

For today's Thank You Thursday we say hi to Gwen Childs. Gwen came to Resolute Running after losing a substantial amount of weight through running. She ran her first 5km and was ready to do more! A diabetic, she has become dedicated to her health and her Coach's training plan. Even while on vacation with her family, she stuck to her run/walk schedule. This dedication inspired her extended family to start walking every morning. Gwen is so positive when it comes to her training, and is a very nice person to have around at Resolute Running! For that we say Thank You Gwen!



### *1. What brought you to Resolute Running?*

I was diagnosed with diabetes in 2010. I tried losing weight with diet and exercise but I did not stick with it. In 2013, my aunt who is also a diabetic had to start dialysis because of complications related to her diabetes. It hit me that could be me if I did not take control of my health. So, I started going to the gym 3 times a week and walking. A co-worker talked to me about running. I did not think I could run because of my knees; so, I started power walking and lost 30 pounds. I felt great but I knew that I needed to set a goal to help me stay focused. The goal I set was to run/walk the Superhero 5K and I did it!!! I was hooked. When I crossed the finish line, I knew I wanted to start training for a half-marathon. About a month after the Mercedes marathon weekend, Coach Ann offered a Balance and Flow class for Black Girls Run. I attended and quickly realized there was more to running than just running. I met with Coach Ann a few days later and joined Resolute Running.

*2. Tell us about your training since you have been with Resolute Running, and how it differs from what you were doing previously.*

I am working on base building, which requires me to run/walk four times a week outdoors. Prior to joining Resolute Running, I was primarily running on the treadmill twice a week.

*3. What have your results been?*

Despite the summer heat and humidity, my stamina is improving. I set my first PR in the Girls on the Run 5K.

*4. That's so great! Do you use any of the other services at Resolute Running? How have they enhanced your training?*

I have attended Core on the Floor classes, nutrition and injury prevention seminars, and a form clinic with Coach Ann. I also have regular personal training sessions. The fitness classes and personal training are helping me work on areas that I never knew were important for runners to strengthen. I have learned a lot about nutrition, hydration, running form, and injury prevention.

*5. What is your favorite Resolute Running story?*

I really like the encouragement and support from the RR family. Whether on Facebook or in person, everyone is always excited about other people's accomplishments. Not many people understand why we run; so, it is refreshing to talk to people who get it.

*6. What is your advice for anyone considering a personal run coach and Resolute Running?*

Listen to your coach. Keep your coach informed about your progress or any injuries that affect your running. Most important of all, stick to your training plan!! You may feel you could do more but your coach has the expertise on how to help you reach your goal without injury.