

Today's Thank You Thursday features Margie Brigham.

Margie signed up with our Texas coach, Rebecca Fite, to prepare for her first marathon. An August marathon required her to train in the Texas summer heat, but Margie was dedicated to her plan, often running her long runs solo. Along the way, she has battled foot pains, a dog attack, and GI issues. Her challenges have not set her back, but have made her a stronger runner. She will be celebrating her journey this weekend at the Running with the Bears Marathon. We wish you the best, Margie, and can't wait to see you cross that finish line!



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

I've been running (more) off and on since high school, in the early 1980s. I felt like I was a "runner" in January 2014, when I started training for a half marathon. I ended up injured and sidelined until September, when I started back all over with a run walk training to re-learn to run a mile without stopping.

2. What made you join Resolute Running?

My coach, Rebecca Fite, was the reason. She offered a Stride School

program to help a number of us to run a 15K, a first for me. She provided so much information, support and a realistic training schedule. Having been successful in that training program, I asked about training for a marathon. Next thing you know, I'm a Resolute Runner!

3. Yes, you are! How has Resolute Running helped you as you trained for your first marathon?

It has provided inspiration, motivation and support. I could have followed a general training plan, but it wouldn't have been customized to me. Coach Becca helped me with answers to multiple questions, and reassured me when an injury happened. She created a plan that kept me training.

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

Before joining, my longest run was a half marathon, and I was limping across the finish line. I now know that I can finish a 26.2. Saturday will serve as proof of what I already know. My training has showed me that.

5. What is your favorite Resolute Running story or memory?

It is all of the new friends that I have made. We started out running together, and now meet outside of running as well. It truly is a family affair.

I remember one early morning, showing up at 5:00 a.m. for a run. Not only was Coach Becca there at that hour to run with us, she was in shorts and a tank. Did I mention it was in the 50s as a temp? Hard to believe it was that cold when we're running in 100 degree temps now!

6. What advice do you have for anyone considering a personal run coach, and Resolute Running?

Just do it! I was concerned with being a new runner, slower paced and older than many. I was very much welcomed, felt no pressure to run beyond my ability, and received so much inspiration and encouragement. I was not just any other runner, but someone special!