

Ultra-marathoner Runner Testimonial

I have been associated with Laurie for over 20 years. Running and gym exercise with her has been a big aid for me in pursuing my physical conditioning objectives. It has always been a benefit for me to be connected with Laurie. During my association with Laurie, I have completed many short races, half-marathons, and marathons (including a Boston Marathon-Qualifying time), as well as several ultra-marathons (50K or more), including the Ice-Age trail 50 mile run (4 completions) and a personal best of completing 104 miles in the Olander 24-hour endurance race.

Her discipline encompasses physical training with outstanding skills backed by experience as well as being fully accredited. Laurie's understanding, skill and level of performance have been a lasting inspiration for me. She fully understands conditioning in both application & practice. Anyone using her services is sure to benefit by every minute spent with her.

Laurie is fantastic at training anyone to reach the level they are capable of obtaining. One of the main factors I got from Laurie, other than the nuts & bolts of muscle and cardiac conditioning, were the various programs that naturally enhance mental stamina. Mental stamina has a strong role in any endurance activity and Laurie has been a key player for me in this area

In short, whether I have participated in ultra-races, marathons, half marathons, or shorter races it has always been most advantageous to have Laurie, who not only understands what is involved but has the skill to bring out the best when it comes to physical conditioning. I give a full 5 stars for her ability to convey the best of training. My endless miles, managing injuries, & understanding what is best for my development would not be close to what it is if I had not known Laurie in an exercise capacity.



Burnsie H