

This week's Thank You Thursday features Justin Kaplan. We absolutely love having Justin at Resolute Running. He works extremely hard in the gym, at the track and on the roads, and he makes us laugh the entire time. He is a huge team player, cheering on his fellow Resolute Runners and giving encouragement for all. His hard work has paid off big-time, with 3 really successful half marathons this past fall. Congratulations, Justin! And for your team spirit and great humor...Thank You!



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

In the summer of 2013, I got the crazy idea that I was going to begin working toward getting my body and golf game in shape to make a run at the Senior PGA tour in 2026. I knew I needed to get stronger and more flexible, so I started doing a great deal of core work with a personal trainer that summer. I HATED running but made myself run 2-3 miles twice a week for cardio conditioning in between workouts.

On December 30, 2013, I finished four miles (my longest run ever) and felt good so I kept running and ended up doing 6. That night, a buddy of mine told me he and a friend were doing an "easy 8 mile run" on New Years day and "if [I] can run 6, I can run 8." So, I did it. At 8 miles, I was still in the middle of Jemison trail with them, it was getting dark, and I still had 1.4 miles to go to get back to my car. I finished, thought I was going to die, decided never to run again, and walked inside Target so that if I died, people would find my body. 45 minutes later, I couldn't wait to do it again. I felt at that moment, I was a runner. I ran the Red Nose Run the next weekend (Long Run #2), spent a week in physical therapy, and then ran the Auburn Half Marathon the next weekend (Long Run #3).

2. You are hilarious (but I know you are not kidding)! What made you join Resolute Running?

I was running with my first real running buddy, Becca Fite [*editor's note: now a Resolute Running coach*] one morning at 4:00 a.m. She was a few months pregnant at the time, so she had slowed down just enough that I could keep up with her while running way too fast, with a heart rate somewhere around 210, and as long as I didn't talk (those of you who know Becca know that in part she is such an amazing running buddy because she does most of the talking, so it worked). We had just turned up Canterbury on one of our first of many 4:00 a.m. runs together and turned to me and said "you really could be a bada**...you need to call Coach Alex Morrow at Resolute Running. I'm going to text

him for you." So, here we are.

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

Hah! Um, Yes. In fact, Coach Kelly has to monitor my Schedulicity sign ups and cancel them because it's apparently not ok to work out one night, run the next morning, stretch, cool down, attend her Barre class for 30 minutes, and then workout with Coach Ann. I have taken Running Dynamics, Run Barre, Balance and Flow (my favorite way to end the Running work week), Core on the Floor (my favorite way to start off the run week), Fundamentals of Running, and have done Coach Ann's form clinic. I workout with Coach Ann at least once a week in the gym, and I also utilize massage services from Carol.

4. Love it! What have your results been since you joined Resolute Running?

They have been so-so. Totally Kidding! I spent weeks and weeks in and out of Physical Therapy between January and May, pre-Resolute Running. In April, before joining Resolute, I ran a 2:11 half marathon. I took two months off. 4 months of Resolute training later, I ran a 1:50 half marathon in Kiawah. I also borrowed a bike and threw in the Buster Britton triathlon in July.

5. What is your favorite Resolute Running memory or story?

Easy...two parts... part 1 happened at the Magic City Half Marathon this year when Coach Kelly ran with me. I cried twice, vividly remember her turning around to see me walking and yelling "WHAT ARE YOU DOOOOOIING....COME ON!!!!!!". Even though it was a bad day, she still got me across the finish line with a PR. Part 2 happened exactly 20 days later at Kiawah Island, South Carolina, when I busted out 13 miles all within 10 seconds of each other and crossed the finish line in 1:50. Couldn't wait to call her and tell her about it. It felt awesome (even though fellow Resolute Runner Stacy Peterson pulled away from me at Mile 6 and I never could catch her...awesome race she ran!)

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

Just @#*^% Do It. ☺