

This month's Member of the Month is Todd Brown! Todd, affectionately known as Buzzy, is the quiet assassin of the team. Buzzy sets high goals for himself, but puts in the hard work in behind-the-scenes to achieve them. Buzzy is not afraid of a challenge, and as a result he very often finds himself on the podium of the area's most challenging trail races. We love having Buzzy on our team, and we are blown away by his toughness, his consistency and his results! Congratulations, Buzzy!



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

I began with Resolute Running in early 2015 at the start of the Southeastern Trail Run Series. Coach Lisa Booher took me from a marginal 10k racer to a solid 50k finisher in one season! I started feeling more and more like a “true runner” during that season with each progressive race training cycle. Each time I would build up with more distance, endurance, hill repeats, and speed followed by a tapering period just long enough to be fresh before the next race.

During each training period Coach Lisa would take us on preview runs, and instruct us on all facets of the sport such as injury prevention, nutrition, mental preparation, as well as kick our butts in TRX classes! My Tranquility

Lake 50k at Oak Mountain in November 2015 was the season culmination when I felt like I had “arrived”. I remember hitting stretches in that race where I had that wonderful feeling of being in the “zone” with the wind blowing in my face. I was able to power through the fatigue and soreness at the end to finish strong.

2. What made you join Resolute Running?

I started reading books on running, was overwhelmed, and realized that I needed someone with expertise and judgement to eliminate the guess-work. I also needed structure and encouragement. I met both Coach Alex and Coach Lisa at some races and I was convinced that they had the positive track record of producing successful runners. Coach Lisa made me feel very welcome to the group!

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

I have attended quite a few of the Yoga for Runners classes at Resolute Running with Coach Kevin Bokus. It’s a wonderful class for “opening up”, strengthening your core, improving balance, and utilizing “counter muscles” needed in trail running.

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

I am not an elite runner at all but in the last three years I have experienced a nice gradual progression coupled with an overall sense of well-being. It’s amazing where I used to be quite overweight and sedentary; I can now knock out 10 – 15 miles while training or go all out in a long race. It changes your lifestyle! I am now an ultra-runner and can run/hike in the high country for miles. With the Resolute Running program and recommended cross-training I am avoiding injury.

5. Amazing, Buzzy! What is your favorite Resolute Running story or memory?

I would have to say that Coach Lisa has done an excellent job of getting me prepared for some big races! And I have quite a few great memories. One that stands out is this year's Cheaha Mountain 50k race. This was a big challenge! I enjoyed being surrounded by the rock formations and the overall beauty of the wilderness area. I had fun crossing the many cold streams, climbing up to panoramic vistas, and struggling to keep going. I still haven't come done from that experience!

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

Resolute Running is a great environment! If you want to be with a lot of positive people who are goal-oriented, this is the place. I enjoy hearing about others' race experiences. Of course, you will have to be dedicated and work hard; however, with the excellent training provided by Resolute Running you will be rewarded!