

Our Member of the Month is Chace Tomlin!

Chace is super-determined, diligent, and dedicated. He is constantly out to improve his running through practice, strength-training, and nutrition. He loves the challenge and will rise to it every time. His current half marathon is 1:30, after only being a runner for a year! Chace loves to set big goals and then chase them down. The one goal still outstanding is to beat his wife's 5k time from college.

Chace is a great team member, cheering on other Resolute Runners as they train and race. We love having Chace on our team! Congratulations, Chace!



- 1. How long have you been a runner? When did you feel that you had become a “runner”?**
2. I have been a runner for a little over a year. I started running in July of 2019 and feel like I finally became a runner in November 2019 after completing the Vulcan 10k.
- 3. What made you join Resolute Running?**
4. I ran the Mercedes Half Marathon and missed the goal I set for myself by 6 minutes. I felt like I had done really well training on my own, doing long runs with the Birmingham Track Club on Saturday mornings and getting serious about my diet. I was disappointed in myself and I knew I needed help to get faster.
- 5. What have your results been since joining Resolute Running?**
6. Since joining Resolute, I have steadily improved my race times. My Mercedes Half Marathon time was 1:47:43. Then, I joined Resolute Running and after months of training I finished the BHM 26.2 half marathon with a time of 1:30:30. I could not have done it without the accountability and constant encouragement from coaches and fellow Resolute Runners.
- 7. That's amazing! What is your favorite Resolute Running memory?**

8. Coach Alex giving me a hard time about not having glutes, and my first time at drills. It was a very humbling day!

9. *What is your advice for anyone considering joining Resolute Running?*

10. Everyone should join! It has been the best experience: I have made friends and become a better runner. I don't dread speed work or long runs because I know I'll have great people to run alongside. I would not be where I am today if it were not for Resolute Running.