

This month's Member of the Month is Jamie Trimble!

Jamie joined Resolute Running to help him train for his first marathon last year. Since then, he has gone on to PR every race distance, as well as become an integral part of the Resolute Running team. Jamie is a regular at the Training Center, attending TRX classes regularly to improve his strength and flexibility. And we love having Jamie on our team! His coach says Jamie can pace like a pro, whether he is following his training plan or pacing a team member to a PR. We wish him the best of luck as he takes on his second marathon next weekend in Maine!



1. *How long have you been a runner? When did you feel you had become a "runner"?*

I have been a serious runner for four years. I began, as I had many times before, in an effort to get into better shape. I really began to feel like a "runner" while training for my first half marathon (2013 Mercedes). After completing that first half marathon I was truly hooked on running.

2. *What made you join Resolute Running?*

In early 2015 I thought I "might" want to try running a full marathon, but wasn't sure I would know how to train properly. In talking with several friends and others I had met through running, everyone said, "You need to talk to Coach Alex."

I met with Coach Alex and Coach Kelly McNair at the Training Center and they assured me that if I would commit to the training, they could coach me to running a marathon. I also discovered that Resolute Running was much more than run coaching, but a

complete fitness facility designed for runners. I was unaware of the additional fitness training offerings, but those aspects were very appealing to me. So I decided to commit to the marathon and joined Resolute Running. With Coach Kelly's guidance, I successfully completed my first marathon in May 2015.

3. *That's awesome! Do you take any classes or other services at Resolute Running? How have they helped your running?*

I love all of the training classes. I'm a regular at Yoga for Runners, TRX Flow and TRX Speed. I do Run Barre and other TRX classes when I can, and I take advantage of Tuesday speed work sessions when speed work is part of my training plan. I also really enjoy and learn a lot from the various running-related seminars we have.

I truly believe that the complete fitness approach produces better running results. Because I began serious running at a somewhat later age than many, the fitness training has helped me become a better runner, much more than running would on its own. I have seen tremendous improvements in my balance, flexibility, core strength and endurance since incorporating these fitness components into my training regimen.

4. *What have your results been since joining Resolute Running?*

To me personally, the results have been remarkable. In just over a year with Resolute Running, I doubled my annual mileage (and earned my BTC 1200 mile jacket); set PRs in the 5K, 10K and half marathon distances; ran my first full marathon; and, I am in the best physical condition of my entire life. I am also currently training to run my second marathon (Maine Coast on May 15th).

Another major result is I've learned incredible lessons that go beyond just running. I've learned that running really is a team sport. Sometimes you're able to get through a tough run, a tough workout or a tough place in life with the help and support of your running friends and Resolute Running family. Then there are those times when you run with someone to help them accomplish a goal or train for a race. In those instances it becomes more about them than about you, which I find unbelievably rewarding. These things, along with a much deeper sense of gratitude, are results that extend well beyond medals, podiums and PRs. And, I have developed some of the most incredible friendships with people from various walks of life.

5. *Very well said! What is your favorite Resolute Running memory or story?*

There are so many fun memories and stories, I'm not sure I have a single favorite. But I will share some that illustrate what Resolute Running means to me. The first is simply that the Resolute Running team is so much fun to be with. Whether during group runs,

speed work, TRX classes or races, there's always laughter to go with the effort when we're together. There's rarely a time when any of us do something together that a story (or two) doesn't result.

Team trips are also really fun and have created a lot of memories. For a recent example...In March, Resolute Running had a big group run in the Tuscaloosa Half Marathon. I joined Resolute Running teammates Kim Benner, Beth Rose, Jennifer Chadha and Bob Sims for the trip. At 5 o'clock in the morning, as we were sleepily pulling out of the parking lot where we had met, Jennifer Chadha says, "Running is stupid! I just want to go back to bed." So, "Running is Stupid" became our saying for the trip (totally tongue-in-cheek of course). Following the race, Fletcher Roberts hosted Resolute Running team members at his parents' lake house for lunch and a boat ride. After lunch when we all sprawled out in the sun for the requisite funny Facebook picture, Bob Sims aptly titled our pose "Resolute Runners Rest."

6. *What advice do you have for anyone considering Resolute Running?*

I would advise anyone who wants to improve all aspects of their running and fitness to join Resolute Running. Resolute Running is much more than just run coaching; it offers complete fitness benefits tailored for the individual. "Faster, Farther, Fitter" is more than just a slogan, but really does describe what Resolute Running can do for you. Beyond the coaching, the training and the racing, the team camaraderie and support are intangibles I never imagined before joining Resolute Running. These are all wonderful benefits of being a part of the Resolute Running family.