

This month's Member of the Month is Andrea Austin!

Andrea came to Resolute Running in 2018 with a great deal of motivation and excitement as she prepared for last month's Rocket City Marathon. Because she was so passionate about her goal of qualifying for the Boston Marathon, she followed her plan to the letter, kept in close contact with the team for support and advice, and made a 100% commitment to her goal. Her work ethic left little doubt that she could achieve her goal and run such a fantastic race, and sure enough Andrea crushed it with a 3:21 on a cold, rainy day. It also doesn't hurt that she is one of the most upbeat and fun people you will ever meet. Congratulations, Andrea!



1. *How long have you been a runner? When did you feel you became a “runner”?*
2. I was 12 when I started running in my neighborhood. I felt I had become a runner when I started choosing to run over doing other things. If there wasn't enough time for both, I would run!
2. *What made you join Resolute Running?*

I've always wanted to qualify for the Boston Marathon, but I'd never actually trained for a single race to do just that. I figured I needed help to BQ, so I wouldn't get injured and so I wouldn't give up!

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

I reached my goal to BQ, and was actually 14 minutes faster than my qualifying time. Coach Alex gave me the confidence to believe I could run that fast. As a group fitness instructor, it's my job to encourage other people. However, I'm not so good at encouraging myself. I guess I just didn't realize I could do it. But Resolute Running proved otherwise!

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

My favorite Resolute Running memory is pacing the Magic City Half Marathon. The entire group of pacers just has fun!

Resolute Runners never leave people out, or act jealous or petty. Resolute Running is just a really friendly, encouraging and non-intimidating group. I love that.

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

There are a lot of great running groups in Birmingham, and it's really hard to choose a coach. I really struggled over it. Running means something different to everyone, so you've got to figure out what it means to you, and why you want a coach. I think your decision will be much easier once you know those answers. Then talk to Coach Alex.

Resolute Running will be able to pair you with someone who understands the runner you are. That's key for any good plan. And cross-training is super important to prevent injuries!