

Today's Thank you Thursday features the one-of-a-kind Amy Weber. Amy is the picture of good health, and her results since joining Resolute Running have been undeniably impressive! She qualified for the Boston Marathon, and is a regular at winning Age Group awards. Amy is also a very positive person and a ton of fun to be around, and for that especially, we want to say Thank you Amy!



***1. Amy, when did you begin running, and what made you start?***

I started running when I turned 25. I had always been active, swimming and playing tennis through college. When I moved to Birmingham at 22, I did very little in the way of exercise. I started hearing my metabolism was going to start changing, so I thought I'd better get on the stick and stay ahead of it. My husband Frank was a recreational runner. In 1984 ( yes '84!) he ran in what was then the Sonat Vulcan Run/Marathon weekend. He ran the 10k while I cheered him on. I stood there looking at those runners and thought to myself, "Heck, I can do that!". I did, and I have never looked back.

***2. What made you decide to hire a personal run coach, and join Resolute Running?***

Now that is an easy one! Over the years I have run lots of races at all different distances, but my love is a marathon. In 2005, I ran the Mercedes Marathon as a Bell Runner to honor a friend's child. It was the old course, my personal favorite, and it was a perfect day. I crossed the finish line and everyone was telling me I had qualified for Boston. I had never even dreamed of going, nor did I even know what a qualifying time was! After much encouragement from my husband and friends, I registered. It was the most awesome experience, my first "big city" race. I qualified again for 2006. But, I really thought once was enough, so I didn't go back.

Two years ago, I decided I wanted to qualify for Boston again. I got into the Huntsville Marathon - my fourth time to run it. It was hot and humid, and I missed my goal by 8 minutes. It was okay, I thought, because my target marathon was a few weeks later in Charleston. Again, the weather was less than perfect and I missed by 5 minutes!

I had heard about a talented runner named Alex Morrow. He was writing running plans for his friends, and those runners were having great success. I decided I was going to approach him and see if he could help me. Lucky for me, he was in the midst of opening up Resolute Running Training Center. I met with Alex and signed up on the spot. That was last April, a year ago. So I had my first ever personal running coach. I lucked out big time!

I have not only learned so much from Coach Alex in regard to running, nutrition and cross-training, but I have also met some incredibly awesome people. I love! love! everything about Resolute Running. I have stepped out of my comfort zone so many times because of Coach Alex and my Resolute Running friends. I ran my first 15k trail run in March and had a blast. I never would have done that on my own.

Coach Alex is not only a knowledgeable coach, I also believe he is a secret psychologist. The man knows his stuff and gets results, as long as you do what he advises.

*4. I love your answers! What results have you seen as a member of RRTC?*

Since I have been training with RRTC, I have placed in almost every race I have entered, even winning my age group last summer at the Woodstock 5k RRCA National Championship race after running 17 miles the day before.

I trained long and hard all summer for the Chicago Marathon in October 2013. Even with a few setbacks, I ran a strong marathon and qualified for Boston with 8 minutes to spare. I still had something left at the finish -oops, I probably should not admit that!

*5. That is just amazing! What other services at RRTC do you utilize? How do they enhance your running?*

I wish I could attend all the classes offered by the other talented runners at RRTC. I love Run Barre with Kelly McNair, and I train with Coach Alex 5 times a month. I of course have my Thursday speed work, and long runs on the weekends. I am now working on my running form after attending Coach Ann's form clinic. She has an incredible eye and knowledge of an efficient running form. It's all about balancing your workout. THAT prevents injury and boredom.

*6. What is your advice for those considering a personal run coach and RRTC?*

My advice for anyone considering a personal run coach is: go for it, you won't be disappointed. Resolute Running has been a great fit for me. Between the knowledgeable coaching and the wonderful runners, you really feel like you're part of a team. It's a positive and energizing environment.