

Fourth Quarter, 2009

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Member Profile: Rosie Richmond Whalum

Hometown: Memphis, TN

Current residence: Memphis, TN

Age: 50

Profession: General Dentist (private practice)

Athletic Background: I've been exercising regularly since my early 20's. I didn't play high school or college sports

Number of Years Running: 6

Number of Races: 14

Number of Marathons: 3

Number of Half Marathons: 11

Other Sports: Workout two days a week with personal trainer (focusing on strength training), pilates, and occasional yoga.

Favorite Running Spots: Shelby Farms, Midtown Memphis, and East Memphis.

Fitness Goals: To remain active and healthy for many, many years. I would like to age gracefully, not rot. To possibly, complete a mini-triathlon before age 55.

Why Did I Start Running?: My very first personal trainer challenged me and the rest is history.



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Most Memorable Running Experience: My very first full marathon. It was the St. Jude, Marathon in Memphis. That was such a big accomplishment to finish smiling and not too "beat up."

Dream Place to Run: Somewhere in Africa or Australia

How Did I Learn About NBMA?: From a high school friend, who lives in Virginia. She sent me the link. I later found out about Tony through our undergraduate college alumni website.

Any Other Running-Related Info to Share: Join a running group, if only for a short while. You'll be exposed to runners on every level, and learn a lot. It's a great way to be part of a group with some common goals which will help to keep you accountable and motivated.

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Year End Message

I went for a run on Saturday morning at my favorite spot in Dallas, White Rock Lake. I found myself reflecting back and looking forward at the same time. In January, our new President took office during one of our worst economic times. In February, we had our Fifth Annual Gathering at Ft. Worth's Cowtown. If you looked back five years ago, many people would not have thought either of these events would have happened. But they did.

The rest of the year was spent welcoming a new granddaughter into our family and attending the funerals for three other family members. It made me appreciate family and some of life's simple pleasures, such as running and walking.

Despite these major events, some things stayed the same. We still go on our morning, lunchtime, or evening workouts. We still have to put one foot in front of the other to complete our regular "routes." We're still walking and running away from high blood pressure, hypertension, diabetes, and obesity. If you need encouragement follow the link to our paper, [Maintaining Life Long Fitness Goals For The New Year.](#)

We'll repeat this process in the wind, snow, rain, and heat. We don't worry about the things that we can't control, such as the weather. And we've learned to control the things that we can, such as dressing in layers and drinking fluids. And we applied this to things outside of our running lives. We learned the secret to managing stress in tough economic times and used it to our advantages. We walk and run.

When looking ahead at 2010, I'm optimistic that we'll make things better than 2009.

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If you were negatively impacted in 2009, remember “A setback is a set up for a step up.”

See you in Atlanta on March 20 and 21. Don't forget to take advantage of our member discounts when you register. We'll be forthcoming with more information next year.

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NBMA Tax Deductible Scholarship Donation

As we come to end of the tax year, consider making a 100% tax deductible donation to the NBMA scholarship fund. One of our missions is to award scholarships to deserving high school seniors who participate in long distance events. Rather than asking for a membership dues, we ask you to contribute towards the scholarship fund. 100% of your donation goes into the fund. Go to our scholarship page to make a donation.

<http://www.blackmarathoners.org/Scholarships.htm>

Also, if you know of a high school senior distance runner or marathon finisher, tell them about our scholarship program and the website link.

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Member Profile: Jeph Abara

Hometown: Owerri (actually the village of Avu, near Owerri), Imo state, NIGERIA

Current Residence: Arlington, TX

Age: 65

Professions: Chemical Engineer, Operations Research Analyst, now Math teacher

Athletic Background: Mostly running/walking

Number of Years Running: Over 50 years

Number of Races: Over 750 since 1984

Number of Marathons: 12

Number of Half Marathons: 6

Other Sports: Soccer, Cricket, Tennis

Favorites Running Spots: River Legacy Parks in Arlington, TX

Fitness Goals: To be able to run/walk till I transition from this life

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Why Did You Start Running?: Have always run -- for fun!

Most Memorable Running Experience: The Centennial Boston Marathon in 1996 -- competition, camaraderie, excitement, fun, history, big crowds: they were all there!!

Your Dream Place To Run: Race along the paths of my home village, Avu, near Owerri, NIGERIA

How Did You Learn About the NBMA? From a flyer handout at a race in 2007

Any other running-related info to share with our readers No matter what other goals you may have with your running/walking, make sure it's always fun! Also try to engage many of the races that raise funds for many deserving charities. Fun & fundraising! That way you can sustain your interest and excitement for the duration.

Note: Jeph is responsible for putting on a series of races in Arlington, TX (DFW Metrop-lex). His list of races may be found at <http://www.runningintheusa.com/jeph/>.