

## A Runner's Testimonial

Laurie is someone in your corner, if you wish to run your first Marathon or your 50<sup>th</sup> Marathon. There is no denying, she will make you faster, stronger, at running or at any other endurance sports, she has for me. I was running about 5 miles max per session when I met Laurie. She taught me how to breathe more efficiently and eat better – she taught me stretching exercises and proper hydration. If you are having a problem such as pain in your knee, foot, etc., she will give her best advice on how to deal with it. It might be targeted exercises or even lightening up for a time, she always had the right training program for me. I never felt like Laurie was pushing me, it was more like a steady progress, having fun all the way. I talked to Laurie once about how I would like to run a Marathon under four hours. I am proud to say on October 13 2001, I accomplish this goal. I finished the Marathon in 3 hours and 58 minutes with a lot of Laurie's help and advice. For someone who started running about 11 miles per week, this was quite an accomplishment. I have now completed 18 marathons – I never would have accomplished this without Laurie's help and advice.

Larry Karczewski

