

Our 2019 Columbus Marathon Ambassadors to Dresden



Natalie Adams

Natalie was born and raised in Columbus Ohio, graduating from Capital University and building her career at Cardinal Health where she is Vice President, Global Sourcing. Natalie studied in Dresden at the Carl Maria von Weber Hochschule fur Musik during her junior year at Capital and is very excited to return to for a second exchange. She is a mom of two boys, 13 & 9 and has a passion for fitness and nutrition. She began running after a lifestyle change in 2010 and has been active in the crossfit community, both coaching in Columbus and judging at the international level. Through this exchange, Natalie is extremely excited to see the changes to the city since her time there in 1998 and to be able to share her experiences along the way.

Aaron Ansari

Aaron was a borderline diabetic in 2011. He was faced with a choice - a (shortened) lifetime of medication and poor health, or an immediate correction towards healthy living. He chose to pursue health and found his passion in running. Initially unable to run more than 1/4 mile, he persevered, using his friends and Columbus Running Company group runs as motivation and accountability. In 2012 ran his first Columbus Half Marathon, and has since run many more. Today, Aaron has used the same formula to complete over 20 marathons, many triathlons as well as a few adventure races. Aaron now maintains his level of fitness through coaching by BASE Tri Fitness and is looking forward to visiting Dresden to showcase Columbus' vitality and commitment to fitness.



Logan Akers

Logan is a recruiter for the Estee Lauder Companies. She began running competitively in college for her university's cross country and track team. As an active member of the Rocky Fork Running Club, Logan has completed four half marathons and will be running her first full marathon in the Fall. Otherwise, Logan enjoys traveling. She has visited twelve countries on four continents with additional trips planned this year. Marrying her passion for traveling and running, she is ecstatic to be an ambassador participating in this year's exchange program.

Emily Glenn

Emily is a librarian for the Association of College and University Housing Officers-International, a non-profit professional organization, and a freelance writer, editor, and social media manager as a part of the company she co-owns with her husband, Glenn + Eaton. Emily has run 13 marathons; most of them in Columbus, and an uncounted number of half marathons. Emily is a fan of all the wonderful things Columbus has to offer, particularly the food scene, the great parks and bike paths, and the inspiring Columbus Marathon, which offers such an excellent tour of the city. She has enjoyed showing two marathon ambassadors from Dresden (pictured with Tommy here) the city. She's looking forward to learning more about the city of Dresden and serving as an ambassador of Columbus.



Shannon Morrison

Shannon is the Curriculum and Assessment Manager for the Center for Aviation Studies at The Ohio State University. An avid runner, she has run 10 marathons and 30 half marathons in 8 different states. Dresden, Germany will be her first new continent and she has hopes of finishing all seven in the next few years. Shannon has called Columbus home since 1984. She and her husband Nick have filled their home with rescue animals (two cats and two rabbits) and have plans to travel together as much as they can. She is thrilled to have been selected as an ambassador and is eager to make new friends abroad.