

This week for Thank You Thursday we feature the one-of-a-kind Shilonqua Lee. Shilonqua keeps us all laughing- she is a blast to run with whether on the track or on the roads. She is full of hilarious stories, and possesses an intelligent and unique perspective on running and life. She is a talented runner, and a genius when it comes to helping us maneuver our GPS devices. And if ever we face the Zombie Apocalypse, Shilonqua has mapped out our survival guide! For that especially we say “Thank you Shilonqua”!



1. *When did you begin running?*

I ran track in middle school and high school, but I was a sprinter. I ran sporadically on treadmills or in parks after high school, but I never did anything organized or participated in any races. In 2008, some ladies from my aerobics class decided that we should all run the BE&K 5K together. I ran it wearing my aerobics shoes and without any training whatsoever. I was hooked. I joined a Couch to 10K group and finished my first 10K two months later.

2. *What made you decide to hire a personal run coach, and join Resolute Running?*

In 2011 I lost a lot of weight, and lo and behold, my paces dropped significantly. In 2012, I finished the Little Rock Marathon with a time of 3:55. I met Coach Alex at a party a few weeks after that, and he was telling a group of people about Resolute Running. He used me as an example and said that he could help me get under 4:00 hours for a marathon. I said that I had already broken 4, and he nonchalantly said that he could help me BQ. What?!?! Me? Qualify for Boston? Whatever. I went home and looked at the times, and saw that I could probably do it, but I knew that I couldn't do it by myself. I finally bit the bullet and signed up with Coach Alex about 6 months later. The funny thing is that he probably doesn't even remember that conversation! (*editor's note: He does remember of course!*)

3. *What have your results been since joining RR?*

I have had huge PRs at every distance.

- 7 minute 5K PR
- 8 minute 10K PR
- 3 minute ½ Marathon PR
- 6 minute Marathon PR

4. *What other services do you use from Resolute Running, and how has it enhanced your running?*

I go to personal training once a week. It has helped make me a leaner, stronger, less injury-prone runner.

5. *What is your favorite race story as a Resolute Running team member?*

My favorite memory is when we all dressed up in costumes as the pace team for the Magic City Half-Marathon in November 2013. There were lots of good-natured jabs thrown back and forth about who would have the best costume. Ann and I dressed up as Sub-Zero and Scorpion from Mortal Kombat and had a blast pacing the 2:00 hour group. We helped many people in our group to break 2 hours for the first time, and seeing how excited they were was fantastic. One woman was so excited that she hugged us and introduced us to her parents.

6. *What advice would you offer to anyone considering hiring a personal run coach and joining Resolute Running?*

Do what your coach tells you to do. That's why you pay them. You can do things your own way for free. If your way was working, you wouldn't need a coach, would you?