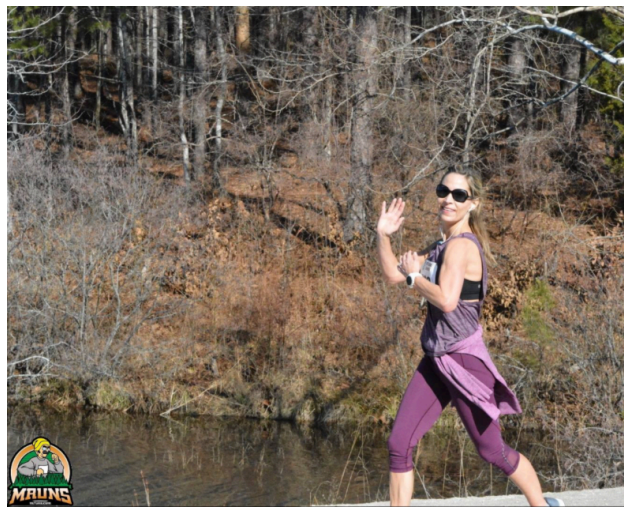


This month's Member of the Month is Laura Norton!

Laura is spunky, full of personality and fun to be around. She is consistent with her training, and puts time in at the gym too. She's mindful of her overall health and nutrition, fueling her body with the right foods for performance. She follows her run plan faithfully, running her easy runs easy and nailing her speed work. All of this has combined to make Laura one heckuva runner! Congratulations on all of your success, Laura!



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

I have been a serious runner for about two years now. Serious for me means signing up for multiple races a year, trying to improve my speed and overall conditioning, and running more than 30 miles per week. Before I only ran a couple of miles a few times a week to warm up before my “real” workout.

2. What made you join Resolute Running?

I decided to sign up for Resolute Running after I ran the Magic City Half Marathon. I placed fifth in my age group after training for the race on my own. I knew to improve I had to seek out someone that had the knowledge and experience to guide me in the right way to train. Not

only did I want to improve my overall running ability, I wanted to prevent injury so training correctly was a priority. I also loved the idea of being part of a group while doing this.

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

Since joining Resolute Running I have placed or won my age group at every race I have run. My overall running performance has improved, my fitness level is up a notch, and my mental game is better too!

4. That's awesome! What is your favorite Resolute Running story or memory?

My favorite thing about Resolute Running is the people! From the coaches, to the members, to the running friends of the members- EVERYONE is so friendly, fun, and willing to pitch in to help you reach your goals. "You need 18 miles today? Don't worry, we will figure out how you won't do it alone!" How cool is that?!

5. It's the best! What advice do you have for anyone considering Resolute Running?

Don't put off joining Resolute Running. You have nothing to lose and everything to gain!