

National Black Marathoners Association - Newsletter 15

Third Quarter, 2011

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In 2006, I went to China to run the Great Wall Marathon. After two wonderful weeks surrounded by energetic runners, I returned to work and became depressed. In 2007, I was sailing to Antarctica with about 125 people aboard the ship. One evening, a non-running passenger made an interesting observation. He said that being surrounded by runners was like being at a revival. Expect, there wasn't a preacher inspiring the crowd. We, distance runners, were so highly, self-motivated, that we didn't need anyone to inspire us.

His comment made me realize the reason for my post-China depression. After returning to work, I was surrounded by people who lacked motivation. In fact, they would give every reason to discourage you from pursuing your goals and dreams. (Since THEY can't reach the goal, why should they encourage YOU?)

Those who have attended our NBMA Annual Gathering (or any event with distance runners and walkers) know this feeling. At our events, you're surrounded by highly, self-motivated, like-minded people. We "talk the talk AND walk the walk." These same individuals are likely to be self-employed and following their passions.

In March, 2007, several members were in Atlanta to run the first Georgia Marathon. During lunch, my girlfriend (now wife), casually asked if anyone was a triathlete. Maurice Willis mentioned finishing four Ironman competitions. Toni Fields, who recently married this year, had completed several triathlons. And several others mentioned accomplishing this feat.



Members' Gathering in Dallas

We were completely stunned, but not surprised. My wife was so inspired, that she completed a triathlon later that year at 52 years old. They inspired me to complete my first one on Father's Day this year.

At a recent gathering of Dallas runners and through our Facebook group, I've met several entrepreneurs and recent authors. They're runners, walkers, triathletes, and first time marathoners. They're featured in this edition. I hope that they inspire you. (Check out Alexandria's article at [USA Triathlon's website.](#))

2011 NBMA Scholarship Winners



Since 2005, the NBMA has awarded more than \$10,000 in college scholarships to assist high school distance runners. This was only possible with your donations and support. This year's scholarship winners were Tahirah Ghaazee of Dallas, TX and Dezmund Skipper of Ellenwood, GA. Each will receive \$1,500.

Tahirah ran cross country and track for four years. She also played volleyball and basketball. She'll be attending the University of Central Arkansas.

Dezmund should be a familiar face to some of the NBMA members. Dezmund's family has participated in numerous NBMA Annual Gatherings, including the 2009 Cowtown (above) and 2011 Deadwood Mickelson Trail Events. He'll be attending Columbus State University in Columbus, GA this year.

Make your tax deductible scholarship donations at <http://www.blackmarathoners.org/donation.html>.

Spreading the Word About Distance Running

During my travels, I stop at schools, churches, and colleges to talk about the importance of distance running, international travel, and goal setting. Here are a few photos from various engagements.



Carrollton, TX



Fisk University – Nashville, TN



Dallas, TX



Brattleboro, VT

2011 NBMA Gathering - Deadwood Michelson Trail's Tenth Annual Event



One of the most frequently asked questions was “Why go to Deadwood, South Dakota to run a small race?” My response was, “Why not?” Many members have goals of finishing marathons or half marathons in all 50 States. That includes South Dakota. Also, we like to “venture off the beaten path” and run some smaller, well known marathons. (Remember, the camp fires at the start of the Lost Dutchman Marathon in Apache Junction, AZ?)

For most of us, it was the first time in South Dakota. Thus, we wanted to take advantage of the

opportunity. The day before the Deadwood races, we gathered in cars and headed to Mt. Rushmore. For many, visiting and learning about the Crazy Horse Memorial was probably the highlight of the tour.

First Place NBMA Half Marathon Finishers

Female	35 to 39	Nadine Pierre	NY
Female	45 to 49	Deborah Dean	IL
Female	50 to 54	Laura Lockett	GA
Female	55 to 59	Pearlie Bowden	
Male	45 to 49	Arthur Manigault	GA
Male	50 to 54	Theodore Dunnville	GA

First Place NBMA Marathon Finishers

Female	45 to 49	Charlotte Simmons	GA
Female	55 to 59	Sharon Andrews	GA
Female	60 to 64	Ruby Ervin	IL
Male	35 to 39	Monte Fowler	GA
Male	45 to 49	Nathan Skipper	GA
Male	55 to 59	Gillis Bowden	OH



Rudy Ervin and Sharon Andrews ran outstanding marathons over all. Rudy won first place in the marathon's 60 to 64 year old age group. Sharon took second place in the 55 to 59 age group.

Member Profile: Monisha Randolph

Hometown & Current Residence: Dallas, TX

Running Clubs:

- National Black Marathoners Association
- Team World Vision - Raises funds to build water wells and provide clean water supply for African children
- Team Beloved - Beloved Ministries is an outreach program devoted to providing spiritual support to homeless women. They recently started a running/walking team. I am one of the volunteer runners and to be a part of this group is such a blessing
- Black Girls Run - A national effort designed to bring women of color together to run in order to fight health related illness.

Fitness Background: High School Varsity Softball, Swimming. Various dance teams in high school. No college sports

Profession: Public Speaking, Youth Development, Non Profit Management

Running Background

- Number of Years: 1
- Number of Races: 4
- Number of Marathons: 1

Other Highlights: My book, entitled *Runner's Revelations: How Running Changed My Walk*, was recently published. My website is www.runnersrevelations.com. My fan page on Facebook is Monisha Randolph. You can follow me on Twitter @RunRevelations

Favorite Race Location: Dallas

Favorite Local Spot to Run: Through South Dallas with my new friends of Beloved Ministries.

Favorite Running Motivational Song: *Oh Give Thanks* by Judith McAllister

Favorite running mantra: "This is not what tired feels like."

Do you have a favorite running or inspirational book? My journal that I published entitled *Runner's Revelations: How Running Changed My Walk*. I kept a journal while training for my first marathon. I thought I was going to document some sort of physical transformation but I ended up going on a spiritual journey that changed the way I view life.

Do you have a favorite running hero/mentor? Yes, it's an unnamed runner from the 2010 Dallas White Rock Marathon. He finished the race before me. He was unique because he completed the race with one leg!!! After seeing his finish line photos, I realized that I had no reason in the world to complain about anything. If he could take on a marathon with one leg, he must live a pretty excuse-proof life. His run motivated me to dig deep and always know that someone is always facing more challenges than me. Therefore, I should never make room for complaining.

Personal Reason(s) for Running. Running has become my devotion time with the Lord. There are times when I start my run off with a question. Other times I just start running with a clear mind and out of nowhere, I get a idea or concept that builds upon itself until my run is over. Life's obstacles have become more bearable due to me taking the time out to run and process my actions and reactions. I run because



its cheaper than therapy. I run because afterwards, I feel so great about myself and what I am capable of doing. Sometimes I get so pumped I feel like I can wrestle a bear!

What other sports do you participate? Swimming. I'm looking into bicycling.

List Completed Running/Fitness Goals: Run a marathon

List Current Running/Fitness Goals:

- Break 4:30 in a marathon
- Run on Kenyan soil with a Kenyan (I think that would be cool)

What Motivates You to Run? I have lost track of the number of family members I have that suffer from hypertension, diabetes, obesity, and asthma. After the death of my dear aunt in 2009, I decided that I didn't want to join the "five-pill a day" gang and die an early death. I got a gym membership and started working out. Now that I'm a runner, I'm motivated by the people I motivate. To hear some of my family members tell me they have started walking in the morning, brings me great joy. I feel like I am living the life I was designed to live after hearing from people, who were influenced by my book..

Describe Your Most Memorable Running or Racing Experience. My first "Fun Run": I had never ran with a group before. I found a fun run group online and decided it would be cool to run with others. I am not a morning person and the run was at 5:00AM. I get there and we start running. While running, people are talking and asking me questions. I say to myself "What's fun about this? I'm tired and these people expect me to talk back to them!?" I later on shared with the group my inner thoughts the first time we met and they all thought it was hilarious. Now when I run in a group, I don't pressure first timers to talk to me because I have a feeling they are thinking what I thought on my first fun run.

If You Could Travel to Anywhere in the World to Run a Race, Where Would It Be: It's a close tie between Africa and Australia. I look at pictures and there are parts on both continents that appeal to me.

Other interesting things about yourself: I am so invested in running now. I find delight in sharing my story about how running changed my outlook on life and made me a more compassionate and selfless servant.

NBMA Selects the 2012 Madison Marathon for our Seventh Annual Gathering



The National Black Marathoners' Association (NBMA) announced its seventh annual marathon gathering will be held at the May 27, 2012 Madison Marathon, Half Marathon, Quarter Marathon, and Kids event. (<http://www.madisonfestivals.com/marathon/>) The Madison Marathon is organized by the Madison Festival, Inc. (MFI). This race came highly recommended by our members from Cincinnati's Avondale Running Club.

Keith Peterson, Madison Marathon's race director said, "Part of MFI and Madison Marathon's mission is to attract visitors and showcase Madison's charms. We're flattered to have been chosen by the NBMA and we're looking forward to introducing potentially hundreds of runners to our unique and beautiful city."

Previous locations and events for the gathering have been Lewis & Clark Marathon (St. Charles, MO), New Jersey Marathon (Long Branch, NJ), Rite-Aid Cleveland (OH) Marathon, Lost Dutchman Marathon

(Apache Junction, AZ), Cowtown Marathon (Ft. Worth, TX), ING (Atlanta) Georgia Marathon, Bermuda International Race Weekend, and Deadwood-Michelson Marathon (Deadwood, SD).

Madison Festivals, Inc., a non-profit volunteer-based organization, produces and develops events in the greater Madison community, such as Taste of Madison and Madison Marathon. These events enhance the quality of life for residents, showcase the area to visitors, and provide assistance to local charitable organizations. The Madison Marathon consists of several events, including a full, half and quarter marathon and two kids races. The quarter marathon and kids events are scheduled for the evening of May 26, 2012, and the full and half marathons will be on the morning of May 27. The American Cancer Society is the charity of record for the annual Madison Marathon.

Member Profile: Pamela Miller



Hometown: Los Angeles, CA

Current Residence: Orange Park, FL

Running Clubs: I started a group Team "DRoP IT". I'm a former member of a local group called the Florida Striders.

Fitness Background: I started running track in elementary school in the fifth grade and continued through the end of high school (1981). I took a break until 1986. That's when I started working at the USPS. They had a track and field competition and I started running

Profession: I'm a professional artist. My line of running art allows me to combine my two passions. They're called my "Stain Glass Runners" ...No, they're not made of stain glass. They just a sort of look like it. Though that is not what I create for a living. I'm a murals and portrait artist, children's book illustrator, fine artist, and commission-based artist.

Running Background: I've been running since elementary and have two 2-3 year breaks. I've been consistent for the last ten years.

Number of Years: I started entering 5K's and half marathons in 2001

Number of Races: Too many to count

Number of Marathons: 8

Number of Half Marathons: Never kept count. I can say over 20

Other Highlights, Such As Links to Articles/Websites:

- Running: [Folio Weekly \(page 14\)](#)
- Art: [2011 Jacksonville Jazz Festival](#)

Favorite Race Location: It use to be the Flo-Jo Memorial Half Marathon in Laguna Hills, CA. It was so beautiful, cool and scenic. Near the beach, too.

Favorite Local Running Spot: I have an eight-mile course near my house that takes me over a bridge. I love it.

Favorite Running Motivational Song: I have a song I created called "I LIKE TO FLY" the music in my ears are there to keep my feet in rhythm. I don't really listen to it until approximately mile nineteen. That's when I NEED the distraction!!!

What's your running mantra? I tell myself "If I can see 'em. I can catch 'em." That keeps me going. If I'm on a curve and the other runners are out of sight, that drives me to go a little faster to start closing the gap.

Do you have a favorite running or inspirational book? Dean Karnazes books inspired me when I got stuck. That was my intro to an intense ultra marathoner. Muhammad Ali stories inspire me most. He ran three to five miles everyday (some books said 3, some said 5) his endurance was outstanding!

Do you have a favorite running hero/mentor? Yes, Evelyn Ashford, Wilma Rudolph, Florence Griffin Joyner and I still admire Marion Jones, Gail Beavers, Jesse Owens, and Haile Gebrselassie. My mentors include an LA running group of friends. They helped me to train for a sub-five hour marathon. Now, people I was able to meet were a couple who run ultras. That's also how I first had the opportunity to know about Tony Reed. Their names are Tanya and Marc Johnson. I meet them while blogging. I admire their adventurous journeys. So, then I read how Tony travelled to all those continents.

Personal Reason(s) for Running: Initially, I started back running again in 2001. I had gained 40 pounds after my daughter was born. I was calling it quits in 2007 because my knees couldn't take it. Then, I lost my Dad in June that same year. He had high blood pressure and lived in a lot of pain.

Gracefully, he passed away. He said that so many of the positive things are related to his children. This inspired me to get as many people as I can out of bed and cross the finish line. I was also diagnosed early and he warned me not to start the meds. I didn't. Instead, I started running again. It's been part of my life's journey ever since.

I created a group called TEAM DRoP IT. We help to motivate them to become active and to eliminate these "generational" diseases. I DRoPPED it, so I know I won't pass it on to my children and their children. He gave that and so much more. So each marathon I run, I run with his drum stick, so that we are hand and hand. I feel as if he is running with me.

What other sports do you participate? I completed one triathlon in 2009, I felt also my Dad was with me in the ocean.

List Completed Running/Fitness Goals: Staying healthy, making this my health plan and helping others.

List Current Running/Fitness Goals: Never give up. I would like to do more triathlons. Unfortunately, I don't have a road bike yet. (working on it) So, I continue by using the gym stationary bikes.

What Motivates You to Run? I know I'm growing my thoughts as I run early in the mornings and God can hear me. When I reach home, I have new insights, options to change, or ways to make something better in my life, family or art studio. It's to my mind's advantage and then my body's advantage. If I don't have the mind to do it, who would the body listen too?

Describe Your Most Memorable Racing Experience. There's nothing like the first marathon. At mile 23, I felt like I had my first opportunity to be face to face with God for the first time! That was the ultimate experience. He had to get to me up close and personal because, like the elders told me, "He watches out for children and the retarded folks." I wasn't near childhood....

Also, I ran the torch for 1986 Olympics representing the United States Postal Service. (Very short distance).

If You Could Travel to Anywhere in the World to Run a Race, Where Would It Be and Why: Africa, I want to feel the roots of my SOULS in my feet.

Other interesting things about yourself: I'm a thirty-year entrepreneur. I worked at the postal service for six years, during that time period. I was told I needed a "real" job, but that didn't quite work. So, for most of the last 19 years, I've been a full-time artist.

It Doesn't Have to Be About the Hair – SportyAfro.com



When I first met my wife in 2006, she wasn't an athlete. She was concerned about her hair. Since that time, she became a triathlete and marathoner. At a 2010 triathlon, she met Alexandria Williams (L), Whitney Patterson (R). Her hair is no longer an issue. These two entrepreneurs and triathletes are owners of Sporty Afros (www.SportyAfros.com). (Check out Alexandria's article at [USA Triathlon's website.](#))

Sporty Afros' mission is simple. They want to establish a social platform for sports and effective hair care for minorities.

Sporty Afros is a one stop shop for questions, discussions, tips and answers about fitness/workout routines in conjunction with establishing and maintaining healthy hair regimens. They're committed to keeping up with the latest trends regarding hair care and fitness. Through their website, they seek to continually strive to improve themselves and readers.



They also tackle the issue of African-American obesity in America. According to the Centers for Disease Control, 80% of African-American women are overweight. It is their **personal mission** to change this statistic by providing the tools to empower and encourage Black women to lead healthy, active lifestyles.

There's a great article on their home page about the US Surgeon General, Dr. Regina Benjamin (I), comments about fitness at the Bronner Bros. International Hair Show.

Member Profile: Michael J. Brundy

Hometown: Leavenworth, Kansas

Current Residence: Mansfield, Texas (DFW)

Fitness Background: High school and college wrestler

Profession: Technical Director/Project Management Information Technology - AT&T



Running Background

Number of Races: 12 - 15

Number of Marathons: 4

Number of Half Marathons: 6

Favorite Race Location: White Rock Lake in Dallas, TX

Favorite Local Spot to Run: The streets of Arlington, TX

Favorite Motivational Running Song: The Eye of the Tiger

What's your running mantra? Pic 'em, and put 'em down.

Personal Reason(s) for Running: To stay healthy and to challenge myself

List Completed Running/Fitness Goals: Finished a half marathon in 2 hours.

List Current Running/Fitness Goals: To complete a marathon in 4 hours.

Describe Your Most Memorable Racing Experience: My first marathon is the most memorable race. Simply because it was first and I didn't know what to expect.

If You Could Travel to Anywhere in the World to Run a Race, Where Would You Go: New York City because it is my favorite city.

Other interesting things about yourself: I began distant running at age 50. At that time, I could run five miles and was doing more than most of my friends. My nephew asked me to run a marathon with him. He was 25, half my age. We ran it in Seattle. Every since then, I've enjoyed the challenge of pushing myself to do more. My goal is to always be healthy and at any time be able to run a half marathon. I also hope to run a marathon in four hours or less. I'm now 57 years old and I amazed at what I can still do. I listen to runner's podcasts as I run. I like having an encouraging community. I run because I love it.

BTW – Although Michael didn't mention this, he's an author. His inspirational books are at

<http://www.michaelbrundy.com/Products.html>

Facebook – Where Are You Racing This Season?

Distance running and walking can be lonely and discouraging when you can't discuss it with family and friends. If you're not in our Facebook group, you're missing out on communicating with over 200 NBMA members. Members are talking about which marathons, half marathons, and other races, that they're planning to run this season. Individuals have discussed Orlando's Walt Disney, the Detroit Free Press, and other races. Running goals, learning to swim, other cross-training sports, places to run, running shoes, and injuries are discussed. Join us at National Black Marathoners Association group.

<https://www.facebook.com/#!/groups/127622753933981/>