

This month's Member of the Month is Lisa Harrison!

Lisa is a lifelong runner, who was ready to change things up in her routine. Lisa had run many miles, but not applied herself to a training regimen with speed work and pace runs. She came on board with Resolute Running and went to work! Her coach says Lisa works diligently and tirelessly, and is a joy to have on our team. We couldn't agree more! Congratulations, Lisa!



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

I started running 31 years ago when I was a freshman in college. My dad had always been a runner so it seemed like a good place to start to try to shed some of the "freshman 15". I remember my first run - barely even able to run a mile - but once I did, I was hooked and have never really stopped! I ran many 5ks and 10ks in my 20's and 30's but it probably wasn't until I ran my first half marathon in 2007 that I felt I had become a real runner.

2. What made you join Resolute Running?

I met Coach Alex through the Birmingham Track Club and remember

seeing him and his wife Abigail at lunch while eating with a fellow runner. He told us that he was opening Resolute Running in the near future. I was very excited and intrigued by his vision! Then about a year later, my husband gave me a Resolute Running membership for Christmas.

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

I have taken several TRX classes with Coach Alex, Ann and Kelly. They are such a great cross-training option for runners! I have also attended some of the Resolute Running seminars, which have been very informative. I am about to start Coach Ann's Fueling for the Long Run program and am very excited about learning how to properly fuel my body, especially as I am an aging runner!

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

Before joining Resolute Running, I almost NEVER did speed work. I have learned to push my pace to speeds that I didn't know were possible! And it's a great feeling! I finished the 2015 Chicago Marathon and most recently the 2016 NYC Marathon while with Resolute Running, among several half marathons and shorter distance races. I have also placed in my age group in a few 5ks! I definitely have become a much stronger, faster and more confident runner since joining Resolute Running.

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

I don't really have a favorite Resolute Running story, but for sure have made many memories training with my RR teammates. Everyone is so positive, encouraging and most importantly, FUN! My running friends are the best ones! And Coach Alex has been awesome in pushing me and giving me the confidence that I can achieve my running goals!

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

Resolute Running is an awesome place for both novice runners and experienced runners. Plans are customized to you and are nothing like the plans you can find online. And the camaraderie is second to none. Join!!!