

This month's Team Member of the Month is Niki Robinson.

Niki started training with us two years ago, after a long break from running. She worked diligently at her first 5k in many years, then continued on to train for a 10k, then her first half marathon in almost a decade this past fall. Niki is fearless: she ventured from the roads to the trails, and started racking up race finishes one after the other. She is always up for a challenge, and is now training for a twelve-hour event, where she will attempt her very first marathon! And oh yeah, she is a total blast to have around! Congratulations, Niki!



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

I first start running in college in the early '80s. I ran steadily for the next 10 years but with marriage and kids, I stopped. I started running again in the late 90's and again ran steadily for years. I stopped running in 2009 and I truly thought I was done. I believed I had run my last time and would never run again.

2). What made you join Resolute Running?

I started running with Resolute Running thanks to my employer. In September of 2015, the law firm I work for offered to pay for a 5k program for anyone interested. I immediately signed up with the idea that I would run as long as the class continued and then probably stop

again. Boy, was I mistaken! It was tough but the encouragement and instruction I received from Coach Lisa Booher and Coach Jennifer Andress was great. They had me believing I could continue to run for the rest of my life. When the 5k class ended, I continued to run and in January of 2016, my employer once again offered the 5k class. I signed up again with the idea that I could increase my distance and become more consistent with my training. I did just that and then signed up for a 10k class. In March of 2016, I joined Resolute Running and I've never regretted the decision. I knew I WAS A RUNNER!!!

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

Since joining Resolute Running, I've completed two half-marathons, Soldiers and Mercedes, the Montgomery 10 Miler and the Barely Ultra Half. In 2016, I ran the Quarry Crusher and in 2017, I ran the Double Crusher and I've run Xterra at Oak Mountain the last two years. I've competed in numerous other races including two races in one day, The Darter Dash and The Retro Run. I'm currently training for the St. Jude's Half Marathon in December and will run the Endless Mile in October (I'm going to run a full marathon in the twelve hour race). I've had one minor injury and a family illness that has made it necessary for me to take a break from my training but my coach has been right there with me to get me back on track and works with me to adjust my training so I can reach my goals. I've run more miles than I ever dreamed I would and I'm determined I will not stop running again.

4). What is your favorite Resolute Running memory?

I have so many wonderful memories of running with Resolute Running. My first really favorite memory was finishing the Wine 10k in 2016. It was my first 10k after starting back running and I remember coming off Lakeshore Trail nearing the finish line and Coach Jennifer was there to yell and encourage me and when I crossed the finish line, a lot of the Resolute Running team members were there cheering me on. It was such a great feeling! I decided then to join the Resolute Running team.

Another favorite was Adams Heart Run this year. I went out wanting to get a PR and I was encouraged the whole way by runners I knew from

Resolute Running. After the race I went to see Coach Lisa and told her I had PRed. She was just as excited as I was! That reaction was priceless to me. I can go on and on, including the Resolute Runners who ran me in at Soldiers, my first half-marathon in 15 years, and just the overall great feeling of being a member of the team.

5). What advice do you have for anyone considering joining Resolute Running?

My advice to people considering joining our great team is to just give it a try. It's worth it; it might not be for everyone but if you put in the effort and take advantage of what is offered with the training and runs, you'll probably find that you really love it. You'll definitely make a lot of new friends and will always find someone willing to run with you, hold you accountable and cheer you on to the finish line.