



### **How long have you been running?**

I started running in the Spring of 2013 after the birth of my third child. I felt weak and I was looking for an outlet that I could fit into my very busy schedule. I had NEVER been a runner. I started out with a simple couch to 5K app - running 30 seconds then walking for 1 minute. Long story short, I progressed, but endured injury after injury. I read about Resolute Running, spoke with Alex, and joined in October 2013. Best. Decision. Ever. Alex matched me up with the amazing Coach Ann. With Ann's help, I ran and finished the New Orleans Rock'N'Roll Half- Marathon in February 2014. This was my first race. I've been hooked ever since. If you had told me even four years ago that I would accomplish this I would have laughed.

### **When did you feel that you had become a “runner?”**

The first time I felt like a runner, I was driving my then 5-year-old son to swim practice. He saw a group of runners and said, “Look Mom, they're runners like you!” I love the fact that my kids (now 6, 4, and 2 years-old) see me taking care of myself and working hard to achieve my goals.

### **What have your results been?**

This past weekend I ran the New Orleans Rock'N'Roll Half-Marathon with a 12 minute PR. More than that, I feel my confidence growing. I love the classes and the people that I have met through Resolute Running.

### **My favorite memory so far?**

This past May I traveled with my husband and son to London. While we were there, I signed my son and I up for a 5K at the Tower of London. The race took place in the moat. We had the best time and finished the race. He was so proud to do this with his Mommy.

### **What advice would you offer anyone considering joining?**

Do it!! I will admit that I was nervous to join at first. Mainly because I didn't think that I was a runner. The great thing that I have found, is that runners are an awesome group of people. Everyone remembers what it was like when they started out or how hard it was to come back from an injury. We all go through those ups and downs. This is truly one of the best things that I have done for myself and I would recommend it to anyone, no matter what level of runner they are.