

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

I started running 6 years ago with the goal of being able to run my first 5k at The magic city 5k in 2016. I’m still struggling to call myself a “runner,” but the RR community is helping me embrace the identify I’ve been working so hard to earn.

2. What made you join Resolute Running?

Matt had been a member for years and gifted it to me for Christmas when he felt like my independent running efforts would really benefit from the coaching and community he loved.

3. Do you take any classes or other services at Resolute Running?

With my work and travel schedule, I unfortunately haven’t taken advantage of the classes. However, I did come to a Pre-Hab class before the TranSelkirks Stage Race, and I think that was crucial to my success on that difficult course.

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

I’m stronger physically and mentally, and the friendships have meant the world to me. I still am amazed at how supportive and encouraging the team is of me, and I am so thankful for all the kudos, texts of support, and acceptance that they’ve offered me over the years.

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

Traveling with the RR team to Canada for TranSelkirks is full of great memories. The sense of community and encouragement and celebration of all levels of accomplishment are all favorites. Some of the text messages shared during peak training week in the middle of the summer heat waves were essential to my sanity—misery does love company! 😊

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

Communicate with your coach, don’t be ashamed to acknowledge your progress, trust the process, and be willing to celebrate in yourself what you celebrate in others.

7. What is your personal mantra that keeps you motivated?

You’ve already done more than you ever dreamed physically possible, so just keep showing up and following the plan. And sometimes I even remember to try to have fun while doing it. 😊

8. Any advice you would give to someone new to running?

Don’t be so hard on yourself—this is hard and just showing up and running your own race is enough.