

Today's Thank You Thursday features Anna Wright.

Anna is one of our Resolute Runners that lives in North Carolina. She met Coach Ann Thomas at a marathon near her home, and joined Resolute Running several months later after battling injuries. Despite the distance, Anna and Coach Ann communicate daily, and Anna stays committed to her assigned training schedule. Anna is extremely dedicated, and Coach Ann is guiding her training throughout Anna's first pregnancy. Anna stays connected to the rest of the Resolute Running team through our active Facebook page, and we love having her on board! Congratulations on your success, Anna, and Thank You!



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

I ran track in high school and did well maxing out at a 6 min mile, but didn't run again until 2006. I was coaching cross-country and track at the time. My male counterpart approached me in February of that year and said, "You've been talking about getting back into running, and the Outer Banks has an inaugural marathon in November. Want to do it?" My answer was "Sure!" and so it began. I completed that marathon starting from scratch and ran a 4:26, and just kept at it. I started running speedwork and began to win my age group. That led into winning as overall female, and an addict was born. I have now

completed 6 marathons, including 2 Boston Marathons (with my third next spring), and countless half marathons, 10k's, and 5k's. With all the hard work, I had gotten my times down to a respectable 3:20 marathon, and even won a half marathon with a 1:28 when I didn't realize I was the first female until I broke the tape. I knew I had become a runner when I realized my day revolved around my run. It has become my cup of coffee in the morning and I am not myself without it.

## ***2. What made you join Resolute Running?***

I met Coach Ann Thomas at the Peak to Creek Marathon last October here in North Carolina. It takes place about an hour from where I live, and I was looking to qualify for another Boston. I suffered a foot fracture in February 2014 in the midst of Boston training and crosstrained in the pool and on a spin bike (with a heavily wrapped foot and a podiatrist who is himself an ultramarathoner), until I was fully healed 2 weeks before Boston. I completed the run with a 4:29 as a walk/run, only to suffer another partial fracture the following June. So, as any injured athlete would do, I signed up for a marathon. I trained from July to race day with a goal of "qualify [for Boston]". Coach Ann was helpful, giving me some pointers pre-race, as she had run the course before. I met my goal and qualified. After I got back home, I contacted Coach Ann on Facebook in hopes of coming back from the injuries, and trying a different strategy to get my speed back. We were also trying to get pregnant at the time, and I knew I wanted someone to help coach me through a pregnancy, as I was NOT going to quit running. We found out we were expecting in January, and our little one has already completed her first half marathon and was 3rd overall at a 5K in March (but not before nailing a new 10K PR of 43:20 a few weeks after joining Resolute Running). I am really looking forward to working with Resolute Running to get back in top form after our little girl arrives, and have a great showing in April in Boston. Even though I am in North Carolina, I still feel a part of the Resolute Running family.

## ***3. Do you use any other services or classes at Resolute Running?***

I am not able to utilize any other services since I am out of state, but Coach Ann gives me strength training tips and suggestions from a

distance.

I hope to join the Resolute Running team on a destination run in the future, so I can meet all of you and put faces with names. I feel like I have gotten to know some of your personalities through the Facebook page and enjoy reading about all of your successes.

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

I hit a big 50 second PR when I ran the Turkey Trot 10K last November, about a month after joining the team, running a 43:20. I found out I was expecting in January, but have been able to stay strong and fit through the pregnancy thanks to my training. I am still running 30-35 miles a week. I never thought I would still be running 10-12 mile long runs at 30 weeks pregnant, but I am thanks to wonderful coaching. I will definitely see the results, and bringing back speed will be easier because of the plan I've had through the pregnancy.

***5. What advice would you offer anyone considering a personal run coach, and Resolute Running?***

Do it! If you are at a plateau in your training and ready to mix it up in order to see results, trust the plan. It works!