

Today's Thank You Thursday features Fletcher Roberts.

Fletcher joined Resolute Running in the fall of last year, and has been racking up the PR's ever since. He has been training diligently, both on the roads and in the Training Center at TRX classes. He is always willing to try something new to benefit his running, like a trail run or a TRX Flow class. Fletcher loves being around his team members, and we love having him around! And for that we say, Thank You!



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

I started running in the spring of 2013 for a class at The University of Alabama. I had to train for a 10k and complete it in a set time. It was after completing the 10k that I felt like a runner. I won my age group in my first ever race.

2. What made you join Resolute Running?

I saw Resolute Running's booth at the Magic City Half Marathon expo, and joining was already appealing to me. After having a bad race the next day and not finishing, it was a no brainer to join.

3. Do you use any other services or classes at Resolute Running? How have they helped your running?

Yes, I try to go to at least two TRX classes a week. Before I started going

to the classes, I was the least flexible person in the world. Just ask Coach Kelly!

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

I have achieved a PR in almost all of my races, with the exception of two. And I now have some nice bling to show off.

5. Bling is always good! What is your favorite Resolute Running memory?

Seeing Coach Kelly at mile 10 of the Tuscaloosa Half Marathon. And having her call at the end of the race, and getting to tell her how much fun I had during the run.

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

Do it! The coaches at Resolute Running know what they are talking about. The support of the group is great too.