

Our Member of the Month is Jeremy Grall!

Jeremy is incredibly dedicated and methodical in training, and he is not afraid to reach high with his goals. His coach, Coach Lisa Booher, says: “It has been amazing and so much fun to watch him set goals for new terrain (trails!) and new distances (ultras!), and see him conquer each challenge.” Jeremy has achieved PRs in each distance since he joined our team. He has completed not one but two ultramarathons, and he has lost 40 pounds in the process, all while maintaining a busy professional life. You inspire us, Jeremy! Congratulations!



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

I have been “running” relatively consistently for awhile, but this was the first year I felt like a “runner”. I think I finally felt like a runner when I did the Mercedes Half Marathon this February, only a month after I did the Disney Marathon, and posted my best all-time 5K, 10K, and half marathon time all in a single race.

Another moment was a few weeks ago when I was navigating the super sketchy route into and out of Peavine Falls during the Oak Mountain

50K trail run. I remember thinking how insane it was, but then realizing that I had a smile on my face the entire time.

Lastly, I felt like a runner after I recently did two ultramarathons in the span of about three weeks. Coach Lisa Booher has been great about giving me training plans that have allowed me to take on what I consider a pretty ambitious race schedule, without overtraining/undertraining or getting injured.

2. What made you join Resolute Running?

I was really tired of always being back of the pack and not enjoying running as much as I thought I could. I also got injured every time I incorporated any speed work. Over the past few years, I kept seeing Coach Alex Morrow, or a Resolute Runner pacing at every event. Everyone was always super nice and encouraging, and looked like they were having such a good time while pursuing their goals. After a miserable finish at a winter marathon and then an early summer injury that sidelined me for three months, I decided I was tired of just surviving the run. I felt like Resolute Running could provide me with a well-structured environment.

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

Because of my schedule, I tend to jump around doing a lot of different TRX classes (Barre, Functional, Masters, Hips, and Flow) with Coaches Lisa Booher, Gerald Johnson, Kelly McNair, and Ann Stalvey. I credit the classes with helping me recover from my previous injuries, and subsequently keeping me injury-free.

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

Since August, I have knocked off nearly 45 minutes from my half marathon time from three years ago. I also knocked off an hour from my marathon time from a year ago, as well as completed the 27-mile Lake Martin “Fun Run” and the Oak Mountain 50K trail race. Those trail races were particularly fun and challenging in a whole new way. I am also happy that I have lost 40+ pounds since I started with RR in August.

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

I could say the Christmas Lights/Christmas Sweater Fun run, the MLK day run downtown, when everyone dressed up for the Halloween barre class, or just hanging with the Resolute Runners at the Disney Marathon Weekend, but most of my favorite memories are really just those random sleepy 5:30AM TRX classes, or track days when its 20 degrees. Even though my first thoughts are not initially so pleasant on those mornings, knowing other crazy people are going to be there too, and that we are going to have a good time while the rest of the city still sleeps, is fun to me.

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

Of course, do it! In many ways, the classes and training plans are just one part of what Resolute Running offers. The other part is the camaraderie. Even for an introvert like myself, that really keeps you at it, when you are waking up at 5AM in January (and hitting the snooze button seems like a much better idea).

While training and running can be hard, it should be fun. I feel like that balance is never lost at Resolute Running. It is great being part of a group that ranges from beginner runners to those training for the Boston Marathon, but yet everyone is equally encouraging and supportive of others' individual goals.