

December 19, 2017

Forty Under 40 Nomination Committee
Business Record
The Depot at 4th, 100 4th Street,
Des Moines, Iowa 50309

Dear Forty Under 40 Nomination Reviewers:

I would like to place the name of Chris LoRang, D.C. in nomination for the Forty Under 40 Class of 2018.

Awesome, amazing, incredible, "blow you away" are all over-used words in our society, but when checking Thesaurus, those are really the best words to describe Chris.

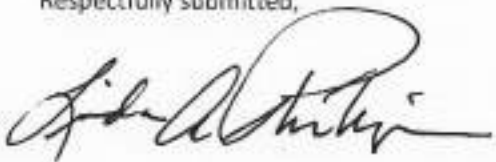
I first met Chris a little over 4 years ago through our mutual involvement in the East and South Des Moines Chamber. Chris came in as a brand new member. He impressed me right away by his high energy level and entrepreneurial spirit. As a fresh new graduate from Palmer College of Chiropractic, Chris chose Des Moines as the place to

- Open his new chiropractic practice,
- Start a second business of providing discount medical plan options to other Iowa chiropractors,
- Co-Found a musical performance group,
- Jump right into the fabric of the business and music communities through his involvement in two local Chambers, the local music scene, and the East Village where his office is located, and
- Provide start-up space for a life coach, and a display area in his office for the work of emerging artists.

Chris works tirelessly to provide high quality chiropractic care to his patients and the best quality health care to his professional colleagues, promote the East Village, educate area residents in topics of wellness and healthy living, and serve the local running community through his professional volunteer services. As if this exhausting list of high energy activities isn't enough, he is also a very devoted and involved family man with his wife Abbie and 1 year old daughter Emily often by his side (or in Emily's case, in his arms) at work and at play. Des Moines is a better place with Chris in it.

You will find enclosed in this nomination packet Chris LoRang's professional resume, letters of support from other young community leaders, some samples of his businesses and music, and a few other fun things. After all, all work and no play would take the fun out of Chris!

Respectfully submitted,



Linda (Lin) A. Phillips, MS, NCC, NCCC, MCC
Professional Certified Career Counselor

Career and Life Transition Counseling
Linda A. Phillips, M.S., N.C.C., N.C.C.C., M.C.C.
Certified Career Counselor



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Des Moines, Iowa 50315
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December 14, 2017

Des Moines Business Record
c/o Jason Swanson
100 4th Street
Des Moines, Iowa 50309

Dear Jason and Review Committee:

This is a Letter of Recommendation on behalf of **Chris LoRang**, Owner of Capitol Chiropractic and Rehabilitation for the "*Forty Under 40*". I met Chris several years ago through entrepreneur circles. Chris is a person who is deeply committed to making Des Moines great as well as entrepreneurship in Des Moines.

Professionally, Chris launched his own chiropractic clinic in Des Moines' East Village in 2013 and has since grown to a team of five full and part time staff. He has also co-founded an insurance compliance company in 2016 called The Wellness Group, after participating in the University of Iowa Venture School. Chris has been awarded several honors recognizing his leadership in the business community, including Co-Business of the Year in 2016, Business of the month from the SBDC in 2015 and the Entrepreneurial Spirit Award in 2014.

Community involvement is key for Chris as well. He has volunteered at athletic events like the Des Moines Marathon, Des Moines Triathlon and Des Moines Criterion to provide soft-tissue rehabilitation treatments to participating athletes. In 2016, Chris was a key sponsor for the Des Moines Downtown Chamber LEAP series, which helps advance women in the metro with networking, education and leadership workshops. Chris has been awarded with several honors related to his civic engagement, including 2016 Community Champion and 2014 Citizen of the Year.

I hope that you consider this recommendation letter for an award.

Sincerely,



Christina Moffatt

Director of Small Business Resources and Founder, Crème Cupcake + Dessert



Des Moines Downtown Chamber
301 Grand Avenue
Des Moines, IA 50309
(515) 309-3229
www.DTchamber.com

November 29, 2017

Dear Forty Under 40 Selection Committee:

Chris LoRang has been fun to watch since I first met him in 2013. His level of activity was substantial in his first years as the owner of Capital Chiropractic, earning him recognition as the Downtown Chamber's 2013 Business of the Year. And yet, it didn't stop there.

He continued to grow his involvement, and when we launched the chamber's 2nd year of the Leadership Education and Advancement Pipeline (LEAP)TM series in 2016, he was among the first sponsors of the series. He renewed his sponsorship for 2017 as well. What's notable about this is that the LEAP program's content is geared toward developing women leaders, and his investment in the series was a clear statement that he believed in and supported the many professional women in our community.

Chris also has led the Historic East Village Association the last couple years. His consistency in remaining at the helm of its leadership, has been an asset to the district. He remains a megaphone for collaboration, information, and community pride.

I'm delighted to write a letter of support for Chris LoRang to be recognized as one of Des Moines' Forty Under 40 this year. Thank you for your consideration of this nomination.

Sincerely,

Jennifer Chittenden

Jennifer Chittenden
Executive Director,
Des Moines Downtown Chamber of Commerce
Forty Under 40 Class of 2014

Sadie Trytten
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12/11/17

To the review committee

I am writing today to nominate Chris LoRang for the 2018 Forty Under 40 class. My experience with Chris has been wide ranged and amazing in every way. He is always putting the community first and making sure things are done successfully.

As an artist, Chris displayed my paintings in his chiropractic office to give exposure to my work and support art in our community. It is tough to market our work without cost, so this opportunity was very helpful for me.

As a business owner, Chris was sure to join the chamber of commerce and advocate for businesses in the community. I am the director for one of the chambers and can attest to his passion and willingness to connect individuals to benefit everyone.

Finally, Chris is on the board for the East Village Association in which I was a staff liaison for a year. Through this experience, I got to learn more about his leadership skills in directing a group of volunteers to accomplish many difficult tasks that involve and affect a variety of members in the community. These tasks ranged from key events to holiday lights.

These are just a few examples of why I support the nomination for Chris LoRang. As a member of the class of 2009 Forty Under 40, I've seen the talent come through and can say that Chris is a prime example of why this program was created.

Respectfully yours,

Sadie Trytten, 2009 Class, Forty Under 40
President/CEO
Des Moines East and South Chamber of Commerce (FuseDSM)



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Aaron Rickelman, DC MS
Abbi (Sunner) Rickelman, DC MS

December 27, 2017

To whom it may concern,

Chris LoRang deserves to be picked for Forty Under 40 for numerous reasons – too many to count.

First, he is one of the best chiropractors in the Des Moines metro area. He is not just your ordinary chiropractor. Chris has been educated with some of the most cutting-edge techniques in the manual medicine world. Being simply a chiropractor has never been enough for him; he has always been driven to provide the best quality and research driven care to each and every patient. He started his own practice, from the ground up, and it is one of the most booming practices in the area.

Secondly, he is an advocate for our profession. Any time resistance is met, he seems to do his homework and fight for our rights.

Third, he has an entrepreneurial brain. As insurance premiums are getting higher and insurance benefits are becoming slimmer, he saw a major hole in the system. In order to fill this void and provide affordable treatment to those patients that have “bad” insurance benefits or do not have insurance at all, he developed a company that provides discount medical plans. This is a newer concept in the medical world and he jumped on the opportunity to begin another business venture in what is now The Wellness Group.

Lastly, this is a man that knows how to balance work and play. He is actively involved in his business, the community, his family, and the hobbies he loves, such as music. If you don’t see Chris helping people in his office, you might likely see him with his band. Simply put, he is a well-rounded individual that deserves every accolade that could be given.

With immense pleasure,

Abbi Rickelman, DC

ERIC QUINER

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To: The 40 Under 40 Class Judges:

I have known Chris since the early 2000's. Chris and myself were in college together. We took a jazz improv class and immediately hit it off. He had a jazz band that we also connected through as I became his booking agent for his band at the time. I was able to work closely with Chris then because he was one of the leaders of the group. It was not his playing (sax) that made him a standout. It was his ability to bring people together. His bandmates respected him and used his help to make them better as a whole. Everyone loved his temperament and drive. It was here that I witnessed him as "man about town" (this is a joke between the two of us...I have been calling him that for about 15 years now). While in the music scene in Iowa City he was present and caring and all that knew him then would happily describe him as such. As college started to end he turned directions and got into chiropractic school. I did not have a ton of contact with him for a few years after.

Fast forward to when Chris and I crossed paths again (approx. 5-6 years ago now). Chris had finished up his chiropractic schooling and was moving back to Des Moines. He reached out to talk about starting up his own practice. I was of no help in the chiropractic realm but have a few small businesses of my own and provide consultations from time to time regarding how one goes about starting up a business in a more generic sense. Him and I still meet to discuss his business and search for guidance but I honestly feel like I get as much from him every time we talk as he does me.

As you read Chris's bio you will see that he has become a true "man about town". He helps others, volunteers, organizes, maintains his passions (still performs with his wife in a band "Abby and the Sawyers") and lives life every day to make the world and specifically Des Moines a better place to live.

Chris is a no brainer. I confidently cast my vote to Chris for the 2018 40 under 40 class.

Eric Quiner
Assistant Manager/Sales Associate
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Tricia Rivas
3808 SW 30th Street
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December 17th, 2018

Forty Under 40

To Whom It May Concern:

It is with great pleasure that I nominate Chris LoRang for this prestigious award for Forty Under 40. I've known Chris now for more than a little over 5 years. Chris and I made acquaintances through the East and South Des Moines Chamber. It became apparent very quickly that Chris is a go getter and is very passionate about his community involvement. In his short time of living here I've saw him start a business from the ground up, serve on multiple community committees and most importantly support surrounding businesses. Chris encompasses what Forty Under 40 represents.

Sincerely,
Tricia Rivas
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Rivastricia@gmail.com