

Today's Thank You Thursday features Lauren Floyd.

Lauren was a collegiate runner at Samford University. She is also a newly certified coach for Resolute Running, helping to lead our group of new and returning runners for an August 8<sup>th</sup> race, the Just a Call Away 5k. Coach Lauren is extremely knowledgeable when it comes to running, as well as strengthening and cross-training. Her 5k training group is enjoying learning from her, and we love having her at Resolute Running!



***1. How long have you been running?***

I've been running since I was 12; I ran competitively from 7th grade through college. And I still ran after college, I just didn't race. Running is what I need for stress relief, to sort things out in my head. If I don't get to run, I can get pretty cranky and unpleasant to be around.

***2. What made you join Resolute Running?***

I joined Resolute Running because I knew I wanted to start taking my training seriously again, and I also wanted someone to help me strengthen some problem areas (my hips in particular) so I could avoid getting injured. In college I dealt with ITB syndrome and stress fractures, and I wanted to learn how to stop the injury cycle. The first day I met with Coach Alex, he showed me how to do monster walks, and I knew my life would never be the same again ;). Over the past year, Coach Ann has helped me get faster, stronger, and mentally tougher.

***3. What is your new role at Resolute Running?***

I'm USATF-certified and helping to coach our Just a Call Away 5K program. I am also TRX-certified.

***4. What is your favorite Resolute Running memory or story?***

Hmmm. There are a lot to choose from! Being part of the cheer section at last year's Magic City Half was pretty amazing, even if it was a little cold and wet! Watching so many Resolute Runners pacing and encouraging each other (and setting some PRs!) took me back to how it felt to be part of a real team. I didn't know how much I had been missing that feeling. Another favorite: that one time Joey L. and I had to run speedwork a day early, and everyone assumed that we had taken our picture after the workout . . . nope, it was totally before. (I wasn't really smiling after those 600s!) (see first attached pic)

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

To anyone considering Resolute Running: get off the fence and join this wacky group of highly intelligent and super motivated people! They will challenge and encourage you to get in the best shape of your life, and you'll make a ton of new friends in the process. Joining Resolute Running was easily the best decision I've made in years (well, maybe right behind marrying my husband).