

Allan worked with me on the track ...

Contributed by Bob Travis
Thursday, 30 April 2009
Last Updated Thursday, 30 April 2009

I met Allan Besslink in 2006. I had been running for about 3 years and had been through the roller coaster ride of training, racing, injuring,..... repeat....

Â

By the time I foundÂ him on the Rogue training site, Â I had suffered 5 stress fractures and had been advised by one of the leading Sports Medicine Doctors in the areaÂ to quit running.

Â

Allan worked with me on the track for all of 10 minutes when he figured out the problem. A quick review of video tape and instruction on correcting my formÂ paid off.

Â

I have since run 3 full marathons, countless 5K's, 10K's, and half marathons injury free. My marathon times have gone from 3:16 to 3:06 to 2:58.

Â

I would recommend Allan Besslink to any and all that are frustrated with repeated injuries.

Â

Thanks, Allan

Â

Sincerely, Bob TravisÂ