Athlete Mike Sanders

Name:
Mike Sanders

Stationed:
Scott Air Force Base, Ill.

Rank:
Senior Master Sergeant, active duty

AFSC:
3D0X1 (Knowledge Operations Management)

Unit:
Air Force Network Integration Center (AFNIC), Scott AFB, Ill.

Injury Type:
Stage IV Squamous Cell Cancer in throat

Date of Injury:
2007

Goals:
I like to do my best for God's glory because He has sustained me and has allowed me to run again!

"God is my Wingman!"

Senior Master Sgt. Mike Sanders runs for the finish line during the Air Force Half Marathon Sept. 19, 2009, at Wright-Patterson Air Force Base, Ohio. Sergeant Sanders ran the event one year and eight months after beating cancer.

Senior Master Sgt. Michael E. Sanders is the manager, Major Command Support and Forms Branch, Air Force Network Integration Center, Architectures and Analysis Directorate, Scott AFB, Ill. He has performed as squadron superintendent, first sergeant, resource advisor, cycle ergometry monitor, unit fitness program manager, and physical training leader.

Sergeant Sanders also served as the enlisted instructor of aerospace studies, aerospace studies 100 (freshman) instructor, and assistant commandant of cadets at the University of Portland, Air Force Reserve Officer Training Corps, Detachment 695 in Portland, Oregon. He educated, motivated, and counseled highly-qualified cadets as prospective Air Force officers.

It's been two years and three months since Sergeant Sanders overcame an aggressive form of cancer.

Despite undergoing extensive treatment and recovery efforts, Sergeant Sanders has made sure to keep fitness a part of his lifestyle, achieving perfect scores on physical training tests, running races, and participating in fitness programs since his recovery began in January 2008.

Sergeant Sanders has been running for more than 30 years and cycles as well. His current fitness routine includes working out four to five times a week with his co-workers as well as on his own, and incorporates running and strength training. Sergeant Sanders' next immediate goal is to give his best in the Warrior Games, and maybe another half marathon this fall.