

This month's Member of the Month is Susanne Moore!

Susanne just completed the Vermont 100 Endurance Run, running the 100-mile race in an incredible 26 hours and 37 minutes. Susanne has had such a successful year of racing, finishing the Choccolocco 50k at the end of May with a 40-minute 50k PR. We are seriously impressed with her work ethic and her athleticism, and we cannot wait to see what she does as she takes on the Jungle marathon, and 157-mile race through the Brazilian rainforest!



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

I started casually road running about 15 years ago, running random 5k's, and 10k's just for stress relief and the social aspect. I remember being so intimidated by long distance runs and runners! After the first year, I joined Team in Training for the Leukemia foundation and it was amazing. They helped me train for my first half marathon, which at the time was an incomprehensible distance to me. I finally ran a full marathon in 2007, at which point I finally felt like a real runner. I checked it off my bucket list and figured I would never run one again!

***2. What made you join Resolute Running?***

In spring of 2015, Kathleen Hamrick told me about the Jungle Marathon and invited me to run it with her in October 2016. I love adventure and travel and I was sold. That said, I knew I would need some serious help to progress from casual roadrunner to hard core self supported ultra marathoner!

***3. Do you take any classes or other services at RR? How have they helped your running?***

Yes! I religiously attend a 5:30 am TRX Functional Training class. I also try to attend Run Barre and TRX Flow classes as my schedule permits. I have yet to attend a TRX class at Resolute Running that I didn't find incredibly beneficial. As a result of these classes, I have more core strength and core muscles than I've had ever before, even compared to my prior life years ago teaching aerobics and powerlifting.

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

I have been active and athletic my entire life. That said, I turned 42 today and I am stronger, faster and leaner than I have ever been before. I just finished a 100-mile ultra marathon and I felt strong and full of energy the entire race. A year and a half ago if you had told me I would run 100 miles with a smile the whole time I would have found that very difficult to fathom!

***5. I'm sure! That's amazing! What is your favorite Resolute Running story or memory?***

I think the look on Coach Alex Morrow's face when I popped in his office and announced that I wanted to run the Jungle Marathon in October 2016 and I needed his help. I was in a business suit and had a fairly sketchy and inconsistent running history. He knew the race was 157 miles and notoriously difficult. He looked at me pretty skeptically for a few seconds! Fortunately he believed in my enthusiasm and so the journey began!

***6. What advice do you have for anyone considering Resolute Running?***

Pick a goal and then do not hesitate to count on Resolute Running to help you make it happen!