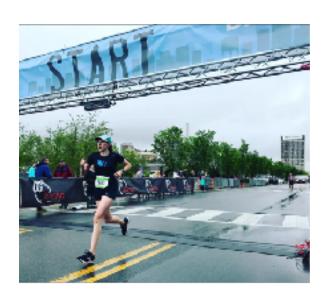
Congratulations to our member of the Month, Raley Fountain! Raley is our resident superstar: she has crushed each and every race she has run since starting with our Magic City Half Marathon training group. Her current half marathon PR is a phenomenal 1:34, and she just recently finished the inaugural 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 (2) 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!