

It is Thank You Thursday again, and today we feature Cathy Beasley. Cathy joined Resolute Running in order to get the “sub 2:00-hour Half-Marathon” monkey off of her back after more than 15 attempts. Cathy is extremely driven, and needed some coaching to help her achieve her goal. Well, within just a few months she nailed it! She then went on to train and complete her first marathon. Cathy also wanted to keep up with the guys she runs with at the Wednesday night Trak Shak runs, and now they can't keep up with her! We say this about a lot of our Resolute Runners, and it is also true for Cathy: she works extremely hard and takes her training seriously, but is also a lot of fun! We love having you at Resolute Running, and for that we say Thank You Cathy!



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

I have been running for 10 years. 10 years ago, a friend asked me to run a 5km, and I loved it. My next race, a month later, was the Red Nose 10-miler, and a few weeks later the Mercedes half. I knew I was a runner at that point!

*2. What made you join Resolute Running?*

I joined Resolute Running because I wanted to take my running to the next level. I wanted to run a half marathon in under 2 hours. I had run 2:10 before joining, but could never break the 2-hour mark. I also wanted to run my first full marathon.

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

The results have been amazing. I have run 6 half marathons since joining a year ago and all have been under 2 hours. I have run my first full marathon at a pace that I never thought I could achieve. Thank you Coach Alex!

*4. That is awesome! Do you use any other services or classes at Resolute Running? How have they helped your running?*

I enjoy attending the classes offered. I really like Yoga for Runners and Core on the Floor. I also have personal training sessions with Coach Alex, which are awesome but painful!

*5. What is your favorite memory as a Resolute Runner?*

My favorite Resolute Running memory is when I hit the 20-mile marker of my first full marathon knowing I was going to finish. I could hear Coach Alex saying "You are ready for this!" and now I believed him. I also remember running those 18- and 20-milers with some awesome Resolute Running buddies saying "If you can run this, you can run 26!" I'll never forget all of their encouraging words. Thank you!

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

I am 100% confident that joining Resolute Running will take your running to the next level, and the bonus will be all the new awesome running buddies you'll get to meet!