

LON GOWAN

STUNT-ACTOR

Height: 6' 0" Weight: 177 lbs.

Cell: 818-613-2244

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SAG AFTRA

FILM STUNTS

Back In Action	ND Stunts	Stunt Coordinator: Travis Wong
Joy Ridge	Water Safety	Stunt Coordinator: Rob Mars/Danny Le Boyer
Us	Stunt Actor	Water Safety Coordinator: David Lord
The Call of The Wild	Stunt Actor	Stunt Coordinator: Mark Vanselow
Agent Revelation	Stunt Actor	Stunt Coordinator: Charlie Croughwell
God Bless America	Stunts	Stunt Coordinator: Joe Fidler
Revamped	Stunts	Stunt Coordinator: Peewee Piemonte
Chompy and The Girls	Stunt Actor	Stunt Coordinator: Eddie "Doogie" Conna
		Stunt Coordinator: Deven MacNair

TELEVISION STUNTS

Lessons in Chemistry	Stunt Actor	Stunt Coordinator: Mary Albee
Welcome to Chippendales	Stunt Double: Dan Stevens	Stunt Coordinator: Michael Gaines
Class of 09	Stunt Actor	Stunt Coordinator: Thom Williams
The Walking Dead	Stunts	Stunt Coordinator: Monty Simons
BMF	Stunts	Stunt Coordinator: Freddie Poole/Yan Dron
Promised Land (Pilot)	Stunts	Stunt Coordinator: Eddie Perez
Totally Badass Wrestling	Stunt Actor	Stunt Coordinator: Deven MacNair
NCIS	Stunt Double: Mark Harmon	Stunt Coordinator: Diamond Farnsworth
Into The Dark	Stunt Double: Julian Sands	Stunt Coordinator: Tim Mikulecky
Arrested Development	Stunt Double: Tony Hale	Stunt Coordinator: Dorenda Moore
Seal Team	Stunt Actor (Co-Star)	Stunt Coordinator: Peewee Piemonte
9-1-1	Stunt Actor (Co-Star)	Stunt Coordinator: Mark Vanselow
Snowfall	Stunts	Stunt Coordinator: Eddie Perez
American Horror Story	Stunts	Stunt Coordinator: Mark Vanselow
How to Get Away with Murder	Stunt Double: Lou Richards	Stunt Coordinator: Peewee Piemonte
Single Parents	Stunts	Stunt Coordinator: Jimmy Sharp
The Orville	Stunts	Stunt Coordinator: Tim Davison
Agent Cater	Stunt Actor (Co-Star)	Stunt Coordinator: Casey O'Neill
Everything's Gonna Be Okay	Stunts	Stunt Coordinator: Dalton Simons
The Mentalist	Stunt Actor (Co-Star)	Stunt Coordinator: Jimmy Romano
2 Broke Girls	Stunt Double: Jonathan Kite	Stunt Coordinator: Al Jones
Supah Ninjas	Stunt Actor (Co-Star)	Stunt Coordinator: Henry Kinji Jr.
The Unit	Stunt Actor (Co-Star)	Stunt Coordinator: Troy Brown
Grace and Frankie	Stunt Double: Sam Waterston	Stunt Coordinator: Taylor Estevez
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	Day-Player (Multiple Episodes)	Stunt Coordinator: Tim Davison

TELEVISION ACTING

Hal & Harper
Welcome to Chippendales
The Flight Attendant
Roar
Big Little Lies
Little Fires Everywhere
CSI: Crime Scene Investigation
Private Practice
Sleeper Cell: American Terror
General Hospital

Acting Reel Available

Recurring
Co-Star
Co-Star
Co-Star
Co-Star
Co-Star
Co-Star
Co-Star
Co-Star
Day-Player (Multiple Episodes)

Director: Cooper Raiff
Director: Matt Shakman
Director: Silver Tree
Director: Liv Flahive
Director: Andrea Arnold
Director: Lynn Shelton
Director: Danny Canon
Director: Mark Tinker
Director: Clark Johnson
Multiple Directors/Coordinators

COMMERCIALS

Over 40 National Commercials

Training & Abilities

Acting: Various Teachers (Film, Theater, and Commercial) Improv: Second City

Stunt Driving: Rick Seaman's Stunt Driving School

Stunts: Fights ~ Falls ~ High Falls ~ Driving ~ PADI Rescue Diver ~ Water Safety ~ Firearms ~ Fire Burns ~ Wire Work

Sports: Soccer (Collegiate Level) ~ Softball (High-Arc Pitcher) ~ Swimming ~ Basketball ~ Cyclist