



## 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,  
**E-mail:** long4vt@yahoo.com  
**Web Site:** <http://longowan.com>

**8186132244**

**818-613-2244**



### Photos



### Film Credits

### Role

### Reference

Back In Action

ND Stunts

Stunt Coordinator: Travis Wong

Film Credits	Role	Reference
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	Reference
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	Reference
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	Reference
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	Reference
Finial 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	Reference
Over 35 National Commercials	Acting and Stunts	Various Coordinators and Directors
Stage	Role	Reference
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	
Training		
Emerson College/Johnson State College (VT)	MA, VT	BFA in Performing Arts, Theater
Scuba Cert	CA	
Employment Details		
<b>Work History:</b> Stunt Performer		
<b>Job Categories:</b> Stunt Actor / Dialogue		
<b>Prior Job Title(s):</b> Stunt Double		
<b>Are you willing to work Globally?:</b> Yes		
<b>Authorized to work in United States?:</b> Yes		
<b>What state are you considered a Local Hire?:</b>		
<b>What state are you considered a Local Hire?:</b>		
<b>Do you have a valid passport?:</b> Yes		