

Today's Thank You Thursday features Resolute Trainer Cathy Sharp.

Cathy joined the Resolute Running staff last year, and quickly became a vital member of our training team. She is a registered nutritionist and dietician, and has been a trainer and group fitness instructor for almost 20 years. And now that Resolute Running Training Center is the only TRX Qualified Facility in the Birmingham area, we are excited to have Cathy teaching several of our group TRX classes. Cathy is an accomplished marathoner, and truly understands the training and nutrition needs of our Resolute Runners. Cathy pushes us hard in the Training Center, but we always have lots of fun! And for that we say Thank You!



*1. How long have you been a runner? What is your running background?*

I completed my first marathon in 2005. I crossed the finish line and immediately signed up for another. I've run 14 marathons, and I've lost count of how many half-marathons. It really is my therapy and keeps me in my happy place.

*2. How long have you been a trainer and group fitness instructor?*

A LONG TIME! I started teaching aerobics at the Jackson Mississippi YMCA when I was 18. I also taught at Mississippi State University and

was named Aerobics Instructor of the Year. As a Registered Dietitian, I've always enjoyed helping others achieve their nutrition and fitness goals.

*3. What made you come to Resolute Running?*

I posted a picture on Facebook of me teaching a boot camp class at the YMCA years ago. Coach Alex sent me a message and said we need to talk... The rest is history.

*4. Tell us about your classes at Resolute Running.*

I currently teach a Body Blast class on Tuesday and Thursdays. This class is a total body workout that will get you in tiptop shape. It's just like running. If you want to run a marathon, you must train. If you want to get stronger, you must be consistent with your TRX workouts. I hope to see you in my class.

*5. What is your favorite memory since coming to Resolute Running?*

When Coach Alex used the staff as guinea pigs for practicing his TRX class. "Cathy, put your feet together. That looks easy. Walk your feet back. BURPEES!" I felt it the next day!

*6. What advice do you have for anyone considering TRX, and Resolute Running?*

I LOVE training with the TRX! I train with the TRX 2-3 times a week. I can tell a difference in my running and when I look in the mirror. Basically, my runs are stronger, and I don't jiggle as much as I used to!! As far as what I love about Resolute Running, what's not to love? You have a group of professionals who want to help you achieve your fitness goals. It's awesome working and training with such a great team.