

# Marathon

## Two Ahwatukee women prepare with local moms club

# Moms

By Corinne Frayer  
Staff Writer

The Ahwatukee Central Moms Club provides a backbone for 27 new mothers in Ahwatukee Foothills and, for two of those members, a motivational edge to a lengthy goal.

Lori Wilson, 30, and Laura Stanley, 33, are training for the P.F. Chang's Rock 'n' Roll Arizona marathon and half marathon Jan. 13. Each Thursday they meet fellow moms club members at Sun Ray Park for a morning training run, strollers and all.

"I have met so many wonderful friends and we have so much in common," Wilson, who is training for the full marathon, said of the MOMS club. "We all enjoy being active. We hike together, we run together and we play together."

Along with training, Wilson and Stanley are each raising \$1,000 for Chances for Children, an organization run by Ahwatukee Foothills marathoner Susan Loken that strives to help childhood obesity by providing a running program for children.

"As a mom this is perfect because I get to share my passion with children," Wilson said.

Chances for Children also provides running shoes, healthy snacks and mentors for its young participants.

The MOMS club is also helping Wilson and Stanley reach their goal by hosting fundraisers, but for Wilson raising money while training for a marathon is nothing new. In 2003 she ran the Nike Women's Marathon in San Francisco with Team in Training, the world's largest training program that raises money to support the Leukemia and Lymphoma Society.

Nowadays, even her 1-year-old son Reece can't hold her back.

"Reece runs with me," Wilson said.



U. Frank Williams Jr./AFN

Reece Wilson, 1, runs into the arms of his mother, Lori Wilson. Running alongside is fellow marathon mom Laura Stanley, who is pushing her son Owen, 10 months, at Sun Ray Park Nov. 29.

"He loves to be in his stroller and will sit in it for two hours. I'm able to get a pretty long run in three to four days a week."

On the other hand, the half marathon will be Stanley's first running event.

"My goal is to jog the entire race even if it's just at a slow pace," Stanley said. "I think you just need to have a little determination and enjoy running. Plus, it's a good way to get back in shape."

Stanley said the inspiration of seeing Wilson run and train has helped her determination to complete the half marathon.

"It's also nice to be with a group," said Wilson, who quit her gym membership because running with the club fits her lifestyle better. "The MOMS club has been really great."

For more information on MOMS clubs in Ahwatukee Foothills, visit [www.ahwatukeemoms.com](http://www.ahwatukeemoms.com).

For more information on Chances for Children, visit [www.chancesforchildrenaz.com](http://www.chancesforchildrenaz.com).

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