

Chad Kempel: Media Coverage

184 features across TV, print, and online. Every link is live and verifiable.

Guinness World Records & Books

1. **Fastest marathon pushing a quintuple pram (male) – Guinness World Records**
<https://www.guinnessworldrecords.com/world-records/544568-fastest-marathon-pushing-a-quintuple-pram-male>
2. **Fastest half marathon pushing a quintuple pram (male) – Guinness World Records**
<https://www.guinnessworldrecords.com/world-records/570529-fastest-half-marathon-pushing-a-quintuple-pram-male>
3. **Fastest 10 km pushing a quintuple pram (male) – Guinness World Records**
<https://www.guinnessworldrecords.com/world-records/570538-fastest-10-km-pushing-a-quintuple-pram-male>
4. **Fastest 1 km pushing a quintuple pram (male) – Guinness World Records**
<https://www.guinnessworldrecords.com/world-records/742468-fastest-1-km-pushing-a-quintuple-pram-male>
5. **Super dad says his family encouraged him to break pram pushing record – Guinness World Records News (2023)**
<https://www.guinnessworldrecords.com/news/2023/11/super-dad-says-his-family-encouraged-him-to-break-pram-pushing-record-760378>
6. **Dad breaks marathon records pushing quintuplets – Guinness World Records News (2020)**
<https://www.guinnessworldrecords.com/news/2020/6/dad-breaks-marathon-records-pushing-quintuplets-622283>
7. **My Five Babies Ran A Marathon – Official Guinness World Records YouTube**
<https://www.youtube.com/watch?v=VzAn0oUFFMk>
8. **Guinness World Records – Best of June 2020**
<https://www.youtube.com/watch?v=VGT5ESojuVg>
9. **Guinness World Records – Marathon/10K Facebook video (#MondayMotivation)**
<https://www.facebook.com/GuinnessWorldRecords/videos/fastest-marathon-pushing-a-quintuple-pram-male/270222264199967/>
10. **Guinness World Records – Facebook post (Dad of seven / two-time record holder)**
<https://www.facebook.com/GuinnessWorldRecords/posts/dad-of-seven-and-a-two-time-marathon-record-holder-chad-kempel-is-definitely-our/1279457500882970/>
11. **Beyond the Record with GWR – Facebook**
<https://www.facebook.com/watch/?v=3771541552915374>
12. **Guinness World Records 2025 (book) – Chad featured on page 179**
<https://amzn.to/3PM9nWG>
13. **Ripley's Believe It or Not! (book) – Chad featured on page 105**
<https://amzn.to/4csdmAv>

News, TV & Magazines

14. **Person of the Week: Dad aims to break running record with kids – ABC News / World News Tonight**
<https://abcnews.com/video/83970041/>
15. **ABC World News Tonight – Facebook video (half marathon)**
<https://www.facebook.com/WorldNewsTonight/videos/dad-claiming-half-marathon-world-record/455768412906229/>
16. **ABC World News Tonight – Facebook post**
<https://www.facebook.com/WorldNewsTonight/posts/10159573416504818/>
17. **Dad poised to claim half-marathon world record – Good Morning America / ABC News**
<https://www.goodmorningamerica.com/family/story/dad-poised-set-half-marathon-world-record-pushing-83865599>
18. **Dad poised to claim half-marathon world record – ABC News video segment**
<https://abcnews.go.com/GMA/Family/video/dad-poised-claim-half-marathon-world-record-pushing-83945104>

19. **Dad Earns Guinness World Record Pushing Quintuplets – TODAY Parents**
<https://www.today.com/parents/dads/dad-quintuplets-guinness-world-record-marathon-rcna23024>
20. **TODAY Show – live interview video (April 8, 2022)**
<https://www.today.com/video/dad-talks-setting-records-running-with-quintuplets-137301573908>
21. **TODAY Show Instagram post**
https://www.instagram.com/todayshow/p/CcISmtWA_3Y/
22. **Babies make 9! California family welcomes quintuplets – TODAY**
<https://www.today.com/parents/babies-make-9-california-family-4-welcomes-quintuplets-t121533>
23. **The 'controlled chaos' of raising sextuplets – BBC News (Kempel quintuplets feature)**
<https://www.bbc.com/news/world-us-canada-47616380>
24. **Chad and Amy Kempel on Life with Quintuplets – People Magazine (Father's Day)**
<https://people.com/human-interest/quintuplets-dad-chad-kempel-celebrates-first-fathers-day-since-record-real-life-love-exclusive/>
25. **Idaho Man Earns Record for Pushing His Quintuplets – People Magazine**
<https://people.com/health/idaho-man-earns-record-for-pushing-his-quintuplets-during-half-marathon-run-faster-dad/>
26. **A Dad Ran a 2:19 Half Marathon While Pushing 5 Kids – Men's Health**
<https://www.menshealth.com/fitness/a39587639/this-dad-ran-a-219-half-marathon-while-pushing-5-kids-in-a-stroller/>
27. **A Dad Ran a Marathon With His Baby Quintuplets – Men's Health**
<https://www.menshealth.com/fitness/a36352364/guinness-world-record-marathon-baby-quintuplets/>
28. **The inspiring reason this dad pushed his quintuplets 27.3 miles – Runner's World**
<https://www.runnersworld.com/runners-stories/a26534902/chad-kempel-runs-marathon-pushing-quintuplets-in-stroller/>
29. **13.1 miles pushing quintuplets – Runner's World UK**
<https://www.runnersworld.com/uk/news/a39649028/chad-kempel-quintuplets-half-marathon/>
30. **A Doctor Said to Abort Their Quintuplets... – CBN News**
<https://cbn.com/news/us/doctor-said-abort-their-quintuplets-they-trusted-god-now-they-have-guinness-record>
31. **Dad Sets World Records... To Honor Wife – Love What Matters**
<https://www.lovewhatmatters.com/dad-sets-world-records-running-marathons-with-quintuplets-to-honor-wife/>
32. **Idaho dad sets world record... – The Week**
<https://theweek.com/life/good-news/1012215/idaho-dad-sets-world-record-during-half-marathon-to-show-his-kids-anything>
33. **Dad sets Guinness record... – UPI**
https://www.upi.com/Odd_News/2022/03/25/Guinness-World-Records-half-marathon-quintuplets-stroller/5301648235957/
34. **Watch: Running dad pushes five kids... – UPI (1K record)**
https://www.upi.com/Odd_News/2023/11/28/Guinness-World-Records-quintuple-pram/8491701189832/
35. **Record-breaking dad runs Oakland's half-marathon – KTVU FOX 2**
<https://www.ktvu.com/news/record-breaking-dad-runs-oaklands-half-marathon-pushing-quintuplets-in-stroller>
36. **Guinness World Records set by two stroller-pushing Bay Area runners – KTVU FOX 2**
<https://www.ktvu.com/news/guinness-world-records-set-by-two-stroller-pushing-bay-area-runners>
37. **Bay Area couple welcomes quintuplets – KTVU FOX 2**
<https://www.ktvu.com/news/bay-area-couple-welcomes-quintuplets-becomes-family-of-9>
38. **Quintuplets turn 1... – KTVU FOX 2**
<https://www.ktvu.com/news/quintuplets-turn-1-father-runs-marathon-pushing-all-five-to-mark-the-milestone>
39. **Eagle dad sets record... – KTVB (Idaho)**
<https://www.ktvb.com/article/news/local/eagle-dad-world-record-running-half-marathon-pushing-quintuplets/277-5dd646c2-6562-46b1-a6fc-9d3da7e5a312>
40. **'Run faster dad!' – KIVI TV**
<https://www.kivitv.com/news/run-faster-dad-eagle-man-sets-another-record-pushing-quintuplets-while-running-a-half-marathon>

41. **Eagle dad sets world record... – Idaho Press**
https://www.idahopress.com/news/local/eagle-dad-sets-world-record-running-half-marathon-while-pushing-his-quintuplets/article_a2bb7b80-f9a1-5f1e-8d33-69fa6d554a03.html
42. **Father of quintuplets sets unique stroller record – Canadian Running Magazine**
<https://runningmagazine.ca/the-scene/father-of-quintuplets-sets-a-unique-stroller-guinness-world-record/>
43. **Meet the man who pushed his quintuplets... – Canadian Running Magazine**
<https://runningmagazine.ca/sections/runs-races/meet-the-man-who-pushed-his-quintuplets-to-a-stroller-marathon-world-record/>
44. **Bay Area family welcomes quintuplets – ABC7 San Francisco**
<https://abc7news.com/walnut-creek-quintuplets-chad-and-amy-kempel/2932621/>
45. **First glimpse of quints – ABC7 San Francisco**
<https://abc7news.com/walnut-creek-quintuplets-chad-and-amy-kempel-quints/3208198/>
46. **Quintuplets at home – Mercury News / East Bay Times**
<https://www.mercurynews.com/2018/04/02/quintuplets-at-home-parents-suddenly-surreal-life-with-7-kids/>
47. **Bay Area mom delivers quintuplets – Mercury News**
<https://www.mercurynews.com/2018/01/11/bay-area-mom-ready-to-deliver-quintuplets-thursday-night/>
48. **After tragic loss, family fighting to save quintuplets – Mercury News / East Bay Times**
<https://www.mercurynews.com/2017/11/24/after-tragic-loss-family-fighting-desperately-to-save-quintuplets/>
49. **Father breaks record... – FOX 13**
<https://www.fox13news.com/news/father-breaks-record-running-half-marathon-pushing-quintuplets>
50. **Inside Edition – How This Dad Feeds Quintuplets at the Same Time (YouTube)**
<https://www.youtube.com/watch?v=NjpPd6fLG-4>
51. **Inside Edition – Super Dad Invents His Own Feeding Device**
<https://www.insideedition.com/super-dad-invents-his-own-feeding-device-quintuplets-54522>
52. **Inside Edition – California Dad Shares Parenting Hacks (media page)**
<https://www.insideedition.com/media/videos/california-dad-shares-parenting-hacks-raising-quintuplets-54526>
53. **Parents Magazine (YouTube) – Parenting Against All Odds**
<https://www.youtube.com/watch?v=RNWDC6IDLjM>
54. **The Sun (UK) – Dad of SEVEN reveals clever ways he baby-proofed his home**
<https://www.thesun.co.uk/fabulous/9527436/dad-of-seven-quintuplets-baby-proof-home/>
55. **The Sun (UK) – People think I run a nursery...**
<https://www.the-sun.com/lifestyle/509832/people-think-i-run-a-nursery-when-i-push-my-quintuplets-in-a-pram-for-5-i-survive-on-3hrs-sleep-but-its-worth-it/>
56. **The Sun (UK) – Kempel quins California feature**
<https://www.thesun.co.uk/fabulous/11088371/kempel-quins-california/>
57. **that's life! (Australia) – Mum of quintuplets shares her hacks**
<https://www.thatsthe.com.au/news/quintuplets-one-more-baby-kempel/>
58. **The Doctors TV Show (YouTube) – video 1**
<https://www.youtube.com/watch?v=y-b0zJI3oko>
59. **The Doctors TV Show (YouTube) – video 2**
<https://www.youtube.com/watch?v=4TFdR4EW4FO>
60. **New York Post – Super dad runs marathon pushing quintuplets (video)**
<https://nypost.com/video/super-dad-runs-marathon-pushing-quintuplets/>
61. **The Independent (UK) – Quintuplets, miscarriages, premature twins: the Kempel family story**
<https://www.the-independent.com/life-style/health-and-families/quintuplets-babies-family-miscarriages-premature-twins-chad-kempel-a8175581.html>
62. **ABC7 San Francisco – Video: First glimpse of Walnut Creek quintuplets**

<https://abc7news.com/post/video-first-glimpse-of-walnut-creek-quintuplets/3208198/>

63. The Sun (UK) – We've got seven babies under four after we tried for just one more

<https://www.thesun.co.uk/fabulous/9026530/weve-got-seven-babies-under-four-after-we-tried-for-just-one-more-and-had-quintuplets/>

64. Christianity Daily – Parents who were told to abort make Guinness World Record

<https://www.christianitydaily.com/news/parents-who-were-told-to-abort-children-make-guinness-world-record-with-their-quintuplets.html>

65. Daily Mail – Parents who welcomed quintuplets pose for family shoot

<https://www.dailymail.com/lifestyle/article-5735775/Parents-welcomed-quintuplets-proudly-pose-adorable-newborns-touching-family-shoot.html>

66. Yahoo Style UK – The inspiring reason this dad pushed his quintuplets

<https://uk.style.yahoo.com/inspiring-reason-dad-pushed-quintuplets-163500726.html>

67. Patient Innovation – Kempel feature

<https://patient-innovation.com/post/3665>

68. Trypath – This father of 7 tells his secrets to successfully parenting a big family

<https://trypath.com/this-father-of-7-tells-his-secrets-to-successfully-parenting-a-big-family/>

69. Ghanamma – Dad sets Guinness record pushing quintuplets in half marathon

<https://www.ghanamma.com/2022/03/25/dad-sets-guinness-record-pushing-quintuplets-in-half-marathon/>

70. ABC News (abcnews.com) – half marathon

<https://abcnews.com/GMA/Family/dad-poised-set-half-marathon-world-record-pushing/story?id=83865599>

71. People (via Yahoo) – Father's Day 2022

<https://www.yahoo.com/entertainment/quintuplets-dad-marks-first-fathers-131000970.html>

72. People (via Yahoo) – Father's Day photo shoot

<https://www.yahoo.com/entertainment/see-adorable-pictures-kempel-quintuplets-204313192.html>

73. Runner's World – Surf City attempt (via AOL)

<https://www.aol.com/news/guy-just-ran-marathon-then-161500865.html>

74. Men's Health (Flipboard)

<https://flipboard.com/article/this-dad-ran-a-2-19-half-marathon-while-pushing-5-kids-in-a-stroller/f-da71043b01%2Fmenshealth.com>

75. Yahoo News – half marathon world record

<https://www.yahoo.com/news/idaho-dad-sets-world-record-061947688.html>

76. Yahoo Lifestyle – half marathon record

<https://www.yahoo.com/lifestyle/dad-sets-record-pushing-quintuplets-194725275.html>

77. Yahoo Lifestyle – one more baby quintuplets story

<https://www.yahoo.com/lifestyle/one-more-baby-quintuplets-became-161802180.html>

78. InspireMore – Anything is possible records story

<https://www.inspiremore.com/anything-is-possible-dad-sets-two-guinness-world-records-with-quintuplets-in-tow/>

79. WND – faith and records story

<https://www.wnd.com/2022/06/doctor-said-abort-quintuplets-trusted-god-now-guinness-record/>

80. Idaho Press – Treasure Valley Spotlight profile

https://www.idahopress.com/community/life/treasure-valley-spotlight-chad-kempel/article_e7c65175-d9b6-5291-a0af-87f4b97e8251.html

81. KTVB Idaho – Local Eagle dad appeared on Jay Leno game show

<https://www.ktvb.com/article/news/local/local-eagle-dad-who-set-world-record-appeared-on-jay-leno-game-show/277-1df4b313-aece-42d6-98e9-824b41466509>

82. KTVU Fox 2 – couple brings home quintuplets

<https://www.ktvu.com/news/couple-brings-home-quintuplets-changes-80-diapers-a-day>

83. KTVU Fox 2 – Bay Area couple expecting quintuplets

<https://www.ktvu.com/news/bay-area-couple-expecting-quintuplets-hope-for-the-best>

- 84. KTVU Fox 2 – father of quintuplets runs Oakland Marathon**
<https://www.ktvu.com/news/father-of-quintuplets-runs-oakland-marathon-to-set-guinness-world-record>
- 85. KTVU Fox 2 – Bay Area quintuplets shine in new YouTube video**
<https://www.ktvu.com/news/bay-area-quintuplets-shine-in-new-youtube-video>
- 86. KRON4 – Bay Area quintuplets introduced to public on YouTube**
<https://www.kron4.com/news/bay-area-quintuplets-introduced-to-public-on-youtube/>
- 87. FOX 5 DC – couple brings home quintuplets**
<https://www.fox5dc.com/news/couple-brings-home-quintuplets-changes-80-diapers-a-day>
- 88. FOX 5 Atlanta – couple brings home quintuplets**
<https://www.fox5atlanta.com/news/couple-brings-home-quintuplets-changes-80-diapers-a-day>
- 89. East Bay Times – pregnancy battle**
<https://www.eastbaytimes.com/2017/11/24/after-tragic-loss-family-fighting-desperately-to-save-quintuplets/>
- 90. The Sun (UK) – Mum and dad have seven babies under three**
<https://www.thesun.co.uk/fabulous/6339654/mum-and-dad-have-seven-babies-under-three-after-they-tried-for-just-one-more-and-had-quints/>
- 91. InformNNY – parenting hacks**
<https://www.informnny.com/lifestyle/california-dad-shares-parenting-hacks-for-raising-quintuplets/>
- 92. Newshub (New Zealand) – Dad of quintuplets shares life hacks**
<https://newshub.co.nz/home/lifestyle/2019/07/dad-of-quintuplets-shares-life-hacks-he-needs-to-survive.html>
- 93. USA Today – Dad breaks two records in marathon while pushing quintuplets (video)**
<https://www.usatoday.com/videos/news/have-you-seen/2021/06/18/dad-breaks-two-records-marathon-while-pushing-quintuplets/7744930002/>
- 94. Patch (California) – 22 Guinness World Records broken by Californians in 2022**
<https://patch.com/california/temecula/22-guinness-world-records-broken-californians-2022>
- 95. Tracy Press / Our Town – Mountain House quints beating the odds**
https://www.ttownmedia.com/tracy_press/our_town/mountain-house-quints-beating-the-odds/article_d809e0ae-a199-11e8-831d-5ffccb3b4e24.html
- 96. CBS News Bay Area / KPIX 5 – Set of East Bay quintuplets mark milestone first birthday**
<https://www.cbsnews.com/amp/sanfrancisco/news/east-bay-quintuplets-mark-milestone-first-birthday/>
- 97. Livenet.ch (Switzerland, German) – Erst Fünflinge, dann Guinness-Rekord**
https://www.livenet.ch/themen/people/erlebt/411550-erst_fuenflinge_dann_guinnessrekord.html
- 98. Jesus.ch (Switzerland, German) – Erst Fünflinge, dann Guinness-Rekord**
https://www.jesus.ch/erlebt/beziehungen/familie/411550-erst_fuenflinge_dann_guinnessrekord.html
- 99. El Comercio (Peru, Spanish) – Hombre que rompió récord celebra su primer día del padre**
<https://elcomercio.pe/mag/historias/video-viral-hombre-que-rompio-record-al-correr-maraton-junto-a-sus-quintillizos-celebra-su-primer-dia-del-padre-historias-nnda-nnrt-noticia/>
- 100. El Comercio (Peru, Spanish) – Video viral del día, 19 de junio**
<https://elcomercio.pe/mag/virales/video-viral-del-dia-19-de-junio-facebook-tiktok-instagram-youtube-espana-estados-unidos-mexico-nnda-nnrt-noticia/>
- 101. Bolavip (Spanish) – ¡Corrió 21 kilómetros llevando a sus cinco hijos!**
<https://bolavip.com/run/Run-record-Corrio-21-kilometros-llevando-a-sus-cinco-hijos-20220407-0020.html>
- 102. Guioteca (Chile, Spanish) – Padre de quintillizos muestra cómo adaptó su casa**
<https://www.guioteca.com/internet/padre-de-quintillizos-muestra-como-adapto-su-casa-para-cuidar-a-los-pequenos-y-el-resultado-es-genial/>
- 103. Apost (Spanish) – Padre de quintillizos comparte sus creativos trucos de crianza**
<https://www.apost.com/es/blog/padre-de-quintillizos-comparte-sus-creativos-trucos-de-crianza-con-nosotros/36483/>
- 104. KRON4 – Video: San Joaquin County woman gives birth to quintuplets in Walnut Creek**

<https://www.kron4.com/news/video-san-joaquin-county-woman-gives-birth-to-quintuplets-in-walnut-creek/>

105. KRON4 – Mountain House family of nine forced out of Bay Area amid housing crisis

<https://www.kron4.com/news/bay-area/mountain-house-family-of-nine-forced-out-of-bay-area-amid-housing-crisis/>

106. WRIC – Three boys and two girls! California woman gives birth to quintuplets

<https://www.wric.com/news/three-boys-and-two-girls-california-woman-gives-birth-to-quintuplets/>

107. CBS News Bay Area / KPIX 5 – East Bay quintuplets mark milestone first birthday

<https://www.cbsnews.com/sanfrancisco/news/east-bay-quintuplets-mark-milestone-first-birthday/>

108. CBS News Bay Area / KPIX 5 – Bay Area woman gives birth to quintuplets

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<https://www.nbc4i.com/news/u-s-world/three-boys-and-two-girls-california-woman-gives-birth-to-quintuplets/>

110. ABC News – Dad poised to set half-marathon world record while pushing quintuplets

<https://abcnews.go.com/GMA/Family/dad-poised-set-half-marathon-world-record-pushing/story?id=83865599>

111. Yahoo – Idaho man earns record for pushing his quintuplets during half marathon

<https://www.yahoo.com/entertainment/idaho-man-earns-record-pushing-021731068.html>

112. Pickler & Ben – TV appearance (YouTube)

<https://youtu.be/TX8ezLWpuHU?t=20>

113. FOX 32 Chicago – Father breaks record running half marathon pushing quintuplets

<https://www.fox32chicago.com/news/father-breaks-record-running-half-marathon-pushing-quintuplets>

114. FOX 26 Houston – Bay Area couple welcomes quintuplets, becomes family of 9

<https://www.fox26houston.com/news/bay-area-couple-welcomes-quintuplets-becomes-family-of-9>

115. Daily Mail – Father of seven reveals parenting hacks, including baby-proofing the house

<https://www.dailymail.com/lifestyle/article-7255955/Father-seven-revealed-parenting-hacks-including-baby-proofing-house.html>

116. Laughosaurus – Dad ran a half marathon while pushing 5 kids in a stroller

<https://laughosaurus.com/p/dad-ran-a-half-marathon-while-pushing-5-kids-in-a-stroller>

117. The Dad – Meet the Dad Who Set a World Record by Running a Marathon With His Quintuplets

<https://www.thedad.com/dad-record-marathon-quintuplets/>

118. The Bump – Dad tries to break Guinness World Record running a marathon with quintuplets

<https://thebump.com/news/dad-tries-break-guinness-world-record-marathon-quintuplets>

119. FOX 6 Milwaukee – Father breaks record running half marathon pushing quintuplets

<https://www.fox6now.com/news/father-breaks-record-running-half-marathon-pushing-quintuplets>

120. FOX 9 Minneapolis – Father breaks record running half marathon pushing quintuplets

<https://www.fox9.com/news/father-breaks-record-running-half-marathon-pushing-quintuplets>

121. L'Unione Sarda (Italy) – He runs the marathon with his 5 children in the stroller

<https://www.unionesarda.it/en/world/he-runs-the-marathon-with-his-5-twins-in-the-stroller-dad-towards-the-record-pu9nmcwo>

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https://www.youtube.com/watch?v=MLLt_vL-8jQ

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<https://www.youtube.com/watch?v=2URDLkKfAPl>

124. Quint Hacks Official – Year 1 Playlist – Chad Kempel YouTube

https://www.youtube.com/playlist?list=PLEV_4jQBvRDMrzXfQCapsKbD9A5ZzXD7x

125. Feeding 5 Simultaneously “Baby Bendies” – Quint Hacks #5

<https://www.youtube.com/watch?v=LixBvKuXHP0>

126. Feeding 5 Simultaneously Table for Two Bottle Tower – Quint Hacks #4

<https://www.youtube.com/watch?v=HYIqr8xbCoY>

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<https://www.youtube.com/watch?v=LnWggK2-wek>

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<https://www.eastbaytimes.com/2017/12/09/facing-an-uphill-battle-quintuplet-mom-will-spend-christmas-on-bed-rest/>

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<https://www.mercurynews.com/2019/01/13/bay-area-quintuplets-turn-one-as-family-celebrates-joyous-exhausting-year/>

130. Housing crisis pushing quintuplet family out of Bay Area – Mercury News

<https://www.mercurynews.com/2019/03/31/housing-crisis-pushing-quintuplet-family-out-of-bay-area/>

131. Housing crisis pushing quintuplet family out of Bay Area – Marin Independent Journal

<https://www.marinij.com/2019/03/31/housing-crisis-pushing-quintuplet-family-out-of-bay-area/>

132. Mercury News (Facebook) – Housing crisis story post

<https://www.facebook.com/mercurynews/posts/housing-crisis-pushing-quintuplet-family-out-of-bay-area/10162187046616337/>

133. KRON4 – Northern California couple pregnant with quintuplets terrified of high-risk delivery to come

<https://www.kron4.com/news/video-northern-california-couple-pregnant-with-quintuplets-terrified-of-high-risk-delivery-to-come/>

134. KRON4 – All quintuplets born in Walnut Creek return home to San Joaquin County

<https://www.kron4.com/news/bay-area/all-quintuplets-born-in-walnut-creek-return-home-to-san-joaquin-county/>

Viral Video Placements

135. Dad of 7 Shares Creative Hacks for Parents with Multiple Babies – NowThis (YouTube)

<https://www.youtube.com/watch?v=CXdI9H28uE>

136. NowThis / NowThis Daily (Facebook)

<https://www.facebook.com/watch/?v=520441338672119>

137. NowThis

<https://www.facebook.com/watch/?ref=saved&v=379830850386498>

138. news.com.au (Facebook) – Quint Hacks Family Feature

<https://www.facebook.com/news.com.au/videos/1415906595224053/>

139. UNILAD (Facebook) – Quint Hacks Feature

<https://www.facebook.com/share/v/1CDN3Ybqcv/>

140. UNILAD (Facebook)

<https://www.facebook.com/uniladmag/videos/366420867395683/>

141. LAD Bible (Facebook) – Quint Hacks Feature

<https://www.facebook.com/LADbible/videos/765623667208530/>

142. Freeda En (Facebook)

<https://www.facebook.com/freedaeng/videos/977637919238992/>

143. Freeda (Facebook)

<https://www.facebook.com/freedamedia/videos/554036288693195/>

144. Freeda ES (Facebook)

<https://www.facebook.com/freedaesp/videos/1338167459683868/>

145. Daily Mail (Facebook)

<https://www.facebook.com/DailyMail/videos/340454090186664/>

146. Daily Mail Video (Facebook)

<https://www.facebook.com/DailyMailVideo/videos/1122036811337738>

147. Inside Edition (Facebook)

<https://www.facebook.com/Inside.Edition/videos/how-this-dad-feeds-quintuplets-at-the-same-time/2457053528079864/>

148. Parents Magazine (Facebook)

<https://www.facebook.com/parentsmagazine/videos/parenting-against-all-odds-life-with-two-plus-quintuplets/1168166353572976/>

149. VT (Facebook) – video 1

<https://www.facebook.com/VT/videos/2476219746036941>

150. VT (Facebook) – video 2

<https://www.facebook.com/VT/videos/3589426364408654>

151. 22 Words (Facebook)

<https://www.facebook.com/22Words/videos/489643901644879/>

152. Epoch Times (Facebook)

<https://www.facebook.com/epochtimes/videos/2456259774590213/>

153. The Epoch Times

<https://www.facebook.com/epochtimes/videos/658035948384916>

154. Epoch Times Polska (Facebook)

<https://www.facebook.com/EpochTimesPolska/videos/2205081063132322/>

155. NTD Life (Facebook)

<https://www.facebook.com/NTDLifeOfficial/videos/2464864300396427>

156. NTD Japan (Facebook)

<https://www.facebook.com/NTDJPN/videos/175046966914242/>

157. Fanpage.it (Facebook)

<https://www.facebook.com/fanpage.it/videos/444734019780688/>

158. Donna Fanpage (Facebook)

<https://www.facebook.com/donna.fanpage/videos/3330863223652623/>

159. Fanpage (YouTube)

<https://www.youtube.com/watch?v=2q-6vsVpTf0>

160. La Guía Del Varón (Facebook)

<https://www.facebook.com/LaGuiaDelVaron/videos/1344541445755793/>

161. Esencia del Conocimiento (Facebook)

<https://www.facebook.com/EsenciaDelConocimientoLGE/videos/414433612552914/>

162. Amo ser Mamá (Facebook)

<https://www.facebook.com/yesyamosermama/videos/440908459956926/>

163. RT Play en Español (Facebook)

<https://www.facebook.com/esRTmedia/videos/3149037831836257/>

164. Sassy (Facebook)

<https://www.facebook.com/sassymediainc/videos/376274079744435/>

165. Pretty 52 / Tyla (Facebook)

<https://www.facebook.com/Tyla/videos/351483625527675/>

166. missMAMA (Facebook)

<https://www.facebook.com/missMAMA.hr/videos/549561652299286/>

167. Viral Motion (Facebook)

<https://www.facebook.com/viralmotion/videos/3604182919599665/>

168. Happiest (Facebook)

<https://www.facebook.com/HappiestIGV/videos/770318256793097/>

169. It's Gone Viral (Facebook)

<https://www.facebook.com/ItsGoneViralOfficial/videos/1232639480266062/>

170. DailyFeeds / Lil Pump pages (Facebook)

<https://www.facebook.com/lilpumpofficial/videos/2723663670990339/>

171. Caters (YouTube)

<https://www.youtube.com/watch?v=c-ID-m10NpQ>

172. KTVU – Settling into life with quints (Facebook video)

<https://www.facebook.com/ktvu/videos/settling-into-life-with-quints/10155524112127061/>

173. NowThis – Quint Hacks (YouTube)

<https://www.youtube.com/watch?v=3zUM0hD-Ft8>

174. Road ID – partner feature (Facebook)

<https://www.facebook.com/share/1CvCrm5ZA1/>

175. People Magazine (Instagram) – Exclusive family photos

<https://www.instagram.com/p/Ce6cvT7uaG7/>

176. Men's Health (Facebook) – Half marathon record post

https://www.facebook.com/story.php?story_fbid=10165460590895207&id=MensHealth

177. Santa Cruz Sentinel – ‘They’re here!’ Bay Area mom delivers quintuplets

<https://www.santacruzsentinel.com/2018/01/12/theyre-here-bay-area-mom-delivers-quintuplets/>

178. Cavalier County Republican (Langdon, North Dakota) – Quintuplets born to grandson of former Wales and Langdon residents

Print only, no online version. May 14, 2018, page 5 (Youth): family photo and baptism photo; great-grandparents Walter and Ida Mae Kempel. A "Who's New" birth announcement with the quintuplets' photo ran in the same paper. Chad has photos of the pages.

179. The Art of Fatherhood – These Dads Are Doing It Right, Part 86: Dads Making Memories With Their Families

<https://artoffatherhood.net/these-dads-are-doing-it-right-part-86-dads-making-memories-with-their-families/>

180. WORLD Radio – Kicker: Five times fast

<https://wng.org/podcasts/kicker-five-times-fast-1648625619>

181. TODAY Show (X) – Half marathon record post

<https://x.com/TODAYshow/status/1512377495248592896>

182. LittleThings – Runner Dad Pushes Quintuplets To Honor Wife's Pregnancy

<https://littletthings.com/family-and-parenting/dad-breaks-record-quints>

183. Statesman Journal – Dad breaks two records in marathon while pushing quintuplets (video)

<https://www.statesmanjournal.com/videos/news/have-you-seen/2021/06/18/dad-breaks-two-records-marathon-while-pushing-quintuplets/7744930002/>

184. St. Luke's Methodist Church – Anything Is Possible (Rev. Keith King, pastor's devotional)

<https://stlukesokc.org/inspiration/st-lukes-blogs/daily-devotional/anything-is-possible/>