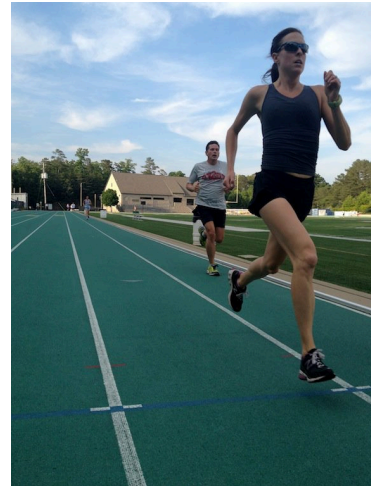


Today's Thank You Thursday features a vital member of the Resolute Running team. Coach Ann Thomas has been a stellar runner most of her life, and she now has become a wonderful Running Coach as well. She is a Run Coach, Personal Trainer and Group Fitness Instructor at Resolute Running. She also organizes Run Form Clinics for Resolute Running team members, to address their fundamentals. She works hard to develop personal and individualized plans for her clients, and it is obvious she cares deeply about their success. Her positivity and enthusiasm for her Resolute clients shine through, and for that we say Thank You Coach Ann!



1. Tell us about your running background.

I began running in the 6th grade to get ready for the Mountain Brook inter-elementary school track meet. I loved it all. From the meet atmosphere to racing around the track, I was smitten. I went on to run Cross-Country and Track for MB Junior High, MB High School and then Cross-Country at Clemson University. Running was the perfect sport for me. I enjoyed being part of the team and also competing individually. After college, I took a four-year hiatus from running. I was burned out! When I moved back to Birmingham five years ago, I decided to train for a marathon. My goal was to run one, qualify for Boston, and then be done. I am now training for my seventh marathon. Needless to say, the running bug bit me!

2. How did you become involved with Resolute Running Training

Center?

Last year I started hearing about this guy, Alex Morrow, and the training center for runners he was opening. I was intrigued with the idea of a training center in Birmingham, and sent him a Facebook message to see if he might be hiring. We met and I was impressed by the vision, business plan, and center set-up. He was kind enough to take a shot on me, so I quit my job in sales and got certified as a coach and personal trainer. It was a leap of faith that turned into my best career decision! I absolutely love working with people to achieve their goals.

3. What is your role here? Tell us what you coach, and your classes and seminars.

I am a Run Coach, a Personal Trainer, I teach Core class (Mondays at 6:30pm!), and I hold Run Form Clinics.

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

One of my current favorite Resolute Running memories is the Rumpshaker 5km this past spring. One of my clients was convinced that she could never run a sub-30:00 minute 5km. She was following her run plan, rocking her speedwork, working hard in weekly personal training sessions but (like many of us) had a mental block on a faster 5km. I wanted her to believe in herself as much as I do, so I paced her. She stayed on my hip throughout the race and set a huge PR of 28:03. Watching her face when we crossed the finish line was the best!

5. Love it! What have been some of your personal achievements since running for Resolute Running, and what's next for you?

While under the RR banner, I am most proud of staying fit throughout my pregnancy and delivering a healthy baby boy. I was able to run and train through 8 months of pregnancy. I ran one marathon in my first trimester, qualified for Boston, and then got to pace two half-marathons in the second and third trimesters. Now I am gearing up to race a marathon! I am incorporating more speedwork in the hopes of achieving a new PR well below my current best of 3:10.

6. What is your advice for anyone considering a run coach and Resolute Running?

Do it! I think everyone can benefit from having a coach and being on a team.