

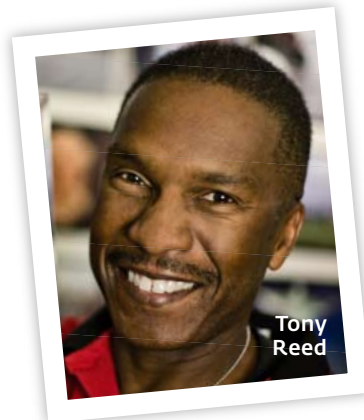
Tony Reed trains in Dallas to run races all over the world.



Marathon Man

Tony Reed is the first black marathoner to run on all seven continents. And he's far from finished.

BY KELSEY BLACKWELL



How far can one man run? If Tony Reed is the man, all over the world is the answer. Tony has run across a glacier in Antarctica and along the Great Wall of China. At 54, he's logged nearly 3,500 miles in competition—including 100 marathons—a distance comparable to jogging from Miami to Seattle.

That feat is even more impressive considering the Dallas resident was diagnosed with glycosuria as a child, a prediabetic condition his doctor predicted would render him insulin-dependent by his teenage years.

Tony began running in 1969, but he didn't start taking it seriously until 1974, when a friend died from diabetes.

He hasn't stopped since.

Beginning with Fort Worth's Cowtown Marathon in 1982, Tony attacked an escalating set of goals, such as 50 marathons before turning 50.

In 2007, when he finished Kenya's Safaricom Lewa Marathon, he became the first black marathon runner to compete on every major landmass in the world. He documented his treks in his self-published book, *Running Shoes Are Cheaper Than Insulin: Marathon Adventures on All Seven Continents*.

Believing that marathons would improve the health of other African-Americans, Tony co-founded in 2004 the National Black Marathoners' Association (NBMA) with Charlotte Simmons-Foster, former president of

Tony's Tips for New Runners

- 1 **Get a physical** from a doctor before you start to train.
- 2 **Start slow.** If it took 10 years to get out of shape, don't expect to get it back in 5 weeks.
- 3 **Find a support group,** such as the NBMA or one affiliated with Road Runners Club of America, rrca.org.
- 4 **Pace yourself.** Run at a speed where conversation is easy. "It's running therapy," Tony says.

Atlanta's South Fulton Running Partners. The nonprofit NBMA raises funds to grant college scholarships to African-American students who are on their high school track team or have run a marathon themselves. The group also helps aspiring runners find running clubs in their area.

NBMA members compete together annually, wearing red shirts proclaiming "Free to Run" and the number 1865—the year slavery ended. "It gives you that motivation, so you never feel like you're training by yourself," says member Nancy Daniels of Katy.

The community-minded aspect of NBMA is part of what fuels Tony. Another part is the life-saving potential he's found in running. "I've never bought a pair of running shoes that came with warning labels, like some of the medications doctors thought I would be taking," he says. "I think that's reason to keep going." *

To get Tony's book, visit achievementequation.com. To contact NBMA, visit blackmarathoners.org.