



**Sweaty She Monday (4/20/09):
For Those Who Serve This Country...And Run**

By Susan Farago

Weekly Sweaty She postings can be found on "Sweaty She" on Facebook

Today a small group of us met at Hill Country Running Company in Austin to show solidarity with the men and women of Fort Hood stationed in Iraq...to run.



Calling the event "Mighty Maysan Half/Full Marathon", approximately 70 soldiers from the 2nd Battalion 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division (based out of Ft Hood, TX) and 6 runners from Austin, TX held the first annual Mighty Maysan Half and Full Marathon. While the venue was very different – the soldiers ran a 1 mile gravel circuit loop in their combat base and we ran around Town Lake and throughout downtown Austin - the shared spirit was the same.



As I reflect on the day, I am touched by the fact that people can come together even though they are worlds apart through the simple act of running. The weather in Austin

was wonderfully sunny and warm and while I enjoyed the camaraderie and chit-chat with my friends, I knew something similar was happening across the world in a much less hospitable environment. And as I ran past the statue of Stevie Ray Vaughn, I felt very fortunate to be where I was at that very moment. 1 of the Austin runners and 9 of the Iraq runners completed the entire marathon distance.

Today marks the 318th consecutive day of combat operations for this troop. So while you are out doing your thing – whatever that may be - take a few minutes and send “thanks” to those who serve this country and protect us, while still making time to run.

Photos of the Austin “Mighty Maysan” group can be viewed at:

http://www.kodakgallery.com/ShareLanding.action?c=1020b5qr.22hwfgwb&x=0&y=-huldun&localeid=en_US

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