

Featured Runner – November, 2012

Tim Wysong

Our next featured runner is Tim Wysong. Tim is new to the WCC this season and has a unique story to share. Tim graciously took time out of his schedule to share his story about how & why he decided to join the WCC running community.

Well . . . It all started in 2009 when I was getting ready for my first deployment. I left Ft. Carson, Colorado, in April and I arrived in Afghanistan a little while later. As a transporter, we were on the road constantly. One night in June started out the same as every other mission we went on. Except it did not end that way. We had been on the road for about 4 hours and were just outside of Kabul, the capitol city. We were driving through a village, and all of a sudden we were under attack. I was the third truck and the first load truck in our very long convoy. I was the passenger in that vehicle. One of my very good friends, who was the driver, and I saw a red flash go in front of our vehicle. Before I could say anything I heard a very loud bang from an explosion. I realized that I was hit by an RPG (rocket propelled grenade). It exploded on the door, then pushed a copper plating through the door and basically destroyed my left leg. I was able to hold the 350 pound door shut after it would not stay closed until we were able to stop.

The RPG had destroyed between 3-5 inches of my shin bone. It was so bad that my doctor considered amputating it above the knee, but decided not to since there was enough there to save. I had to have my lat muscle removed from my right side and put on my left leg. I've had close to 2 dozen surgeries. The most recent one was done a year ago in August. This was the surgery that has allowed me to be where I am today. They cut my Achilles tendon and lengthened it, and took tendons from the outside of my foot and placed them at the top of my foot. Now it is basically stuck in the neutral position.

Now, the reason I got into your running family. I started walking with my dog, Shooter, early this year. I realized how much I enjoyed walking with my dog. I wanted to keep pushing myself to see how far I could go. I decided I wanted to do a 5K, and did my first one in May, the Girls Inc 5K. I was hooked. I kept walking and pushing myself the rest of the summer and into the fall. Walking through the summer with Shooter and doing 5Ks not only made me want to push myself, it gave me a purpose . . . something to actually look forward to . . . which

for me is huge. I began to really enjoy walking with Shooter and doing the 5Ks. And every time I finished one, it was always a great feeling to have so many people come up to me to congratulate me. It is an amazing feeling to have.

Now that I am walking and doing 5Ks, I am training for a sprint triathlon in the spring. These 5Ks gave me a reason to continue making myself better and really not accepting defeat. I have had amazing support. My new wife and my family have always pushed me to the next level and they continue to support me.

Thank you so much! Thank you for the support and generosity I receive when I complete a race. You guys are awesome.









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