

Testimonial - Karl (age 59) -

I want to share with you how pleased I am with how my running is going lately. I really owe you a huge thank you for getting me to a point where running is so enjoyable again. Your systematic and steady approach (with a strong emphasis on strengthening my core and glutes along with aligning my hips) over the past 10 months has made a dramatic difference. Even though I ran cross country and track in high school, I have done almost no road racing since. When I first starting working with you, I was barely running at all because of the knee pain I had been experiencing. Now the pain in my knee is no longer an issue and I feel better than I have in years. Now that I have been able to build up my mileage and have a solid mileage base for the first time in years, I have been able to improve my training time-trial times in the 10K and the half-marathon several times significantly over the last few months. Recently I was able to cut 6 minutes off of my half-marathon time between early October and early November. Similarly I was able to improve my 10K time by 3 minutes between early October and late October. What's amazing to me is that time is within 10 minutes of the half marathon time I ran back in high school more than 40 years ago! I am intrigued by the prospect of running races to compete against myself and to see how I compare with others in my age category (I'll be 60 next May). Thank you again for helping me get back to pain-free and enjoyable running.