

This month's Member of the Month is Dr. Michele Kong Maha!

This story is one of a kind, and running is just a part of Michele's extraordinary success. Michele and her husband Julian are both physicians, parents of two sons, and founders of Kulture City, a charity that advocates for autism acceptance. They built a team for their non-profit that includes former NFL great Tiki Barber, among others, and added KC Fit to the Kulture City outreach, that is now nationwide.

KC Fit merges philanthropy with physical fitness, and through this team Michele and Tiki have raised tens of thousands of dollars for their non-profit. Michele put on the inaugural KC Fit 5k this past December in her hometown of Vestavia Hills. Michele has represented KC Fit at the Boston Marathon twice, as well as the New York Marathon and just this week, Big Sur. She even set a new marathon PR at Big Sur!

Congratulations on all of your success, Michele! We are so very proud of you and all that you have accomplished along your running journey!



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

## ***become a "runner"?***

I started running in Feb of 2015. It was an extremely challenging period of my life, and that morning I decided that I was going to go for a 'run'. It was pre dawn and I was out on the trail, wearing the one pair of sneakers I had. That run was extremely therapeutic, and with it I found clarity and focus. I have never stopped running since that day.

When did I become a “runner”? That's a good question. I'm not sure that I can pinpoint a specific time, except that after that first day of running, I knew that I would lace up again.

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

I was clueless when it came to anything running related, and being injury-free was critical for me.

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

Yes, I do personal training sessions with Coaches Kelly, Ann and Gerald. They are all amazing and have helped me become a stronger and better runner. A strong core goes a long way!

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

I have become more confident as a runner, and have been able to enjoy running injury-free.

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

I have many of them, but my favorite is definitely the bond and friendships that I have developed with the other Resolute Runners. It's an amazing group of people who genuinely care for each other.

## ***6. What advice do you have for anyone considering Resolute Running?***

Jump in and find out!