

This month's Member of the Month is Chris Holmes!

Chris is an invaluable member of the Resolute Running team. He has completed two marathons since he joined our family, and he has achieved several PR's and age group awards. But what makes Chris so important to us is his steadfast support and constant cheerleading for all of his teammates. He is such a pleasure to train with, and such a positive force for all of us. We love having you on our team, Chris! Congratulations!



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

I began running four years ago. Though I had been athletic most of my life, I had always dismissed running for the sake of running as pointless. Eventually adult responsibilities began to dominate my routine and I found myself feeling the effects of being less active. In need of something that I could fit into my schedule, I began running a little bit at a time using a "Build Your Way to 5k" type plan. To my surprise I fell in love with running very quickly— I found that not only did it make me feel better physically, but mentally and emotionally too.

After a year of continuing a routine and increasing run days and miles per week, I thought I'd see what training for a race would be like. The 2015 Magic City Half Marathon was my first half marathon, the first race that I had ever trained for, and one of the first three races of any distance I ever participated in. Though I started to feel it through training for that race, it wasn't until I crossed that finish line at home plate of Regions Field that I actually felt I had become a "runner."

2. What made you join Resolute Running?

By the following summer I was looking to achieve a new PR in the next Magic City Half. After two years of running and training almost exclusively alone (except for BTC Saturday runs) I started to wonder what it would be like to work with a coach and have a customized plan. I heard about the Resolute Running Magic City Half Marathon Training Group and decided that would be a good way to try it out and see how it went.

I learned a lot from Coach Alex through that training cycle and I achieved my PR goal in that year's race— but the thing I hadn't anticipated was the sense of camaraderie, and the new friends I made. Once that year's MCH Training Group program was over, I had a difficult time imagining how I was going to go back to running the same old solitary neighborhood routes with no plan, no coaching, and no sense of progression, so I officially joined the team and was paired with Coach Gerald.

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

I really enjoy taking TRX classes at Resolute Running. Coach Kelly can attest to the fact that TRX really targets my weak areas and imbalances. I've also attended Coach Ann's Running Form assessment and found it very informative in identifying how those same trouble areas directly affect my running.

All together the classes, the coaching and individualized plans, combined with the periodic opportunities for seminar type sessions with other experts that Resolute Running arranges have really

improved my fitness, helped me avoid injury, and become mindful of how physiology and lifestyle impact running.

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

Since joining Resolute Running I have continued to grow as a runner. When I first began those few laps around my neighborhood park just to get some sort of activity into my routine, I never expected that I'd still be running four years later, and certainly never expected that I'd be running beyond that initial 5k.

Thanks to the community of outstanding coaches at Resolute Running and the amazing support of the rest of the team, I have reached goals and set new ones. Recently, I completed my first and second full marathons— I never thought I'd attempt one, let alone two and counting!

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

I have a lot of great Resolute Running memories, but I think the one that's most special so far is from this last year's Mercedes Marathon. Ever since we met in the Magic City Half Training Group I have run and trained with teammates Misty Fontenot and Stephanie Hubbard. In December Stephanie and I each completed our first full marathon at St. Jude's in Memphis. Misty had raced that distance previously but had a longstanding marathon goal that she was ready to beat.

After St. Jude's Marathon the three of us made a pact to train together and support Misty in her Marathon PR attempt in February at the Mercedes Marathon. Of course the whole training cycle with them was great, but race day was incredible. We felt the support of the whole team as we ran the course. There were supportive teammates who were official pacers looking out for us, other teammates that had completed the half but later met us along the course just to run with us for a few miles, and still others set up along the course as spectators. The conditions were pretty tough that day with a heavy down pour starting at around our 19th mile, but when we reached the finish line, there was a group of fellow Resolute Runners and coaches waiting in the mud with warm, smiling faces, ready to celebrate our finish and Misty's and

Stephanie's new PRs.

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

What I say to anyone considering Resolute Running is that while you certainly don't need to join any team or group simply to run, what you stand to gain by joining our team is an excellent group of coaches, all of whom you have access to and who take interest in your progress, valuable opportunities for other learning and experiences, but most of all an amazingly positive and supportive running family who absolutely rally around each other and can help you achieve things you might not have thought were possible.