

This month's Member of the Month is David Olsen!

David is a former college runner for Birmingham Southern University, who had recently been crushing it on the trails. He knew he had a better road marathon time in him, though, and signed on with Resolute Running. His goals were to PR, and to qualify for the prestigious Boston Marathon and New York Marathon. New York's automatic qualifying time is even more difficult to attain than Boston's and is a true rarity in the running world! David trained hard all summer alongside his Resolute Running teammates, and took on the St. George Marathon in Utah, absolutely destroying it. David hit all of his goals, and finished 10th in his large competitive, age group in a very large, competitive race! Amazing job, David! Congratulations!



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

I have been a runner for thirteen years. As a kid, I tried many sports and learned I am particularly bad at catching, throwing, hitting and kicking things. However, I loved to run the mile in gym class. When I was thirteen, my older sister encouraged me to join the cross-country team because she was too afraid to join alone. After the first practice, she quit the team and I went home knowing I was a runner.

2. What made you join Resolute Running?

I have followed, read about and stalked Resolute Running almost since the beginning. However, after nine years of training with a team and under a coach, I was burnt out on the idea and wanted to see what I could do on my own with all the running knowledge I gained from my time as a high school and college athlete. While I saw some improvement for a couple of years as a "lone wolf" and coaching myself, the training plateau came and it brought with it discouragement and a dwindling motivation. I joined Resolute Running because I wanted to run a fast marathon time that I would be proud of and I also wanted to earn an automatic qualifier for the NYC Marathon. I knew I couldn't do these things on my own. Coach Alex's coaching and the amazing people I have been training beside have been a massive gift over the last few months.

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

Since joining Resolute Running, my marathon time dropped from a 3:03:53 to a 2:51:38. Over a 12 minute PR! I also qualified for the Boston Marathon and the NYC Marathon.

4. That is incredible! What is your favorite Resolute Running story or memory?

My favorite Resolute Running memory is hiking to Angel's Landing in Zion National Park the day after the St. George Marathon in Utah. Everyone ran successful races, and we all felt extremely proud of each other for putting in the hard work and executing a race strategy that helped it to pay off. Instead of spending the next day resting in bed, we elected to hike up a steep and strenuous trail to a beautiful overlook. The view and the company were both wonderful; however, the real fun came from laughing at how silly we all looked as we hobbled and limped up the side of a mountain because we were still really sore from the day before.

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

My advice for anyone considering Resolute Running is to trust the process and your coach. I resisted for a long time because I thought my years of running experience had given me all of the knowledge I needed. I still enjoy debating and questioning Coach Alex on his methods, strategies, and pacing. However, when I crossed the finish line with a massive PR, I had to simply admit to Coach Alex that he was right. Training to be a distance runner can feel counterintuitive sometimes, but it works. Secondly, I urge other runners to take every opportunity to socialize with the other athletes. The training is obviously great, but it's not every day that you meet people as crazy as you are. You might just meet some lifelong friends.