

2019 Ultrarunner Profile: Sam Lapp

Sam Lapp likes to run. He will get his chance to do a lot of it—50 miles in one day—when he takes on his debut 50-mile race at the Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon later this month.

Lapp knows the course, and experienced a lot of it in a race day scenario two years ago as part of a two-person team that won the relay event outright.

“The 2017 Supra was my only experience in the Tussey mOUntaiNBACK,” said Lapp. “It was a ton of fun to run it with my buddy from PSU Club XC, Matt Pennock. I run out in Rothrock a lot though, on the roads and the single track, so I'm familiar with (and in love with) the whole forest.”

Lapp ran his first trail race last spring, the Naked Prussian trail marathon, and set a new course record.

“But most of my experience is with road marathons. I'm nervous and excited to see what happens in the 50 miler.”

Now based in Pittsburgh, Lapp earned bachelors and masters degrees in engineering science and engineering design from Penn State. He credits running with a major positive impact on his life.

“Running helps all aspects of my life,” said Lapp. “When I run, I eat better, sleep better, think better, work better, and feel better. I'm more relaxed, creative, productive, and happy. So there's no question that running every day helped me do better in my classes and learn more, while enjoying my academic experience.”

Lapp has been training some with fellow runner Daniel Goldstein, who is also registered for the 50 mile and has ultrarunning experience.

While the 50 mile race is a solo venture, Lapp won't be out there alone.

“While I'm nervous about going from marathon to 50 miles, I'm excited that I'll have a great support crew out there with me. Four friends from Penn State Club Cross Country (Baylee, Mike, Andrew, and David) will be crewing me and it will be awesome to see them during the race.”

Photo: Sam Lapp finishes strong to clinch the overall relay win in 2017 for the two-person team Los Perdidos.

