

Our Member of the Month is Meghan Ann Hellenga! Meghan Ann has been nothing less than phenomenal this year as she has worked her run plan, and hit the Training Center for strength-training and recovery. And WOW! Does she have the results to show for it! Meghan Ann has lost 40 lbs. since joining Resolute Running, and taken six minutes off of her 5k PR! And now she is training for her very first marathon. How inspiring, Meghan Ann! We are so happy for you, and we are so happy to have you on our team!



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

I grew up like many, playing sports and running only as a training tool or punishment from coaches. And sure enough, my high school coach commented on one of my recent Facebook posts with, "And you used to tell me you hated running."

So my gut is to say I haven't yet but bag it, I'm running about 96 miles this month so let's go with today!

2. What made you join Resolute Running?

I decided my goal for 2019 was to choose me. I finished graduate school in 2010 and up until last year, I put my family and work first: too many hours at the office and no time for self-care. And I like wine. And food. I technically started with Resolute Running in November 2018, but did my first run and hurt my hip (read: don't go out big when you've done nothing for a year) so I pulled back and worked with Phil Moore at TherapySouth (the best in my opinion) until I was ready to get back with Coach Lisa in February.

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

Why yes, yes I do! In the interest of choosing me, I went all in and highly recommend it. Coach Lisa and I are working towards the Chicago Marathon this fall (and she puts up with

my questions and texts), and I've continued on with Phil through TherapySouth's Endurance program (highly recommend).

I bought a package of massages with Carol Lewis that I'm using throughout this year, and I have been working with Coach Ann on nutrition since January. Oh and a couple of TRX classes a week when I roll out of bed on time - I'm getting better! All of these amazing people have helped me push myself and stay focused. See question 4 for results.

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

It sounds cliché and cheesy but it's the truth: Resolute Running has helped to change my life. Since January I've lost 40 pounds (shout out to my girl Coach Ann!!) but more importantly, I feel fantastic. I've completely changed my eating and how I spend my time, and I feel so happy and thankful for the last six months. Oh, and I've knocked my 5k time down by over six minutes. I'm pumped to run my first marathon in Chicago!

5. That's awesome! What is your favorite Resolute Running story or memory?

It isn't really a particular story or memory but rather the people I've met and friendships I continue to make with other team members. I love being on Rotary Trail and passing Cassandra, or heading to the track and seeing Misty. I definitely love our Thursday morning group for TRX, and every social is always fun (although the pedal tour was actual work!). If I had to pick I'd say being on a team with Scott the Aggie so I always know I'm better than someone. Hook 'em [*Editor's note: Agree! Hook 'em.*]

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

You deserve it! I was terrified I wouldn't be able to run/walk. Now I'm running 11 miles on Saturday whilst at the beach. Never thought I'd say that so come on and join in the fun!