

This month's Member of the Month is Meg Gore!

When Meg joined Resolute Running, she was a bit skeptical about our training philosophy. She was already a strong runner, but was not sure how to take the next step. In addition, she fractured her hip in her previous marathon training cycle before joining Resolute Running, which meant she had to take a very big leap of faith in how we trained.

Meg jumped in with both feet, and it paid off in a huge way! Not only did she do what was asked on her runs, she executed her training exactly as prescribed. In no time at all, she was pain-free and running faster than she ever had before. Meg ran a 3:20 in her last marathon, setting a 22 minute PR and qualifying for the 2021 Boston Marathon by over 15 minutes! Congratulations, Meg!



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

I have always been a runner! My parents were runners and pushed me in the jogging stroller until I could ride my bike with them. I remember

struggling to keep up with my dad on my bike while he ran 6 minute miles, and freezing in Chicago and New York City while he ran marathons.

When I was 10 I started running with him, and I never stopped. I ran track in middle school, and track and cross country in high school and in college. Now I'm trying to show my kids the running life!

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

My friend Taylor Fagan ran with Resolute Running, and she referred me. When I met Coach Alex he told me "You'll run 3:30, and then you'll run 3:15" (in the marathon), and he spent a lot of time helping me with my hip injury before I even signed up. He had me at 3:30!! And he was right!

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

The R-Core exercises, hip routines, form drills, and the help with my running form that Coach Alex has given me has changed everything for me and helped my running so much.

My favorite service is having a coach! Everything that I'm doing feels much more intentional than it did even in college.

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

Since I've joined Resolute Running I have: recovered from a hip stress fracture from before I joined that had me on crutches; run my best half marathon since I was 18; PR'd in the marathon by 22 minutes; qualified to run the Boston Marathon with a 15 min buffer; and really regained a focus that I've been missing for many years. For me, those are spectacular results and I am so excited about my next PR's!

## ***5. WOW! Meg, that's amazing! What is your favorite Resolute Running story or memory?***

One of my first practices was the drill day last July. I wasn't used to getting up early, or doing anything before coffee, and I was really tired and uncoordinated. I remember not being able to make my body do most of the drills, and Coach Alex stopping to help try and explain how to coordinate

my legs. He was talking to me and I was staring at him blankly. I was too confused and tired to even make a sentence, and I'm laughing about it now! Coach Alex was always worried I was going to overheat because I always overdressed, too.

My other favorite memories are the practices with extreme weather. One time it was absolutely pouring rain and I was the first person there. I thought it was going to be just me and Coach Richard, but my teammates Carlos and Cameron came. The day with the 12 degree wind chill was a good one too! I did my last long run before the Mesa Marathon with Shannon Browne, and I have great memories from that run because I felt calm and not nervous after running with her. She gave me a wing to pin to my bib to help carry me.

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

Do it! Do it!! I'll be your friend and we can run together!