

Sarah Harris  
Distance Running

It's good to have a hobby, enjoy it... maybe even love it. That's distance running for Sarah Harris. But even the most diehard runners would have a difficult time loving running like Sarah does.

Exhibit 1: Sarah ran the brutal Jackel Marathon series, an event of five marathons run on five consecutive days in the hot days of June. And she did these the last two years at the ages of 64 and 65. Exhibit 2: Sarah has competed in several Tour d'Esprit, a local fundraiser for Haiti Medical Missions. Running teams combine to run as many one-mile loops in a 24-hour period. Sarah set the record by running 108 consecutive miles in 24 hours. Simply amazing.

Sarah's love for running began years ago, in the mid-1980s, when she walked on the then-Memphis State University cross country/indoor track team. Since that time, Sarah has participated in more than 400 running events, most of them in the Memphis area. Included among those 400 races — which ranged from 3 to 200 miles — are all the St. Jude events since 2002 and 17 Boston Marathons.

But she not only has run; Sarah has posted numerous top-3 finishes in her age group every time out. Of the 302 races run in Memphis, Sarah has finished in the top 3 an incredible 68 percent of the time, including first place finishes in 41 percent of her age-group races.

Sarah's love for distance running, though, is not defined only by her accomplishments. She encourages others to run as a personal trainer, mentor and coach. Over the last 10-plus years, Sarah has trained more than 200 runners of all ages to reach their goals.

In 2008, Sarah took over the Oak Elementary Jogging Club and headed it up the next 14 years. In 2017, she started a cross country and track team at Oak Elementary for 3<sup>rd</sup> through 5<sup>th</sup> graders, and the squad quickly grew to 40 members. The team competed in the Memphis Youth Athletics League, and Sarah trained several runners who qualified for the state championships.

In addition to coaching youth, Sarah was recently certified as a Road Runners Club of America running coach and began training adults at all levels from walkers to 200-mile racers. She has trained several runners to qualify for the Boston Marathon and ultra-races.

Please welcome to the Hall of Fame, for distance running — Sarah Harris.