

This month's Member of the Month is Tabitha Payson!

Tabitha joined Resolute Running last fall, and went right to work. She is a regular at the Training Center, cross-training in our TRX classes, and she has transformed her body after participating in our Fueling for the Long Run program. And she is running stronger than ever! Tabitha's husband Tommy, also a member of Resolute Running, says: "She is working SO hard and the results are showing, physically and emotionally. But what makes me incredibly happy is that she is so excited about these results." We couldn't be happier for you, Tabitha! Congratulations!



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

I completed my first half marathon in 2012, but it wasn't until a few months ago that I felt like a real runner. When I looked at my long run and saw that I "only had 8 miles" I was relieved how attainable that distance seemed to me. It was at that time that I thought I was finally one of THOSE people, a runner.

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

A few years ago, I attended an injury prevention seminar hosted by Resolute Running. I was drawn to it because "that Alex guy" seemed to know what he was talking about. Run faster? Less work? Avoiding injuries? I didn't know what kind of magic he was brewing at Resolute Running, but I wanted in on it.

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

Yes! I attend the TRX classes regularly. Even if you're not a runner, you should be doing these classes because they are AMAZING...ly difficult!! These classes will kick your rear into shape. I participated in the Fuel for the Long Run Nutrition Program, which has changed how I look at food and has given me wonderful results. I've also participated in the Form Clinic, which has taught me how to run more efficiently! I highly recommend any of these programs.

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

Within the first few months of joining Resolute Running, I set a half marathon PR by 30 minutes and I am training for my very first marathon! I wouldn't have been able to do this on my own. Trust me, I tried.

## ***5. That's outstanding! What is your favorite Resolute Running story or memory?***

The very first time I met Coach Ann Thomas, she was teaching a hips dynamics TRX class. This tiny lady with giant biceps was running circles around me. Did I mention she was NINE MONTHS pregnant and due the next day? While I was trying not to pass out before we finished the next exercise, she was cheerfully explaining what a "little froggy" was. I thought to myself - this lady is either going to kill me or turn me into a beast.

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

Stop considering and just do it. You'll be glad you did.