

1. Our Team Member of the Month is Stefanie Krick! Stefanie is hysterical! Besides just being awesome, Stefanie juggles being a mother, a physician, and an athlete. She always makes time for strength training, usually twice a week. While Stefanie is still a bit of a newer runner, the progress she's already seen is so exciting. We cannot wait to see what she achieves next! Congratulations, Stefanie!



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

I did track and field in high school, but never enjoyed running longer distances. Then, during medical school, I picked up “jogging” just to stay active and relieve stress. During residency, I ran my first 10K, which I did not enjoy that at all. When I moved to New York and watched the New York Marathon, I joined the New York Road Runners and trained with them once weekly in Central Park, which was great. My first half marathon was the Bronx Half Marathon and from then on, I got hooked.

2. *What made you join Resolute Runner?*

I moved to Birmingham about 2 years ago and after about a 10-year break from running, I decided to pick it up again and thought about training for the Mercedes Benz Half Marathon. I developed pain in my hip and was worried that this will get worse with increasing mileage. I started reading more about training plans but most articles recommended to get a running coach to individualize plans, thereby avoiding injury. By researching coaches in Birmingham, I “stumbled” over the

Resolute Running homepage and really liked it. I sent an email and within 30 minutes, Coach Ann Stalvey emailed back. We spoke on the phone, and I signed up to give it a try.

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

Coach Ann recommended strength and core training and I try to do TRX classes twice a week. I am also trying to do the weekly speed workout with RR. These have helped me tremendously; my hip pain disappeared completely and I feel so much stronger.

***4. That's awesome! What have your results been since joining Resolute Running?***

I have been absolutely amazed by the results. I looked back at my half marathon times from 10 years ago and thought, "These are in the past, I have to set new goals." But with Coach Ann's training plans— and every race, I thought her race strategy was crazy!— I have been able to run the same times from 10 years ago in two half marathons so far.

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

My favorite Resolute Running memory is the BHM 26.2 Half Marathon, which felt like running it with a family. I loved meeting everybody before the start, and running with the Resolute Running pacers and RR friends. They were phenomenal; I would have not been able to run up all of those hills without their continuous encouragement. And Coach Alex Morrow joined me one mile before the finish, when I was totally exhausted, stuck with me, encouraging me and crossing the finish line with me, helping me set a new PR.

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

Give it a try and you won't regret it! For me, joining Resolute Running ended up in a double-win situation: not only has my running improved so much already, I also have made so many new friends. I am more of an introvert and was worried joining initially. But no matter how fast or slow you run, RR coaches and members make you feel welcome. And running and training is so much more fun together!