

- Our Member of the Month is Wayne Qualls!
- Wayne is rock-star consistent, and has embraced the Resolute Running philosophy of holistic running. He takes his warm-ups, foam-rolling, and strength-training as seriously as his running. And you can count on him to cross every finish line with a smile. We love having Wayne on our team! Congratulations!



- **1) *How long have you been a runner?***
- I started running sometime in 2004. I ran a few 5k's, and the Mercedes Half Marathon in 2005, 2006 and 2007. Then life got in the way in 2008, and I didn't run for a few years.
- I started back in 2011 and ran pretty much until the end of 2016, including several duathlons and sprint triathlons. In 2015, a friend mentioned a trail race at Oak Mountain State Park, "Race To The Lake". It was a 10-mile trail run, and I've been hooked on trails ever since.
- I ran the Mercedes Marathon in 2015 and 2016, and the 2016 Southeastern Trail Runs Long Series, which included my first 50K trail race.

- The last race of the Long Series was a stage race: Friday was a 17 miler at Ruffner, Saturday 16 miles at Red Mountain, and Sunday 25 miles at Oak Mountain. I finished the first two races, but wasn't able to start the last one. I was physically worn out from all the running that year, and I was BURNED OUT. I quit running for about a year and a half. Looking back, it was obvious I was improperly self-trained.
- Which leads to question number 2:

- ***2) What made you join Resolute Running?***

- After a year and a half off, I started running again in the spring of 2018, and struggled really badly. I just couldn't get things going; I couldn't even run a mile.
- I joined Resolute Running's Build Your Way To 5K, and it was awesome. I met so many great people.
- We ran the Retro Run, and it was wonderful to be back at it. But afterwards I ended up going back to my old ways of improper training, and soon couldn't run a mile again.
- I ran into Coach Alex Morrow at the Trak Shak, and mentioned that I was interested in joining Resolute Running full-time. I told him my main interest was trail running, and asked to train with Coach Lisa Booher. I did not know her personally, but knew who she was from trail running. Now I not only have a new friend, I also have an AWESOME COACH!!!

- ***3) What have your results been since joining Resolute Running?***

- When I first started Resolute Running I couldn't run a mile, so Coach Lisa worked me up a run/walk plan, which lead into longer distances of running. She eased me back into the trails during this time as well.

- It wasn't long before I was doing double digit runs on the weekends in the woods. I was back in my happy place. Coach Lisa has also patiently worked with me and encouraged me recently after a couple of different injuries that I sustained from falls during trail runs. Her plans have been spot on.

When I joined Resolute Running, my main goal was to compete in my age group in the 2019 Southeastern Trail Runs Short Series. I ended up finishing the series in second place place in my age group, the male grand masters and 14th place male overall in the series out of 290 people. This is when I felt I had become a "runner".

- **4) *That's fantastic, Wayne! What is your favorite Resolute Running story or memory?***

- I have so many memories, but my favorite story is from last year's 2019 Ridge to Blazing Ridge Trail Race. The week before the race, I tripped on a root at Red Mountain, cracked two ribs and broke another one. I was in a lot of pain, and wasn't sure I could run the race.
- I walked some leading up to the race, and thought there may be a chance. I decided to give it a shot and just hike it, and turn around if it got too bad. My trail running buddy and fellow Resolute Running teammate Anika Paperd started hiking with me; after a short distance I mentioned she might want to get going, and she said she would eventually.
- We ended up power hiking the whole 10 miles together, through some of the hardest back country trails and hills that Oak Mountain has to offer. She kept encouraging me all the way to the finish line. I have met so many new teammates like Anika since joining Resolute Running; the support and encouragement you get from them and all of the coaches are second to none.

- **5) *What advice do you have for anyone considering RR?***

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Go for it. If you truly want to run faster, farther and get stronger, you need a running coach. Resolute Running coaches will listen to you and your goals. So, whether your goal is to finish a 5K or a 100 miler, they will help you get there. As an added bonus, you get to hang out with some really cool people.