

*“The World’s Most Unusual and Entertaining  
Running Publication . . . Ever.”*



# THE RAMBLINGS

THE UNDERGROUND GRAND PRIX NEWSLETTER

JULY 2007

## REV NEMESIS COMES TO THE US

*FORMER TEAMMATE DAVID BECKHAM AND THE MISSUS LANDS IN CALIFORNIA*

With what everyone knows will be a failed attempt at bringing soccer (football everywhere else) to the forefront of American sports, washed-up, one trick pony star David Beckham landed in California earlier this month. Some people actually cared.

Upon hearing of the newest Los Angeles Galaxy midfielder, the Rev Chauncy Bentsworth III uttered, “Did he bring that aged haggard, foul piece of meat he calls a wife with him?” A spokesperson for the Beckham camp quickly noted that the order of protection from Britain has carried over to the US. In response, Bentsworth’s people (really it is just Bentsworth disguising his voice) retorted, “You just make sure you keep her away and we will not agree to a paternity test.”

Beckham and Bentsworth were teammates on Manchester United of the English premiere football league for a brief period. The Rev played in no games and never actually suited up. He did leave his mark when, in a drunken stupor, he unleashed a tirade of vicious verbal assaults toward Beckham and his former Spice Girl wife. And just what does this have to do with running? We’re really not sure, but thanks for reading.



### News from The Church of What’s Happening Now

Now that we have a marathon we’ve adopted as our Mecca and have a celebratory toast to utilize, it is time to think about holidays. April seems like a good month to start with. It is the month this rag started; the month begins with April Fools Day goes on to Easter, Passover and Earth Day. There are even some lesser known observances like – International Twit Award Month, National Sexually Transmitted Disease Month and April 27<sup>th</sup> is National Hairball Awareness Day. So where does all this leave us? No clue.

This is where we seek out the input from our fabulous readers. You have an idea for a Church of What’s Happening Now holiday or observance? Hook us up. What’s in it for you? How about a free one year subscription to **THE RAMBLINGS**? Plus we will say something nice about you. Can’t beat that, can ya?

# Happy Hour

... with the Cannibal



## Hey, Screw You, It's My Vacation

Vacation:

1. a period of suspension of work, study, or other activity, usually used for rest, recreation, or travel; recess or holiday: *Schoolchildren are on vacation now.*
2. a part of the year, regularly set aside, when normal activities of law courts, legislatures, etc., are suspended.
3. freedom or release from duty, business, or activity.

Source: <http://dictionary.reference.com/browse/vacation>

I read over the definition of vacation and I can't relate. Here we go...

In the first definition, vacation is referred to as a suspension of work, study, or other activity, usually used for rest, recreation, or travel. I can relate to the travel phenomenon, considering most of us have family spread across the world. But I am totally confused by the "suspension" idea. When on "vacation," I find that I have more time to dedicate towards purposeful experiences such as a good book or a long run. Honestly, these activities are the same as those when I am not on vacation. The difference is that I can truly enjoy these experiences without the interference of the background noise of the daily grind.

In the second definition, a vacation is referred to as a part of the year, regularly set aside, when normal activities are suspended. I must really be screwing myself on this one because I will frequently schedule a running event when on vacation. One of my best vacations was when I ran the Florida Gulf Beaches marathon on the morning of the day we left for a seven day Western Caribbean cruise. Considering I am usually running 6 days/week I guess I wasn't embracing the vacation concept?

"Freedom or release from duty." Life is stressful. In response to this stress, I may find myself eating fast food or melting away the day's insanities with a couple of beers. When I am on vacation...I find that I actually eat healthier, drink less, and exercise more. Ironically, these activities are typically thought of/advertised as obligations to maintain your health. If vacation is meant to be a release from duty, I am truly a failure.

### Hey, Screw You, It's My Vacation!

And even though it sucks, I just finished this article...on vacation.

*"If you always do what you have always done . . .*

*you will always run no faster than your fastest run."*

# OUT OF THE CAVE...

By Dean Clifton



Tommy's record run is in the books and he raised a large amount of cash for the Ronald McDonald House. Despite this, there have been several postings on other running websites which have characterized this as nothing but a publicity ploy. These so called running purists felt insulted that anyone even keeps track of events on treadmills and felt obliged to put Tommy in his place. There is a place a place for these purists and it is called hell. Lighten up a little bit people.

Celebrate diversity and revel in the unusual. I watched two events this past weekend which I had been looking forward to with great anticipation, the Paris Golden 1500 and Nathan's Hot Dog Eating Contest. Despite Allen Webb running 3:30 and winning, I enjoyed the hot dog eating contest more (go figure). So, I say, give new events and records a chance. Here are some ideas I have for new events to track and keep records on:

1. Naked Marathon - Fastest time for a person running the marathon entirely naked (except for shoes and socks).
2. Naked Marathon On-A-Treadmill - Same as above, except on a treadmill.
3. Post Surgery Marathon - You just had open heart surgery and bam, 2 days later you bust out a solid marathon. Let's keep track of this...fastest time to the starting line post surgery.
4. Depends Marathon - You pooped your pants and ran a marathon in what time? Holy crap, that's great dude (my capacity for potty talk knows no limit).
5. Wasted Marathon - You have to get wasted out of your mind the night before and then run a marathon (I'm pretty sure I already have a record here).
6. Fastest Canadian on a Treadmill 49.5k - Since Tommy shattered the hopes and dreams of a nation they need an event to call their own.
7. Backwoods Marathon - Assuming you have some sort of measuring device, (Garmin) set it off once your brother or Pa gets in "the mood" and starts chasin' ya.
8. 5k while on Fire - You actually have to be lit on fire...what was your time? 22:00, awesome!
9. 5k while on Fire on a treadmill - Come on be a sport...if you are on fire we want to see the whole thing, up close and personal.
10. Papa Smurf Marathon - Fastest time for running the marathon while dressed like Papa Smurf (I'm starting to get tired of Elvis).



**Coaches Corner** – The golden rule of training is – nothing replaces running except running. If you want to become a better runner, you need to run more. Cross training and diet can help, but can't replace training.

## LETTERS FROM OUR READERS:

Dear **RAMBLINGS**,

Another lovely piece of crap that I can wipe my ass with just in case they forget to put enough port-o-johns along the course of the next East Beach Half.

Oh, and I love you!!!!

Dolores R.

*Dolores,*

*And we love you too. Thanks for reading.*

## RAMBLINGS

---



**THE RECORD FALLS** – Virginia Beach, VA. In spite of losing almost seven minutes of time in the last 10K of his 50K world record treadmill attempt, **RAMBLINGS** co-founder, Tommy Neeson, broke the mark by 4:36. More importantly the event rose over \$6,000 for the local Ronald McDonald House. Tommy (on the left) turned in a performance of 3:34:26. And what did he do following his performance? Drank a beer. What a shocker. For more details, check out the video at:

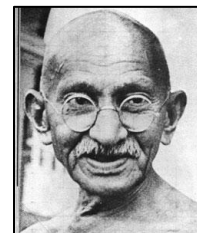
<http://www.hamptonroads.tv/index.cfm?locvid=127700&tid=r700&fv=1>

---

## Take it In Stride... By Tommy Neeson

Because **RAMBLINGS** subscriber, Steve Speirs, offered a \$100 donation for the charity if I did the 50K treadmill run with a shaved head, I went with a tight Mohawk. I must say it is a bit weird going from looking like Jesus to resembling Lucifer; at least I kept a religious theme going. I guess the next thing for me is to go totally bald, get a tan and sport the Gandhi profile. One thing is for certain, I can't do Buddha. Being 5'10" and 145 lbs I'll have to leave that one up to my sister.

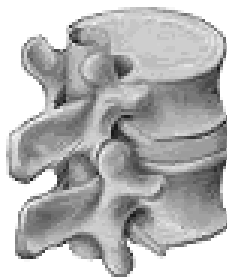
Although I am employed by an agency that works with disabled adults, even I found it hard not to laugh at the recent account of a certain softball game. The two teams involved were blind and the contest ended in a 0-0 tie, go figure. The ball apparently emitted a sound for batters to follow making it easier to hit, but not everyone – or should I say – everything was blind. Many blind persons have guiding eye dogs . . . which I might add are Labradors – RETRIVERS! Now I could stop there, but I'm an idiot so I'll carry on. I also wondered what the



coaches and other players screamed when there was a bad call? “Hey ref what are you friggin’ . . . ah forget it.”

Of the top 200 men’s marathon times of all time, 93 belong to a Kenyan. I’m not one of them.

Do you know Cordozar Calvin Broadus, Jr.? Cordozar is a married, multi-millionaire father of three and has appeared in several movies; one notched him an MTV Movie Award. He formed a youth football league and subsidizes approximately \$2 million dollars annually to create extra curricular activities for children. He is also serving a five year probation sentence for multiple drug and weapon charges, had his visa rejected by Great Britain and Australia banned him based on “character grounds.” Know him yet? Perhaps you know him better as Snoop Dogg.



## Evan S. Fiedler, B.S., D.C.

Choose Chiropractic Care for Running by a Marathoner.

[www.atlas.xaper.com](http://www.atlas.xaper.com)

Virginia Beach . . . Phone (757)463-9355



Early at the start of this month Dean received a brief e-mail from Kat stating that she would not be able to write this month’s article due to some type of accident. We certainly wish her the best and hope everything is okay. We are pleased to announce that one of our favorite **RAMBLINGS** subscribers, AJ Towney, is going to fill in for her gender equal this month. AJ, you may recognize, is known for her classic two word replies to many of the Underground e-mails and story comments. Those two words are simply “F\*\*k off!” Please enjoy her substitute offering.



## *The Kat House*

So that Kat chick is unavailable this month (if any of you happen to be in California and notice a hairy woman hugging a tree and meowing, please give us a call) and Tommy has asked me to write in her place. I’ll do my best to fill her very large tie-dyed Birkenstocks. I’ve been reading the back issues of The Ramblings (because typically I get tired after a couple pages and just skim for my name) to see if I could get a feel for her column. No Tommy, this is not like Tuesday night after the Countdown 4-miler when I was so drunk I tried to get a feel for your column . . . I’m flattered Tommy noticed the similarities between Kat and me. Why just yesterday, I said to a coworker, “Josu always runs behind me and says he can’t keep his eyes off my bouncing elf booty, crazy Ute.”

Kat’s all about trail runs, running naked, running when the mood strikes (which if you’re female and running naked, you might want to coordinate with your menstrual cycle), taking in the nature around her, and NOT running in races. Whereas I keep buying longer shorts that cover more and more of my fat ass, usually stick to pavement, stare obsessively at the ground 6 feet in front of me, and have to be signed up for a race to even THINK about getting my butt off the couch. My main motivation is that I don’t want to be completely ashamed of my performance during a race. (You know, the same way

Tommy masturbates so he won't embarrass himself on Date Night with the missus). Yes, Kat and I are exactly the same.

But we do have one thing in common. We're runners. Disregard my haircut and we have two things in common – we're runners and we're female. About all I have in common with my running friends is our love of beer. Well Cindy prefers wine, but she's a walker. But it doesn't matter. The one thing I've learned is that there's no 100% right way to run. I'll probably never train properly -- I doubt I'll ever follow a strict schedule of tempo runs and cross-training and blah blah blah but the beauty is I can still fork over my money and get out there with people who love to run and have a fantastic time. And of all my activities – kickball, softball, beach volleyball – races are the only things I always look forward to. Maybe it's because I don't have to depend on anyone else or maybe it's because it's the only activity during which I don't/can't talk. All I know is, the beer tastes SO much better after I've earned it in a race. Kat, you really should give it a try. As for you locals, if you hear someone wheezing during a race, it's probably me. Please say Hi as you pass by!

And Kat, woof!

~ AJ “Red Bull gives me wings (and heart palpitations)!” TOWNLEY

Think you have what it takes to make it on the digital pages of **THE RAMBLINGS**? We think you do and we think you should send in your submission to us. Perhaps you have a hysterical story that you love to tell. Perhaps you have an embarrassing story you want no one to know about. Or better yet, perhaps you want a one year subscription to **THE RAMBLINGS**? In any event, we want you to send us what you've got. Have pictures? Even better. Think of it this way, can you do much worse that what we are doing? I didn't think so. So please people, send your stuff to [tommy@undergroundgrandprix.com](mailto:tommy@undergroundgrandprix.com).



Missing one of **THE RAMBLINGS** editions? Fear not, we now have them on-line. Find out how we named our spokesperson Rev. Chauncy Bentsworth III. Read Dean's 10 ten signs your running store is in financial difficulty and best of all it's free! Check it out at:

[www.undergroundgrandprix.com/Archived.html](http://www.undergroundgrandprix.com/Archived.html)

Peace out my Brother,

**REV. CHAUNCY BENTSWORTH III**