



Rob Shugart 43 yrs old  
Returned to running approx 2 yrs ago  
Could barely run 3 miles at that time  
Won Master's division @ RAFB Museum of  
Aviation Marathon w/ time of 3:02:28  
My goal was to qualify for the 2013 Boston  
Marathon which required a time of  
3:18:46 or better for my age group  
I plan on going to Boston next year for  
their marathon

Wellness Member, Rob Shugart (age 43), returned to running approximately 2 years ago- he could barely run 3 miles at that time. Rob has been attending the Cantrell Wellness Center consistently since July of 2010. His goal was to qualify for the 2013 Boston Marathon which requires a time of 3:18:46 or better for his age group. On Saturday, January 14th, 2012 Rob won the Master's Division @ the Museum of Aviation Marathon with a time of 3:02:28. He plans on going to Boston for their marathon next year. Way to go, Rob!!!

From barely being able to run 3 miles to winning a division in a MARATHON- If that's not inspiration enough to GET MOVING, I don't know what is!