

Half Marathon Completed Underway on the Hamilton



Eastern Pacific – The day before returning to San Diego, after completing a 90 day counter narcotics patrol, 15 crewmembers from the USCGC HAMILTON (WHEC 715) completed a half marathon.

Every runner “hit the wall” at some point during the run, but with a quarter of the crew out on deck cheering, everyone who wanted to finish was able to. Top finishers included ET1 Ryan West, LTjg Colin Santulli, ET1 Kevin Odom, and ENS Karen Love. In the end, the half marathon was not about who finished in what place but rather having the satisfaction of being able to say you’ve completed a half marathon in the middle of the Pacific Ocean. CWO Wren is planning on making a “Hambone Half Marathon” a regular event on future deployments.



Staying fit while underway is a constant challenge and unit health promotion coordinators are always looking for new ways to inspire their crew's to be healthy. Chief Warrant Officer Michael Wren faced this same challenge back in January as he and the crew of the USCGC HAMILTON (WHEC 715) set sail for a 90-day counter narcotics deployment in the Eastern Pacific. Early during the patrol CWO Wren proposed the idea of conducting a half marathon to the crew and received an overwhelming response. For the remainder of the patrol dedicated runners and people looking to better their health trained in anticipation of the big event. At the conclusion of a successful patrol, that included the seizure of over 25 tons of cocaine, the runners gathered the morning of the March 31st for 131 laps around the ship's decks.

Now that the helicopter is gone, cones were used to mark off the edge of the flight deck. Running past the hanger towards the port side boat deck you thank deck force for lowering the small boat so you do not have to duck as you run past the boat davit. After getting through the door to the gun deck you are greeted by 30 knots of wind and a face full of sea spray. While running around the cargo hatch you feel like your running in place. Now that you're running aft your glad to have the wind at you're back, except when it catapults you into the second small boat. Breathing heavy fills your lungs with stack

exhaust as your run past the starboard side of the hanger back to the flight deck. As you round the orange cones cheers of encouragement arise from the lap counters and spectators. One lap down only 130 to go.

