

# Sally McRae

## BIOGRAPHY

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Sally McRae, known worldwide as "Yellow Runner", is one of the most recognizable and resilient figures in ultra/mountain racing. She has stood on podiums at some of the most iconic races around the world, including first place finishes at Badwater 135 and Moab 240. Sally is a sponsored professional endurance athlete, bestselling author, and highly sought-after keynote speaker. Sally is known for her mental fortitude and the ability to push through extreme discomfort, but her real strength wasn't built in the gym.

Sally's story begins in hardship. She grew up with an emotionally & physically abusive father, and her mother lost her battle with cancer when Sally was just a teenager, leaving Sally to mature quickly and develop fierce independence. In the months following her mother's death, her father was publicly arrested, forcing Sally's younger siblings into foster care. Instead of allowing pain to define her, Sally made a decision that would become the anchor of her life's philosophy and the title of her book, *Choose Strong*. At its core, *Choose Strong* teaches that strength is not a feeling - it's a decision made repeatedly in moments of pain. Sally pulls back the curtain on the full arc of her life - abuse, family illness, faith, fear, marriage, motherhood, and elite sport.

From the stage, Sally candidly shares her story of pain, loss, and wild resilience that laid the foundation for who she is today. Executives, entrepreneurs, sales teams, women's groups, athletes, and everyday individuals connect to her because she doesn't offer hype - she offers hard-earned truth. Sally's message is honest, raw, and relatable. She teaches that:

- Pain is inevitable; quitting is optional.
- The middle is messy - but it's where the growth happens.
- Your past can shape you without owning you.
- Discipline creates freedom