

A Runner's (and Group Exerciser's) Testimonial

I first met Laurie about 20 years ago, while working out at the health club. I watched her for a couple of weeks teach a high-impact Cardio Aerobics class every Tuesday evening. I was impressed with how she was able to make what appeared to be a difficult class into a fun workout. Soon I joined her class, and I have been hooked ever since.

As time went on, I learned that Laurie also had a strong passion for running. Soon we were discussing running regularly. My 1st race (a 5K) was with Laurie. It was a cold morning in downtown Chicago, and it was such a great feeling to be able to finish my 1st race. Since then, I've run 10 marathons, 30 half-marathons, 50 10K races, completed 20 triathlons and a 90-mile bike race around a lake Fond-du-lac WI.

Joining Laurie for a practice run outside, or participating in her aerobics class, - you can pick up and sense her passion for running, for fitness and for helping people improve their performance. For me aerobics class was a great opportunity to cross-train for running races, as I developed endurance, leg-strength, cardio improvement, and coordination. Laurie and I have frequently discussed the specific benefits of Cardio Aerobics and cross-training as an aid to running performance. Equally important, we discussed the aches & pains experienced in running, and what steps to take to avoid injuries. She was always quick to share stretching and flexibility advice, as well as information on pre-race warm-ups, and post-race cool downs.

Over the years I have learned quite a bit from Laurie related to running and most likely would not have done as well in my races without obtaining the skill and knowledge Laurie shared with me. Her own body frame today is better than it was 10 years ago, and she continues to display that level of enthusiasm I saw from her 2 decades ago.

Way to go Laurie!



-Steve Skotzko