

Today's Thank You Thursday features one of our favorite team members, Diane Knight. One half of the Mighty Knights, along with husband Greg, Diane is a lovable, funny, fiercely loyal friend and mom to us all at Resolute Running. She has fun wherever she goes, whether it is for a run with her fellow Resolute Turtles, or a Core on the Floor class where she has us all laughing through the workout. We are so proud of Diane for her recent Half Marathon PR! Diane, we love having you on our Resolute team, and for that we Thank You!



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

I have been a runner since high school but I didn't feel like a runner until about two years ago, when I started training for the NYC Marathon (before Hurricane Sandy decided I was not going to be going there.)

*2. What made you join Resolute Running?*

I had mainly been a treadmill runner until I joined Resolute Running. I run a lot with Resolute Runners Lara Walters and Coach Lisa Booher, and as many of you know these woman haul butt. I was impressed how they were obtaining their goals and surpassing them, so I asked what they were doing. They said, " It's this evil man Alex

Morrow at Resolute Running. He kicks our butts and smiles the whole time." So here I was turning 50 and thought why not get my butt kicked too?! Misery loves company ha ha! So I met with Coach Alex and he assured me he could and would help me to be a more efficient runner.

*3. Do you use any of the classes at Resolute Running? How have they helped your running?*

I have used Coach Kelly McNair's Run Barre class, and Coach Ann's Core on the Floor. Both classes made me realize how badly you need to work on the body as a whole and not just run. Both of these ladies, like Coach Alex, will kick your butt while smiling the whole time.

*4. Yes, we have seen it firsthand! What have your results been since joining Resolute Running?*

I have had a lot of firsts this last year: running two Half Marathons with my amazing husband and greatest champion, and then just last weekend running my niece's first Half Marathon with her . I can't thank Coach Ann enough for always believing in me, even when I haven't, and yes, kicking my ass with a smile. And to Coach Alex who said "Yes, I believe we can help you."

*5. That is wonderful! What is your favorite Resolute Running memory?*

I have a couple memories I would like to tell. First was meeting my fellow turtles, Pat, Janet and Andi (all previously featured in Thank You Thursday). I was intimidated running with most because I am not a fast runner-- but I am the little engine that could! I was told about this group of ladies and decided to join them one Saturday morning. The rest has been history and we have shared a bond-- we are turtle strong and lift each other up.

Also, as a Resolute Runner we go to races together. EVERYONE is a teammate, whether you run a 7-minute mile or--like me-- anywhere from 10-12 minute mile. We are a team and a family and together we all are Resolute strong. When people talk to me about running I ask if they have heard of this crazy, wacky , lovable group of runners called

Resolute Runners!

*6. Love it! What advice would you offer anyone considering Resolute Running?*

Not only if you join will you get a great coach, but also classes that will help you along your journey.