

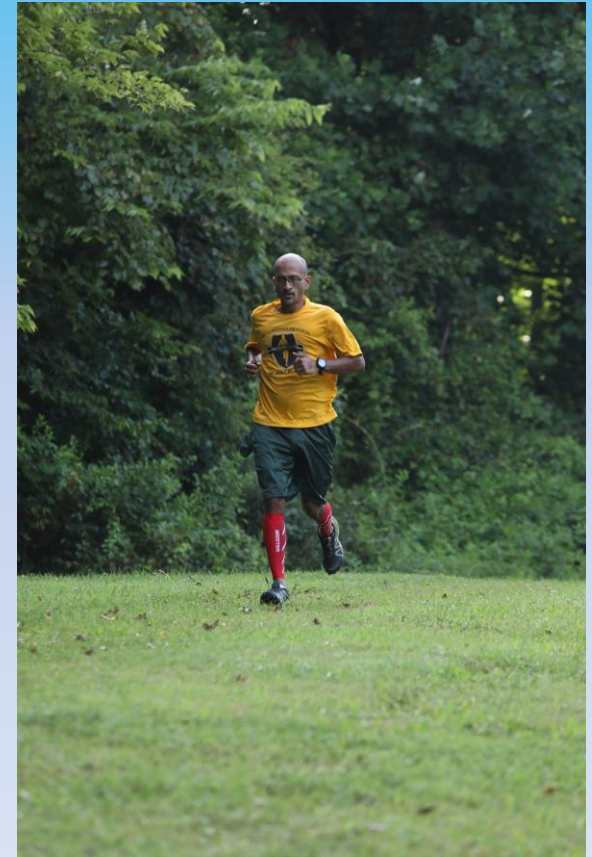
# 1:40

# 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!



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# 1:40

## Trevor Timmerberg



Trevor has been running in the Louisville community since 2018. He is active in the running community and is a member of the Fleet Feet Racing Team. When he isn't running, he can be found spending quality time with his wife and daughter. He is no stranger to pacing Urban Bourbon and has paced this pace group before, so you are in good hands. Trevor looks forward to helping you achieve your goals this Fall.



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# 1:50

## Tavi Wallace



Tavi Wallace is an ultramarathon runner, registered yoga instructor, mom, and Achilles Guide. She loves a balance of pacing and racing throughout the year. She has pace Urban Bourbon since its inaugural year, and is excited to help runners again this year whether it's chasing a PR or finishing their first half marathon.



**FLEET**  **FEET**<sup>™</sup>

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# 1:50

## Tim Sheridan



Tim Sheridan, Louisville native, supply chain professional and outdoor enthusiast began distance running in 2009. Since then, he has competed in close to 100 races of various distances including triathlon, road and trail racing events. These races consist of over 45 marathons, close to 20 half marathons, 12 triathlons (4 of which were half iron distance) and over 10 ultras, plus many other shorter distance races. Tim has been a pace group leader in more than half of the marathons and half marathons in which he has participated and has been a member of the Chicago Marathon Nike Pace Team since 2016. Tim enjoys giving back to the running community and the sport that has given him so much!!



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# 2:00

## Orlando Gonzalez



Orland is a recreational runner who started running late in life (at the age of 47). Since then, he has raced/paced 19 half-marathons and 14 full marathons. Orlando lives in New Albany with his wife and 2 kids and is a member of Pacers & Races Running Team. When he's not running or spending time with family, he can be found teaching physics and astronomy at Jefferson Community and Technical College. This will be Orlando's second time pacing Urban Bourbon and he looks forward to helping everyone achieve their goals this year.



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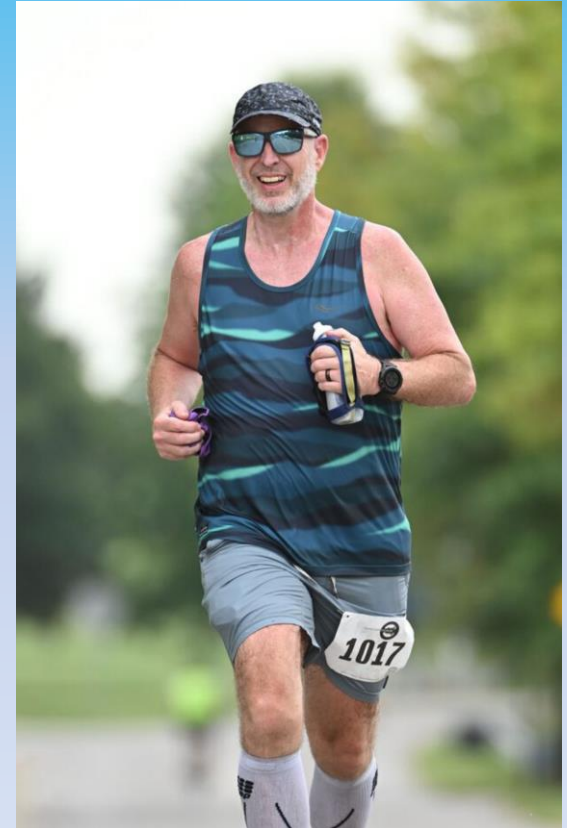
# 2:00

## Todd Verstynen



Todd ran his very first half marathon in 2012 and to date, has run over 15 half marathons and 7 full marathons. He has met so many new friends running through Louisville and hopes to gain even more while pacing this year. Urban Bourbon runs through the part of Louisville that Todd considers his favorite running route. The beautiful old homes and scenery allow him to take his mind away from everything.

“Let’s go and crush some goals!!!!!!” - Todd



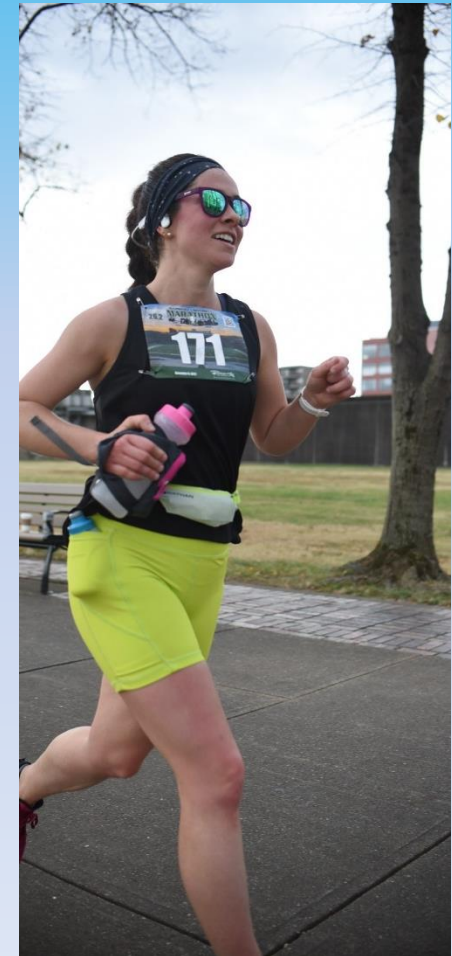
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# 2:10

## 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!



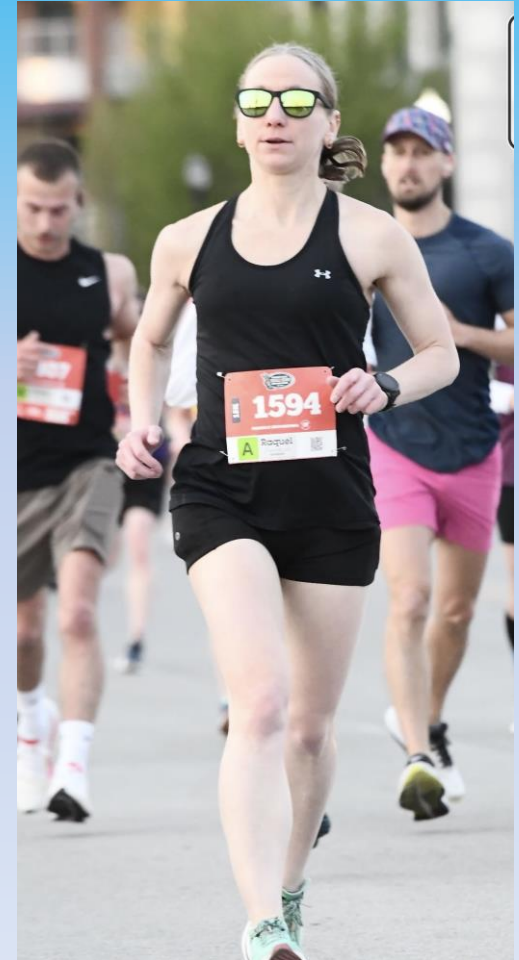
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# 2:10

## Raquel Barclay



Raquel ran her first Urban Bourbon Half Marathon back in 2021. Over the last 4 years, she has completed multiple half marathons and 1 full. She is currently training for her second full marathon this Fall. Raquel finds motivation in the running community and the friendships she has formed on long runs. She credits pacers for helping her hit her goals and is excited to give back during the Urban Bourbon this year. Whether you're just starting out of chasing a PR, Raquel can't wait to connect with you on the course.



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# 2:20

## 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 paced numerous half and full marathons and loves to help people enjoy the race and achieve their goals.



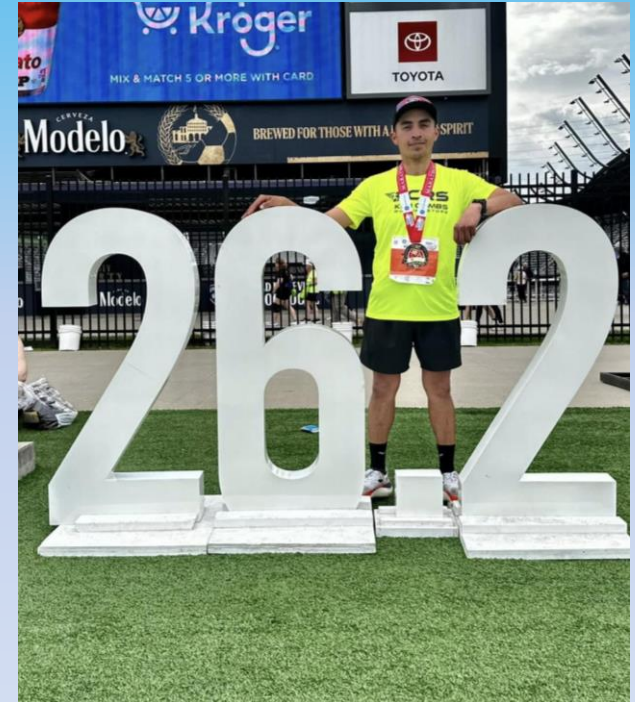
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# 2:20

## Fabian Lopez



Fabian is an experienced runner with several half marathons, full marathons, and ultra marathons under his belt. He has been pacing for the last several years and is no stranger to pacing the Urban Bourbon. He is confident that he can get you in on time and help you have a fun time while doing it. Fabian looks forward to helping you reach your goals.



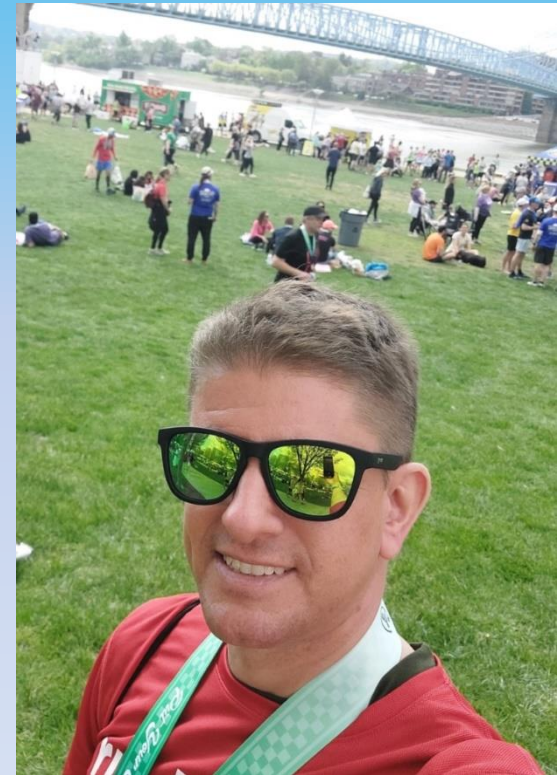
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# 2:30

# 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.



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# 2:30

## Sarah Jones



Sarah Jones has been running for almost 6 years now and just started pacing. She absolutely loves pacing and helping other runners hit their goals. She has done countless 5ks and 10ks and Urban Bourbon Half Marathon 2025 will be her 6<sup>th</sup> half marathon. When Sarah isn't running, she is probably reading, walking her schnoodle, or hanging with her family...and chances are they are probably at Costco. Sarah can't wait to meet all the runners out on the course.



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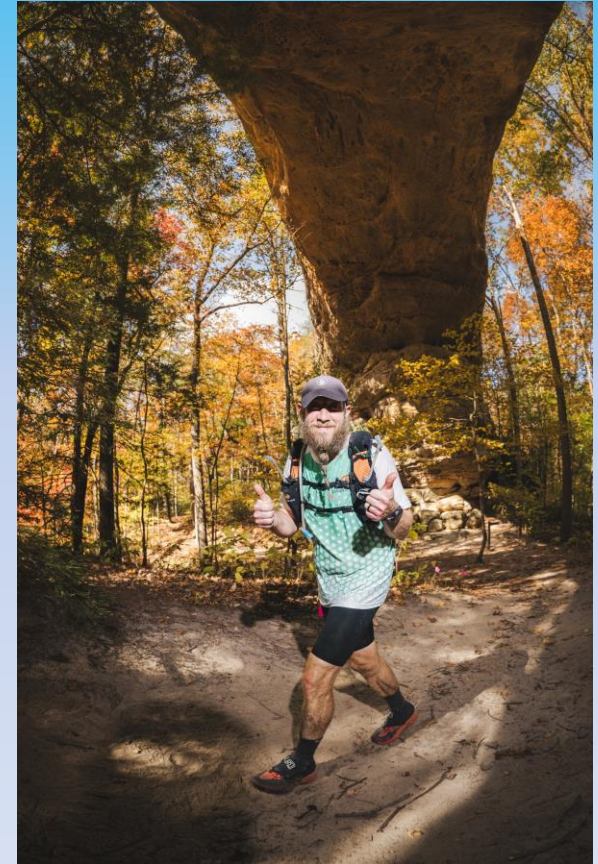


# 2:40

# Glenn Richardson



Glenn is an ultra runner at heart but really enjoys helping other runners by pacing. One of his favorite things is racing and pacing with his wife, Abbi. He can't wait to see you out on the course at Urban Bourbon to help you achieve your goals.



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# 2:40

## Abbi Richardson



Abbi has been running has been running for over 40 years and pacing for over 12 of those years. She is a self-described marathon maniac, half fanatic, trail sister and SRTT runner. She met her husband Glenn running and introduced him to the pacing world. They enjoy pacing together and helping people reach their goals while also having a good time. Outside of running, Abbi is a certified nurse midwife, has 2 great, semi-adult boys and she is a love of all animals. She promises that her and Glenn will keep you entertained and get you to the finish line on time.



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# 2:50

## Morgan Shots



Morgan started running a few years ago and loved it so much she jumped right into some ultra marathons. She describes herself as more of a “take in the scenery and take it easy” kind of runner. Morgan just recently had a baby, but is back and looking forward to Urban Bourbon this year and helping you meet your goals!



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# 2:50

## Steve Harris



Steve is 45 and started running in 2023 to get in better shape for jiu jitsu. He instantly fell in love with the sport and is now a 3 days a week hobby runner. Steve primarily runs in the Elizabethtown area but is no stranger to Louisville runs. This will be his second year pacing Urban Bourbon and he can't wait to help you achieve your goals!



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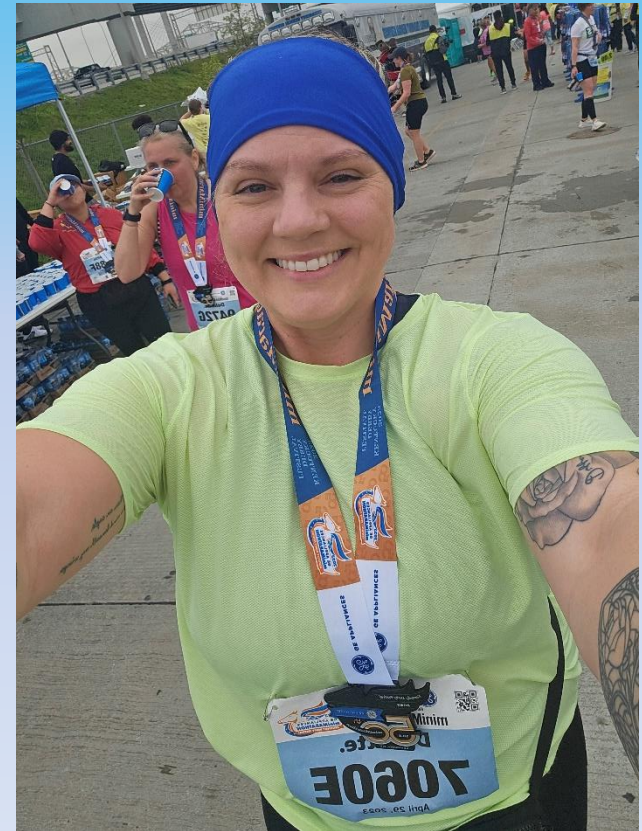


# 3:00

# 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.



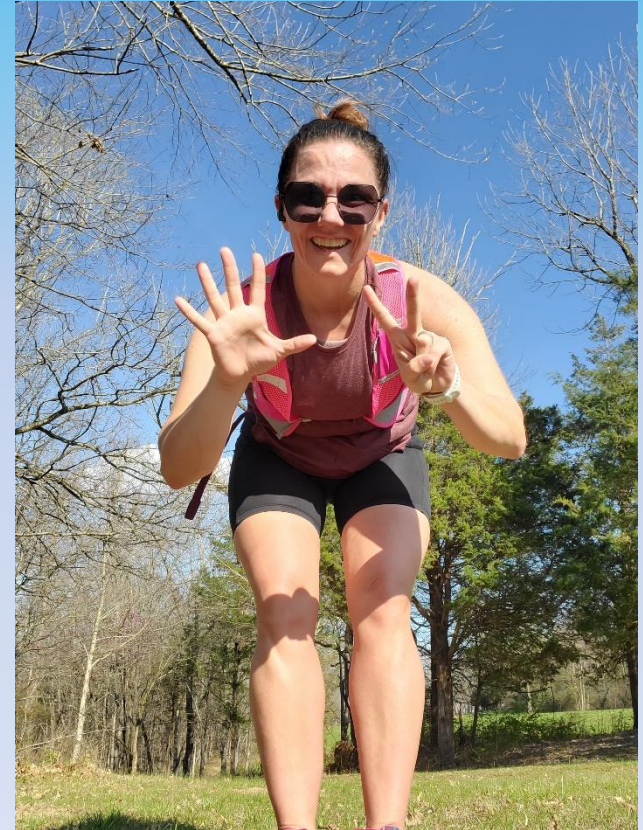
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# 3:00

## 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.



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