

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



# THE RAMBLINGS

THE UNDERGROUND GRAND PRIX NEWSLETTER

JUNE 2007

## WILL HE SCREW IT UP?

*THE RAMBLINGS CO-FOUNDER GOES FOR 50K TREADMILL WORLD RECORD*

**Y**es, they actually keep track of how fast some moron has run a 50K on a treadmill before and our head moron, Tommy, will be having a go at it this month. **RAMBLINGS** subscriber, Geoff Weber, is a former holder of the record in question, but right now is held by some dude in Canada named Derek.

When asked **THE RAMBLINGS** poster boy, Rev Chauncy Bentsworth III, cited, “Who is doing what? Why the hell do I care?” He then proceeded to vomit on the front lawn of St. Patrick’s Catholic Church. Although the Reverend appeared to not care, deep down inside we know he doesn’t give a shit.

When contacted about the upcoming event, current record, Derek Lalonde, said, “ . . . .” Basically he said nothing because we were unable to contact him. Now reputable news sources would have a quote from someone like this. Reputable news sources would have contacted the gentleman in question or at least not said, “Well damn, I don’t know who the hell it is” and then gave up. However, this is why you don’t pay for this newsletter.

In the end, Tommy will lace up his best Brooks sneakers (shameless plug) and will travel 31 miles in a span of two feet for a great cause, the local Ronald McDonald House. He will even shave his lengthy locks for the event which should make him look ridiculous. Well, more ridiculous than he normally looks. Basically as we see it, you don’t pay for this extremely fine publication why not to toss a few bucks towards this benefit. Of course we will have exclusive coverage and post-event ~~failure~~ success stories to our most beloved subscribers. Now, doesn’t that just make you fell all warm and fuzzy on the inside? Of course it does.

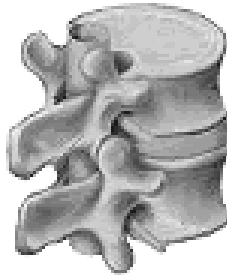
50K Treadmill World Record Run  
Ronald McDonald House Charities  
404 Colley Avenue  
Norfolk, Virginia 23507





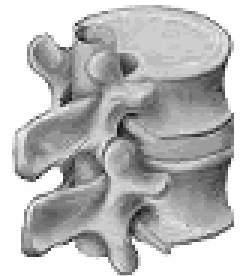
## News from The Church of What's Happening Now

Shamed Boston Marathon legend, Rosie Ruiz, has declined our invitation to be a religious icon in our most fantastic church. We offered her entry into next's years Ocean City Marathon and even provided her with a super terrific and detailed plan on how to cut the course. When he heard of the news, Ocean City Marathon race director, Mark Shaw, said, "That whore!" We know, Mark, we know.



### 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 463-9355



**Something to think about:** Baseball purists are starting to argue about the validity of suspected steroid users and their potential admission to the Hall of Fame. Athletes like Mark Maguire and Barry Bonds are under heavy fire these days. Have not they forgotten about one Hall of Fame cheater, Gaylord Perry? His name alone is enough to question his admission to the hallowed halls at Cooperstown. And just what did he do during his career to arise such suspicion? Why, he spit on balls.

# Happy Hour

**... with the Cannibal**

## A quick read No injury-No nonsense-Running Tip

*"Bulletproof strategies to improve your experience"*



- Integrate a precursor into your routine. A precursor is a chosen regular 10-20 minute activity that you engage in prior to your running. If it is sex, you may want to add something else for the remaining 19 minutes. Personally, I will do the dishes from the night before. I am one of those "evil wake up before sunrise" people. In addition, I will drink a hot cup of tea. This whole process never takes more than 15 minutes, shows that I do help around the house, and gets my body ready to go.

*"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

For those of you who really like Dean's article, well he's taken the month off. He muttered something about court mandated community service or something like that. So, in his place we are proud to substitute the writing styling of his younger sister, Jennifer. There are many things about family that give us an insight to just what makes us tick and provide us with details that others just might not know. Unfortunately for our co-founder those tidbits of information are being presented to us in the form of the top 10 list of things about Dean you may have not known. Enjoy.

## Top 10 Things You Should About My Big Bother

10. In 5th grade Dean asked me to help him find a gift for his first girlfriend, Shiela, so I stole a string of my mom's beads and put them in a Leggs' pantyhose egg for him to give to her.
9. He truly believes he is 1/8 Cherokee.
8. His favorite "pet" names for me in High School were "Muttface" and "Dutch Boy".
7. He talks to all of his pets in a mixed Irish/Pirate dialect. ("What do you bloody think you're doin' thar matey?")
6. He paid me \$5.00 to do his art portfolio in art class in high school - all pictures except the one excellent rendering he did of the wizard from Led Zeppelin IV.
5. He dated a girl in high school who wrote the longest fan letter that Duran Duran *ever* received.
4. He went to a Judas Priest concert instead of prom with my best friend (who was a babe).
3. He was deaf for two weeks following the Judas Priest concert.
2. He and a friend rode their bikes along the gulf coast one weekend - but oops - they forgot to pack food and resorted to stealing bananas at a grocery store to fuel up for the ride home.
1. He sadly is under the impression that he is the inventor of dog language - He will know the truth in this statement - but I haven't the room to explain.

Cheers,  
Jennifer - Dean's Little Sister

**Coaches Corner** –Running a marathon? Try this carbo loading schedule. Six days prior to the event, start eating only protein – no carbohydrates. You will feel sluggish during the end of this phase. With three days to go, switch to carbohydrates only. You still need to eat smart and not over eat, but it will be beneficial come race day.

## LETTERS FROM OUR READERS:

Dear Dean,

As you mention for being on the UGP team, I didn't quite meet any of the 10 requirements. But, here are my accomplishments: I crashed my US Postal vehicle into the vehicle of a FED EX district manager totaling both. I'm also an Original.

Jamie Good, New Hampshire Hell Hole  
Aka Jamie's Cryin'



*Dear Jamie,*

*You don't get on for being an original but your actions speak louder than words, well done my friend, you are the first member of the UGP Racing Team.*

*Dean*

Dear Mr. Clifton,

I'd like to request to be a member of your new UGP running team. Outside of being a dedicated runner, I'm a real stand up guy. I don't drink, eat junk food and I've never messed around with two girls at once.

Mike C., Howard County, Maryland

*Dear Mike,*

*Um, how about no.*

*Mr. Clifton*



**BREAKING NEWS!** – We are proud to announce that early in our second year we have accomplished one of our two goals we set forth. We would like to welcome one of our newer **RAMBLINGS** subscribers, Paul M. The big news though is Paul resides in Australia, thus crossing off goal number one “Get someone from Australia to sign up” off the list. For those keeping score that gets us to one more country, three continents and who the hell knows how many states. We seriously may have to change our slogan to “*The WCRLD's Most Unusual and Entertaining Running Publication . . . Ever!*” Kind of has a nice ring to it, don't you think?

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# Take it In Stride... By Tommy Neeson

Okay I'm frustrated damn it, but don't worry I'll tell you why. This Bluetooth crap is where my current issues lie with. Before this hands-free cell phone technology came about it was easy to tell who was nuts. They just walked down the street talking to themselves, now you can't tell whose nuts and who's ordering a pizza.

Bill Gates, co-founder of Microsoft and richest person in the world, was given an honorary doctorate from the very same university he dropped out of 30 years ago – Harvard. The man who pretty much started a company from scratch that is now worth 300 billion dollars. Yes folks even you can drop out of an Ivy League school to develop a company that is worth six times the university. I see their new slogan now: Harvard – it was almost good enough for Bill Gates.

“No, it makes you an idiot.”  
- Elaine Neeson, Tommy's wife.

I've been on the Board of Directors for our local running club for almost four years now and I must admit it comes with a few perks. Twice now I've left a race with not one, but two fully operational kegs in the back of my truck. Sometimes it's good to be me . . . sometimes.

The legal troubles just never seem to leave the embattled Hall of Fame footballer OJ Simpson. After a proposed book, “If I had did it” got squashed by the publishing company after public outcry, he now is missing out on cashing in on his book advance. Seems Fred Goldman, father of alleged OJ murder victim, got a court injunction to stop Simpson from spending the million dollar advance. Too bad OJ, you could have made a killing on that one.

I had to pick someone up at work the other week and I called my wife for assistance. See I was set to pick them up at the Little Neck Baptist Church and while driving I saw the Little Neck Presbyterian Church. So I ask her, “Hey, a Baptist Church and a Presbyterian Church aren't the same are they?” She correctly informs me that indeed they are not. Then I say, “Does that make me a heathen that I asked that?” She replies, “No, it makes you an idiot.”



## *The Kat House*

What a joyous month I have had since the last time I last wrote you all! My running has never been better and my new German, falconer "friend" Helmut has agreed to let me serve my two year falconer apprenticeship under him. For those of you who may not know the in's and out's of falconry, new falconers must serve a two year apprenticeship under an experienced falconer, score an 80% or better on a comprehensive test relating to falconry, raptor biology, bird healthcare and raptor housing.

Helmut has also started running with me and he is in surprisingly good shape for never having run before. In only his second week of running we were able to complete a 4 mile run. I thought that was really good! It is nice to learn from a master of falconry and to also "take someone under my wing" with running.

I guess the point of my article is that good things do come to those who are patient and you should savor these special times and be at peace with nature and everything mother earth has in store for us. I have shared my dream of Ricky flying beside me while I run and Helmut thinks we can make this happen. I can hardly wait!!!

Think like a cat....m-e-o-w!

Kat

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**