TEN MILLION STEPS
THE INCREDIBLE JOURNEY OF PAUL REESE, WHO RAN ACROSS AMERICA—A MARATHON A DAY FOR 124 DAYS – AT AGE 73

By Paul Reese and Joe Henderson

FOREWORD BY ARNOLD SCHWARZENEGGER
Jim Disciullo, 40, Columbia, Md., first masters runner (36:00), Friends of Vietnam Veterans Memorial 10K, Washington, D.C., Nov. 14, with Bob Oberti, 46, Waldorf, Md., second (36:17), and Jerry Stagmaier of the FVVM.

Photo by George Banker
Max Goldsmith (1), Texas, Site Selection Coordinator, and Eddie Seese, California delegate, discuss strategy, 1993 USATF Convention, Las Vegas.

Photo by Jerry Wojcik
John Shilling, 57, strides to 3rd place overall in the Syosset Sprint 4-mile Racewalk, Long Island, Nov. 20.

Photo from Mike Polansky
Sally Richards-Kerr, 40, Evergreen, Colo., first W40 (50:50), 10K racewalk, 1993 USA National Masters T&F Championships, Provo, Utah, was named top female masters racewalker of the year.
The USA delegation marches in at the opening ceremonies in Miyazaki.
Winning W40+ team, Fleet Feet: (from left) Frances Clark, Barbara Ekstrom, Beverly Pritts, Nancy Smith, Karen Erb, Bcris Williams, Annapolis 10 Mile.

Photo by George Banker

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M50 HAMMER THROW FINAL
1 STIGLIC CRO 59m36cm
2 KRZESINKI POL 54m78cm
3 ROECKEN GBR 52m34cm
4 MATHES USA 49m88cm
5 MIURA JPN 47m98cm
6 SCOTT JOHN GBR 45m60cm
7 YAMADA JPN 44m14cm
8 HOTCHKISS USA 42m40cm

Scoreboard in Miyazaki

w #36
The Three Amigos (from left): Bob Broadbent, M70; Sami Daniels, W65; and Floyd Riddle, M55, winners of 13 1993 medals, New Mexico Senior Games, Las Vegas.

Photo by Bernadette Riddle
Teams from Australia, Great Britain, and the USA on the victory stand for the M40 relay.

Photo by Shirley Dietderich
Top women masters, Maggie Valley Moonlight 8K, N.C.,
from left, Carol McLatchie, second (29:00),
Barbara Filutze, first (28:42), Diana Tracy, third, and
Judith Hine, fourth.

Photo from Carol McLatchie
Christel Miller, *California, Women's Representative, and Pete Mundle, California, Records Coordinator, at the 1993 USATF Convention, Las Vegas.*

Photo by Jerry Wojcik
Marcia Trent, 75, Anchorage, Alas., and her running pal, Karen Ide, Reno, Nev., finished the Big Sur Trail Marathon in 8 hours, 11 minutes, Oct. 30. John Trent, 75, is on the left, and Gary Ide, who ran the half-marathon, is on the right.

Photo from John Trent
Sue Ellen Trapp, 44, was awarded a special—named the outstanding Ultra-Runner of 1993 by USATF at its Las Vegas convention. She set a new world 48-hour road record of 273.7 miles in November in Sacramento.
James Moreland, 40, Rockville, Md., first
M40+ (14:59), Run With Lynn Jennings Cross-Country

Photo by George Banker
The USA M40 400-METER RELAY team placed 2nd (9:71) in Miyazaki, Japan.

From left: Randy Kruse, Robert Bowen, Tom Thompson, and Robert Hahn.
Chile's Jorge Alzamora, WAVA South American delegate and decathlete, models the WAVA jacket with flags of many nations.
Houston's Carol McLatchie, USA's W40 road runner of the year and the leading female masters prize money winner in 1993, won the W40 1500 (4:38.73) and 5000 (17:13.49) in Miyazaki. "I love running on the track," she said.
New Zealanders Judy Chandler (left) and Margaret Orman. Chandler won the W55 800 (2:43.49), while Orman captured the W50 800 (2:28.97), 1500 (5:13.26), and 2000SC (7:46.90).
Ric Banning (52:27) and Linda Banning (65:18), Alexandria, Va., were first masters in the Army 10 Mile, Washington, D.C., Oct. 17.

Photo by George Banker
Vinny Reday, 41, Voorheesville, N.Y., first master runner (49:38), USATF National Masters 15K Championships, Schenectady, N.Y., Nov. 7.

Photo from Paul Murray
Norm Green, Jr., 61, Wayne, Pa., winning the M60 race (54:47) and $500 for the best age-graded performance, USATF National Masters 15K Championships, Schenectady, N.Y., Nov. 7.

Photo by Paul Murray
Joan Butler, Cazenovia, N.Y., first masters woman (61:04), USAJT National Masters 15K Championships, Schenectady, N.Y., Nov. 7.

Photo from Paul Murray
President Clinton poses with members of the Achilles Track Club at the White House. Author, Alan Roth is at the extreme left.
Steve Wilson, 40, first overall (2:36:58), The Longest Day Marathon, Brookings, S. Dak., April 17.
Leslie Lehane broke the W35 world best of 7:05.76 for the 2000m steeplechase with a 6:30.83, National Masters Championships, Orono, Me.
Beverly Docherty, 40, leads the Indy Lite Circuit Masters Women's standings with 54 points.
LYN BRUBAKER, 41,
Masters Outstanding Female Race Walker of the Year.
Debbie Brill, 1998 Year of the Woman in Athletics winner from the North and Central America & the Caribbean WAVA North American Region.
George Banker

Bill Rodgers, 51, first M40+ (54:03). Cherry Blossom 10 Mile.
Washington, D.C., April 11.