

This week's Thank You Thursday features Audrey Brown.

We are so excited for Audrey! She is coming off of her first ever Age Group Award from last weekend's Adam's Heart Runs 5k. Audrey just started running last summer as part of Resolute Running's 5k training program. She got bit by the running bug, and stuck around for the Vulcan Run 10k. She is now one week out from her first half marathon! Audrey has jumped right in and become a regular at Speedwork Thursday, our classes at the Training Center, and personal training. Audrey is looking forward to traveling with the Resolute Running team to Virginia Beach next month, for our spring team race at Shamrock Marathon Weekend. We are proud of you, Audrey, and can't wait to see what the future holds! And for that we say Thank You!



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

I've been running just since June of last year when I signed up for a 5k training group led by Coach Kelly McNair and Resolute Running for the Save the O's run. I still have many days when I don't feel like a runner. In fact, when I found out I would be in this week's Thank You Thursday, my first thought was "But I'm not really a runner!" However, I first felt like a runner during the Vulcan Run 10k in November when I turned onto 20th Street and realized that I was really enjoying the run

and that I was going to finish the race. The feeling made me so happy that I was pretty misty-eyed for the last mile and a half or so.

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

I decided to join Resolute Running after finishing the Save the O's training group. Coach Kelly was so encouraging, and it was a tremendous help to have her support and to have good people to run with. I knew I wanted to keep running, and that I was much more likely to do so if I had a plan and a good coach to help me stay on track. So, I signed up for Coach Alex's Vulcan Run training group and then officially joined Resolute Running after the Vulcan Run. It's been a great decision, and I'm glad that two friends I made during the Save the O's training have also joined Resolute Running.

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

I do personal training with Coach Kelly and some of the group classes, including the TRX Blast class this week with Coach Cathy. They've helped me to feel stronger, which I think has helped me to run faster and farther (and fitter too!).

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

I finished the Vulcan Run 10k with a better time than I expected, and have done 2 more 5ks and gotten a little faster in each of them. Much to my surprise, I even finished in 2nd place in my new age group at the Adam's Heart Runs 5k this past weekend. Finally, I am getting ready for the Mercedes Half-Marathon this month and the Shamrock Half-Marathon next month, and have been enjoying the training process.

5. What is your favorite memory or story as a Resolute Runner?

My favorite Resolute Running memory so far is from just this past weekend at the Mercedes preview run. I tagged along on the run with fellow Resolute team members Andi, Meaghan, Cassandra, and Janet for most of the run. When I got to the waterstop at 5 Points South, Janet gave me a high-five, and that was the moment that I knew I really could run the Mercedes Half and have fun doing it. It felt great to be there Sunday, and it was also a good reminder that it can be much more fun to

run with a group. So, I'm looking forward to more group runs and to gaining even more Resolute Running memories.

6. Absolutely! What advice would you offer anyone considering personal run coach and Resolute Running?

Just jump in and do it. You won't regret it one bit. Resolute Running is a fantastic group of people, and Coaches Alex, Kelly, Ann, and all of the coaches are so knowledgeable, helpful, and encouraging. I feel lucky and thankful to be a part of Resolute Running.