

Today's Thank You Thursday features Stacy Peterson, another recent Resolute Running success story from the Big Cottonwood Marathon in Utah. Stacy joined Resolute Running several months ago, and has been killing it in all distances since! Her big goal when she joined was to break the 4-hour marathon. Thanks to her dedication to her training plan and her enthusiasm and great attitude, she broke through that 4-hour barrier with flying colors and a huge smile on her face! She has now set her sights on qualifying for Boston, and we know she will smash that goal as well. Stacy, you are a pleasure to have around and a valuable Resolute Running team member, and for that we say Thank You!



*1. How long have you run, and what was your running like before you joined Resolute Running?*

Two years ago, I was a 3-mile max treadmill runner. I signed up for a Half-Marathon, trained for 4 months and completed it then ran my first full marathon two months later! Before Resolute Running, I made my own training plans and simply ran for mileage. I had never done speedwork or any structured runs, and I didn't know any better. Doing this got me through 3 marathons, but it always felt so hard and I wasn't getting any faster.

*2. What made you join Resolute Running?*

I had run with several Resolute Running team members and heard them describe their training schedules, and watched them repeatedly smash their goals. When I was very new to the running scene I always heard about Coach Alex and the attention he gave his runners in sticking to their plans, and it impressed me that someone would care that much about every single run. I started going to the Resolute Recovery Run on

Sundays (which is awesome by the way!) and got to know many of the Resolute Running coaches. I discussed my self-designed training plan with them and learned that I was working way too hard and being very counterproductive with my training. Coach Alex told me he could take me way past my goals- and that's all it took! I signed up right away!

*3. I know you just completed a marathon and set a PR—congratulations! Tell us how Resolute Running helped you prepare for your race.*

I've only been with Resolute Running for a few months and before, I ran way too hard and fast all the time and suffered for it. Now I can run double the mileage and not feel depleted. At weekly speedwork, I run faster than I ever have before. It's amazing. I've learned so much from Resolute Running about training, nutrition, and race strategy that has been invaluable.

This was my fourth marathon, and for every other one I have struggled to complete training. A month out, I'm usually exhausted, cranky, and struggling to just get out and run. Training with Resolute Running for this last race was completely different! I didn't get run down, nor did I struggle to get out and complete my runs. In 14 weeks, I didn't miss a single run on my schedule because I felt great! Also, having teammates to encourage me and a coach to guide me have been key to making it happen.

*4. Do you use any other Resolute Running services?*

I have gone to a few classes; I love Yoga for Runners after a high mileage weekend! Run Barre with Coach Kelly absolutely kicked my butt and encouraged me to work on flexibility. Also, I encourage everyone try Coach Ann's Core on the Floor class and expect to be sore from your chin to your knees! I also do Erica Hopper's Elite Eats meal plans and love them all! A month's worth of complete dinners that are healthy and yummy with grocery lists included - best idea ever! I might add that the meals I've cooked from her plan have been man-approved as well and go over quite well in my house.

*5. What have your results been since joining Resolute Running?*

I have set a PR in every single distance: 5K, 10K, Half Marathon and Marathon! Before Resolute Running, I had a lofty goal to qualify for Boston "someday". Now, as I grow as a runner, I know that a BQ is a true reality and I WILL get there with Resolute Running!

*6. Do you have a favorite story as a Resolute Runner?*

There are too many Resolute Running stories to share just one! They all start with the fact the Resolute Running team as a whole is a collection of incredible, fun, unique, strong runners and coaches!

Traveling to Utah a few weeks ago with several team members and Coach Alex made the Big Cottonwood Marathon my favorite race to date. There was a 7 mile out and back that we all struggled with, but it was so cool to be able to see all of my team members coming and going and cheering for them as I ran! Leading up to this race, many of us ran long together and that was an adventure all its own. As Daniel Connell hinted last week in his Thank You Thursday profile, he and I saved a toddler at the end of a long run once--- the parent was chasing their dog into traffic and the toddler decided to help just as we were running by. We grabbed the little guy and stopped traffic. Lifesaving aside, many adventures and laughs have been had while running with this crew!

*7. What is your advice for anyone considering a personal run coach and Resolute Running?*

Come out to O'Henry's at Highland Park on Sundays at 6AM for the Resolute Recovery Run. It is my favorite group run of the week! We all run slow and easy for 3, 5, or 9 miles then sit around and chat while drinking FREE coffee from O'Henry's after. Come talk to my teammates, the coaches, and me and you'll see that we are a great group that loves to run, laugh, and train! If you have goals you want to reach, Resolute Running WILL get you there and in the process you'll gain friends, confidence, and a love for training. Oh and you might win something cool- I won a Garmin once!!