

Ep #168: Meet Sarah Clermont, NYAR Ambassador



Full Episode Transcript

With Your Host

Jill Angie

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Welcome to *The Not Your Average Runner Podcast*. If you're a woman who has never felt athletic but you still dream about becoming a runner, you are in the right place. I'm Jill Angie, a certified running and life coach and I teach women how to start running, feel confident, and change their lives, and now I want to help you.

Jill: Hey rebels. So I have a very special surprise for you this week. I'm here with Sarah Clermont, who is one of the Not Your Average Runner ambassador team. And we are going to talk all things running with her, and she's got some pretty amazing stories and just a lot of wisdom to share.

And I'm super excited to be here chatting with her. I've been watching her journey for the past, I don't know, maybe a year or so. And it's been really awesome to watch her grow and evolve as a runner. And so I thought her story would be something really fun for you guys to hear about as well. So Sarah, welcome to the Not Your Average Runner show.

Sarah: Thanks Jill. I can't even believe this. I cannot believe that I'm on the podcast with Jill fucking Angie.

Jill: That's awesome. I can't hear that enough. So tell me a little bit about yourself, or tell our listeners a little bit about yourself and if you have a fun fact, you're welcome to include it.

Sarah: Okay, well, I am 38 years old. I work in children's mental health and I've been doing that for almost 15 years. That is something that I really love and am very passionate about. Interesting fact, I actually have known all about thought work this entire time and have somehow missed the whole part about applying it to myself and my own issues.

So I have been able to point out thought errors for clients over the years and try to help them reframe things, but haven't done that for myself. So this was really an eye-opener experience for me.

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Jill: Oh my gosh. I had no idea. So this is new information for me. But it makes sense, right? Because you work in mental health and I think the thought work that we do in Run Your Best Life and the Rebel Runner Roadmap and that I teach here on the podcast, that's a mental health tool. It's not just some woo-woo shit that we made up. It's like, it's a thing. It's a real thing.

Sarah: Yeah, there's science behind it and everything. So a lot of the stuff that we do at work is dealing with those thought processes and kids when they just really have shitty thoughts about themselves and their pasts and their worth and reframing things to make them believe in themselves. And then I started listening to your podcast and I was like, holy shit, wait a minute, I know this stuff and I can totally apply this to my own life and I'm actually not trapped by my own shitty thought.

Jill: Yay, that's so awesome. That's so awesome. I love that. Well okay, so that's a very fun fact and I'm glad you shared it because I did not know that. So let's kind of bring it back to the basics here. How long have you been a runner?

Sarah: I started running at the end of February of 2020. So it's only been about 10 months. And it just feels like it's been forever. It feels like it's always been a part of my identity.

Jill: I love that. So okay, so you started running about nine months ago, give or take, and what led you to start running? Did you just wake up one morning like, yeah, this is what I'm going to do?

Sarah: No. I have literally never been an athlete in my life. As a child, like many children have gone through, I did things that my family wanted me to do, which was pursue karate. Zero interest in it. I was terrible at it. I'm not confrontational. I don't want to hit people. Not my thing.

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But that was really the only athleticism that was ever in my life. And to be honest, I've always been an obese woman, and I'm okay with that. I'm not somebody who thinks that fat is a shameful thing. It's just part of me. Like my hair is brown, like I have nails.

It's just a fact. I am heavier than most human beings. And I'm okay with that and I always have been. I've always been super confident, had an active love life, romantic partners, I've never felt really alienated really about my size. In December of 2018 I guess, I got really, really sick and I was just feeling really unwell and I live in the middle of nowhere with nothing around. The nearest hospital is over an hour away.

And I was feeling really unwell, and I ended up having to call an ambulance, and I was here by myself and it was super scary. It was late at night. And the ambulance came and got me and brought me to a hospital, and there they were able to diagnose that I in fact had pancreatitis caused by gall bladder stones.

So that's fairly common. It's not a huge deal. People go through it, people get their gall bladder removed all the time. Where it really struck me is that the doctor came into the office and told me, "Sarah, I don't know what to tell you, there's no hospitals nearby that can actually do a bariatric surgery."

And I thought, bariatric? What the fuck is that? And then I thought about it and it really is just that there is literally no medical places near me that could perform surgery on somebody of my size. So they pulled in this terrible scale that I imagine you use for cows.

They had to go get it from another floor and brought it in and in front of everybody, I felt like a circus freak being weighed on this thing. And it was 370 pounds. So at 5'4, that's a lot. But again, I was always very happy with myself. I was always very confident.

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And I put very little value on what my body looks like and I always have been that way. So for me, that was a real eye-opener. I ended up getting the surgery three months later because I had to travel four hours away to have it done. And since then, I have just really been focused on being healthier.

And initially, that looked like weight loss. And to be honest, the weight came off really fast through nutrition. I probably lost 80 pounds without even thinking about it. I just was super mindful of what I was putting into my body, started doing a Weight Watchers type thing and just really focusing on my nutrition and did not do anything physically.

And then I got to a point where I was kind of stuck. I wasn't really losing any more and I was feeling so good. I felt like I had so much energy and less body to carry around was really a big deal. And so I decided that I wanted to kick it up a notch, and I have always been somebody who have seen runners and thought like, holy shit, they're amazing, who can do that?

And when this all started, I really was somebody who - this is embarrassing to say, but absolutely I would walk or I would drive to the store that's literally across the street on my way home or on my way to work so I didn't have to walk across the street. I really was not active at all.

So I decided that I wanted to start running because I was feeling much better about myself. I started with the Couch to 5K program and I thought intervals, now that's the way to go. I can do anything for three minutes. I can do anything for three minutes. Challenge me, I dare you, I can do it all.

So I did it. Much like you described in earlier episodes of your podcast, I got to week four and was like, holy shit, how am I possibly going to do this and how does this relate to me doing a 5K? Because up until then, I hadn't done more than a mile and a half. And that's like, full 25, 30, even 35-minute workout and a warmup, cool down, the whole thing.

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So there's no way that I could be successful at that, and that left me feeling really shitty about myself. So I was talking to somebody on one of the Weight Watchers groups about activity and they suggested your podcast. And I thought, Not Your Average Runner? Holy shit, wait, that's me, I am not your average runner.

And this is really like, I'd been running for two or three weeks. I was on week four, so I had been running for about a month. And I already identified as a runner. And so when I first heard your voice on the podcast, I was blown away. I was like, Jill Angie, get out of my head, how does she know exactly what I'm thinking?

Like all of the shitty thoughts we have about ourselves and there's something - one of the very early ones talked about being visible and the power of that, and I've always felt like I had to be embarrassed of taking up more space than other people.

So I would feel anxious in grocery stores, or Christmas shopping was a nightmare. Because I felt like every time I moved, I was bumping into somebody because I was bigger than everybody else. So for me, listening to those first few podcasts and hearing you talk about being an overweight woman, and I'm no spring chicken, I'm 38. I recognize that's not crazy old but I'm not that young. And lots of athletes start really, really young. And that's right, I just said I'm an athlete. So 10 months later, that's what I am.

Jill: I'm getting teary hearing this story because I just love that you're like, no, I was confident, I loved myself just fine, but there were these logistical issues that I had to sort out.

Sarah: I was really scared to die and I thought, I can't die because I'm fat. The thought of not being able to get such a simple procedure done because I'm fat was absurd to me. And then that got me on a whole roller coaster of like, wait a minute, I'm not the only fat person. Fat people need care too.

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Jill: Well, and when I think about your story about the scale and how - I just feel like it's not like fat people don't exist and don't go to hospitals, and you'd think they'd be a little more prepared or a little more at least compassionate with that. I don't know, it's a whole thing.

I had an issue when I got a sonogram, echo, cardiogram. Like you run on the treadmill and then they do a sonogram of your heart afterwards to watch it beating. And I just remember them like oh, we got to get the big blood pressure cuff. I'm like, did you really need to shout that down the hall? Fuck you. Anyway, let's talk about you.

Sarah: It's true. Fat people are human beings that do everything that other human beings do, and there needs to be more inclusivity. And I remember one time for work we took the kids to this amusement park in Toronto here, and I was super excited. I always loved amusement parks as a kid, loved roller coasters, loved everything.

And as we're going around, there's these mock chairs or seats in front of the rides, so you can see if you fit on it. So in front of the entire line of people, you go on and try to seem not discouraged or sad in front of these kids that I'm trying to have them have a good time. And really, all I can think about is Canada's wonderland doesn't even want my fat ass in one of their rides. It's really sad.

Jill: It is. And you can do thought work around that for sure, but also, I feel like the circumstances need to change.

Sarah: Absolutely.

Jill: Yeah. I'm sorry that happened to you.

Sarah: I'm strong and a really good role model, so I'm good at managing that stuff honestly. But when you talk about visibility and you never know what you might need for somebody else, that really spoke to me in a very

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personal way about I want to see people if they're doing things so I know that I have permission to exist in this space as I want to be.

Jill: Yeah, I love that. So you're kind of living that mission yourself right now, yeah?

Sarah: Fuck yeah, I am.

Jill: So tell me about what your running routine is like and what it means to you and kind of how you - let's start there. I realize I'm throwing a compound question at you.

Sarah: Okay. So I started running with the Rebel Runner Roadmap at the end of April, I think. And kind of took that on. So with Couch to 5K, I was going three times a week. With the beginning of the Roadmap program, I was going twice a week and was feeling really good about it.

As that progressed, I moved into Run Your Best Life and my normal routine is to run three times a week. I really love to run first thing in the morning before my body even knows what's happening. I don't want my body to recognize that I have done something crazy.

So I get all my stuff out and do the flat Sarah on the dining room table and get all my clothes lined out and my safety gear. And I go out first thing in the morning. And then I also try to do strength training twice a week, and there are some great videos on the Run Your Best Life website that I'm obsessed with that make me feel like such a total badass.

Jill: You mean coach Jen's videos because she teaches an awesome strength training class.

Sarah: She really does. When she said, okay, we're going to do single leg deadlifts, I was like no, I don't think that's something I can do. And then I was doing it and I was like, oh my god, I'm actually super strong. So for me,

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it's just really been a huge confidence booster just to see that there is a progression in my body.

But one of the most surprising things that has happened is that my focus has gone away completely from losing weight and fully on how am I going to get to my goals. So how am I going to show up for myself? How am I going to be a stronger human being that is capable to do these crazy barfy goals that I have going on?

Jill: So you're more focused on what are the daily actions that support my long-term goals, rather than going it's all about the goal, it's more about the evolution. Is that what I'm hearing?

Sarah: Yeah. I want to see progress by getting stronger, by being able to do burpees with less modifications, by running faster, running longer, and less concerned with what the scale says these days. For the first part of my journey, it was really, really focused on okay, I have to get to that 100-pound mark.

And I did, but my body has changed so much in the last year from becoming more active and treating myself more kindly and practicing self-love with daily activity that I haven't actually lost much weight. I've only lost 20 pounds. I still have 100 pounds to go. 20 pounds is not that much for this body, but I have - my muscles, I can feel muscles in my legs for the first time in my life.

Even when I was a slender kid, I had chubby little thighs. I never ever felt muscles. And all of a sudden, I'm like, yeah, I can wear leggings and that booty pops.

Jill: Nice. I love it. And how has this level of confidence or has this level of confidence affected other areas of your life?

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Sarah: I would say that absolutely it has because I have been able to put myself out there. I'm not held back by my body anymore. I will go out for hikes, for walks. I'll go out kayaking or canoeing. And put myself in a position where that's what I'm doing for fun. Now, that is so absurd to me thinking about it, but for fun, I do these things now. That's crazy.

Jill: I'm a person who canoes and kayaks for fun.

Sarah: Yeah. And does hard things and enjoys it.

Jill: That's so cool. Well, speaking of hard things, you recently had a challenging event on the - it was a great story and I remember when you told this story in Run Your Best Life, I was like, damn, that's badass. So would you be open to sharing that here?

Sarah: Yeah, of course. So this summer I spent some time hiking with a friend of mine and I really loved it. And it was pretty challenging and I definitely hurt. But we were hanging out one night and she told me about a local author coming to the area to do a guided hike.

And so I said yeah, I'll do that with you. So I paid \$100 to do this, to go on this guided hike. And I'm picturing sauntering around talking about the ferns and stopping for a nutrition break by the lake, and all these beautiful, relaxing, surround yourself in nature things.

And I could not be more wrong about what that was and had I had read this man's book prior, I would have known more what I was getting into because he's gone all across Canada hiking and canoeing and such. So I should have known that it wasn't going to be easy breezy.

I looked at some reviews of the trail that was suggested in the email and people were talking about going there with their kids and it was a great family day, so I thought this is going to be lovely. And I get there and I weigh at least 80 pounds more than any other person on the trail.

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There was probably seven or eight of us, so it wasn't a very big group. And somebody was wearing tennis shoes for goodness sake, so I think, how hard can it be? So we set out and at the very beginning of the trail, it's all gravel. It's not too bad. It's really pretty.

I get a little bit behind because I'm slower than most people, and generally, I'm okay with that. I would stop, I'd catch my breath, he talks about the trees, we keep going. But as the hike progresses, it gets more and more challenging.

So at one point, we're in a bog and I sink way more than the rest of those fuckers do and it was so hard. I could not figure out how to get across the bog without getting soaking wet shoes and I didn't. I was absolutely soaked up to my ankles.

And then we're like, mountain goating up these cliff-like things and I actually felt like a mountain goat. I was trying to figure out where to put my feet and where to put my hands, and I was like, oh my god, how am I ever going to get back off of here? And he's like, oh, we're not doing it back, it's a different route. And I was like, okay, that's great.

So as we go, I'm getting really tired and I could use some water at some point, maybe even a little snackpoo. No, there's none of that. I just spend the entire time chasing them down, the group. They stop, talk about something, I get enough breath to keep going, and then we get going again.

So this went on - the hike was supposed to be I think a three-hour hike. So at 10 to the time, I'm like okay god, thank god, this has to be over. But I had actually slowed down the whole thing. So we still had another hour to go. And the whole time, people are going way ahead of me and I feel like I'm really impacting them.

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And then my inner mean girl, she was on fire. She was being so nasty and I'm not an unkind person, but the things that were going through my head about the people on that trail were not kind. And at one point my friend said, "Oh, I just don't want to lose them." And I said, "I just want to enjoy this at some point, I just want to take a picture, anything."

And I was already feeling really down about myself. So at one point, I'm on this ATV trail all by myself and I'm so thankful that there's flat-ish ground. It's all covered in rocks, so it was a little precarious on the ankles, but I'm finally there. But I'm literally alone. I don't hear anybody, I don't see anybody, I'm just like, please lord don't get lost and become bear food. This is Canada. Things like that happen.

So my friend comes over, we continue on and I tell her I'm really struggling here. Then she says okay, it's okay, we're almost done, whatever. So I keep going and I'm such a bitch by this point. I'm so angry at the world. I paid money for this and I don't even get to enjoy it. Like, who pays money to be tortured?

It was awful the thoughts going through my head. So we come out to the road and I have never been so thankful in my life. But whoever planned this hike was really, really mean. We come out to the road and there is such a huge steep incline hill to climb up the road. And I'm exhausted. I'm so near tears, I just feel so shitty about myself.

Everything hurts. And I sit my ass down on a boulder, and my friend says like, we're almost there, we're almost there, and she's being my cheerleader. Like no, you need to go on without me, I absolutely cannot do another step. I can't do it.

So I pouted for, I don't know, probably 30 seconds, and then I was like, this is unacceptable. If anybody else can do it, I can do it too. I kind of mean girl'd myself into getting up and going. And so I get to the car and people

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are doing small talk and people are getting the author to sign their books and everything, and I'm so miserable.

And then we get into the car and I start sobbing like, ugly cry, can't speak, can't articulate what's going on for me, nothing. And my friend goes, Sarah, what's wrong? And I said I am never going to be good enough. So my thought - sorry, I'm getting a little emotional reliving this. I'm a very emotional human. This is normal for me.

But my thoughts were I run three fucking times a week, I strength train twice a week, and I usually do cross training once a week with walking or hiking or whatever. And I can't do this hike, am I - is it ever going to be over? Is this journey ever going to be at a place where I have arrived?

And she looked at me and she said, "But Sarah, you did it." And I was like, oh my god, I did do it. And it was really hard and it was probably 10 kilometers or so. And I did a 10K hike that was super challenging, and I didn't do it in no tennis shoes, I'll tell you that, but I truded my ass up those stupid mountains, through the damn bogs, on the dumb ATV trail and up that goddamn hill, and I made it.

So then I thought about all the thought work that I've been doing and I thought, why am I making that it took me longer mean that I'm not a worthy human being, like I don't belong to exist on that trail with those people? And that was something I was telling myself.

The other people were nothing but kind to me. Somebody helped me off of a rock, somebody waited and chatted with me about my work, people were not unkind. I created this in my own head about those dummies. Why would I do that when they were just more capable of doing that on their journey right now?

So after two hours to get home, I really had some time to process it and I decided that I was actually going to make it mean that I can do hard things,

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and things that other people are able to do, my fat ass can still do. It might not be as fast, but I can freaking well do it.

Jill: I love this.

Sarah: I'm sorry.

Jill: No, I just think it's such a great story because we've all been there. And I know I was there a couple months earlier when Andy and I went hiking and the whole way up the mountain, I was like, this is more than I can do, I can't do this, I bit off more than I can chew, I'm never going to make it.

And every time I'm thinking that, I'm still going forward up the mountain. And we got to the top and I was like, oh, I guess I could do it. But it didn't look like it looked in my mind. I was like, oh, we're just going to hike up the mountain. But then the reality of it was yeah, it was difficult and uncomfortable and hard, but it was never outside of my capabilities.

All the drama was just in my brain. And I think so many of us have a similar story of a thing we did and we were fucking miserable the whole time. Not because it was hard, but because of what we were telling ourselves about it. And as soon as you flip the script to, oh, actually I did do that, the clouds lift. It's so amazing.

Sarah: It was a really powerful moment.

Jill: Yeah. It's a powerful story.

Sarah: Well, I think one of the biggest things that I've got from running is this sense of empowerment that I'm in charge of my own story. And if I don't run three times a week, it actually doesn't matter because I create this journey and I'm the one who makes the rules. So if I want to do something, then I will do it. And if I don't want to do it, I own that knowing that not doing it isn't going to get me closer to my goals.

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Jill: Exactly. So good. So good. I mean, you've embraced the thought work piece of Run Your Best Life in such a deep way that I truly believe this is why you're successful. Because anybody can go out and run, but I think it takes - and then just let their brain just be an asshole and tell all kinds of shitty stories, but you're very deliberate now in how you think about your results, so that you don't hold yourself back from going out and getting more results.

Sarah: The interesting thing is that in the Roadmap, I did not do one model. I did not do one thought download, I just couldn't bring myself to do it. I was doing it mentally. And now it's become something that is so standard in my life that when something is going on, I hear your voice in my head and it says hold on, what are the facts here? What are the circumstances? And then I go, hold on, wait a minute, my thoughts don't match that, that's not real.

Jill: I love that. What are the facts here? That's a great sentence to ask. My own coach asked me the same question. We were talking about something, she coaches me with business. And we were talking about something and I'm like, see, this will never happen. And she's like, okay, what are the facts? And then I went over the facts, and she's like, why are you so worried? What are you so upset about?

So it just applies to everything. Sorry, I got a little distracted there because I got a notification on my computer and I was like, wait no, go away, go away. The joys of podcasting. So let's kind of shift gears into what are some of your goals going forward? What's on your wish list for the next year?

Sarah: Okay, well, I have a really great running coach that teaches me about big barfy goals and a whole bunch of people that are constantly giving me little ideas in my brain. So initially, I was like okay, I'm going to do a 10K in September, which I did and was amazing. And that's right, I'm 270 pounds and I did a 10K all in a row.

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So that was pretty powerful. And then I was thinking, oh, I think I'll do a 15K in the spring and then take it easy. Now I've actually decided after doing some pretty amazing work and networking within Run Your Best Life and the Not Your Average Runner groups, and I am going to do a 15K in January and I'm going to do a half in March, so that's super, super exciting. I can't even believe how far that is, holy shit, but I will get there and I know that I can do hard things. I just got to put one foot in front of the other several billions of times.

Jill: I love this. Oh my gosh.

Sarah: That's from you. That's your genius.

Jill: I know. I'm a genius, what can we say?

Sarah: Oh, there's one more thing. One of the group members suggested watching - I think it's from Fat to Finish Line, the Ragnar story. And I am hoping to sign up for Ragnar Niagra 2021. I actually have put together a full group. I think there's 20 people now.

So I think we might even be able to get two groups, so long as it still happens. They have postponed registration as they had to cancel last year. So I am very hopeful that it happens because I cannot imagine a more badass thing than doing 200 miles with 12 people over two days. That's incredible. Running through the middle of the night, oh my god, that's amazing.

Jill: Yeah, that's going to be super fun. I love that. I love that you're setting these enormous goals for yourself because it changes you. It changes you to have to go through - like your six-mile hike, that changed you.

Sarah: In a big way.

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Jill: Right. And so I think every time you step way outside your comfort zone, and do something that you're not sure you can do, or I love when you're in a situation, you're like, oh yeah, this is going to be no problem, and then suddenly you're like, holy shit, this is different than I expected and you just figure it out on the spot like you did with your hike, I think that changes you even more because in that moment, you don't have time to be like - you're two miles into this hike, you're in the middle of the Canadian wilderness. You can't be like, I'm just going to call an Uber.

Sarah: There is no cell service.

Jill: Exactly. Your choices are continue walking forward or hike all the way back. And you had to figure that out and you did. And I think that's a confidence booster in and of itself, just being like, not only did I do that hard thing but I wasn't even mentally prepared for this to happen and I still figured it out. So good.

Sarah: It was amazing.

Jill: I love that story. Did you take pictures?

Sarah: Jill, I had no time to take fucking pictures. I was catching everybody the entire time.

Jill: I got you, okay.

Sarah: I think I have like, three pictures, at the very beginning.

Jill: Back when you thought it was going to be an easy hike, back when tennis shoes were appropriate.

Sarah: Yes, like when I thought the mushrooms were cute and that they weren't just out to get me.

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Jill: And do you think that it's possible that the person wearing tennis shoes, or maybe somebody else on that hike, that maybe was a little faster than you, but because you weren't walking with them, maybe they were having the same thoughts of damn, this is so much harder than I expected, I'm in the wrong shoes, my feet hurt, I'm getting blisters.

Because we don't know what's going on in other people's brains, so it's very possible that you weren't the only one having those thoughts. But the only thoughts you have exposure to are your own in a situation like that.

Sarah: Well, I think one of the fascinating things is that when we're going through something that feels really challenging is that it is just our thoughts that are - we don't focus on anybody else. And I consider myself to be somebody who's very thoughtful of other people and tries to understand other people.

But in that moment, I was so miserable all I could focus on was how I spent \$100 to chase fucking people through the woods. I know. It was such a dramatic mind.

Jill: Right. You're like, I paid \$100 to chase people through the woods. But really, it is all story. It's all story because those other people could have been having - they could have been having the same thoughts, and you're comparing your abilities to their abilities, and they're comparing their abilities to maybe the hiking dude who obvious was practically doing the whole thing on tiptoes because he was so fit, right?

And so it's all relative. When our reality and our expectations don't meet, then we create drama. But it's like, oh, I could just decide that my reality is what I make it.

Sarah: Yeah, just change the thought. I actually am not just a fatass trudging through the woods. I actually am a powerful human being that made that journey, just like everybody else.

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Jill: Neither of those statements is true. You're not a fatass and you're not a powerful human being. You get to just decide what you want to think. And why would you ever choose to think I'm a fatass trudging through the woods when you have the option to believe I'm a powerful woman?

Sarah: Absolutely.

Jill: Completely illogical choice to ever think I'm a fatass. And I want to erase that thought from everyone's brain. Just stop thinking that. It's a terrible thing. So what I kind of want to know from you is what does it mean to you to be a Not Your Average Runner ambassador? Because we actually haven't really talked about that. But why did you apply and what does it mean to you to represent Not Your Average Runner?

Sarah: Sure. So I think what I have found within that community is a place where I can truly be myself and have people cheer for me and cry with me when things are hard and people that understand what it's like to not be a maybe gifted or natural athlete and have that kind of support.

So it has meant the world to me to have people encouraging me and to support me and motivate me. And just to send me a message on Facebook like hey, I saw your post today, you're killing it. One of the girls actually, Bethany, when I was doing my 10K, I was two miles in and I was like, oh my god, maybe I actually can't do this, this is really hard.

And she messaged me in the moment about me being a total badass and it came up on my watch, and that moved me the next 4.2 miles. It was so powerful to have a cheerleader, to have somebody support you and understand that things are hard and that of course you can do it. When somebody believes in you so hard, it's really hard not to believe in yourself.

Jill: Yeah. And what I love so much about this is like, this is a person you've never met in person. This is somebody you met through Run Your Best Life online.

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Sarah: Yeah, it's actually insane. The opportunity to be a part of such strong athletes and they're so accomplished, and honestly, just really lovely. To be able to be a part of that is so hugely powerful and I said it in my application video, and whether I got to be an ambassador, I was absolutely still cheering everybody on.

I think it's so powerful and this world needs more kindness. And if I can spend three seconds writing to somebody about what a great job they've done and that I'm proud of them, that might not mean anything to them, but it might.

Jill: Exactly. Because you never know, right? You never know how your story impacts somebody else. You never know how your words might impact somebody else, but why not put them out there?

Sarah: Yeah, absolutely.

Jill: Just to inspire and help somebody else. I just love that so much. Okay, last question I have for you today is what piece of advice would you give to someone who's thinking about becoming a runner but has some fears or concerns or worries about it, or they just haven't started yet for some reason.

Sarah: There's so much great advice that's in my head. So much of it is in your voice. I think probably the number one thing is just to get out there and do it. Do what feels good to your body. Don't worry about pace, don't worry about the mileage, don't worry about what cute clothes you're wearing, what other people are thinking about you, not your damn business. Just carry on in your life.

Do your thing. Enjoy it. Do it because you love to move your body and you love to take care of yourself. So I think just don't overthink it. It's just running. You've done it since you were a child.

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Jill: I love that. You learn how to do it when you're, what? Two? So it's not a skill that you have to relearn at all. I love that.

Sarah: Just go out, have fun, and post everything. Everybody wants to see it. Be visible. It's our duty as people in this world to bring more kindness, happiness, and positivity.

Jill: I love that. I love that so much. Alright, well thank you so much Sarah for joining me today. And I'm excited to have you on the ambassador team and people are going to be hearing more from you as we move through the next six to 12 months.

Sarah: So excited.

Jill: Just congratulations on everything that you've accomplished. I'm really proud of you and you should be super proud of yourself. And I know you are.

Sarah: I am, but you know, it doesn't get tiring hearing it from the great Jill Angie.

Jill: Alright, thanks so much. And okay listeners, I hope you've enjoyed this interview and I will - what's my tagline? I've totally forgotten the end. I love you, get your ass out there and run, and I'll talk to you in the next episode.

Oh, and one last thing. If you enjoyed listening to this episode, you have to check out the Rebel Runner Roadmap. It's a 30-day online program that will teach you exactly how to start running, stick with it, and become the runner you've always wanted to be. Head on over to rebelrunnerroadmap.com to join. I'd love to be a part of your journey.