

This month's Member of the Month is Rachael Dollins!

Rachael does not let anything get in her way, and is consistent with her strength training and running. Even though she is busy as a lawyer, wife, mother, and friend, she still pushes through to accomplish her goals. Rachael's enthusiasm is contagious; every time she comes to the Training Center for a class, there is a buzz in the room as she encourages everyone throughout the workout. Her coach, Coach Ann Stalvey, says "I'm so proud of all she has accomplished and cannot wait to see what she does next!" We agree! Congratulations on your success, Rachael!



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

I have tried running on and off for years but have never had a rhyme or reason until I joined Resolute Running. I feel like I became a runner when I joined RR, and running became a habit.

2. *What made you join Resolute Running?*

I signed up for the Magic City Half Marathon training program in 2017. The experience and the friends I had gained made me want to do more with Resolute Running.

3. *Do you take any classes or other services at Resolute Running?*

YES! Love the TRX classes. Each instructor has their own method, and all give a great workout.

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

When I was 31 years old, running on my own, I completed a half marathon at an 11:02 pace, and I hurt for weeks after. Two weeks ago, at the age of 42, I completed a half marathon at a 10:12 pace. I took almost a minute off of my pace at 11 years older, and felt awesome the next day. Marvelous for me!

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

I have several great memories with Resolute Running, and have made the acquaintance of so many wonderful people. I would say the diverse group of positive individuals sharing stories and enjoying life make Resolute Running a one-of-a-kind experience.

My teenagers showing up to cheer me on at Mercedes Half Marathon has to be my favorite memory since joining Resolute Running.

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

It does not matter what kind of shape you are in, you will be challenged, in remarkable company, and thankful you decided to join.