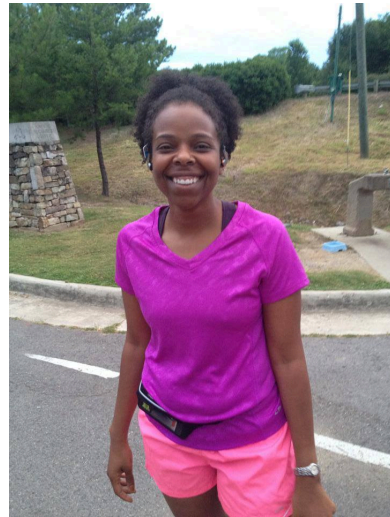


Today's Thank You Thursday is the lovely Kira Fonteneau. Kira is a mother and a hard-working attorney, and is also incredibly dedicated to her training. Even though she has a demanding job as the lead attorney at the Jefferson County Public Defender's office, Kira very rarely misses runs and has never missed a personal training session. She is a regular at Core on the Floor as well. Because of all of her hard work, she PR'd the Talledega Half Marathon, and then went on to PR the Florence Half just this past weekend. She is on a roll, and is aiming for yet another PR in November at the Magic City Half-Marathon, completing the Birmingham Track Club's Triple Crown Half-Marathon Challenge of three half marathons in three months. Congratulations on your achievements, Kira, and Thank You for being a Resolute Runner!



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

I ran my first 5k 11 years ago while in Law School. But I would not have called myself a runner until the last couple of years. I never ran consistently until after I had my daughter.

*2. What made you join Resolute Running?*

I reached a point where I had decided that I wanted to see how much I could improve given proper instruction. I wanted more than I could find on running websites.

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

I take Core on the Floor class. Religiously. I also do personal training with Coach Ann. I think the most obvious result has been increased strength in my upper body and core strength.

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

My endurance has increased a great deal and it has showed up in my race results. My most recent race results have been PRs.

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

No matter where you are in your fitness journey, there is someone in the group who has been there in the past or will be there later. Joining gives you the benefit of both giving and receiving help from a community of like-minded people who support your goals.