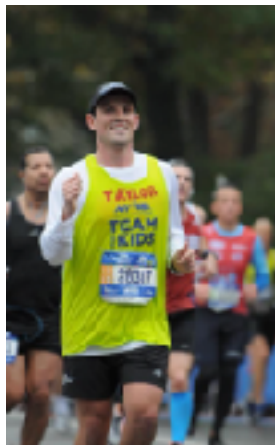


Our Member of the Month is Taylor Rowell!

Taylor is someone who hits his workouts consistently, and uses his goals to motivate him to get moving. For example, even if Taylor is on vacation, he runs instead of sleeping in. When he shows up at a start line, he gets after it. And he has not let the heat and humidity of Alabama summers derail his training one bit! Taylor has some big marathon goals, which we know are within his reach because of the hard work he puts in consistently. He doesn't just say he wants a particular goal; he shows up and puts the work in day after day to achieve it. Taylor's coach, Lisa Booher, says "It's truly a pleasure to coach someone so motivated!" And it is truly a pleasure having Taylor on our team!



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

I started running because I played soccer in high school. I realized the only way I could overcome a bad touch was to be in better cardio shape. And then I realized I enjoyed running more than playing soccer.

I felt like a runner when my soccer coach let me run a half marathon right before a big tournament out of town. I wasn't exactly sure how far we ran at practice but I felt like I could handle the distance. I ended up running an 8:00 minute pace for the race and have been trying to beat that PR ever since.

2. *What made you join Resolute Running?*

I finally dropped a lot of weight after college and started to get into a better running routine. I finished a couple marathons but I didn't have a solid training plan. I really wanted to take a stab at qualifying for Boston. I originally went to a coach who told me I was crazy and couldn't handle the workload. Coach Alex told me it would be difficult but to come on in and we'd get to work.

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

I started off just running and lifting on my own. I switched over to TRX classes at the Training Center and it's been great. The more consistently I go to classes the better I feel on my runs. I also notice that I have less aches and pains than when I just run.

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

First off, I haven't (knock on wood) had any big injuries or issues to sideline me. I've also been able to handle a much larger training load than I ever have before.

As far as race results, I have PR'd both my 10k and 15k so far this year. I have won more age group awards than I ever have. It's been really great.

5. That's great! What is your favorite Resolute Running story or memory?

I think my favorite memory was Adam's Heart Runs. Coach Lisa assigned me a 7:15 pace for the 10k. Inside, I thought there was no way I could hit that after a month or so training with Resolute Running. I ended up beating that by 20 seconds per mile. Coach Lisa was also the Race Director so she was right there at the finish line to celebrate my first big PR.

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

I would absolutely say you need to give it a try. If you've never been a runner, you aren't going to find a more supportive group to help you start out, especially learning speed workouts. If you've been running a while and want to hit a certain goal, I think you can find out pretty quick that also is going to be attainable.