

1. Our Team Member of the Month is Joe Ritchie!
2. Joe is a busy professional that travels a lot for work. His wife, Lauren, is a marathon runner and Resolute Running team member, and they have two very active children. In spite of his busy life, Joe does not miss a run, and as an ultra-marathoner, he has a lot of miles! He has also committed himself to a rigorous strength-training regimen, that is paying big dividends. Joe is one to watch! He's got a lot more podiums in his futures, and we are so happy to have him on our team!



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

4. I started running in March of 2016, when my wife and Resolute Running team member Lauren convinced me to go on an 'easy' four mile run. I thought I was going to die during that run, and I think it took a week for my heart rate to come back down!
5. Since that day, I have considered myself a runner. Inspired by my wife, I made the commitment to start a regular running routine. Plus, it really re-ignited my competitive drive!

2. *What made you join Resolute Running?*

When I started running and attempting to train myself I, of course, dealt with some early injuries from 'too much, too soon', and also felt like I hit a wall on becoming a faster and stronger runner. Lauren and I had been talking about joining Resolute Running for probably a year, and in April of 2018 we made the decision to join the Resolute Running family.

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

Yes! I travel frequently for work so I'm not always able to join in on the weekly TRX classes, but they are an excellent compliment to a well-rounded training program. I've recently started taking personal training with Coach Ann Stalvey to help build out a better strength-training routine and get to that next level with my ultra racing.

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

I went from feeling pretty beat up just trying to maintain ~20 miles per week to regularly running 40+ mile weeks. In 2019, I moved into ultra-trail racing. Working with Coach Ann put me in a position to not only finish four ultras (a 50k, two 50-milers and a 100-miler) but crack the Top 10 in all four.

In my first 100-miler at Pinhoti, I finished 7th overall out of 200+ runners. I've also hit the podium a few times, and earned my first overall win this past August at the Southeastern Trail Series Ridge to Blazing Ridge 20-miler.

But, more important than any medal or belt buckle is the impact training with Resolute Running and adopting an active lifestyle have had on my personal life. I am a healthier, happier husband and father!

5. *Wow! That's incredible, Joe! What is your favorite Resolute Running story or memory?*

I have had many cool experiences since joining Resolute Running: getting to pace the 1:50 group at the 2018 Magic City Half; cheering on all the other Resolute Runners as they train for and achieve their goals; and more recently, crossing the finish line at Pinhoti with my family.

It definitely takes a village to run a 100-miler, and having the support and encouragement from my family and all of the Resolute Running coaches and teammates made it even better!

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

Do it! You can buy all the newest gear and gadgets, but if you truly want to become a faster, stronger and fitter runner, hiring a running coach is the best path forward.

Resolute Running coaches listen to your goals and aspirations and develop a personalized training plan to not only get you there but help you crush those goals, be it running your first 5k, getting that BQ or simply adopting a healthy, active lifestyle.