

Today's Thank You Thursday features Resolute Running's newest ultra-marathoner! Kristie Stewart came to Resolute Running as an accomplished runner on the roads with a very big goal: to complete an ultra distance on the trails. She did wonderfully last month, completing a tough 50km at Oak Mountain. In fact, she did so well she is ready to tackle her next trail ultra! Kristie also utilizes the personal training at Resolute Running, and that has added to her strength and endurance. We have loved getting to know Kristie as she has transformed into a terrific trail runner! Congratulations Kristie, and Thank You!



*1. How long have you run, and what was your running like before Resolute Running?*

I have been running since college. I'm not giving the year because it will date me!! I started in college to help drop the good ole freshman 15--but instantly fell in love and started entering races to feed my competitive personality. Over the years I built from 5K to Marathons.

*2. What made you join Resolute Running?*

I joined Resolute Running because I wanted to be stronger and run an ultra-- so I joined Resolute Running to help build on what I had and take my running to the next level.

*3. I know you just completed your first ultra! Tell us how Resolute*

*Running helped you prepare.*

Resolute Running was instrumental in preparing me for my ultra. The cross-training, tailored running plans, and individualized coaching were essential in my training. I had attempted an ultra before, but have always gotten injured. I completed my ultra on trails in November INJURY FREE and I felt fantastic. In fact, I'm ready to do another one!

*4. Do you use any other Resolute Running services?*

I used Erica Hopper with Elite Eats to assist me with my nutrition. She was phenomenal!!!

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

I completed a 50K! Biggest result ever!

*6. That is fabulous! Do you have a favorite Resolute Running story?*

I love the sense of community Resolute Running provides. I always have running buddies and people supporting me and giving me advice. It truly is my running family and that so helps during running lows and highs.

*7. Do you have any advice for someone considering a personal run coach and Resolute Running?*

Jump in and trust your coaches. They truly know what they are doing and they can help you achieve any goal you have.