

Foot Soldiers

Seven years ago Stacy Toner (below, left), 35, and Cathy Cabrey (below, right), 43, became running buddies to help deal with the stress of having their husbands deployed in Iraq. In 2006 they decided to turn their miles into money for the troops, forming a team to run the Marine Corps Marathon. They raise funds for the Fisher House Foundation, a nonprofit organization in Rockville, Maryland, that provides free housing for military families while their loved ones receive medical treatment. Now, five years later, Team Fisher House includes experienced runners, first-timers and volunteers alike. Cathy says, "I never thought our weekly runs would turn into a mission this huge."

Running gives me ...

"the strength to push forward, even during the most difficult times in my life," Cathy says. "At the height of the Iraq War, I had no communication with my husband for weeks at a time. During those runs with Stacy, I talked and sweated out my frustration and fear."

Teaming up to support troops and their families



I'm driven by ... "my goal to use running to help others," Stacy says. "When a soldier is injured and needs treatment, it's chaos for the families, who often travel hundreds of miles to be at his or her side. Most people don't think about the cost of finding a place to live while the vet recovers."

Stacy (left) and Cathy are helping others through running.



It amazes me that ... "out of the blue, people are inspired to help our cause, even when they don't personally know anyone who has been injured in Iraq or Afghanistan," Stacy says. "At the Marine Corps Marathon, we have nearly as many volunteers as runners, cheering racers on through the course."

*Fitness is ...
"how I stay sane and happy.
I don't like going a day without a workout; it has to happen, just like brushing my teeth." -Stacy*

I'm inspired by ... "the stories of how much Fisher House has helped some of our runners," Cathy says. "One of them lost a family member in Iraq, and another's friend was injured while deployed. Fisher House took care of the soldier and his family and friends during those months of treatment."

