

**In August 2019, I found the Fleet Feet Running Club and instantly loved it! The camaraderie of the Sunday morning runs had me running a pace almost immediately that I had never achieved in practice. I quickly learned a lot of insider tips from Coach Tim, and the group at large, that were invaluable. This fall, I PR'ed in Philly by over 19 minutes and got under four hours for the first time with a time of 3:50:56. The benefits of FFRC, and their coaching, speak for themselves!**

