

This Month's Member of the Month is Jill Deaver!

We love having Jill on our team. Her attitude is amazing, and she understands the big picture: running is a life sport! She is supportive of her teammates, all while working relentlessly both on the roads and trails, and at the Training Center. Her nutrition is also a big piece of her fitness puzzle, and she is an outstanding ambassador for our sport. Congratulations, Jill!

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

I joined Resolute Running in December 2018 and started calling myself a "new runner", and I've been told I can't call myself a new runner anymore since I completed the Bearly Ultra last year.

But really, all my life there were always these signs that I should be a runner. When I was a kid, I practiced for the mile and felt proud when it came time to do it in PE class. Throughout life, I would see runners out and I thought "how cool!" But, I was never on a team in school and didn't know anyone who ran.

I wasn't an active person before I started with Resolute Running. But now, when I watch the Olympic track and field competitions on TV, I feel my arms twitch when they sprint because I know what it's like to want to go fast. I don't know why this is such a weird question...all I know is that when people ask me if I'm a runner, I say YES.



Before shot. January 2019: Me in yellow; This was my first speedwork ever!

2. What made you join Resolute Running?

It was time. I turned 40 years old and I didn't like how it was physically difficult to do everything. I didn't really feel good about myself. If you know me, you know I have a healthy self-esteem, so not feeling good about myself was just not ok. I'm also someone who knows that things don't change unless you act.

Right before I joined Resolute Running, I moved to a neighborhood where there are parks and a lot of active people, so I went running one day. And that lasted about 5 minutes. I tried the next day. And that lasted about 3 minutes. I tried the next day and couldn't make it down the block. My shins were in pain!

I told my best friend Janet Simpson-Templin (she works at the Crisis Center) about it and she recommended Resolute Running and Coach Lisa Booher from her experience with the Just A Call Away 5K Build Your Way to 5k program. I thought to myself, "Either I can't do it, or I don't know how to do it." I didn't believe I couldn't do it, so I called the professionals at Resolute Running to teach me how. It was one of the best decisions I've ever made!

I knew I could do it, I thought I would enjoy it, I knew it would make me fitter and stronger, but I didn't know I would end up loving it!

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

One of the reasons I chose Resolute Running was that they emphasized strength-training along with run-training. I think I've taken all the classes and love them. They are so helpful and fun—even at 5:30am. I usually take the early classes Monday (with Coach Ann Stalvey), Wednesday (with Coach Lisa), and Friday (with Coach Lauren Ritchie).

And I've used every other service associated with Resolute Running: I hired Coach Ann to help me with nutrition in summer of 2020, during an injury. I basically learned how to eat! After working with her for 3-4 months, I definitely came back to running healthier and stronger (and about 15 lbs lighter). These past three months, I've also worked with On Pace Wellness on fine-tuning nutrition for performance and recovery. I also use Carol Lewis for massage.

Most importantly, I'm really honest with Coach Lisa. I let her know everything about weekly runs, and I let her know when I think my life stress is interfering with my training. We adjust a lot and my progress feels slow sometimes, but it's sustainable for the rest of my life—which is our main goal. After I earn my PhD, I'm sure we'll kick up training. (Let's go for something BIG, Coach Lisa!!)

I feel sure that communication and using all of the resources Resolute Running offers has helped my running every step of the way.

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

The most important results for me have been in my own physical and mental health. I'm healthier, stronger, more able, more mentally fit. I love every day more after joining Resolute Running, even during periods of injury.

I think races can be fun, but I'm not race motivated. I get more excited about what I can do in weekly speedwork than I do about performing in a single race. I'm more motivated by what running adds to my life. I do love to challenge myself, but I run for new experiences and to see where running will take me.

5. We love that! What is your favorite RR story or memory?

I'm a librarian, so I'm going to categorize these:

Most fun: My aunt traveled to Birmingham to run the Vulcan 10k with me for my 42nd birthday.

Most proud: My first full outer loop at Red Mountain with Coach Lisa. I had seen so many Strava maps of that outer loop but I hadn't seen the trail for myself. Coach Lisa made it a goal and ran it with me. TMI: I peed in the woods and she deemed me a "real trail runner." And I realize I can graduate to even more levels of TMI, but let's "celebrate" one bodily function at a time, friends.

Most awkward/funny: At the finish line of the first 5k I really raced, Coach Alex Morrow held his hand out to me for a high-5 but I misread it and went in for a hug. He was like, "Ok...keep moving."

Most awesome: watching my mom complete the virtual Build Your Way to 5k program in 2020 via zoom.

Sweetest: I was having a tough time at the Southeastern Trail Runs Memorial Day Preview run. Everything was wrong. The weather was getting hot, I was late meeting the group, I fell down and bled. I was about to start sobbing, when fellow Resolute Runner Jessica Allen (who was sweeping) said, "Jill, did you bring any snacks?" I choked out a weak, "Yeah...do you want some?" And she calmly said, "No. I think you need a snack. You're in the cave of pain and need to eat."

She was right! I managed the rest of the preview just fine. Thanks, Jessica!!!

Plus: Fast forward to the Ridge to Ridge Preview and, as the sweeper that day, I was able to pay it forward with another struggling runner. I asked if she had snacks, she asked if I wanted some, and I told her to eat. Runners are the best!



During training. November 2019: Vulcan 10k with my Aunt Debbie



During training. December 2019: My first loop around Red Mountain Park (photo cred, Lisa Booher)

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



After, or most recent training. July 2021: A happy run in Pensacola, FL

If you feel like running is a completely solo activity that you have to figure out on your own, you're wrong. If you're struggling, don't. Call Resolute Running.

The members of Resolute Running are incredibly diverse in their experiences, levels of fitness, and running accomplishments, but everyone is amazing and works together.

The coaches believe in and support every kind of runner. It doesn't matter if you can only walk one mile or you can run 100.