

Our Team Member of the Month is Frances Carter.

Frances sets big goals and is dedicated to achieving them. She is a trail guru and takes on big adventures, like running Rim to Rim to Rim in the Grand Canyon. Just this past weekend Frances ran for twelve hours, covering over 53 miles and finishing as the Second Overall Female at Merrill's Mile in Georgia! Her next adventure is running for six days and 120 miles through the Rocky Mountains. A well-rounded athlete, Frances is a regular at strength-training sessions to keep her balanced and powerful on the trails— especially the big climbs she is not afraid to take on! Congratulations, Frances!



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

I have been running consistently for about four years. When I first started running I used the run/walk method. This was good for me because I mentally struggled with running without stopping. At the time I was running with a friend who lovingly would run/walk with me, but kept encouraging me to give up the walks. She knew I could do it and I knew I probably could do it, but I was stuck mentally. I don't remember exactly how it progressed, but eventually I did give up the walks and that was when I really felt like I was a runner.

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

I joined Resolute Running because I was interested in run-coaching that incorporated strength-training. My previous personal trainers were not runners and did not encourage the distances I wanted to run. In fact, they thought I was crazy! I wanted

to be around runners who understood and would be supportive and encouraging of what I love to do.

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

I love the group classes offered at Resolute Running, both over Zoom and in person! I usually do the TRX Power or the virtual fitness classes taught by Coach Lisa Booher. These classes challenge not only my muscular and cardiovascular fitness but also my mental endurance. Coach Lisa puts together some really great combinations that effectively fatigue the targeted muscle groups. I'm always fighting my mind to keep going and not take a break!

Over this last year, I have noticed that my legs and core are much stronger, and they don't fatigue anywhere near as early as they use to on my long runs.

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

I haven't done many organized races since joining Resolute Running due to race cancellations and an injury, but I think my biggest result has been safely and successful building back up my mileage after my injury. When I couldn't run I did personal training to keep my muscles strong and once I was cleared to run, my coach designed running plans to help me get back to my goals.

I set a big goal of running Rim to Rim to Rim in the Grand Canyon, and completed that goal in May. My husband and I ran from the south rim to the north rim, spent the night, and then ran back the next day. It was an amazing adventure that I am so thankful I was able to experience by foot!

***5. That's fantastic! What is your favorite Resolute Running story or memory?***

I had the opportunity this year to pace a fellow Resolute Running teammate during her first 100 mile race. It was so inspiring to see Suzy Usry work so hard to accomplish her goals at the Lake Martin 100 mile race. I loved being able to share some of Suzy's miles with her and then see her cross the finish line.

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

You will receive not only top notch coaching and training from the Resolute Running coaches but also a team of incredibly kind and fun people. I think the relationships you find along the way in running are what make the sport so special. Everyone I have had the opportunity to meet on the Resolute Running team have been the best!