

To whom it may concern,

As Laurie Lasseter's massage therapist for the past 10 plus years I have seen her grow as a runner. She has always sought out knowledge to make herself a better runner, treat her injuries properly, and work to prevent injuries.

Throughout her running career she has experienced almost every injury common to runners. She has sought out many different modalities to help fix and prevent injury. Through her struggles with foot, knee, hip, and hamstring problems she has gained the knowledge that set her down the path to becoming a trainer. She created an exercise regimen for herself that has greatly improved her muscles. If more of my running clients approached their training as Laurie does, I'm sure I would see fewer injuries and better runners.

She is also an excellent problem solver and revels in finding the right solution. We've often discussed the problems that plague runners in general, and she realizes that each problem and person has to be approached uniquely. She also is a firm believer in prevention of injury, and recognizes what aches are common to training and which could lead to problems in the future.

She has developed a deep understanding of how a runner's body works and the proper exercises and steps to improve. I would recommend her to both new and seasoned runners as her knowledge is invaluable.

Brian Sommer  
LMT