

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

I have been a runner for four years. I started running in 2019

2. What made you join Resolute Running?

Kim Benner recommend I join Resolute Running.

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

I used to take Lisa Booher's TRX Power class, and now go to Run Blast with Bradley Wells. Those classes have helped with my long distance running and not get physically injured.

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

After joining Resolute I have ran two full marathons. I never thought I could finish, much less attempt to run, a full marathon, but coach Lisa helped me get prepared both times.

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

The Resolute Running coaches and members are really great, always cheering and encouraging. One of my favorite memories is when fellow teammates Kim Benner, Jamie Trimble, Rita Goyal, and I ran the Disney Marathon. We had a lot of fun!

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

It is great to be Resolute Runner! Resolute provides a fantastic environment for all runners, no matter your ability level. They provide monthly drills, weekly speedwork, nutrition, sport psychology, and recovery advise. And every year we participate as a team in local and national races. I really love the fellowship of this group!