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Moms face ultimate fitness challenge during Mud Run

By David Quick
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Greg Harris
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Melissa Gaddy (left), Stewart Harris (foreground) and Jodie Cochran take a mud bath during the 15th annual Marine Corps Ultimate Challenge Mud Run on Sept. 20.

Some local moms recently headed to Columbia to get dirty.

Friends Melissa Gaddy, Christy Schachte, Jodie Cochran and Stewart Harris formed a team — Moms Rock and Run — and headed to the 15th annual Marine Corps Ultimate Challenge Mud Run on Sept. 20.

The 4.2-mile fitness challenge included 30 obstacles such as climbing up ladders and walls, crawling under ropes and swimming through mud holes. The obstacles in the USMC Ultimate Mud Run are named for battles, places and items that are significant in Marine Corps history and lore, such as Heartbreak Ridge and Ho Chi Minh Trail.

"It is a seriously intense 4.2 fitness challenge that gives civilians a glimpse of the training they do in the military," says Gaddy, who owns Stroller Strides and sponsored the team.

"It was a lot more physically challenging than I expected," says Gaddy. "But we did it, and loved it and will do it again! Aside from some scrapes and bruises along the way, we had a tremendous time."

The Moms Rock and Run team, which finished eighth of 11 all-female teams, wasn't the only Charleston team to participate. Gaddy's husband's employer, E-Group, also sponsored four, four-person teams. E-Group teams have participated in the Mud Run three consecutive years.

Gaddy adds that the challenge is a great way to promote fitness, health and teamwork. Also, proceeds from the event benefit the Greater Columbia Marine Foundation, which supports Marines and families of Marines who have been wounded or killed while serving on active duty.

More at www.usmcmudrun.org.

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