

Amos Sang Named USATF – New England’s Athlete of the Month for September 2014



Photo: Scott Mason

BOSTON – **Amos Sang**, of Chicopee, MA, who competes for Team RUN, is USA Track & Field - New England's Athlete of the Month for September 2014. On September 14 in Gloucester, MA, Amos won the Lone Gull 10K in 30:14, outrunning Cape Verdean Olympian, Ruben Sanca, by 3 seconds. The race served as the 10K championship for the USATF-NE Road Racing Grand Prix Series and Sang led his club to the team championship as well.

On September 7, just one week before the Lone Gull race, Amos won the Nagog Seasons Half Marathon in Acton, MA in 1:09:52. Earlier in the year, he had 10K road wins at both the James Joyce Ramble and the Bridge of Flowers race.

Amos is originally from Kenya, a member of the Kalenjin ethnic group from the Rift Valley province. Although he played soccer and other sports, he didn't start running until late in his high school career. He showed immediate talent as a middle distance runner, specializing in the 1500m and mile, and was recruited by Abilene Christian in Texas.

He notes that his move was facilitated both by the fact that his brother was competing at Texas Tech, and because fellow Kenyan, Nicodemus Naimadu, had made history at Abilene Christian in 2007 by winning his record fourth national title in

men's cross country and leading the university to its second consecutive NCAA Division II team championship. Amos graduated from Abilene Christian in 2011. During his college career, he made DII All-American many times, and recorded personal bests on the track of 13:42.88 for 5000m and 28:20.35 for 10,000m.

After graduation, friends encouraged him to move to Massachusetts to continue his running career. In 2013 he recorded road bests of 28:47 for a 10K in Great Britain and 1:03:39 in the Pittsburgh Half Marathon where placed 3rd in a race where the top five finishers were from Kenya. Although in April 2015, Amos won his third consecutive James Joyce Ramble 10K in 30:04, he notes that a knee injury flared up soon after that and that he has been in recovery and rehab mode for about three months with very limited running. He believes he will be ready to resume racing this November.

When training hard, Sang runs 80-90 miles per week, with 2-3 days of fartlek or long interval training. He considers the 10,000 meters to be his strongest event. He says that he loves running, but believes that he has relied mostly on natural ability to this point. He states that he is committed to training more effectively and wants to continue improving to a point where he will have a good chance to make the US Olympic team for the 2020 Tokyo Olympic Games.