

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

I have run since middle school and ran high school cross country - so I have been a runner a long time. However, I didn't race at all after high school until I finished my pediatrics residency. Once I started running half marathons when I was about 30 I felt like an actual "runner".

2. What made you join Resolute Running?

When I moved to Birmingham 4 years ago, I did the Resolute Running Magic City Half Marathon training program. I thought it would be a great way to meet people, learn about the running community, and figure out some good routes. I clearly loved the community and the coaching so I joined and have never looked back.

3. Do you take any classes or other services at Resolute Running? How have they helped your running? If you don't, what other activities do you do that help your running?

I started doing pilates reformer twice a week to really work on my core. I have also become a huge fan of Alex's Pre-hab classes. My foam roller doesn't just sit in the corner of the living room anymore! It is so good for injury prevention, loosening up my hips, and it is really nice to be in the trainer center and see some of my teammates that I don't otherwise see. I have become the queen of moving patients and work meetings around to get there on Tuesdays - priorities!

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

I have managed to drop my half marathon time by 9 minutes in 4 years (with a pregnancy in there!). I am so proud and amazed that I ran a 1:50:27 at St. George this fall. I never could have accomplished that without Resolute. And, of course, I have made wonderful friends.

5. What is your favorite Resolute Running story or memory?

I loved going to Albany Georgia to run the Snickers Half Marathon last spring. Finishing the half with my teammates cheering me on and then turning around to cheer for my teammates - including the amazing folks who kicked ass in the marathon and qualified for Boston. It was so much fun to be together and support each other. Therefore, I signed up for St. George in a heartbeat and already booked my hotel for Gasparilla.

6. What advice do you have for anyone considering joining Resolute Running?

Do it! I never actually knew that I could be part of a running team - I thought you had to be crazy fast to be part of a team. You don't. There is space for all sorts of paces and goals. The coaches and community are amazing.

7. What is your personal mantra that keeps you motivated?

It is not so much a mantra that keeps me motivated but rather running keeps me sane. Between a busy job and 2 and 5 year old boys, it gives me time to myself, time with friends, and time outside. Fortunately, my husband knows how important it is for me and single parents lots of mornings for my runs.