

Our Team Member of the Month is Coach Ashley Messenger!

Resolute Running is excited to introduce you to one of our newest coaches, Ashley Messenger! We are so excited to have this highly motivated and positive mother of two join our team. Check out Coach Ashley's interview below, and let us connect you for one-on-one or group coaching. Congratulations, and welcome, Coach Ashley!



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

I have been running "on purpose" since November of 2013. I know this date because it was when I decided to officially begin training for the Gasparilla Half Marathon in Tampa, FL. I had no idea that signing up for that race would lead me through an almost 10 year love of running.

A huge turning point for me is when I decided to join a running group while living in Atlanta, GA: Big Peach Midtown. I felt like I belonged, could share my success, and even my failure, all while having fun! I still keep in touch and have developed life long friendships through that community.

2. What made you join Resolute Running?

Once I started running more and more the sport of running became increasingly interesting. As a result, I made it a goal to become a RRCA running coach, but for whatever reason I could never work up enough nerve to pull the trigger.

Coach Alex Morrow, owner of Resolute Running, encouraged me to take the plunge, so I signed up. Got my certification. When Alex asked me to join the Resolute Running team, it was simply a no-brainer. Each coach at Resolute Running is unique and talented, and I wanted to be a part of the community!

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

Results are often measured in finish times and personal bests. While I do spend a lot of time processing how I can be better from an analytical perspective, the results I've gained since joining Resolute Running are intangible assets: a community, a place to be heard, to work through issues on and off the pavement, to gain knowledge, and connect with those around me. Those results are long lasting and are more important than any PR I could obtain.

5. What is your favorite Resolute Running story or memory?

I was running one Saturday morning at the Trak Shak with a wonderful group of moms. A few had run the Snicker's Marathon in Albany, GA. As we talked about training I learned several of them had been coached by a Resolute Running coach. That was a great confirmation that I was in the right spot!

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

Before giving you any advice I would first ask you a few questions.

- What are your goals?
- Is it to run, faster, further, and be fitter?
- Is it to be around people that are passionate, positive, and goal-oriented?
- Or, maybe it's to feel like you are a part of a team/ family?

If any of those sounds like what you are currently looking to obtain, well, my advice would be three words.: take the plunge! I'm thankful for Coach Alex Morrow's mentorship and encouragement to take the plunge to become a RRCA coach and to join the Resolute Running coaching team. I hope to run with you soon!