

## Amos Sang Named USATF – New England’s Athlete of the Month for August 2016



Photo: [usatfne.org](http://usatfne.org)

BOSTON – **Amos Sang** of Chicopee, MA, who competes for the Western Mass Distance Project (WMDP), is USA Track & Field - New England's Athlete of the Month for August 2016. Sang won both USATF-NE Road Racing Grand Prix events held in August. On August 14, Amos won the Bobby Doyle 5 Miler in Narragansett, RI, clocking 24:05 in very hot conditions. On August 27, he won the New Hampshire 10 Miler in a course record of 50:31. On a day when the temperature topped 80 degrees, Sang took the lead at the 5 mile mark and pulled away to win by 9 seconds. On July 22, Amos showed his ability on the track as he won the Friday Night Lights 10,000m at Danehy Park in Cambridge in 29:37.01, winning by a full minute over Cape Verdean Olympian, Ruben Sanca. The race, presented by WMDP and the Greater Boston Track Club (GBTC), served as the USATF-NE Championship for the distance.

Amos Sang is originally from Kenya and came to the U.S. to attend Abilene Christian University in Texas

where 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. In 2013 he recorded road bests of 28:47 for a 10K in Great Britain and 1:03:39 in the Pittsburgh Half Marathon.

Due to a knee injury sustained in the spring of 2015, Amos had to take nearly a year off from training and racing. He was finally able to resume training this March, beginning with 5 mile daily runs and gradually increasing his distance. On May 15 - with modest expectations - he decided to test his fitness at the Cleveland 10K. It was an unusually cold day and the race was run in a mixture of snow, hail and rain. Sang surprised himself by surging to the front late in the race and winning in 31:38. He was excited at being able to race without pain and raised both the volume and intensity of his training.

In August, Amos ran four races, one each weekend. On August 7, he won the Newburyport High Street Mile in 4:00.74, his personal best for the distance. On August 14 at the Bobby Doyle 5 Miler, his original goal was to break the course record of 23:51. However, with high heat and humidity, he changed his plan, going for the win rather than worrying about his time. He stayed patient and steady until the 4 mile mark, then took the lead and surged to a 10 second win in a surprisingly fast 24:05. On August 21, he ran the Falmouth Road Race. Through the first 5K he stayed close to the leaders, but couldn't hold pace in the closing miles and finished 12th. On August 27 at the New Hampshire 10 Miler, despite still another hot, humid day, Amos broke his own course record, as he pushed the pace through the hills of the last 5 miles.

Amos says that he enjoys track races more than road races, explaining that he likes to be able to "dial in" to a fast pace and maintain his drive. His favorite distance is the 10,000m and he has ambitious plans for 2017. He hopes to run 27:45 on the track at either the Mt. SAC Relays or the Payton Jordan Invitational and earn a qualifying time for the USA Trials for the 2017 IAAF World Championships in Athletics.

*USATF – New England's mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.*