

Today's Thank You Thursday features one of our newer team members, Hannah Foust. We love how Hannah has jumped into her training with both feet! She has a terrific attitude and is a lot of fun to have on our team. We are so proud of Hannah for her BIG PR of over 4 minutes this past weekend at the Woodstock RRCA Regional 5km Championship. We will let her tell you about it below, but we loved watching her finish her strong! We are so glad Hannah has joined the Resolute Running team, and that she has brought her competitive spirit with her. For that we say Thank You Hannah!



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

How I started running is kind of a funny story. I remember the day I decided to start running like it was yesterday.

I started running in the spring of 2012 because my figure skating coach told me I was out of shape and running was free (ha! It's not) so I should go outside and run. "There's no excuse. Just go do it," he said. Well, my competitive/perfectionist personality took over and his comment just made me upset. "I'm not out of shape!" I thought. Ha! I was--even though I had been skating half my life and I had a gym membership I used regularly. I was so upset that day I signed up for a half marathon to prove I could run 13 miles because I wasn't out of shape. "I'll show him," I thought. Well...In training for the race, guess what?? I got in better shape. I realized over that summer that I was very unhealthy and needed to make some changes to my lifestyle. After training for a few months, my skating started to improve and I lost some weight. During

this time I also found that I really liked running. Lesson learned: always listen to your coach even if you don't like what they tell you. They have your best interests in mind.

I finally started to feel like a runner after I completed my first 5k without stopping to walk. It was the Run for God 5k on the 4th of July 2012. My time wasn't the best but I finished and I was very happy.

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

I ran the 2014 Knoxville Marathon and my time was not what I wanted. I decided that a 5:46 marathon was absolutely not acceptable. If I'm going to do something, I'm going to do it well. Here is where the competitive figure skater in me came out-- I decided just running a marathon wasn't enough. I wanted to qualify for Boston, but I knew I needed help getting there. I went into the Trak Shak and the guys there gave me Coach Ann's card. I sat down with Coach Alex and listened to the stories of all the PR's and Boston Qualifiers, and I decided to join. I figured I had spent years paying a coach to teach me figure skating, so it only makes sense to also have a running coach to teach me how to run.

## *3. What have your results been?*

I ran the Woodstock 5k last weekend and set a new PR. I finished in 29:16, 4 minutes and 12 seconds faster than my best 5k time. Woop woop! I have 2 more races this month and I'm on track to set a new 5k PR and a new 10k PR.

## *4. Do you use any other services at Resolute Running, and how have they enhanced your running?*

I have been to Cathy's Run Dynamics class and I came to Coach Kelly's Run Barre class for the first time this morning. Both are great classes! I've also been to a form clinic with Ann.

## *5. Do you have a favorite Resolute Running memory or story?*

So far I would say it's been racing Woodstock and finishing a 5k in under 30 minutes. I know there are many more PR's to come and I can't

wait!

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

Do it! Don't be like me and think you can pull a running plan off the Internet and you'll finish a marathon no problem. It doesn't work like that. Running is not a one size fits all sport. You need someone who's been there and done that so you can go there and do that! Plus, Resolute Running is a great group of people and you'll have more fun suffering through speed work with friends. Joining Resolute Running has been one of the best decisions I've made. At first, as Coach Ann can tell you, I was disappointed and frustrated with having to run a 13 minute mile but after PRing at Woodstock, I finally, whole heartedly, believe in training slow to race fast.