

Today's Thank You Thursday features Rachel McPhillips.

We are so proud of Rachel for finishing her very first marathon this past weekend at Mercedes Marathon. Rachel is one of the most fun runners to train with; in the middle of a long run she might just pull over for a handstand and a selfie! She always has a beautiful smile on her face, even during tough workouts. She has a running blog called "Running Backwards in High Heels"

(www.runningbackwardsinhighheels.com) that has us laughing on a regular basis.

Rachel is a busy mom of two precious girls that look up to their mom, and we can see why. She is sweet, strong and works hard at her training and for that we say Thank You!



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

I started running in 2009 after I had my second daughter so I could cross "run a 5K" off my bucket list. I can't pinpoint an exact moment that I felt like a "runner" but it was probably after my 5th half marathon. It was around then that running stopped being a chore and something that I needed to do on a daily basis.

2. What made you join Resolute Running?

I joined Resolute Running when I was coming off of an injury. A fellow Resolute Runner suggested me joining for the Magic City training group, and it sounded like a smart idea so I didn't re-injure myself.

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

Since joining Resolute Running, I've set 5K, 10K, and half-marathon PR's, as well as run my first full marathon. I feel like a much stronger runner now.

4. That's huge! Congratulations! How did Resolute Running prepare you for your first marathon?

Training for my first marathon was probably a different experience than most have. I lost my mom in October, right when my training kicked off. Running became a very therapeutic process and my Resolute Running family was there for me in every way possible. With my work schedule, it was hard to fit in long runs on Saturdays, so I would head down to the Resolute Recovery Run at O'Henry's and get my long runs in. I felt very prepared for the full marathon the way Coach Ann worked my training and I couldn't be happier with the way I finished-- after 26 miles, I still had some oomph left for a finish line sprint!

5. Do you use any other services or classes at Resolute Running? How have they helped your running?

Coach Ann's Core on the Floor class is NO JOKE. I would highly recommend someone hitting that class up. I also did the Coach Ann's Form Clinic and it's been such an eye opener. It's helped me become a much more efficient runner. I will also be trying one of the new TRX classes very soon!

6. What is your favorite Resolute Running story?

One of my favorite stories is when a huge group of us ran the Bridgestreet Half Marathon in Huntsville. Coach Alex was pacing several of us for a sub 2:00 hour half marathon, but it got really hot, really quickly. As we got closer to the finish line, there was this lone spectator with a cowbell and he tried to use her as motivation to push me on, and I yelled at him. I think Coach Alex loves that story as much as I do!

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

Take the plunge! Having someone hold me accountable for my runs or paces has been key for me. Listen to your coach--they do this for a reason and know what's best. Plus, you're probably going to meet some kick a** people and make some amazing friends in the process of becoming a beast of a runner!