

Ahead of the pack:

Why every runner needs good partners

Anthony Reed is believed to be the first African-American to run a marathon on all seven continents. The information technology consultant and certified public accountant is among a growing group of African-Americans who have found running everything from a 2K to a marathon

is not only great physically, but it can also provide a mental challenge and lasting camaraderie with other runners.

Reed, who has traveled the world (even completing Kenya's famed Safaricom Lewa Marathon), says that finding like-minded people to run with is the key to being a successful runner. The term "buddy system" is used by many runners to describe the idea of partnering as motivation. To keep their members motivated, the Road Warrior running group in Chicago has created a "No Excuse Wednesdays," when its members take to the road, no matter the weather. The group also offers an online personal running coach for \$9.99 per month, for those who need extra motivation.

Interested? Here are some African-American running clubs across the country:

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Atlanta
 ■ The South Fulton Running Partners
sfrpatlanta.org
- Chicago**
 ■ The Road Warriors Athletics
roadwarriorathletics.com
- Cleveland, Ohio**
 ■ Team Marathon
teammarathon.org
- Cincinnati, Ohio**
 ■ The Avondale Running Club
avondalerunningclub.com
- Detroit**
 ■ The StoneSteppers Running Club
therunningstonesteppers.com
- Jacksonville, Fla.**
 ■ Team Mocha
teammocha.org
- Louisville, Ky.**
 ■ The ROAM (Runners on a Mission) Club
roaminlouisville.com



Upcoming Marathons ////////////////

4/20/09	Boston Marathon	Boston
5/3/09	New Jersey Marathon	Long Branch, N.J.
5/3/09	Potomac River Run Marathon	Alexandria, Va.
5/17/09	Green Bay Marathon	Green Bay, Wis.
5/24/09	Buffalo Marathon	Buffalo, N.Y.
5/25/09	City of Los Angeles Marathon	Los Angeles
5/31/09	Minneapolis Marathon	Minneapolis, Minn.

—Kevin Chappell

Anthony Reed in the Gold Coast Airport Marathon in Queensland, Australia.