

This month's Team Member of the Month is Kate Crawford!

Kate began running with us this summer, in our Build Your Way to 5k program. She is a new mom and has a full-time career. Kate applied herself to her training program, never missing a run, and ran a beautiful 5k in August. She was hooked: she loved the goal-setting aspect of running, she made good friends while training out on the roads, and she got stronger and fitter as the summer went on. She took a leap of faith and joined our Magic City Half Marathon training program. Kate fully committed, and met her time and distance goals on race day! Next up? A full marathon in the fall, of course! We can't wait to see what 2020 has in store for Kate, and we are so happy to have her on our team!



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

I've run since I was in high school, but I always “aspired to be a runner” instead of “knowing” I was a runner. No matter how much I ran, running was always a huge effort.

After finishing the Magic City Half Marathon this fall, however, I couldn't wait to go to Resolute Running's drills session the following Tuesday. My excitement about that workout, a slate of fresh goals, and Coach Lisa Booher's training plan made me realize I'm a runner. Running still isn't always easy, but now I'm always really excited to be covering miles.

2. *What made you join Resolute Running?*

I joined Resolute Running because I needed something to do for myself last summer, after having a baby in November 2018. My daughter was nine months old, and I knew it was time for me to find a few hours each week where I wasn't consumed by

being a mom while working a demanding, consuming job. RR teammate Meghan Ann Hellenga pointed me to Resolute Running's Build Your Way to 5k program with Coach Gerald Johnson and Coach Jennifer Andress.

I signed up in the middle of a hot Alabama July, and on our first run I did my best to pretend that I wasn't struggling to complete the intervals of running and walking (starting with 3 minutes of running to 1 minute of walking). Coach Gerald and Coach Jennifer were so encouraging and so kind that I kept training, trying not to measure myself against what I was able to do in the past and instead just complete the growing run/walk intervals. By the Just A Call Away 5k in mid-August, I was able to meet my goal of running the entire race!

Listening to Coach Gerald and Coach Jennifer, I went on to skeptically sign up for the Magic City Half Marathon training program, with a personal goal of running a 10k before the end of 2019. I ran that 10k at Vulcan Run and also completed the Magic City Half Marathon a few weeks later.

By the last two weeks of the half marathon training program, I had so many running goals in mind--including my first full!--I knew I had to join Resolute Running full time to keep growing as a runner in such a supportive community.

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

I haven't taken any classes at Resolute Running yet, but I can't wait to incorporate them into my training in 2020. Last fall I met with Coach Ann Stalvey to begin working on adjusting my diet to meet the needs of my new running routine, and I'm eager to continue working with her this year, too.

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

Since joining Resolute Running, I've completed my first races in over a decade--a 5k, a 10k, and a half--and run a PR at each distance. Last weekend I ran my first trail race, BTC's 10k Resolution Run, and during the race I resolved to run more trails in 2020.

For me the results aren't just running distances I never imagined, they are also the goals I've set while running those distances. I'm excited for future PRs and new experiences, including running my first full!

5. That's fabulous, Kate! What is your favorite Resolute Running story or memory?

Running the Magic City Half Marathon with the support of so many Resolute Running coaches and teammates was an amazing experience. Coach Gerald and Coach Jennifer were as supportive as they'd been my first day with the 5k program, and

Resolute Running turned out in huge numbers to support and cheer for the MCH runners.

In the last mile of the race, Katie Kent, who I'd met through the training program but who couldn't run the race because she was injured, met me on the course. She jumped in and ran the final stretch with me, encouraging me to push myself and celebrating my achievement. It was such a great moment and an amazing day!

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

Join! You can start with the Build Your Way to 5k or Magic City Half programs or jump into personal coaching. Either way, you won't regret being a part of this community.