

This month's Member of the Month is Beth Rose! Beth works her training plan beautifully, putting her miles in and cross-training at the Training Center. And she is getting results! Beth has a brand new half marathon PR, and ran a flawless race in Chattanooga this past fall. Congratulations, Beth! We are so proud of you!



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

I avoided running most of my life and never had any desire to run. Then in January 2010, I decided I wanted to run for exercise. My “goal” at that time was to be able to just go run a couple of miles a few days a week. I never ever thought I would run a 5k, much less a marathon or a half marathon! I was living in South Carolina and started running with a small group of ladies, and just kept going and going. I ran my first half marathon in March 2011, eight weeks after getting out of a boot for a stress fracture. I was hooked! I would say I started calling myself a “runner” when I was able to navigate the city better on foot than in a car, when I ran a marathon after having hip surgery, and when I started looking forward to getting up at 5am (or earlier) in all kinds of weather to meet friends to run!

2. What made you join Resolute Running?

After training for and running a marathon by ourselves, [*fellow Resolute Runner*] Jennifer Chadha and I decided we might need some guidance going forward with our running. We weren't doing anything but putting miles under our feet, and we knew that we couldn't keep that up without changing our training. So Jennifer and I met with Coach Alex and decided that it was just what we needed.

3. Do you take any classes at Resolute Running?

I love the TRX classes and TRX Run Barre classes. I am not much of a cross-trainer, so the classes help me cross-train and improve my running. And as much as I hate to admit it, speedwork is really, really helpful.

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

I have set a new PR in the half marathon (and in the 12.4 mile race [*Chattanooga Four Bridges Half Marathon, which ended up .7 miles short*]!). I am considering another marathon now that I have some guidance to help me reach the goal of completing the distance again and of course a better time

5. What is your favorite Resolute Running memory?

I love running with my new running friends. It makes me look forward to running, even for the longest runs. It makes you feel good to know that runners are really there for each other. My favorite may be when I was running Chattanooga and turned the corner to see [*Resolute Running team member*] Jamie Trimble there cheering us on! He got up that morning and drove up there just to cheer for all of us!

6. That's so fantastic! What advice do you have for anyone considering a personal run coach, and Resolute Running?

Drink the Kool Aid! It will make you a better runner, love running more, and introduce you to a fabulous and slightly crazy (for getting up in the

middle of the night to run) group of people. I have not regretted my decision to join!