

***This post was originally published on [www.okinawahai.com](http://www.okinawahai.com) on 04/3/2012***

***Editor's Note: This is the original Okinawa Hai post on Stroller Warriors. We published a newer post on this organization in 2016. We've left all of your original comments in place on this post, but we thought after 4 years you might want a fresher take on it.***

CONTRIBUTED BY KELLY MULDER

When I was a teenager I thought it would be cool to one day be in a running club (never mind that I didn't actually LIKE running. I still wanted to do it). When I became a mother I assumed my dream of running in a running club was over. I had never seen a running club where almost everyone was pushing a jogging stroller!

Then I met Stephanie Geraghty (Marine Corps Spouse of the Year 2012) while we were stationed in Camp Lejeune, NC. She created a running club (but more like running support group) called Stroller Warriors. I fell in love with running AND Stroller Warriors and brought this FREE Running Club to Okinawa in December of 2011. Since then our workouts have grown to 25-40 women at each workout.

Stroller Warriors workouts are designed so we start and end the run together. Then we do, calisthenics, yoga, or salsa at the park while the kids play. Our group consists of both beginners and marathoners. We just provide the workouts and ask that you do your best. You do not need to have children to be in our club however please realize that children will be in attendance in large numbers!

We meet at various stroller friendly trails all over the Island. Currently our Wednesday workouts are geared towards areas 'down south' near Kinser, Foster and Lester. Friday workouts are geared towards the Kadena/Courtney area. However, you are more than welcome to attend all of the workouts!

Stroller Warriors is more than just a group to work out with. We run races together (though racing is not expected or required), have husbandless-wives dinners, girls nights out, relay races, egg hunts for the kids and so much more.

You can find us on Facebook at "[Stroller Warriors Okinawa.](#)"

Hope to see you at a workout soon. Happy Running!

## **Stroller Sit ups**