

Today's Thank You Thursday features Kelly Bohnet. Kelly is our best-dressed Resolute Runner, as Store Manager of lululemon athletica at The Summit. We love Kelly because she sets ambitious goals for herself, puts them in writing, and goes to work to knock them out! She has absolutely thrived under the Resolute Running training program, and we couldn't be happier for her! Kelly, for your hard work and commitment to achieving your goals, we say Thank You!



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

I started running when I was in Junior High. I would chase my older sister through our neighborhood when she was training for high school Track. I would last roughly 4 minutes, and then I was done. Ever since then, running has been a part of my life and favorite way to sweat and challenge myself mentally and physically. Working for lululemon, I always find myself trying out new workouts, and I always go back to running with a side of Yoga. I haven't really ever thought of myself as a runner. It is more of a way I enjoy spending my time.

2. What made you join Resolute Running?

I set a goal to run a 6:30 minute mile and to work on increasing my speed last summer after coming off my first Ultra Marathon. I had spent some runs along side Coach Alex at Red Mountain, getting to hear more

about Resolute Running and how he came into opening up the space. Once I decided to commit to my goal, it seemed natural that I would reach out to Resolute Running to help me get there. Coach Alex is a pretty inspiring person, and he loves what he does.

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

I mostly use Resolute Running for weekly speed work; however, I am pretty excited about the TRX classes that they will be offering soon! I think it is important to incorporate strength training.

4. We are excited too! Look for those TRX classes in February! What have your results been since joining Resolute Running?

Running for me has always been about fun and not about time. After finishing my first Ultra Marathon in 2014, I began thinking I would switch to shorter distance for a while. I decided I was going to run a 6:30 mile by Dec. 31st, 2014 simply because I wanted to see if I could do what I did in my teens. After about 5 months of speed work, eventually adding 2 more runs in between and Yoga 2 times a week, I ended up running a 6:31.25. I knocked 50 seconds off my previous mile time. As a result of all of the speed work, I also dropped about a minute off of my 5k PR, and PRed on my 10K by 7 minutes. I also found that from doing the workouts, I dropped a size in my clothes and had a leaner physique. I didn't have any goals to lose weight, however, it happened as a result of changing up my workouts, doing what I love and being really committed to my running goals. I think when you chose to be committed to something, the little things don't get in the way.... like staying up late the night before a 5K or that extra cookie ;).

5. That is terrific, Kelly! What is your favorite Resolute Running memory or story?

I haven't been a member of Resolute Running for very long, but I remember standing in Coach Alex's office after a 5K I had run, to hang my PR bib on his PR wall. He told me that I could be running my 5K's in the 22's. That was something I had never considered possible for myself, or even entertained attempting. I left Resolute Running and I

wrote it down. After he told me that, it was something I could see for myself, and it is a goal I want to achieve by Dec. 2015.

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

If you are considering joining anything, know what you want to get out of it, and make a list of what is important to you in joining a gym, studio, etc. Is it the people, the facility, class offerings, cost, etc.? I always recommend dropping in and talking with the person in charge. See if you can stop by to watch a workout. You can tell by the energy of the people if it's a place you want to be.