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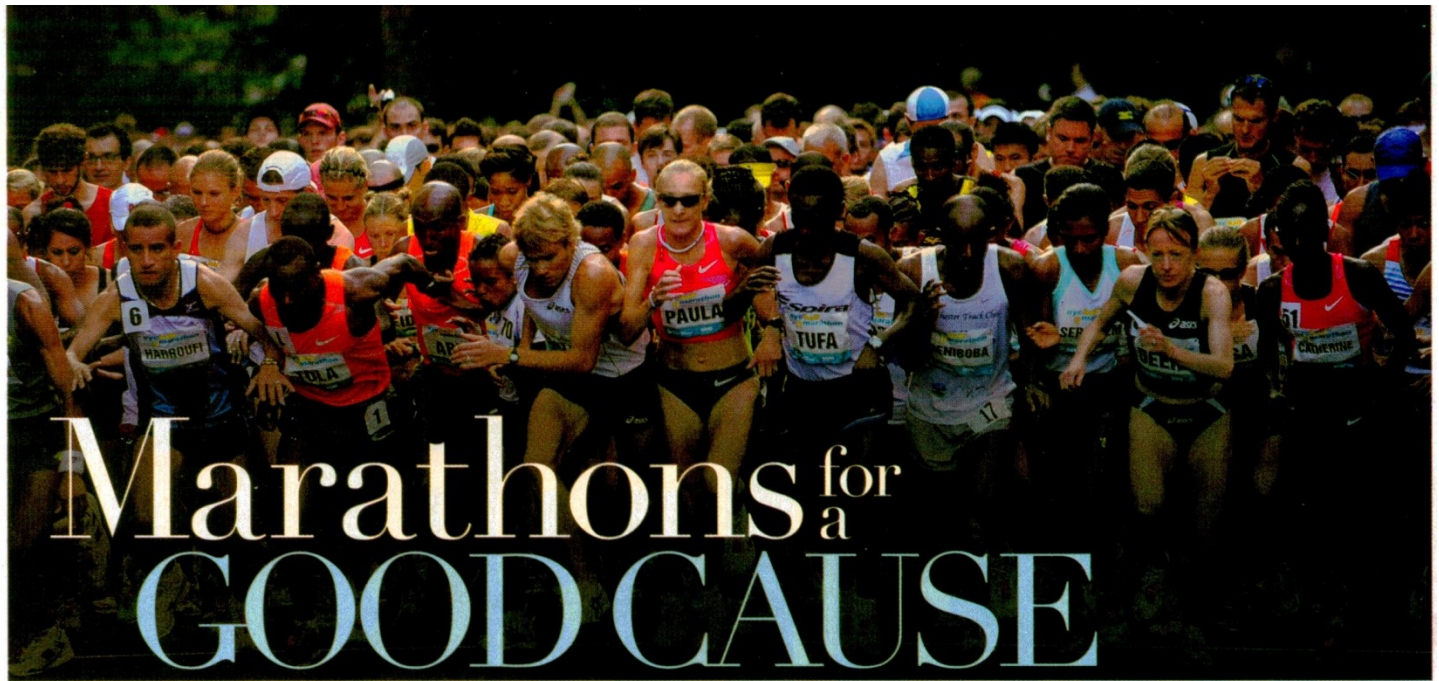
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Marathons for a GOOD CAUSE

TONY REED NEVER SET OUT TO RUN HIS WAY INTO HISTORY WHEN HE BEGAN DOING MARATHONS IN 1982.

Controlling glucosuria, a prediabetic condition, so that it wouldn't turn into diabetes was his goal. The Dallas-based certified public accountant ended up doing both. He didn't develop diabetes and in 2007 became the first Black to finish marathons on all seven continents.

Charlotte Simmons started running in high school. Landing a stressful job after college graduation was the confirmation she needed to continue marathon treks.

Reed and Simmons, realizing they could improve their health and the quality of their lives by walking or running, joined forces in 2005 to found the National Black Marathoners' Association (NBMA). The group provides scholarships to high school distance runners while encouraging everyone to exercise.

"Our goal is to erase diabetes and obesity in the Black community with the vehicle of fitness," says Simmons, a resident of Atlanta. "We want to bring distance running to the African-American community. Our goal is to bring visibility through marathon running by hitting all the states and going out of the country. Running and traveling is so much fun."

Charitable running has fueled more people to

take on marathons. A study conducted by USA Track & Field reported that distance running and walking raised \$714 million for charity in 2006. Notable causes include breast cancer, lupus, leukemia and autism. A few years ago, the San Bernardino, Calif., police department started a 5K competition called Run With the Cops. Proceeds benefit families of officers slain or injured in the line of duty.

Reed, a resident of Dallas, was so pleased to have cut his medical costs that he chronicled his adventures in the 2009 book *Running Shoes Are Cheaper Than Insulin: Marathon Adventures on All Seven Continents*.

"[Our organization] is not just about being in a marathon," says Reed, also a professional speaker. "We want people to get out there and be active. One member ran more than 240 marathons, some while undergoing chemo for cancer. Another ran at least 37 with a transplanted heart. We have amazing people in the organization. We encourage people to go out and walk and run. We want to break the mold of perception. We can run in national marathons."

Once a year, a "multirace" marathon is identified for the members of NBMA to meet and run. The group will next meet in Bermuda on Jan. 17, 2011. For more information about this trip or the NBMA, visit www.blackmarathoners.org. —MAC

Looking to run for a cause? Consider these:

- ▶ **Susan G. Komen Race for the Cure** (breast cancer)
- ▶ **Start! Heart Walk**, sponsored by the American Heart Association
- ▶ **The March of Dimes' WalkAmerica**
- ▶ **Alliance for Lupus Research's Walk With Us to Cure Lupus**
- ▶ **Alzheimer's Association's Memory Walk**
- ▶ **American Lung Association's Lung Walk**
- ▶ **Arthritis Foundation's Joints in Motion**
- ▶ **Avon's Walk for Breast Cancer**
- ▶ **Boston Marathon Jimmy Fund Walk** (for fighting cancer)
- ▶ **ING New York City Marathon** (various charities)
- ▶ **Leukemia & Lymphoma Society's Light the Night Walk**
- ▶ **Mothers Against Drunk Driving's Walk Like MADD**
- ▶ **Juvenile Diabetes Research Foundation's Walk to Cure Diabetes**

JEFF ZELEVANSKY/REUTERS/CORBIS; DONTE TATUM



Juba Step Your Way Into Shape

THERE WAS A TIME WHEN ONLY BLACK SORORITIES AND FRATERNITIES WERE DOING IT. Now you see people stepping in high school and at church. Lifestyle fitness coach Saran Dunmore believes you can even step your way into better health. That's why the certified personal trainer created *Juba Step Fitness*, a 30-minute instructional DVD that

showcases a lively way to shed pounds while doing the rhythmic dances usually associated with Greek-letter organizations (www.saran-dunmore.com; \$20). "You work everything," says the Chicago native. "You increase stamina with cardiovascular [activity]. You work on muscle tone and coordination. You'll do strength moves like you see at a gym." —MAC