

Lon Gowan

SAG / AFTRA CELL: 818-613-2244

Height: 6' Weight: 171 Hair: Brown Eyes: Blue

FILM

Call of the Wild	Stunt-Actor (Supporting)	Stunt Coordinator: Charlie Croughwell
Us	Stunt-Actor (Supporting)	Stunt Coordinator: Mark Vanselow
Agent Revelation	Stunt-Actor	Stunt Coordinator: Joe Fidler
Chompy and the Girls	Stunt-Actor	Stunt Coordinator: Deven MacNair
God Bless America	Stunt-Actor	Stunt Coordinator: Peewee Piemonte
Revamped	Utility Stunts	Stunt Coordinator: Doogie Conna
The Wizard of Loneliness	Stunt Double (Dylan Baker)	Stunt Coordinator: Warren Stevens

TELEVISION

Seal Team	Stunt-Actor (Co-Star)	Stunt Coordinator: Peewee Piemonte
9-1-1 (Fox)	Stunt-Actor (Co-Star)	Stunt Coordinator: Mark Vanselow
The Orville	Stunts	Stunt Coordinator: Tim Davison
Snowfall	Stunt-Actor	Stunt Coordinator: Eddie Perez
Into The Dark	Stunt Double (Julian Sands)	Stunt Coordinator: Tim Mikulecky
American Horror Story	Stunt-Actor (Co-Star)	Stunt Coordinator: Mark Vanselow
Single Parents	Stunt-Actor	Stunt Coord: Jimmy Sharp/Jon Epstein
Agent Cater	Stunt-Actor (Co-Star)	Stunt Coordinator: Casey O'Neill
How to Get Away With Murder	Stunt Double (Lou Richards)	Stunt Coordinator: Peewee Piemonte
Arrested Development (Season 5)	Stunt Double (Tony Hale)	Stunt Coordinator: Dorenda Moore
2 Broke Girls	Stunt Double (Jonathan Kite)	Stunt Coordinator: Al Jones
Grace and Frankie	Stunt Double (Sam Waterston)	Stunt Coordinator: Taylor Estevez
The Mentalist	Stunt-Actor (Co-Star)	Stunt Coordinator: Jimmy Romano
Everything's Gonna Be Okay (Pilot)	Stunt-Actor	Stunt Coordinator: Dalton Simmons
Arrested Development	Stunt Double (Will Arnett)	Stunt Coordinator: Kanin Howell
The Unit	Stunt-Actor (Co-Star)	Stunt Coordinator: Troy Brown
Supah Ninjas	Stunt-Actor (Co-Star)	Stunt Coord: Hiro Koda/Henry Kinji Jr.
The Young and the Restless	Stunt Double (Mark Lindsey Chapman)	Stunt Coordinator: Terry James
ABC Monday Night Football Intro	Stunt Double (Ray Romano)	Stunt Coordinator: Tim Sitarz
General Hospital	Stunt-Actor (Co-Star)	Stunt Coordinator: Tim Davison

ACTING PARTS

Big Little Lies	Co-Star	Director: Andrea Arnold
Little Fires Everywhere	Co-Star	Director: Lynn Shelton
Roar	Co-Star	Director: Liv Flahive
Snowfall (pilot)	Co-Star	Director: Adil El Arbi
The Tonight Show w/Jay Leno	Sketch Comedy	Multiple Directors
CSI: Crime Scene Investigation	Co-Star	Director: Danny Canon
Private Practice	Co-Star	Director: Mark Tinker
Conan (TBS)	Sketch Comedy	Multiple Directors
Sleeper Cell: American Terror (Showtime)	Co-Star	Director: Clark Johnson
Unfabulous	Co-Star	Director: Joe Menendez
Final Justice	Co-Star	Director: Shawna Chance
The Tonight Show w/Conan O'Brien	Sketch Comedy	Multiple Directors
Port Charles	Multiple Episodes	Multiple Directors

RICK SEAMAN STUNT DRIVING SCHOOL

ADVANCED SCUBA CERTIFIED

CERTIFIED: CPR ~ FIRST AID ~ AED ~ WATER RESCUE

DEGREE IN ACTING ~ STUDIED IMPROV AT SECOND CITY