

The Brain Injury Association of Arkansas'

# Messenger

## Walk for Thought Update

Before dawn on the day of our 3<sup>rd</sup> Annual Walk for Thought, March 15<sup>th</sup>, the weather in Little Rock was "nasty" as storms rolled through the city. As the morning progressed the weather "improved" but only barely. By the time we opened for registration at 9:00 am it was still misty, cool and windy. By 11:00 am when we "officially" started our Walk, it was still cloudy, and there was still a little nip in the air. However, by the time most of our 5k walkers got back to the finish line, the day was beginning to turn into a beautiful, sunny day.

Because of the weather our crowd was not as large as we had hope for but based on registrations, we still had about 125 attend this year's Walk for Thought. This was about the same number we had in 2007.

Our special Thanks to our seven 2008 event sponsors:

Platinum: Arkansas Department of Health  
 Silver: Baptist Health Rehabilitation Institute  
 Bronze: Wilson, Engstrom, Corum & Coulter, Attorneys  
 Timber Ridge Ranch NeuroRestorative Services  
 Byrd Law Firm, PA  
 Larry Root & Associates, Ameriprise Financial  
 Dan-Ark Mini-storage

Our 2008 Walk was a success, not only in the amount of money raised (over \$5,300), but also in the number of participants and the raised level of awareness by the general public. Two of the Little Rock TV stations, Channel 11 (KTHV) and Channel 16 (KLRT), were both present and did interviews with some of our participants. Our event was mentioned in the *Arkansas Democrat-Gazette* and the *Arkansas Times*. We picked up several participants from our event announcement on [www.ArkansasRunner.com](http://www.ArkansasRunner.com). Bottled water was provided by Rainwater, Holt & Sexton, PA.

We had participants from several different parts of the state, from the northwest, northeast and south, in addition to central Arkansas. Several participants in the 5k wanted to be timed. They were:

| <b>Female</b> |                        |             |                  |             |
|---------------|------------------------|-------------|------------------|-------------|
| <b>Place</b>  | <b>Runners/Walkers</b> | <b>City</b> | <b>Age Group</b> | <b>Time</b> |
| 1             | Shelly Glenn           | Benton      | 18 & older       | 46:37.00    |
| 2             | Shannon Dobbins        | Cabot       | 18 & older       | 55:56.00    |
| 3             | Mary Nuoffer           | Benton      | 18 & older       | 55:56.00    |
| <b>Male</b>   |                        |             |                  |             |
| <b>Place</b>  | <b>Runners/Walkers</b> | <b>City</b> | <b>Age Group</b> | <b>Time</b> |
| 1             | Chris Raybon           | Hot Springs | 18 & older       | 26:49.58    |
| 2             | Logan Gartin           | Benton      | Under 18         | 26:55.10    |
| 3             | Kent Gartin            | Benton      | 18 & older       | 28:15.99    |
| 4             | Jerome Salomon         | Little Rock | 18 & older       | 29:10.05    |
| 5             | John Whisnant          | Little Rock | 18 & older       | 33:34.00    |
| 6             | Ben McCracken          | Little Rock | 18 & older       | 33:35.00    |
| 7             | Andrew Low             | Benton      | 18 & older       | 41:58.00    |
| 8             | Kirk Parry             | Cabot       | 18 & older       | 46:37.00    |

If you would like to help with the 2009 Walk for Thought, contact Teresa Belew at 501-376-6100.

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## Association Update

The Board of Directors will be meeting as a Board in the even months in the remainder of 2008. The Officers will also meet in the odd months. Except for the December General Membership meeting, all other meetings will be at the State office of MADD (10515 W Markham, LR). Except for the December meeting, Board meetings and Officers meetings will begin at 5:00 pm on the first Tuesday of each month. Below are the dates for all meetings for the rest of 2008.

Board Meetings  
Tuesday, June 3<sup>rd</sup>  
Tuesday, August 5<sup>th</sup>  
Tuesday, October 7<sup>th</sup>  
Saturday, December 6<sup>th</sup>

Officers Meetings  
Tuesday, July 1<sup>st</sup>  
Tuesday, September 2<sup>nd</sup>  
Tuesday, November 4<sup>th</sup>

For those Board Members living outside of the Little Rock area, a toll-free conference call number will be available. If you have matters that need to come before the Board or officers, please get the information to Teresa Belew, President of the Association, at least two weeks before the meeting so it can be included in the agenda.

Several members of our Association are servings on the TBI Legislatively Task Force that has been meeting this year. The four different sub-committees have been working on the four major purposes of the task force. They will be presenting their findings and hopefully recommendations at meetings in the coming weeks.

If you were unable to participate in this year's Walk for Thought but would still like to participate as a Spirit Walker, send your \$20 registration fee and your t-shirt size to our PO Box. We will send you a 2008 Walk for Thought T-shirt and button. We have a special button for Survivors. We still have at least one or two t-shirts available in sizes Youth Large to Adult XXL. If we are out of your size, we will send the next larger size. We also have a few 2007 WFT T-shirts available but in limited sizes. Those are available for only \$10.

Funds raised by the Walk are used to cover the Associations expenses, such as, newsletter printing, postage, phones and other miscellaneous expenses.

We are looking for someone to be our Newsletter Editor. If you are interested, contact Teresa Belew.

The Brain Injury Association of Arkansas is a 501(c)(3) tax exempt non-profit organization.

Since it saves printing costs and postage and gets to people quicker, we prefer to send our newsletter by email. Contact us by phone at 501-374-3585 (Little Rock) or Toll-Free at 1-800-235-2443 or by e-mail at [info@BrainAssociation.org](mailto:info@BrainAssociation.org). Visit our Web Site at [www.BrainAssociation.org](http://www.BrainAssociation.org).

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Brain Injury Association of Arkansas  
PO Box 26236  
Little Rock AR 72221-6236

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