

This month's Member of the Month is Melissa Sanchez!

After moving to Birmingham, Melissa was looking for a challenge, and to become part of the community. She found all of that with us at Resolute Running! Melissa has worked tirelessly to achieve her goals, which included a faster marathon time and a sub-2:00 hour half marathon. Melissa has stayed committed to her run plan, and she hit all of her workouts perfectly. It all came together for Melissa at the Little Rock Half Marathon this month, where she joined her teammates and nailed that sub-2:00! Melissa's determination and the power of the team helped her accomplish her goals, and we couldn't be happier for her. Congratulations!



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

I really got into running at the end of 2015, so I became a runner almost three years ago. I didn't really feel like a "real" runner up until 1. I hired a coach and 2. I started sacrificing my sleep and plenty of other things to get my runs in and prepare for a race. So, when I completed marathon #2, which was the Chicago Marathon, that's when I felt like I'd become a runner.

2. What made you join Resolute Running?

Well I totally bombed my first marathon, Mercedes Marathon 2017. I

had gotten the flu two weeks out from the race, which didn't help. Even though I wasn't fully recovered I still chose to race Mercedes (because runners are crazy, right?). It was hot that year; I ended up running a horrific race and an embarrassing finish time.

Even before I ran Mercedes, I had put my name in the Chicago Marathon drawing and got picked. I decided I couldn't run a horrible Chicago Marathon, so I joined Resolute Running!

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

Since joining Resolute Running, I've become faster! And I'm more disciplined and consistent with my running. In the year I've been with Resolute Running, I've only missed one of my training runs. Also, I've had some great PRs: going under two hours in the half marathon, and a 50-minute marathon PR in some brutal heat.

4. That's fantastic! What is your favorite Resolute Running memory?

My favorite RR memory is definitely the Little Rock Half Marathon. I enjoyed the pre-race dinner with the team. Having Coach Alex and a few of the other Resolute Runners pace me and Katarina to break two hours in the half marathon made it easier.

It's a good feeling when you are surrounded by people who want to see you reach your goals and are as excited about running as you are. Also, I love texting Coach Ann when I PR or get an age group award because I can totally feel her excitement through the phone!

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

Come on and join the fun! You don't have to be fast, and training schedules are customized just for you. You won't be disappointed because you will see results. Whatever your running goal is, they will help you reach it!