

This month's Member of the Month is Dale Landefeld!

Dale is the most enthusiastic team member we have, and that is saying a lot! He is always encouraging of his fellow teammates, and absolutely loves being a part of the Resolute Running team. And we love having him!

Even though he consistently wins the Grand Masters award every time he races, he is always striving to be faster and stronger. He is a true delight to have on our team, and we cannot wait to see what he does next. Congratulations, Dale!



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

In September of this year, I will have been running for forty years.

I ran my first 10k in my hometown of Barnesville, OH in September of 1981. The hilly course was on East Main Street, where I happened to live. I trained for two weeks, and ran in a pair of Converse shoes. Today, we would consider that a poor choice of shoes!

2. What made you join Resolute Running?

After almost forty years of running, I finally realized that I needed help with how to train better. I joined Resolute Running in the middle of the COVID-19 pandemic.

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

My 5k training times are coming down, which is one of my goals!

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

My most impactful memory was at the Big Beach Half Marathon this past January. I was having a hard time keeping my goal pace for the first four miles. Coach Alex Morrow was running the half as a training run, and slowed down to check on and encourage me.

At the 10k, I was seriously considering dropping out. I have never dropped out in over 200 races. Physically, I was a mess!

Coach Alex got me to Mile 11.75. He gave me the power to make the right decision. I took a seat at the aid station and waited for a ride. After 15 minutes and no ride...and lots of salty chips and water....I gave it another try and finished!

I ended up winning second place in my age group. Thanks to Coach Alex, this turned out to be a great learning experience.

6. *Wow! What a story! What advice do you have for anyone considering Resolute Running?*

I am so glad I joined! Resolute Running has great coaches! My coach is Coach Ann Stalvey, and I believe in her, and she gives me confidence. I've met so many teammates at spadework and they are all great ladies and gents!