

It is a testament to this week's Thank You Thursday Resolute Runner, that two days after her biggest success yet, a Boston-Qualifying and Personal Best Chicago Marathon, she lists the Talladega Half-Marathon with her Resolute teammates as her favorite story! Debbie Hayes is a giving and supportive Resolute teammate who always has a smile on her face and an uplifting word for others. Debbie, you rocked Chicago, and we couldn't be prouder of you! We can't wait to see where you go from here, and we Thank You for your hard work and your positive energy!



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

I began running during my sophomore year in college, for the typical reason at that time in ones life, the good old freshmen 15.... (Hail State!)

I never actually "raced" anything until I moved to Birmingham in 2000. Racing is where I first felt the endorphin rush and that's when I felt like a "real runner". At that time I worked as an RN at Children's in the Pediatric ICU. I struggled daily and felt helpless watching the patients and families endure such heartache, that a friend and I signed up to

run Dublin marathon with the Leukemia and Lymphoma Society. That was my way to give something back to those kids and that's also when I learned my love for running!!

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

I met Coach Alex while training for Columbus, Ohio [Marathon], pre-Resolute Running, in 2012. I trained on my own for Columbus, only to fall short 1 min and 43 seconds from qualifying for Boston. But honestly, I hit the wall so hard I felt lucky to have finished where I did. So, I put it on the back burner and went back to my Crossfit gym, and began running more trail races and even got a couple of Ultras under my belt, all in hopes to build better strength and endurance to tackle it again another year. Earlier this year I knew in my heart I was ready to try again, but this time I wanted to train under someone I truly trusted had my best interests at heart.

## *3. What have your results been since you joined Resolute Running?*

Resolute Running has given me confidence and a training plan that's pulled the best runner out of me. It's helped me evolve into a better runner. I have PR'd my half marathon by 9 minutes, and my full marathon by 7 minutes, which allowed me to qualify for Boston!!!! I still can't believe it!

## *4. What is your favorite Resolute Running memory?*

Running the Talladega Half Marathon was awesome!! We had a big group of runners there and everyone was so encouraging to one another. That was also the first time I had ever done a pre-race warm up like we did. I know I looked like a fool doing side skips and crossovers.

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

Join!! Don't wait like I did. Don't overthink it! If you like to run or want to run better, start now! No matter what caliber of athlete you are, there's always room for improvement! They know what they are doing

and they do it well!! They all possess contagious attitudes that make you want to dig deep and succeed!