

If you've run trails in Birmingham, you know Resolute Running Coach Michael Campbell. He ran the first ever Pinhoti 100 in 2008. Since then, he has consistently raced strong and made trail-service a top priority. He has served as BUTS President, Alabama Outdoors Trail Ambassador, Race Director, overnight Aid Station Coordinator, ultra Crew Chief, group-run lead, and more. And now we are thrilled to have Coach Michael on the Resolute Running coaching staff, and our May Member of the Month!



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

I started running back in the mid-90s. At the time, it was just something I added to my weight-training. However, it quickly became apparent that running was my true passion.

2. What made you join us as a Resolute Running coach?

Running has always been a social activity for me. There is nothing more enjoyable than running with others. It doesn't matter if its Race Day, Track Tay or group runs, running with

others always provides a sense of community. That's one of the main things that led me to Resolute Running: runners helping other runners.

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

My advice to any runner is find your community. Even after 20+ years of running, I learn something every time I run with new people. And the people at Resolute Running have the understanding and knowledge to help anyone reach their goals.