



Lon Gowan

6' 0" 178 lbs.

[long4vt@yahoo.com](mailto:long4vt@yahoo.com)

818-613-2244

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**SAG / AFTRA CELL: 818-613-2244**

Height: 6' Weight: 178 Hair: Brown Eyes: Blue

## FILM

Us	Supporting	Director: Jordan Peele
The Call of The Wild	Supporting	Director: Chris Sanders
Agent Revelation	Supporting	Director: Derek Ting
Immortality (Minsky)	Supporting	Director: Sam Barlow
God Bless America	Supporting	Director: Bob Goldthwait

## TELEVISION

Hal & Harper	Recurring	Director: Cooper Raiff
Lessons in Chemistry	Co-Star	Director: Millicent Shelton
Welcome to Chippendales	Co-Star	Director: Matt Shakman
BMF	Stunt/Actor	Director: Solvan Naim
The Flight Attendant	Co-Star	Director: Silver Tree
Roar	Co-Star	Director: Liv Flahive
Promised Land (Pilot)	Stunt/Actor	Director: Michael Cuesta
Big Little Lies	Co-Star	Director: Andrea Arnold
Little Fires Everywhere	Co-Star	Director: Lynn Shelton
Seal Team	Co-Star	Director: Christopher Chulack
9-1-1	Co-Star	Director: Gwyneth Horder-Payton
Snowfall	Co-Star	Director: Adil El Arbi
American Horror Story	Stunt/Actor	Director: Angela Bassett
Single Parents	Stunt/Actor	Director: Jason Winer
Agent Cater	Co-Star	Director: Jennifer Getzinger
How to Get Away with Murder	Co-Star	Director: Laura Innes
The Orville	Stunt/Actor	Director: Seth MacFarlane
The Mentalist	Co-Star	Director: Chris Long
Everything's Gonna Be Okay	Stunt/Actor	Director: Rebecca Thomas
The Unit	Stunt/Actor	Director: Dennis Haysbert
Supah Ninjas	Co-Star	Director: Hiro Koda
CSI: Crime Scene Investigation	Co-Star	Director: Danny Canon
Private Practice	Co-Star	Director: Mark Tinker
Sleeper Cell: American Terror (Showtime)	Co-Star	Director: Clark Johnson
General Hospital	Day-Player (Multiple Episodes)	Multiple Directors

## STUNTS

Welcome to Chippendales	Stunt Double: Dan Stevens	Stunt Coord: Michael Gaines
Class of 09	Stunt /Actor	Stunt Coord: Thom Williams
The Walking Dead	Stunts	Stunt Coord: Monty Simons
NCIS	Stunt Double: Mark Harmon	Stunt Coord: Diamond Farnsworth
Into The Dark	Stunt Double: Julian Sands	Stunt Coordinator: Tim Mikulecky
Arrested Development	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 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

## SKETCH COMEDY

SANTASIA: A Holiday Comedy	Off-Broadway (NYC) & Los Angeles	St. Luke's (NYC), Whitefire (LA)
Conan	Team Coco (TBS)	Multiple Directors
The Tonight Show	NBC	Multiple Directors

## COMMERCIALS

Over 40 National Commercials as a Principal Performer

## Training & Abilities

Improv: Second City w/ Dick Schaal, Avery Schreiber, and Lewis Arquette  
Acting: Candice Silvers, Tom Capps, Tracy Roberts, BFA in Performing Arts  
Commercial: Killian's Acting Workshop, Terry Berland Commercial Workshop  
Stunt Driving: Rick Seaman's Stunt Driving School  
Stunts: Fights ~ Falls ~ High Falls ~ Driving ~ Firearms ~ Fire Burns ~ Wire Work  
SCUBA: Rescue Diver ~ Water Rescue/Water Safety Certified  
Sports: Soccer (Collegiate Level) ~ Softball (High-Arc Pitcher) ~ Swimming ~ Basketball ~ Cyclist  
Skills: Bartend, Gardening, Chainsaw, Handyman, Work on my Own Vintage Truck, Cook, Train Dogs  
Dialects: New England, Southern, good ear for other dialects, a decent Jimmy Stewart impersonation