

This month's Team Member of the Month is Melinda Parks! Melinda just finished her very first marathon, the Louisiana Marathon, in January and ran her goal time to the second! Melinda follows her training plan flawlessly, and puts in the extra time at the Training Center every single week getting fitter and stronger. We are so proud of the hard work Melinda puts in, and are so happy for the success she has achieved. And we are so glad she is on our team!



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

I started running in 2010. I had been working out of the home and felt that I needed to add more of a challenge. I began doing a two-mile run/walk, and after I progressed to running the entire route, I would add two more miles, and so on. Eventually I was able to run up all of the very steep hills on my route. In 2014, my mother was diagnosed with Alzheimer's Disease. This scared me badly, so I decided it was time to make all-around healthier lifestyle changes. A better diet, running and working out were a priority now.

My daughter-in-law, Katie, was asked by some friends, experienced runners, to join them in running the October 2015 Four Bridges Half Marathon in Chattanooga. Katie asked me to run it with her as well. A runner friend made me a half marathon-training plan, which I started in the summer of 2015. From the day I signed up until race day, I was petrified. Katie and I had an excellent race day. We wound up leaving the runners who had invited us and finished the race ten minutes before they did! I knew I was hooked that day. I immediately researched local races and found the Magic City Half Marathon, which was one month away. I couldn't wait to race by myself and see what I was capable of. I PR'd at the Magic Half, then I signed up for the Mercedes Half Marathon the next February, where I PR'd again! Yes, I was totally hooked on being a runner. 😊

2) What made you join Resolute Running?

I had heard from other runners that there was a runners' training center in the Birmingham area. I knew that was what I needed. I had acquired some injuries and I still had hopes of becoming a faster runner, as well as the dream of possibly running a full marathon some day. I had gone to packet pickup for the Mercedes Half in 2016 and saw the Resolute Running tent. I was so excited talking to them, asking questions and learning about TRX. I called Coach Alex the very next week to set up an appointment. I knew I had reached a plateau on my own, and I needed the guidance of a certified running coach in order to achieve my goals with minimal injuries. I couldn't wait to start working out with the TRX suspension trainers. Resolute Running was the way to reach my goals!

3) Do you take any classes or other services at Resolute Running? How have they helped your running?

I have been taking various classes at Resolute Running for two years now. These classes and all of the coaches that teach them are awesome! Using your own body weight with the TRX suspension trainers seems to be very safe and

effective. I noticed immediate results in the beginning. The different coaches all have their own unique workouts using the TRX trainers, free weights, TRX Rip cords, cardio and much more. I was becoming stronger and loved seeing the muscle definition changes being made to my body.

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

Since joining RR my lifestyle is very different. Taking care of my body and becoming stronger is my focus now. Having a customized monthly running plan and sticking to it is a must for me. Cross training at Resolute Running is very important. If I am not able to get to an RR class, I try to do the weekly MYRTL routines as well as additional workouts at home. Resolute Running teaches you how important specific workouts are for enhancing your running strength, and how to avoid injury.

Another service offered by Resolute Running is Fueling for the Long Run, nutrition and healthy eating guidance by Coach Ann Thomas. With the information that I've learned, I have made many diet changes. Honestly, I feel like I'm in the best shape of my life! I've had family members and friends take up running and/or living a healthier lifestyle after seeing my accomplishments.

Thanks to Resolute Running I have been able to check a dream off of my bucket list. I ran my first marathon on January 14th 2018! I knew if I ever signed up for one, it would be because I was ready and my stubbornness would not include a walk/run plan. Oh no, it had to be achieved by running entirely. 😊 Thanks to the customized plans made by my awesome coach, Lisa Booher, I was able to finish the Louisiana Marathon at the exact pace time I had hoped to achieve! Coach Lisa kept saying that the goal was just to finish because it was my first marathon, and to not be so hard on myself. On race day, I felt very strong and ready! Now I am an Official Marathon Runner and also hit my goal target for the race! It was a Fairy Tale Day. I cried with joy realizing that I had accomplished a goal that so few people can do. This was made possible thanks to the guidance and training plan provided by Coach

Lisa and her faith in my abilities. Thanks to Resolute Running I am now a proud member of "The Club". ☺

5) Wow! Congratulations! What is your favorite Resolute Running story or memory?

I have many awesome Resolute Running memories. The day I first met with Coach Alex, I told him that I was excited to have run the Mercedes Half and didn't take my first walk break until mile nine. Alex then told me that when you get to that point during a race when you feel total exhaustion, you are actually only at around 40% of your physical capacity. This was a major eye opener! I remembered his words while running the Louisiana Marathon, and this time I didn't stop for my first very short walk break until around mile 21! Yay! What an improvement! ☺

Through Resolute Running, I have made many wonderful friends. That's an added bonus. One memory that really stands out shows just how great the Resolute Running crew is. I had signed up and trained for the team trip, the St. Jude Marathon in Memphis on December 2nd, 2017. The evening before the race I became violently ill for about six hours with what I thought was food poisoning. I only got about two to three hours of sleep, woke up the next morning and got ready for the race. We met up for the team picture, and everyone was so concerned about my running that morning. So many of the crew kept checking on me during the race and in the days to follow. I sadly had to quit at the half. I had become nauseated again and just had nothing in me energy-wise to finish the full marathon. At least by pulling out at the half I had something to show for it. So many of the RR team kept checking on me for days to follow. My Resolute Running friends that I've made are truly like a second family.

Another great Resolute Running memory is just two months in to being part of the RR team, Coach Kelly McNair suggested that I run the Motherwalk 5k. I had been attending Tuesday night speedwork with Coach Gerald Johnson and thought I'd give it a go. They were both there cheering me on during my first

5k. I left that day before the awards were given. I later found out in one of Coach Alex's Facebook posts that I had won 3rd place in my age group!! Really?! Already an age group award??!! What a great memory!

6) What advice do you have for anyone considering Resolute Running?

Resolute Running has something to offer everyone. Every month your coach assigns you a customized calendar with your assigned miles, paces, weekly speedwork, MYRTL Routine, foam rolling, etc. If running isn't your thing, you can still come to the fantastic classes being offered, do personal training with a certified running and TRX training coach, or even sign up for nutritional information like Fueling for the Long Run. If your desire is, like mine, to become Faster, Farther and Fitter (see what I did there) ☺, then the customized running plans made by certified running coaches at Resolute Running are the way to go! Most of us become more accountable to ourselves and to our coach when we're given a laid out monthly-customized plan. By joining Resolute Running you will love your new running family. The team encourages everyone, whether it's race time, TRX class time, you name it!

I have currently run one full marathon, eleven half marathons, several 5ks and 10ks, and two of the Southeastern Trail Run races. With proper training and a positive mental attitude, I have learned that you can do anything that you think might be in your realm of possibility! I am an example of how Resolute Running is the place that can help you achieve the goals that you only dreamed before were possible!