

Our Member of the Month is Cristina Satterfield!

When Cristina joined Resolute Running, she was already a strong runner, but she did not have any structure to her training. Willing to learn, and being very coachable, she was open to trying new training techniques and methods. Cristina put her trust in the process, did everything her coach asked her to do, incorporated strength training and yoga into her schedule, and WOW, the results have been amazing! Cristina has just scratched the surface of her potential and we expect even bigger and better success down the road. Congratulations, Cristina!



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

- I have been a runner off and on since high school. In high school I would run no more than 30 minutes, just enough to stay in shape. As I got older, I became a gym rat obsessed with anything cardio. One day in spin class, the Trainer asked me if I ran, and I said “No, not really, just a little bit here and there.” She said “We have group runs on Saturday mornings, you should join us.” It took several spin classes for her to convince me to do the group run. I ended up showing up one Saturday morning and ran 10 miles that day. This was the moment I knew I was a “runner.”

2. What made you join Resolute Runner?

- When I first started running (as a “runner”) I had absolutely no structure. I would run anything and everything with everybody, pace...didn’t matter... distance...didn’t matter...recovery days...heck no!...races...when’s the next half marathon? I did really stupid stuff like go run 20 miles the weekend after

racing a marathon, and run a 7:00 min/mile shakeout run pace thinking I could hold this an entire marathon distance. I was hurt A LOT. I finally mentioned something about needing a coach to Resolute Runner Becca Fite, and she recommended Coach Alex Morrow. The rest is history!

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

- I ran my first 50K in Tahlequah, OK this year and finished as the Third Overall Female. I missed Second Place Female by 1 minute to a runner who happened to be from my home town. I will be back!

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

- Besides being Team Member of the Month, working with Coach Alex Morrow has been a blessing. Running is complicated, more so than I ever imagined. No one really understands this unless you are a “runner.” I reached a point in my running where I had plateaued and encountered many setbacks from running hard all the time. Coach Alex stepped in, providing me with guidance and structure, resulting in me accomplishing goals that I never thought were achievable.

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

- Do it! I don't care how good you are at running. Everyone needs a running coach to provide structure, accountability, and guidance.