

Today's Thank You Thursday features Jon Graham.

Jon was a runner before joining Resolute Running, but his training did not have any structure. He was running all of his training runs hard and fast. Jon joined Resolute Running and immediately put his trust in our coaches. He slowed down many of his runs, began cross-training at our TRX classes, followed his schedule perfectly and worked his tail off. And his results have been amazing: Jon finished first overall at last weekend's Junior League of Birmingham's 5k, with a big PR! Jon is also great to have around because he always has a smile on his face! 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 grew up playing soccer and played in to my early twenties. So I guess I've always been a runner, I just took fifteen years off. In November of 2014, my wife and I ran a 5K together. I enjoyed the training and race so much I decided to continue.

I felt like a runner at the 2014 Mercedes Half Marathon. In 2009 and 2010, I ran the Mercedes Half with friends. They continued to run and I didn't lace up again till 2014. I PR'd by over 20 min and broke the 1:30 mark. At that point I was hooked.

*2. What made you join Resolute Running?*

My wife gave me the membership as a Christmas present this year. She was working with Coach Alex thru the Junior League on a Couch to 5K program. I'm so glad she did. She knows I never would have joined on

my own.

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

I attend the TRX classes. The TRX classes have really helped me build more core strength... something I've never had.

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

I've run 2 races since starting and set PR's in both of them. I had a 4 min PR for the Mercedes Half Marathon. I'm more proud of this accomplishment than my previous 20 min PR in 2014.

*5. That's terrific, Jon! What is your favorite Resolute Running memory or story?*

A few weeks before the Mercedes Half Marathon, I was sitting in Coach Alex's office reviewing my plan. Coach Ann Thomas was in the room and she asked him to let me run a pace run with her before the race. Coach Alex shot her down and told her I wasn't ready. I was in 100% agreement with him. I'm not sure how we ended up starting together, but Coach Ann paced me for the majority of the race. She pushed me beyond what I thought I was capable of for the first 10 miles...AND then she was gone!

*6. What advice would you offer anyone considering joining Resolute Running?*

First, it's an amazing group of people and coaches. There is such a sense of connection, and I've only been exposed to it for 3 months. If you're willing stick to the program, the results will come. That's one thing I've already learned. Don't question the mileage or pace, just run what's on the schedule.