

Today's Thank You Thursday features Clinton Colmenares.

Clinton is coming off of a huge race this past weekend: he ran a 9-minute PR in the Owensboro Half Marathon. Clinton joined Resolute Running just a few months ago, and has made a tremendous impact at the Training Center. He has become an integral member of our team, and has hit milestone after milestone in his races. We couldn't be happier for you, Clinton! Congratulations, and Thank You!



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

I've only been a "runner" since I joined Resolute Running in February 2015.

In 1996 I ran a 5K, and it was awful. It took me 18 years to recover. In 2014, my daughter, who was 9 at the time, joined Girls on the Run at her school. My wife, who wanted me to be in better shape, secretly signed me up to run their 5K. My daughter beat me. I realized how out of shape I was, so I started running regularly last fall to prepare for the Vulcan 10k.

The first time I called myself a runner was about two months after joining Resolute Running. One morning after a training run I stopped at the dry cleaners. One of the ladies working there saw me, dripping sweat, and said, "Are you a cyclist?" I said, "No, I'm a runner."

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

After the Vulcan 10k I wanted to keep running, so I set my sights on the Mercedes Half Marathon in 2015. But I'm a knowledge junkie and I'm slightly competitive. I wanted to know how to run properly so I would see results -- better conditioning and faster times without major injuries. OK, really, I wanted to run faster. I wanted to outrace as many people as possible. Anyone who has ever watched the Olympics -- track or swimming, anything time-related -- has said, "I want to go fast." People watch NASCAR thinking, "I want to go fast"! I tried a few online programs for the Vulcan, but that was like trying to cut my own hair by reading a manual. It was ugly. I didn't even know the vocabulary -- what's a training run vs. a pace run? What's a pace? I emailed Coach Alex looking for last-minute help before the Mercedes Half. When I met with him, I knew I had found a place that could offer legitimate training and coaching.

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

I've done several of the TRX classes and the yoga class. Wow! They were all great workouts. Having knowledgeable trainers telling me what to do and explaining the benefits and how they relate to running really brings it all together for me. The group runs are also amazing. Everything that Resolute Running offers makes me a better runner, from strengthening my core to building endurance to providing awesome social support. It's really a holistic approach to running.

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

I've had so many milestones in a very short time. With only two weeks' worth of advice from Coach Kelly, I ran the Mercedes Half with a ton of confidence and finished in 2:16. Two months later I finished the Auburn Finish on the 50 Half Marathon, in horrible conditions, almost a minute faster. In May, I placed second in my age group in the Motherwalk 5k and a few weeks later ran a half marathon in 2:06:04.

## ***5. That's wonderful! What is your favorite Resolute Running***

## ***memory?***

My favorite Resolute Running memory, so far, is getting text messages from Coach Kelly. For every race, and every key training run, she's been there either in person or texting me, sharing encouragement, strategy and praise. After my last half marathon, one of her texts said, "You're not only a runner, you're becoming a racer." I know she's invested in my training and making me a better athlete. All the support from everyone at Resolute Running, coaches and teammates, has been an unexpected benefit and a huge morale boost.

## ***6. What advice would you offer anyone considering a personal run coach and Resolute Running?***

I wish someone would have given me this advice earlier: Life is too short to muddle through a training program by yourself. You owe it to yourself to get in shape, and you further owe it to yourself to get the best help possible to run efficiently and effectively. Resolute Running is a world-class program, right here in Birmingham, and it's really fun! You really owe it to yourself to take advantage of it.