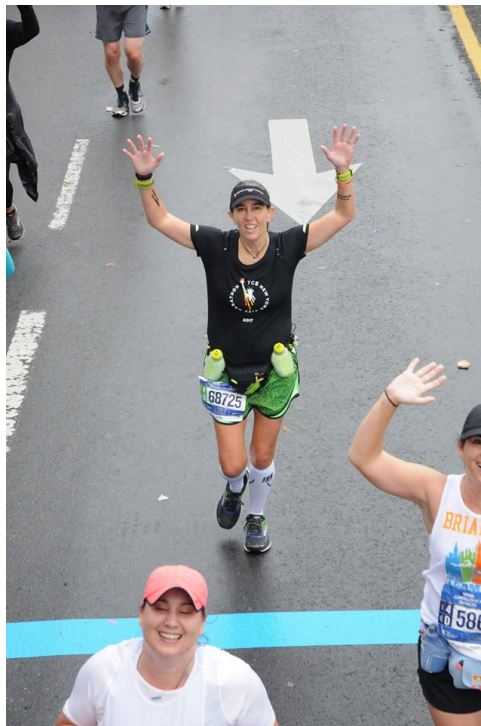


This month's Member of the Month is Katie Vick!

Katie is a valuable member of Resolute Running, along with her husband Gerald. Katie just qualified for the prestigious Marathon Maniacs, running three marathons in five weeks! Katie trains hard and smart: she follows her plan perfectly, despite her busy career and home life. We are so proud of Katie's accomplishments this past year, and can't wait to see what 2018 brings!



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

I really disliked running until January 2014, when I made a New Year's resolution to run a half marathon that April. I was 41 at the time and had never run a mile. Running was always punishment, in my mind, growing up playing basketball and softball. Sports that required hand-eye coordination always came easily to me, but running never did.

I considered myself a runner once I started doing half marathons. For

some reason, this hobby of running--- that has always been a struggle for me-- has brought me so more joy and passion than anything I ever considered myself good at. It has humbled me, broke me down, and yet built me up in ways I never thought possible. I gear myself toward the distance races more than speed, evidenced by the funny fact I've done five full marathons and two 5k's :)

## ***2. What made you join Resolute Running?***

I have an awesome group that I train with when I'm not able to make it to Birmingham. We call ourselves the 5 a.m.'ers, but over the last year or so it's been more of the 4 a.m.'ers :). When I knew I would be running the NYC marathon, I wanted to make sure my training was planned the right way, and not some generic schedule off of the Internet. With several races planned each year, I liked the idea of having a training schedule flow from one event to the next with purpose. I found RR Coach Gerald Johnson at the Mercedes Marathon expo and took the plunge.

I recovered from a calf tear in 2015, and wanted to minimize the risk of injury that would sideline me again. I learned then how much I really loved running, because I couldn't do it. I vowed to never take the opportunity for granted again.

I have always accepted that I wouldn't be a very fast runner, but I have the resiliency to go a long way. Since speed was never going to be my thing, I started looking in to the Marathon Maniacs concept. I had already signed up for St. Jude when the NYC opportunity came up. That would make two marathons in four weeks. I looked to see how I could turn that in to qualifying for Marathon Maniacs. I figured out I could squeeze Rocket City in as a third one in five weeks and qualify. It was something I could be proud of in lieu of being a "fast" runner. I'm now Marathon Maniac #14241!

## ***4. That's fantastic! Congratulations! What have your results been since joining Resolute Running?***

I have run several half marathons (a total of 23, and five fulls) all injury free, and qualified for Marathon Maniacs. I also competed in my first

sprint triathlon, which I completed with my husband Gerald. In 2018, Resolute Running will prepare me--- at the least—for the Flying Pig, Chicago, and St. Jude Marathons. I'm hoping to increase my speed now that I'm comfortable with distance. I would love to do a 50k as well!

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

For the summer, I came over for Saturday morning long runs and found a group of members with similar abilities. I really enjoyed the wonderful long runs that Coach Alex organized, and depended on the crew who adopted me to make sure I knew how to get around ;). The social runs have been awesome; there is nothing like a good mimosa after a long training run! I've met most of the members through these Saturday long runs, and am always made to feel welcome.

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

If you are like me, I need structure in my training provided by a coach (and fellow participants). If I don't have someone telling me what to do and when to do it, I have a lot less motivation. If you want to train correctly, with a mileage and speed plan designed specifically for you, then jump on board!

I love the confidence in knowing that someone is looking out for me as a runner, challenging me yet making sure I keep things in check and remain injury free. You can give your coach the races you are planning, and he or she will schedule your training and your recovery, and get you going for the next race. Even if you aren't local to Birmingham, you can benefit greatly from the personal plan that Resolute Running provides you. You will improve much faster, with less risk of injury.

When you are able to make a Saturday long run, you will feel welcome by the members in Resolute Running gear (right before you start to collect your own RR gear)! I would encourage anyone who has reservations of "not being fast enough to join something like that" or "too new of a runner for that" to take the plunge, knowing there are runners of all calibers in the group.