

This month's Member of the Month is O'Neal Crawford!

O'Neal is one of those runners who is willing to put forth the work; she follows her plan to the letter, and never complains along the way. Because she always has a positive outlook, she is a pleasure to be around and it makes running with her a treat! Crawford continues to get stronger and faster, and every time she achieves a new PR, she sets an even bigger goal, which we love! The sky is the limit with O'Neal and we cannot wait to see the next big goal she crushes. Congratulations!



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

I started running in 2012 when I lived in a small town with no gym or group exercise classes. I soon realized it was an amazing way to explore the country around me and experience familiar places in a new light.

I feel like I became a runner when I could spout out exact distances between places because I had run them! When someone said it was a mile down the road, I would think to myself it is actually 1.23 miles.

2. What made you join Resolute Running?

I joined Resolute Running after my first marathon in 2016. Something about your first marathon makes you want to do more, but I knew I needed some coaching in order to get faster and smarter about the discipline.

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

I have become a more knowledgeable and confident runner. Because of Coach Alex Morrow's guidance and support, I know I am always ready on race day to chase down big scary goals. Over the last year, I have shaved 7 minutes off my 2018 marathon PR.

4. That's awesome! What is your favorite Resolute Running memory?

My favorite memory just happened a few weeks ago. I was doing my last speed work before my marathon at the track and witnessed two members pause their own workout to run the last rep with a team member who was pushing really hard. Throughout their last lap, other team members were cheering them on. Moments like these are by far my favorite.

5. What advice do you have for anyone considering a run coach and Resolute Running?

I have met some incredible people through Resolute Running, who are genuinely interested in seeing you reach your goals and also insist on having a ton of fun along the way! If you are looking to become a stronger runner, as well as find a community of amazing people, then this is for you.