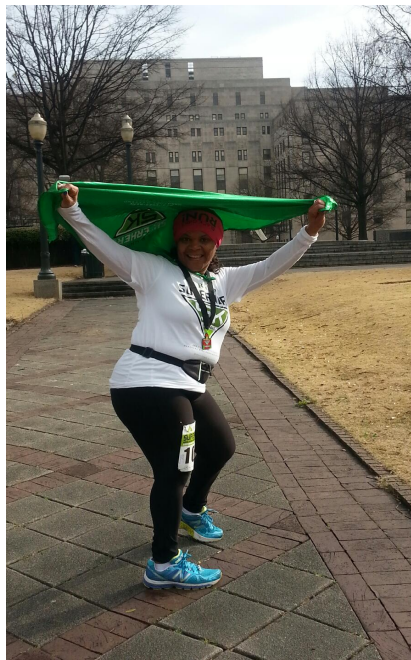


This week's Thank You Thursday features Angela White.

We love having Angela on the Resolute Running team. She is dedicated and enthusiastic. She works her training plan perfectly, and the results are showing! She just had a PR this past weekend at the RRCA Southern Region 5k Championship in Anniston. Angela is an active member of Black Girls Run, and inspires those around her to get healthy. She has a beautiful smile and fun personality, and for that we say Thank You!



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

My lifestyle change began with a visit to my doctor. Upon leaving my doctor's office, his words were echoing in my mind: "I can't help you, Mrs. White, until you help yourself." At that point I was on several medications for my blood pressure, was not taking my medication consistently and my weight was steadily increasing.

In October 2010, my yearning to be healthy and fit began. I decide to join a fitness center and attended several boot camps. The results were coming, so I decided I wanted to take my training to the next level. In February 2011, I started training with a personal trainer. My trainer challenged me to start running a mile every morning. Of course, I thought he was out of his mind. I started out slowly, working my way up from one mile to eventually completing a 5k race in 2011 Susan G. Komen Race for the Cure. After completing that race, I felt nothing could stop me now! It was at that point that I realized I was a RUNNER!! As of today I am only on one medication for precaution for my blood pressure.

2. That's wonderful! What made you join Resolute Running?

I needed a push after having a setback in my personal life. In 2013, my husband became ill so I didn't get a chance to run for about two months. After getting back on the pavement, I decide that I wanted to do the Mercedes Half Marathon in 2014. I did manage to complete my first half marathon without stopping; I was very determined to make it to the finish line.

I wanted more after that but didn't know where to turn, until I ran with the Resolute Running group for the Martin Luther King Jr. birthday run in January 2015. At that point I knew I had to become part of the Resolute Running team, but it wasn't until June 2015 that I decide to walk out on faith financially and join.

I joined Resolute Running because I wanted to challenge myself to become the best runner I could be. I knew that Resolute Running would push me to my optimum level of running.

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

I have only attended TRX Rip class with Jennifer Andress. I absolutely love it and I do plan on attending more classes in the future.

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

Since I been with Resolute Running, I have made a comeback with my running. I won 3rd place in my age group at the 8th annual HBCU 10k in Atlanta, and just this past weekend I had a PR at the Woodstock 5k in Anniston. I am seeing a huge difference in the way I train.

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

When you get to the point where you feel that you have plateaued and need a push, don't give up! Reach out for some professional training, because these people have the knowledge that is needed to be a great runner. Since joining Resolute Running, I feel there is so much in store for me. Make sure you are training according to your plan. Stick to it and the results will soon be on their way. I would like to thank my coach, Coach Ann Thomas, for guiding me through to my next level of running. And to Coach Alex Morrow: thank you for the awesome speed work!