

This Month's Member of the Month is Tori Bayush!

Tori has improved steadily over the past two years, and continues to get stronger and stronger. Tori's rock solid commitment to her run plan and her strength-training is paying off in a big way. She is in a very demanding job, but always follows her run schedule and shows up to the Hips class Wednesday night with a smile on her face.

Tori is friendly to everyone, and is the life of every Resolute Running social! Our team would not be the same without her contagious joy and encouragement. We are so proud of Tori, and know that the sky is the limit for her. Congratulations, Tori!



1. ***How long have you been a runner? When did you feel like you had become a “runner”?***
2. I have been a runner for 2.5 years. I was never in any sports growing up, and running definitely never crossed my mind. However, my perception of running changed when I was rooting for my friend running the 2017 Mercedes-Benz Half Marathon here in Birmingham. Seeing a running race for the first time inspired me, from the energy of the crowds to the joy and accomplishment of the runners' faces when they crossed that finish line. What I noticed at that run was that anyone, and I mean anyone, can be a runner. So, I decided to give it a try, and did my first 10k and half marathon that year. I got that running bug instantly and jumped the gun and signed up for the Mercedes-Benz Marathon the following year.

However, I truly didn't feel like a 'runner' until after I joined Resolute Running and learned what running is really all about. I didn't realize that running entails more than what I had perceived. The various running exercises, running form, nutrition, fuel, strength-training, recovery, and the running community are all factors in

becoming a better runner. Once I learned more about running and stuck to my training plan, I ended up placing first in my age group on my first run being under the Resolute Running training program!

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

I had contemplated about getting a running coach from seeing the different running group booths' advertisement at different races, but was skeptical about if it. However, what completely sold me to join Resolute Running was the Resolute Running pacers at the Magic City Half Marathon race. They were so helpful, encouraging and knowledgeable throughout the race to all the runners. You could tell that Resolute Runners had a special bond with one another because they were having fun running, and loved helping others.

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

In addition to following my running plans, I also take some of the group TRX classes. I learn so much more about working out different muscles and flexibility/stretching than I had with my past personal trainers. These coaches are the best! I strongly recommend taking these group classes, because they do benefit for your running. You need to build those muscles that will make you faster and help prevent injuries.

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

I have been seeing continuous improvement and results since joining Resolute Running. Trusting my running plan and listening to all the helpful advice all of the coaches give me have greatly improved my running performance. Even with the bad runs and injury I had early on, I talked with my coach and we made appropriate adjustments. I have to note that it has been super helpful that these coaches do keep in contact with you on a regular basis, and help you whenever you need advice or encouragement. When I get a personal record (PR), I think that I can't beat that time in the next race. Resolute Running keeps proving me wrong. I have learned and accomplished so much in the two years that I have been with Resolute Running. I even started doing trail racing, and been training for my ultra-races!

## ***5. That's so great, Tori! What is your favorite Resolute Running memory or story?***

One of my favorite memories with Resolute Running was the 2019 Birmingham Wine 10k race. I had 5 miles to run before the race, and I thought that was completely insane. So many questions ran through my head, thinking I would have no energy and I would not PR. On top of that, the weather was cold and raining. Once I got done with my warmup run, I get to the race, and I saw so many Resolute Runners out there. I was in awe! We all laughed before the race, and those negative thoughts disappeared. With so many Resolute Runners running, I had continuous encouragement throughout the race.

I felt amazing physically and mentally before, during and after the race and got my 10k PR! I love the synergy that the Resolute Running family has!

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

My advice I would give to anyone considering Resolute Running is to just go for it. You will not regret joining. Even if you think you will not have time, you will. These Resolute Running coaches and members work with your schedule, and help find a healthy balance. I love that my running-fitness journey never ends, and I can't wait to accomplish more with Resolute Running.