

## Emily McDonough Souza Completes the 2017 Chicago Marathon

New Haven, Connecticut (October 12, 2017) Emily McDonough Souza, an attorney with the law firm of Neubert, Pepe & Monteith, P.C., recently completed the 2017 Chicago Marathon. Over 40,000 runners entered in this, Chicago's 40<sup>th</sup> Anniversary Marathon.

Last fall, the idea of running the Chicago Marathon was tossed out by a childhood friend, which Emily seized and literally ran with. As it happens, running a marathon was on Emily's bucket list. She wanted a challenge, a demanding goal, something big. To get physically ready, Emily committed to six months of training and was provided with advice and encouragement from countless people, including several colleagues in the law firm who are runners. As she soon found out, getting physically ready is almost the easy part; what proves more difficult is meeting the mental challenge of a marathon.



Emily McDonough Souza

"The real race begins at mile 20," remarked Emily. "The last 6.2 miles is all in your head. I was determined to complete the race and prove my mental toughness." Emily went on to say that the Chicago course was an incredible 26.2 miles that looped through city neighborhoods and along Lake Michigan with an enthusiastic, roaring crowd cheering on the runners. The race day turned sunny and hot, and it was a challenge to stay hydrated, but the heat and physical strain gave way to overwhelming accomplishment and a spring of newfound energy upon crossing the finish line.

It began with an idea last fall. This past Sunday, Emily and her friend stood together on the Chicago Marathon's starting line, and though separated briefly during the race, finished stride for stride. Emily quickly found her husband and family, and together they celebrated her well-earned finish.

Emily McDonough Souza practices in the areas of medical malpractice & hospital liability defense and professional malpractice & liability defense at Neubert, Pepe & Monteith, P.C., a general practice law firm with offices in New Haven, Fairfield and New Britain, Connecticut and White Plains, New York ([www.npmlaw.com](http://www.npmlaw.com)). Our team of twenty-seven attorneys possesses the exceptional legal and professional skills required to meet clients' objectives. The team's depth, talent, and dedication to client success allows Neubert, Pepe & Monteith to better serve clients locally and nationally.

- END -

Contact:

Adrian O. Sterling, Director of Marketing  
Neubert, Pepe & Monteith, P.C.  
195 Church Street, 13<sup>th</sup> Floor  
New Haven, CT 06510  
(203) 821-2000  
[asterling@npmlaw.com](mailto:asterling@npmlaw.com)  
[www.npmlaw.com](http://www.npmlaw.com)