

Congratulations to our member of the Month, Raley Fountain! Raley is our resident superstar: she has crushed each and every race she has run since starting with our Magic City Half Marathon training group. Her current half marathon PR is a phenomenal 1:34, and she just recently finished the inaugural BHM 13.1 as fourth overall female! Wow! Raley's competitive spirit is what makes her such a strong runner. With every success she earns, she immediately sets a tougher goal. Raley is never satisfied, she closely follows her run plan, and she has a relentless work ethic. Because of this, she will continue to be an amazing runner for years to come!



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

I've considered myself a “runner” since high school. I used to play soccer, and then began running track and XC. I continued running in college, and ran the Mercedes Marathon in 2007. After college I stopped running regularly but still considered myself a runner. I picked up running again back in September when I did the Magic City Half Marathon training plan with Resolute Running.

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

I joined Resolute Running because I believed I had a lot of potential as a runner, and that I had faster times in me. Doing the Magic City Half Marathon training plan reminded me of how much I loved running and I saw that same passion (or running nerdiness...ahem...Coach Alex 😊) in other Resolute Runners.

***3. Do you take any classes or other services at Resolute Running?***

I've taken one TRX class at Resolute Running and it was great! I won a free one for tagging #resoluterunning while wearing some RR gear but I haven't taken that class yet.

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

I've gotten faster since joining Resolute Running, which is what I wanted (and still want!), but a big added bonus that I didn't even know I wanted was other running friends!

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

My favorite Resolute Running memory is probably finishing The Magic City Half Marathon. I felt so accomplished, and like the Resolute Running team was genuinely excited for me. I also loved the feeling of knowing I could do more and get faster.

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

The advice I'd give someone considering Resolute Running would be to give it a year. Just try it for one year, and watch for the differences in your PRs, health, and your involvement with the running community. I think the results would speak for themselves!