

Today's Thank You Thursday feature Kristi Healey.

Kristi came to Resolute Running through our Save the O's 5k beginner program. She then began training with us for her first half marathon, which she ran in New Orleans in January. Kristi always wears a warm, welcoming smile. She has a loving, supporting husband and two beautiful daughters, one of which runs for her middle school. Kristi is the perfect role model for women who wear many hats. In addition to being a wife and mother, she's also employed full time. Time is precious yet she is still able to prioritize training. Kristi's coach says: "I love knowing and working with Kristi!" And we do too! Thank You, Kristi!



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

I have always been active, but had NEVER run, AT ALL!! I had always told myself "I can't run". I never ran in High School or College, because every time I ran my lungs would give out. Then one day a friend of mine heard me saying, "I wish I could run" and talked me into trying it again. This time I tried it as interval training. Run as long as you can, then walk til you catch your breath, then run again. MIRACLE advice!! Guess what, I ran my first continuous mile, **AT 40!** I felt like Rocky at the top of those stairs...In fact the passers-by probably thought I had lost my mind watching my victory dance. That was it! I was hooked!!

I really felt like a runner this year when I ran my first half marathon. I had such a rush of emotion that I almost cried crossing the finish line. I just started really running last June, so being able to run 13.1 miles was a high like I've never felt. Now I feel like I can do anything.

2. What made you join Resolute Running?

Since I am a late bloomer and no spring chicken, I wanted to do it right and not get hurt. I've heard tell of people getting really injured by not training properly or increasing mileage too fast. I also have a tendency toward "*If a little is good, more is better*"; so I knew I needed professional help!

3. Do you use any other services or classes at Resolute Running?

I have taken the TRX Blast class and felt the “burn”. For a whole week, I could feel it. That will ***snap*** you right out of thinking “*I’m in pretty good shape*”!

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

Starting with the training for the Save the O’s 5K back in June, then the Vulcan Run 10K in November, just completing the challenging Statue 2 Statue 15K and the New Orleans Rock and Roll Half Marathon in January, it is turning out to be SOME year for me. I have been able to do things I never would have imagined. A year ago I would have bet you a million dollars that none of that would have happened, and it wouldn’t have, had it not been for the awesome coaching from Coach Kelly and the amazing support of the friends I’ve made in the Resolute Running family! I LOVE our FB page!!! So many helpful hints, words of encouragement and inspiring words. So, I’m looking forward to what the next year has in store!

5. That is fantastic, Kristi! What is your favorite Resolute Running memory?

Well, I am more of a sprinter by nature, so I have NO endurance. I could run the 50-yard dash in elementary school, but could never run the length of a football field. One day, at the beginning of the Save the O’s training, I was running around the track and getting winded. Then Kelly enlightened me that if I ran just a bit SLOWER, that I could run a bit LONGER. WOW! What an eye opener. See, I knew I needed professional help! NOW, I am proud to say I am a slow runner, but I am a runner!

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

DO IT! Especially if you want to do it the right way! I also love the whole philosophy of Resolute Running: that each race (training, speed work, what-have-you) is YOUR race. Your PR is YOUR PR. The challenge is to better yourself each time, instead of comparing yourself to others who will always be faster or slower than you.