



This month's Member of the Month is Lauren Slaughter!

Lauren is the ideal teammate. She is hard-working, consistent, open-minded and a huge cheerleader for other Resolute Runners. We are so proud of the hard work she has put in on the roads and in our fitness classes week after week. And her results speak for themselves, with an ELEVEN minute improvement in her half marathon time over the last two races, to an outstanding personal best of 1:47! Lauren, we absolutely love having you on our team and can't wait to see where you go from here! Congratulations!

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

I was a dedicated athlete in high school and college, but only really ran as part of my training for other sports. After that, I ran as part of a general fitness regimen for many years but it was only when I was finally named Runner of the Month for Resolute Running that I felt I could truly call myself a *real runner*! I'm kidding! (Sort of.)

Honestly, though, there was this awesome moment running this year's Mercedes Half Marathon where I felt a kind of control that I don't remember feeling before while running. My training had gone as planned, and Coach Alex Morrow and I came up with a basic strategy for the race that I was implementing. I knew that I was on track to hit my target finish time and felt more confident than I think I ever have as a runner. It was great. Addictive, even!

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

I really needed a change. I've always enjoyed running, but didn't have any particular goals and was pretty much bored out of my mind. I was especially tired of the focus on aesthetics when it came to staying fit, and wanted to push myself as an athlete.

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

I love TRX with Coach Lisa Booher and Coach Kelly McNair, and have definitely seen my strength and flexibility improve. I appreciate that these aren't just general fitness classes, but that they are running-specific. Every exercise we do has a purpose.

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

I am running stronger than I thought possible, really. I love having an ongoing, ever-evolving training program that keeps me on my toes. The best result is having running as this very positive, very important part of my life. I hope to run my first marathon this year.

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

I have a hard time making it to a lot of the group runs but I never, ever, miss drill day. I remember my first time going to drills and being pretty intimidated by the whole situation; I'd definitely never tried any of those wacky exercises before, and certainly not in the dark, before coffee, on a football field, with a bunch of folks I didn't know yet. But then I noticed everyone laughing, having side conversations, and just a general sense of levity about the whole thing. It was really hard but really fun.

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

Do it! There really does seem to be a place for everyone at RR. And it's such an incredibly supportive and inspiring group of people—that alone makes it worth trying!