

This Month's Member of the Month is Morgan McIntyre!

Morgan joined our team last year, and quickly became everyone's favorite teammate. A new runner, Morgan is enthusiastic, adventurous and supportive, and does not shy away from a challenge. She is committed to her fitness, and loves learning about the sport of running. The results— in less than a year's time— speak for themselves! Congratulations, Morgan!



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

I started running around March 2020 as another method of exercise after the CrossFit gym I was at closed due to COVID-19. I felt like I had become a “runner” when I was running 2-3 times per week and had signed up for my first race, Tranquility Lake. I’d also say I knew I was officially a runner when I had bought about three different pairs of running shoes, compression socks, and a hydration vest all within a month!

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

After my first race on the trail, I wanted to get more involved in running and learn more about the sport. The Resolute Running team members were friendly, inclusive, and supportive everywhere I encountered them. I talked to Coach Alex Morrow and discussed what I would like to accomplish as a runner and as they say, “The rest was history!”

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

When my schedule allows, I try to take Monday morning Core classes with Coach Ann Stalvey. These classes are challenging but a blast due to Coach Ann's energy and rocking

playlists. I've also learned quite a bit about utilizing TRX to use my body weight in strength and mobility training.

All of these supplemental fitness classes help strengthen often neglected muscle groups that can greatly impact my slow and fast twitch muscle fibers, that can fatigue when doing speedwork or running long distances.

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

After having gastric bypass and losing 180 pounds in a year and a half, there comes a point when you hit a plateau. Having Coach Lisa Booher and a customized run plan has allowed me to continue to lose body fat and gain muscle.

Since joining the Resolute Running team at the end of July 2020, I have lost an additional 2.1% body fat, gained 5.8 pounds of muscle mass, and increased by VO2 Max by 3.1 points. I have tripled my weekly mileage, achieved a distance PR, 5K PR, and 10K PR. I have also inspired my friends and family to become more invested in their health.

#### ***5. Whoa! That's fantastic! What is your favorite Resolute Running story or memory?***

My favorite Resolute Running memory was probably my first time attending drills, which happened to be the first day on my very first run plan. I was met with so much support, enthusiasm, and kindness with everyone that was there and immediately felt like part of the Resolute Running family.

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

There is no time like the present to elevate your life and explore a new hobby. It doesn't matter if you are not the fastest person out there; all that matters is that you keep showing up, being consistent, and run your own race. Running can and will change your life in such a profound way.

The coaches at Resolute Running will push you safely to achieve goals that you never thought were possible, and your teammates will show you what it really means to have a family outside of your family.

Join Resolute Running! You won't regret it, and you will learn more about yourself and your physical capabilities all while making lifelong friends.