

This month's Member of the Month is Lindsey Nieves!

Lindsey is one of our original Resolute Runners. Although she now lives in Atlanta, she works hard with her plan from her coach, and her results have been spectacular! Lindsey has run PR's in the 10k, 15k and half marathon, she's taken on trail races and last year she ran her very first marathon! Lindsey is an important member of the team despite living in Atlanta and doing most of her training in her own. She shows tremendous determination and perseverance, and she has the results to show for it!



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

I've always been fairly active. I did a triathlon in 2008 and my first half-marathon in 2010. Both were horrible and I was not trained at all, but I would call that my "starting point". Honestly, I don't think I've really felt like a runner until this year training for my first marathon. It was the first time in my life I didn't let excuses get in my way.

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

At the time (2013), I was living in Birmingham and I just decided I wanted to improve my running, get some help with a schedule and

definitely to be more active and physically fit. I had signed up for the Peachtree Road Race for the first time and wanted to enjoy it - unlike my other race experiences! I also really needed some accountability!

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

I took yoga, run dynamics and flex and roll classes which I LOVED! I also did personal training, the seminars and Coach Ann's form clinic. I am so sad I moved away! Things at Resolute Running have really gotten big and exciting. If I were still living in Birmingham, I would definitely be looking for a TRX butt whooping! All of the offerings made me a mentally and physically stronger and smarter runner.

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

Wow. Where to begin? Well I have PR'd the half marathon twice, set 10K and 15K PRs, run my first trail race and my first MARATHON!! Looking back on everything I know for a fact I could not have done any of that without Resolute Running. The only PR left is that elusive 5K PR - but I'm creeping closer and ran my fastest 5K in 8 years in December!

***5. That is fantastic! What is your favorite Resolute Running story or memory?***

Ha! Definitely doing the Mississippi 50 trail race. My brother also came along and I just had the best time! It was my first trail race. I lost a shoe and finished with a sorry time I'm sure, but I think I had a smile on my face the whole day. Especially watching Carrie Longoria give those creek crossings the look of death. That race really made me love trails!

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

Don't hesitate! Your life will be changed. You will meet some awesome and amazing people who will inspire you. But be ready to work hard and be held accountable! In the end, it will be so worth it!