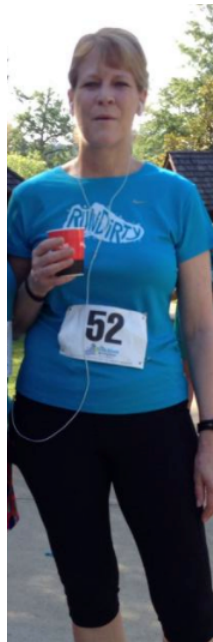


Today's Thank You Thursday features Becky Howard.

Becky joined Resolute Running's beginner program last summer, and has since become an important part of our team. Becky understands the importance of nutrition and strength training, in addition to her running. She has gone on to tackle longer distances, as well as achieve a PR at last weekend's Motherwalk 5k. Becky's coach loves working with her, and knows she has much success in her running future! Congratulations, Becky, and Thank You!



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

Prior to 2012, I don't think I had ever run further than one mile, and that was a requirement during a college PE course (a REALLY long time ago). I started running at the end of 2012 by following the C25K program and I ran/walked in three 5Ks. That lasted about six months. In an effort to shed some pounds, I started back on C25K in April 2014. A co-worker, Abigail Morrow, told me that Resolute Running was offering a training program in conjunction with Save

the O's 5k. I decided to sign up, and Coach Kelly trained six of us (including current Resolute Runners Audrey and Kristi) for the race that August. Following that race, Audrey and Kristi told me they planned to train for the Vulcan 10k in November. Since I knew Coach Alex was training a group for this race, I decided to at least give it a try. I was really unsure of myself and of my ability to run 6.2 miles. I guess I felt like I had become a runner during this training. I surprised myself every time I ran a longer distance.

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

I joined in November after the Vulcan 10k. I knew that I needed a plan and accountability to improve my running and overall health and fitness. Resolute Running offered that with great coaching, support and fitness classes.

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

Yes. I have personal training sessions with Coach Kelly, and take Rip Core or TRX classes with Coach Ann. I have also taken Yoga 4 Runners. I have seen great improvement in my strength over the past six months. The word "plank" no longer makes me cringe.

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

The biggest accomplishment for me is not the PRs (although I had one at the Motherwalk 5k this past weekend) but maintaining consistency in training. My goal is to continue to increase my mileage and possibly train for a half marathon. I wouldn't be where I am without Coach Kelly. She has provided tremendous knowledge, support and encouragement throughout my training.

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

I've gone on two trips since joining Resolute Running: Atlanta for the Hot Chocolate 5K/15K in January and Virginia Beach for the Shamrock 8k, half and full marathon in March. Both were so much fun and I got to know other members of Resolute Running. Just a great group of people!

Also, I would add the Vulcan 10k in November. As mentioned, I had never been a runner so completing a 10k was a big deal. It proved to me that with hard work and proper training, I could accomplish goals I wouldn't have thought possible.

*6. We are so proud of you, Becky! What advice would you offer anyone considering a personal run coach, and Resolute Running?*

Whether you are a beginner like me, or a more experienced runner, you couldn't find a better group of coaches and team members.