

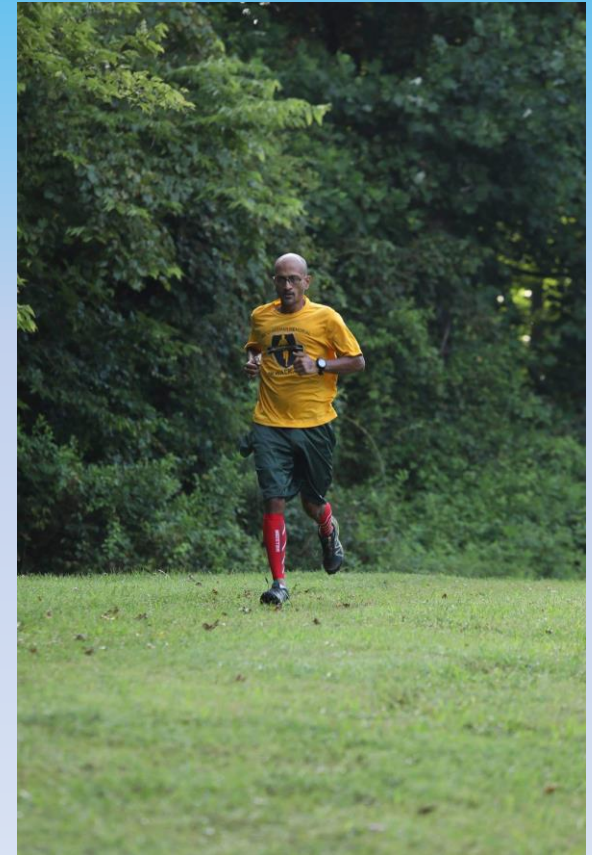
1:40

Manivannan Vangalur



Mani started running in 2002 and ran his first half marathon, the Kentucky Derby Festival marathon in 2003 and his first marathon in 2008. He started to improve his fitness and started enjoying it more and more!

Now after multiple half marathons, 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. Mani is happy he can help pace other runners to their goals!



FLEET  **FEET**[™]

LOUISVILLE

1:40 Stephanie Severance



Stephanie Severance first ran the Urban Bourbon in 2021 after moving to Louisville in 2020. Since then, Stephanie has joined Fleet Feet Louisville's racing team, and despite participation in lots of other local races, still says the UBHM is her favorite. The pacer she ran with during her first Urban Bourbon made this one-of-a-kind race an even more incredible experience, so Stephanie can't wait to offer the same to race participants hoping to break 1:40 this year!



FLEET  **FEET**[™]

LOUISVILLE

1:50 Tavi Wallace Tichenor



Tavi Tichenor, 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 till’ you make it” which to her 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**[™]

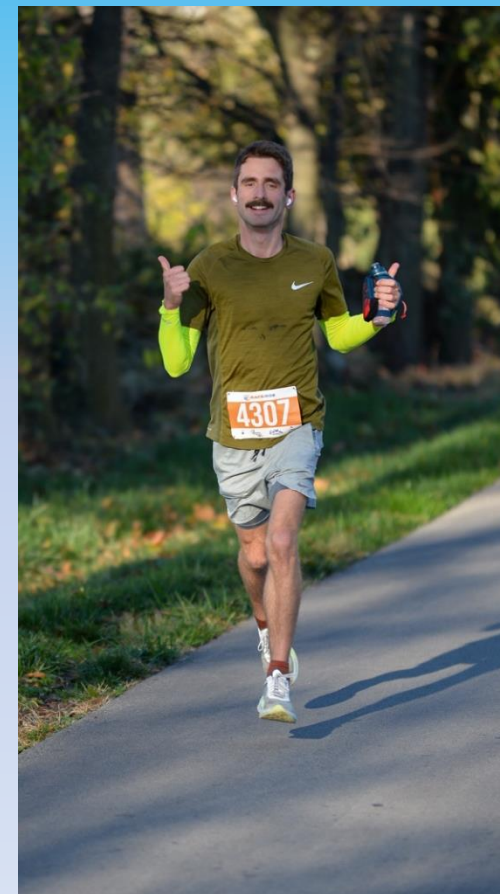
LOUISVILLE

1:50

David Martin



David Martin is a Fleet Feet Racing Team Member and Data Engineer. His journey with running began only a few years ago when he became frustrated experiencing low energy combined with long office hours. David began trail running and within the past year has added in road racing and track/speed workouts. He may be new to running, but his hard work has already paid off. He is the current course record holder in the Bluegrass Reaper Marathon, and has won several road and trail races, and is proud to have completed several ultramarathons.



LOUISVILLE

2:00

Ray Yeager



Ray is a casual runner who can be found frequenting local run clubs. His favorite thing about running is just relaxing and having fun with friends on long runs. Ray has recently started pacing marathons and loves to help people enjoy the race and achieve their goals.



FLEET  **FEET**[™]

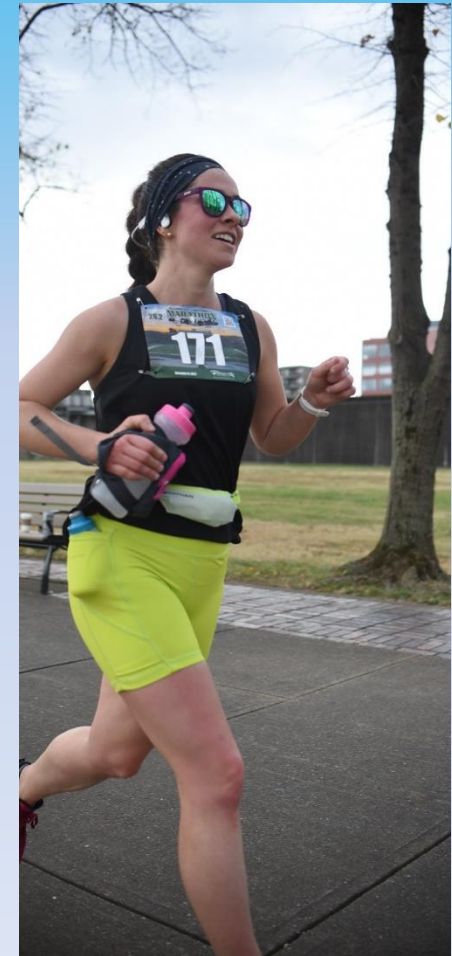
LOUISVILLE

2:00

Mary Orr



Mary Orr started getting “serious” about running in 2015 when she ran her first half marathon and her first full marathon later that same year. Since then, she has run a number of races, but her favorite distance is the half marathon. Mary’s advice: “Stick to your training and trust the process. There will be days when you want to give up or you feel tired, but they will pass.” Mary loves pacing UBHM and she’s excited to help you meet your goal finish time!



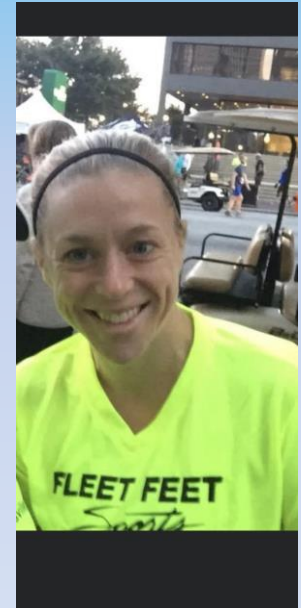
LOUISVILLE

2:10

Brittany Nathanson



Brittany is a physical therapist who started running when she first moved to Louisville 14 years ago. Running has taught her so much and added so much to her my life, especially the friendships which have brought her so much joy and support. She is excited to pace the Urban Bourbon half marathon and support each of you as you race to 2:10! And she can't wait to celebrate the journey that brought you there!



LOUISVILLE

2:10

Craig Coombs



Craig's running journey started in 2011 with the Louisville Triple Crown and KDF half marathon. He followed that in 2012 with running the KDF Full Marathon. In 2017 he began running with KorfEdge Running and committed to a goal of running a marathon in all 50 states. Since that time he has completed 22 marathons in 22 states setting his PR of 3:30:29 at the 2022 Chicago Marathon and followed that with a half marathon PR of 1:37:29 at the 2023 KDF Mini Marathon. He has also completed on road 50k. He has paced numerous half marathons every year and enjoys cheering on other runners and helping them accomplish their goals.



FLEET  **FEET**[™]

LOUISVILLE

2:20

Sarah LaPaille



Sarah LaPaille is a half-marathon runner from Louisville, KY. She's been running since 2010, completing her first half-marathon while studying for her physical therapy degree. Since then she's run 60 plus half-marathons and has enjoyed pacing half-marathons in 31 states! Sarah has run the Urban Bourbon Half Marathon 9 times and is excited to be leading her pace group to a finish they will be proud of. She wants everyone to remember to enjoy the day – don't forget you are lapping everyone who is on the couch!



FLEET  **FEET**[™]

LOUISVILLE

2:30 Maddie Mathews



Madison is a wife, mother of 3, a healthcare worker and fun runner. She runs races not just for the fun and challenge but for all the people she gets to connect with. Her family cracks up at her because she has crossed the finish line more than once hand in hand with a new friend she has made on the race course! She is definitely out there to enjoy the ride and make memories. Urban Bourbon is her favorite race because every year she meets people from all over the country and has a blast. This will be her 12th half marathon and 3rd Urban Bourbon – she can't wait to see what this year brings!



LOUISVILLE

2:30

Laura Hurt



Laura Hurt began running in 2009 when she entered college and wanted a way to stay active, get outside, and spend time with her friends. In the years since she has found all these joys and more from running. She competes in road and trail races, ranging in distance from 5K to 50 miles. Laura has a handful of wins and podium finishes to her name, and more where the only time that mattered was that she had a good time. She loves to travel and explore new places by running, hiking, or biking. If she's not wandering the woods on a solo adventure, you can often find her catching up with old friends or making new ones on a run.

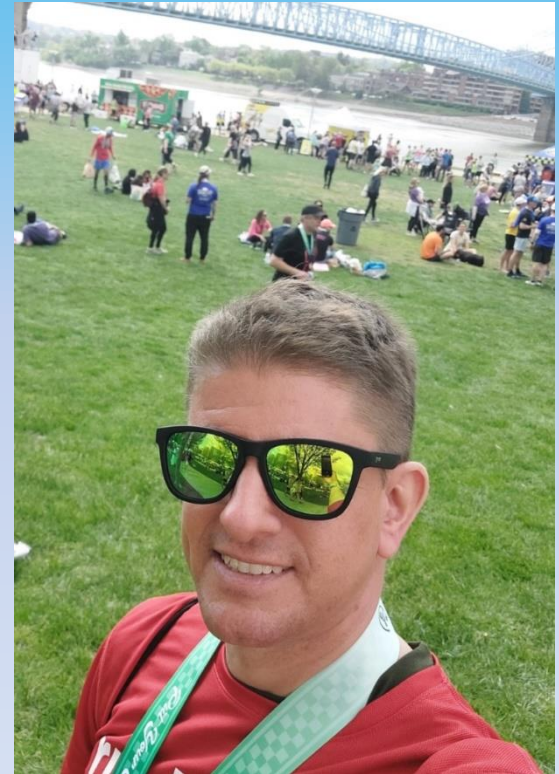


LOUISVILLE

2:40 Mark Barry



Mark was born in Louisville and started running as a member of Trinity's state championship cross country teams. Mark has been part of Fleet Feet since 2019 and since that time has run the Indy Monumental Half Marathon in 2019 and 2021 and the Flying Pig Half Marathon in 2022. He enjoys seeing new runners get better every day and achieve their goals. Mark paced the Urban Bourbon Half Marathon last year and looks forward to it again this year.



2:40 Jessica Agruso



Jessica has been running for almost 20 years and would say it is her favorite hobby. She ran her first full marathon in 2014 and her second in 2023, with several dozen half marathons in between. Her favorite distance is the 10K. She runs what she calls “a fun pace” and has a special turtle tattoo in honor of her 2023 marathon.



LOUISVILLE

2:50 Lindsey Freibert



Lindsey started running a little over a decade ago and has since completed the half marathon distance over 40 times, run a full marathon (which she doesn't really think is her jam), and discovered that trail running is where the real fun starts. She's been lucky to experience trail running overseas in Iceland and Ireland with an adventure running group and is planning her next excursion. The best advice she has for folks tackling the half marathon distance for the first time is to not put any pressure on yourself other than to enjoy the experience and soak up your success!



FLEET  **FEET**[™]

LOUISVILLE

2:50

Andrew Ramser



Andrew is from Louisville and has been running since 2011. He has completed four marathons and over 20 half marathons. This will be his sixth time running the Urban Bourbon Half Marathon. He has paced Urban Bourbon once before in 2022 and is excited to return to pacing with his friend Lindsey. If he has any advice for those running, that would be to have to remember that you have done the training and now is the time to enjoy yourself.



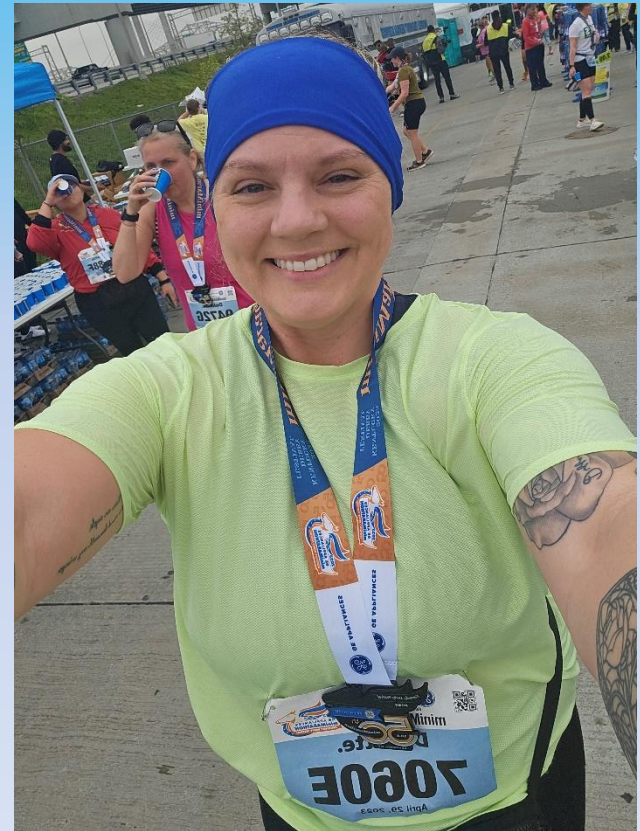
FLEET  **FEET**[™]

LOUISVILLE

3:00 Brittany Goldberg



Brittany started running in 2021 with the goal of doing 1 half marathon, just to say she did one. She ended up loving it so much she has continued racing and hasn't stopped since. This will be her 7th half marathon and 4rd UBHM. She also enjoys her cardio kickboxing class. Brittany feels that running gives her peace of mind, has improved her health and has given her new friends through participation in her run groups.



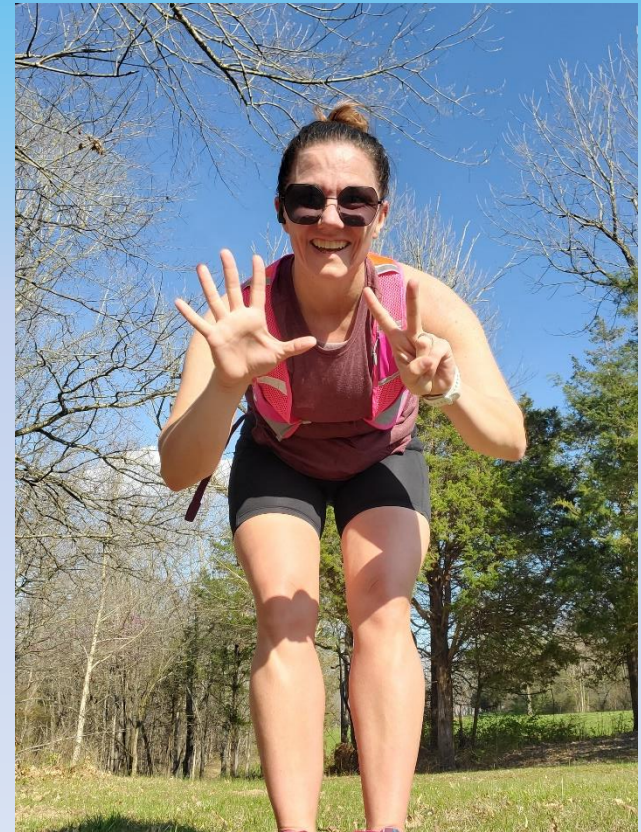
LOUISVILLE

3:00

Jennifer Davis



Jenn Davis, a loving mom to 2 incredible kids, is also a lifelong swimmer turned runner/triathlete. When she's not homeschooling, she enjoys training, especially with friends. Jenn's favorite thing about running is being immersed in nature, which she has done a lot of this year while training for Ironman 70.3 Louisville. Jenn is proud to represent Clear Creek Salamanders in and out of the pool.



LOUISVILLE