

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

Tommy is on a serious win streak these days, crushing his workouts and setting PR's race after race! He has had a series of podium finishes this summer, and we could not be happier for him. The very best is the lifestyle change that both he and his amazing wife Tabitha have undertaken. We are so proud of Team Payson, and so happy they are Resolute Runners!



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

I've been an active runner for about 2 years and becoming a runner was not by choice, at least initially. Let me explain...

My wife (fellow Resolute Runner Tabitha Payson) started running the previous year and I cheered her on at her first half marathon that October. When she finished and received her awesome shiny medal, I was jealous that I didn't get one (I am in the "participation trophy" generation after all!)

Flash-forward about 9 months, Tabitha happily tells me that she signed me up for that same half marathon... without me knowing. Since I had registration money on the line, I figured, "Welp, it's either actually train for this thing or

die.” Slowly but surely, I started getting into a hit or miss self-training regimen.

I did OK on my first half marathon but I was honestly just happy to be alive.

I feel like I became a “runner” when I started to catch myself craving a run when I stayed stagnant for more than a day or two. It was a strange new sensation for me because running was ALWAYS a punishment and unenjoyable experience when I was growing up (that’s what happens when you grow up a chubby asthmatic).

Long story short, I have my wife to thank for me ever getting into running ☺

## ***2. Thank you, Tabitha! What made you join Resolute Running?***

I started to feel like I was just spinning my wheels a little bit when I was cobbling together a “training program”. I knew that if I wanted to do this right, I needed some professional guidance.

Tabitha and I researched some local run clubs and we found Resolute Running. I wasn’t sure if I wanted to jump in full-bore, so we signed up for the Magic City Half training program with Coach Alex to see what it was like. After seeing how to properly train (who knew training slow meant you could still run a race fast???) and our fantastic results from the race, I was hooked on Resolute Running. The rest is history!

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

When I feel like being tortured, err I mean trained, I go to Coach Ann’s TRX classes and get knocked down a peg or two! In all seriousness, the TRX classes not only kick my butt for days afterwards but they also show me how much proper runner-specific strength training can truly improve my race-day performance.

Additionally, I went through the form clinic a few months ago with Coach Ann to help get my form, gait, strengths and weaknesses diagnosed. I knew my

form wasn't *terrible* but I was amazed at how little adjustments to my form could make such a drastic difference in my running results.

Since doing the clinic and incorporating the form improvements in my daily runs, I have podiumed in multiple 5k's (and I NEVER thought I would get to that point) and I finished in the top 5% of the Peachtree Road Race 10K.

#### ***4. Wow! What other results have you had since joining Resolute Running?***

Obviously Resolute Running has helped me tremendously to achieve PR goals (the Magic City Half I ran with Resolute Running, I PR'd by over 30 minutes!!!). But the biggest results in my mind have been through lifestyle change.

I feel like having a run coach and a fantastic supportive group of fellow runners have kept me honest with my training and now running has become a part of my personal identity and daily routine. I still can't believe I'm one of those weirdos who actually *enjoys* running!

#### ***5. What is your favorite Resolute Running story or memory?***

Oh that's a tough question... I don't know if there is one particular memory or story that jumps out to me, but it is more the overall sincere sense of belonging I have with the Resolute Running community. Every race I run locally, there are always droves of Resolute Runners there to cheer me on and help me push through the toughest parts of a race.

Additionally, waking up super early for speed work or group long runs with fellow crazy runners is such an amazing and rewarding experience, every single week. Runners are just generally happy, nice people!

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

If you truly want to improve your life and be a part of something meaningful, join Resolute Running. Not only will you learn proper training, diet, form, etc., you also will be absolutely amazed on what you can push your body to do.

I've found that I have become more mentally tough since joining Resolute Running than ever in my life. If I can push through that last pistol squat in

Coach Ann's class or finish off that last nauseating 2K repeat, I can really do anything I put my mind to!

If you are even *slightly* on the fence about starting running, do yourself a huge favor and join Resolute Running. You will not regret it!