

Our Member of the Month is Anika Paperd!

Anika began with our Magic City Half Marathon training group, and she is now taking on double digit trail races on some of the toughest terrain in the state! It has been amazing to watch her challenge herself and grow as a runner. Anika maintains her training despite a busy work schedule, heavy community involvement and some really cool non-running hobbies (bonsai trees, anyone?). Anika is also just a whole lot of fun to have around, and we are so glad she is on our team! Congratulations, Anika!



- 1) ***How long have you been a runner? When did you feel you had become a “runner”?***
- 2) I have been a runner for about 3 years now, although it was off and on. I always chickened out about running during the heat of the summer. I think the first time I felt like a runner was when my alarm went off at 5:30 a.m. and I said to myself "Yep, you're doing this."

***2) What made you join Resolute Running?***

My friend was a member and highly recommended it. I had been wanting to try something new and challenge myself, so when I heard a radio ad for the Magic City Half Marathon training program, I called Coach Alex that day and asked if he thought I could do it. He encouraged me to join the training

program, and I really fell in love with the running community. I finally made the commitment of being a full time member back in January, and I'm so glad I did.

***3) Do you take any classes or other services at Resolute Running?***

I've taken a few TRX classes at Resolute Running and have really enjoyed them. I'm trying to work them in my schedule more consistently, because I know having overall body-strength is so important for running and especially injury prevention. I really like the TRX Barre class and the TRX Burn class— I definitely feel the results for a few days afterwards! I'm excited to see how much strength I am gaining when I train regularly.

***4) What have your results been since joining Resolute Running?***

I've taken nearly an hour off my half marathon time between my first half marathon and my fourth. Before I joined Resolute Running my longest run was four miles, but now I've found I love my Saturday double-digit long runs.

***5) What is your favorite Resolute Running story or memory?***

While my memories of my best PRs are definitely special, my favorite Resolute Running memories involve my teammates and our running community. This past weekend I did the ten mile Ridge to Blazing Ridge trail race at Oak Mountain. [Resolute Runner] Wayne Qualls and I were descending a hill at mile 8 to the aid station after some brutal miles and serious climbs, and we heard the aid station before we saw it. We came down the hill with everyone hollering and cheering us on, and it briefly felt like running through a NASCAR pit stop — before I knew it I had a cold wet towel and someone was refilling my hydration back and someone else handed me an orange slice and they sent us back on our way with calls of encouragement. The support of my teammates is second-to-none and makes me feel like I can accomplish anything.

***6) What advice do you have for anyone considering Resolute Running?***

When I first joined Resolute Running, I didn't join with the expectation that it would change my life. I just wanted something active to do and some help figuring out how to get there. If you aren't sure about jumping in headfirst, try one of their programs! They frequently offer training programs for 5k, 10k, and half marathons. Try one of those and see if you like it! And if you enjoy it and decide that running is your thing, join full time. Don't be like me - it took me 3 years of dipping my toe in with Resolute Running before I decided to jump in full time, and I wish I would have done it so much sooner.