

Today's Thank You Thursday features Jennifer Chadha. Jennifer played sports in college, but did not begin running until a couple of years ago. She quickly learned to love running, and now makes it a family affair, running races alongside her husband Anil. The Chadhas have young children, and are instilling a love of running in them as well! We love your family, Jennifer, and we love having you on the Resolute Running team! And for that we say Thank You!



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

I first started running 2 years ago as a quick 20-30 minute workout. I didn't feel like a "runner" until last fall/winter when my friend Beth and I started training for the New Orleans Rock n Roll Marathon. I was getting up on Saturdays at 5 am to go run in below freezing temperatures and I actual was enjoying it.

*2. What made you join Resolute Running?*

Last January (a few weeks before I was set to run my first race) I saw Coach Alex on one of the local morning shows talking about Resolute Running. Since I was so new to running I didn't know something like this existed. I also knew I wanted to take my training up a level and after meeting with Coach Alex I knew this was the way to do it.

*3. Do you use any other services or classes at Resolute Running? How have they helped your running?*

I have tried out most of the classes and I try to attend Run Barre and Core on the Floor regularly. I have used personal training and Carol for massages.

I think they all been very helpful in cross training and injury prevention.

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

Since joining I have run two half marathons and one 10K. After running my first half in April I had surgery 2 weeks later and had to take a month off from training. I was set to run another half in September and I told Coach Alex I wanted to at least be able to match my time from April. I ended up setting an 11-minute PR.

*5. Wow! Congratulations! What is your favorite Resolute Running memory or story?*

Although going to Utah to run Big Cottonwood was definitely a lot of fun and a great experience, I think my favorite memory was actually running the Bridgestreet Half in April. I ran with a group that Coach Alex was pacing for a sub-2:00 hour half marathon. It was faster than my goal pace and the race turned out to be very hot and tough. But by running with that group I finished 6 minutes ahead of my goal and I know I performed so much better than I would have if I had run alone. It was also so encouraging to have so many familiar faces at the finish line.

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

There is so much more to improving your running than just going more miles and faster. I have learned so much about training since I joined, and Resolute Running offers it all--- from classes, strength training, and massages to seminars and coaching--- in a great team environment.