

This month's Member of the Month is Amber Whilock!

Amber joined us four years ago, with no running experience at all. Just this year alone, she has set a PR in the 5K and half marathon, as well as completing her first 50k. Later this year, Amber will take on a stage race with her team at Trailfest in Utah, and also her second ultra marathon, the Birmingham Ultra Trail Society (BUTS) Bearly Ultra in December.

Amber is a true team player, who encourages her fellow Resolute Runners in all of their endeavors. Amber is now serving on the BUTS management team, and always volunteers at aid stations when she is not racing. Amber is also an attorney, wife and mom of two small kids. Wow! Amber, you truly do it all with grit and grace, and we could not be more proud of you! Congratulations!



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

In the fall of 2015, my firm offered the Resolute Running Build Your Way to 5K program as part of our wellness initiative. I had never been a runner, but joined the program with Coach Lisa and Coach Jennifer, and literally started with running only 30 seconds at a time. I ran my first 5K that October, then joined the 10K program (mostly just to have an excuse to continue to hang out with Lisa and Jennifer) and ran a 10K the next February.

I think anyone who runs is a "runner," but admit that for a really long time I didn't feel like a "real runner." I think sometime during marathon training, when I set an alarm for 4:00 a.m. for a double digit training run, I realized that this was not something normal people do, so I must, in fact, be a "runner."

2. What made you join Resolute Running?

After the Build Your Way to 10K program, I wanted to see what else I could do. So I joined Resolute Running to train for my first half marathon.

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

Yes! I love the TRX classes. When I first started running, I dealt with some nagging injuries (my body basically rejected running). Since then, incorporating lots of strength training has helped me stay healthy and avoid injury.

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

I've gone from not running at all, to completing my first 50K this past June. These folks know what they are doing.

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

I had a somewhat disastrous first marathon experience, but Coach Lisa was meeting me at Mile 12 to pace me to the finish. When I told her that I wasn't sure I'd be able to run the rest of the way, she said, as if it were the most logical and obvious conclusion in the world, "It's just 14 miles. We can power hike it." So we did, and I finished my marathon with Lisa chatting and telling me trail run stories the entire way (these are the perks of your coach being an awesome ultrarunner: power hiking 14 miles is just another day in the woods. Also, they have the best stories).

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

If you like running, join Resolute Running. If you don't really like running, but want to meet and hang out with amazing inspiring people, still join Resolute Running. It's 100% worth it.