

There was no question this week who we wanted to feature for "Thank You Thursday". Madeline Busby has just come off of a huge weekend, running a Half-Marathon on the trails for the first time, and winning an Age Group Award! We are so happy for Madeline, who is one of our first Resolute Runners. Madeline has quietly gone about setting PR after PR in her Half-Marathons for the last 2 years. And she is a team player all the way, supporting her fellow Resolute teammates. Congratulations on your success, Madeline! You have earned it with your hard work and your consistency, and for that we say Thank You!



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

I started running when I was about 17 years old, not for any particular reason, just to get some exercise. I vividly remember not being able to run to the end of my street. I persisted and eventually got up to 5 miles and that is what I ran ... 5 miles, 5 days a week, no training plan, no speed work or pace-runs, no cross-training, no MRYTL, no foam rolling! I was hooked though. I just loved getting outside to run. Occasionally, I would take breaks from running but I always came back. It wasn't until the last few years that I would call myself a "runner", when I started to compete in races and challenge myself to

improve my running PRs.

2. What made you join Resolute Running?

Almost exactly 2 years ago, I had the worst case of bilateral plantar fasciitis. It had been getting worse all throughout 2012. I was not running at all; just walking was so incredibly painful. My job required that I stand for hours at a time, and I knew something was going to have to give if I was going to continue work and ever run again. I finally sought out medical care, PT, etc. and it very slowly improved. In the fall of 2012, I started to run some again. I was frustrated with the pain and my slow progress. I knew there were all kinds of training out there but I wasn't sure where to turn. I heard about Coach Alex and Resolute Running, and thought maybe I can learn something more about improving my running and deal effectively with coming off this injury. So I signed up in November of 2012.

3. What have your results been?

I completed my first Half Marathon in 2013, which was my biggest goal. Since that time I have completed 3 other Half Marathons, and have had a PR each time. I have started doing some trail running, which I really love. I recently completed my first Trail Half Marathon.

4. That is so great! Do you use any other services or classes here at Resolute Running? How have they helped your running?

I have attended two of Coach Ann's form clinics, the injury prevention, nutrition and sports psychology seminars and Coach Kevin's Yoga for Runners. I also participated in the Summer Trail Series lead by Coach Lisa. All of this together has given me a wealth of information I am using to become a better runner.

5. What is your favorite Resolute Running story?

One of my favorite RR stories is one that Coach Alex shares with me frequently. When I joined in 2012, I had no idea what speed work was about. I showed up at the MBHS track one evening, and Coach Alex has my pace at 10:30. I looked at him and said, "I don't know if I can

ever run a 10-minute mile!” (Push myself? What's that about?) To my comment, he simply smiled. I struggled, but somehow did it. I always remember this when I am struggling with a pace or run, maybe I CAN sometimes do more than I think I can!

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

Just DO it! It is great to have a professional customize a training plan for you, answer your questions and be there for support. I think joining Resolute Running has kept me from becoming stagnant in my training, and challenges me to learn and improve as a runner. I have also made some awesome friends along the way, and that is a huge bonus!