

This month's Member of the Month is Alan Lovett!

Alan just completed the insanely challenging Georgia Death march, a 70-mile race with over 28,000 feet in elevation change, including over 2000 feet of elevation change in the last three miles. Alan has dominated the trail scene the last few years. He is also incredibly humble in spite of his enormous accomplishments. We however are incredibly proud of him and all of his hard work! Congratulations, Alan!



1. How long have you been a runner?

A little over a decade ago, a buddy in college sucked me into triathlons, and that is probably the first time I ever ran other than while playing a sport.

2. What made you join Resolute Running?

I started pushing my race mileage up but made all the typical mistakes in training, which left me with off and on IT band issues. I also had a kid shortly before joining. I knew I needed someone who could help me avoid injury, and put the training miles in the right place.

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

I do Coach Kevin's Yoga for Runners class and Coach Kelly's TRX Flow class and I'm sure both of them have helped me stay injury free since I joined Resolute Running. Also the yoga class feels incredible after long

weekend miles and usually a chaotic Monday at work.

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

My goal race when I joined was the Georgia Death Race — a 70ish mile trail race in the North Georgia mountains. I just finished it last weekend. I never would've made it to the start line without Coach Lisa, much less run a really solid race without any major issues. I have knocked off a lot of other fun ultras along the way, and I usually finish inside the top 10. I give all credit to Coach Lisa. I just did what she told me to (most of the time).

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

Fletcher Roberts DJing the Friday TRX Flow class with a mix of heavy metal, folk and pop - and he always blames Apple. Coach Lisa also once served up some rap & praise the Lord music in the same morning.

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

If you want to still be running in ten years, do it!