

City of Philadelphia



Council of the City of Philadelphia
Office of the Chief Clerk
Room 402, City Hall
Philadelphia

(Resolution No. 130606)

RESOLUTION

Honoring, recognizing, and commending Black Girls RUN! of Greater Philadelphia for its outstanding achievements in promoting healthy lifestyles and fitness.

WHEREAS, Black Girls RUN!, founded in 2009 as a blog by Toni Carey and Ashley Hicks in an effort to address the mounting dilemma of obesity among African-Americans and provide encouragement and resources to both new and veteran runners; and

WHEREAS, When the organization was founded, there were no such groups or outlets to promote African-American women making fitness and healthy living a priority. According to the Centers for Disease Control, 80% of African-American women are overweight. Black Girls RUN! is creating a movement to decrease the number of women with chronic diseases associated with an unhealthy diet and sedentary lifestyle; and

WHEREAS, In 2011, Black Girls RUN! expanded to 60 cities, including Philadelphia, and there are now 69 chapters across 30 states. The Greater Philadelphia chapter of Black Girls RUN! touts 5,000 members. These women meet seven days per week in seventeen meet up groups all across the City; and

WHEREAS, Over the past two years, Black Girls RUN! has positively utilized corporate engagement. One such collaboration is with United Healthcare on the Black Girls RUN! F.I.T. (Fitness Intervention Team). Between March and June 2013, the series provided running clinics with information on nutrition, hydration, and running technique. Each clinic culminated with an activity such as Zumba, African dance, yoga, or kickboxing and cumulatively reached over 5,000 women in seven states; and

WHEREAS, Black Girls RUN! introduced Walk Before You Run, an annual national campaign to expose beginners, intermediate runners, and anyone interested to a progressively more challenging running program. Participants receive one-on-one coaching from experienced runners, a personalized journal and a wealth of encouragement throughout the process; and

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WHEREAS, Black Girls RUN! received numerous awards and recognition. Founders Toni Carey and Ashley Hicks have been recognized by the 2012 Power 100 List by Ebony Magazine, and 35 Under 35: Young Black and Amazing Women by Essence Magazine; now, therefore be it,

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, That we hereby honor, recognize, and commend Black Girls RUN! of Greater Philadelphia for its outstanding achievements in promoting healthy lifestyles and fitness.

FURTHER RESOLVED, That an Engrossed copy of this resolution be presented to Black Girls RUN! of Greater Philadelphia as evidence of the sincere sentiment of this legislative body.

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CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the twelfth of September, 2013.

Darrell L. Clarke
PRESIDENT OF THE COUNCIL

Michael A. Decker
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Johnson

Sponsored by: Councilmembers Kenney, O'Brien, Greenlee, Henon, Jones, Goode, Oh and Squilla