

This month's Member of the Month is Morgan McComb!

Morgan is enthusiastic and joyful. She has committed herself to her goals, and works tirelessly to achieve them. She comes to TRX classes several times a week, and never skips a workout. Morgan has not missed a run either, and buys in to the train-slow-to-race-fast philosophy, because she knows it works!

Her coach, Coach Ann Stalvey, says "I love watching Morgan discover what she is capable of, and learning to dream even bigger." Morgan is a fantastic teammate, and wonderful to have around because she is always smiling. She makes us smile too, and we say "Congratulations, Morgan!"



1. ***How long have you been a runner? When did you feel you had become a "runner"?*** I've always enjoyed running (I was the weirdo growing up during summer volleyball conditioning who didn't mind running the sub 8:00 mile), but never pushed myself to see what I was capable of accomplishing. I considered myself a "runner" after I joined Resolute Running and my attitude towards

running changed from "I have to run X miles tomorrow" to "I get to run X miles tomorrow" or "I only have X miles tomorrow".

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

After a Christmas holiday vacation in 2016, I realized I was out of shape, and thought running would be the best way to kick start getting back into a healthy routine. In one sitting I registered for three races: Regions Superhero 5K in February, Birmingham Wine 10K in March, and Bridge Street Half Marathon in April. I knew a few people who had a Run Coach and I thought the idea was so silly. "You actually pay someone to tell you to run? Can't you just "Google" a running plan?" And Google I did; I self-trained for all three races, but I was in so much pain after completing the Bridge Street Half, that I hung up my running shoes until later that fall. After a few people seemed impressed by my half marathon performance (1:54) I thought, "Hey, I might actually be decent at this if I try hard enough."

Enter Resolute Running. I had a consultation with Coach Alex and was completely sold on the idea of training easy to race fast. Everything that came out of his mouth made sense and made me realize that everything I had done previously was horribly wrong. I knew I needed someone to tell me what to do, how to do it, and to hold me accountable, so I signed up and have never looked back!

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

I do two TRX classes per week at the Resolute Running Training Center. I have taken Coach Ann's Functional Training, Hips, and Burn classes and all three will kick your butt! Or Coach Ann herself does ;) Even though the TRX classes can be a bit difficult, they are so incredibly fun because it's not your traditional gym workout! I look forward to them each week. I love that the classes offered at Resolute Running are purposeful in helping you be a better runner, while also trying to prevent injuries. I think the TRX classes have helped me become a stronger runner for sure.

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

Since joining Resolute Running, my 5K time has gone from 24:13 to 21:55 and my half marathon time has gone from 1:54 to 1:43. I am currently training for my first real full marathon (I say real because the Walt Disney World Marathon was just for funzies - see mine and my husband's Judy Hopps-and-Nick Wilde-from-Zootopia-inspired outfits)!

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

My favorite Resolute Running memory is at the Just a Call Away 5K. I'm approaching the finish line, I know I'm about to PR, and I see Coach Ann (who's already finished of course) at the finish line cheering. I give her a big goofy smile, to which she yells "Don't look at me, look to the finish line!" Hahaha - thank you Coach Ann for trying to keep my head in the run.

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

Do it! Seriously though, Resolute Running has been life changing in more ways than just running; there's a great sense of camaraderie and family. Yeah, I'm in better shape and am a better runner, but it also opened the door to the Resolute Running family and the "Runningham" community. I never thought 4:00-4:30am alarms would become normal or enjoyable, but there's something about meeting wonderful people to go for a run that is just so fun and rewarding. Do it....you won't regret it!