

Local man will be going for treadmill triumph

Record-breaking attempt intended to draw attention to childhood obesity

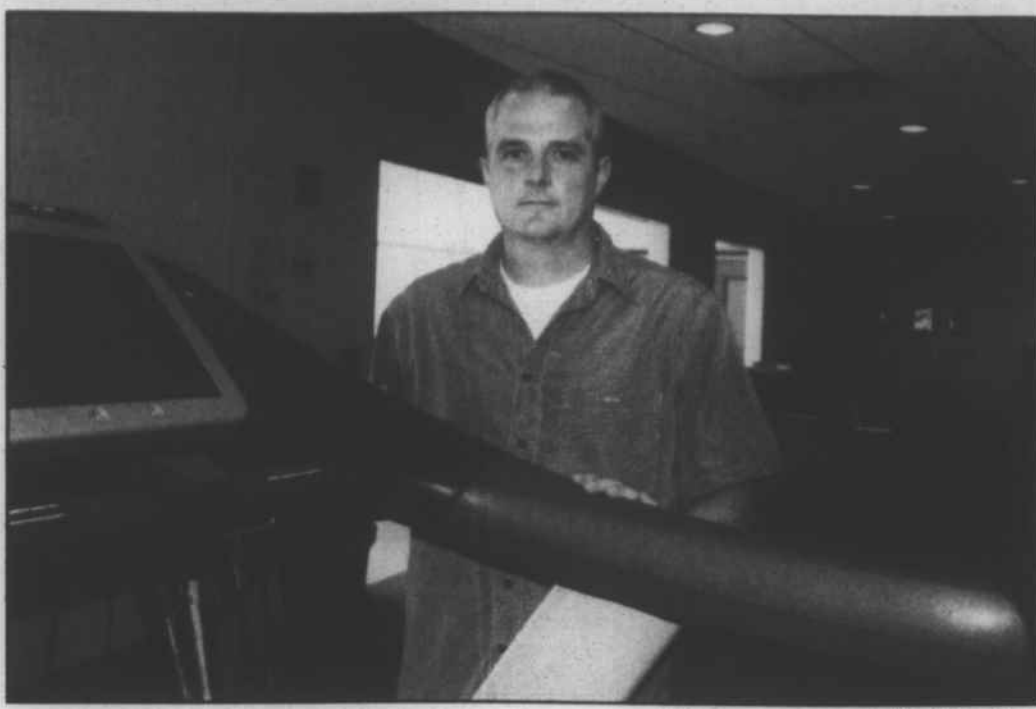
BY LAYLA FARMER
THE CHRONICLE

If you were to walk a mile in the shoes of Gateway YWCA Sales and Marketing Manager Marcus Luke these days, chances are you would find yourself on a treadmill.

Luke, 42, is currently training for a week of physical activity unlike any most people will ever experience. From April 9-16, Luke will spend nearly 18 hours a day on the treadmill, in an effort to break the Guinness World Record for the greatest distance covered on a treadmill in a 168-hour (seven day) period. Luke will have to have to cover 468 miles - roughly 66.9 miles - (the equivalent of about 2.5 marathons) a day - in order to achieve his goal.

"I'm going for 70 miles a day," Luke said. "I want to hit the 490 (mile) mark. I don't want to just hit the record; I want to break it with room to spare."

The Gateway's multi-purpose room will be outfitted as the "World Record Room" the week of the "Run of the Mill 168" event, complete with an extra treadmill where guests can walk alongside Luke as he makes his attempt, and a mock hotel room where he will spend the six hours per night he has



Marcus Luke is spending a lot of time on the treadmill these days.

Photo by Layla Farmer

allotted for sleep. Though he is excited about the prospect of becoming a world record holder, Luke says his motivation stems from elsewhere. His world record attempt will serve as an awareness campaign and the inaugural fundraiser for the latest offering in the YW's Childhood Obesity Programming, Team 168, which is set to officially launch later this month.

"The end result is hopefully going to be getting our programs to the next level of

staving off childhood obesity," Luke commented. "...Breaking the record would be a good bonus, but the main thing is the kids and making sure that we build the program the way it needs to be built."

Team 168 was created to promote healthy habits in overweight and obese youth ages 7-13. The free program is designed to be positive and non-judgmental and will stress the attributes of teamwork, respect, encouragement, determination and

commitment, Luke says. Participants will log their exercise and eating habits in activity journals, which will be monitored weekly, and create games to play with their teammates, he added.

"We really want all young people to know that it's really important to stay active," Luke remarked. "...We don't want kids to quit having fun with the video games and eating, we just want to let them know that everything can be done in moderation."

Luke, a former athlete, has run 11 marathons since 1995, when he was inspired to try running after seeing Oprah Winfrey compete in a similar event. He participated in the Charlotte Observer Marathon that same year without any training.

"It was the most painful experience I've ever had in my life, but I fell in love with it," he said.

Luke has been training since December for Run of the Mill 168. Gateway Branch Director Robin Ervin said she wasn't surprised by his rather unorthodox awareness campaign.

"We tend to operate outside of the box all the time," she said of the organization. "We pretty much go for it. We do a lot of exciting things."

Ervin praised Luke for his willingness to take on such an arduous task on the children's behalf.

"I think it's awesome. We're excited about it," she said of Run of the Mill. "It's a whole lot of fun for something that is a really good cause."

For more information about Run of the Mill or Team 168, visit www.gatewayrunofthemill168.com or call (336) 345-1590.

primary starts on April 15. To register, call the Forsyth County Board of Elections at 336-703-2800.

POSSE

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choose to be sexually active

- Always use a condom.
- Share your knowledge with your friends, family (especially your children and teenagers), fellow church members and coworkers.
- Get tested and encourage others to get tested. Knowing your status is important!

Join together with POSSE to "Prevent the Ongoing Spread of STIs Everywhere." POSSE is the HIV/STI Outreach section of the Health Department that works with individuals and organizations in the community to raise awareness, provide testing and connect people to care.

To get tested, visit the Forsyth County Health Department at 799 Highland Avenue or one of our POSSE community testing sites. Current community sites are the Winston-Salem Urban League (2nd and 4th Tuesdays, 1 - 3 p.m.), Green Street United Methodist Church Clinic (Wednesdays, 5:30 - 7:30 p.m.), and Community Care Center (Thursdays, 4 - 5 p.m.).

For more information about POSSE or STIs, contact Jennifer Nall at 336-703-3212 or nallj@forsyth.cc.

Jennifer Nall is the Forsyth County Health Department's POSSE (Prevent the Ongoing Spread of STIs Everywhere) Syphilis Elimination Effort Coordinator.

Clerk

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among his greatest assets as a clerk.

"I have a year's experience in office and think that in that period of time, I have demonstrated that I can be a very good clerk of court," he said. "I have 38 years of experience as an attorney, which gives me the legal experience and background to do the job."

Frye also believes her background would serve her well as clerk of court. She started her career in 1976, under A. E. Blackman, the clerk of court at that time,

and has held myriad positions in the justice system since. She ran unsuccessfully for the post in 1998, but says she feels confident about her chances of getting a win this time around.

"The time is just right," she remarked. "I'm the only one that's run a campaign before and worked for this office (as an employee). I think my reputation in this system is that I work for the betterment of Forsyth County and the criminal justice system as a whole."

Over the course of her career, Frye says she has developed a plethora of programs to improve the quality of life of all Forsyth County

citizens, including a pre-trial screening program that allows nonviolent offenders to be released from jail without posting bond until their court dates; a 29 day in-house drug rehabilitation for inmates known as TEACH; and a deferred payment program that gives defendants time to pay court fees and fines without placing them under probation.

"It's always been a passion of mine," she said of the work of a clerk of court. "It's something I've always worked for. I know how the wheels go; I know how to make it better."

If elected, Frye says she will work to implement new

programs that will allow the court system to run more smoothly and to increase diversity within the Clerk's Office, which she says is currently only about 10 percent minority.

The winner of the May 4 Primary will face Republican challenger Jeff L. Polston in the General Election.

The Primary is May 4. Friday, April 9 is the deadline to register to vote in order to cast a ballot in the primary. Early voting for the

primary starts on April 15. To register, call the Forsyth County Board of Elections at 336-703-2800.



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Aperture, a not-for-profit organization devoted to photography and the visual arts, has organized this traveling exhibition and produced the accompanying publication.

Reynolda House is supported by the Arts Council of Winston-Salem & Forsyth County
Image: William Christenberry, Gates Church, near Mountville, Alabama, 1964, plate 18, 15mm

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