

Seymour Johnson Air Force Base



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Team Seymour runs to victory at Air Force Marathon

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by Airman 1st Class Marissa Tucker
4th Fighter Wing Public Affairs

10/1/2009 - SEYMOUR JOHNSON AIR FORCE BASE, N.C. -- After months of vigorous training and conditioning, Team Seymour returned from the Air Force Marathon victorious in both physical and mental aspects of the challenge.

Those bright, early Saturdays running the streets have paid off when nine members of the base running team participated in either the Air Force Marathon alongside approximately 10,000 other runners from around the world.

With the extended amount of running, many participants had their stay in "cramp city" but all persevered, citing family and the determination to complete their goal kept them going.

Even with all that willpower, 26.2 miles is no joke.

"After mile 13 is when some pain set in and it was a constant struggle to keep going," said Tech Sgt. Scott Walther, 911th Air Refueling Squadron, who said his family and the tremendous support from the crowd helped push him forward and complete his first marathon. "Without them there I am not sure if I would have made it through all 26.2 miles."

A beautiful view of the area including the Air Force Museum and Air Force heritage aircraft were highlights for some of the participants. The hydration stations, which were fully staffed with volunteers and equipped with medics, gels, water, Gatorade and fruit, were at the top of the list for others.

"(There was) a hydration station that had a Gilligan's Island theme, complete with the theme song, the Skipper, and Gilligan," said Master Sgt. David Fisher, a productions analyst with the 4th Component Maintenance Squadron who is looking forward to completing the Marine Corps marathon in October with other members of the group.

Completing the run was not the only mission of the day. Two members from Team Seymour decided to re-enlist at the finish line with the help of Lt. Col. Arthur Primas, director of staff for the 911th Air Refueling Squadron, who also completed the marathon. Tech. Sgt. Carrie Baker, 911th ARS, and Sergeant Walther brought their paperwork to the event, a flag provided by the USO booth and Colonel Primas, they committed four more years to the Air Force.

As members of the group completed the run, they reflected on all the hard work and training it took to get them there. For some, it was a personal goal, and for others, watching their teammates complete their first marathon and accomplishing their own goals was worth more than their own victory.

"It was wonderful to see them start out with doubts about whether they could do it and then each week, work to add another mile or two, going farther than they had ever gone," said Lt. Col. Debora Lovette, 4th Force Support Squadron commander and unofficial leader of the team. "To see their faces after they completed their first marathon made all the work worth it. Better even than finishing myself."

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