

This month's Member of the Month is Jessica Allen!

Jessica is the perfect example of how running can change your life. Jessica started with us in the summer of 2018, with our Build Your Way to 5k program. She then set a goal to run the Magic City Half Marathon, and bought in 100% to the Resolute Running way. Jessica has since gone on to set PRs at multiple distances, add trails to her running, and even complete a 50k! WOW! We absolutely love having Jessica on our team. Congratulations!



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

In my 20s I “ran” off and on, but I would not have considered myself a runner. In fact, I may have even said I “jogged” (GASP!). I didn’t feel I had become a “runner” until a few months after I joined Resolute Running in the early Fall of 2018 .

I had just come off Build Your Way to 5k and with Coaches Gerald Johnson and Jennifer Andress, and set the Magic City Half Marathon as my first goal race. Through the process of training for that first race, it wasn’t just the actual running part that made me feel I was a “runner”; it was the goal setting, speed work (who knew that was important), time trials, old school MRTYLs and most importantly, being in a community of runners, that I finally felt I was a runner, too.

I also realized I was a runner once I started spending my “fun” money on races and socks.

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

I moved to Birmingham in 2017 at a time when I wasn’t my most healthy, and I didn’t know many folks locally. I pestered my sister and brother-in-law (Resolute Runners

Tabitha and Tommy Payson) to hang out with me, and Tabitha was taking no excuses for my lack of interest in running with her.

She signed me up for the Resolute Build Your Way to 5k program in the hottest summer ever for the hottest 5k ever (Retro Run). I got to know coaches, as well as a whole crew of fellow newbies that have stuck around since, during that particular FREE training program.

I liked that Resolute Running wasn't just a gym or club. It was a a group of cheerleaders, community volunteers, and athletes of all levels who wanted to make running a safe, fun, lifelong adventure. Plus, Coach Alex Morrow has a pretty solid sales pitch.

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

I can absolutely see the importance of strength-training and yoga classes to improve my running. I've dipped my toe in a few classes and am working with Coach Ann Stalvey on my nutrition.

Being a stronger and happier runner doesn't just happen on the road (or trails). The Resolute Running classes and services are great for improving the runner overall—it's not just about speed and Vo2 over here!

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

I've seen so many race and non-race results in such a short time. I didn't realize how much improvement and fun I would have running once I had the right coaching.

Since joining I've had PRs in multiple distances, on multiple courses, and even tackled my first 50K this year!

I learned that I love speed work and that if I'm going long, I really enjoy doing it on a trail. Also, I've finally gotten over my dislike for running in the rain. It's actually pretty fun!

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

There are so many! I have two in particular. The first is after my first 50K (Stump Jump) in October 2020. We knew this race was going to be a BIG goal for me to tackle. But, Coach Lisa Booher always encouraged me to go for it! She made a plan, I stuck to it and despite my doubts, I finished the thing!

Now, finishing was amazing BUT, here's the cool part. I was nearly dead last and almost missed the final cutoff for that race. By the time I finished, the finish line was gone, the awards put away and they had even packed up the post-race beer! Can

you believe?! However, when I rounded (err, limped?) around the final corner, I could hear my fellow Resolute Running teammates cheering and waving me on. They didn't have to stick around, but they did, because that is what they do. When you join, you are part of the team.

In 2019, fellow Resolute Runner Ryan Graham, who I was just getting to know, organized a team to run for my youngest child, who has special medical needs, as BellRunners. People from Resolute Running that I didn't even know joined in and donated, ran with, or supported the group. I was so encouraged. They don't care if they don't know you well, all they needed to know was you were a fellow runner who needed a hand up, and they were there!

Ok, Ok one more. I loved the gladiator costumes, especially Bradley Wells' wig.

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

Just try it for a month- you'll be a better and happier runner, you will reach goals you didn't even know you could set, you will have made new friends and you will feel so much more connected to your community. You don't have to wait for an invitation, we are already waiting for you!