

This month's Member of the Month is Scott Padgitt!

Scott has had extraordinary success after just under a year of running. He has a tireless work ethic, and takes his training very seriously. And WOW! Is it paying off! Scott made his half marathon debut with an incredible 1:44 finish time, winning 3rd place in his age group. He then went on to crush his first marathon, after a long winter of strong workouts. Scott is also a pleasure to have on our team, helping others reach their own goals. Next up for Scott is a BQ attempt at this December's St. Jude Marathon, and our money is on Scott to knock yet another goal out of the ballpark!



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

I've only been running seriously since the end of August of last year. Prior to that, I had only done a couple of 10k's and one 5k. I was basically a "gym rat" and was doing a boot-camp style workout three or four times a week and two or three spin classes per week.

I don't think I felt like a "runner" until I completed my first half marathon, the Magic City Half Marathon, in November 2016. I knew I was hooked because as soon as I finished (and recovered a little), I started thinking about trying a full marathon.

2. What made you join Resolute Running?

The boot-camp workouts had gotten a little stale. They were great, but I wanted something more. I needed something that was competitive to make me push myself. I had always thought about trying a half marathon, so I decided to begin training. I had just begun training on my own when I saw on Facebook that Resolute Running was doing a 12-week program for the Magic City Half Marathon. The training started the next week. It was perfect. I had a successful Magic City Half and wanted to continue to improve. I had also met some wonderful people while training for the MCH. They decided to join full time. So the decision for me to join was easy.

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

I have done a few classes with Resolute Running. I have also attended a Nutrition Seminar with Coach Ann Thomas. I know that my nutrition is going to be the key to further success. So I'll be consulting with Coach Ann when Fall marathon training starts here shortly.

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

Amazing! I've actually surprised myself. I ran the Magic City Half in 1:44. I even got a 3rd place in my age group! NO WAY could I have done that without the coaches at Resolute Running. As I mentioned, after a little recovery time, I wanted a little (okay, a lot) more. So I joined Resolute Running as a full member and immediately started training to run my first full marathon, the Tobacco Road in Raleigh, NC. I followed my run plan to a tee and was successful at pulling off a 3:38 first marathon. I have to admit, when I saw the race plan that Coach Gerald Johnson sent to me for Tobacco Road, it scared me a little (okay, a LOT). But he told me that his plan is what he had been training me for and that I was ready for it. He was 100% right! My paces ended up within 2 seconds per mile of his plan. I was pretty shocked.

I've also had PR's in both the 5k and 10k. I've been fortunate win a few age group awards along the way. Coach Lisa Booher even got me excited to try some trail running. I won Male Masters of my first 10k trail race. I was humbled a few weeks later when I tried a 12 mile, and much more

difficult, trail race, so I want to work at being a better trail runner.

5. That's incredible, Scott! What is your favorite Resolute Running story or memory?

There are really so many wonderful memories and stories. The members of Resolute Running are what make all the miles, all the early mornings and (sometimes) the pain not only bearable but also fun! Of course the feeling of finishing my first marathon with quite a few other members there was amazing.

But I have to say that one of the most fun and fulfilling experiences with Resolute Running was to be part of a pacing team to help [fellow team member] Alicia Harrison achieve her goal of breaking the 2 hour half marathon barrier for the first time in over three years. I say "team" because I got to enjoy this experience with both Lara Walters and Amy Weber, whom I had the privilege of getting to know through some of those long 18 and 20-mile training runs. When someone is so happy they are crying and thanking YOU for all your help, well, that makes you feel pretty good. I know Amy got to experience this again after Tobacco Road..... :)

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

I hate to sound like a Nike ad. But Just Do It! If you want to go faster and not injure yourself in the process, you need it. I've always been a big proponent of teaching and learning from people that know what they are doing. It's much easier to learn from them than it is to make the mistake, recover from the mistake, figure what you did wrong and fix it. When I decided to get more serious about running, I knew I needed a coach. If it wasn't for Resolute Running, I would have never made the start line at Magic City.