

Our Team Member of the Month is Katie Gibson!

Katie started with Resolute Running in our Magic City Half Marathon training group. She showed a ton of talent and potential, and soon signed on with us as a full member. And we are so glad that she did! Her energy and enthusiasm are contagious. She tackles her speedwork and strength-training with a smile, and is always ready to encourage others. Her runs are right on point with mileage and pace. We cannot wait to see what she does in her next race! Congratulations, Katie!



- 1. *How long have you been a runner? When did you feel you had become a "runner"?***
2. My first true experience in consistent running was high school, when my volleyball coach made us run during the off season and as punishment! So, initially I hated running. I then started running with a friend as part of his New Year's resolution in my twenties, and found out I actually enjoyed it when I wasn't forced to do it. I officially felt like a "runner" at the 2011 Vulcan Run 10K. My friend and I raced it and had the best experience. Now you could say I am hooked, especially since meeting my now fiancée, who is also a runner!

2. *What made you join Resolute Running?*

I joined Resolute Running initially as part of the Magic City Half Marathon training group. I had PR'd all my distances the previous year and had even tackled my

first marathon, but I felt like I needed some direction and accountability. Joining the group for a goal race seemed like a good way to achieve that.

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

Since joining the Resolute Running training group, I PR'd my half marathon by 2 minutes and am looking forward to getting new PRs at the Wine 10K and Rumpshaker 5K this spring.

4. What is your favorite Resolute Running story or memory?

My favorite Resolute Running memory so far is coming up around the final corner at the Magic City Half Marathon this year, and seeing the RR cheer station right before entering Regions Field for the finish. Everyone was cheering for me and it was the best feeling to have that support and energy boost for the final 0.1. And I PR'd, so it worked!

5. Awesome job, Katie! What advice do you have for anyone considering Resolute Running?

If you are looking for guidance, accountability, or just friends to do speed work with in the dark on Tuesday mornings, these are your people! It's been a great experience so far!