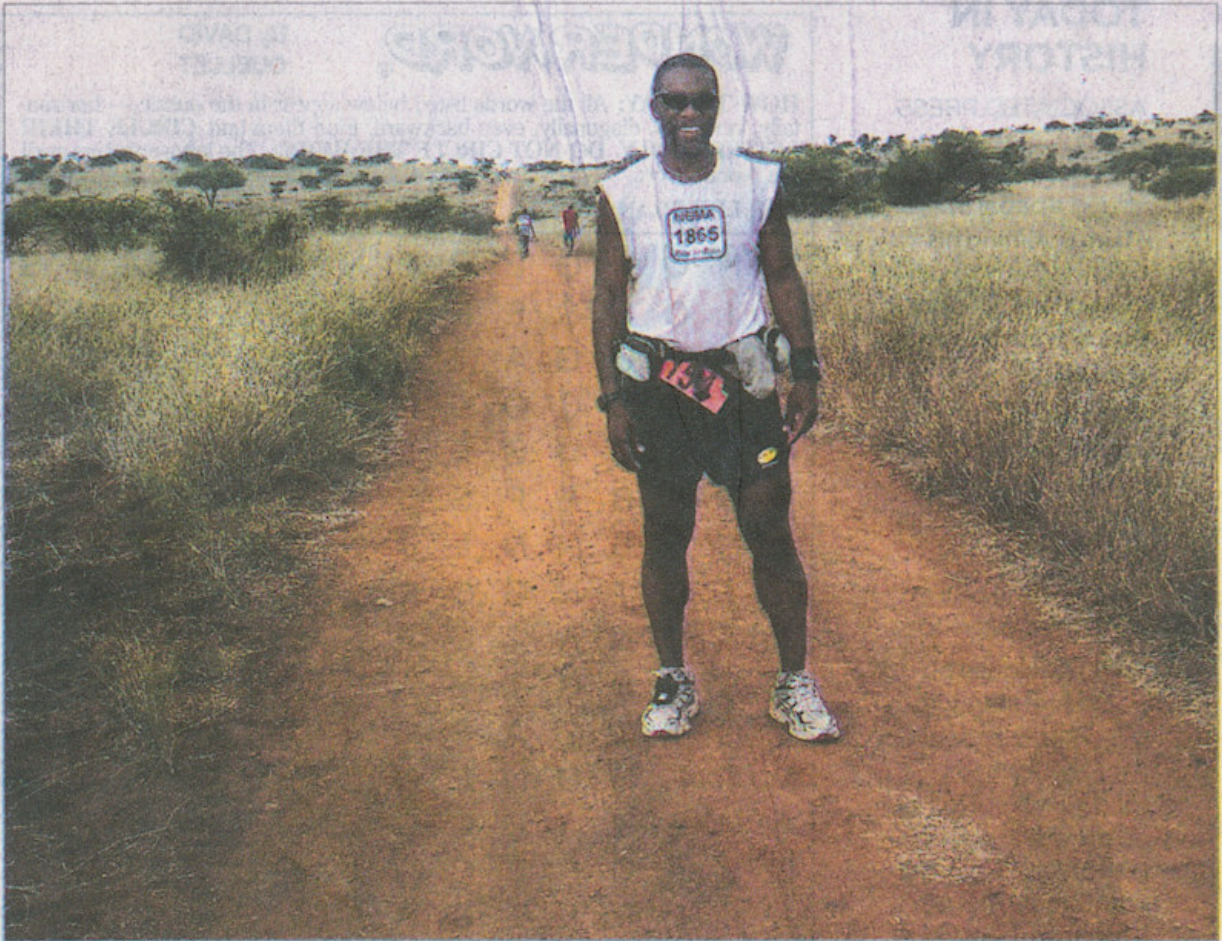


# Dallas Morning News

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HEALTH



Kenya is among the places where Tony Reed has run a marathon.

FITNESS | BOOKS

## 100th marathon comes with a cause



By **LESLIE GARCIA**  
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**O**n Saturday, Tony Reed will run his 100th marathon: the Cowtown in Fort Worth.

He's completed the 26.2-mile challenges in 30 states and on all seven continents. Yes, that would include an Antarctic marathon, as well as another in Kenya and the Great Wall Marathon in China.

Thus, his book: *Running Shoes Are Cheaper Than Insulin: Marathon Adventures on All Seven Continents*. (Reed CPA, \$19.95, paperback)

Yet he's eager about the Cowtown for another reason: It's a chance to get the word out about the National Black Marathoners' Association.

We asked Reed, a 53-year-old Dallas CPA and professional speaker, about the organization he founded in 2004. The nonprofit NBMA provides scholarships to black athletes as well as encourages black people to get in shape by walking or running. More than 40 percent of those who join have never completed a marathon, according to the organization's Web site.

**Why is there a need for an organization specifically for black marathoners?**

***Running Shoes Are Cheaper Than Insulin:***

***Marathon Adventures on All Seven Continents***

By Tony Reed  
(Reed CPA, \$19.95, paperback)  
Available at  
[www.reed-cpa.com](http://www.reed-cpa.com)

**National Black Marathoners' Association**

[www.blackmarathoners.org](http://www.blackmarathoners.org)

We want to save lives through exercising. Our members felt there were very few, if any, other blacks who actively supported their desire to exercise by walking or running. Most of us have family members or know someone with diabetes, high blood pressure, glaucoma or hypertension. These diseases are more prevalent in the black community. We want to show others there is a healthier and cheaper alternative to medications.

**How many members are in the Dallas area? How many would you like to see?**

We have about 100 members in the Dallas area. This number continues to grow every day. I'd like for us to have several thousand.

**How can you attract more?**

The decision to be a distance walker or runner is an

individual one. There must be a constant, sustained exposure by high-level individuals and organizations, such as our civic leaders and churches, which support this lifestyle.

**You've run marathons all over the world. What keeps you coming back to run White Rock and Cowtown marathons?**

The races are well-organized and fun. Most of my training has occurred at White Rock Lake. I attended TCU's graduate school and enjoy Fort Worth's downtown area. The Cowtown ends within a half block of the Jubilee Theatre, and I'm on their board of trustees.

*(Note: After Cowtown, the NBMA will meet at the Jubilee Theatre, 506 Main St.)*

**You've seen cheetahs, whales and penguins while you run. What do you see in Dallas that's interesting?**

Since I run year-round at White Rock, I get to see the changes in the wildlife. I'll see young ducklings and turtles in the spring. Throughout the summer, I'll watch the ducklings mature. In the winter, I enjoy watching geese, pelicans, sea gulls and other birds migrate.

**What's a favorite post-marathon meal?**

An Oldtimer burger at Chili's.