



## BOMF Baltimore Member Spotlight: John L.

Though John L., standing on the right in the picture, didn't officially join BOMF until after the Baltimore Running Festival in November 2010, we met him as he was preparing to run a race of distant familiarity. He was no stranger to the marathon, but this time around, and several years later, circumstances prevented him from training the same way. He pulled out just after the halfway point of the marathon and is eager for spring marathon season to roll around to avenge his fall disappointment. We hope to chronicle his training over the next few months on the way back to the marathon.



John came to the Helping Up Mission in August of 2010, but his story originates back home in Pasadena, MD. Little did he know that the small produce company he began working for at the age of 16 would be his home of employment for the next 20 years. He was married at 16, and just a few months later, he and his wife welcomed a baby boy into the world. His work ethic and loyalty to his job allowed him to provide for his family, but demanded much of his time. He separated from his wife in 2005, and finding himself alone in Baltimore, began to delve into the night life and gambling scenes. John admits to being consumed by an addiction to money, "I'd go to Vegas, Atlantic city, bet on basketball games, you name it. To this day, I won't even play a scratch off lottery ticket." His addiction gradually evolved into a highly lucrative, covert business illegally selling prescription medication. "I was in the business for three and a half years. Nobody knew about it – not even my son. I probably wouldn't have gotten caught, but one of the women who was helping me, sold me out to protect herself. When the cops caught me, they got me good."

Beginning next week, John will embark on the 16 week training program to continue running away from the past he lives with every day. The routine allows him to maintain his focus and get through the moment at hand. While most would consider the ambitious goal of finishing in under four hours a bit nerve-racking, he is most nervous about training in the cold weather, and adjusting to training in the mornings as opposed to the evenings. 115 days until the Delaware Running Festival! Day 1 will be 3 miles. Game on.

Read more about John in the [BOMF Blog](#) and more to follow on his training and his story in the **February Baltimore Newsletter**.

## [Keep up with BOMF Baltimore on Facebook](#)

### Nikia's Nippy Nor'easter Half-Marathon and Relay

Training is underway for the [Back on My Feet 2nd Annual Nikia's Nippy Nor'easter Half Marathon & Relay Presented by Stroehmann Bakeries](#) to be held on **Saturday March 19th**. With a chapter that has doubled in size and a race that doubled in popularity since last year, this year's NNNHR is sure to be the best one yet! It will be hard to find a half marathon and relay in the area that is cheaper to run, and we guarantee it's the most fun you'll have on the NCR Trail. You can race, volunteer, fundrace, sponsor, cheer, be an all-star and the list goes on! Visit the [website](#) for more details, for registration instructions and to find out how YOU can be a part of the day!



**[REGISTER NOW](#)**

Any questions? Please contact Jackie at [Jackie@backonmyfeet.org](mailto:Jackie@backonmyfeet.org) or 215.350.4198

---

---

### 4th Annual Stroehmann Back on My Feet 20in24

It may be cold outside but Back on My Feet is already feeling the sizzling July heat of [The 4th Annual Stroehmann Back on My Feet 20in24!](#) Runners are already talking about how far they have to come, what their training is like, and how many miles they need to do to beat last year's Lone Ranger winners, [Serge Arbona and Sabrina Moran](#).

Still want your chance at battling the 24-hour run as a Lone Ranger? The Lone Ranger category may be **SOLD OUT** but there are still [charity spots available!](#) Register now and raise money for Back on My Feet while accomplishing your highest mileage yet! [Click HERE to register.](#)



BOMF Baltimore was well represented last year in the [Relay Challenge](#) with 5 relay teams, B'more Wild taking 2nd in the Silver division. Bring on the cheesesteaks, as we are already planning on bringing some equally competitive teams for 2011, Hon! Contact Jackie at [Jackie@backonmyfeet.org](mailto:Jackie@backonmyfeet.org) for more information on Baltimore 20in24 Relay Challenge Teams.

If you don't want to brave the heat in the July sun, consider the running [Midnight Madness](#) or [Pajama Loop](#) as

the evening cools off! You don't need to worry about being the fastest runner to win a prize. The 'most illuminated' and 'best dressed' individuals will also go home winners!

## [Keep up with 20in24 on Facebook](#)

---

### **BOMF Baltimore's Birthday!**

Running with the Mayor for her 40th birthday will be a hard birthday party to top, but much has happened since then and we are very excited to be turning 2 years old! **Wednesday March 16th** will mark 2 years since Baltimore launched with 2 teams and no more than 100 members – total. With an active community of over 300 proud, we look forward to continuing to grow on the foundation we've built. Stay tuned for more information on our birthday festivities!

---

© 2011 Copyright Back on My Feet.

[Privacy Policy](#) | [Terms of Use](#)

Back on My Feet is a 501(c)(3) organization.

Our tax-id number is 26-2109809

#### [Forward email](#)



This email was sent to [info@backonmyfeet.org](mailto:info@backonmyfeet.org) by [info@backonmyfeet.org](mailto:info@backonmyfeet.org) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Back on My Feet | 1520 Locust Street | Suite 804 | Philadelphia | PA | 19102