

Our Member of the Month is Rachel Stark!

Rachel embraces all of her running workouts including pace runs, tempos, hill workouts, and speed work sessions. She does her absolute best to hit it hard without any excuses, and she always has a positive and upbeat attitude. She stays focused on her goals, and it paid off big-time at this month's New York Marathon! Even with all of the crowds, logistics, and hills, she followed her strategy to a tee. The result? A Boston Marathon-qualifying time by 8 minutes, and an 18 minute marathon PR! Wow! We cannot wait to see what Rachel can accomplish next! Congratulations, Rachel!



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

I started running in college (2007), although at the time I would have laughed if anyone referred to me as a runner! I didn't feel like an actual runner until 2013 when I ran my first marathon, the Mercedes Marathon here in Birmingham.

2. What made you join Resolute Running?

Honestly, I just wanted to be able to run a little faster! I thought maybe I could be a little quicker and a little stronger if I only had someone to tell me how to go about it. I also had a secret dream of qualifying for Boston. I never, ever, thought it could actually be reality.

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

Since joining Resolute Running, I've shaved 18 minutes off my marathon time and qualified for Boston, twice!

There have been numerous smaller victories along the way as well, moments that have grown my confidence and inspired me to set even higher goals.

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

The absolute best moment to date is the day I crossed the finish line and realized that elusive BQ was actually mine! Fittingly, I earned that time in the city I love, on the course that made me a runner, the Mercedes Marathon. There were lots of happy tears!

5. That's awesome, Rachel! What advice do you have for anyone considering Resolute Running?

Do it! It will challenge you and grow you, both as a runner and as a person. I have been overwhelmed by the encouragement and advice from people I've never even met. You'll achieve great things with Resolute Running for sure. But more importantly, you'll also find an amazing group that celebrates the good runs and cheers you on through the bad ones. And that's a beautiful thing.