

This month's Member of the Month is Matt Ennis!

We are so proud of Matt and the consistent hard work he puts in, on the roads and at the Training Center. Matt works his run plan beautifully, and is a regular at our TRX classes. His result? A fantastic 22 minute marathon PR at the Tunnel Light Marathon! Matt ran a 3:07, giving himself a Boston Marathon-qualifying time by 8 minutes. That is a huge accomplishment, and we can't wait to see Matt line up in Hopkinton in April. Congratulations, Matt!



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

1. It will always be easy for me to know how long I have been running, because I started when my youngest son was born. He is 7, so I have been running for 7 years. I think when he was born I felt a little overwhelmed with two small kids, and I was looking for something in my life that I could control and improve. I laced up some old running shoes, ran as far as I could go (about a half mile) and had a blast. I think running just became an outlet for me during a stressful time of life.

I felt like I became a “runner” when I realized how much I missed running when I couldn’t run. I had slowly increased my mileage until I finally was ready to start training for a marathon. I completed an entire marathon training cycle and was ready, but the Wednesday before my race my best friend died in a car wreck. Instead of running my race, I was a pallbearer at his funeral. Soon after, I didn’t know how to continue my training and significantly injured my ITB band. It was such a difficult time dealing with the loss of my friend and losing running at the same time.

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

It took some time to recover from the ITB injury, but I finally did and was able to run my first marathon in 4:07. The next year I wanted to go sub 4, so did 3:47. After that and a few other cycles, I decided I wanted to qualify for Boston. I had no idea how difficult that is, just thought it was something that would be fun to do. I trained myself and felt like I was training at a peak effort. I ran the Chattanooga marathon in October of last year and blew up at mile 18. After that, I took about two weeks off and started a new cycle. On my second run since the race, I ran a mile and quit. I wasn’t injured or sick, I just quit. I had no direction – no plan, and I knew then that if I didn’t reach out for help, I was going to quit running. I had seen Resolute Running stuff at all the races and had talked to Beth Rose and Coach Jennifer Andress about Resolute Running. They encouraged me to join, so I reached out to Coach Alex Morrow. Of course I had talked running to other runners before, but Coach Alex was the first person I felt who placed as much importance on running in his life as I did mine. I immediately joined.

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

My goal is to do TRX twice a week and I get to Coach Alex’s and Coach Lisa Booher’s class more often than not. I also try to do Michelle

Belcher's yoga when I can. TRX is great for me because I am able to make it as intense as I need it to be. If I am running 60 miles a week, I know I need to back off and do less reps and can position my feet where it is not as strenuous, but if I am not running as much I can really increase the difficulty.

I have been in several races where I am passing people toward the end of the race and I feel that has been directly related to the TRX. I can give it that extra push at the end that some of the people I am racing might not have.

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

The obvious answer is taking my marathon from 3:29 to 3:07 and qualifying for Boston. But more than fitness, I am rewarded by the friends I have made and the amount of fun I have running with this great group of people.

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

I think my favorite memory is all the people that reached out to me surrounding my marathon. All the advice and well wishes I received before the race and all the congratulatory messages I received after the race were amazing. Knowing that I had that many people cheering for me was incredible and was a big reason why I was successful. Also the pedal tour this summer was amazing!

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

I think even considering hiring a running coach is a big deal. It means you are taking your running, your fitness, and hobby to the next level. Obviously Resolute Running can help you achieve your running goals, but more than that it will surround you with a team and group of friends

that are invaluable. And I can't say enough good things about all the couches. The plan and strategy Coach Alex put together for me was amazing, but Coach Lisa's Thursday TRX class gave me the strength I needed, and Coach Kelly McNair trained with me through the summer and peak of my program.