

Today's Thank You Thursday features Alison Hoover.

Ali has been with Resolute Running for over a year, and has gone on to achieve numerous PR's at every distance, as well as qualify for the prestigious Boston Marathon numerous times. Ali is also a regular at TRX Barre, and is a supportive team member and friend. We are so proud of Ali and her success, and for that we say, Thank You!



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

I ran cross-country in 10th grade after watching Terry Fox run through my city and being totally inspired. I also may have run a little because there was a really hot guy that ran cross-country, but mostly it was Terry Fox. Fast forward to my 20s when they told me not to run again, because I had minimal cartilage in my knees. I then started running in my 40's after discovering Newton shoes at Ironman Canada expo, and they didn't hurt my knees! I felt like I became a "runner" when my friend Stephanie talked me into running the Mercedes Half Marathon by using the Red Nose Run as a training run. She assured me that I could do it, even though I didn't believe it myself, and she was right. Boom, I'm a runner.

2. What made you join Resolute Running?

I met Coach Alex Morrow through my running buddy Jennifer Andress. Coach Alex is very attentive to runners when they speak and when they ask him questions, whether he is coaching them or not, and he also pays attention to the little things, like someone's running gait, or fears they might express about an upcoming race. When Coach Alex held his opening celebration for Resolute Running, I attended and was very impressed by a training center that catered to runners and their specific needs.

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

My favorite class at Resolute Running is Coach Kelly McNair's TRX Barre class. This class addresses exactly what I need to keep my running core strong and in balance, and Coach Kelly has such positivity and energy, which I find to be infectious. She is also great about knowing everyone's strengths and weaknesses in the class, and always points out modifications for her students based on injuries and upcoming races. This means she is always listening, and to me that speaks volumes about her dedication. Speed work is also something that I "enjoy" at Resolute Running. Most people hate speed work, and I can't say that I love it, but I can say that I love doing my speed work at Resolute Running. There is always camaraderie, and also goal specific paces set out for each runner. This is what gets me up at ungodly hours to run at paces that I wouldn't otherwise attempt.

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

My results since joining Resolute Running are numerous, with the best one being the hilarious, supportive running friends that I have made, and let's face it, running friends are the best friends. I think that I have become a more focused runner and maybe even a faster runner, but definitely have upped my endurance. One of the beliefs at my place of work is the Law of Attraction, which in a nutshell means that great people attract great people. Resolute Running certainly attracts great people and I always feel very supported.

5. What is your favorite Resolute Running story?

There are so many Resolute Running stories and memories, and some of them might be highly inappropriate, so I will choose to share the Resolute Running Runs Utah trip, Big Cottonwood. This has to be my favorite marathon to date, not only because it was a PR race for me, but because of the people that I was with and all of the planning that went into it to make it an Resolute Running event. From the group runs leading up to the trip, to the event itself, and of course the celebration afterwards, it was an event that I will always associate with those who shared it with me. It all culminated with a group of us in the airport at 1 in the morning with our legs up on the wall at the check-in area, and I will never forget that moment of laughing hysterically with my fellow runners despite our swollen and painful legs. I remember thinking that this is not what I would have pictured as being a fun moment if you had asked me 10 years ago, but that now this was my new definition of fun.

6. What advice would you offer to anyone considering a run coach and Resolute Running?

I would advise them to just jump in and try it out. You will meet some of the most hilarious and supportive people to ever help you on a journey, whatever that journey may be. No one is intimidating, and there is nothing to be afraid of. I guarantee that you will make a new friend with a very interesting story!