

## IN YOUR CORNER

## The elite run in Sharon

RUTH  
EPSTEIN

## SHARON

**I**t was as if Amos Sang had wings. He glided through the 5-mile Classic Road Race to benefit the Sharon Day Care on Saturday, setting a course record and crossing the finish line more than 7 minutes ahead of the next closest runner. His time of 24 minutes and 38 seconds bested the course record of 24:59.

Sang, 27, from Chicopee, Mass., is an elite runner. He spends a lot of time literally pounding the pavement when not at his sales job.

"You have to aim for a threshold when running," he said. "Then you don't have pressure because you just want to keep running. When you reach that certain point, that threshold, it becomes easy."

While Sang, who is originally from Kenya, won \$250 for finishing first and another \$250 for breaking the course record, he said his running is not about awards.



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**Left, Amos Sang won the 5-mile Sharon Classic Road Race on Saturday to benefit Sharon Day Care. He also broke the course record with a time of 24 minutes and 38 seconds. Jennie Barillaro of Salisbury was the first woman to finish with a time of 36 minutes and 15 seconds.**

"You win some and you lose some, but you don't have to be disappointed if you just keep doing it," he said.

He spoke of the many benefits of running, especially related to health, and believes most people are not aware of how beneficial the sport can be.

The thin, wiry man came to the United States eight years ago to attend Abilene Christian University in Abilene, Texas. It's no surprise he was on the school's track team. He enters races about two or three times a month, going all over the country. While he has yet to tackle a marathon, he has competed in a few half marathons. Sang was the winner of this year's Pumpkin Run in Kent.

As for the Sharon race, he said it was a good one. Mile four was the toughest, he said, which was reiterated by many other participants.

Karen Dignacco, organizer of the event, looked around at the crowd on the green, where many booths featuring information and items from local nonprofits were set up.

"It's a great day and a great turnout," she said, thanking all the sponsors.

This year's race, the 30th, was dedicated to the memory of Mimi Holst-Grubbe, a longtime board member and strong supporter of Sharon Day Care.