



# News Release

## UNITED STATES AIR FORCE

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### RACE ON THE RUNWAY RESULTS

**CHARLESTON AIR FORCE BASE, S.C.** – A crowd of more than 500 turned out to run, walk or watch the annual Air Expo 5K Run/Fitness Walk Saturday, 8:30 a.m., on the Charleston AFB flightline.

Kibet Cherod, Chapel Hill, N.C., set a quick pace from the start of the race and finished with the winning time, 15:28.

The overall women's winner was Zoe Cawfield, Charleston, who clocked in at 20:31.

Second- and third-place overall female winners were Erin Carroll, 21:52, and Gwyn Martin, 22:19, both of Mt. Pleasant.

Rounding out the top three of the men's overall were Michael Ryan, 16:08, of Hanahan, and Tim Donahugh, 16:26, of Goose Creek.

"It was a very fast course, very flat," said Cherod, following his victory. "I came from North Carolina to run. We drove all night to get here." He also liked running alongside the aircraft, he said.

Before the race, spirits were high among runners and walkers alike. "It's always fun," said Leslia Wilson, Mt.

Pleasant, a walker. "There's always positive energy and you're surrounded by healthy people."

Participants in the event came from every age group. It was the first time 10-year-old Zachary Pace, Summerville, ran the Air Expo 5K, but he'd spent a lot of time training by running 4.2 miles, three times a week in his neighborhood, his mother said. "It was fun, but it felt like it was longer," Pace said.

Brothers Terry and Michael Gabbert, Summerville, finished first and second in the male under 15 age group with times of 23:05 and 23:11, respectively. Michael said it was his first year running, and he'll probably do it again.

The second place overall female runner, 12-year-old Carroll, also enjoyed the run. "I try to do as many races as I can, but this is the first time at this one," she said. "I liked the course. It was flat and fast. There was a pretty bad wind, since there's nothing to block it, but it was fun."

The overall winner for the male and female categories received roundtrip airline tickets. Overall second-place runners took home \$100, and third-place runners received \$75. Within the different age groups, the first place finishers received an Air Force lightweight jacket. Second-place runners won an Air Force athletic bag, and third-place finishers took home an Air Force cap.

Overall, the event was a success, said Steve Parrish, Sports and Fitness Center director. "A lot of people worked to make this happen. It's a lot of fun to be part of this wing, to see how people came out and had a great time running. They got to actually see the C-17 that flies over their yards up close. The best part is, for one hour, they get to be part of our mission."

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*Print media interested in obtaining photographs to accompany this release may contact Master Sgt. Dan Murphy at (843) 963-5582 or Staff Sgt. Pamela Smith at (843) 963-5589.*