dogs are great motivation for those days I really don't want to run but they "demand" it! If I stay home, I do a little home remodeling. It's extremely satisfying to build something or complete a project. My wife just wishes that would happen a little more often.





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3:40

Shanon Springer, 41

Axtell, NE

Occupation: Kitchen Manager

First Marathon: Lincoln National Guard Marathon, 2010

Marathon Personal Record: Lincoln National Guard Marathon, 2013, 2:56:19

Number of Marathons completed: 13 in 6 states

Marathon finish you're most proud of and why: I ran the 2018 Boston Marathon. While this was not my best marathon with regards to time, I am very happy with it because I managed to run well despite adverse conditions. It rained 2 inches, temperatures were in the low 40's and there was a 25-mph driving headwind the entire way. You can train consistently for months, but you are always at the mercy of whatever conditions the day brings. I am happy that I was able to re-assess my goals and run a solid and tactically sound race. Whether you are trying to qualify for Boston or get a PR, it is important to keep things in perspective and

Previous Pacing Experience: I paced the IMT Des Moines Marathon in 2013 for the 3:35 group and 2016 for the 3:45 group. In 2017 I paced the 3:40 group. I have found pacing to be a lot of fun and have met some great people I have finished within 1 minute of my projected finish time in each of my previous pacing experience. I like to run an "even effort" marathon and finish with a negative split. Last year this was particularly helpful due to the hills and headwinds in the early miles. It is always best to conserve and manage your energy during long races.

Interests, hobbies, etc.: I try to run at least one to two marathons every year. I enjoy the discipline that come with training. I also enjoy gardening, hiking, and travelling. I have 3 children which keep me very busy.





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3:45

Clint Jones, 43

West Des Moines, IA

Occupation: Investment Analyst

First Marathon: 2008 Calgary Marathon

Marathon Personal Record: 3:21:47 – 2017 IMT Des Moines Marathon

Number of Marathons completed: 49 in 32 states (includes 8 IMT Des Moines Marathons)

Marathon finish you're most proud of and why: 3:34:00 – 2012 Chicago Marathon

I was a fairly novice marathoner at the time, and the 2012 Chicago Marathon was one of those magical days where everything felt great all the way through to the finish. I ran a negative split, and shaved 15 minutes off of my PR.

Previous Pacing Experience: This year's IMT Des Moines Marathon will be my first as an official group pacer, and I couldn't be more excited about it. I have successfully paced individuals. I have enjoyed the vibe and comradery of the pace groups I've run in. And I look forward to meeting some great people and helping people reach their goals while pacing this year's marathon.

Interests, hobbies, etc.: I'm obviously an avid runner/marathoner. I typically run 6-8 marathons per year. I'm striving to run a marathon in each of the 50 states, of which I've completed 32 (currently missing almost the entire Eastern Seaboard). I would like to run the 6 World Marathon Majors (missing Boston and London). I am also the leader of the Run Club at Prairie Life Fitness in West Des Moines. Apart from running, I enjoy spending time with my 4 kids (16, 13, 11, 9) and watching them compete at soccer and gymnastics. I was born and raised in Calgary, Canada, but I have recently become a U.S. citizen. I root for the NHL's Calgary Flames hockey team. And I will eat as much chocolate as you put in front of me.





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3:55

Carrie Van Quathem, 46
Urbandale, IA

Occupation: Pediatric Physical Therapist

First Marathon: Richmond, VA 1996

Marathon Personal Record: 3:20 - Indianapolis Monumental Marathon 2015

Number of Marathons completed: 44 in 15-20 states (I've lost track!)

Marathon finish you're most proud of and why: It is so difficult to choose!

Each one has been wonderful and challenging in a way that I always appreciate the experience and can't wait for the next. The 2014 Boston was one of the most amazing examples of the human spirit that I've ever witnessed. Everyone had a story of why they were there and what that day and running meant to them. I met some incredible people and a lot of regular people banding together to make it an incredible event. It is because of this experience that I am extra excited to be leading the 3:55 pace group, which is a BQ for the 45-49 women.

Previous Pacing Experience: I paced the 3:50 IMT Des Moines Marathon in 2008, 3:55 in 2014, 2015, 2016 and the 2:00 IMT Des Moines Half Marathon in 2009, 2010, 2013 and the 2:10 IMT Des Moines Half Marathon in 2012. I have run multiple marathons in many states and often will access the pace groups to help me meet a goal. These experiences have led me to realize what an important and exciting role the pace groups have in half marathons and marathons. Sharing experiences and learning from others in the group is a very powerful motivator and makes the distances seem shorter.

Interests, hobbies, etc.: I am married and have 2 daughters, age 12 and 14. I have a life-long love of running and other sports (basketball, volleyball, triathlon, backpacking), which led me to my career in physical therapy. One of the best side effects of running is that I enjoy cooking and don't have to worry about skimping on desserts! I volunteer coach youth and adult running/triathlon programs at the YMCA, volunteer at many local races, and am a past board member of the Capital Striders, Central Iowa's RRCA Running Club.





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4:00

Eric Self, 44

Lee's Summit, MO

Occupation: Accounting

First Marathon: Omaha Marathon-2009

Marathon Personal Record: 3:13:52 Indianapolis Monumental Marathon-2016

Number of Marathons completed: 25 in 16 states (I won't officially say I am aiming for 50 states but it never hurts to dream).

Marathon finish you're most proud of and why: San Diego-This was my 2nd marathon. My first marathon was very painful as I really had no idea how to properly train for the marathon. It took me 3 years to try the marathon distance after my first very painful try. This marathon also showed me that it was possible to run the distance without all the pain if you trained properly.

Previous Pacing Experience: I have paced approximately 14 marathons. In the past I have used marathon pacing as training runs for my Ultra's. I quickly learned it is an amazing experience where you meet some great people. Seeing people reach goals they have worked months to achieve is the highlight of pacing.

Interests, hobbies, etc.: I have 3 children who keep me very busy. Two of my sons are distance runners and it is very rewarding to run with them and their friends and to talk running with them. I love to ride motorcycles on the street or in the dirt. Hiking in the Colorado Mountains is my favorite place to be outdoors and I have completed the Pikes Peak marathon which ranks as one of my top 5 marathons.



4:10

Bob Volp, 40

West Des Moines, IA

Occupation: Senior Analytical Consultant – Union Bank-MUFG

First Marathon: Marathon to Marathon 2010 (4:49:48)

Marathon Personal Record: 3:16:18 – 2013 Marathon to Marathon

Number of Marathons Completed: 18 Marathons in 10 States

Marathon finish you're most proud of and why: My wife and I have finished ten marathons together. Each one has taught us something about ourselves and gives us an experience that bonds us together.

Previous Pacing Experience: Des Moines Marathon (4:40 in 2012 & 2013; 4:00 2015, 4:10 2016, 2017), Fox Cities Marathon (4:15 in 2013), Maple Grove MN Half Marathon (1:45 in 2014), Hy-Vee Half Marathon (1:45 in 2015, 2:00 in 2016), Quad Cities Marathon (4:10 in 2014).

Interests, hobbies, etc.: My wife Megan and I have been married 15 years and running together for the past ten. I enjoy pacing to help others to realize their best and reach their goals. In addition to running, I am a member of the South-Central Iowa STEM Board; I am an active leader in my son's Boy Scout Troop and enjoy playing table top games.





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4:25

Thomas (Tom) Perri, 57

Maple Grove, MN

Occupation: Insurance / Mental Health

First Marathon: Twin Cities Marathon 1993

Marathon Personal Record: 3:35 - 2007 Fargo ND Marathon

Number of Marathons Completed: 450 (IMT Des Moines Marathon will probably be 462). I have completed over 170 different marathons throughout the fifty states.

Number of States You've Completed Marathons In: I am recognized as the only person in the world with 100K Lifetime miles, 2,000 plus races completed, three time certified 50 State Marathon finisher, Sub 4-hour 50 State Marathon finisher, and Titanium with Marathon Maniacs. I have four states remaining for my 4th time certified finish. I am one of the 36 runners profiled in the book "Running Past Fifty – Advice and Inspiration for Senior Runners" available this October by Gail Waseche Kislevitz.

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: This will be my 12th time pacing the IMT Des Moines Marathon, as I have paced the 4:30/4:25 group the past eleven years. I have helped numerous friends with their first marathon experience as well as pacing individuals/friends for a BQ. I have also paced numerous other running events besides the marathon distance, although my favorite pacing experience is the marathon distance.

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 a variety of books.



4:40

Eric Klingensmith, 40

Ankeny, IA

Occupation: English Teacher, XC Coach, Debate Coach (Former Track Coach)

First Marathon: Kansas City Marathon, 2007

Marathon Personal Record: 3:32:43 - Oklahoma City Marathon, 2010

Number of Marathons completed: 13 in 4 states

Marathon finish you're most proud of and why: 2008 Chicago Marathon—It was the most memorable not only due to the experience of running in Chicago, but because it was my first marathon after being diagnosed with cancer. I trained from April-October while also attending each of my cancer treatments. Although I did not finish in a magnificent time, I did finish Chicago while beating cancer. I am now 9 years cancer free and still running!

Previous Pacing Experience: I have paced 3 Hospital Hill Half Marathons, 2 Kansas City Marathons, 1 Garmin Olathe Marathon, and 2 IMT Des Moines Marathons.

Interests, hobbies, etc.: I am a Marine combat veteran who was honorably discharged in 2005 after returning home from Iraq. I've coached XC since 2007 with some great teams in Smithville, MO but moved to Ankeny, IA to coach for the Ankeny Centennial Men's XC team. Currently, I am the Head Girl's XC coach at Ankeny High School, and I want to continue generating much more excitement for the sport of running. I am married to a great woman, Kim, and have two daughters, Savannah and Trinity.





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4:55

Nick Hayden, 33

Mission, KS

Occupation: Student Life Coordinator for University of Kansas Medical Center

First Marathon: Kansas City Marathon, 3:48 in 2011

Marathon Personal Record: 3:32:54 - 2012 Springfield Bass Pro Marathon

Number of Marathons Completed: 14 Ironman Sanctioned Triathlons, 60 Marathons and 2 Ultras covering 13 states

Marathon finish you're most proud of and why: As a runner, a marathon is one of the most challenging and daunting tasks. There are people everywhere; runners and fellow competitors swarming all over the place. One really feels a sense of unity and solidarity as we all run and cheer together as one. In the life of an endurance athlete, it is a huge milestone. It's a race we will never forget. No two marathons are ever alike. Each has a story of its own. The sense of pride that overcomes you as you cross that finish line is indescribable, truly making it an extremely rewarding endeavor. There are so many great and well-organized races that it becomes hard to rank them. If I had to choose one, my favorite thus far would have to be Chicago. I literally have never seen so many people packed on a 26.2-mile course. The excitement and joy is a little overwhelming at times. Having both my brothers there to guide me around the city and watch as I run the race is also an added benefit.

Previous Pacing Experience: I've paced plethora of races over the years. These range from local Marathons; Half Marathons and I even help local running groups. I primarily pace for Smart Pacing, Runners Edge and Ultramax which are Missouri based companies.

Interests, hobbies, etc.: I enjoy the outdoors, so anything to get me out will spark my interest. Here is everything you ever wanted to know about me and some facts you probably don't care about at all!

-Favorite Food: Anything sweet (known for my huge sweet tooth and candy stash at work) most notably Reese's Cups

-Favorite Movie/Show: Prefontaine and who can't resist multiple episodes of The Office!

-Favorite Books: The Runners Rule Book or RUN by Dean Karnazes

-Favorite Meal: Nothing beats a good BBQ, French Fries and some sweet tea!





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5:10

Stephanie Unekis, 42

Lawrence, KS

Occupation: Physical Therapist

First Marathon: Walt Disney Marathon with Team in Training 2000

Marathon Personal Record: 2016 Twin City Marathon. 4:13- ran it last minute and got a PR- Who knew?!

Number of Marathons completed: 17 in 16 states

Marathon finish you're most proud of and why: New York City Marathon. My sister was battling brain cancer. During a remission stage she told me she wanted to run this race. Together we signed up. Her cancer came back and she was not able to join me. I ran for Fred's Team to support cancer research for Sloan Kettering Hospital where my sister was receiving her care. Best race ever- because she was at the finish line to hug me.

Previous Pacing Experience: I pace for the Beast Pacing group as well. I pace marathons between 4:40-5:15 and enjoy every minute of it. I love learning about people's stories and why they are running.

Interests, hobbies, etc.: I am an active mom of three daughters. In between soccer games and swim meets I love to train for triathlons. My favorite distance is half iron-man. I am part of a local running group called 'Running for the Hill of It'. Those ladies keep me grounded!



5:25

Julie Lindgren, 48

St Louis Park, MN

Occupation: Child Care Director

First Marathon: Twin Cities 2011

Marathon Personal Record: 3:49:25 - Fargo 2016

Number of Marathons completed: 62 in 48 states

Marathon finish you're most proud of and why: Fargo 2016 was very hot and humid and everyone was saying to take it easy that this is a day to just survive. I kept telling myself it is not hot! YOU GOT THIS!! Every aid station I drank water, took salt pills, and poured water down my body. Not only did I get a PR I also got a BQ.

Previous Pacing Experience: I have paced 6 marathons in 6 different states.

Interests, hobbies, etc.: I enjoy running, biking and spending time with family. In November I will be running my first 50-mile trail race and January 2019 I will complete my goal of running a marathon in all 50 states.

