

This month's Member of the Month is Ki Shin! Ki is one of those athletes who is willing to do whatever is asked of her to achieve her goal. A believer in working hard, following her plan, and doing the little things to round out her training are a few of the reasons why Ki was able to set a new marathon PR, shaving ten minutes off her old time! Before joining Resolute Running, Ki had plateaued at the marathon distance and was ready for something new. She put her trust in the training and it paid off. Congratulations, Ki!



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

I started running 5 years ago after a date told me that I would never be a marathoner. Granted I had never really run before, but something about being at Marty's at 4am and having someone tell me that I could never do something, didn't sit well with me. So I laced up my running shoes the next morning and went out for my first run. Worst date but best decision ever!

The first time that I truly felt like I had become a runner was this past summer when I made the conscious decision to wake up at 3:30am for

speed work. I am not a morning person, but more than anything I am scared of the dark! So I knew that if I was willingly choosing to be at the track so early in the morning by myself and in the dark, there was something really wrong with me, or I had officially become a runner.

2. Love that! What made you join Resolute Running?

Earlier this year I took some time off (call it my quarter life crisis) and went abroad to clear my mind and refocus my life. Coming back to the states, I didn't know how running would fit into my life. I was tired of training hard all the time and not seeing any results. I was tired of constantly being injured or in some sort of pain. And quite honestly, I was tired of the run community and all of its negativity. Running had become more of a chore and less of something I enjoyed doing. In fact, when I came back from my trip, I was pretty positive that running would no longer be a part of my life. Yet, I just couldn't NOT run. I found myself wanting to wake up early and head out for a morning run, and I actually wanted to run long on Saturdays. After a few weeks, I came to terms with the fact that running and I were in a long-term relationship and breaking up wasn't an option. I also decided that if I was going to run, I might as well get serious about it and train properly.....so I joined Resolute Running!

3. We are so glad you did! Do you use any other services or classes at Resolute Running?

I have taken the yoga classes, which I really enjoy. I would love to take Run Barre and the TRX classes.

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

The most quantifiable result would be the 10-minute PR in my marathon time. Yet, my results are not limited to just my race times. I have become a faster runner, but I have also become a stronger runner. I no longer live in a constant state of pain and Hal (my massage therapist) is no longer on speed dial. Training smarter has definitely made all the difference!!

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

This whole experience has been amazing. From day one, I have been

surrounded by the most encouraging, supportive and funny group of runners, which has through the months become my “tribe”. There was the day that I slept in and had to squeeze in my run during lunch at the Lakeshore Trail. It was hot and miserable, but half way through I ran into another Resolute Runner. Instantly, the run became so much more doable and enjoyable. And of course going to Allentown (BEST CITY EVER) with [*fellow team member*] Julie Pearce was so much fun. It’s all of these little moments that build upon each other to make the Resolute Running experience memorable.

6. What advice would you offer anyone considering a personal run coach and Resolute Running?

Just do it! It was the best decision I ever made.