

Today's Thank You Thursday features the good German doctor, Ekkehard Bonatz. Ekke is our consummate team cheerleader. He is a pleasure to work with at speedwork Thursdays, and always has the very best attitude each and every day. Ekke loves socializing with our RR teammates. He is a regular at the Sunday morning Resolute Running Recovery Runs at O' Henry's Coffee. But he also works very hard on the track and on the roads! Ekke is passionate about fitness and good health. As an orthopedic surgeon, he often preaches to his patients about the virtue of exercise and a healthy lifestyle. His enthusiasm and good nature make him a joy to be around, and for that we say, Thank You Dr. Bonatz!



*1. Ekke, I know you came to Resolute Running with a lot of running experience. When did you start running and what made you begin?*

I started running when I joined the U. S. Army. Running was required in order pass the physical fitness test every six months.

*2. With all of that experience under your belt, what made you decide to hire a personal run coach, and join RR?*

After 20+ marathons, I was stuck in the same finish time range. The novelty of running 26.2 had worn off. I was looking for better results and bigger challenges!

*3. What have your results been since joining RR?*

Since joining RR I have managed a 10-year marathon PR and have run my first 50k.

*4. What is a favorite RR story or memory?*

The exhilaration of running 100 to 400m-intervals for the first time on the track at our weekly speedwork sessions was incredible. I had not run that fast in decades. It has been the most fun with good RR friends on a Thursday morning during a beautiful sunrise!

*5. Do you utilize any other services at RR?*

I have used the form clinic and yoga class - reluctantly at first, but ultimately with an excellent result! The clinic and yoga classes have helped me get over an injury. I feel I am a stronger runner now.

*6. What advice do you have to offer anyone considering a personal run coach and RR?*

Accountability and trusting your coach is key. It is important to check a prospective coach's credentials, his/her success in achieving stated goals, and satisfaction among your running friends. I did, and that is how I ended up at Resolute Running!