

Resolute Running Training Center's *Thank you Thursday* is a thank you to our members, by featuring them one-by-one and asking about their training and results. Today's *Thank you Thursday* features our own Resolute Running Rock Star, Lisa Booher. You would never know from her accomplishments that she has only been running for 3 1/2 years. She is a Boston Qualifier, an ultra-marathoner, author of the popular "Yo Momma Runs" blog, a busy wife and mom....oh, she's also an incredibly fun and nice person! Thank you Lisa, for sharing your story with us!



1. Lisa, when did you start running, and what was the reason you started?

I started running when we moved to Birmingham from Florida, about 3 1/2 years ago. I had always been into exercising and playing soccer, but I thought running just to run was completely boring. A friend invited me to run the Nashville Half-Marathon with her, and I said yes, without hesitating or considering that I hated running. It sounded like a challenge, and I like those. So I was in. The dislike of running stuck with me through training right up until I crossed the finish line, and then I was hooked. That process of making goals and achieving them is what has kept me going with running. Oh, and now so many of my friends in Birmingham are runners that I have to keep running to hang out with all of them.

2. How did you decide to join Resolute Running, and what goals did you hope to accomplish?

After that first year at Nashville, I decided to take on the full marathon the next year. And all of the good feelings I had there the first year vanished. The second half of the course was about .01% as exciting as the first half, and the weather was over-the-top hot and humid. As I was slugging along in the last half mile, some stranger started to try and amp me up for the finish line. He told me to pick it up to the finish and that we were going to smile super big and hold our arms up for the camera at the end. At least we could look like we were having fun, right? In my dehydrated, exhausted state, I was so relieved that some random stranger took the time to try and motivate me at the finish.

A few months later, I figured out that that random stranger was not so random, he was Alex Morrow who lived in my hometown. It was pretty cool to put all of those pieces together. First, it showed me that Alex doesn't just do this job out of obligation to clients -- he genuinely likes to help people reach their goals. If he was willing to reach out to a random stranger like that, I know he'll be there for me 100% as a coach. Second, he's a stellar motivator. The only proof I need of that is my Nashville finish line picture. You would never guess by looking at it that that was one of my most hated race days ever. Third, (and I know this based on experience with him as a coach) he is organized, punctual, and will make a unique plan for you, even when that includes throwing in a last-minute 50-mile race into the middle of marathon training!

Some of my goals since I started were qualifying for Boston, running a 50 miler, and running a 100 miler. Since I've started working with Alex, I've checked off two of those. Now on to the 100 miler in 2015!

3. Those are incredible achievements! How else has Coach Alex helped your running?

Under Alex's training, I feel stronger and more consistent than ever. Also, I've experienced fewer setbacks from injury, including overcoming a chronic hip injury that I had for a year prior to beginning Alex's training plan. MYRTLs work!

4. What has been your favorite moment as a Resolute Running team member?

My favorite Resolute moment was at the Mississippi 50, when a large group of us went down to run various distances at the trail race. We had a blast rooming together and meeting up for some grub the night before. Then we took off the next morning for the muddy trails. It was especially fun to see the trail newbies, especially Carrie! :), out there getting dirty. So many team members pulled together to help those of us who were running the 50-miler by pacing us, and feeding us, and changing our dirty socks. We had by far the best, by which I mean loudest, finish-line cheering squad.

5. You have such a great story! What advice would you offer to anyone considering a personal run coach, and Resolute Running?

If you are stuck in a rut with running, or looking to reach a new goal, I would definitely make the call to get on a Resolute plan. Also, the group speed work and group runs are super motivating.