

This Month's Member of the Month is Carlos Orihuela!

We love having Carlos on our team! He is a rock solid teammate, and a hard worker. He never misses a long run or a great workout on Speedwork Day, and gets in his cross-training consistently. He is a constant source of support for his teammates, and has gotten his 10k PR down to a sub 47:00; his half marathon PR sits at a fantastic 1:45! Wow! Great job, Carlos, and Congratulations!



1) *How long have you been a runner? When did you feel you had become a “runner”?*

2) I've been running for nine or ten years. I think the idea of "being a runner" came with the Pittsburgh Marathon in 2014, which was my first Marathon.

2) *What made you join Resolute Running?*

In Summer of 2015 we moved from San Antonio to Birmingham. I was registered for the Houston Marathon in January 2016, and I finished training on my own. I did not do as well as I was hoping for. Prior, in San Antonio I had a coach and was part of a training group. I realized I needed to put this in place again if I wanted to do better.

I met Coach Alex at the Birmingham Track Club Saturday Long Run and talked to him on a number of occasions. However, the reason I picked Resolute Running

was because of all the positive recommendations from everyone else who was or had been a member of Resolute Running.

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

I do, but not as much now since COVID. In a perfect world, I was taking the TRX Hips class with Ann Stalvey and Yoga with Michelle Freihofer. The hips class, although it's tough, did exactly what it was supposed to and fixed nagging hip issues. The Yoga I think made me faster, as my stride became longer. I've also had unrelated surgery, and used the classes as physical therapy and recovery.

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

As far as results go, PRs speak for themselves. In Fall 2019/Spring 2020 I PR'd 10K and half-marathon — each twice.

5) *Wow! Great job! What is your favorite Resolute Running memory?*

Best Resolute Running memory is the team trip to Grand Circle Trailfest in 2019. The first day started out so cold, but then the sun came up to reveal the extraordinary scenery. Plus I loved the fun and camaraderie! At the finish line, everyone was waiting and cheering for team members as they came in. I hope to do it again next year for the team trip to the TransRockies Run event.

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

Talk to Coach Alex. You'll see that Resolute Running gives you the program and resources to reach your goals. Then go talk to the members. You'll see that they are doing just that!