

This Month's Member of the Month is Lauren Ritchie!

When Lauren joined Resolute Running, she had lofty goals. Not only was she willing to work hard to achieve them, she embraced all of the services offered by Resolute Running to ensure success. Lauren completely changed her nutrition, followed her run plans religiously, and began a strength journey that led her to completing her first marathon, and more recently her first 50k! In fact, Lauren fell so in love with how Resolute Running trains its team members, she became a certified personal trainer, as well as a certified TRX instructor, and now leads two fitness classes a week at the Training Center. When you are looking for a shining example of what hard work, dedication, and perseverance can do for you, look no further than Lauren! Congratulations!



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

I have been running in some capacity for 19 years. It wasn't until after I had my second child that I committed to running five to six days a week, which quickly became a desire to train for the St. Jude Half Marathon in Memphis. After that first race I began to truly consider myself a runner, I think because I knew immediately after that I would train and race again.

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

I have my husband, Resolute Runner Joe Ritchie, to thank for joining. We trained on our own simultaneously for that first half marathon, and then again for our first Mercedes. After that he began to realize that we could both benefit from a coach that could lead our weekly running routines.

We were both so excited about what we could accomplish if we had someone working with us. I have accomplished so much more than I could have ever imagined in the last two and half years with Resolute Running.

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

When Joe and I joined in April of 2018, I immediately began taking two classes a week. I have always loved strength-training, and it was so appealing that the very coaches who train me to run could also teach me in the gym.

I knew the strength-training from Resolute Running coaches would perfectly compliment my running. Here I am two and half years later and I've met and exceeded all of the goals I've had for myself. I've PR'd every distance, and just recently completed my first 50k. Something I never imagined I would do. I'm so excited to say that my goal list continues to grow!

Had I not had the opportunity of training in the gym, I wouldn't be where I am today, with my running or as a certified TRX suspension trainer and personal trainer. I fell more in love with the gym because of these classes, and they taught me a lot more than just how to strength-train for my body, but also to be confident enough in myself and my abilities to chase a dream of becoming a trainer. And now it's come full circle, and I get to train some amazing runners in classes twice a week at Resolute Running. I'm so thankful for the coaches and runners of Resolute Running who allow me to do what I love!

***4. What have your results been since joining RR?***

I can say without a doubt that I have met and exceeded every goal I have had for myself before joining, and every goal I've made for myself since joining. I have PR'd every distance, and more specifically run a sub-two hour half marathon. A month after that sub-two I PR'd my second marathon by 28 minutes!

Since then I've gone on to run training distances and race distances I never thought I could complete. My results don't just show in times and how strong I've become physically, but also in mental strength. Because I've been coached in mental strength as much as physical, I've really been able to confidently complete these endurance runs. I'm running farther and faster, and I'm fitter at 38 than I was even as a teen!

**5. *That's awesome! What is your favorite Resolute Running story or memory?***

I have several, but I think the one that stands out comes from the BHM 26.2 in April of 2019. I was given the opportunity to pace the half marathon with fellow Resolute Runner Beth Rose, and what a blessing it was. It was a super fun day helping and watching people complete goals they had set for themselves.

We had a father/son duo with us that day, and despite some ups and downs during the race and the physical pain his son was in, I was able to watch that father run his son across the finish line in front of us. It was such an accomplishment for that boy, and a memory I will carry with me for a long time. I learned a lot about grit and determination that day!

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

I would tell anyone that alongside great coaching from Resolute Running, you also get teamwork and camaraderie. That is a triple threat when it comes to goal crushing. There is always a coach to guide you logistically through a training cycle. There are always coaches available to train you in the gym to compliment your running and make you a stronger runner. There are always coaches and team members ready to support you at every event you participate in, or even just on a training run. You have coaches and teammates eagerly waiting to hear how your races went and support you whether goals were crushed or it just wasn't your day. There are beautiful benefits to being a part of this team!