

Testimonials

We are beginning our 19th year of Trained in Terre Haute. Through those years almost 5000 athletes have participated. The following are testimonials provided by some of those individuals from various years and backgrounds.

Floyd (Butch) Bosworth - and of course Myra

Trained in Terre Haute (TNT) wow, best deal going. My wife Myra and I enjoyed and gained so much from the years we participated. We would still be there today if not for living in southern Arizona during the training season.

My wife Myra and I were the typical midlife couch potatoes, sitting on the couch watching TV and smoking cigarettes. My brother in law convinced me to join and Myra followed the next year. It absolutely changed our lives, the new life style we adapted then has enabled us to do all the active things that we now do in our retirement years. These include races all over the country and some real serious hiking and biking.

The running community in Terre Haute through WVRR has brought us so much in lifelong friendships and great training from great coaches. The TNT program has trained new runners for several years with great success. Most of the local runners running today have gained success from this group.

I would like to share a life experience Myra and I realized during our years of running with TNT, Myra was diagnosed with cancer a few years back and went through Chemo therapy. During this time, she would be out running on those good days, encouraged by those runners in the program. As her treatments went on her doctor was amazed at her ability to recover so quickly, he finely told us that the fitness she had acquired from running could not have prevented her from getting cancer, but it sure made a difference in her ability to fight the cancer. This has always had me glad I found TNT.

Steve Moore

I first started running back in the mid 80's. I was 34 at the time. Jack Vickars lived just down the street and I used to see him running all the time. I was fat, lazy and smoked a couple packs a day. I decided to go on a diet, quit smoking, and started running and got hooked up with Jack. He was my running mentor. After about a year of trying to keep up I finally was able to outrun him. He was 20 years older than I was. LOL Jack and I used to ride to all the races together. I should say his wife drove us to all the races. Including several in Indy. Even the Indy Mini. I knew several others in the WVRR and we ran **together all the time**. THEN I got hooked on Golf, big time much for running.

25 years later when I turned 60 I decided to run again. A lot of things had changed. I had moved to Marshall, IL, had retired from Columbia House and didn't know anybody that ran anymore. I also found out running was still fun, but it was a lot harder since I was older. Finally, one day I was down at Lincoln Trail State Park and Heather Setzer pulled in beside me. Heather being real shy and quiet (Ha!) asked me if I wanted to run with her, I did. While we were running she mentioned TNT. I had heard of TNT but didn't know much about it. I took her advice and signed up.

TNT not only gave me an opportunity to train with other runners in the area, it was also an opportunity to make new friends. I look forward to Saturday mornings and Tuesday evenings to meet with my friends and run. There's always someone around to help keep me motivated, and it's always nice to have someone else to talk to while you're out there as well. It makes the time and miles zip right by. The training schedule is well documented and there are trainers to work with you in every group.

It's also a bargain. I get my membership to WVRR, Training Manual, Coaches, Training Shirt, Pizza Party, Singlet, Entry to Mini, Bus Ride to Race, and a Picnic a week after the race. All for \$155. Oh, I almost forgot, you also get a 20% discount at Pacesetters while you are training. I'm now 66 and this will be 4th year to sign up and I'm looking forward to it.

Brittany Earl

The idea of running just to run gave me anxiety and was mentally painful. I played soccer in high school and always considered myself active but running more than 3 miles seemed impossible. In 2013, a friend of mine completed the Indy 500 Mini Marathon. I was amazed that she ran 13.1 miles! I couldn't believe it that people willingly ran that far of a distance! But at that very moment, that tiny voice inside of me said, you can do it! I decided if I was going to succeed at something that I "thought" I hated, then I needed support! I signed up for the Wabash Valley Road Runners "Trained in Terre Haute" program and it was the best decision ever! I absolutely fell in love with running! It doesn't happen overnight but as the weeks go by it gets easier! It's the other runners, coaches and the program, it just works! It's a friendly, welcoming environment. You do it together and build friendships along the way. Three years later and I've ran 6 half marathons, one half Ironman and I just completed my first full marathon. I guarantee if it wasn't for TNT, I would have never run more than 3 miles.

Jamie Simpson

Hi, my name is Jamie Simpson. I'm a 50-year-old Grammy of 4. Let me tell you a little about my experience with TNT.

I started with TNT 4 years ago never doing more than a 10K. This club has encouraged me and supported me through my endeavors. In the four years I have ran Indy Mini 4 times

completed 3 full marathons and several more halves. You cannot go wrong with joining TNT. You will develop friends for life and accomplish your goals you never dreamed.

Had someone told me 5 years ago I would do this many half marathons, 3 full marathons to date, 3 Spartan races and many 5K races and obstacle races, I would have said they were crazy. But this club encourages you and support you and pushes you to go outside your comfort zone.

My first year I walked the mini now I do a run walk. Never give up on your dreams even when you don't know you have them.

Samantha Brown

I joined Trained in Terre Haute to train for my first Indianapolis Mini Marathon in hopes of learning a few things about running and improving my time over my first half marathon. What I gained from TNT was so much more than training for the Indy Mini. I made so many amazing friendships through the group runs. One of those friends and I just trained for and completed our first marathon together. I trained for my first half, the Crossroads Half Marathon, mostly on my own. As a working mother of 3 it's sometimes hard to find the motivation to run.

Through TNT, I discovered that training with a group of supportive runners and coaches is a whole different experience. It's so much easier to get up early on a Saturday morning knowing that your friends and fellow runners are waiting for you. I recommend the TNT program to anyone who is interested in running a half marathon this spring, whether it's their first or their 50th.