

Today's Thank you Thursday features Laura Hale. Laura, or Mrs. Hale as her class of kindergartners knows her, was an avid gym member, but was not satisfied with her workouts. She really wanted to run a Half Marathon. Well, since becoming a Resolute Runner, she has run 3 to date, and this weekend is going for a sub-2:00 hour Half at Talladega. There is a big, fun group of Resolute Runners all striving for that goal, with Coach Ann pacing them. Good luck this weekend, Laura! You have worked so hard through your training, now it is time to enjoy your race. You continue to set a wonderful example of hard work and perseverance for your young students, and for that we say Thank You!



1.) *When did you start running? When did you feel you had become a “runner”?*

I've always been active and started running very sporadically in college at Auburn, and continued running when I moved back to Birmingham. I definitely never felt anything close to a “runner” before joining Resolute Running! I think the first time I felt like a “runner” was when I finished my first Half Marathon last March in Tuscaloosa. Some days I still tell people I'm more of a “jogger” but every time I run I gain a little more running confidence.

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

Before joining Resolute Running, my running philosophy was to run as fast and as far as I could before I got exhausted. Needless to say, I never got much better and never really enjoyed running, but I really wanted to run a Half Marathon before I turned 30. Last year, I kept hearing Resolute Runner Dean Thornton talked about Resolute Running at church. I was really interested, and after some strong “encouragement” from Dean I decided to sign up for a 10km training program Coach Alex was offering. I enjoyed that so much that afterwards I set up an appointment to talk with Coach Alex and Coach Ann. After meeting them I decided they were pretty cool people who knew what they were talking about and could help me achieve my goals. I love the Core on the

Floor class that Coach Ann teaches on Monday and I'm excited to attend her form clinic later this month.

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

When I turn 30 this month I will have finished 3 Half Marathons! This would have never been possible without the help of Resolute Running and Coach Ann. My training plan holds me accountable, so my running is no longer sporadic and I love that I don't have to figure out how far or fast to run! Resolute Running has also help me build my confidence in running by allowing me to be successful, and by pushing me past what I thought I was capable of. I've also learned to enjoy running (most days!) and because of this I'm excited to coach a Girls on the Run team this fall at the elementary school in Homewood where I teach.

*4.) That is wonderful! Do you have a favorite Resolute Running story?*

In April I ran the Bridgestreet Half Marathon in Huntsville and had a great time with Coach Alex, who was pacing a group of us for the sub 2:00 hour finish. I had never run with a group before (another reason I wanted to join RR was to meet running friends!) and I was so encouraged the whole race by Coach Alex and the others. I even think I managed a few smiles and laughs during the last part of the race, even though I was pretty hot and somewhat miserable. I finished in 2:03, which was not what I hoped for, but the coaches at Resolute Running are so awesome that I'm getting another chance to PR when Coach Ann paces a sub 2 group for the Talladega Half this weekend!

*5.) Good luck! What would you tell someone considering a personal run coach, and Resolute Running?*

If you want to become a better runner or start running, but the task seems so daunting and overwhelming, then Resolute Running is for you! If you want to become a better runner but don't want to get burned out, bored, or injured then Resolute Running is for you! I could probably keep going with this but I'll just say I would recommend Resolute Running to anyone!