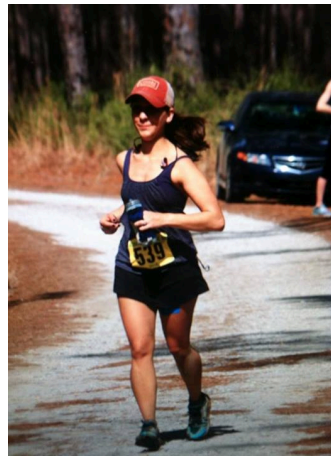


Today's Thank You Thursday features the funny, fearless and feisty Tanya Sylvan. Tanya is a New Jersey transplant that has learned to love long distances and the beauty of the Alabama trails. And she kills it on the roads too! Tanya is a blast to run, with an honest and unique perspective on life and running. She has taken on the marathon and ultra-distances since joining Resolute Running, and excelled at everything she has set out to do. Follow her at her blog, All in Stride, and be prepared to laugh! She is a beloved and valuable member of the Resolute Running team, and for that we say Thank You Tanya!



*1. When did you start running? When did you feel like you were a "runner"?*

I started running back in 2009 as a New Year's resolution (What?! I actually kept it!?) to lose weight. I had danced my entire life, but when I stopped dancing in college and started putting on the pounds, I realized I needed to be doing something to burn off all of the millions of calories I eat daily! Literally. Millions. I went out for my first run with my husband Zack and a good friend, made it about one mile before I tripped and fell on my face and twisted my ankle and bloodied up my knees, and bounced right back up and finished the run feeling exhilarated. I've been falling and shedding blood ever since.

I became a real "runner" the day I ran my first 5K in 2009. It was in September in Tuscaloosa, so my only goal was to cross the finish line without having melted into a puddle of brand new running shoes and clothes. I ran the race without stopping, crossed the finish line well under my "I will never run this fast" goal, and placed third in my age

group. Like a boss! I was hooked.

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

Before joining Resolute Running, I was a happy-go-lucky pessimistic runner. I wasn't "fast," I wasn't "slow," I just ran. And I enjoyed every second of it. I assumed that I would always be a mid-to-back-of-the-pack runner, and that was ok – the back of the pack has more fun, right? But complacency is the enemy of success, and deep down I wanted to be a successful runner.

## *3. What have your results been?*

From the beginning, Coach Alex saw more potential in me. He pushes me to set goals that I had once thought were way beyond my reach. My old fastest mile time has become my easy pace for speed work. I have gotten faster, stronger, and leaner. Recovery time is almost nonexistent.

Since starting with Resolute Running, I have run for 12 hours, set a 38-minute PR in a 50K, smoked my old 5K PR by over 5 minutes, and am about to run my first 50-miler. And I've never felt stronger or happier. Between the camaraderie, challenging workouts, and unwavering support, working with Resolute Running is the best decision I ever made.

## *4. Do you use any other services at Resolute Running Training Center?*

I have taken classes and they have kicked my butt up, down, and sideways!

## *5. Do you have a favorite Resolute Running memory or story?*

I was very skeptical about running my long runs much slower than I used to before joining Resolute Running. I argued that I would never be able to run that fast at the Chicago Marathon, because I didn't practice it during my training. Three days out from Chicago, I met with Coach Alex, nervous that I had never trained at the pace I'd need to hit to get a PR.

All Coach Alex said was to trust the training.

So I did. And he was right. Duh. Just like Coach Alex had said, everything came together perfectly at Chicago and I ran a 3:56. The race felt effortless! Really. I ran well, high-fived the crowd, and crossed the finish line beaming, with plenty left in the tank. The only explanation was that all of the weeks of training I put in with Coach Alex and Resolute Running paid off. All of the tempo runs, speed work sessions, and slow long runs came together and helped me when I needed it. My body knew exactly what to do. Coach Alex's response? "I told you so."

*6. We love that! Do you have any advice for someone wanting to hire a run coach and join Resolute Running?*

Do it! But if you do, give 100%. Your coach will know what's best for you (that's why you pay!), and you should trust them to help to achieve your goals. Half-assing or not completely following your training will only harm you, and will be a waste of time to you both!

On a lighter note, Resolute Running is full of fun, goofy, crazy runners who make the miles fly by with the added bonus of an abdominal workout from all the laughter. Who wouldn't want to be a part of that?!