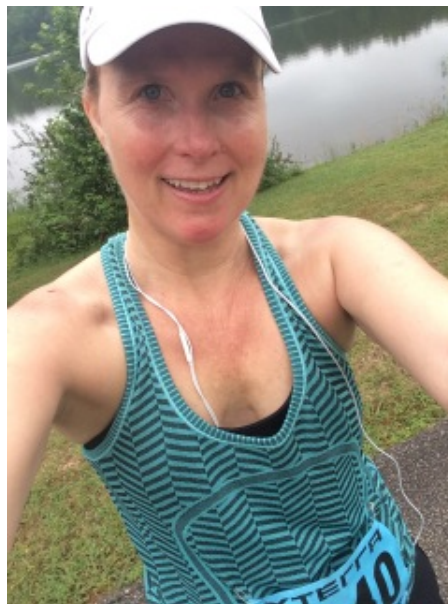


Today's Thank You Thursday features Mary Ann Smith-Janas.

We are so proud of Mary Ann, for the way she has taken on new challenges. Mary Ann came to Resolute Running having already run several half marathons. For a while, she continued with her road races, but she also got busy cross-training in the Training Center. And then last summer, Mary Ann hit the trails for the first time, and a trail runner was born! Mary Ann is taking on this summer's Southeastern Trail Series, and she has already won an Age Group award at two of the races! Congratulations, Mary Ann, and Thank You!



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

I started running 10 years ago, when I was inspired by my friend, Melody Izard, who was running the NYC Marathon. Melody encouraged me, and ran and walked with me until I could finish my first 5k, and then a half marathon. Together, our group of friends ran 7 or 8 half marathons, choosing a new one each year in a fun city like San Francisco, Austin, Louisville, or New Orleans.

2. What made you join Resolute Running?

Over the last few years, I became less consistent with my running. Life

and work and kids seemed to get in the way. But I knew all of that was an excuse. So, I read about Resolute Running on Facebook and emailed Coach Alex to see if he could help me get out of my rut. After one meeting, his enthusiasm and confidence sealed the deal.

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

I'm a fan of the classes and personal training. This year, I've concentrated on the TRX classes, doing one or two of those a week. I can tell that I've gotten stronger and have better balance, which I needed. The instructors do a great job. I may be sweating and stretching myself, but I'm never bored. Just yesterday I began the Resolute Running Summer Slimdown Challenge. I'm looking forward to learning more about nutrition and am hoping [fellow Resolute Runner] Shilonqua Lee doesn't sabotage my work by sending donuts to my house so she can win!

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

I am not the ideal coaching candidate. Between my heavy work travel schedule and general defiance in following instructions, I haven't always been as consistent as I could be. The good news for me is that I look forward to running again, and with my Resolute Running family, I can always connect with someone else who needs to run. The accountability helps. I've run more and I've run farther than before.

Last summer, Coach Alex encouraged me to run a trail 5k, and I caught the bug. After running a few trail runs, I've signed up for the Southeastern Trail Series: seven races in seven months culminating in a 25k (yikes!). I may be slow, but I'm an official trail runner with the stories of being lost and bloodied to prove it. I never would have tried it without that encouragement and the example set by all the great Resolute Running trail runners.

5. What is your favorite Resolute Running memory or story?

I will tell you that what impresses me the most is the eclectic community of runners that make up Resolute Running. On a daily basis,

you can't help but feel inspired from the Facebook posts of people like Janet Lockett and Diane Knight, who challenge you to embrace the day and the life you have. People like Monica Henley make me want to be grittier. And Coach Lisa Booher makes me want to learn how to jump high for finish line photos! From the smoking fast runners to the slowest ones, everyone supports each other. And that's what a community is.

6. I love that, Mary Ann! What advice would you offer anyone considering a personal run coach, and Resolute Running?

I'd say go for it! You learn a lot, laugh a lot, sweat a lot and stretch yourself. And you won't be alone.