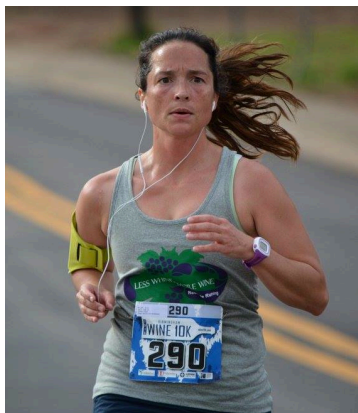


This month's Member of the Month is Sarah Yang.

We absolutely love Sarah and are so proud to have her on our team. Sarah is a tireless advocate for her three children, the youngest of which has an ultra-rare condition known as Congenital Central Hypoventilation Syndrome (CCHS). Sarah came to Resolute Running to help her prepare for this month's historic Boston Marathon. She had never run a race before, but has since gone on to place second overall female at the Adam's Heart Run 5k, run an impressive debut Mercedes Half Marathon in 2:02, and crush the Wine 10k. Congratulations on all of your success, Sarah! We are so proud of you, and can't wait to see you line up in Hopkinton in ten days!



***1. How long have you been a runner? When did you feel you had become a "runner"?***

I actually started running back in college. I was a coxswain for the rowing team, so I couldn't workout when the team had practice. I spent most of my time trail running then, because that was what was most accessible to me. I continued to run in grad school and during my postdoc because running had become my escape from life. When my youngest daughter was born in 2011 though, she spent her first 5 1/2 months in the hospital, and I literally no longer had the energy to run anymore. After she came home I made three attempts to get back into running and they all failed.

I don't really feel like a "runner" just yet--- I'm in the transition I think. I had never even run a race before joining Resolute Running!

***2. What made you join Resolute Running?***

I hadn't run more than a handful of times since last January (2015) when I got an

email at the end of December offering me a charity bib for the Boston Marathon. I have been working with the National Organization of Rare Disorders (NORD) as a parent advocate for a few years, and this year they decided to invite a few of us to join their Boston Team. Running a marathon had always been on my bucket list, so I readily agreed. As the reality of this commitment set in, I started frantically reaching out to my friends with trainers, desperately looking for a running coach to get me through training. I got connected with Coach Lisa Booher, and she has been training me since the beginning of January.

***3. Do you take any classes at Resolute Running, and how have they helped your running?***

I typically take Coach Ann Thomas' Wednesday noon TRX class and Coach Jenn Andress' Thursday noon TRX class. They have completely helped my running. I feel more balanced, and I see them as a merge between a barbell class and yoga. I absolutely love them and feel a difference when I miss either of them.

***4. What have your results been since joining Resolute Running?***

I feel like my results since joining Resolute Running have been amazing. I don't think I ever had the guts to sign up for a race because I wasn't confident in myself as a runner, and I didn't know if I could push myself physically during a race. Having Lisa coach me through this has given me that confidence- because although I may not have a clue about where I should be, her goal paces for me have been right on the mark: pushing me out of my comfort zone, but not unreachable.

***5. What is your favorite Resolute Running memory?***

My favorite Resolute Running memory is more a group of memories with a similar theme: the genuine caring and kindness on this team is amazing. Since joining there have been countless times that I have seen people helping pace others, just to help that person reach a goal, whether it be a new PR or to just finish the race. It's really neat to be a part of a group celebrating accomplishments as they are defined by each individual.

***6. What advice do you have for anyone considering a personal run coach and Resolute Running?***

Without hesitation, you should have signed up a week ago. Although I have been "running" for a long time, having someone with experience and knowledge guide you through your training is such a game changer. It's also awesome getting to train and run with such a great group of people.