



WASATCH TRAIL RUNNER SPOTLIGHT

Next time you step forward at a race startline, look around you at your fellow runners. Allow yourself a moment of wonder at the individuals and at their unknown *Whys*. Every runner has one.

If they are gearing up with a smile to participate in a completely niche and Type 2 fun that any non-runner (85% of the world's population) would heartily consider torture, *why* do they choose this freely? What rises and falls in their lives, losses and victories, propelled them to this moment, a trail race? Most likely, it has not been an entirely pretty journey along the way.



running played a huge part in saving my life.”

For Laura, her relationship with running developed as a means of recovery, a source of hope and strength, supporting and pushing her through some of her toughest moments.

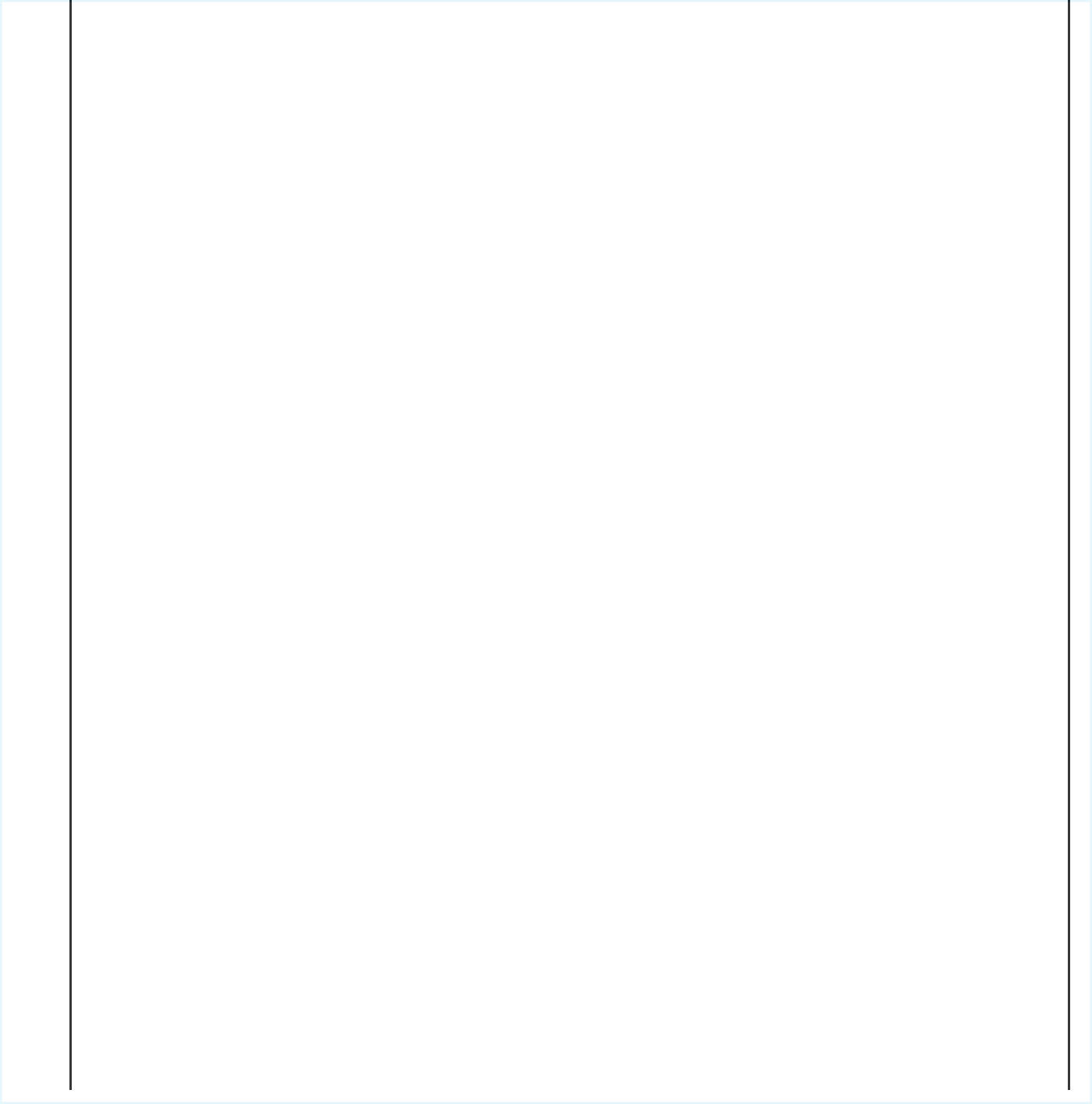
Originally from the UK, Laura began running as a child, and it’s been a rock in her life ever since. She ran track competitively in college, excelling in the sport and finding a great deal of pride, accomplishment, and freedom in it. After losing a close friend, experiencing several other personal setbacks, and knowing she was not leading the life she truly wanted to live, she decided to start anew and moved to Utah at age 21.



From there, much changed. She got married, had kids, and while she was still running, she still struggled to feel full peace within. In 2019, Laura experienced a significant trauma that took an enormous toll on her mental health, and the aftermath basically had her building from the ground up. She looked for ways to re-construct her life and hope, and trail running became instrumental in healing.

“I love being in the mountains, and I love running, and trail running combined the two. Flying down the mountain is just so freeing. The number of times I've gone into the mountains feeling stressed out and anxious, so that I can leave it all out there on the trail and then come home with a sigh of relief... The outdoors is so healing.”

After what she had gone through, Laura's running regime took on new purpose, driving her to endurance, trail running, and long distance. She became an ultramarathoner in 2024 and just this past January ran her first 50-mile race, where she simultaneously tore her hamstring and placed 4th female overall. (Because one wasn't enough :))





women empowerment, and trail running. Since moving to the US, it wasn't until she started trail running and immersed herself in that community that, "I found my people! There are just so many people who are doing it for the fun and love of being outside together. I love it. It helped me re-bond with strong women."

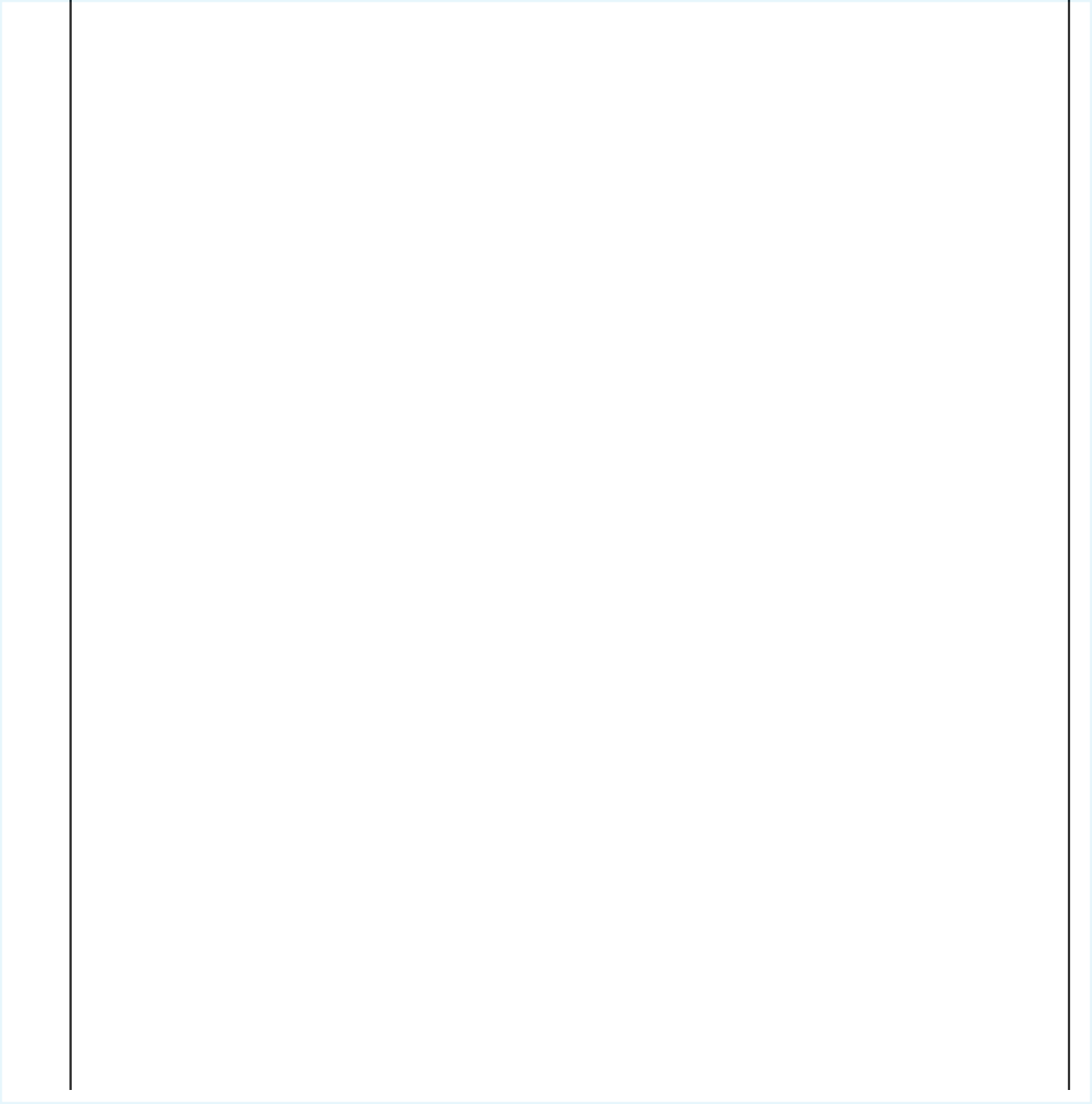
She also recently became a sponsored athlete for [AgelessLX](#) this year, and she stays busy raising her three children with her husband, Scott.





For Laura, the Wasatch Trail Run Series is an outlet. “The races are a fun vibe, and it’s low-stress. It’s a party! Families do it; kids do it... Trail running is for everyone. If you don’t like running uphill, that’s fine! We don’t either. We’ve perfected the art of power hiking.”

Laura is Wasatch Trails’ social media manager this 2025 season, so we can thank her for keeping us updated and informed on Instagram and Facebook. Thank you, Laura, for sharing your story and strong presence with us.





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