

Today's Thank You Thursday features Beth Feller.

Beth is one of our original Resolute Runners, and we love having her on our team. Beth shares her love for running with her husband and daughters; we love seeing them together at races and other events! And even though she has had a lot of life changes in the last few years—another precious daughter, relocation to Tuscaloosa--- Beth still works hard at her running plan and in the Training Center. And she has the results to show for it! Congratulations on all of your success, Beth, and Thank You!



Vulcan 10K Run, 2013

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

I've been a runner for nine years, and running has changed my life! I ran my first 5k in 2006 in the Los Angeles Revlon Run/Walk for Women. My husband and I had moved to California the year before, and I was looking for a way to lose weight and meet new friends. That run was so amazing! Runners were in front and behind me as far as I could see, and the race finished on the 50-yard line of USC's football stadium. You would have thought I had won the Olympics! I will never forget that feeling of accomplishment. From that moment on, I was hooked. I also experienced every overuse injury and racing mistake imaginable, as I had very little guidance as to how to properly build mileage.

It really wasn't until I moved back to Birmingham in 2011, and began running with the BTC Saturday Morning Long Run, that I really felt like a "runner." Even though I had finished two marathons, I had always trained alone while living on the West Coast. I felt like I wasn't fast enough to run with a group. Those Saturday mornings changed all those thoughts, as I made wonderful friends and realized that there were so many other runners just like me. The words of encouragement, the accountability, and the confidence to tackle the hills in Birmingham really made me feel like I belonged. I have now completed 5 full marathons and 14 half marathons!

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

I am so proud to be one of the initial Resolute Runners!! Before joining Resolute Running, I knew Coach Alex as the guy who always was willing to reach out and welcome new runners, and point you in the right direction if you were lost out on a route. I appreciated how he and the other coaches took time out of their own long runs to pace other runners and answer questions. While living on the West Coast, I had always trained alone with a training plan to guide me along. The training plans, however, never accounted for what to do when I got hurt or needed to adjust my mileage. I was constantly facing unknowns and pending injuries. Joining Resolute Running gave me a solid personalized training plan that was flexible enough to fit my work and family schedule, while providing me with accurate pacing instructions. I surrounded myself with expert coaches and runners who gave excellent advice, and I became part of a real team. The coaches at Resolute Running became my friends and running mentors, and helped me navigate a return to running after taking a break to have our second daughter last fall. Since joining Resolute Running, I have PR'd in every distance from the 5k to the full marathon, and proudly wear my Resolute Running shirt in every race!

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

Even though our family has recently relocated to Tuscaloosa, I still find

the time to schedule a TRX class or a personal training session. Those sessions are worth the drive! Cross training is so important to develop endurance and remain injury free. I love how Resolute Running knows the best way to cross train a runner!

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

I have PR'd in every distance since joining! More importantly, I have been able to run more miles and stay completely injury free.

*5. That's so fantastic! What is your favorite Resolute Running memory or story?*

About two years ago, we got a group together to run the Monkey See 5k in Homewood. We all met at the Training Center, where Coach Alex reviewed the route and race strategy. The Resolute Running Team totally dominated, and so many of us were able to get to the podium. I loved the team spirit, and how Coach Alex and Coach Ann waited for us at the finish line to bring us in!

I also had Coach Alex run the first 13 miles of the Rocket City Marathon with me in 2013. I can still hear him say, "Smile for the camera!" and "Run the tangents!" and I have often thought of him when I run other races. I learned more about racing in those 13 miles!!

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

Stick with it and trust your coaches! I started back running when our daughter was eight weeks old, and have been able to complete three half marathons, all under two hours, in the last six weeks. I would have never had the confidence to achieve such a goal had it not been for the support of the awesome coaches we have! I am so grateful to be back running with such a great team!