

Tammy Salazar-Andurand

Running Coach and Founder of Women Make Moves

As a New York based running coach (and everyday runner) Tammy has been dedicated to helping all her athletes succeed, whether it be their first marathon or fastest 10k. She has been coaching runners of all levels for the past eight years and strives to provide the best for her athletes. She is also the founder and leader of Women Make Moves: a crew and space for women of all paces, ages, shades and sizes to come together and share miles and connect with one another. Within creating the group, she has made it her mission to amplify women in sport and businesses as well as sustaining safe spaces for women in the community.

