

Our Team Member of the Month is Paige Paschal!

They don't come tougher than Paige, and we love her for it! She is not afraid to tackle big, scary goals head on. Paige has the fantastic ability to dig deep, and problem-solve to push through the challenges of ultra marathons. And while she works hard on her individual goals, she is also an amazing team player, supporting runners on and off the course. Congratulations, Paige!



1. How long have you been a runner?

I have been a casual runner since my mid-30's, running just a couple of miles a day. In 2013, my aunt asked me to consider training for a half marathon in St. Petersburg, Florida. I had no clue what I was getting myself into or the path it would take me down.

2. What made you join Resolute Running?

I joined Resolute Running in 2017 after running the Lake Martin 27 Mile Fun Run, my first official trail race. I went straight home and signed up for the Southeastern Trail Run Long Series and knew that I had no clue how to properly train. I also knew I needed accountability.

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

I do the small group training with Coach Lisa Booher. TRX keeps the core strong and improves flexibility.

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

My pavement pace has improved significantly and my VO2 has steadily gone up. On the trails, my endurance and mental game is always improving.

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

Pre-COVID social gatherings are most certainly a favorite! I've met my closest friends through Resolute Running, and for that I am most grateful.

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

Just do it! I don't think it matters whether your goal is a 5k or a 100 miler. Resolute Running is more than just a coaching service; it is a family!