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11/17/2011 - **LAUGHLIN AIR FORCE BASE, Texas** -- For those interested in running, Laughlin and its surrounding communities offer chances year round to participate in runs both for fun and charity.

On Nov. 5 the Laughlin community came together in support of the Running with the Bulls 5K, designed to raise money and food for local food banks.

Recently, more than 30,000 people took part in San Antonio's 4th annual Rock 'n' Roll Marathon Nov. 13 to raise money for the many charities helping to sponsor the event, and many Laughlin members made the run.

"It was a cool course that took us through San Antonio and along the Alamo," said Amy Reeves, 47th Force Support Squadron program director for the Losano Fitness Center.

Reeves, who helps organize many of the runs and marathons that take place on Laughlin, believes they build camaraderie amongst the participants.

As such, another marathon is slated for December.

"We have a fit force on Laughlin that demands challenging and unique events," said Reeves.

To meet this demand, Losano Fitness Center and the Health and Wellness Center are scheduled to host the 2nd annual Shooting Star half marathon and 5K Dec. 10.

"There is something to do for runners of all levels," said Tom Kerr, 47th FSS fitness center manager. "Take advantage of this great opportunity to run a half marathon locally instead of having to travel to San Antonio, or even farther."

The run will take participants all around the base, including a chance to run on the flight line, which is a rare opportunity, said Reeves.

The event is free and registration forms and maps can be found at the fitness center's front desk. The first 100 registered runners will receive a free T-shirt.

"We hope to expand this race to include even more participants, possibly attracting participants from other local military bases, such as Lackland, Randolph and Goodfellow," said Kerr. "We hope to develop the race into a tradition that Laughlin looks forward to all year and increase participation for our active duty military, dependents and civilians."

Photos



LAUGHLIN AIR FORCE BASE, Texas - A runner pushes on as he nears the final bend of the Running with the Bulls 5K in Del Rio Nov. 5. Laughlin and its surrounding communities offer a number of running opportunities for those interested in participating. (U.S. Air Force photo/Airman 1st Class Nathan L. Maysonet)

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