

Today's Thank You Thursday features one of our original Resolute Runners, Joey Longoria. Joey is another one that had a huge breakthrough in Utah with a 2.5 minute PR in the Half-Marathon. He learned to love the sport early on, from his running parents. He is our resident artist and man-about-town, but he takes his running very seriously. Joey is a lot of fun to do long runs with, and fits perfectly into our crazy group! He loves his Resolute Running teammates, and we love having you at Resolute Running, Joey! And for that we say Thank You!



*1. How long have you been a runner?*

I started running with my mom when I was six years old. I ran a 1-mile race in Carlsbad, New Mexico and won the 8U age group in 8:10.

*2. When did you feel you had become a "runner"?*

Always! I mean, Mom was a runner and I ran with her, so that made me a runner too, right? I was mostly a track guy though and at one point had an age group national record in the hurdles and three Texas age group records in the hurdles, javelin and pentathlon. I didn't run my first Half Marathon until Magic City in 2012 and my first

full marathon was Mercedes in 2013.

*3. What made you join Resolute Running?*

I was already running with a large number of the "original" Resolute Runners (Becca, Vann, Allison, Gann, LB) and I really liked how structured their weekly and monthly workouts were. I am really lucky to have such an experienced mother, and my dad who still coaches her and at one time was a USATF level one coach, BUT...even with all that, the specific runs, paces and all of the non-running advice that Coach Alex (part time psychologist) and the other Resolute Running coaches provide is unmatched, and I wanted that structure and accountability.

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

I loved Coach Kelly's Run Barre class! That and yoga have helped tremendously to stay injury free and get stronger. If you can get to Resolute Running, GO! I have attended nutrition seminars and sports psychology clinics with Resolute Running and I always pull some great information and advice from those.

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

It's not so much about results as it is how much I enjoy running these days! If you measured everything in "results", you'd be disappointed more often than not. I just finished a 16-week training cycle for the Half Marathon in Utah last month and what I most enjoyed were the training runs with some awesome runners and friends. The process is the result! That being said...I am very proud to have my bib from Utah on the PR wall. Of all of my PRs, that one is the one I thought was out of reach, and it was over a 2.5 minute PR and under 1:40 for the first time!

*6. That is phenomenal! What is your favorite Resolute Running memory?*

Wow! So many! I absolutely LOVE doing the team thing at Woodstock 5km in Anniston each year. For an individual sport, you

quickly realize how much we are a TEAM and how much everyone cares about each other. Also, running with awesome teammates. If you ever get the chance to do a long run with Shilonqua, do it! It's memorable. But...my favorite Resolute Running story is easy. It was a cold morning in December of 2013 and I strategically answered a Resolute Running post to go do a 10 mile run with Mary Ann Smith-Janias and Carrie Patterson. Carrie had a little too much wine the night before and wanted to stop at 2 miles, but Mary Ann's Roctane Gu saved the day and Carrie continued running! And, the rest, as they say, is history. PRs are great, but Carrie is better! I owe it to Mary Ann and Gu!

*7. What advice would you offer anyone considering joining Resolute Running?*

Do it sooner than later or all of your friends who join Resolute Running will pass you up! I'm sort of kidding about that (not really). The great thing about Resolute Running is that it is by the month. Try it! There are some knowledgeable coaches and runners in this town, but Resolute Running is very tailored to YOUR needs and goals. Plus, when you get a text over the weekend from Coach Alex when you're out of town just so he can check on how your ankle is doing, you realize you have more than a run coach.