

Today's Thank You Thursday features Greg Dill. Greg is a geologist who, when not working with rocks, likes to run up them! He joined Resolute Running in order to start running longer distances under the guidance of a personal run coach, and has since turned into a fantastic ultra trail runner. Greg also works hard in the gym at Resolute Running, and that has added to his strength and admirable endurance when hitting the trails. Greg follows his training plan faithfully, and we can't wait to see what he accomplishes next! For his hard work and adventurous spirit, we say Thank You Greg!



*1. When did you start running? When did you feel like you were a "runner"?*

I started running very casually around 2009 as a way to cope with being desk bound for 8 hours a day. I ran my first race, a 10km, in November 2012 and that really got me hooked.

The first time I felt like a "runner" was the first time I actually had a plan on paper.

*2. What made you decide to join Resolute Running?*

I worked with Coach Alex through an "Achieve a PR" training program for a 2013 10k and well...I PR'd. After that I wanted to see what running a marathon was like. I had really enjoyed having a coach, surrounding myself with like-minded people, and having the guess work taken out of when and how long/hard to run, so I joined.

*3. What have your results been?*

I just ran my first 50km, which a little over a year ago seemed like something only elites did.

*4. Amazing! Do you use any other services at Resolute Running? How have they enhanced your running?*

I use personal training weekly. It has definitely helped me going both up and down hill. I used to avoid several specific climbs at Oak Mountain that I now power up without having to stop and pray for it to be over. It has also made me more durable in general. I don't think I would enjoy 6 hours on my feet without that durability. I also recently took advantage of Coach Ann's fantastic form clinic. She pointed out some things I need to work on. I highly recommend attending one if you haven't.

*5. What is one of your favorite Resolute Running memory?*

One of my first Saturday morning long runs I somehow caught up with fellow Resolute teammate Shilonqua. My face hurt the next day from laughing. Ask her about squirrels sometime...

*6. She's the best! Do you have advice for anyone considering a run coach, and Resolute Running?*

If you think you are ready to hire a coach go for it! A coach is only going to make you better. I would advise them to spend some time around them up front to make sure that he or she is a good fit. Joining Resolute Running? If you are ready to surround yourself with some of the most supportive and dedicated runners around, then you have found the right group.