

This week's Thank You Thursday features Mary Scott Pearson. Mary Scott came to Resolute Running after her husband Blake had a successful year with us. She went to work both on the track and in the gym, and has had amazing results. After racking up Podium Finishes and Age Group awards this summer, she absolutely killed her fall marathon in Savannah, qualifying for Boston! We are so proud of you, Mary Scott, and can't wait to see you and Blake run Boston together! Thank you for being a Resolute Runner!



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

I started running in college to stay in shape and deal with stress. I ran off and on over the years but was never very focused and didn't really even consider myself a runner. Eventually I started running half marathons, and did a bunch of halves. Last year some friends convinced me to sign up for my first full marathon. We were supposed to run the St. Jude Marathon Memphis Marathon, but it was canceled due to weather. I was so disappointed, but was determined that I would still run a full. I ended up running Mercedes and was happy with my time, but couldn't help but wonder what I could do if I really pushed myself and trained hard. When I realized that there was no question that I would do it again, I knew I was a real runner.

*2. What made you join Resolute Running?*

My husband Blake joined Resolute Running about a year before I did, so I was very familiar with the program. He had great results and kept telling me that I should consider it. After I ran my first full I started thinking that it was time for me to up my game and really train hard for my next one. Blake brought me to "Bring a Friend to Speed Work" day, and I was sold on the spot.

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

I have used the massage services. I also do personal training with Coach Ann, and have attended her form clinic. Thanks to these workouts and Coach Alex's training, people tell me that I look like a totally different runner now. When I look back at old running pictures I can actually see the difference in my form.

*4. What have your race results been?*

I shaved 17 minutes off my marathon time and qualified for Boston.

*5. Amazing! What is your favorite Resolute Running story?*

I have loved getting to know my teammates and the camaraderie of Resolute Running. It's great to have friends with similar goals, and to be part of such a supportive community.

*6. What advice would you offer anyone considering Resolute Running?*

Join! You will not regret it.