

This week's Thank You Thursday features Greg Beliles.

We have loved getting to know Greg, and seeing his success! Greg is an accomplished triathlete, and came to Resolute Running to improve the running portion of his races. Having already completed two 140.6 mile Ironman Triathlons, Greg had a goal of breaking 5 hours this past weekend at Chattanooga 70.3. He worked his running plans diligently, which also benefitted his cycling and overall fitness. We are proud to report that Greg crushed his goal, and felt strong crossing the Finish Line. Greg is looking forward to his next 70.3 triathlon in the fall, and we at Resolute Running couldn't be happier for him! Congratulations, Greg, and Thank You!



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

I started running in 2007 by training for a local 5k with some friends at my job. I played football and golf in high school and never really had to run long distances, and I was ok with that! It took a monumental effort to get to the finish line of that 5k, and I became hooked after that race. It wasn't until after my second 5k that I really became a "runner" and started training for my first triathlon.

*2. What made you join Resolute Running?*

I have always wanted to become a better runner since I got into triathlon. Running has always been the weakest of my three disciplines, and I wanted to be able to feel strong on the run portion of the triathlon.

*3. How has Resolute Running helped you with your triathlon training?*

Coming into this triathlon season, I took a bit of an unconventional approach to training. I decided that I wanted to run the Mercedes Marathon in February in order to build a solid foundation for speed work and higher volume training this spring, in order to get ready for Chattanooga 70.3. The plan that Coach Kelly laid out for me going into the Mercedes Marathon and then into Chattanooga 70.3 helped me not only achieve a run split PR, but also helped me achieve an overall PR and my goal of breaking 5 hours.

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

With the help of Resolute Running I had a PR of 3:49 at the Mercedes Marathon and a PR of 4:55 at Chattanooga 70.3 (171/2180 Overall).

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

I have really enjoyed training with everyone at Resolute Running, and how there is a big team atmosphere, especially at races. My favorite memory thus far was at the Mercedes Marathon. I crossed the finish line and I had no idea that Coach Alex and Coach Kelly would be there. They greeted me with jumping and screaming and gave me a huge hug. It is definitely a memory I will never forget.

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

If you really want someone to help you achieve your goals, this is a great place to go. It is crucial to listen to your coaches and to take their advice. Coach Kelly helped me not only achieve a PR, but also achieve a level of fitness I have never had before.