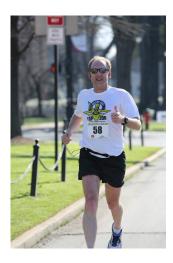
Resolute Running Training Center's Thank you Thursday is a thank you to our members, by featuring them one-by-one and asking about their training and results.

Today we want to introduce Scott Crawford. In a very short period of time, Scott has made amazing fitness gains and is running stronger than ever.





1. Scott, when did you begin running?

I started running a year and a half ago mainly to get in shape. Not only did it get me into good shape, it helped me get through a challenging time in my personal life as well.

2. What made you decide to join Resolute Running Training Center?

The 2013 Mercedes Half was my first half marathon. I enjoyed it, but knew I could do better. I knew Lisa Booher from a run club and found out that she was in Resolute Running so I decided to check it out.

3. What have your results been?

My half marathon time dropped 30 minutes over the past year! I went from being "glad to finish" 5K's and 10 mile runs, to "Placing in my age group." My stamina and speed have all drastically improved.

4. Scott, beyond just the run training, what other Resolute Running services are you using?

I've used the Yoga for Runners class and the massage therapy. I highly recommend both to anyone!

5. What has been your favorite Resolute Running "I did it!" moment?

My favorite RR experience was probably this year's Mercedes Half Marathon. From the team picture before the race, to seeing friends during the race, to the BellRunner party post-race, we were just one big, sweaty, happy family!

6. What advice would you offer to anyone considering a personal run coach, and Resolute Running Training Center?

Schedule an appointment to talk to Coach Alex and/or Coach Ann about what your goals are. Let them counsel you on how they can help you, then let them coach you on the journey.