

This month's Member of the Month is Shane Franklin!

Shane works hard, and rarely misses a run or speed session. And it shows! Shane has gotten faster and stronger this year after joining us at Resolute Running, and now has several PRs to show for his hard work. We can't wait to see what's next for Shane! Congratulations!



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

After some pressure from my running friends, I joined a Couch to 5k program in late summer 2010. At that time, I had probably never run more than a mile in my entire life.

My first race was the Susan G. Komen Race for the Cure in October of that year. My first half marathon was a few months later, the Mercedes Half Marathon in February of 2011, and my first full marathon was the Rock 'n Roll Savannah in November 2011.

After that year, I felt comfortable calling myself a runner. Now, with 21 marathons under my belt, I guess you can say I am hooked.

2. What made you join Resolute Running?

I had been running for years with friends that were members of Resolute Running. After hearing them talk about their assigned schedules week after week, I was a little curious about what some “official” coaching might do for

me. Coach Ann Stalvey had been chatting with me about joining, so I finally decided to give it a try.

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

Yes, I attend Yoga, Hips and Barre classes. These classes have greatly helped with my flexibility and core strength.

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

Improvement in pace and overall endurance have been the most noticeable.

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

Definitely my most memorable is Coach Ann physically pushing me up the last hill at this year's Wine10K course!

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

Be patient, follow your schedule, and remember that slow runs are important, as is your cross-training. Have fun!