

Today's Thank You Thursday features Teresa Wilson. Teresa came to Resolute Running as an experienced runner, but was looking to improve her race times. She has put her faith into the Resolute Running philosophy-- she trains hard, and has the success to show it. She is also a blast to run with at the track! We love having Teresa on the Resolute team, and for that we say Thank You!



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

Since I graduated from college and had too much time on my hands. I got bored one day, put on my Reebok Aerobic shoes and took off around the neighborhood ... I was hooked.

I felt like a runner while I was training for my first race: the Bay to Breakers 12K. That's when my running had a purpose and a real goal.

*2. What made you join Resolute Running?*

I was challenged by a friend, during the Talladega Half-Marathon last year, to run the Mercedes Half-Marathon in 1:45. I knew there was no way I could do it on my own, and I had seen so many success stories about Resolute Running that I called Coach Alex the next day.

*3. What have your results been?*

I am a stronger runner -- I've had a PR in the Half-Marathon, and ran my first negative split in the Vulcan 10K last year. I am amazed every Speedwork Thursday that I can actually run as fast as Coach Alex thinks I can.

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

I love Coach Kelly's Run Barre class! I think it's helped with balance and flexibility -- and I feel taller when I leave. And Coach Kelly is such a joy to be around at 5:30am.

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

Last year's Magic City Half-Marathon. I thought I was having a terrible race and was so mad at myself that I vowed to never run again. I even tried to pull off my timing chip. It turns out I was running better than I ever had before, I had a major PR and came in 2nd place in my age group!

*6. That's awesome! What advice would you offer anyone considering hiring a personal run coach, and Resolute Running?*

Do it! Coach Alex and Coach Ann are wonderful, encouraging coaches who pay attention to everything and WANT you to be the best runner you can be!