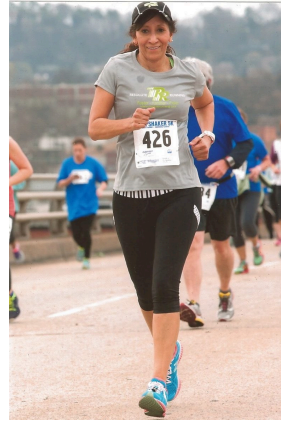


Today we would like to say “Thank you” to one of our favorite Resolute Runners, Pat Dell’Italia. Pat is possibly one of the nicest people you will meet, and she is a hard worker when it comes to her training. Pat puts in the miles asked of her, and she also does personal training at the Resolute Running Training Center. She is a regular at many of our group exercise classes as well. We love having Pat at Resolute Running because of her kindness and for her friendship, but don’t let that sweet smile fool you! She is one tough lady! Thank you, Pat, for your contribution to our Resolute team!



*1. Pat, tell us about your running background. When did you begin running, and what made you start?*

Well, I started running 7 years ago when I turned 50. I was looking for a new physical challenge and I have always wanted to run a 5k race. I started a Couch-to-5km program, and began training for a 5k race that year, The UAB Scholar Race. After that, I steadily increased the distance until I competed my first Half-Marathon at Mercedes. Since then I have just fallen in love with the training process, and the excitement of a race.

*2. What was that moment when you realized "I'm a runner!" ?*

The moment I knew I was a runner was during the Red Nose Run 10-miler. I was running through the course, the weather was especially cold that year and I noticed that my sweat was turning to ice! Some of the water stops on the course were frozen and it seemed like I could not escape the cold. However, I made the decision to stick through it and finish this race no matter what. When I finally crossed the finish line to this difficult race, I knew that I was a runner and I could run any course!

*3. I remember that race well! That is your toughness coming through right there for sure! What made you decide to hire a personal run coach and join RRTC?*

Well, 2 years ago I developed a bad case of plantar fasciitis. I continued to run through the pain, but was getting more discouraged with the minimal results I

was getting with this problem, and decided I needed the proper training to make me a stronger runner. So, first, I had surgery to fix the plantar fasciitis, which had great results. Once I had healed, I knew that I wanted to come back to running stronger than ever. I sought out a running program that would suit my needs and I found Resolute!

*4. What results have you seen as a member of RRTC?*

I have become a more confident and stronger runner. I have also found a great team with great running partners. The speedwork plans, classes offered, and personal training have helped me strengthen myself in all the right ways, and have helped me reach my goals as a runner.

*5. Love that! What other services at RRTC do you utilize, and how do they improve your running?*

All the classes at Resolute are great. When I am feeling like I need a relaxing class to help me loosen up, I go straight to Kevin's Yoga class, where I can learn some new Yoga moves and enhance my running. When I am in need for a great workout I try to attend Coach Ann's Balance and Flow class and Kelly's Run Barre class. Also, my personal training sessions at Resolute have helped me tremendously.

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

At the Huntsville Marathon I really appreciated how everyone waited for me at the finish line, and provided the support I needed to cross the line. I really hit the wall on this particular race, and it was a great feeling to have Resolute there to support me!

*7. What is your advice for those considering a personal run coach and RRTC?*

Do it! Go to Resolute! It is a great experience with great people and it will help you reach all of your goals.