

Today's Thank You Thursday features the dynamic Temeka Carmel. Temeka has been running for 3 years; she has already achieved so very much, and it is because of her hard work and dedication to her training plan. Temeka is an active member of Black Girls Run. She also loves to motivate those around her, and we love her positivity. We are so proud of Temeka's accomplishments, and love having her as a Resolute Running teammate! Thank you Temeka!



*1. How long have you been a runner?*

I became a runner when I decided that in 2011 when I moved to Birmingham, Al from Detroit, MI and started on my weight loss journey that walking wasn't getting it for me anymore. I wanted to run and be able to run long enough without being winded.

Magic City Half marathon marks my third year as a runner. Each time I step up to the starting line at this race it is a clear reminder to me the struggles I've been through in the past year and when I cross the finish line and receive my medal, it's for all the hard work I've poured into achieving my goals.

*2. What made you join Resolute Running?*

I wanted to join resolute running after attending a BGR Birmingham event held at the center where my now coach Ann Thomas was

teaching the foam rolling class. In that moment, it clicked in my head that even though I had been running for two years now I wasn't as knowledgeable about how to stay injury free, pacing, and or proper training. I was intrigued and I wanted to become faster and stronger so I signed up and it's a choice that I'm glad I made in my running journey.

*3. Do you use any other services at Resolute Running?*

I've attended the Core on the Floor with Coach Ann and I absolutely love core class. It helped me to understand the importance of building a stronger core.

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

Resolute Running has helped my running tremendously! I've gone from running a steady 3.1 miles to be able to run a full marathon without the need to stop.

Since joining Resolute Running, I've set a PR at each of the races I've trained for. I set a phenomenal 5K PR at Woodstock, achieved a great time running my marathon in October in Chattanooga, PR'd at Vulcan and finished with a mean PR at Magic City Half by shaving off 22 min's of my time from last year.

*5. Amazing! Congratulations! What is your favorite Resolute Running memory?*

My favorite Resolute Running memory will always be Magic City Half Marathon. Once I came into the entrance of the race to the finish line, seeing all of my Resolute Running teammates at the finish line cheering me on, and getting that high five from Coach Alex which made me sprint like a mad women to the finish. That moment will forever be with me because once I crossed the finish line I remember that all you have to do is trust the RR training and process. Because I did, I had nothing but great results for each race I've run.

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

My advice would be to think about where you are and where you want to be. If you want to learn how to train properly and run injury free, then Resolute Running is the place for you to be. If you have goals you're trying to achieve, and you want to become faster and stronger, then Resolute Running is definitely the place for you to be.