

Your instruction really turned on the light bulb ...

Contributed by L.A. Williams
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I want to tell you how much I enjoyed and was helped by your [RunSmart] class. My stride feels much more natural, and some of the nagging little injuries are starting to fade away - like aching knee joints, etc. I also think that it is really going to help me increase my distance by improving the efficiency of my mechanics - - your instruction really turned on the light bulb and helped me tremendously. You are a good coach. And I really got a lot out of the last session on training schedule, recovery times, etc. That was some great information.