

This Month's Member of the Month is Sunny Workman!

Sunny takes her training seriously and is always willing to give it her best, to the very last rep of a workout! She is not afraid to take on big challenges (as in ultra marathons with 100+ miles) and puts in as much work before the race as she does on race day. While the trails are her first love, she embraces the speed at her track workouts, and we are all seeing the results! Congratulations, Sunny!



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

I started running in 2012. I trail-run only. I love the woods, and I feel at home there. I still probably wouldn't say I am a runner, I just love being in the woods!

2. What made you join Resolute Running?

My answer for Question #2 is combined with my answer for Question #5.

You know the old adage about the attorney representing one's self has "a fool for a client." I think the same concept applies to coaching yourself. Sure, I know a whole lot about trail running; however, I had hit a wall in my training between being a working mom, Covid, many disappointing races and turning fifty. I knew I needed some help and guidance.

I had big plans to complete the Cruel Jewel 100 and I wanted that belt buckle! Coach Lisa Booher was able to fine-tune my training, give me accountability, and most importantly offer encouragement and be a friend. Finishing that race was nothing short of magical for me, and I am really looking forward to many more new goal races!

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

First and foremost, Resolute Running helped me get the coveted Cruel Jewel Buckle. I am so very excited about that one! Next, I've gotten stronger and excited about training again. This past Saturday I won First Overall Female for Ridge to Blazing Ridge, which I never thought I could do!

4. That's awesome! Congratulations! What is your favorite Resolute Running story or memory?

There are several, so it's hard to choose. Ask fellow Resolute Runner Paige Paschal about pacing me the last 26 miles of Cruel Jewel! Besides that, it was probably Coach Lisa talking me off the cliff at a 50 mile race in the North Georgia mountains this spring.

I got lost, a lot. This was a very poorly marked race, and I was over being lost. At one point I was running at about mile 42, and felt really unsure of where I was. Some guy was running toward me and asked if I was a part of the race (and it's 10:00 at night at this point). I said yes and he was said, "You're going the wrong way."

I lost it. I got dizzy and almost passed out (in hind sight I realize it was just a Vasovagal response, but at the time I was freaked out). I said, "That's it, I'm over this I quit." I sat down on the side of the trail, called Coach Lisa and asked her to come get me.

She talked me off the cliff and encouraged me. About that time, some guys came up and I realized I wasn't lost. We carried on and I got to running again. After my toddler melt-down I still pulled off a fourth overall female finish! It was really awesome having Coach Lisa there emotionally to getting me going again.

5. What advice do you have for anyone considering a run coach and Resolute Running?

See my answer to #2 and just do it!