

Our Member of the Month is Rebecca Williamson!

Rebecca is someone who has a great long-term perspective on running, with the goal of loving running her whole life. This year, she has changed things up a bit and has started to experiment with trail running. Rebecca even used her pandemic days to train for her first ultramarathon! We love having Rebecca on our team! Congratulations!



**1. *How long have you been a runner? When did you consider yourself a “runner”?***

- I have been a runner for 22 years. I started when my college roommate was training for her first marathon to raise money for the Leukemia Society, in memory of a high school friend. She was desperate for someone to run with, and I was the roommate with the least resistance. In the end, I loved every minute of training with her, and that time running for a greater purpose forged me into the runner I am today.

**2. *What made you join Resolute Running?***

I joined Resolute Running because I loved to run but I really hated racing. It all came down to training, something I was certain I had been doing inefficiently. Plus, there was something I admired with the Resolute Running family: I noticed that their training together as a group looked more enjoyable than what I was doing. And I was watching them get stronger and meet their goals.

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

I usually take TRX Flow, I miss it so much, it has been the best thing for my core.

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

The results happened a lot quicker than I expected. I ran the Chicago Marathon in 2018, and Rocket City in Huntsville in 2019. Only three months after joining Resolute Running, and three weeks after having the flu, I still shaved off 45 minutes. It blew my mind!

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

My favorite memory with Resolute Running is from last February, when Coach Alex sent us a formula guide on how to dress for winter runs. For our group speed work Tuesday, I entered the temperature which was 29 degrees and 100 % chance of rain (exactly how the news reported it). The guide said "Not Possible". That is precisely what I was feeling: NOT POSSIBLE!

It ended up being a great workout. I hit all my paces, laughed through the whole run with the group, and felt so good afterwards. Ordinarily, I would not even had considered waking up to run in crazy weather, but being apart of this team provides so much motivation and accountability.

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

My advice has been and will always be to anyone who wants to be a runner or has been a runner: you will be amazed with your results, regardless of your goals.

I would also emphasize that the encouragement and camaraderie is by far superior to any other workout group. Their coaches are great. They work so personally with your running ability and your goals to make sure you achieve what you desire on the road, as well as your fitness.