

Rod Robinson made a deal with his wife that they would start running together to get in a little better shape. What started as simply getting fit turned into something much more! Rod really began concentrating on his running, worked hard, and followed his RR training plan. His results have been amazing! When Rod is not running, he is working for the Jefferson County Sheriff's Department, solving crimes every single day. For his service to our community, and for being a great Resolute Running team member, we say thank you!



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

I started running in late 2012 after getting a scare when my doctor thought I might become a diabetic. I told him I would get myself in better shape and not become a diabetic. I ran my first 5K in January 2013 and am now addicted to running. I lost 20 pounds and have no symptoms of diabetes. I really felt like a real runner when I joined Resolute Running.

2. What made you join Resolute Running?

I decided to join because I wanted to be a faster, skilled runner and learn to avoid injury.

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

I have run 12 races and PR'ed in 10 of them since joining. In 2 of the 12 I placed 1st in my age group, and third in another!

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

If you dedicate yourself, mind and body, to your goal and then to your coaches

plan for you, success will follow.