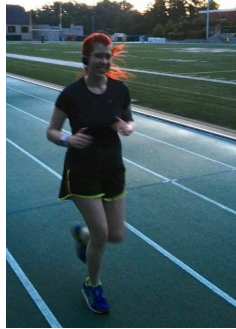
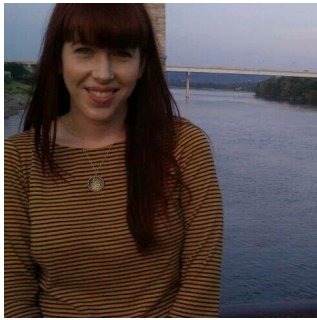


## **Meaghan Wilson**

We love Meaghan's infectious smile and great attitude! We caught up with her to ask her a few questions, and to gain some insight as to what brought her to Resolute Running, how it has improved her running, and what advice she has to share with others who are considering working with a running coach.



### **1. Meaghan, how long have you been running?**

I started running by doing a couch to 5k program about five years ago. I wanted to quit smoking and not get fat doing it and I guess chose the hardest route to accomplish both!

### **2. What was your "a-ha" moment, when you knew you were a runner?**

I know this sounds crazy, but my 'aha I'm a runner!' moment didn't happen until after the Chicago Marathon last year. Until then I always felt like a faker, a jogger undercover! But when I came back from Chicago and started running again right away, I was like, "Oh @#\*^ . I'm one of 'them' now!"

### **3. What brought you to Resolute Running?**

I did the New Orleans Rock & Roll half-marathon last year, and suffered a lot of newbie hardships for lack of wisdom and experience. I signed up for the Chicago Marathon and when I started training I knew immediately that I was in over my head. A girlfriend of mine showed me Resolute Running on Facebook, and I knew it was exactly the help I needed to make it to Chicago without dying.

### **4. What results have you seen since you have been a Resolute Runner?**

Since training with Coach Alex and Coach Ann, I have gained a ton of knowledge about successful running, injury prevention, and recovery. I've also gotten significantly stronger (I told Ann that I wanted to be strong like a beast!), decreased my overall race paces by two minutes per mile, and met a

lot of awesome training buddies! It's opened up a whole new world for me!

*(Since joining RR, Meaghan has completed her first marathon and shaved an hour off of her half marathon time!)*

**5. What advice would you offer to anyone who is about to join Resolute Running and working with a personal run coach?**

Listen to Coach! There's a method to the madness and it works if you go with the plan. Also, do all the injury prevention and recovery junk they tell you to do. "Myrtle" and foam rolling isn't that exciting, but being able to walk normally after a long run is pretty rad!

**Thank you for your insight, Meaghan! We can't wait to see what you do next!**