

Today's Thank You Thursday features Jamie Trimble.

We are so proud of Jamie, who just completed his first marathon! Jamie joined us a few months ago, and quickly became a valued team member. He fit right in and went straight to work on his running plan. Jamie had a solid training cycle, and ran a strong debut marathon in Minneapolis this month! Congratulations, Jamie, and Thank You!



1. How long have you been a runner? When did you feel you had become a "runner"?

I have been a serious runner for a little over 3 years. I had tried running numerous times since college, usually to try to lose weight or get in shape, but always hated it and never stayed with it. In the spring of 2012, I needed to get in shape and decided to try running again. This time though, I learned more about how to run (slower) and got away from the tracks and treadmills, which had always been a major source of boredom. I feel I became a runner while training for the 2013 Mercedes Half Marathon (my first). I was talking with a runner friend and mentioned that maybe if I completed the half marathon, then I would really be a runner. The response I got was, "You're training for a half marathon, you ARE a runner!"

2. What made you join Resolute Running?

I had run several half marathons, 10 mile and 10K races and was never sure about whether I wanted commit to a full marathon. I knew that if I was going to run a marathon, I would need help and guidance. Over the course of several months, every time I mentioned it to anyone familiar with or who used Resolute Running, they told me, “You need to talk to Coach Alex.”

At this year’s Mercedes Marathon expo, I talked with Coach Alex and Coach Kelly and told them that I might want to run a marathon at the end of May. The following week, I met them at the Training Center. They talked it over, looked at the calendar and told me it was doable if I would commit to the training. So I decided to commit to the marathon, and joined Resolute Running.

3. Do you use any other services or classes at Resolute Running? How have they helped your running?

I have participated in Thursday speed work and love the Sunday morning recovery runs. Now that I’ve completed the marathon, I’m looking forward the TRX classes to build my core strength and flexibility.

4. What have your results been? How did Resolute Running help you prepare for your first marathon?

The results have been amazing to me. I have run more and farther than ever (or ever imagined) and have been able to do it injury free. The training plans, coaching, advice and encouragement from Coach Kelly helped me not only to complete my first marathon, but have also greatly improved my confidence as a runner.

Resolute Running helped me prepare for my first marathon in so many ways. In retrospect, I know if I had attempted to do it on my own, I would have done it all wrong and probably would not have been successful. In addition to the coaching and technical aspects, the whole Resolute Running team camaraderie and support helped get me across that finish line.

Everyone at Resolute Running welcomed me with open arms, joined with me on the long training runs and provided such a positive team atmosphere.

5. *What is your favorite Resolute Running memory?*

There are so many great memories, even in the short time I've been with Resolute Running. Coach Kelly is so positive and energetic it's infectious. She seems to know just when to check on me, offer advice or provide a positive boost. Also, every time Coach Alex sends a group email, he addresses the "team". The thing about that is we truly are a team. Even though we all have different abilities and different goals, we're all working together to improve ourselves and to help each other improve. It doesn't hurt that we have so much fun in the process.

And probably my favorite memory so far was our impromptu Memorial Day run. That was my last Resolute Running group gathering before the marathon. The support and encouragement of everyone sending me off was incredible.

6. *That is wonderful! What advice would you offer anyone considering a personal run coach and Resolute Running?*

I encourage anyone who wants to take his or her running to the next level to consider joining Resolute Running. If you want to work hard, achieve your running goals and have fun in the process, Resolute Running is the place.