

Today's Thank you Thursday features Greg Knight. Greg is a loving husband and father who came to Resolute Running by way of his wife, Diane. Greg always has a smile on his face, and is so supportive of Diane and their Resolute Running teammates. Greg first ran in high school, and then took a long hiatus. Years later, when Diane would run her long training runs getting ready for her marathons, Greg would ride ahead on his bike and set up Diane's next water stop. After watching Diane work hard and succeed through the coaches at Resolute Running, he knew it was time for him to give it another go. Thank you Greg, and we are so proud of your accomplishments!



**1. *Greg, when did you begin running?***

I first started running in high school to get in shape for baseball and other sports in 1974.

**2. *What was your "aha" moment when you realized you were a runner?***

When I would run and feel like a new person after each run, so 1 mile turned into 3 miles and I had to run everyday; I was hooked.

**3. *What made you decide to join Resolute Running Training Center?***

I joined RRTC after my wife, Diane, ran the Disney Marathon in 2013. I followed her around the 26 miles and at the finish I watched other runners finish. I saw very big and very old and everything in between running, so I said, "If they can do it I can do it!" With that being said we decided that I would get Coach Ann involved in my goal to run a half-marathon.

**4. *What results have you seen since joining RRTC?***

I had not run in 30 years and I knew it would be a slow process, and with Coach Ann's guidance and well-planned running schedules I was able to run a 10K in November, The Vulcan Run, which is the last run I had participated in 1984. I then completed the Disneyworld Half-Marathon in January 2014, and our next

half is the Disneyland Half-Marathon in August, so we can complete the Coast to Coast Challenge! It is very important to start slow and listen to Coach's wisdom and listen to your body.

*5. We are so happy for your success! What has been your favorite moment as a Resolute Running teammate?*

When I finished the Disney Half marathon in January 2014 because I did not think it was doable. A lot of that success is having a very loving wife who encouraged me the process, and Coach Ann being very patient.

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

Very well advised if you are getting back into running and need some professional guidance on how to achieve your running goals.