



Client: Diane Ancede

Standing with 45,000 other marathon runners on that cool October Sunday morning, I knew I was ready physically and mentally to run 26.2 miles through the Chicago neighborhoods. Laurie prepared me for that journey.

I had attempted to run the Chicago marathon three times before but never made it due to a very painful IT Band. Laurie's strengthening techniques, running expertise and extensive marathon training got me to that Finish Line with a smile. Not only have I run my first marathon, I am now running faster and placing in my age group in every race I have registered since training with Laurie. Every long run above twelve miles is a gift ... Thank you, Laurie