



IMT Des Moines Marathon Marathon Pace Team Bios

3:00

Martin Popp, 33 (pronounced "Pope")

West Des Moines, IA

Occupation: Insurance Professional – Pricing.

First Marathon: 2008 Chicago Marathon.

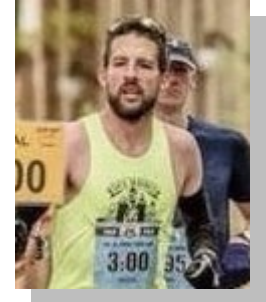
Marathon Personal Record: 2:32:34 – 2011 Grandma's Marathon.

Number of Marathons completed: 3 in 2 states and 3x pacing 3:00 Hour.

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 $\frac{3}{4}$ 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 the 3:00 IMT Des Moines Marathon in 2016 and led the 3:00 IMT Des Moines Marathon to a 2:59:58 finish in 2017 and 2:58:17 in 2018.

Interests, hobbies, etc.: Family: Married with 3 boys ages 10yrs, 7yrs and 4.5yrs! Sports: St. Louis Cardinals, Drake, Nebraska Football, Illinois Basketball. Hobbies: Actuarial Exams, Coaching Youth Basketball, Boy Scout Popcorn Kernel, Canoeing, Kayaking, Disc Golf.



3:05

Evan Fry, 27

Chicago, IL

Occupation: Dental Student

First Marathon: 2013 Oklahoma City Memorial Marathon.

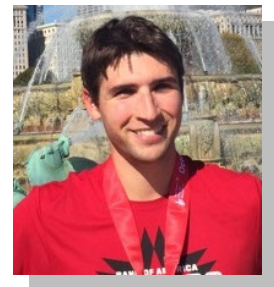
Marathon Personal Record: 2:54:52 - 2017 Chicago Marathon.

Number of Marathons completed: 19 in 10 states.

Marathon finish you're most proud of and why: 2014 Oklahoma City Memorial Marathon. I finally got my Boston Marathon qualifying time after my first 3 marathons were within 1:30 of qualifying. A random bystander with a great camera got a picture of me as I crossed the finish, and it's still my favorite race photo.

Previous Pacing Experience: 3:00 - 2018 Houston Marathon.

Interests, hobbies, etc.: My other fitness hobbies include scuba diving, triathlon, and tennis. I haven't fully committed to running a marathon in all 50 states, but pacing the IMT Des Moines Marathon will check another state off my list! This is also the first race where my son (born in March) will be cheering me on -- or napping through on the sidelines.





IMT Des Moines Marathon Marathon Pace Team Bios

3:10

Rob Hampton, 44
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: 22.

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: 2014-2018 Green Bay Marathon; 2014-2015 Fox Cities Marathon; 2014-2018 IMT Des Moines Marathon.

Interests, hobbies, etc.: Hello! Once again, I'm looking forward to leading the 3:10 pace group in the 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 6th 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.



3:20

Scott Wilmes, 42
Liberty MO

Occupation: System Architect

First Marathon: 2013 Kansas City Marathon

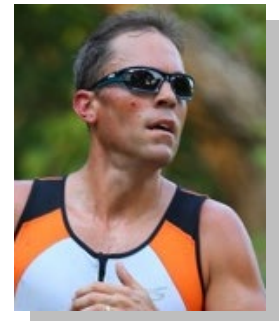
Marathon Personal Record: 3:01:38 - 2018 Kansas City Marathon

Number of Marathons completed: 7 in 5 states.

Marathon finish you're most proud of and why: 2018 Mother Road Marathon; 1st overall.

Previous Pacing Experience: Started pacing in 2019 with several half marathons completed this year. I started running shortly after graduating college to lose weight and become more active. At first it was a solo activity with the occasional race to booster motivation and the natural desire to get faster. Starting in 2016, I really got involved with the running community joining in group runs and feeding off the group's love of running. Having used pace groups successfully for many races to reach new PRs, I am excited to help other reach theirs.

Interests, hobbies, etc.: Doing Des Moines Half Ironman in 2020!





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3:25

Mark Bennett, 40
Grimes, IA

Occupation: IT.

First Marathon: 2007 IMT Des Moines Marathon.

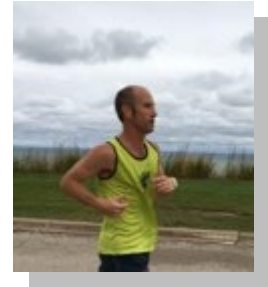
Marathon Personal Record: 2:59 – 2018 Milwaukee Marathon.

Number of Marathons completed: 3 in 2 states.

Marathon finish you're most proud of and why: Milwaukee because it was sub 3:00.

Previous Pacing Experience: The IMT Des Moines Marathon will be my first.

Interests, hobbies, etc.: I coach high school soccer and cross country. When I'm not coaching, I'm chasing around my 3 kids.



3:30

Nick Elliott, 39
West Des Moines, IA

Occupation: Non-Profit.

First Marathon: 2009 Quad Cities Marathon.

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

Number of Marathons completed: 12 in 8 states.

Marathon finish you're most proud of and why: 2017 Lincoln Marathon. 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 have paced the IMT Des Moines Marathon in 2014 and 2018, and the IMT Des Moines Half Marathons in 2015, 2016 and 2017. I have 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 (5 & 3) 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

Jesse Veenstra, 33
Clive, IA

Occupation: Underwriter with Merchant Bonding Company.

First Marathon: 2014 Madison Marathon.

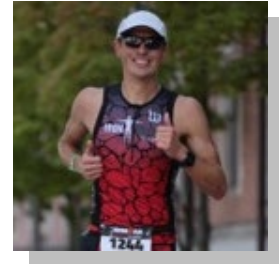
Marathon Personal Record: 3:09:51 - 2018 Last Chance BQ.2.

Number of Marathons completed: 5 Marathons, 3 Ironman Triathlons, so kind of 8 :) in 5 states.

Marathon finish you're most proud of and why: 2014 Madison Marathon. This was my first and the hardest course of all of my races. I didn't realize how hilly Madison is until I showed up for the race! Not my fastest time, but very proud of the result.

Previous Pacing Experience: I have never officially paced before, but did pace my wife last year at the Twin Cities Marathon. Her goal was 3:45, and we paced perfectly for a 3:44:30 finish, with exact same splits on the first and second half marathon portions.

Interests, hobbies, etc.: Triathlon racing, and looking forward to Ironman Des Moines 70.3. Enjoy racing in general, especially locally. I also coach basketball and volunteer in my kid's elementary classrooms.



3:40

Othman Doubiany, 54
Aurora, CO

Occupation: Information Technology Systems Engineer.

First Marathon: 2012 Rock n' Roll Denver Marathon.

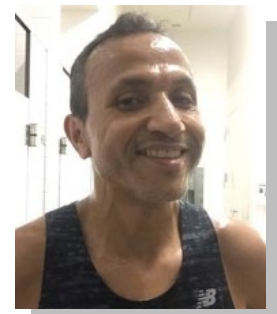
Marathon Personal Record: 3:05 - 2018 Revel Big Bear Marathon.

Number of Marathons completed: 116 in 31 states

Marathon finish you're most proud of and why: Carmel Indiana Marathon. I paced the 3:25 pace group in cold, rain and windy conditions.

Previous Pacing Experience: I fell in love with pacing the marathon in October of 2014 when I was given an opportunity to pace the American Discovery Trail Marathon. I have since then paced several marathons each year. In 2018 I was able to pace 8 marathons including the Marine Corps Marathon. So far in 2019, I have been able to pace 13 marathons. My preferred group to lead is the 3:30, but I have paced 3:25 through 4:00 groups.

Interests, hobbies, etc.: I love travel, movies, technology, yoga, biking, hiking, camping, playing chess, reading, and listening to music. I was born in Casablanca, Morocco, and speak French. I lived in Iowa City before I moved to Colorado. Follow me @doubiany on Facebook, Instagram, and Strava.





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**3:50
OPEN**

3:55

**Carrie Van Quathem, 47
Urbandale, IA**

Occupation: Pediatric Physical Therapist.

First Marathon: 1996 – Richmond, Virginia.

Marathon Personal Record: 3:20 – 2015 Indianapolis Monumental Marathon.

Number of Marathons completed: 47 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 Marathon 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.

Previous Pacing Experience: 3:50 at 2008 IMT Des Moines Marathon, 3:55 in 2014, '15, '16, '18. 2:00 at IMT Des Moines Half Marathon in 2009, '10, '13 and 2:10 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 13 and 15. 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

Yoko Hartland, 48

Sioux Falls, SD

Occupation: Healthcare Coding.

First Marathon: 2005 Grandma's Marathon.

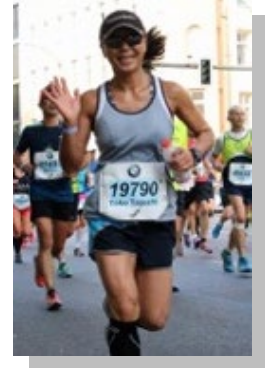
Marathon Personal Record: 03:17:30 - 2010 Rock 'N Roll Marathon.

Number of Marathons completed: 19 in 6 states.

Marathon finish you're most proud of and why: When I cross the finish line for every marathon, I feel an accomplished, uplifting, joyful and happy feeling because running on a marathon is big commitment with hard, long training. But it's all good with big smiles and be thankful what I am capable of.

Previous Pacing Experience: 03:55:00 - Brooking Marathon. 02:00:00 – 2019 Skedaddles Half Marathon.

Interests, hobbies, etc.: My hobbies are running (of course!), bicycle rides, outdoor activities, baking, wine tasting, listening to jazz music. I am trying to complete the World Six Major Marathons (Boston, New York, Chicago, Tokyo, Berlin and London) and I have only London Marathon left to go!



4:05

Clint Jones, 44

West Des Moines, IA

Occupation: Investment Analyst

First Marathon: 2008 Calgary Marathon

Marathon Personal Record: 3:13:17 – 2018 Tunnel Light Marathon

Number of Marathons completed: 56, including 9 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: I have previously paced two marathons including last year's IMT Des Moines Marathon, and I couldn't be more excited to pace it again. I've completed both of the previous marathons I've paced within seconds of my pacing goal. I have enjoyed the vibe and comradery of the pace groups I've ran 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 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 36 (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 (17, 14, 12, 10) 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 love chocolate.





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4:20

Elizabeth Elliott, 37

West Des Moines, IA (but Beaverdale is my real hometown)

Occupation: Dietitian, Food Content Manager at Accenture Interactive

First Marathon: 2002 – Mediacom Des Moines Marathon. Thank goodness for Athlinks!

Marathon Personal Record: 3:44:29 – 2017 Twin Cities Marathon

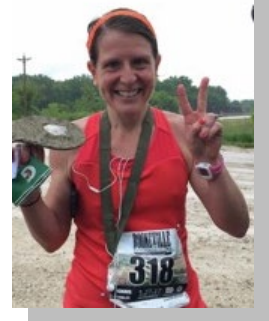
Number of Marathons completed: 11 in 6 states.

Marathon finish you're most proud of and why: Slow and steady wins the race!

My first marathon is the one I'm most proud of finishing, Des Moines back in 2002, the first year of the race. My mom and I walked it together, holding down about a 16-minute mile pace. Anyone who has walked a marathon knows it's actually *much* harder to walk a marathon than run it!

Previous Pacing Experience: I have paced the Hungry Turkey Half Marathon for the past 3 years. This will be my first full marathon pacing experience! I'm excited to share it with a great group.

Interests, hobbies, etc.: While I've done many marathons and half marathons (and even dabbled in triathlons) ultra-marathon running has recently become my true passion. I don't have the speed to compete or even enjoy shorter races, but I love the calm solitude of running slowly for long, long periods of time. In between long, long runs, I hang out with my 2 crazy toddler boys, and struggle to schedule running time with my husband, Nick, who shares space on this pacer list as well. 😊



4:35

Eric Klingensmith, 42

Ankeny, IA

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

First Marathon: 2007 Kansas City Marathon

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

Number of Marathons completed: 17 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 5 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.





IMT Des Moines Marathon Marathon Pace Team Bios

4:50

Nick Hayden, 34
Louisville, KY

Occupation: Financial Officer and Assistant Director for JCPS Adult Education

First Marathon: 3:48 - 2011 Kansas City Marathon

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

Number of Marathons Completed: 14 Ironman Sanctioned Triathlons, 80 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 to Half Marathons and I even help local running groups. I primarily pace for Smart Pacing, Runners Edge and Ultramax which are Missouri based companies.

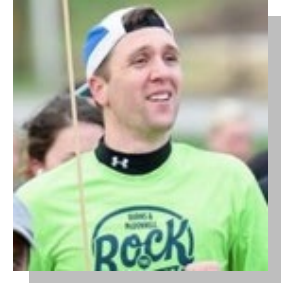
Interests, hobbies, etc. : I enjoy the outdoors, so anything to get me out will spark my interest. Here is everything you ever wanted to know about me and some facts you probably don't care about at all!

-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!



5:05

Julie Lindgren, 49
St Louis Park, MN

Occupation: Child Care Director

First Marathon: 2011 Twin Cities

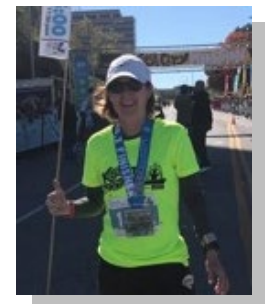
Marathon Personal Record: 3:49:25 – 2016 Fargo Marathon

Number of Marathons completed: 77

Marathon finish you're most proud of and why: The 2016 Fargo Marathon 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 16 marathons and 8 half marathons.

Interests, hobbies, etc.: I enjoy running, biking and spending time with family.





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5:20

Thomas (Tom) Perri, 58

Maple Grove, MN

Occupation: Insurance/Mental Health

First Marathon: 1993 Twin Cities Marathon

Marathon Personal Record: 3:35 - 2007 Fargo Marathon

Number of Marathons Completed: 492 (IMT Des Moines Marathon will probably be 502) and of those 492 marathons I have completed 191 different marathons.

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, four time certified 50 State Marathon finisher, Sub 4 hour 50 State Marathoner finisher, and Titanium and in the Hall of Fame with Marathon Maniacs. I have one state remaining for my 5th time certified finish, and twenty-one states left for my 6th time certified 50 State Marathon finish. I am one of the 36 runners profiled in the book "Running Past Fifty – Advice and Inspiration for Senior Runners" by Gail Waseche Kislevitz.

Marathon finish you're most proud of and why: 2005 Oklahoma City Marathon, as I primarily walked the course after having major knee surgery.

Previous Pacing Experience: This will be my 13th time pacing the IMT Des Moines Marathon, as I have paced the 4:25 & 4:30 group the past twelve 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 and duathlons. I love to read a variety of books and visit microbreweries to stay well hydrated.

