

This Month's Member of the Month is Marla Kornegay!

Marla is one of those runners a coach loves to work with. She enjoys learning about why we train a certain way, and is willing to trust her coach and the process in order to reach her goals. Along the way she has become an incredibly strong and fast runner, all the while making it look easy.

Beyond her running, Marla is an amazing teammate. She always makes sure to have fun, is incredibly supportive of her teammates, and if you join her for a run, you know you'll be laughing for miles. Congratulations, Marla!



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

I started running in college mostly to stay in shape. I was a figure skater growing up, but living in the South, rinks are few and far between. So when I got to Auburn, I decided to start jogging to offset the Freshman 15.

I think I felt like I had become a runner probably when I ran my first half marathon. Which is not true at all. If you run, you're a runner. Even if you never raced, you're a runner!

2. What made you join Resolute Running?

I joined Resolute Running after my first marathon just went horribly, and I later got into the Chicago Marathon lottery. Even though I have a BS in Exercise Science, sometimes you just have to give someone else the reins. Also, not having to think about it sounded like a huge plus for me.

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

Since joining Resolute Running, I have become so much more confident as a runner. My mental game is stronger, and the friends I've made have really helped push me to do hard things.

I mean, I became an ultra runner! I never thought that would be me! I also have gotten stronger and faster, and finally broke a two hour half marathon. I cannot wait to see what the future holds!

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

This one is a hard one! It might be all the like-minded friends that I've found along the way.

Or Drills Day.

Or commiserating during 800m repeats in the dead of summer.

Or hearing your teammates cheer your name at a race.

Or just passing each other on a long run.

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

Do it! I started with one of the race specific training groups, and then saved my pennies so I could join full-time. Having a coach has helped me so much! Having someone I can ask all of my silly questions and bug with silly little things has been great.

But also having a group of friends to cheer you on and encourage you is such an amazing thing!