



Local Black Girls Run! members and supporters pose at a Dec. 20 5K run.

Submitted Photo

59 BGR! program participants graduate

SPECIAL TO THE CHRONICLE

The Winston Salem group of Black Girls Run! held its fall "Walk Before You Run (WB4URun)" graduation on Jan. 5.

Fifty-nine local women embraced the mission of the organization — to encourage African-American women to make fitness and healthy living

a priority — and completed the program.

The program consisted of a three-day-per-week training schedule for 11 weeks, which prepared them to successfully complete a 3.1 mile/5K run.

April Farley, Johnnie Scales and Nikita Wallace, the Winston-Salem BGR! WB4URun Coordinators, led the program.

On Dec. 20, the graduates ran their first 5K run on a scenic route through the Buena Vista area and crossed the finish line with a fanfare from family members, friends, fellow BGR! sisters and members of Black Men Run Winston-Salem.

The enthusiasm continued as the graduates received their certificates of completion at

the graduation ceremony held at Winston Lake YMCA. The Winston-Salem BGR! Ambassadors — Latisha Alford, Keya Jammeh and Lucrecia Moore — congratulated the ladies on their commitment to a more active and healthier lifestyle and encouraged them to continue their weekly running regimen.

The special guest speaker

was Courtney Leggins, a past veteran run leader for Winston-Salem BGR!

Black Girls Run! was founded in 2009 by Toni Carey and Ashley Hicks.

For information regarding upcoming events for Winston-Salem BGR!, go to the Facebook page or email bgr-winstonsalem@gmail.com.



File Photo

A view of the local Dress for Success office.

Dress for Success founder coming to WFU

SPECIAL TO THE CHRONICLE

DoSomething.org CEO and founder of Dress for Success Nancy Lublin, named one of the "World's 50 Greatest Leaders" by Fortune magazine, will participate in an open dialogue on leadership with Wake Forest President Nathan Hatch and politics professor Melissa Harris-Perry on Wednesday, Feb. 4 from 6 to 7:15 p.m. in Wait Chapel. The event is free and open to the public.

At age 23, Lublin turned a \$5,000 inheritance into Dress for Success, a nonprofit that provides interview suits and career development training to women in more than 125 cities in 15 countries.

In 2003, she became CEO of DoSomething.org — one of the largest youth organizations in the world with more than 2.5 million active members. Most recently, Lublin turned her TED talk into her third company, raising \$4 million and launching Crisis Text Line.

Fast Company has called Lublin one of the "most creative people in business."

In conjunction with Lublin's visit, the Center for Innovation, Creativity, and Entrepreneurship with the Office of Personal and Career Development will sponsor a "DoSomething Challenge." On Jan. 30, select students will present two-minute pitches to a panel of Wake Forest judges on how they would change the world with \$5,000. The winner will be awarded a sweepstakes-winner-sized check on Feb. 4 at the conclusion of the Leadership Project conversation with Nancy Lublin.

Also, a mobile DoSomething Challenge Wall where students can write their ideas on how they would change the world with \$5,000 will be located in high-traffic areas on campus from Jan. 26 through Feb. 4.

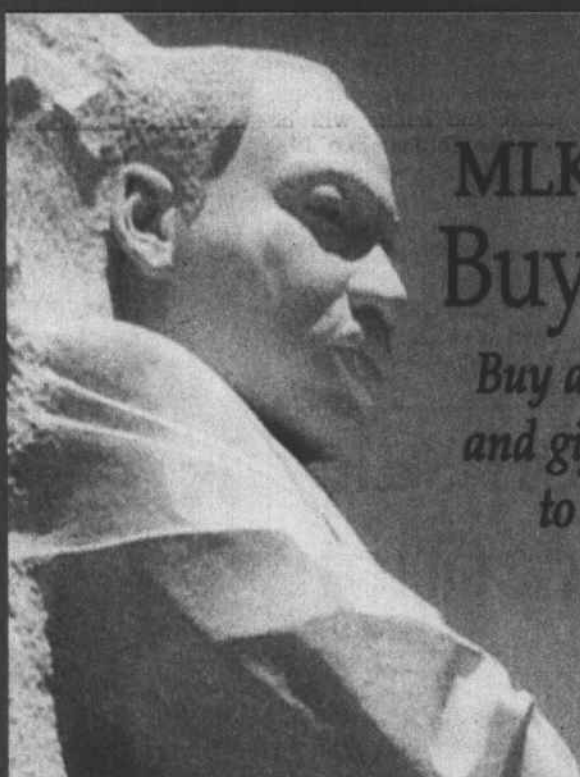
Wake Forest's Pro Humanitate Institute will hold a clothing drive for Dress for Success Winston-Salem.



Lublin

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