

Our Team member of the Month is Carolyn Galgano!

Carolyn first joined Resolute Running after she had her second child and was getting back into running. She seemed skeptical that she would see rapid improvements, but she stuck to her plan, trusted her coach, and made sure to get in all of her workouts. During the strategy session for her first 5k race, she later admitted she thought we were crazy for the time goal we put forth, but not only did she hit it, she surpassed it! Carolyn is proof that if you trust the process and put in the work, the sky is the limit!



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

I started running while in college about 15 years ago. My dad has been a runner for as long as I can remember, so running seemed like a good thing to do for fitness. Although I had only ever run a 5k before the first thing I signed up for was a half marathon. I’ve run casually since then doing occasional half marathons but have never had any coaching until signing up with Resolute in the fall.

**2. *What made you join Resolute Running?***

I had gotten back into running after having my daughter a couple years ago and even got a PR but then injured my leg. After having my son in 2017, I was looking

for some help to get started running again. I knew I needed some guidance in order to prevent injuries again. I also realized that I was not meeting my full potential with running and needed guidance about how to train.

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

I've taken Coach Alex's Monday TRX Strong class. My running is much better when my core is strong.

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

I had a nearly four minute improvement on my half marathon PR. I've also had a six minute improvement on my 5k.

***5. What is your favorite RR story or memory?***

The New Year's run was great. I am always a little intimidated to run with people I don't know, but I have realized there are all different levels at the group events.

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

I was worried that I was not enough of a "runner" when I joined. I have learned that Resolute Running is for all types of runners, and that the coaches meet you where you are and what you are able to do right now. As a working mom with two young kids, sometimes my planned runs don't happen. But that's life and it's OK! I'm making progress and doing what I can to be the best runner I can at this stage of life.