

Andy Aubin

RRCA Level I Certified Running Coach

Bio:

I started running in 2011 as a morbidly obese, 330 pound, 34 year old man. To date, I have lost 130 pounds by changing the way I eat and working my way into running and training consistently.

I lost the weight within the first year and have maintained a healthy, athletic lifestyle for the past 6 years. Running and fitness have grown to take up a substantial part of my life and engaging in it personally/ sharing this passion with others are at the core of it all.

I am continually challenging myself to push the level of my fitness by setting and achieving new goals and have inspired other to take similar actions. At the same time I have used my love of running to build communities of support, positivity, and motivation for others looking to do the same.

I served as the executive director of the running club The Sub 30 Club for 2016 & 2017. This is an online community that has 6,000+ members and was founded by a contributing editor to Runner's World Magazine. Additionally, I am the founder and co-captain of The Low And Slow Team (or LAST for short) a 50+ person running team put together to run The Broad Street Run 10 Mile race in Philadelphia each May through the American Cancer Society's Determination running program. To date, LAST has raised over \$120,000 for the Cancer Society.

In these roles I routinely organize and lead group runs, pace training and racing groups, and take on the role of motivator and coach as well as being an active participant.

In terms of personal performance, I have trained for and run all distances from 1M to Half Marathon. I have been training and racing consistently for the past 6 years.

Running Times:

Distance	Beginning Time	Current PR
1M	10:16	6:42
5K	0:35:00	0:24:02
5M	0:54:00	0:42:19
10K	1:06:00	0:53:32
Half Marathon	2:30:00	1:58:33

Community Building:

The Sub 30 Club

In my role as the Executive Director of The Sub 30 Club, I was responsible for maintaining the open, positive, and supportive nature of the club in all discussion, events, and interactions. I am also charged with

managing/organizing the club's large scale meetups/events throughout the year and planning as many smaller scale regional events and club wide virtual interactions as possible. The largest of such is the planning and execution of the group events every year at the Runner's World Half & Festival in Bethlehem, PA each October. This involves planning a full weekend schedule including pace groups for all the races, group events, hotel blocks, race info, weekend itinerary and FAQ documents, etc for all participating club members. I selected and appointed an Assistant Exec. Director, as well as appointed and managed a board of administrators who support the vision to the entire club.

The Low And Slow Team

In my role as Founder and co-captain of The Low And Slow Team, I am charged with promoting, recruiting members, managing the fundraising, and planning/executing race weekend schedule for all runners. Every year we put on a weekend long event that leads up to participation in The Blue Cross Broad Street Run in Philadelphia, PA. (The largest 10 Mile Race in the country) Planning begins months in advance to allow time to recruit team members, fundraise for the charity, design and order team shirts and paraphernalia, provide multiple newsletters along with weekly updates, answer race/training questions and organize race day pace groups.

Media

Featured as an inspirational story in the Runners World book: "The Big Book of Runners For Beginners"

Runner's World Online Article:

<https://www.runnersworld.com/runners-stories/how-running-changed-me-andrew-aubin-lost-130-pounds>

Piece Written for Runner's World Women's Site, Zelle:

<https://www.runnersworld.com/chatter/dear-daughter>

Article By The Philadelphia Inquirer:

<http://www.philly.com/philly/blogs/sportsdoc/Why-do-you-run-Broad-Street-Andys-Story.html>

Article by Philadelphia Magazine:

<http://www.phillymag.com/be-well-philly/2013/01/22/inspiration-lansdales-andy-aubin-lost-125-pounds-year/>

Patch.com Article (initially posted in in Hatboro-Horsham area, extended to all of Eastern PA):

<https://patch.com/pennsylvania/doylestown/inspired-by-his-daughter-dad-loses-125-pounds>

Blog documenting my entire weight loss process:

<https://www.bigandysrunning.wordpress.com>