

This month's Member of the Month is Fontaine Haskell!

Fontaine played soccer in college for Washington and Lee University, and she is a very strong athlete. Since joining Resolute Running in the spring, Fontaine has gone on to run her very first half marathon, the Whistlestop Half Marathon, finishing as First Overall Female. Since then she has completed the Birmingham Track Club Half Marathon Triple Crown Challenge, running each of the three half marathons faster than the previous one. Fontaine ran her last half marathon at Magic City in a stunning 1:27! We continue to be amazed by Fontaine for not only her running ability and work ethic in the Training Center, but also her genuine sweetness, AND the honey her family's home bee hive produces! Seriously, ask her for some- it's delicious!



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

I suppose if you run with any regularity you are a "runner", though I still never considered myself one until I joined Resolute Running. I dabbled with track in high school but it was always secondary to soccer, which I played in college. We ran to warm up (now I find myself warming up to run!) and I always loved the occasional track workouts and the dreaded preseason fitness test to the amazement of many of my teammates. I

feel like a runner now that I have the direction and accountability that comes with having a coach and being part of a team. Not to mention the mentality shift of running solely for exercise to every run having a purpose, and the fact that no running/rest days on my plan have become more of an annoyance than a relief :)

2. What made you join Resolute Running?

Last spring I was in the final days of a 30-day challenge with a local gym and we were allowed to count races as credit towards winning the competition. That said, I randomly signed up for a Friday afternoon 10k and then I think I was the last walk-up registrant to the Motherwalk 5k Saturday morning, which also had a large showing from the Resolute Running team. I remember thinking 1) Who ARE all of these runners? and 2) They look like a fun group! Since I had no watch or much experience with 5ks, my race strategy was to find someone who looked fast and chase them. By chance I pegged Coach Alex as that person! I ended up coming in 1st overall female and won a package at Resolute Running, and after meeting with Coach Alex signed up to join the team.

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

I am a regular at Coach Alex's TRX Power class, which has the unofficial motto of "apples, not applesauce". I like how it is running-specific and not only improves strength, balance, and flexibility, but also helps with injury prevention. I have learned that running is just as much about injury prevention and taking care of your body as it is the actual training itself. There have been times I am sore for days after this class so now that speedwork is the following day it will be a fun adjustment period these next few weeks!

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

I participated in the BTC's Triple Crown Challenge and had PR's in each half marathon (well, sort of, even though one of the races was short). I like being given a plan for a race and trying to stick to it. Your coach knows what you are capable of, sometimes more so than you do, and if you put in the work it pays off. When I joined Resolute I had the

mentality that I had to run every workout 100%, but have (for the most part) really learned to slow down and be patient as running is an incremental process.

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

I am enjoying getting to know everyone on the team. The Resolute Running group is so supportive of one another. In two recent races there were turn around points and when you passed teammates the constant, motivating cheering for each other prompted a random guy I was running alongside of to ask what group I was a part of that could be so loud and encouraging. It has also been fun getting to know team members in a context other than running such as helping Joey Longoria and Jennifer Andress organize the Art Party benefiting the Bell Center, and working with Joey on an auction project for Highlands School. It's neat to see the running world spill over into other areas of life and that, believe it or not, we aren't always in running gear. And then there's the coaching -- when your coach checks in to see how your race went from Berlin the day before he runs a marathon, you know he has a genuine concern for those he is training!

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

Join! At Resolute Running, you are not just getting a plan, you are getting the whole package. The coaches connect with runners of all levels on a personal basis and think big picture for you. Combine that with a team environment of like-minded people, group speedwork/runs, TRX classes, and seminars, and you are setting yourself up for success. And most importantly, it's fun!