

When we began featuring our runners for Thank You Thursday, I knew this particular Resolute Runner would inspire! Janet Lockett is such a positive force at Resolute Running. She motivates us every day with her uplifting messages and hard work. She is philosophical about the joys we receive as runners, and she is so generous with her positivity. She posts on our group page daily with motivational quotes and her positive philosophy. Just when you might need a pick-me-up after a tough workout, Janet is there to remind you why we are so lucky to do what we do, and with whom we do it! And like her teammates, she works hard at her training too, and has the results to show for it. Thank you Janet, for being such a valuable teammate!



*1. When did you begin running?*

My journey with running began in 2012 as a measure to become pro-active about my health. At a local gym, the treadmill became a means toward a healthy lifestyle. I'd used the treadmill 4 to 5 times a week, logging 1 to 2 hours along with weight training with each workout. I ventured onto the road once and never looked to the treadmill again. Little did I know, I would evolve as a Half-Marathoner. I still sometimes pinch myself.

*2. When did you realize you were a "runner"?*

A friend encouraged me to enter the 2012 Ruben Studdard Magic City Half-Marathon/5k. I entered the 5k race and actually placed 2nd in my age group. I was completely bewildered by the placing. I just wanted to finish by "my" "calculated" time. I received my first medal and I've been "all in" since the Ruben victory.

*3. Love it! What made you decide to hire a run coach, and join Resolute*

## *Running?*

After engaging with a few run groups, I felt I'd plateaued. I ran the Tuscaloosa 2013 Half Marathon with a 2:19. I remember thinking, "Ok...What happens now?" My training was scattered everywhere. I knew there was more available to the sport, I just needed to find it. Discussing the next steps in my running journey with a couple of friends, it was suggested I attend the Resolute Running Grand Opening in March 2013. I did. It was an awesome experience/encounter. Now, I run tempos, strides, speed work, and long runs, with awesome road buds along the way.

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

The Vulcan 2013 10k, I finished with a PR. 1:03. I ran the Function @ the Junction 2013 5k. At this race, I PR'd and received the 1st place medal for my age group!

### *5. That is awesome! Do you attend any Resolute Running fitness classes? How has it helped your running?*

I've used several of the fitness classes from Yoga for Runners to Hips & Butts to Core on the Floor. With each class I've used muscles I was not aware I had. Because the classes are specifically designed for runners by runners, my percentage of injuries has significantly decreased and my fitness level has significantly increased.

### *6. What is one of your favorite memories as a Resolute Running teammate?*

One of my fondest memories was recently with two awesome Resolute Running buds. The run became "all for one and one for all." I think during the course of that run the true meaning of [2014 Boston Marathon winner] Meb Keflezighi's statement was evident, "Winning doesn't always mean getting first place, it means getting the best out of yourself."

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

Since Resolute Running, my impossible runs have become possible runs. As a fellow runner once mentioned to me, "Follow the guidance of your coach and you will achieve your run goals."