

This month's Team Member of the Month is Greg McMullin.

We will let Coach Ann Stalvey tell you about Greg in her own words:

"Greg and I started working together before he got his prosthetic. I had him sitting in the floor on a mat working his glutes, hip flexors, core, and upper body. He was so consistent and dedicated that we were able to progress to running when he got a blade without delay. He has followed his plan to a "T", and ran his first 5k at the Rumpshaker in March.

We are now training for the Florence Life Without Limits 13.1, and then will pick a full marathon to tackle. Greg is equally as diligent with his nutrition as he is with his training. I have no doubt that he will be running the Boston Marathon in the next few years. Greg's determination, dedication, and strong character are inspiring, and a blessing to our team."

We agree, Coach Ann! We are so proud of Greg, and can't wait to see where he goes from here!



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

I started running as a sophomore in high school during the spring outdoor track season. I loved it so much that I just stayed with it the rest of my high school days through cross country, indoor and outdoor track.

2. What made you join Resolute Running?

After I had an accident in 2013, my leg was so severely burned that I knew I would never run three steps again, let alone three miles. I had my leg amputated, and I knew at that point the days of training myself were over. I knew I needed some serious help in not only strength-training, but also going through the mechanics of running. Trying to obtain perfect form and using my arms to their fullest extent became critical.

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

I work out with Coach Ann three times per month in small group sessions. We work on strength-training the remaining muscles in my left leg, and learning and reinforcing proper form.

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

I emailed Coach Alex in August of 2017 and asked if anyone would be willing to take me on. Coach Ann said she was willing if I was. We began on crutches; I didn't even have a prosthetic yet. I weighed almost 200 lbs from inactivity and poor diet.

For the first two months we just worked on the floor, doing core-strengthening exercises. We also focused on nutrition. Eventually, through Coach Ann's nutrition guidance and strength-training, and the gift of a running blade from some fellow amputee blade runners, I was able to lose a lot of weight fast and get back on my feet.

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

My favorite memory is the first time I just ran across the floor at Resolute Running. I remember Coach Ann saying "Oh, we are so gonna run a 5k!" After many months of training on a run/walk program, the 5k finally happened at the Rumpshaker on March 24, 2018. I was so blessed to have Coach Ann and my two children run it with me.

6. That is so wonderful, Greg! What advice do you have for anyone considering Resolute Running?

Anyone can do enough research and train themselves to be decent runner, but if you truly want to reach your absolute fullest potential, you need a coach. You need someone to be accountable to, where you can't skip your workout, because

someone is watching. Someone who will make you a custom monthly running plan, tailored specifically to your goals and your level of fitness, where you are right now, with just the right mix of speed work and long slow runs, combined with strength-training.

Coach Ann has done that for me and now. Less than one year after beginning on crutches, I am planning to run the Life Without Limits Half Marathon next month in Florence.