

Today's Thank You Thursday features Anne DeBardeleben.

Anne joined the Resolute Running team and fit right in! She got right to work, following her training plan diligently. She also is a regular at our TRX fitness classes, and she has seen her strength and flexibility greatly improve. Anne recently had a 30 second PR in her 5k time! Anne is a busy mom, but she makes time to take care of her fitness, too. We love Anne's determination, and the smile she always has on her face. And we love the example she is setting for her son, and can't wait to see just how far she goes!



1. How long have you been running? How long have you been a "runner"?

My father was a runner and I began running with him on the weekends when I was young, 10 years old. It was our time and my love for running began during those runs.

I always considered myself a 'recreational' runner. I ran cross-country and track in junior high, and cross-country a semester in high school. However, for the rest of high school and college, I really didn't run much. In 2006, my brother and sister wanted to do a relay race together and I started running again. Since then, I've completed several 5k's, 10k's and half marathons, but when I crossed the finish line for my first full marathon, I felt I was allowed to call myself a 'true' runner.

2. What made you join Resolute Running?

After committing to run a full marathon for the first time earlier this year, I set my goal for 4:00:00. I trained for 4 months, fighting IT Band issues and ended up running the Mercedes in two knee braces due to the IT pain. My official time was 4:01:08. I was extremely disappointed in myself. This made me realize if I decided to continue participating in marathons, I needed some help. I felt as though I must be training wrong.

[Fellow Resolute Runner] Mary McGee Broome always spoke so highly of Resolute Running, and I reached out to her. She said Resolute Running had been incredibly beneficial for her, and what a special group it was. I contacted Coach Alex and we met. His insight confirmed my suspicions that I was training ALL wrong. He gave me hope that I could become stronger, faster and most importantly run injury free. I joined Resolute Running immediately after talking with him.

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

I take Coach Ann's Hip Dynamics, Coach Kelly's TRX Flow, personal training with Coach Ann and attend seminars which are offered. In the 6 weeks I've been at Resolute Running, I can already tell how much stronger I am becoming. I am running with less effort. Also, my IT Band has remained quiet while I am increasing my mileage.

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

My strength, endurance, flexibility and form have all improved since beginning Resolute Running. My hips are very weak and doing the MYRTL, TRX classes, training and foam rollers are building strength in them. I ran my first race, a 5k, a month into training with Resolute Running. I shaved almost 30 seconds off my PR. It was affirmation how much Resolute Running has benefited my running.

5. What is your favorite Resolute Running story?

When I met with Coach Alex, I told him how shy and introverted I am. It seemed very intimidating to enter--- what I perceived as--- an elite running clique, which I felt I wasn't qualified for and to which I didn't belong. However, my experience has been the opposite. I've been overwhelmed with how kind and welcoming everyone has been. The coaches and fellow Resolute Runners are encouraging, supportive and go out of their way to make me feel a part of the group. When I travel, I realize how much I miss running with the Resolute Runners. I thoroughly enjoy having people to train with who love running, and getting through the tough runs together. It makes it soooo much easier!

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

The coaches are extremely knowledgeable, and are experts in their field. They work with each client's strengths and weaknesses to help them become better runners. I would encourage any runner to join, whether they are a recreational, competitive or a lifelong runner. It's a welcoming, encouraging and challenging environment.