

This week's Thank You Thursday features Kim Benner. Kim and her husband Eric are both Resolute Runners, and recently completed Disney World's Dopey Challenge (a 5km, 10k, half marathon and marathon in 4 days!). They also have undertaken a state challenge, running a race in each of the 50 states. Kim is a friendly face both at Speed Work Thursday and in the Training Center, and we love having her around! For your hard work and great attitude, we say Thank You Kim!



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

Seriously, probably when joining Resolute in late 2013 I realized I am a runner, that and I think I am addicted to the feeling of crossing a finish line. I am a goal setter so training for and completing a challenge/race/run - whatever, is a huge feeling of accomplishment for me. I love the atmosphere and culture of running and since I consider myself a people person, the social aspect of running is a huge draw for me.

*2. What made you join Resolute Running?*

I had reached a plateau in my overall fitness and running. The gym I belonged to was closing and I saw an advertisement in a race bag for Resolute Running so I called Coach Alex. I joined two weeks later.

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

I joined Resolute Running wanting a personal trainer, so I have worked out with Coach Ann and Coach Kelly since the beginning. Soon after joining I tried Run Barre, and was hooked due to the uniqueness of it. I have attended Balance and Flow, and am now trying TRX; I think they all have helped my running/fitness level. I like to run but I am a firm believer in cross training so I love all the options Resolute Running offers, and look forward to more!

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

Like other Resolute Running members, I have PR'ed every race distance since joining. For me though, it is much more than that. I am not the same runner I was prior to joining Resolute Running. I can tolerate long, short and fast, hot or cold, alone or with a group and no-music runs now! And most importantly, I am more confident and so much stronger than a year ago. I recently completed the Disney Dopey 48.6 mile challenge with much energy and stamina, beating all my goals – and the best part? I had no soreness following those four races...makes me wonder - could I have run them faster?!?

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

Do I have to name only one?? Walking into a Resolute Running class knowing everyone (and hearing "Hi Kim!"), knowing lots of RR folks at BTC runs, and being a part of a team all rank way up there. The team trip we took to Utah in the fall 2014 really made me feel a part of the Resolute Running family. And oh one more, I think it funny that as soon as I finish a good race/run, I immediately want to tell the Resolute Running coaches. :-)

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

Come join the fun! I was hesitant to join initially thinking it was only for elites. There are literally ALL types of folks who are a part of our family who all bring something unique to the table. But we all share certain characteristics – we are funny, fit fanatics!