

This month's Member of the Month is Sara Williamson!

Sara Williamson is one of the most encouraging teammates we have at Resolute Running. She is always ready with a joke or a smile to inspire her fellow team members. Sara is also incredibly dedicated. The only time she has missed her strength training classes has been when she was out of town. Even though she travels to New York frequently for work, she rarely misses a run. Snow, rain, sleet, or wind, she gets her run in and stays on pace. We are not surprised that Sara's had two PRs in two weeks. We cannot wait to see what she accomplishes next! Congratulations, Sara!



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

I began running five years ago when I was living in Durham, NC. I don't think that I have become a "runner" quite yet; I think I am still enjoying the journey and figuring out if a "runner" is what I actually want to become.

2. *What made you join Resolute Running?*

Originally I joined for two reasons: I wanted to be stronger and I wanted to run a marathon. I feel stronger than I ever have before and while I have decided to not run a marathon as originally planned, I am sticking to training for half marathons and 10ks!

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

I take Monday's TRX Functional and Thursday's TRX Burn - both with Coach Ann. They have absolutely helped my running; my legs are better able to handle hills, and my stronger core helps me feel more stable and balanced.

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

I have shaved 21+ minutes off my half marathon time in only four months, and I have run my fastest 5k and 10k with Resolute Running as well.

5. That's awesome! What is your favorite Resolute Running story or memory?

My favorite Resolute Running memory is of the Magic City Half Marathon. It was the first half marathon I had done in a while, and I did it on a whim because I had to run 10 miles that day and thought, "Why not just do the half to see what I have?"

It was so special to have Misty Fontenot (Resolute Running team member) pace me to a PR, my coach Ann run me in the last mile, and all of the Resolute Running family cheering throughout out the race course. It really displayed what being a part of the Resolute Running family meant.

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

Just do it!