



EachCoach

We asked you to go to eachcoach.com/resolve and tell us your running resolution for 2014. Here are more goals we'll conquer together!

MICHELLE AKITT At 40, I ran my first half marathon with a goal to just complete. At 41, I want to commit to run a minimum 3x a week and complete a half marathon in 2 hours. BROCK ARM-STRONG Rediscover my love for the pure joy of running! YURI ARTIBISE Run at least 2,500K en route to racing a 1:45 half marathon and 3:45 marathon. CHRISTINE ASSELIN I'll be 50 and have this goal to achieve: On Feb. 16, the 5K; on March 24, the 10K; and in September, the half-marathon for the Army Course. BRITTA BALLENDINE Improve the mental part of running. HEATHER BAXTER Keep running, improving and meeting new people! SHANNON BEATON Become a stronger runner and run faster. Valerie Beauchesne Run my next half marathon (in May 2014) in under two hours, a new personal best. Meesh Beer To flip my walk/run ratio to mostly running by the end of the year! To continue to push my PR lower! To do at least one 5K event a month! ADELLE BEMISTER To build more muscle mass and improve on my times. Also to conquer my fear of half marathons :) SYLVIE BERMINGHAM Improve the quality and consistency of interval drills to obtain better results in my 2014 half marathons and transition to longer runs so I can run my first full marathon in 2015. SHARRON BINDON I've run 10K and 21K. I turn 55 this year: My running resolution is to run a full marathon. BRUCE BISHOP Set a personal record for my 10K and half marathon. LINDA BOUDREAU I'd like to be ready for a 10K by May 2014. So far, I can run a 5! MAURICE BOUSKELA 2,000 kilometres: run smart, run my run. ANN MARIE BRADY Run a sub-1:45 half marathon again. Actually I'd like to run 1:40 again, but that doesn't seem realistic. KATHLEEN BRIGHT I will push myself no matter how uncomfortable it gets, I will shake up my training routine. JAMIE BROWN To run a qualifying time for the Boston Marathon! ASHLEY BROWN To commit to a consistent running schedule! LEAH BURKE To complete four races with personal best times: Harry's Spring Run Off; Yonge Street 10K; Sportinglife 10K; Scotiabank Half-Marathon. TAMMY BUTLER My first ultra marathon, The Deer Lake 67! CHRIS BUTZ Run my first 50 mile ultra in October! BRIAN CALLEJA I resolve to break 1:45 for a half marathon. JANET CAMMALLERI To actually run, non-stop, for 5K by the end of the year. JOHN CAMPBELL Complete a 100-miler, while staying healthy & happily married! JAMES CAREY Run my second half marathon in under 2:00. SHELLY CARRUTHERS To participate in the 15K team relay Around the Bay and choose a fall half marathon to participate, but most of all to train properly and stay fit! Shane Carstens A 3:10 marathon. JILLIAN CARTER Run a half marathon, a faster 10K, get a higher placement in my races. This running season approaching is my last in high school! BRUNO CENTORAME Get lighter, stronger and faster, running all year with minimal shoes. JACQUELINE CHAINE Build slowly to the marathon. WILLIAM CHAUPIZ Run five marathons, help fellow runners in my running clubs achieve their running goals plus continue with #neverNOTrunning lifestyle. JEAN CHERWAIKO Complete my first-ever Boston Marathon sub-3:55! VIRGIL CHEUNG Complete my first marathon under 4:00. Registered for Goodlife Fitness Toronto and Scotiabank Toronto Waterfront marathons. SUSAN CHIN Incorporate hill running in my training plan. Keep good nutrition even though I have diabetes. ANITA CHOQUETTE Live the dream and run my second marathon just a little faster than my first! ALESSIA CIANNI Run the marathon in the STWM 2014. LAURA CLARK Run my first full marathon! MICHAEL COLLIS I'll run 3-4 times a week. I'll not take a break nor will I get lazy and quit. I will run a half marathon. KAREN COOK To run the marathon I aimed to do when I was 50 (2 seasons ago) but couldn't & qualify for Boston. LEANNE COOPER To return to and complete this year's Boston, despite being sidelined by an MCL injury, even if I have to crawl down Boylston Street. BRUNO COTE I'm 45 and training for 42.2K in Ottawa on May 25, 2014. Run safe, eat well and relax! SYLVIE COUSINEAU At age 50, run my first half-marathon. Ottawa, here I come in May! CASSANDRA CRICHTON Shave 10 minutes off my half marathon time, and complete my very first Around the Bay injury-free! SUSAN CZERLAU Two half marathons (Ottawa/May) and Okanagan or another destination half – both under 2 hours! KRIS DAILEY I turned 40 in 2013. My resolution is to do a combination of 50 half and full marathons before I turn 50. My father and grandparents died of heart disease and I plan to not let that happen to me. DAMIANO DAVID Complete 5K, 10K, half and a full marathon, with fun runs included, like a colour or obstacle course race. CHRISTA DAVIDSON Run marathons two and three. No. 2 will be Ottawa, then marathon No. 3 (3:45) for a BQ. JORDANA DE PASQUALE Run 10K by my birthday in April. I currently run 6! KELLY DEAN To properly train for and run my first half marathon this spring. SYLVIE DECELLES Half marathon of Ottawa in less than two hours. JUSTIN DEKNATEL Qualify for Boston! Sub 6-hour half iron distance triathlon. JEAN DESHARNAIS To run my first marathon! After three years of training and 20 kilos, it's time for the next level! LUC DESJARDINS I'm 62 years old and I like to run four to five time weekly. MELISSA DOLDRON To PB in the Half Marathon this spring! ELAINE DOMSY I am running my first marathon in May 2014 – the Ottawa Marathon! AURORA DOWELL To run 2 half marathons this year! NICOLAS DROUIN I want to run my first half-marathon in Ottawa in May in less than 1:45. CAROLINE DUFALUT Run my first half-marathon! JOANNE DUNN I will run my first marathon in June! MARK EDWARDS To run my first marathon! TAOUIL EL HASSAN Improve my marathon time – finish in less than four hours! SUSAN FALKENHOLT A big, lofty goal: to train and run a G2G stage race. SONIA FAUCHER To complete my first marathon ever. I will be 46 years old in April 2014 and I started to jog about 20 months ago. LOU SELBY FISHER To run is to stay healthy and have fun! JOANNE FRANKO I resolve to run for fun this year; for each race I run (regardless if it is a 5K or a half marathon) I will not focus on a time goal; I want to enjoy the experience. JESSE FRASER To run at least 3 times a week every week this year. KAREN FREDERICK After losing 70lbs at 53 decided to start running, it's been three years running 5 and 10Ks. I'm training for my first half marathon in September! MARISA FREEDMAN Be more consistent, and in doing so, complete my first half marathon in May 2014 during the Ottawa race weekend. TINA GAGNON Finish my half marathon in 2:30...last year I managed 2:50. AMY GAGNON Run the marathon in Ottawa. ANNE GAGNON-OUELLETTE Lose weight and improve my running MIKE GARDNER Run my first 10K, after smoking for more than 20 years. LEAH GAUCHER Recover from hip injury; get re-motivated and return to marathon shape. LAURENCE GIROUARD Run a sub 1:45 half-marathon at the Scotiabank Half Marathon in Montreal in April. ANGIE GORDON Run the women's only Niagara half marathon in June. The swag bag of wine, make up, medal, and, oh yeah, firemen hosing you off sounds fun! SEAN GRAHAM Run a marathon under 3:30 and run a 5K with my 7-year-old son (this time, I'll beat him ...) JUIE GRAVELLE To run more often and train hard. LAURI GREEN I declare 100% commitment to completion of this season's training program and the best marathon time in the spring of 2014. LISA GRENIER I want to run a consistent sub 2:30 half marathon and run my first full marathon in November! ANNICK GRONDIN Run my first half marathon in May in Ottawa under 1:50. MURRAY GROSS I resolve to get off the couch if it ever warms up. Minus 34 before the wind is just too cold. JULIE HALLÉ To do a half-marathon with a blind person and to do a 30K in April! DOMINIQUE HAMEL Make run fun ... so people start running! MARY ANNE HARRISON Run the 10K in the Ottawa Race Weekend. STEPHEN HENSTOCK I just turned 50 last week and want to be able to complete a 5K fun run by July. DENISE HEPPNER Run my first marathon to raise money for The Freedom Climb, which supports women and children who are victims of human trafficking CLAIRE HESLOP To qualify for Boston with a fast enough time that I actually can nab a race entry! TERRI HILLESTAD To keep running my best and intently listen to my body. EANN HODGES I resolve to run pain-free in 2014 and qualify for Boston with my friend Mary. JIM HOGAN To run the Scotiabank Toronto Waterfront Marathon as my first marathon and to qualify for Boston TIFFANY HOLLAND Beat my previous PB of 1:54:55 for the half marathon. ROBERT HOOKEY To begin running as I have never run before. I've been running my whole life. From my past. From my mistakes. From my fears. Now I shall run to test my physical limits rather than flee from my psychological shortcomings. LYNDON HOOPER To run the 5K race with my kids Trey and Taylor and run a sub 3:30 marathon. ROB HOWELL Sub 3:20 marathon at Ottawa 2014 and/or Disney 2015. SYLVAIN HUPPÉ The Scotiabank half in April in Montreal. DARRELL JOHNSON Break into the world of ultramarathoning by running a 50K – dare I say a 50-mile? – race in 2014. SCOTT JOHNSON To run my first marathon on the Ottawa Race Weekend in May (and finish!) VIRGINIA JOUDREY Run my third marathon in P.E.I. with a PB of 4:00; also my first triathlon in June. ALISON JUNG To run the 9K Tour de Lac Brome race in June and a faster 10K for the Montreal marathon. JOCELYN KELLY More trail runs! KATE KERR Build regular exercise, nutrition and stress management into my daily lifestyle. Run an international half marathon. JAPHETH KIPTOO I want to run faster than all the others. HANNAH KOZLOWSKI I will qualify for the Boston Marathon. CARRIE LA PIERRE Run a PB half marathon (under two hours). CHANTAL LABELLE To have an amazing 10K run in May. SUSAN LADUKE Complete the training for a marathon. Run a 4:30 marathon. Run 3 halves (2:15 goal pace). Increase upper body/core weight training. Add more cross training. SYLVIE LANDRY This summer or this fall, run a half marathon under 2:30. Also in July, my first biathlon. JEAN-PHILIPPE LAVALLÉE Run my first marathon under 3:30 KELLI-AN LAWRENCE I resolve to RUN WITH JOY as I train for my first 50K ultra, and my (lucky) 13th marathon! SARAH LAZAROVIC Run 10K in under 50 minutes and still be smiling at the finish line. GERMAIN LECLERC I want to run three half-marathons under 1:45 before the end of September. CHUCK LEE Break 3:15 in the marathon RENE LEGACY To run the marathon in under 4 hours. CHRISTY LEROIJ PBs in Around-the-Bay and spring marathon :) MELANIE MacARTHUR Train for my first 5K this May. I've never run before! JONATHAN MacDONALD To run PBs in the 5K, 10K and the Half at Ottawa Race Weekend and to participate in a long relay with friends. ERIN MacDONALD To run at least 3 times a week, complete 3-4 races (including a half marathon) and create a blog/twitter to inspire others to get back on the road to healthy, active living! ALICE MACKINNON Run my spring marathon sub 4:00...then run my fall marathon as a Boston qualifier! PAULA-MARIE MATHER I've always been a slow runner. This year I will be 52. I want to qualify for Boston! HEATHER McCAULEY To explore new races, including a mud run, and to finally run that half marathon before the snow flies again! LAURIE McGREGOR This year I will run a 10K! Not a big deal for some, but I've never gotten above 6-7K so it would be a lovely milestone for me. ROB McLEOD Run a half with a time to qualify for the New York Marathon, and to build stamina so don't have as large negative split time. HELEN MCMILLAN To train well for the Boston Marathon even when it is -20C outside CLAY McMULLEN I resolve to encourage others to run because it's fun and exhilarating. KELLI McROBERT Continue toward 50 races by the time I am 50. 10 planned for 2014. 32 completed to date! DEANNE METZLOFF Focus on strength and cross training to build some speed and run a marathon in less than 6 hours LISA MIKOLICH Break my PB of 24:34 in a 5K or do 4:30 in a marathon in Ottawa. JUDY MILKS Run at least two half-marathons in 2014 CHARLES MINOR To run my training runs at a slower pace! DARCY MONCADA I want to run faster! 5K under 25 minutes and a marathon under 4 hours. PAUL MORA A 3:45 spring marathon. DAN MORIARITY Run under three hours at the 2014 Boston Marathon. LYNNE MORIS To run consistently, not just in the weeks leading up to a race. JENNY MOSCROP To run the Harry Rosen 8K and TYS10K. My goal is to run PB times. HEATHER MUNRO I've dropped 58 lbs. in exactly two years and want to run a 5K. ELENA MURASAN Running my first marathon on June 1: Calgary Scotiabank! ZAHRA NAFAR-ROSS My timing and endurance has recently been not as good as I want. My resolution to run 10K in under one hour. RAYMOND NORRIS-LUE Sign up for at least one running event every month; my list includes, Phoenix R&R, Jamaica, Toronto and China! CARRIE O'NEILL To get my postpartum body back into half marathon shape and run a couple halves this year starting with BMO Vancouver. JOHN O'NEILL To run the 9K Tour de Lac Brome and a fast 10K Montreal marathon – faster than my wife, Alison! AMANDA OLANSKI Run a leg in The Canadian Death Race in Grande Cache, Alberta, Canada on Aug. 2, 2014. STEVE OLIVEIRA Do the Chilly and Around the Bay in March, followed by a full marathon in Ottawa in May. After that, a new challenge: triathlons. ANSHUL PANDAY Run the marathon in 4 hours and raise \$4,500 for Leukemia & Lymphoma Society of Canada. LISA PARSONS To go from newbie-baby runner to holding my own. I will actually RUN a 5K instead of walk/jogging. SARAH PAUL Run the Ottawa half in under two hours and get one friend into running. KAREN PEARSON To do all that I can to keep healthy! MAUREEN PENIUK My 50th marathon under 3:40. NELIA PEREIRA Get back into running. Run a 5K in the spring and a 10K in the fall. ANDREA PETCH To train harder, eat better and run faster. BOB PLAMONDON Help my friend Mark qualify for the 2015 Boston Marathon. M.H. PONTI Qualify to run the Boston Marathon in 2015! RAYMOND PRENOVEAU I will show discipline to get myself outdoors even when I don't feel like it. ERIN PURDY To run stronger, injury free and consistently. ANGELA RAFIQUE To run the Mississauga Half Marathon & Milton Half with ease. To finish under 2:00! SHAWN REID Enjoy the social part of running. CHRIS RICHMOND Complete all my scheduled 30 to 35K long runs so I can finish my marathon in 3:20. GUYLAINE RIVEST To run my first marathon in less than four hours and enjoy the time on my feet. JULIE ROBERGE Do more stretching after my runs and give a try to cross-training. VICKI ROBERTS To heal my body, train hard, then run like the wind. BRIDGET ROUSSY Complete Around The Bay 30K so I can sign up confidently to a fall marathon – my first! JAN RUSSEL To run the Scotia half marathon in 1:55. JULIE RYAN WALKER To run 5x/week until the National Capital Race weekend. GHALIB SALAM To achieve the best for people around us. RON SANTOS To run a marathon injury-free. JEAN-SEBASTIEN SAUVAGEAU Run four times a week or more and complete my first marathon at Ottawa Race Weekend. TRACEY SCHOCK Get rid of bursitis I have in my hip and run a full marathon in the fall (October). BERNADETTE SCHULTZ Run my next half marathon 15lbs lighter, the Calgary half marathon! NIKKI SCOTT I know I can run far, but this year I want to run strong (and hopefully a bit faster!) CARLOS SEMPRUN Finally run a marathon and maybe a triathlon. I feel ready for this challenge. MICHAEL SERANI Run a half marathon in under 1 hour 25 minutes, improve at swimming and biking, and have fun! JILL SEYMOUR Run the Ottawa Half Marathon in a personal best time of 1:25. SHABNAM SHARIF Setting a goal is not the main thing. It's deciding how you will go about achieving it and staying with that plan. NANCY SIMARD I will be 50 this year and I want to do something special. I will complete my first marathon in Ottawa in May. BOB SIMON Complete my half marathon on March 16, 2014 in under two hours KIM SMITH Push myself harder in last half of my runs. ALLAN SMITH I resolve to run 1,200 kilometres and a few races along the way. ANNE-MARIE SUTHERLAND PR in 5K (sub 24 mins), 10K (sub 50 mins), half marathon (sub 1:50) and marathon (sub 4hrs)! TARA SZUBER Qualify for the Boston with no distraction. I'm going to work my butt off this year. GERRY TAYLOR Run my first marathon at 71 after having run many half marathons. Ottawa May 25, 2014. JOSIANNE TÊTU Run 10K in less than 1 hour at Ottawa Marathon in May. ALISON THOMAS At this year's Ottawa Race Weekend, I will beat my time from last year's 10K race! MARIE-CLAUDE TREMBLAY Run 4 times a week outside all year long no matter the weather KARINE TREMBLAY-CARON Run a marathon at the end of the year. JASON VALLIS Complete the National Capital Marathon in under 3:10. CARL VAN VEEN To train and run smarter so I can so I can run races stronger, faster, and further. JOSHUA VISSER Finish a marathon in under 3:45. FABIO VIVAS Train and finish my first ever marathon. JIM WALKER Run Mississauga half marathon and break two hours JOHN WALSH To train for a 3-hour marathon despite -35 temps and too much snow on the roads. LORI WATERS Encourage my family to run more! JAMES WATTS A sub 3:50 marathon, a sub 1:45 half-marathon, and complete an Olympic triathlon all to celebrate turning 50! MANON WESTET Run my first Ottawa half marathon in less than 2:05. BRUCE WILDISH Run two full marathons (Goodlife and Scotiabank) THOR WILE Run a marathon in under 4 hours. ANGELA WILLIAMS Complete (and enjoy!) running in the 50K Ultra as part of the 50th Anniversary of the Calgary Marathon on June 1! DAWN WILLIAMS Take five minutes off my half marathon. KATHI WILSON To help my friend complete her first 5K race and train my son for a faster 10K! TARA WONG After almost completely falling off the running wagon in 2013, I resolve to reconnect with my running self and set a minimum of three race goals. TERRY WOOD I want to run a faster half marathon in September. ALLEGRA YOUNG PB with 1:50 at Goodlife in the half, then 1:45 by STWM. ANGELA ZIEMANN Work on running economy to make my trail runs easier and to improve my hill climbing.

Now that hundreds of your resolutions have been publicly declared in print, it's time to get going! Visit eachcoach.com to get pointers on your plans and free personalized coaching. Next Wednesday, we'll focus on the first steps you're taking to make these goals happen

A special welcome to our friends from



For training info, visit irun.ca

QUESTIONS? COMMENTS? WE'D LOVE TO HEAR FROM YOU! EMAIL BEN KAPLAN AT HELLO@EACHCOACH.COM

The information available on EachCoach does not constitute medical or health advice. We recommend consulting your doctor before undertaking any activities described here.