



IMT Des Moines Marathon Half Marathon Pace Team Bios

1:30

Anthony Cendana, 43

Cumming, IA

Occupation: IT Application Analyst (Data warehousing).

First Half Marathon: 2003 Drake Relays Half Marathon.

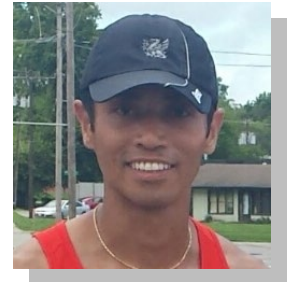
Half Marathon Personal Record: 1:22 – 2014/2016 Dam to Dam.

Number of Half Marathons Completed: 16 in 3 states.

Half Marathon finish you're most proud of any why: 2003 Drake Relays Half Marathon, because it was my first half marathon and led me to belief that I can run that distance and beyond.

Previous Pacing Experience: I paced the 1:30 – 2018 IMT Des Moines Half Marathon for the first-time last year. I have 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, 41

Waukee, IA

Occupation: Chiropractor.

First Half Marathon: 2005 Chicago Distance Classic

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 6th year being a part of the IMT Des Moines Marathon Pace Team. I have 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, 33

Lincoln, NE

Occupation: Attorney at Nationwide Insurance.

First Half Marathon: 2013 IMT Des Moines Half Marathon.

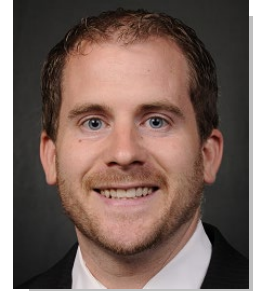
Half Marathon Personal Record: 1:26:11 - 2018 Lincoln Half Marathon.

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 had a great time pacing last year's IMT Des Moines Half Marathon, coming in right on schedule and I'm confident we will find success together this year.

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 2 girls, 2 boys) and a dog. I enjoy sports and previously served on the Des Moines City Council.



1:50

Michael McGinn, 38

Johnston, IA

Occupation: Risk Analyst.

First Half Marathon: 2003 Drake Relays Half Marathon.

Half Marathon Personal Record: 1:29:59 - 2016 Sturgis Falls Half Marathon.

Number of Half Marathons Completed: 10 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 that 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 have paced 3:30 for the 2015 IMT Des Moines Marathon and have paced individual runners on three other occasions for a full marathon. I paced the 2:00 - 2017 IMT Des Moines Half Marathon, and 1:50 in 2018.

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 ultra and have helped organize volunteers for an event. Outside of races, I enjoy spending time with my family and camping.





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2:00

Bob Volp, 41

West Des Moines, IA

Occupation: Senior Analytical Consultant – Union Bank-MUFG.

First Marathon: 4:49:48 - 2010 Marathon to Marathon

First Half-Marathon: 1:44:46 (1:45 pacer) - 2014 Maple Grove Half Marathon.

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

Half Marathon Personal Record: 1:29:24 – 2015 Dam to Dam.

Number of Marathons Completed: 20 Marathons in 11 States.

Number of Half-Marathons Completed: 7 Half Marathons in 2 states.

Race you're most proud of and why: My wife and I have finished eleven marathons together. Each one has taught us something about ourselves and gives us an experience that bonds us together. My favorite Half Marathon was pacing for the local race where I grew up in 2014.

Previous Pacing Experience: 4:40 IMT Des Moines Marathon in 2012 & 2013; 4:00 in 2015, 4:10 in 2016-2018, 4:15 in 2013 Fox Cities Marathon, 1:45 Maple Grove Half Marathon in 2014, 1:45 in 2015, 2:00 - 2016 Drake Relays Half Marathon, 4:10 – 2014 Quad Cities Marathon.

Interests, hobbies, etc: My wife Megan and I have been married 16 years and running together for the past twelve. I enjoy pacing to help others to realize their best and reach their goals. In addition to running I am an active leader in my son's Boy Scout Troop, coach middle school track & rec soccer. I also enjoy playing table top games in my spare time.



2:10

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

Edina, MN

Occupation: Sales and marketing.

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

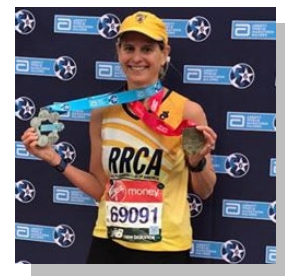
Half Marathon Personal Record: 1:39:54 – 2000 in New Bedford, Mass.

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 the 2010 Ironman Wisconsin. 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, 51
Cedar Falls, IA

Occupation: Iowa State Trooper.

First Half Marathon: 2006 Siouland Half Marathon.

Half Marathon Personal Record: 1:49 -2007 Sioux Falls Half Marathon.

Number of Half Marathons completed: 84 in 20 states

Half Marathon finish you're most proud of and why: I am proud of each and every one that I have run from the first to the last, all were exciting, difficult and memorable.

Previous Pacing Experience: I have now paced 4 IMT Des Moines Half Marathons (this will be the 5th) and three 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, 47
Des Moines, IA

Occupation: Probation/Parole Officer II.

First Half Marathon: 1:39 - 2002 Pigman ½ Ironman.

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: Holding up the pace sign gives me great pleasure and then to see my folks finish ahead of me is always a proud moment. Thank you.

Previous Pacing Experience: I've had the honor to pace for possibly ten years now. I'm steady and will get you cross that finish line in time.

Interests, hobbies, etc.: Present moment ...it's Randonneuring and completing Brevets. When my seat is off the saddle, I'm grateful for family, friends, naps and midnight snacks.

