

Go Team Prevention.

Meet 4 of our determined marathoners

We never imagined the overwhelming response *Prevention* would get when we put out the call last April to walk a marathon. More than 8,000 people have been training with us online, and a smaller group is part of Team *Prevention*, which will meet in Washington, DC, at the end of the month to tackle the Marine Corps Marathon. Here's what inspired some of our team members to take on this challenge.

▼ **Christina Devlin**
Coatesville, PA

When Christina Devlin's husband was deployed to Iraq in September 2004, this 31-year-old mother of two turned her hardship into something positive: She trained for and ran a half marathon (13.1 miles) in March, and now she's ready to take on the Marine Corps Marathon. "I figured that if my husband could spend 18 months in Iraq, I could run a marathon in his honor," she says.



▼ **MaryPat Scorzetti and Judi Moran**
Drexel Hill, PA

Friends for 20-plus years, MaryPat Scorzetti, 43, and Judi Moran, 44, are now helping each other accomplish their biggest physical challenge ever—walking a marathon. "It's time for us to take care of ourselves—mentally, spiritually, and physically," says Scorzetti. They'll appear on *Your Total Health* the weekend of **October 1**. Check www.yourtotalhealth.com for stations and times.

▲ **Tommye Rafes**
Ponder, TX

As a middle school science teacher, Tommye Rafes, 45, has written grants for exercise equipment, pedometers, and heart rate monitors to help students and staff get healthier. "Each year, our students tend to have rounder middle sections, lower test scores, and less self-esteem," Rafes says. This year she is trying a different approach: being a role model by walking a marathon.



TOP: PHOTO BY LISA MEANS; BOTTOM: PHOTOS (2) BY PIER NICOLA D'AMICO; HAIR AND MAKEUP BY COLLEEN KOBRIK