

Resolute Running Training Center's Thank you Thursday is a thank you to our members, by featuring them one-by-one and asking about their training and results. Today we would love to introduce you to Val Walton. We are so excited for Val, because she just came off of a fantastic Rumpshaker 5km performance (a PR), despite a nagging knee. She felt strong and confident in her performance. After crossing the finish line, Val turned back to find her friend on the course, and ran her in as well! Val says that is what she loves about running: the ability to pay it forward as she recruits and encourages new runners to our sport.



1. *Val, when did you begin running?*

I started running as a child living in rural Goodwater, Alabama. My cousins and I ran and rode bikes. It was just outdoor activities and fun. I really got interested in running during college. I would run around the University of Alabama campus during my years there (1984-1988). I loved running around the Quad. After I graduated from college and moved to Maryland, I stopped running. I started again in the early 1990's when I moved back to Alabama. I really began to focus on adding mileage and running long distances in 2008.

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

I could run distances, especially half-marathons, but I was not as fast I thought I could be. I would try on my own, but I realized I needed structure, and help from experts. I saw Resolute Running in my Facebook feed because other friends liked the page, so I googled RR. I loved what it was about, but I thought it was for elite runners. I held off calling. I called, talked to Coach Alex and came in for a consult.

3. *What have your results been?*

I have realized that a large part of running is mental. Joining RR has boosted my "can-do" mentality. I have learned there is a strategy [to our sport], and I continue to look forward to seeing that unfold and come to pass for me in results.

4. *Val, you are a Gold member of Resolute Running, meaning you also work out with a personal trainer at RR. How does your personal training with Coach Ann affect your running and your overall fitness?*

I have heard people talk about core strength. I worked out and had personal training, but it was not tied into running. I am stronger, and I am grateful to Coach Ann and Coach Alex for helping me see that connection. Coach Ann is a super motivator, and she is a prime example that you don't have to have a "drill sergeant" attitude to get results. The TRX is tough, but I see "cuts." I have been wanting arms like Linda Hamilton had in Terminator 2 for years. I am on my way to getting them.

*5. What has been your favorite Resolute Running "I did it!" moment?*

I ran Rumpshaker 5K. I was having knee issues. I ran the race and felt good. I was focused on a friend who was running her first 5K and I had to dash to physical therapy. I later googled my time and saw this was my fastest. 5K. Ever. I thought, "This does work!"

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

Make the first step to call and come in for a holistic approach. There is much to learn about running and speed. The staff members are true personal run coaches. They get results, provided you do the work. The RR motto "Farther, Fitter, Faster" says it all, but the wall of race bibs with PRs is the evidence.