

Our Team Member of the Month is Laura Heider!

Laura believes in doing hard things. When she joined Resolute Running, she had a very ambitious goal of running a 50k, which was only eight weeks away. It was a monumental task, but she was willing to buy into the RR system. Laura followed her coach's advice to the letter, worked incredibly hard to make sure she did not get hurt, and was willing to do all the little things that go along with running that makes you a better runner. Because of those attributes, Laura not only completed that 50k, but went on to race a 40 miler, and is now training for a 50 miler! Wow! Congratulations, Laura!



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

I started running for the first time eight years ago, when I was 36 and in a full-scale life meltdown. Running felt impossibly hard, and it fully saved me. I ran my first 5k with the blindingly fast time of 43:17. My 6-month pregnant sister "ran" with me and wasn't even winded.

I don't think I felt like a "real" runner until I started with Resolute Running, and realized that you don't have to average a 7-minute mile to be a runner.

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

I decided, after a couple of marathons and a bunch of half marathons, to take the next step and run an ultra. I was terrified, and pretty sure I needed help, so I reached out to Coach Alex Morrow. He had all of 3 months to get me to completion of a 50k -- and that is exactly what he did! I was knocked out at how much stronger I got in such a brief period of time.

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

My results have been UNBELIEVABLE. Within the last 11 months since joining Resolute Running, I have completed two ultramarathons - a 50k and 40-miler - and set a double-digit PR on a half marathon.

I fell in love with trail running. And I have made the most AMAZING friends, people that I love and admire and look up to as runners. There is nothing like an amazing running buddy; they can transform your run and your life.

I cannot recommend Resolute Running enough. I am a completely different runner than I was a year ago, and I am still growing!

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

Only one?? There are so many! I love the camaraderie of racing together, encouraging each other, and setting PRs together. But the one memory that really sticks with me is when I was running my 40-mile ultra in December 2020.

In addition to my awesome coach, Coach Alex, I had three Resolute Running goddesses on call - Morgan McIntyre, Jill Deaver, and Kate Crawford. When my motivation started to flag and everything hurt and I was alone in the woods, I reached out to them and they came through a million percent. They got me across that finish line.

### ***5. That's wonderful! What advice do you have for anyone considering Resolute Running?***

DO IT. Do it NOW. You will never be sorry. I am so much stronger and happier now as a runner than I thought I could be. It's the best money I spend every month.