



Laurelly Dale Shares How Running Strengthens Her Approach to Trial Practice

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MG+M Partner [Laurelly Dale](#) was recently published on *Law.com*, sharing how running has influenced her approach to litigation and trial practice.

In the article, Laurelly draws parallels between running and practicing law, reflecting on the drive, discipline, and persistence required to meet challenges in both pursuits.

“There is a reason both runners and trial lawyers talk about chasing a 'high.' Once you've felt it, you keep coming back,” Laurelly writes.

Read the [full article](#) (subscription required).

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