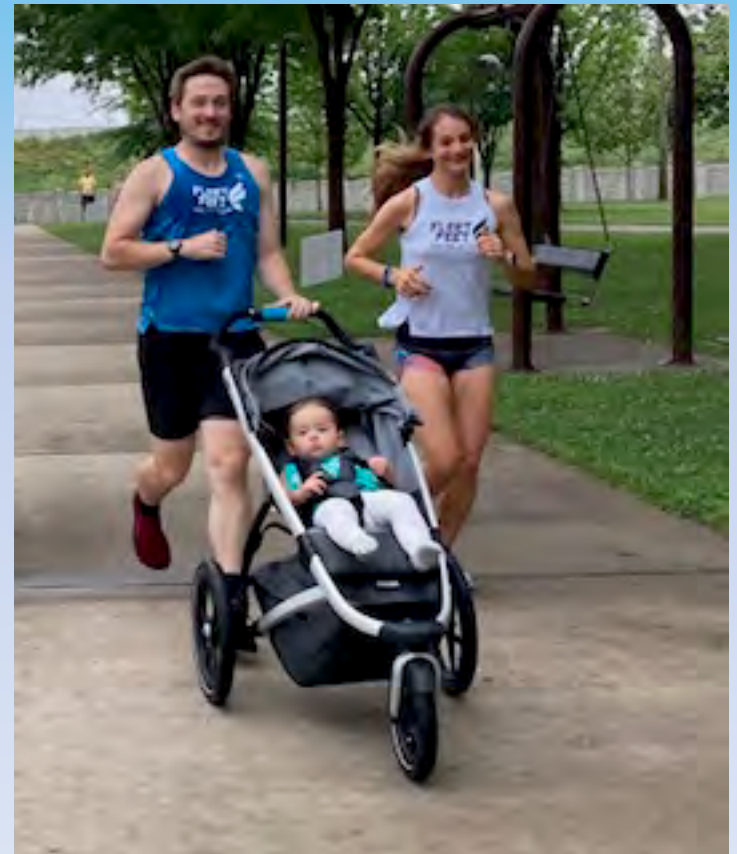


1:40

Lee Tichenor



Lee Tichenor, Fleet Feet Louisville Racing Team Member, began running in 7th grade to lose a total of 70 lbs. at the time. Now he runs for fun and adventure like his 2018 Grand Canyon crossing and he set the course record at the 1st ever Javelina Night run. He has “bike packed” from Louisville to Atlanta, Louisville to Cleveland, and currently holds the 12hr State MTB record of 132 miles. From weight loss to simply going out for an adventure, he has always been in love with running and enjoys showing others how they can have the same enriching experience with their exercise.



FLEET  **FEET**[™]

LOUISVILLE

1:40

Manivanna Vangalur



Manivanna aka Mani (pronounced “Money”) started running late 2002 and ran his first half marathon at the Louisville Derby Festival marathon in 2003. He started to improve his fitness and slowly started enjoying it. Now after at least 26 marathons, several half marathons and ultras, he can say running is just a reward onto itself. He is grateful for the joy it brings him and the wonderful runners he gets to meet in the process.

Here are some of Mani’s tips for a first-time half marathoner:

1. Go with what has worked for you in training, your tried and tested pre run food, shoes, run gear and clothing;
2. Lay out your stuff, pin your bibs the night before;
3. See if you can get to race start early;
4. Do a short pre-race warm-up run; and
5. Please don’t forget to smile and enjoy your race, that’s the most important thing, because you’ve got this!



FLEET  **FEET**[™]

LOUISVILLE

1:50

Kat Percy



Kat, a Fleet Feet Louisville Racing Team Member, recently moved to Kentucky from the UK and has loved getting into the running scene in Louisville. A recent convert to running from her field hockey days back in the UK, she has been involved with Fleet Feet Running Club since January 2021. She loves speed work and hills especially when training with the Fleet Feet Louisville Distance Project crew and is looking forward to running with you and hearing all your running stories.



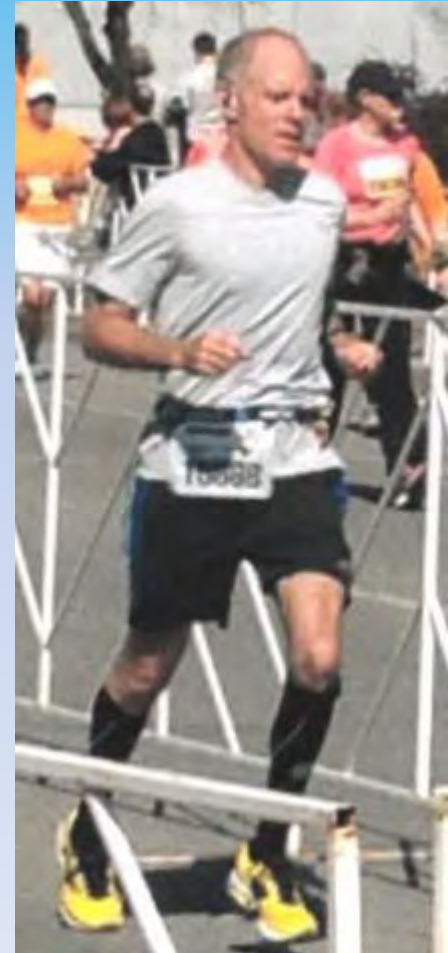
LOUISVILLE

1:50

Tim Sheridan



Tim is a Louisville native and is married with a two children. His passions are fitness and endurance sports (include running marathons and triathlons), craft beer, and music. He has love for the outdoors and likes to camp, boat, hike, hunt, fish, swim, bike, and run. Tim has run 30-plus marathons (he has been a pace leader for over 20 of those) and has run 17 half marathons (having been a pace leader for seven of those 17). He has also run two ultras and competed in many Olympic distance triathlons and four 70.3 half Iron distance triathlons. His marathon PR is 3:08 and he ran the Boston Marathon in 2012. He loves being a pacer because he gets the chance to meet and talk with new people. When racing he usually runs with a pace group and leading a pace group allows him to motivate others. Running helps him to stay healthy so that he can keep running.



FLEET  **FEET**[™]

LOUISVILLE

2:00

Jim Lally



Jim has run ten half marathons and more than ten marathons. He prefers to run with friends as the group can encourage each other to strive to be the best that they can be. Jim would say that running both 5k and 10k distances are confidence builders to a half marathon and he looks forward to helping runners achieve their goals at the Urban Bourbon Half Marathon in October.



FLEET  **FEET**[™]

LOUISVILLE

2:00

Dani Durbin



Dani Durbin, Fleet Feet Louisville Racing Team member and Ironman triathlete, has been part of the Louisville running community since 2013. She has completed the Urban Bourbon Half Marathon four times previously and has paced the 2:00 group once before. Dani feels that the great thing about this race is that it really captures the spirit of Louisville, tied up in hard work but also rewarded with ample play. She is so excited to help many of you reach your goals of breaking 2:00 in the half and can't wait to meet you on race day.



FLEET  **FEET**[™]

LOUISVILLE

2:10

Tavi Wallace Tichenor



Tavi Tichenor, a 27-year-old fitness instructor and Fleet Feet Louisville Racing Team Member, has been running since second grade. Her advice for running your first half marathon is “fake it until you make it”. To her it means that you know you have done the training, so stand on the start line with confidence – because you’ve got this. Tavi has navigated every distance – from a 5k to an ultra and has been to 27 countries. You may find her out on the trails or pushing her daughter, Milana in her Thule Glide 2.0 jogging stroller.



FLEET  **FEET**[™]

LOUISVILLE

2:10

Stephanie Woods



Stephanie has been a runner for ten years. During 2020 she spent time running marathons and 50k's for nonprofits. This year she is looking to a PR at the Indy Monumental Marathon. She is 34 years old and recently married her training partner. They have two pups: Pongo, an elderly black lab and Atalanta, a spunky Rhodesian ridgeback. She works full-time as a teacher in the inner-city and part-time as a coach and fitness instructor. Her go-to shoe for years has been the Saucony Kinvara and she always wears her hair in braids when she races for good luck. Fun fact about Stephanie, she visited 4 national parks and 3 national forests/Grasslands this summer on her honeymoon and hiked or ran in every one of them. Finally, her advice for first timers is to have fun. Enjoy and soak it all in. The first of anything is always memorable.



LOUISVILLE

2:20

Nicholas Olinger



Nick, a dentist from Dale, IN, began running when he was a freshman at Butler University in 2009. During his eight years of college and dental school at U of L, he ran five half marathons. After dental school he discovered the amazing people in the Louisville trail running community. He began training with them for trail ultras and has since completed several marathon and 50k runs, two 50 milers, and two 100k runs. He does most of his running on the trails of Ferdinand State Forest and Lincoln State Park near his home in Indiana.



LOUISVILLE

2:30

Lucas Adams



Lucas began running on July 3rd, 2016, using a running app. It was his latest attempt to get sober and outrun his grief from the loss of his father earlier that spring. Little did he know the joy that keeping that commitment would bring to him. He has run many races and he can't wait to run more, and he will tell you about any of them you want to hear about. But more importantly, he is grateful to be alive, three years sober, and here with you, ready to race his third UBHM.

“You’re going to do this, then we’re going to eat some pizza and tell anyone who will listen how badass you are and how you earned the medal hanging around your neck. What a great day.”



LOUISVILLE

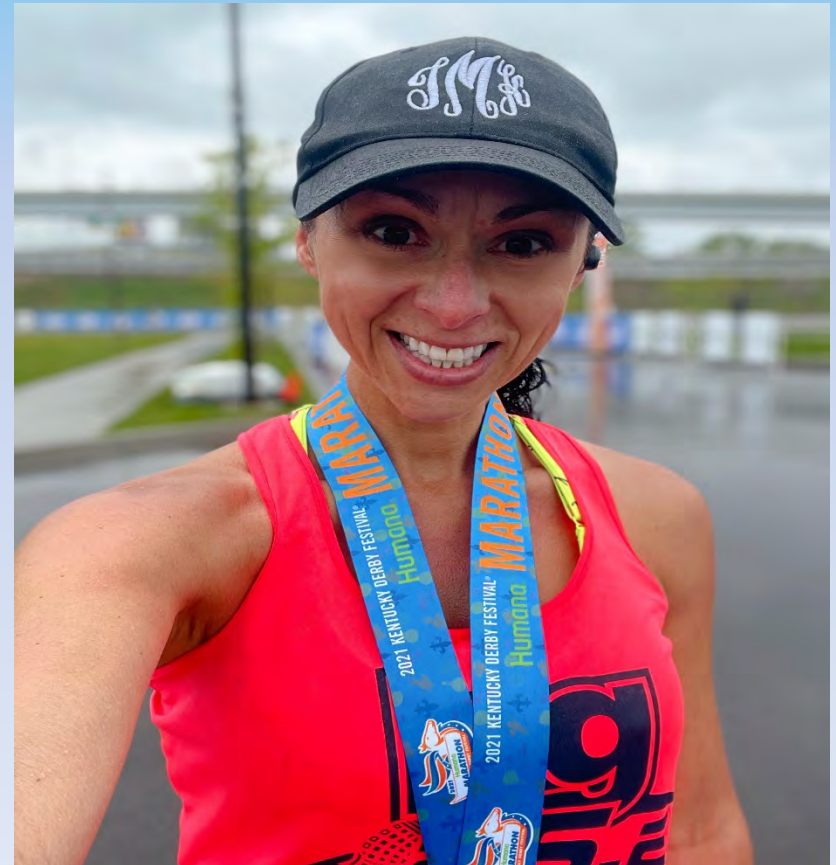


2:30

Tara McGuire



Tara is an avid tennis player and has been an athlete all her life, but really wasn't a "runner" until recent years. She signed up for her first 10k five years ago when she saw an ad for a local race on Facebook. She was nervous going into her first race with limited training and had no idea what to expect. The other runners and volunteers encouraged her and offered friendly advice, and thanks in part to them, she finished the 10k running. She loved that first experience so much she committed to train and enter her first half marathon while standing at the finish line that day. She has since completed ten half marathons, three marathons, and had the privilege to serve as a pacer in several races to try and motivate others to reach their goals and enjoy the experience.



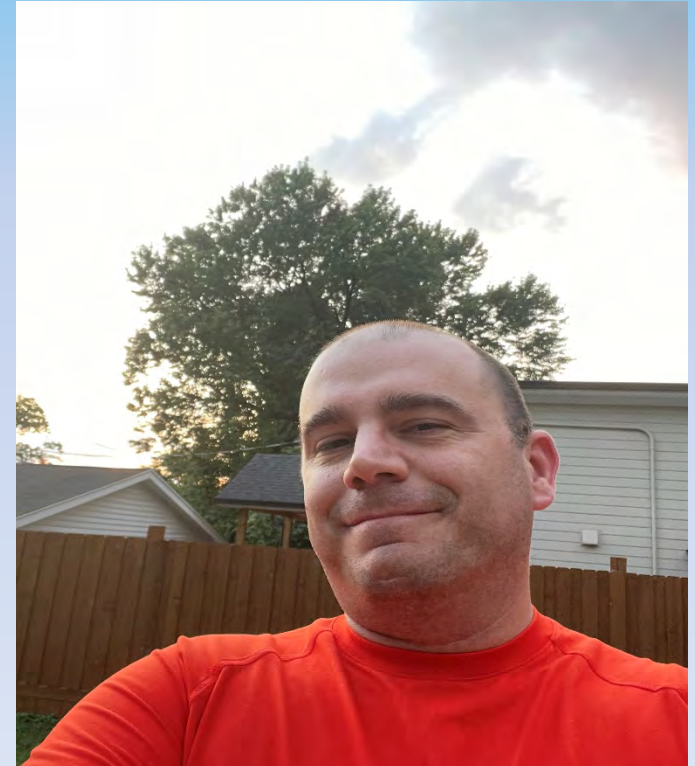
2:40

Andrew Ramser



Andrew is from Louisville and has been running since 2011. He has completed three marathons and twenty plus half marathons. This will be his fourth time running the Urban Bourbon Half Marathon. This will also be his first official race as a Fleet Feet Pacer.

If he has any advice for first time racers it would be to remember that you've done the work, you know what to do, so go out there and enjoy yourself.



LOUISVILLE

2:50

Lindsey Freibert



Lindsey ran her first half marathon at the age of 28. This year's UBHM will be her 30th official half- although she's run the distance "unofficially" a countless number of times in the last decade.

In addition to running, she spends her weekends trail riding on her horse and traveling. Among her running partners, she's known for her entertaining stories and will pull them out as needed to make you forget the miles and achieve your goals!



FLEET  **FEET**[™]

LOUISVILLE

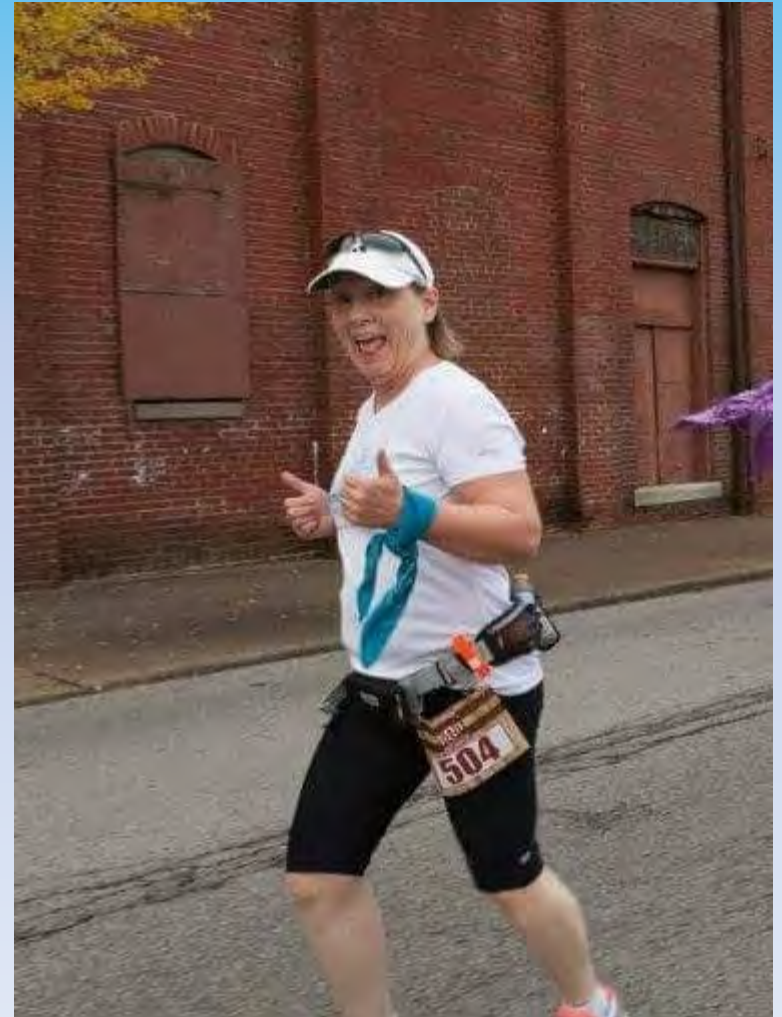
2:50

Joni Wright



Joni started running with the Fleet Feet Louisville training program in 2014. She was a new runner with the No Boundaries 5k group. She quickly became addicted to running because of the friendships that she developed with this group. Her first half marathon was the Urban Bourbon Half Marathon, and it still stands as a PR.

Since then, she has run multiple races including numerous half marathons and the Marine Corps Marathon which she ran with her best friend and Fleet Feet mentor Suzanne Dodson.



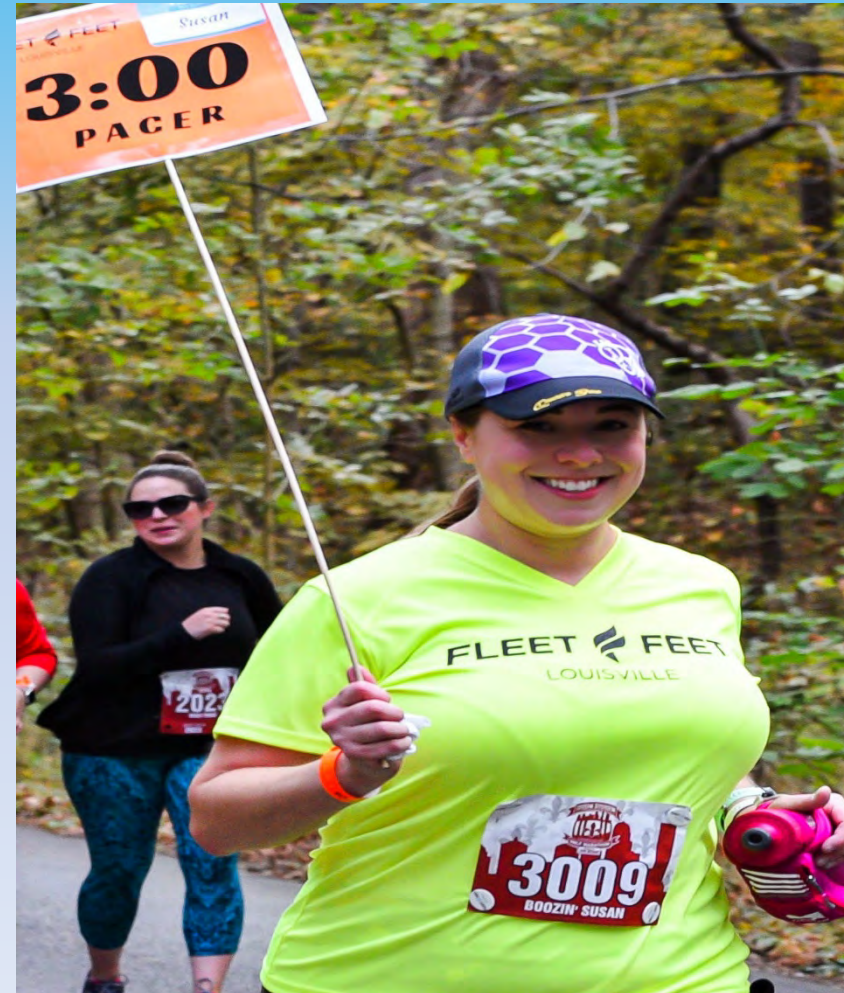
3:00

Susan Watson



Susan has completed at least eight half marathons distances. She loves her Aftershokz Trekz Titanium headphones. Susan runs because she wants to help other runners achieve their goals.

Her advice to someone running their first half marathon would be to start slow and leave some gas in the tank for the last leg of the race.



3:00

Mark Barry



Mark Barry was born in Louisville and started running when he was 15. He has run in several Kentucky Derby Festival mini - marathons. After taking a hiatus from his running routine, Mark was a part of the Fleet Feet training group in 2019 and ran the Indy Monumental Half Marathon in 2:22.

When he is not running, he works as an attorney for the Commonwealth of Kentucky and enjoys hiking and traveling.



FLEET  **FEET**[™]

LOUISVILLE