

This month's Member of the Month is Susan Gray!

Susan is a fantastic success story, and we could not be happier for her! Susan was a very experienced runner when she joined Resolute Running, but had plateaued in decreasing her half marathon and marathon times. She has followed her coach's individualized training plan to the letter, and last month took THIRTY-TWO minutes off of her marathon time and qualified for the 2017 Boston Marathon! WOW! What an amazing job, Susan--- we are so very proud of you!



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

I've been running for 28 years (since my sophomore year in college). I felt like I really became a runner in my late 20s when I finished four marathons in one year (Fox Cities, Chicago, New York & Chicago).

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

I had "stalled out" on my half marathon times and wasn't sure on how to

improve. I had never thought about a running coach before when my friend, [Resolute Running Marketing Director] Jennifer Andress, asked me to design some ads for Resolute Running. After our initial design meeting, I found out about their specifically designed training programs and I realized that I had found the right people to help me break thru my “running wall” and help me reach my goals.

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

Since joining Resolute Running, I've PR'd on my half marathon and marathon times.

My coach, Kelly McNair, has been AWESOME!!! She has been with me since I joined over a year ago. She has helped me run smarter, more efficient races and, as a result, my race times keep improving. At first, I wasn't so sure about running slower, but after I began to PR on my half-marathons, I became a believer! When I decided to train for a marathon after this year's Mercedes Half Marathon in February, Coach Kelly designed an “out-of-the-box” training plan that had me running two long runs a week. At first, this plan scared me a little, but it was exciting to try something new. I've followed Coach Kelly's plans exactly and they have paid off with faster race times!!!

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

I'll never forget sitting in Coach Alex Morrow's office with Alex and Jennifer Andress on March 11, 2015. Alex asked me what my long-term goal was. I remember telling them these exact words, “I know this is nuts, but my dream is to qualify for Boston”. (The fastest I had ever run a marathon was 4:21 and there is no way I could ever run a 3:55!) I thought Coach Alex was bananas when he said, “I know you can do it”. Well, Alex was right! This past May 1st, I ran the Dick's Pittsburgh Marathon and qualified for Boston with a 3:49:23. HOLY COW...MY BUCKET-LIST DREAM CAME TRUE!

### ***5. That is so fantastic, Susan! What advice do you have for anyone considering Resolute Running?***

RESOLUTE RUNNING WORKS! All I can say is I would have never accomplished my dream of qualifying for Boston had I not met these guys! It's been such a positive experience to be surrounded by experienced and supportive coaches who always believed in me and what I was capable of.