

This month's Team Member of the Month is Cameron Estes!

Cameron just recently completed her first marathon in New York City, finishing in 4:00 hours flat. That is a fabulous marathon debut! For a first-time marathoner, Cameron approached her training like a pro. She pushed when she had to but listened to her body and backed off when needed. She also understood that to reach her goals she had to do more than run. Her commitment to her TRX strength training paid off huge on race day! Not only did it get her to the starting line healthy, but helped her reach her goal in spectacular fashion. Her fantastic drive, passion, and work ethic will make all of her future goals attainable. Congratulations Cameron! We love having you on our team!



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

I have been running for about 7 years. I started running when I started graduate school in Switzerland. I could barely run 1 minute, walk 1 minute for 20 minutes, but I signed up for my first 10k (the Lausanne Marathon, Half & 10k) and absolutely loved it! So I signed up again the next year, but for the half marathon! I think sometime during my training for the half I felt like runner. I had a training schedule I found online, and did all of my training alone, but I was so excited when I knew

I would be able to finish 13.1 miles (and beat my mom's PR)!

I have been running ever since (in Europe, NYC, and Birmingham), with a few hiccups, all related to the "Great Jazzerfall of 2015": I broke my foot in Jazzercise (seriously- you can't make that up!!!), had surgery/pins/screws, and then had them all removed the next year. I could run a little off and on during all of that, but I wasn't really back and strong until about one year ago. So, I decided for my 2017 New Year's Resolution that I was going to run a marathon.

2. What made you join Resolute Running?

After I decided that I was going to run a marathon in 2017, and then when I did sign up to run the NYC Marathon, I knew that I needed real help! I heard about Resolute Running when I bid on and won a training package at a Junior League silent auction. I didn't know much about Resolute Running at the time, but I knew that I needed help training for the marathon, I didn't want to get hurt again, and I didn't want to have to run long runs alone. After my first meeting with Coach Alex, I could not wait to start training!

3. Do you take any classes or other services at Resolute Running? How have they helped your running?

Yes! I really like the TRX classes, and I try to go the TRX Power and TRX Barre classes each week. They have really helped me get stronger, which has definitely helped with my running. The TRX Power class usually kicks my butt and leaves me sore for a couple of days (in a good way!). I also love the TRX Barre classes because I used to do more dance and barre workouts, so I like getting to mix my running and dance worlds! Also, I have seen Resolute Running's sports massage therapist Carol Lewis several times for sports massages (AMAZING), and I loved the self-defense class for runners that team member Tabitha Payson taught!

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

Since joining, I have completed my very first marathon (so I guess I set a PR!) and I hit my goal time (and also beat my mom's PR again)! With the

training, speed work, and also strength training, I feel stronger and faster overall. I am hoping for some more PRs in the future!

5. We can't wait to see you hit them! What is your favorite Resolute Running story or memory?

I am so thankful for the support I have gotten from everyone along the way. Since this was my first marathon, almost all of my long runs were my "longest run yet" and every week I got so much support, encouragement, and cheers from everyone! I think my first 20-miler was the most "fun" after it was over! I got lots of high fives and a congratulatory cup of coffee (thanks, Scott!) afterwards! The support I received really made feel like a part of a team.

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

You definitely should join! I used to only run alone, but Resolute Running is the team that I didn't even know that I needed! Everyone is so welcoming; I only joined in July, but it only took a few weeks to feel like a teammate! I ran so many of my long runs with someone new ("Hey I'm Cameron, can I run 18 with you? Ok tell me your life story..."), so I guess I should add that everyone is very patient with newbies as well! I have loved getting to know so many people during runs, classes, water stops, hanging out and drinking coffee after runs, and I am so thankful to be a part of this group!