

This month's Member of the Month is Adrianna Anderson!

Adrianna is passionate about her fitness and nutrition. She was struggling a bit as a new runner learning how to train, and joined Resolute Running for guidance. When her coach told Adrianna she would be able to run a 5k, she wasn't sure she could do it, but followed her plan. She succeeded beautifully, and then set her sights on the half marathon. She again didn't know if this was possible for her, but took her training one day at a time. We are happy to report she finished the Solider Half Marathon last month with a smile on her face! Her coach says she is such a true joy, and she is beyond proud of her for her dedication and positive attitude. We couldn't agree more! Congratulations on your success, Adrianna!



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

I have been actively running for about seven months, and I feel I became a "runner" after my coach started adding on the longer run days into my running plans.

2. What made you join Resolute Running?

My husband had been after me for quite a while to run. He is an avid runner, and the one I always referenced as the real runner in our family. One day I was on Facebook and saw a post from a lady I did not know sharing about how she struggled with her running and wanted to improve. She referenced Resolute Running Coach Ann Thomas as her running coach, and how she had greatly improved under her coaching. I had run "on my own" and was not successful and really needed accountability and supervision. I knew I could not tackle this alone, so I reached out to Coach Ann and the rest is history!

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

I have taken the TRX Functional Fitness and TRX Hips classes with Coach Ann Thomas. They have helped me TREMENDOUSLY, as I have gained strength and stamina in my running.

4. What have your results been since joining Resolute Running?

I am stronger physically and have shed a lot of weight. I struggled with breathing correctly while running. It used to be a major challenge but it no longer is.

I recently completed my first Half Marathon, two minutes per mile faster than what I had trained for!

I also just recently completed a 5k run, and had a 10-minute PR.

5. What is your favorite Resolute Running story or memory?

I have two!

The first was while I was in TRX Hips class with Coach Ann. My hips were burning and all of a sudden I started to grin from ear to ear. Coach Ann looked at me and said, "Glad to see you smiling!" to which I replied: "That's because I am trying to trick my mind into pretending I'm enjoying this." Everyone in class broke out into laughter, which was a great distraction for us all.

The second is all the friends I have made and the support I have received along my running journey from so many, especially my Coach Ann Thomas and my friend, team member and running mentor Denise Moss. Resolute Running really does foster a team environment and I feel proud to be a part of this great running family.

6. What advice do you have for anyone considering a personal run coach and Resolute Running?

DONT SECOND GUESS IT! If you are serious about running you must include the services of a running coach. They will help you reach your individual running goals and push you to go farther, become faster and be fitter while doing it.

Resolute Running has my highest recommendation!