

Today's Thank You Thursday features Andi Crabtree. We absolutely love Andi for her spirit, and especially for her leadership of the committed group of fellow Resolute Runners, the self-proclaimed Turtles! Andi takes great care of her Turtles, setting up run courses and water stops for them as they go out for their weekly long runs. She is having shirts made especially for this fun group of ladies, and posts of their adventures regularly on the Resolute Running group Facebook page. But don't let her modesty fool you: she has accomplished much as a Resolute Runner, fully committing herself to her training. Andi, we love you and we love your Turtles, and for that we say Thank You!



1. When did you start running? When did you feel like you were a "runner"?

I started running officially for the first time on June 16, 2013. I know this because I had just been released from 6 months of PT after back surgery. I had never run in all my 49 years and always barely managed to squeak by on my PT tests for the army. Big Bears chasing me were my excuse to run. Having been on bed rest and steroids for pain for the past year and toting an extra 15 pounds, not mention months of bed rest, I was a wreck.... I could not do P90X or Cross Fit anymore, because that's what caused my discs to rupture and led to back surgery. The neurosurgeon reluctantly OK'd up to three miles of mild running, to be built up sloooooowly over a period of 6 months. My husband, an avid and very accomplished runner, hooked me up with the Trak Shak and a

plan. Armed with my “walk -1- minute-jog-30-seconds” I headed to the beach for vacation and proceeded to conquer 30A each and every morning. By the end of 2 weeks, I could run/walk 2 miles in about 30 minutes without seeing stars. I was hooked!

I look around me at all the wonderful runners at Resolute Running and I see the runner I want to become (great form, long mileage, fast pace) and in truth although I run ... I don't think I'm quite there yet. I did have a moment a few weeks ago when I ran a 10 miler with one of my turtle friends Janet. It was raining on and off and being somewhat of a Diva I really hesitated to go and just stay in bed.... but I went.... fell in a creek at mile 2 (eeeewww!) and instead of turning for home... wrung my self out and continued on, squishy feet and all. I LOVED IT! It was one of my best runsguess I'm on my way!

2. What made you decide to join Resolute Running?

I joined Resolute running in Aug 13, 2013 after returning home from the beach. The bug (running) had bit and I wanted to " learn to do it right "--enjoyment never was a factor. I sat down with Coach Alex and Coach Ann, and we discussed a total plan, which included cross-training speed work, form, and core training. I knew I could get back in shape under their direction and care. I ended up with soooo much more! After my first year, I'm well on my way to achieving my conditioning goals and have met so many great people I am happy to call friends.

3. What have your results been?

I am part of a small but illustrious and determined group of ladies called the Turtles, and through their support and camaraderie (as well as Coach Alex and Coach Ann's exemplary coaching), I have completed 3 5kms (2 under 30 minutes), 1 8km, 2 10kms, 3 Half Marathons, and aced my PT run. I am currently training for my first full marathon and sub 2 hour Half Marathon. Results WAY above my lofty 3-mile goal I was given a year ago!

4. Do you use any other services at Resolute Running?

I use the weekly individual training services with Coach Ann, and attend

Core on the Floor on Monday and speed work on Thursday evenings. I run regularly with my Turtle Buds or whoever is available on the Resolute Running group Facebook page!

5. Do you have a favorite Resolute Running memory or story?

My favorite Resolute Running memories are those I spend with my Turtle Buds: Diane, Pat, and Janet. While there are more turtles in the bale, we form the central core. No topic goes unexplored in conversations when we run together SO BEWARE!!!! I also have fond memories of all the different places I've run... West Point, Annapolis, Chesapeake Bay Bridge, MD, 30A at The Beach, and of course locally with my Resolute Running buddies. Things are looking bright for the future as I have plans to run Vancouver (Lululemon Sea Wheeze), Walt Disney World, Seaside Half-Marathon, Savannah and NYC Marathon (my ultimate goal!) in the next year.

6. What is your advice for anyone considering a run coach, and Resolute Running?

Just Do IT!!!! Meet with Coach Alex and Coach Ann and let them suck you in to experiencing the best times of your life while making you the best runner you want to be!!