

Dear Raju,

What an incredible journey you launched me on! I was about to turn 60 and had running a marathon before that birthday on my "bucket list." The Marine Corps Marathon was my chosen event, and I was making good training progress. Four months before the race, I injured both of my Achilles tendons and had problems running for even one or two miles. If not for your methods I would never have made it to that marathon in 2013.

It was a fateful day that July when I read the Washington Post article about you, and I *knew* you were the answer. I had tried different treatments over the years for other physical issues – chiropractic, acupuncture, massage, physical therapy – and knew none of these would resolve what I was facing with only three months left before my marathon. It was truly mind-blowing that after only a few sessions with you that I was back to training hard, with long-distance runs and track workouts.



That marathon was such a memorable experience for me, and in meeting my long-held goal, I had no thoughts beyond it. I did not realize my time qualified me for the Boston Marathon, nor did I understand what it meant to qualify. It was through your involvement on the world stage of track and field, and enthusiasm for particular events that I appreciated what it meant to run "the Boston." You helped me set my next goal!

In the past three years you have enabled me to run four marathons (Boston twice), three half marathons, and many, many shorter races, getting to the podium (1st, 2nd or 3rd) in several! Your expert knowledge and talent, and what seems like a 6th sense in your hands, worked like magic to avert injuries and relieve the stresses and strains of training and competing!

While you worked your magic, you shared your knowledge, offered insights (in general and on my running), told great stories, and impressed me with your vision and goals.

Thank you so much for your gift of keeping me physically and mentally moving!

- Jenny Kishiyama
May 6, 2016