

This month's Member of the Month is Dr. Mark Wilson!

Mark had been a consistent distance runner for several years. When he decided to make a serious attempt at a Boston marathon-qualifying time, he turned to the coaches at Resolute Running. Mark ran in the Snickers Marathon in Albany, Georgia, and absolutely crushed his goal. He ran a 3:30:52, qualifying by almost TEN minutes! In fact, he came close to a PR, and we could not be happier for him. Congratulations, Dr. Wilson! We can't wait to see you take on Boston next year!



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

I ran track and cross country in High School. That's when it became part of my identity. I ran my first marathon in Charlotte during my 4th year of medical school, thanks to some close friends who encouraged me to train with them. I was then a sporadic, inconsistent runner until 2009 when I started running marathons about every year, as a way to challenge myself to exercise more consistently.

2. What made you join Resolute Running?

I wanted to see how much I could improve while at the same time learn how to avoid injury. In the past I have almost always injured myself when I've gotten too ambitious.

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

Yes, some, as my schedule has allowed: Yoga 4 Runners Class and TRX Hip Dynamics. They've helped me learn how to keep myself more flexible and stronger, and to avoid injury.

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

The most significant thing is that I remained INJURY FREE as I trained for a marathon, which I just completed at 3:30:52. This was a Boston qualifier for my age, with plenty of margin to spare. I didn't quite beat my personal record but I feel certain I would have if there had been a few more weeks of training. I've learned a lot about how to train smarter and stronger.

5. That's amazing, Dr. Wilson! What is your favorite Resolute Running story or memory?

When I first asked Coach Alex about signing up with Resolute Running, he recommended Coach Ann Thomas because she was good at working with "older people" ... "no offense, but...." I thought that was funny. I am 55 years old, and not the type of person who tries to hide my age. I do like to feel young though, and I hope to stay active, healthy, and helpful to others for a long time.

6. You wear it well! What advice do you have for anyone considering Resolute Running?

Pick a plan realistically that fits your schedule. Use it to help yourself reach a goal, learn smart training practices, and establish good long-term habits.