

This month's Member of the Month is Ryan Graham.

Ryan joined Resolute Running after seeing her husband Jon have phenomenal success with our program. She went right to work, with her contagious passion and positive attitude, and has already achieved some very impressive results. Ryan fits right in with our team: she is a hard worker, and a lot of fun to be around. Congratulations, Ryan! We can't wait to see where you go from here!

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

I have been a runner for the last three years and found that I actually enjoyed it! I truly did not 'feel' that I had become a true runner until I was being coached and was accomplishing set goals. 😊

2. What made you join Resolute Running?

I was working with Coach Alex on a project for Junior League when I 'enrolled' my husband Jon, because I wanted to help him reach a goal. After watching him and so many others cross the finish line and after seeing firsthand the community that Resolute Running creates with runners, I was a bit envious and wanted to give it a try myself.

3. Do you attend any other classes at Resolute Running and how have they helped your running?

I do attend the TRX classes on occasion and love them. They have certainly assisted me in my strength in other places that my cross training cannot!

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

Since joining Resolute Running, I have run more in one week than I EVER imagined. I would have laughed if someone asked me to consider running this much a year ago. I always wanted it to be over as quickly as possible. I have PR'd a 5k. I also completed my first half marathon with a time that I had no clue was achievable! And that has all happened in 3 ½ short months!

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

The people at Resolute Running are always a fun group to be around, but the most fun is the early morning speedwork and watching so many go on to compete in races where they are able to qualify for the elite ones, i.e Boston!

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

Why not? If you have goals-- or if you don't and want to set some--what do you have to lose? Plus doing it the correct way will hopefully lead to many years of healthy running!