



## Lon Gowan

**Gender :** Male  
**Height:** 6 ft. in.  
**Weight:** 175 pounds  
**Eyes:** Blue  
**Hair Color:** Brown  
**Hair Length:** Regular  
**Waist:** 32  
**Inseam:** 32  
**Shoe Size:** 12  
**Physique :** Average  
**Coat/Dress Size:** 42R  
**Ethnicity:** Caucasian / White

**Address:** Georgia,  
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**818-613-2244**



### Photos



Film Credits	Role Position	Company Director
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Back In Action

ND Stunts

Stunt Coordinator: Travis Wong

Film Credits	Role Position	Company Director
Joy Ridge	Water Safety	Stunt Coordinator: Rob Mars, Danny Le Boyer Water Safety Coordinator: David Paul
Call of The Wild	Postman (Stunt Actor)	Director: Chris Sander Stunt Coordinator: Charlie Croughwell
US	Don (Stunt Actor)	Director: Jordan Peele Stunt Coordinator: Mark Vanselow
Agent Revelation	Fred (Stunt Actor)	Director: Derek Ting Stunt Coordinator: Joe Fidler
God Bless America	Stunt Actor	Coord: Peewee Piemonte / Dir: Bob Goldthwait
Chompy & The Girls	Stunt Actor	Stunt Coordinator: Deven MacNair
ReVamped	Stunts	Stunt Coordinator: Eddie "Doogie" Conna
The Wizard of Loneliness	Stunt Double: Dylan Baker	Stunt Coordinator: Warren Stevens
Sioux City ~ w/Lou Diamond Phillips, Ralph Waite	News Camera Man	Dir: Lou Diamond Phillips
Punching Hitler (Award Winning Short/Cannes Select	Don	Director: Edward Marks
Sweet Hearts Dance	Stalion Club	Director: Robert Greenwald

Television	Role Position	Company Director
Hal & Harper	Recurring	Director: Cooper Raiff
Lessons in Chemistry	Stunt Actor (Co-Star)	Stunt Coordinator: Mary Albee, Peewee Piemonte
Welcome to Chippendales	Stunt Double: Dan Stevens	Stunt Coordinator: Michael Gaines
Class of '09	Stunt Actor (Co-Star)	Stunt Coordinator: Thom Williams
Black Mafia Family (BMF)	Stunt Actor (Co-Star)	Stunt Coordinator: Freddie Poole/Yan Dron

Television	Role Position	Company Director
The Walking Dead	ND Stunts	Stunt Coordinator: Monty Simons
The Flight Attendant	Co-Star	Director: Silver Tree
Totally Badass Wrestling	Stunt Actor (Co-Star)	Stunt Coordinator: Deven MacNair
Promised Land	Stunts	Stunt Coordinator: Eddie Perez
Roar	Co-Star	Director: Liv Flahive
NCIS	Stunt Double: Mark Harmon	Stunt Coordinator: Diamond Farnsworth
Snowfall	Stunts	Stunt Coordinator: Eddie Perez
Big Little Lies	Robert Johansson Co-Star	Director: Andrea Arnold
Little Fires Everywhere	McKeesport Police Officer Co-Star	Director: Lynn Shelton
Seal Team	Co-Star: Stunt Actor	Director: Christopher Chulack Stunt Coordinator: Peewee Piemonte/Julie Michaels
General Hospital	Co-Star/Stunt Actor/Multiple episodes	Stunt Coordinator: Tim Davison
9-1-1 (Fox)	Co-Star: Stunt Actor	Director: Gwyneth Horder-Payton Stunt Coordinator: Mark Vanselow
Into the Dark	Stunt Double: Julian Sands	Stunt Coordinator: Tim Mikulecky
The Orville	Stunts	Stunt Coordinator: Tim Davison
American Horror Story: Cult	Co-Star: Stunt Actor	Stunt Coordinator: Mark Vanselow, Director: Angela Bassett
Single Parents	Stunts	Stunt Coordinator: Jimmy Sharp/Jon Epstein
Everything's Gonna Be Okay (Pilot)	Stunt Actor	Director: Rebecca Thomas Stunt Coordinator: Dalton Simmons

Television	Role Position	Company Director
Grace and Frankie	Stunt Double: Sam Watterson	Stunt Coordinator: Taylor Estevez
9-1-1 (Fox)	Stunt Double: Jackson Hurst	Stunt Coordinator: Mark Vanselow
Arrested Development 5	Stunt Double: Tony Hale	Stunt Coordinator: Dorenda Moore
Agent Carter	Co-Star: Stunt Actor	Stunt Coordinator: Casey O'Neill
2 Broke Girls	Stunt Double: Jonathan Kite	Stunt Coordinator: Al Jones
How To Get Away With Murder	Stunt Double: Lou Richards	Stunt Coordinator: Peewee Piemonte
Arrested Development 4	Stunt Double: Will Arnett	Stunt Coordinator: Kanin Howell
Supah Ninjas	Co-Star: Stunt Actor	Director: Hiro Koda, Stunt Coordinator: Henry (Hank) Kingi Jr.
Snowfall (FX Network)	Co-Star	Director: Adil El Arbi
The Unit	Co-Star: Stunt Actor	Stunt Coordinator: Troy Brown, Director: Dennis Haysbert
The Mentalist	Co-Star: Stunt Actor	Stunt Coordinator: Jimmy Romano, Director: Chris Long
The Young and the Restless	Stunt Dbl: Mark Lindsey Chapman	Stunt Coordinator: Terry James
ABC Monday Night Football Intro	Stunt Dbl: Ray Romano	Stunt Coordinator: Tim Sitarz
Conan (O'Brien)	Sketch Comedy	Multiple Episodes
Private Practice	Co-Star	Director: Mark Tinker
CSI: Crime Scene Investigation	Co-Star	Director: Danny Canon
Sleeper Cell (Showtime Mini-Series)	Co-Star	Director: Clark Johnson
The Tonight Show w/Conan O'Brien	Sketch Comedy	NBC

Television	Role Position	Company Director
Final Justice with Erin Brockovich	Co-Star	Lifetime
Tonight Show w/Jay Leno	Stunts/Sketch Comedy	NBC
Port Charles	Day Player/Multiple Episodes	Various Directors / CBS
Unfabulous	Co-Star	Director: Savage Steve Holland

Commercial	Role Position	Company Director
Over 35 National Commercials	Acting and Stunts	Various Coordinators and Directors

Stage	Role Position	Company Director
Santasia	Stunt/ACTOR	Off-Broadway
Water World - Universal Studios Hollywood	Stunt Actor	Stunt Coord: Ken Clark/Kieth Tellez/Mark Vanselow
The Wild, Wild, Wild West Stunt Show - USH	Stunt Actor	Stunt Coord: Kieth Tellez/Mark Dirksi
A Lot more on request	BFA in Theater	

## Stunt Skills

- ATV
- Air Rams
- Animal Training
- Bullwhip
- Car Hits
- Car Work
- Certified Scuba Diver - PADI
- Creature Suit / Prosthetics
- Decelerator
- Descender
- Dialogue
- Driving: 180's
- Driving: 360's
- Driving: 90's
- Driving: Near Misses
- Fight-Guy/Gal - General
- Fire Burns
- Fire: Partial Burn

- Footfalls
- High Fall
- Horse: Drags
- Horse: Saddle
- Horseback Riding
- I Ground Pound
- Jet Skiing
- Low Falls 30'-Under
- Med-Fall 30'-60'
- Mini Tramp
- Powerboat Operator - Prop & et
- Prat Falls
- Precision Driving
- Rappelling
- Ratchets
- Reactions
- Squibs
- Stage Fighting
- Stair Falls
- Stunt Driving
- TRAINING: Motion Picture Driving Clinic
- Water Safety: CERTIFIED
- Water Work
- Wave Runner
- Weapons ~ General
- Weapons: Broadsword
- Weapons: Guns
- Weapons: Pistol
- Weapons: Rifle - AR-15, etc.
- Wire Work

## **Athletic Skills**

- Basketball
- Bow & Arrow
- Bowling
- Cycling
- Horse: Saddle Falls
- Horse: Western
- Mountain Biking
- Soccer
- Softball
- Swimming
- Waverunners

## **Accents**

- British
- German
- Irish

- New England
- New York (Bronx)
- New York (Brooklyn)
- Scottish

## Spoken Languages

- English

## Work History

- Commercial
- Film
- Television

## Job Categories

- Dialogue / Acting
- Stunt Double
- Stunt Performer
- Stunts

## Union Affiliations

Training	City	Type Of Training
Emerson College/Johnson State College (VT)	MA, VT	BFA in Performing Arts, Theater
Scuba Cert	CA	

Employment	Proir Job Title	Proir Job Title	Work Globally	Authorized To Work	Valid Passport	State
Stunt Performer	Stunt Actor / Dialogue	Stunt Double	yes	yes	yes	California