

Today's Thank You Thursday features Bradley Wells. Bradley is coming off of a huge race in Huntsville last month. He ran the Rocket City Marathon in a phenomenal 3:38, which is a 40-minute PR! His sights are now set on 2 more marathons in the next month: New Orleans and Mercedes. Best of luck, Bradley! We know you will do great! And for you hard work, resolve and ambition....Thank You!



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

I started running in 2011, trying to prepare for Tough Mudder. It was not until finishing my first marathon in Savannah, November 2013, that I really thought of myself as a runner.

2. What made you join Resolute Running?

I joined Resolute Running a few months after Savannah, knowing I could do more, be faster, and perform better!

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

I do yoga quite frequently and cross train, both which I feel helps my running performance.

4. What have your results been since becoming a Resolute Runner?

11 months after my first marathon, and 6 months with Resolute Running, I've shaved off 40 minutes from my marathon time. I currently have eyes set on Boston!

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

My favorite memory so far is waking up so early, and being so cold, but yet surrounded by other crazy runners who are willing to be out there perfecting our trade!

6. Oh yes, Speedwork Thursday! What advice would you offer anyone considering a personal run coach and Resolute Running?

It was one of the best decisions I made in 2014. Not only has it boosted my performance greatly, it has also boosted my confidence in running, and introduced me to a mass of awesome people who share the same crazy as me! Whether you need help with form or just looking to enjoy running, Resolute Running is a great choice.