

Client: Connie - age 59 -

A goal of mine this year was to run my first marathon before I reached the age of 60 in December. So, I made a commitment to train with a friend of mine (beginning in March) for the Fox Valley Marathon which was being held in September. Unlike myself, my friend is in Laurie's RunSMART class and she loved it. Shortly after our 18 mile training run I sustained an ankle injury that made it difficult if not impossible to run; this was only 3 weeks prior to the marathon. My friend suggested that I see Laurie because she had wonderful results taking Laurie's RunSMART class and she had not sustained any injuries. After meeting Laurie and describing my problem, we began a one hour session where she assessed my issue and went through many exercises to help strengthen not only my ankle but much more. I had not realized that it wasn't only the ankle that was my problem. It was my foot and IT band as well. Once my session was complete, I went home and committed to keeping up the regime up until the race.

Laurie did not stop there. She constantly emailed me and asked how I was doing, giving me encouragement and advice up until the marathon. For a personal trainer and marathoner herself, whom I just met for an hour, to show so much support made me realize that she truly loves running and cares about her clients' success and achievement of their goal. She cared so much that she greeted me before the beginning of the marathon and when I successfully crossed the finish line she was there once again. To me, that says everything about who she is and how much her clients mean to her.



*Connie after completing the Fox Valley Marathon*