

We are so happy to feature this week's Thank You Thursday Resolute Runner! Emily Coon is fresh off of her very first marathon. Emily is very new to running and has worked hard to achieve so much in a short amount of time. She balances her training with a demanding job as a pediatric nurse. Emily completely trusted her Resolute Running Coach, Ann Thomas, and went to work following the plan given to her. Emily, we celebrate your 26.2 mile achievement, and we Thank You for your enthusiasm and positivity! We can't wait to see where you go from here!



*1. How long have you run?*

I've really only been consistently running for about a year now. I was inspired to become a committed runner last October, when my sister, Chelsey, finished the Marine Corps Marathon with an incredible Boston-qualifying time. We ran the Vulcan 10K together a month later, and--with her encouragement--I decided to sign up for the Mercedes Half Marathon. I had a great time running the Mercedes; which was a nice surprise, especially considering that I had (very) loosely followed a generic training plan. However, when my best friend asked me to run a marathon with her this fall, I knew I'd have to utilize professional resources if there was any hope of surviving 26.2 miles. Just a month after joining Resolute Running, I could already tell a huge difference. I was running faster, further, and more efficiently than I had ever done in my life. And I have continued to see improvements each and every month since! I've come to truly

love running.

*2. What made you join Resolute Running?*

I joined Resolute at my sister's suggestion. I had just agreed to run the Baystate Marathon, and knew that I wouldn't be able to train properly on my own. She became acquainted with Coach Alex through various running events, and highly recommended becoming involved with Resolute.

*3. I know you just completed your marathon---congratulations! Tell us how Resolute Running helped you prepare.*

Coach Ann has helped me train for the Baystate Marathon since May, slowly building up mileage and endurance from week to week. We were also able to incorporate a six-mile trail race and the Talladega Half Marathon into my marathon-training program, which were fun events that broke up the monotony of long-distances. Right before the marathon, she also helped me prepare physically, mentally, and nutritionally. These strategies definitely saved me during the race! I still can't believe that I actually completed an entire marathon; I definitely couldn't have done it without her.

*4. Have you used any other services at Resolute Running?*

With my variable work schedule, I haven't been able to utilize as many of the services as I'd have liked, but I was fortunate enough to attend the wonderful form clinic Coach Ann put on in September. It was great, and so incredibly helpful!

*5. What have some of your other results been since joining Resolute Running?*

Like I've said, it's still hard to believe that I actually completed a whole marathon! All 26.2 miles were enjoyable and (relatively) pain-free, which astonished me. It's still hard to believe that I could barely run four miles straight this time last year. Besides endurance, I've also strengthened my running form and scored a seven-minute PR on my half marathon time. I look forward to improving more as time goes on. But, most of all, I've developed a love for running! Which (to be

honest) I never thought I'd ever say. I'd love to finish a half marathon in under two hours, so that'll be my next goal to work towards.

*6. There is no doubt you will achieve that! What is your favorite Resolute Running story?*

My favorite Resolute Running moment was during the Talladega Half Marathon. It was SO much fun running as a group! Coach Ann ran next to me the entire duration of the race, encouraging me to bust out my best effort. It was so very uplifting to have her by my side the whole time! I loved interacting with everyone before and after the race; it was great to see all the support and camaraderie amongst our team.

*7. Love it! What is your advice for anyone considering a personal run coach, and Resolute Running?*

My advice to anyone considering Resolute Running would just be to DO IT. It has been one of the best decisions I've ever made =)