

Today's Thank You Thursday features Kevin Bokus. Kevin is a yoga instructor at Resolute Running Training Center, as well as one of its most committed runners. Kevin takes his training very seriously, with a holistic approach. He knows the importance of cross-training, a healthy diet and stretching for injury-prevention, as it contributes to his running performance. He is a student of the sport, so much so that this month he earned his RRCA coaching certification. Kevin will be expanding his RRTC duties to include run coaching! We congratulate Kevin on this achievement, and look forward to seeing him train others while he works so hard in his own training. Thank you, Kevin!



*1. How long have you been running?*

I've been a runner for about 11 years. I had been a swimmer in college but had gotten away from fitness for a while. I started to run as a way to get back into shape and I found that I really enjoyed it. In 2005 I did my first marathon. Challenging myself with new goals along with the camaraderie that runners have kept me motivated to stay in shape. I've been running marathons ever since.

*2. What made you sign up with Resolute Running and Coach Alex?*

Coach Alex approached me about a year and half ago to see if I wanted to teach Yoga at Resolute Running. I've been a Yoga instructor almost as long as I've been a runner and it seemed a natural fit. Through my Yoga classes at Resolute Running, I was exposed to all the other runners who were working with Coach Alex. I could see how successful they were in meeting their running goals. I could also see how much fun they were

having as a group! I had recently seen some significant improvement in my marathon time and I thought that with Coach Alex's help I might be able to qualify for Boston, so I decided to sign on with Resolute Running to meet that goal.

*3. What have your results been?*

Results have been fantastic. I ran my BQ last year at the Hartford Marathon. I'm currently training for the Chicago Marathon. Training with the Resolute Running Team is really a lot of fun and I'm excited to be training for another Marathon!

*4. What is your favorite memory as a Resolute Running team member?*

The team mentality and camaraderie is really what makes Resolute Running special. Last summer we ran the Monkey See 5k as a team. Not only did I PR the race and place in my age group, but it was really gratifying to see my RR teammates cleanup at the awards ceremony.

*5. What role do you play at Resolute Running, and what is coming in the near future?*

As I mentioned, I currently teach Yoga for Runners on Tuesday nights at 6:30. Yoga is really great for runners because it helps us open up those tight hips and hamstrings and builds core strength to help guard against injury. My role at Resolute Running is expanding as I just completed my RRCA Coaching Certification - I'll be working with Resolute Runners as a running coach in the very near future!!

*6. That is very exciting! What advice do you have for anyone considering a personal run coach and Resolute Running?*

Whether you're a beginner just getting started or a seasoned veteran, a running coach can help you achieve your goals and keep you injury free and running for the long haul. The results speak for themselves. You won't find a better, more committed group to join than Resolute Running!