

Today's Thank You Thursday features Caroline Walker. We are so happy for Caroline! She is coming off of a PR at the Shamrock Half Marathon last month. But even more noteworthy, she ran a half marathon in under two hours for the first time ever. As she says, Resolute Running helped her "get the sub-2:00 monkey off of her back." And she did it with a big smile on her face! Her coach says Caroline loves racing, and has a level of wisdom about her running that adds to her strength. Caroline is a wonderful team member, and we love having her at Resolute Running. Congratulations, Caroline, and Thank You!



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

I started running in 2008 in a couch to 5k program, getting ready for the Race for the Cure that year. Have I ever felt like I became a runner? I'm not sure. When my non-running friends and family talk about crazy runners and look at me, my first thought is that they couldn't be talking about me! After seven years, I guess they are, though.

*2. What made you join Resolute Running?*

I go through periods where I have a hard time forcing myself out the door to get a run in. Last spring, I ran a half in Huntsville with several Resolute Runners, and I was absolutely miserable through much of the

race. I was at the point of either quitting or doing something to get back to the point where I felt good running again. I didn't want to quit. I looked around at the finish and saw a lot of Resolute Runners who'd had a good race. I knew I needed a new plan and some accountability, and decided to check out Resolute Running.

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

I really appreciate my training sessions with Coach Kelly. I think getting stronger has helped me be a better runner.

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

I can tell that the plan has helped me become a better and more confident runner. I have better stamina throughout longer runs. I ran the Mississippi Blues Half Marathon in January and tackled those hills without a problem. That felt like such an accomplishment. I PR'd at the Shamrock Half in March—my first PR in a half since 2011 and something I didn't think would happen anytime soon!

*5. That is so fabulous! What is your favorite Resolute Running story?*

I really appreciate the positive camaraderie among the team members. When I first joined, I ran into several Resolute Runners at a running social, and they were so welcoming and positive, and that has been my experience with Resolute Runners ever since.

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

If you want to improve your running, you should definitely check it out.