

Meet this year's Houston 8K/5K/1K Run Ambassador, Noel and her twins!

Noel is proud to share her families journey with autism and running with us all as inspiration.

"I wanted to start off by saying there is no accident in the life of my twins. They are true gifts, hand picked by God himself. Finding out I was having twins was a bit overwhelming and a shock. I was currently going through a divorce and already a mother to four kids. Let's not forget to mention that Houston was shut down for 80 percent of my pregnancy. Through the grace of God we walked out of that fire not smelling like smoke.

I started to notice a sudden regress in my son when he was about 8 months old. It was as if a light just blew out inside of his soul. He wouldn't giggle or even look at me anymore. In complete fear he had gone deaf, I set a doctors appointment. From there, it was visit after visit, hearing test after hearing test. The determined he could hear.

The next appointment was the neurologist. I sat there knowing in my heart something was wrong. The doctor diagnosed him with severe autism. As she spoke about the intervention he needed, she turned to my daughter who is his twin and asked when was her appointment. My heart sank. I said she doesn't have one. She said she needed one and pointed out some of her behaviors that were completely opposite of him, but very typical for girls on the spectrum.

I felt lost. I felt helpless. Then I remembered our journey this far and how I have literally clung to my faith in God. God makes no mistake. I had to steward them the best I knew how. I took it with a grain of salt and pushed forward like I always do.

I am a runner by nature so when things get hard, I run. At first, the thought of pushing my twins 3.2 miles was completely nuts. Then, I took it as a challenge and just like all other things in life, I pushed forward.

Every Saturday you can find us at Herman park running and I am pushing 70 pounds like it's nothing. I believe running and pushing them shows to them that no matter how heavy life gets, keep pushing. Man diagnosed my children on the spectrum, God created them for a purpose. No matter what diagnosis a child recieves, even this invisible disability, we need runners, we need people with a heart to help create change.

As a runner I must pave a way for my children on the spectrum. They need people paving the way for them. I will run and keep pushing the twins until they are able to run their own race in life!"

