

This week's Thank You Thursday features Denise Moss.

Denise just ran a fabulous race this past weekend at the Kentucky Derby Half Marathon, running an eight-minute PR and finishing well under 2 hours and 30 minutes for the first time in her running career. Denise is a regular at Resolute Running's TRX classes, and diligently follows her run training plan. Her coach loves her high energy and positivity, and we love having her on our team! Congratulations on your success, Denise, and Thank You!



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

I have been a runner almost a year. I felt like I became a true runner during my training, leading up to and completing the Kentucky Derby Half Marathon!

*2. What made you join Resolute Running?*

I joined Resolute Running because after my previous four half marathons, I was in a runners "rut". I just couldn't get under 2 hours and 30 minutes. I wanted to get better as a runner and not get "stuck" with the same results each time. I knew I couldn't do it on my own and needed guidance. Fast forward: here I am a part of Resolute Runners!

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

Yes, I cross-train weekly with the TRX classes. They have helped me to become a stronger runner! I swear by them.

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

My core is stronger; I can now tackle those hills that I used to walk up. I pay more attention to form, breathing and "don't crush the potato chips"!! And I ran the Kentucky Derby Half Marathon in 2 hours and 22 minutes!

*5. That is fantastic, Denise! What is your favorite Resolute Running story?*

When I came in for my initial consultation, I expected it to be much different. Instead, it felt like I was sitting down talking to someone I had known a while. Coach Alex kept it real! He told me his ups and downs of running, how he started, and he just seemed like a down to earth person. It was then I realized he could relate to the woes of the recreational runner who wanted to get better. I knew then that Resolute Running was where I wanted to train and get better!

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

If you want to do it like a BOSS, then what are you waiting for?