

# Wounded Warriors Discover Benefits of Training for a 5K



Darryl Jackson and Kristy Lamborn both trained to complete a virtual 5K.

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Darryl Jackson and Kristy Lamborn weren't going to leave a fellow veteran behind.

“When I saw that he wasn't going to be able to finish what we all started together because of an injury, my Marine Corps instincts kicked in,” Darryl said. “We don't leave a fallen man behind.”

Darryl, Kristy, and other [Wounded Warrior Project](#)<sup>®</sup> (WWP) warriors had committed to training for a 5K while keeping each other accountable through social media.

Army and Air Force veteran Kraig Morris couldn't complete the last week of his training due to an injury. So after Darryl and Kristy each completed their own [veteran 5K](#) through WWP's collaboration with Team RWB<sup>™</sup>, they both ran an additional 5K in recognition of Kraig's commitment.

“I hope it allowed him to know that it was more than just a 5K,” said Kristy, who served in the Army. “It was a way to build life-long friendships and know that we're in this together, no matter which branch you served in.”

The gesture hit home for Kraig.

“I got choked up when I found out,” Kraig said. “Just being a part of all of this is an honor and a privilege.”

Participating in a 5K was miles away from warrior Orlando Romero's mind nine months ago. He wasn't eating right, if at all, and had lost nearly 30 pounds.

"I stopped doing any physical exercise and spent most my days on the couch watching TV," said Orlando, who recently retired from the Army.

But just like Darryl, Kristy, and Kraig, he recognized the chance to improve his physical well-being through WWP.

"When I saw the opportunity come up, I decided to give it a shot, and I'm glad I did," Orlando said. "The campaign essentially helped me snap out of the funk I was in."

You have an opportunity to participate in a 5K just like Darryl, Kristy, Kraig, and Orlando did. Register your [virtual Carry Forward<sup>®</sup> 5K](#) today, and [support injured veterans](#) from wherever is easiest for you.

"Being outside in the fresh air and sun does a lot of good, and it's for an amazing cause," Orlando said. "This can give you the opportunity to get into shape and support warriors and their families, so it's an all-around win."

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### **About Wounded Warrior Project**

Since 2003, Wounded Warrior Project<sup>®</sup> (WWP) has been meeting the growing needs of warriors, their families, and caregivers — helping them achieve their highest ambition. [Learn more.](#)

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