

Our Team Member of the Month is Chris Boylan!

Chris is family man through and through: a wonderful husband to team member Britney, and father to their three children. Whether he's racing or cheering on Britney, the kids are there as well, as full-fledged members of Team Boylan. Chris has introduced his son to the trails of Red Mountain, and they often spend some time together exploring the trails.

Chris is a strong and talented athlete. Having run in high school, he is realizing that his glory days may not necessarily be something of the past. He has his eye on a Boston Marathon-qualifying time, and is ready to take the steps necessary to get him to that caliber. Whether it's six months or two years, Chris understands and accepts the process. Chris knows the process is where the magic happens, not the end result, and we can't wait to see what's in store for him! Congratulations, Chris!



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

I ran my first 5k— the Jingle Bell Chase— in 1993 when I was 12. I didn't become a runner until I joined the cross country team and started running competitively in the Fall of '95 for Trinity High School in Louisville, KY. That was close to 24 years ago. In addition to running for my high school, I also ran a couple half marathons and my first full marathon, the inaugural Flying

Pig Marathon in 1999, before graduating high school. Since college, however, my running has been inconsistent.

2. What made you join Resolute Running?

I joined Resolute Running last year, after my wife Brittany joined. I went on the Resolute Running pedal tour with her, and had a chance to meet several of the runners. I talked with Coach Alex about my experience as a runner.

Although I was well trained to run the 5k in high school, I had no idea how to train for longer distances. I spent almost two decades running off and on, and had shown very little improvement without a coach. Between Brittany's experience and the talk with Coach Alex at the pedal tour, I was convinced that joining Resolute Running would finally get me back to where I wanted to be as runner.

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

At the time I joined last summer, I had been off from running for almost four years. My cardio conditioning was down and I was running slower than I ever had. I was assigned Coach Kelly McNair, and she has been phenomenal. She worked me back into running at a slower pace than I probably would have done on my own.

By November, I ran a half marathon around 1:40; it was not a PR, but faster than I expected. In February, I ran the Mercedes Marathon as a training run and set a new PR in the marathon. Two weeks later I completed my first ultra marathon, the Mount Cheaha 50k.

4. WOW! That's great! What is your favorite Resolute Running story or memory?

The best thing about joining a running group is being around other like-minded people. I'm not sure I have one great story or memory, but rather a collection. From the social events such as the pedal tour, the Christmas Light run, and the New Years Day run, Resolute Running has managed to make running fun again.

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

If you are considering Resolute Running, then you are already thinking about ways to improve your running. Whether you are in a rut, getting back into the sport, or just starting out, you already are thinking about the advantages of having a coach who will individually customize your training plan. Resolute Running goes beyond great coaches though, as they have built a community of great runners who will cheer you on through your journey.

With my coaches help, I have seen improvements that I know would not have been possible on my own. The best part though, is to see your coaches and the other members of the team congratulate each other. Whether it is your first race at a new distance or a new PR, I feel that everyone in the group has something great to celebrate, and that the coaches and other team members are genuinely happy to see each other's accomplishments. For me, it is this community that the coaches have built that makes Resolute Running so great!