

SARAH RUDLANG

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PROFILE SUMMARY

I'm an Emmy award-winning news anchor/reporter with nearly a decade of newsroom experience. Previously, I increased ratings by 52% as a full-time anchor at WDAY. My strong anchoring, creativity and leadership skills will launch your newscast to the next level.

WORK EXPERIENCE

Spectrum News 1 | Raleigh, North Carolina April 2021 – Present
Anchor / Reporter

- Anchor statewide weekend newscasts that air from 6 a.m.-5 p.m.
- Strong breaking news and ad-libbing skills both on set and in the field
- Shoot, write and edit character-driven stories that air in five markets across North Carolina
- Increase engagement with viewers on social media through digital storytelling on all platforms

WDAY-TV (ABC) | Fargo, North Dakota April 2017 – April 2021
Morning Anchor

- Produced and anchored morning newscasts Mon-Fri from 5-7 a.m.
- Managed multiple station social media accounts and individual Facebook, Twitter, Instagram
- Shot, wrote and edited enterprise stories to bolster coverage and community engagement

MMJ / Saturday Morning Anchor April 2017 – April 2018

- Shot, wrote and edited daily packages, with a separate vo.sot for 4, 5, 6, and 10 newscasts
- Solo produced and anchored Saturday First News from 7-8:30 a.m.

WCCO-TV (CBS) | Minneapolis, Minnesota November 2015 – May 2017
Assignment Editor

- Confirmed, planned and coordinated content for up to three newscasts a day
- Assigned and assisted up to eight reporters and photographers with daily stories
- Monitored breaking news, tips email and responded to the station's phone calls

UTVS-TV | St. Cloud, Minnesota August 2014 – May 2017
Reporter / Anchor / Producer

- Anchored, produced and shot day turn packages on different days of the week for the 5 and 6 p.m.

Pine and Lakes Echo Journal | Pequot Lakes, Minnesota June – August 2014
General Assignment Reporting – Staff Intern

- Reported and produced articles for the newspaper
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AWARDS

- 2021: Emmy Nominee: Best Daytime Newscast (Anchor/Producer)
 - 2020: Emmy Nominee: Best Daytime Newscast (Anchor/Producer)
 - 2020: Emmy Nominee: Weather Story (Reporter)
 - 2019: Emmy Recipient: Best Daytime Newscast (Anchor/Producer)
 - 2017: BEA: National Hard News Reporting, 3rd Place (Broadcast Education Association)
 - 2017: Hearst National Hard News Reporting Finalist
 - 2016: BEA: National News Anchor Talent, 2nd Place
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EDUCATION

St. Cloud State University | St. Cloud, Minnesota
Bachelor of Science (B.S.), Honors Program, Major GPA 3.98

- Major: Mass Communications – Broadcast Journalism (ACEJMC Accredited) | Minor: Marketing