



In 2011, Black Girls RUN started a group in Cincinnati. For 7 years, we have helped women gain confidence as they train for all types of races from 5ks to full marathons. We currently have over 3,000 members and hold run meet ups 7 days a week throughout the Greater Cincinnati Area.

Our overall mission is to improve the health of African American women who are suffering from heart disease and diabetes at alarming rates. It is reported by Columbia University Medical Center that 56.9% of black women are obese. We provide a support system for women to increase their activity, learn about healthy eating, and lose the weight which is negatively impacting their overall health. Women set goals to compete in local races such as Queen Bee and Flying Pig.

In 2009, Black Girls RUN! was created by cofounders, Toni Carey and Ashley Hicks, in an effort to tackle the growing obesity epidemic in the African-American community and provide encouragement and resources to both new and veteran runners. The mission of Black Girls RUN! is to encourage ALL (especially African-American women) to make fitness and healthy living a priority. According to the Centers for Disease Control, 80% of African-American women are overweight. BGR! wants to create a movement to lower that percentage and subsequently, lower the number of women with chronic diseases associated with an unhealthy diet and sedentary lifestyle. The organization is open to ALL women, no men allowed!

The Black Girls RUN! Mission: The mission of Black Girls RUN! is to encourage ALL (especially African-American women) to make fitness and healthy living a priority.

The Black Girls RUN! Vision: We aspire to take a comprehensive and creative approach to improve the health statistics of women of color.

Besides the Cincinnati Black Girls RUN there are also over 60 clubs in the USA including clubs in: Cleveland, Columbus, Indianapolis, IN; Ann Arbor, MI; Detroit, MI; and Pittsburgh, PA.

For more information on Black Girls Run- Cincinnati. Atra Williams atraw@yahoo.com or Angela Gray algray@fuse.net

Check out Black Girls Run National web site: <https://blackgirlsrun.com>

Yes, there is also an National organization for Men - Black Men Run - <https://blkmenrun.com>

****Send RUNOHIO your Running Club info to be spotlighted in an upcoming issue of RUNOHIO ☐ -☐ runohio@ee.net**

Read about these running clubs on www.runohio.com

Toledo Road Runners Club - <http://runohio.com/index.php/features/1518-the-toledo-roadrunners-club>

Youngstown Road Runners Club -☐ <http://runohio.com/index.php/features/1433-youngstown-road-runners-club>

▯ **Columbus Running Company** -▯ <http://www.columbusrunning.com>

▯ **Cleveland West Road Runners Club** -▯ <http://runohio.com/index.php/features?start=1>
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▯ **Brewery District Running Club** -▯ <http://runohio.com/index.php/features/1323-brewery-district-running-club>

▯ **Summit Athlete Running Club** -▯ <http://runohio.com/index.php/features/1280-summit-athlete-running-club> ▯ ▯ ▯

Ohio River Road Runners' Club-▯ <http://runohio.com/index.php/features/1218-get-running-with-the-ohio-river-road-runners-club>

Youngstown Road Runners - Club- <http://runohio.com/index.php/features/1031-youngstown-road-runners-club>

Northeast Running Club - NERC- <http://runohio.com/index.php/features/957-northeast-ohio-running-club-nerc> ▯

River City Runners Club- <http://runohio.com/index.php/features/1247-river-city-runners-club>

Firelands Area Runners Club - <http://runohio.com/index.php/features/1308-firelands-area-runners-club>

Fremont Elite Runners' Club - <http://runohio.com/index.php/features/1448-fremont-elite-runners-club>

Runners' Club of Greater Cincinnati - <http://runohio.com/index.php/features/1471-runners-club-of-greater-cincinnati>

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