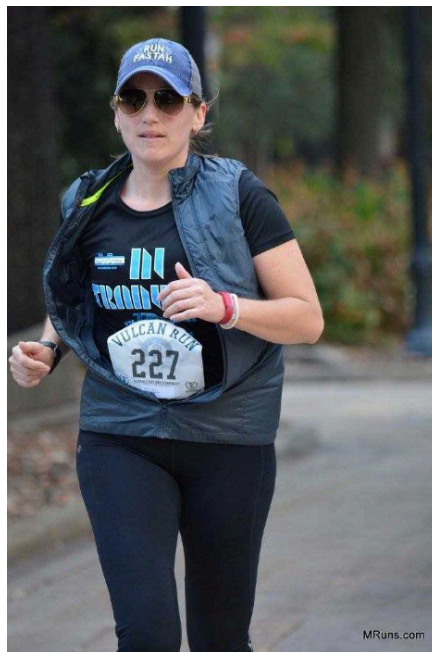


This month's Team Member of the Month is Misty Fontenot!

Misty joined our Magic City Half Marathon training group last fall, and had such a wonderful experience she became a full-time member. And we are so glad she did! Misty works hard at her fitness, and it is paying off in a big way. Her coach, Coach Gerald Johnson, admires Misty's commitment; despite a heavy travel schedule for her job, she never misses her quality workouts. She joins all of the group runs when she is in town, and her positivity and hard work rubs off on all of us around her. We are so glad to have her on our team! Congratulations, Misty!



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

I have been running for six years. I had never really exercised full time as a commitment before then and I was looking for a way to get healthier. A friend of mine had run the Mercedes Half Marathon several times and was running regularly so I asked her if I could join in. I still remember that first time I met her out on Lakeshore Trail six years ago, when I could barely run for two minutes without stopping, but something clicked in me and I fell in love. Within a few months I was

running my first 5k and was completely obsessed.

I think I felt like a "runner" the first time I visited Trak Shak to be fitted for shoes, and signed up for my second or third 5k and realized that I didn't want to live without running and challenging myself. I knew I would go onto longer distances and it had become a part of who I was at that point.

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

I had seen the Resolute Running booth at several packet pick-ups and specifically remember the first time I saw Coach Alex at the booth for Magic City Half Marathon & 5k several years ago, so I was always curious about it. I took some information and even sent Coach Alex an email, but I was a little intimidated. I was still fairly new to running, had only run a few half marathons and felt like too much of a novice to need a run coach. But then last year I saw the advertisement for the Magic City Half Marathon Training group and it felt like the right time.

I joined to just get better at running the half marathon distance (which I ended up shaving 11 minutes off of my Magic City from 2015 to 2016 thanks to that program!), but within the first few weeks I knew I would join permanently. I had made such good friends, I felt like part of a community, and I LOVED having a run plan. I couldn't imagine not doing speed work on Tuesdays, meeting up with the group on Thursdays and being without a focused training plan with specific goals. I told Coach Alex weeks before the program ended that I wanted to join permanently! It's the best thing I've ever done for myself.

## ***3. We are so glad you did join! Do you take any classes or use other services at Resolute Running? How have they helped your running?***

Yes! I have taken Coach Kelly's Functional TRX class and also her Flow TRX class. I love both of them and see it as an essential part of my training now.

I also joined Coach Ann's Fueling for the Long Run program earlier this year, and she still shares recipes and checks up on me to see how I'm feeling. That program really taught me that I wasn't eating enough

protein to satisfy my hunger and was lacking in nutrients even though I thought I was eating healthy. I have kept up with so many things she taught me during that program that have helped my running. While taking her fueling program, I had my biggest half marathon PR, and I know that how I was eating played a big part in helping me achieve that.

I love that Resolute Running has so many different classes and options for runners to supplement their training, from strength to yoga to food to classes with doctors! It's a total package.

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

My results have blown my mind really. I have had two half marathon PRs, I have had three 5k PRs and placed second in my age group in a race, and I have also had two 10k PRs. I keep just making new goals for either distance or speed and I keep achieving those. I have the ability now to run a mile more than two minutes faster than I did last August, and I can do even better than that in the future. It still shocks me to see some of my speed work assignments and actually hit those paces. I love it! Coach Gerald is helping me on my journey to my third marathon now. I ran two in the past just on my own and even though my race isn't until October, I already know that I am going to PR and be so much stronger than when I was training on my own.

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

I have many - from fun Thursday group run moments, to special track sessions, to races with my RR friends who helped push me through a tough moment - but I think the memory that stands out to me most and has left a lasting impression is the group run we did for Martin Luther King Jr. day this year. We were all together as a group using running to explore our history, a history that is dark but also something we can all learn from and use it to inspire and change any injustice we see. I thought it was so well done, I learned so much about my city and I was moved to tears at points. It made me feel really proud to be with the RR team.

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

Don't be intimidated! It took me two years to get the courage to join and I could've been making such amazing progress and memories and friends during that time that I missed out on. The group is not only for super star athletes (we have some of those though). It's for anyone, truly. It's for people who just want to learn to run better or feel better - for people who want to run with a group and have support - or for someone like me who was running alone for so long on plans pulled from the internet who really wanted to excel and improve and feel confident. And you don't have to join forever (but you'll want to!) - RR makes it easy to be with the group when it works for you for as long as it works for you. We are a diverse, really interesting and fun group and the coaches are the absolute best!