

This month's Team Member of the Month is Lloyd Shelton.

Lloyd is fresh off of his very first marathon, the Marine Corps Marathon in Washington, D.C. It has been a remarkable journey for Lloyd, from Type 2 diabetic to marathoner in just five years. He has been incredibly dedicated to his run plan and his strength-training, and a few months ago he addressed his nutrition with the help of Resolute Running and Coach Ann Thomas. Lloyd dropped twenty pounds, and is now a marathoner! Congratulations, Lloyd, on taking control of your health and all that you have accomplished! We could not be more proud of you!



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

I was diagnosed as a Type 2 diabetic in 2007. After several years of sliding up and down the scales and trying different meds, I knew it was time for a change. My wife and I started walking regularly in early 2011. That fall I went to buy a new pair of shoes and walked out with an information sheet on a half-marathon training group for the 2012 Nashville Half Marathon. I blame my Alabama public school education. However, when they hung that first medal around my neck in April 2012, I was hooked. I'm not sure I still think of myself as a runner. However, my wife knew something was up when I started packing my running shoes for vacation and actually used them for running instead of just driving to the store in the gear for more beer.

2. What made you join Resolute Running?

Since 2012, I had run several half-marathons and had gotten fairly comfortable at that distance and was not as faithful to my training. A couple of friends got me to put in for the 2016 NYC marathon lottery (there was no alcohol involved). God is good and I did not get selected. I tried for Chicago Marathon via lottery and missed again. See? God is good! I then applied for the Marine Corps Marathon and the third time was the charm. As soon as the laughter, tears and marital counseling ended, I knew I needed to get serious with training and that I needed someone (or a group of someones) to travel this path with me. I had run a few Sunday Morning recovery runs with the Resolute Running group and talked to Coach Alex and others there. They were all knowledgeable and personable. Resolute Running seemed like it would be a great fit for me.

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

I have taken TRX classes (TRX Hips with Coach Ann and Run Barre with Coach Kelly) and they are awesome. At first I would laugh and just be thankful that someone thought I was capable of doing some of the exercises. However, each week I can feel the difference and can even actually do a few reps. The strength I have gained is noticeable on my training runs and speed work (I laugh typing that).

The real game changer for me though was Coach Ann's "Fuel for the Long Run." The group session helped me realize I was not alone in trying to figure out how I need to eat to train. The weekly one-on-one talks with Coach Ann gave me the accountability to eat smarter, as well as walk through my choices from the previous week and discuss better strategies. Coach Ann is amazing, and I was down 20 lbs. prior to heading to DC for the Marine Corps Marathon.

4. That's outstanding, Lloyd! What have your results been since joining Resolute Running?

Well, I finished the Marine Corps Marathon upright and without any

Marines dragging my limp, lifeless body across the finish line. I could not have done that without the Resolute Running training, coaching (looking at you Coach Ann and Coach Alex) and support (too many folks to name). And, before my second post-Marine Corps Marathon beer, there was talk of which marathon would be next.

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

I don't know that I have just one favorite story or memory. There are several. However, the first race I ran after I began training with Coach Ann was the 2015 St. Jude's Half-Marathon in Memphis. We had gotten back to the hotel and Coach Ann had sent me a text congratulating me for the race I had run. I certainly didn't expect it. The following Wednesday at TRX class someone else congratulated me on Memphis. For me, I realized there was something special about the Resolute Running community, and that there was more to Resolute Running than just training for the next race. The encouragement and support was going to be there as well.

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

Talk to a member and take the plunge. If you are willing to invest yourself in the training and classes, you will see a positive difference. I know I have.