Laurelly Dale Shares How Running Strengthens Her Approach to Trial Practice

September 23, 2026

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

Drawing on her experience completing 15 marathons, Laurelly reflects on the parallels between running and practicing law, including preparation, perseverance, balance, and the importance of a strong support system. She also discusses how running creates space to think through complex cases and reinforces the value of investing in your physical and mental well-being.

Read the full article (subscription required).

Attorney Advertising. This material is for general informational purposes only and does not represent our advice as to any particular set of facts; nor does it represent any undertaking to keep recipients advised of all legal developments. Prior results do not guarantee a similar outcome. © 2026 MG+M The Law Firm