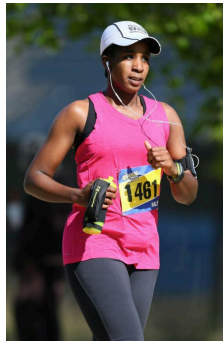


Today's Thank You Thursday features Cassandra Mickens.

Cassandra is a consistent runner and hard worker, both on the track and at the Resolute Running Training Center. She nails her paces perfectly, then cross-trains diligently at TRX classes. Her dedication has paid off, with a big PR at Mercedes Half! We are so proud of Cassandra, and love having her and her gorgeous smile around. She keeps us laughing, while pushing us at the same time. Congratulations, Cassandra, and Thank You!



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

I started running two years ago. It was my 30th birthday present to myself, and it's the gift that keeps on giving! I felt I had become a runner while training for my first half marathon (Rock 'n' Roll New Orleans). The long run mileage increased by a mile every week, and I couldn't believe I was running 7, 8, 9, 10 miles. There was a time I thought running one mile was a marathon!

After I crossed the finish line, something unexpected happened -- I cried. I was proud of my accomplishment and moved by the "never quit" spirit of the running community, from the speedsters to the turtles. I knew then that I wanted running to be a lifelong change and not something temporary.

*2. What made you join Resolute Running?*

I learned of Resolute Running via Facebook; I loved that the training plans were tailored to suit the runner, as I was interested in taking my

running to the next level. After talking with Coach Alex and Coach Ann, I thought I'd be a fool not to sign up! I also was in search of a running community after moving from Jackson, Mississippi, where my running journey began. Birmingham's my hometown, but I wasn't connected with the running scene.

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

I do personal training with Coach Ann, and the TRX Rip Core and TRX Barre classes are GREAT! I plan to try every class offered! I can run longer and stronger than ever before, I'm better at gauging my pace and I'm a devoted fan of Myrtle routines and foam rolling, which I wasn't doing before I joined Resolute Running. (Cue gasp here). I know! I was missing out!

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

I PR'd at this year's Mercedes Half Marathon! WOOT WOOT! Here's to more PRs!

5. *Congratulations! What is your favorite Resolute Running memory?*

The Mercedes Half Marathon, of course! It was amazing to see so many Resolute Runners encouraging one another on the course, and Coach Alex cheering us on at the finish was awesome, too!

6. *What advice would you offer anyone considering a personal run coach, and Resolute Running?*

JOIN ASAP! You get excellent training and advice, and you work toward your goals alongside some great people. It's a win-win!