

This month's Member of the Month is Janelle Townes!

Janelle is seriously one of our hardest workers, and that is saying a LOT! Janelle is bold; she is not afraid to set aggressive goals, and then chase them down. She is currently running the Southeastern Trail Runs Long Series, and has won Female Masters for two of the three races run so far. In fact, Run for Kids was going to be Janelle's first 50k, and yet she went on to add mileage just to rack up more Series points! That's tenacity, that's toughness, and that's Janelle! Congratulations!



1. ***How long have you been a runner? When did you feel you had become a “runner”?***
2. I started running late 2016, and my first race was a 5k on January 1, 2017. I think I felt like a runner when I did my first group long run at a BTC social in September of 2017.
3. ***What made you join Resolute Running?***
4. I made the decision to join Resolute Running whilst running and sucking very badly at the Chicago Marathon. I wanted to run a marathon in less than 4 hrs and knew I needed a coach to get there.
5. ***What have your results been since joining Resolute Running?***
6. I am still in pursuit of the sub-4:00 hour marathon, coming very close this past February with a 4:02 finish. I am currently running the Southeastern Trail Runs

Long Series, and I have been the Female Masters winner for two of the three races. I ran my longest distance yet of 33 miles.

7. *That's great Janelle! What is your favorite Resolute Running story or memory?*

8. My favorite memory is how supportive the Resolute Runners are, even if you aren't an official team member. I remember being invited to hang in Chicago even though at that time I wasn't affiliated with Resolute Running.

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

10. My advice to anyone considering joining is do it! A coach can help you push beyond what you thought you were capable of, and help you set goals you didn't even know you wanted. Consider the type of coach you want; my coach, Coach Lisa Booher, is a den mother and I love it! And yet I still want to push harder.