

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.