

This week's Thank you Thursday features our fun friend Monica Henley. We love Monica because even though she is a lot of fun to be around, she still takes her training very seriously. She works hard to hit her paces exactly as prescribed. Since joining Resolute Running, Monica has blossomed as a runner. She has had a PR at every distance, and is training for her first marathon in the fall. And typical of Monica, she is going big! Her first 26.2 miles will be through the 5 boroughs of New York City, aka the New York City Marathon! Good luck with your training, Monica, and Thank You for being such a valuable team member at Resolute Running!



*1. When did you begin running?*

I ran track in high school, but took a long break and began running again about 2 years ago.

*2. When did you know you were a "runner"?*

I worked out at the gym and had a friend that mainly just ran. So we made a deal that I would start running with her and she would start going to the gym with me. She helped me train for my 1st 5k. I came in 3rd in my age group and that was all it took. I was hooked and looking for my next race. After a couple more 5ks, I then decided I wanted to do a half-marathon. Now I get irritated when I don't run. I never knew that you actually ran in the rain sleet and snow (I love running in these conditions now). It has to be really bad for me not to run outside. Last resort, I take it to the treadmill to get my runs in.

*3. We can relate! What made you join Resolute Running?*

When I was training for my first half-marathon, I suffered a hip stress fracture and was out for about 2 to 3 months, and was unable to run the race I had been training for. I had just started running again and ran the Statute to Statue race in April 2013. Resolute Running was giving away water bottles with a training promotion. I knew I still wanted to do a half and thought this just might be what I need to get me to a half with no injuries.

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

I have had great results. I have had PRs in all my races except one so far. 5ks, 10ks, 15ks and halves. I have gone from run/walking for a half to running the entire race. I am now training for my first full marathon in November in NYC and on my way for that sub 2:00 half in Utah in September. I also have been injury free since joining RR. I had no idea I was capable of doing what I have been able to do so far. Still think I have more and have not peaked yet.

*5. Absolutely! Do you use any other services at Resolute Running?*

I have attended a few of the classes and I am going for my first massage this week. I thought the classes were great.

*6. What is your favorite story as a Resolute Running team member?*

It has just been so much fun and I love everything about RR. I have made some new great running friends, been running in parts of the city I have never been to, and even exposed to trail running. I love the way everyone supports each other.

*7. What is your advice for anyone considering a personal run coach and Resolute Running?*

If it's on the plan I tried to do it (every once in a while on vacation a run might get missed and the next day I feel so guilty about it). I am a rule follower and always get permission to deviate. Boy has it paid off. Just do what the plan says and stick to the pace. Trust your training and

have fun!!! A mile is a mile whether its 6 min or 12 min--- I saw that somewhere and it just says something to me!