

Today's Thank You Thursday features Chris Lyles.

Chris joined Resolute Running just a few short months ago, and has already seen great results. Working with Coach Kevin Bokus, Chris has taken his training very seriously, and has the results to show for it. He set an 8-minute PR at Mercedes Half Marathon, and we know this is just the beginning. Chris has an active family, and he is showing his kids what happens when you set goals and go after them. Plus, he is just a heck of a nice guy to have around! Congratulations on your success, Chris, and Thank You!



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

I've always enjoyed running but wasn't doing it consistently. At some point during the summer of 2012, I started making running a priority. You would think having track and field in my blood that running consistently wouldn't be an issue. My two youngest kids run summer track, and my oldest daughter is a track and field athlete at the University of Georgia. At meets and during practice, I'm usually giving the kids the business about effort, but then realized, "I'm sitting in the stands watching while they're out in the hot sun working." So I had a "lead by example, Dad" moment after I won the zero effort award that day. Then to top it off, my wife decided to do a couch to 5K training program.

I felt like I became a runner when I received my first training plan from Coach Kevin Bokus. I thought who's MRYTL? You have to be a runner to know MRYTL, right?!

2. What made you join Resolute Running?

The 2014 Magic City Half. I had a nightmare race, and it was my race version of an apocalypse. Running is supposed to be fun, and that day it was just plain frustrating. For whatever reason, mentally I couldn't correct anything during the race and couldn't wait to get it over with. As a matter of fact, I didn't want anyone to even ask me about it. The congratulations sounded like Charlie Brown's parents on the phone.

The next day I called Coach Kevin and asked about Resolute Running. I told him my frustration, and he talked me off the running ledge.

3. Coach Kevin is great at that! Do you use any other services or classes at Resolute Running?

Currently no but I have taken one of Coach Kevin's yoga classes. I really enjoyed the class and plan to take more and also try the TRX classes.

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

I've run in 3 events since joining, and couldn't be more excited about what's to come. My endurance and stamina are much better, and the long runs don't seem so long anymore. Three months after my disastrous Magic City, I set an 8 min PR during the Mercedes Half.

5. That's fantastic! What is your favorite Resolute Running story?

Mine is not really a story but more of the attitude of like-minded individuals. If you want to be better at something, then go hang around those that are doing what you would like to achieve. To me that's Resolute Running. It's awesome the encouragement that you get from the team. The cheetahs cheer the rabbits, the rabbits cheer the turtles.

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

I would tell them that the coaching has been WAY more than what I expected. You can train on your own and achieve your results, but at some point we all

hit a wall. The Internet training plans can only take you so far. The Internet training plans don't encourage, keep you accountable, pick you up when you're having a terrible training day, or help you create a sound race strategy. All things my coach and the others at Resolute Running will most certainly do. PRs don't stand a chance with the double-script R's.

By the way, I would also tell them that they will hear "whoop whoop" and "boom" more times than they have every heard in their lives!