

This month's Member of the Month is Lara Walters!

Lara is one of our very favorite Resolute Runners. She is so much fun to share a run with, and is incredibly supportive of her fellow team members. She also works her training plan very hard, and puts it all out there on race day. We are so glad to have you on our team, Lara, and we can't wait to see just how far you will go!



***1. How long have you been a runner?***

I've always enjoyed running. I mostly ran for weight management, but decided to do the Mercedes Half Marathon back in 2012 to celebrate turning 40. I loved it and all the training runs with my neighbor. I did it again in 2013 and after running consistently, improved my time by over 20 minutes. I was addicted to the thrill of improvement and competition.

***2. When did you feel you had become a "runner"?***

I struggle with that question. I probably first felt like a runner after I completed my first marathon. However, I feel more like a runner now because that word means more to me. It means that I enjoy the sport, the PRs, the challenges and the failures.

### ***3. What made you join Resolute Running?***

After having a (Coach) Lisa Booher encounter, one cannot help but believe that you can accomplish anything. So, after Lisa convinced me that I could do a marathon and that she'd pace me, I went straight to Coach Alex. I met with Alex and jumped right in on all the fun. I felt an immediate connection with the group.

### ***4. Tell us about your first marathon!***

Best experience ever!! When you combine great training, great friends like Coach Lisa and Diane at a race and the world's best pacer, you get my Savannah marathon. Not only did Lisa and I have fun and laugh, but we kept our pace throughout the race. And, we did that with two dead watch batteries. Yes, after mile 14, it was just by feel and trust in training.

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

I've had many improvements. My first marathon was a 3:49, PRs in my 5k and 10k and many age group awards. I know that we all want to get faster, but I think the best lessons are those that we learn during the training process. The best results stem from learning about yourself. It's not just the PRs and awards that define us as runners, it is the process. We are out training in heat, rain, snow and more heat. I feel a great accomplishment from just getting out there. You never know what race day will bring - heat, rain, stomach issues, lack of sleep. But I get out there and run for hours and learn more about myself and in turn, have met so many wonderful people.

### ***6. What is your favorite Resolute Running story?***

There are so many stories I have that it's hard to narrow down to one or two. I loved my first marathon, obviously. But my second marathon, though not as fast, was full of great memories. I would honestly do that one again. (Did I say that?) From drunk munca sightings, paces that are too fast and who to place the blame on (Amy or Jennifer - never me!), to stories by Shilonqua that make you laugh until you cry or wet your

shorts and coffee at O'Henry's laughing about life.

Any story would be lacking if I didn't mention my latest marathon experience, because experience was what it was. 7 bridges Marathon (or 6 bridges for me) was full of lessons, and ones that you can't learn without getting out there and trying. Most importantly, I learned that we can give much more than we think. I was able to push and see my potential because Coach Alex was right there beside me giving me advice. I learned to slow down, pull back on hills and push with little effort on the downside. I learned to not feel defeated with the miles in front, but to concentrate on that specific mile and especially the last tenth. It's things we have all heard, but to put them into action during a race is priceless. I learned that I can do it, but you have to believe it and go for it. I told Alex he was crazy to think I could run an 8:30 for 26.2 miles. We both had concern after I'd had the stomach bug the week leading up to the race. However, you don't know unless you try. That is what I did. And you know what? I ran an overall 8:30 pace for 22 miles. Now, the lack of fluids leading up to race caught up and landed me in an ambulance and Alex with throw-up on his shoes, but man, what a story!! As I told Coach Kelly when she asked if I'd run again, "No, until I looked at my splits." All joking aside, it was scary and we all must know our bodies and our limits. Also, put emergency numbers on your bib. If you're truly dehydrated, you will not know who, what or where, or the fact that you are wearing a roadID (kindly pointed out by my 9 year old).

### ***7. What advice would you offer for anyone considering a personal run coach, and Resolute Running?***

If you're a runner and want to remain a runner, then join. The team is not just for elite athletes, it's for life runners. As Coach Alex says, he wants us to be running for years. To do that you must have knowledge. Knowledge about proper running and nutrition, good stretching and strengthening, which in turn help prevent injuries. You gain all the info with the facilities to do it, and a group of fellow runners that are ready to meet up anytime of the day. We do support one another on the road, but I've had the opportunity lately to see that the bond you gain from the road extends into your personal life. When things became challenging for my family in the last couple of months, that bond spilled

over into my personal life. I've never been so impressed by the compassion of so many people in the running community. Thank you all for being supportive and I'll see you on the road.