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Running Publication . . . Ever."



THE RAMBLINGS

THE UNDERGROUND GRAND PRIX NEWSLETTER

SEPTEMBER 2007

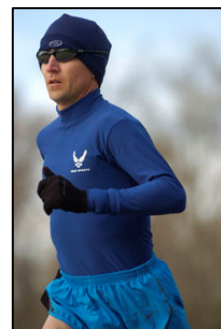
MSgt. MICHAEL MANN (1968 – 2007)

MARATHON MANN AND **RAMBLINGS** SUBSCRIBER LOSES HIS BATTLE WITH CANCER

We are truly saddened to report on the passing of fellow runner, Michael Mann. Mike died earlier this month at his parents' home in Jacksonville, FA. He was 38 years old and is survived by his son, Anthony, his daughter, Nicole and his parents John and JoAnn.

Mike was featured in a **RAMBLINGS** profile in the January 2007 edition, but that doesn't even come close to doing Mike justice. In 2005, Mike was diagnosed with non-small cell lung cancer and had half of his right lung surgically removed. The news sent shock waves throughout his running community which he was a top level performer mainly due to his healthy lifestyle in which he never drank or smoked. He often logged 100 mile weeks of training and has a marathon PR of 2:28.

What make Mike's story so incredible was his positive outlook and inspirational attitude. Throughout his fight he maintained his running to whatever extent his body would allow him. In 2006, he completed the Shamrock Sportsfest Marathon, six months after finishing chemotherapy, with a finishing time of 2:54 and cited afterwards, "Now I have a base from which to build."



"I was able to run through chemo, because that was key for me. The doctor didn't tell me I couldn't run, so I aimed for six miles a day. I drove him nuts. He told me he didn't usually have patients who try to run 50 miles a week during chemotherapy." Mike said he had to run because that is what he was, that is what people looked at him as – a runner.

It is because of Mike's undaunted, motivating mind-set that we are able to make the easy decision to dedicate this month's edition to his memory. Whether or not you knew Mike, we ask you to head out and dedicate a run to Mike. Perhaps even an entire week or how about the rest of the month? After all, we are, to our own degree just like Mike – a runner.

Feel free to sign his on-line guest book:

<http://www.legacy.com/TimesUnion/GB/GuestbookView.aspx?PersonId=93998401>

IN MEMORY OF MICHAEL T. MANN (1968-2007)



RAMBLINGS Subscribers Invade the Rock 'N' Roll Half

Virginia Beach, VA. – Labor Day weekend brought sunny skies, and thousands of participants in this year’s Rock ‘N’ Roll Half Marathon and we had 32 Ramblings subscribers toe the line. Of course we feel the need to point out several factors. First, AJ Piccillo was our fastest AJ of the day (beating out AJ Townley). Dean Wirsching is last when sorting by last name and The Cannibal (Evan Fielder) got absolutely crushed by Mike “I’m Rick James, Bitch” Villani in their heads up duel - again. Here are the results:

| | | | | |
|----------|-----------|----|---|---------|
| AJ | Townley | 38 | F | 2:38:25 |
| AJ | Piccillo | 40 | M | 2:16:04 |
| Ally | Speirs | 42 | F | 2:03:11 |
| David | Ebert | 49 | M | 1:37:16 |
| Dean | Wirsching | 49 | M | 2:14:50 |
| Dwight | Kane | 54 | M | 2:42:23 |
| Evan | Fiedler | 39 | M | 2:00:09 |
| Fesshaye | Haile | 49 | M | 1:33:10 |
| Gene | Bachman | 54 | M | 1:39:31 |
| Heidi | McGill | 35 | F | 2:17:22 |
| Jeannine | Jones | 43 | F | 3:46:39 |
| Jennifer | Jeffers | 47 | F | 2:16:31 |
| Jim | Morse | 40 | M | 1:45:22 |
| John | Lomogda | 38 | M | 1:44:16 |
| Leisa | Ensle | 49 | F | 1:27:41 |
| Liam | Grieser | 42 | M | 1:43:46 |
| Mark | Shaw | 49 | M | 1:54:13 |

| | | | | |
|---------|-----------|----|---|---------|
| Michael | Rodriguez | 45 | M | 1:29:36 |
| Michael | Robinson | 47 | M | 2:32:27 |
| Michael | Greaney | 41 | M | 2:02:54 |
| Mike | Villani | 42 | M | 1:27:29 |
| Paul | Boyette | 48 | M | 2:05:19 |
| Rich | Hildreth | 58 | M | 2:12:55 |
| Robin | Williams | 42 | F | 2:02:11 |
| Ron | Jones | 44 | M | 3:46:40 |
| Ryan | Carroll | 24 | M | 1:09:53 |
| Stephen | Durr | 40 | M | 2:31:50 |
| Stephen | Chantry | 52 | M | 1:18:00 |
| Steve | Speirs | 41 | M | 1:22:35 |
| Tim | Rock | 48 | M | 1:47:46 |
| Tim | Robinson | 45 | M | 1:39:24 |
| Tom | Purcell | 41 | M | 1:17:45 |
| Tommy | Neeson | 38 | M | 1:19:38 |

Happy Hour

... with the Cannibal



On Purpose

You have stumbled across the finish line, again. An utter sense of disappointment clouds your ability to find a smile. A realistic goal that was set many months ago still has yet to be completed. You were too slow. However, unlike the sports where play is likened to gladiators in a coliseum, your demise is

not the result of someone else's intentions...it is truly a reflection of your own efforts...and that, surprisingly, is the ultimate gift of running.

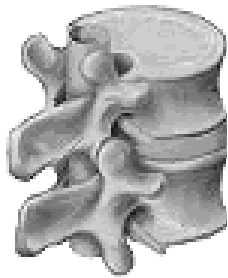
Many of us have set out on a charted course in life with the best intentions. The ultimate destiny may have involved teen-age relationships, school, work, marriage and/or family. Unfortunately, somewhere along that pre-planned route were unforeseen road blocks, and these well thought out seemingly impeccable successes, turned to failure. In many circumstances, the causes later surfaced as two or more individuals simply debating the term; common ground. There is a better way.

Running offers you a reprieve from such happenings. Turning the legs over necessitates a singular accomplishment that requires fighting the laws of gravity and defying friction. Maybe is it a burden that is not worth the time. I don't agree. This action is, in and of itself, a roller coaster ride of achievement and defeat; however, you are laying the tracks for the railcar.

Sure, I too have stumbled across the finish line many times...but not every time. How about you?

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

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

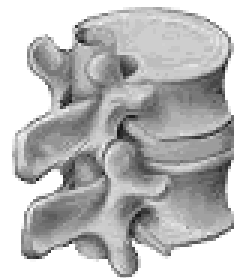


Evan S. Fiedler, B.S., D.C.

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Out of the Cave...

By Dean Clifton

Let's face it; sometimes you need a kick in the pants to get you out of bed, off the couch or out of the office and onto your two feet crankin' some miles. I have at least 1 day a week where I just feel like crap and don't want to run. I have devised an emergency procedure for just such times. No, it doesn't involve any illegal steroids, HGH or Eight Balls but it is just as effective. When I am low on energy and the thought of running induces spontaneous vomiting I bust out my I-Pod and drop down my EMERGENCY 10, ten songs that get my ass out the door and running. I am sure you have 10 songs you can come up with to get you moving. If not, go back to airplane glue, freak. Here they are:



10. Running Free-Iron Maiden: Damn it, you need a solid lead-off hitter and this one gets me moving every time.
9. Straight Lines-Silverchair: A new song to my top-10, "Waking up strong in the morning" Hell yeah!
8. Deceptacon-Le Tigre: These chicks kick ass and they are weird as hell.

7. Shine-Rollins Band: "If you think you have 10 thousand years to mess around, you're wrong"
6. Thunder Kiss 65'-White Zombie: "I don't try anything, I just do it"
5. Click, Click Boom-Saliva: No real explanation, just like it.
4. We are the Road Crew-Motorhead: "Another tube of super-glue", that line always kills me; it comes from out of nowhere.
3. Earth People-Dr. Octagon: "Face the facts, I fly on different planets every day", this kills even more. Thanks to my brother Brian I got roped into Dr. Octagon.
2. Machinehead-Bush: By now I am well past puss-out mode and I need a song that reflects my new mind set.
1. Theme from Rocky-Bill Conti: Victory is at hand . . . if you see some steps or a small hill, sprint up it damn it.



The only rule I use for my EMERGENCY 10 is that I only use them in an absolute emergency. Have fun out there!

Ps: I am running the Big Sur Trail Marathon at the end of the month and am dedicating this to Mike Mann. Mike's death really made me realize that you should be thankful for the loved ones in your life, they are all that matter. My goal is to think about Mike's running form each mile and that maybe I can make some kind of a connection.

Coaches Corner – Try running with the front of your shirt pulled over your head, as if it was a backpack. This puts your shoulder at a good posture and form which allows for better running economy.

LETTERS FROM OUR READERS:

Dear **RAMBLINGS**,

I missed the Rev Bentsworth's sermon. When is the next one?

Tim Robinson, Virginia.

Tim,

Don't bother; it's too late for you. But thanks for reading.



RAMBLINGS

Take It In Stride...

By Tommy Neeson

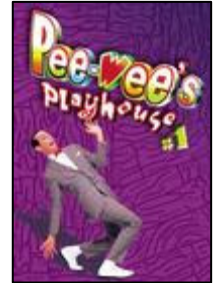
When running back, Ahman Green, signed with the Houston Texans, he had one major concern, would he get his #30 from veteran Texan, Jason Simmons? Some players have given cars, expensive watches and cash to get their numbers and it was going to cost Green. Boy did it cost him, to the tune of \$25,000. Only Simmons didn't see a dime of that money. It went to Regina Foster, a single mother whose seven-year son has autism. Well actually it went towards a down payment for a house along with another \$25,000 from team owner, Bob McNair.

I had the pleasure of hob-nobbin' with Frank Shorter, 1972 Olympic Gold Medalist and we discussed several topics over a beer or two. The classic line came when, in telling him about our fantastic publication. I told him how we basically make fun of everyone possible. World champions, friends, subscribers, Runner's World, no one is safe. Then he uttered "Well, running to you is anger management." You know you are going places when a running legend busts your stones.

"Well, running to you is anger management."
– Frank Shorter.

Did you know that Pee Wee's Playhouse, the late 80's/early 90's children's TV show won not one, not two, but twelve count them twelve Emmy awards?

At the risk of flogging a dead horse by bringing up the 50K treadmill I did, there was a bunch of comments posted on a web site at Fark.com. Fark, as they describe themselves, is a news aggregator and an edited social networking news site. A news story of the run was posted and here are some of the very hysterical comments that Fark subscribers made:



- ✚ Nobody cares. – bingethinker
- ✚ At his health club, Fridays are 'bring your own treadmill day.' – Control_this
- ✚ Hmm. There's obviously a level of fitness you reach that takes you past 'healthy looking' and into the realms of '3 month stint in Belsen' looking. - Cassiopeia (Editor's note: Belsen was a concentration camp during WWII)
- ✚ Dang, faces of meth, anyone? – nightmaretony
- ✚ Did he do a drug test afterwards? From his looks he could use one. - Dragonsbreath
- ✚ Gross misuse of the HERO tag? The guy ran. BFD. I mean yea cool he raised money for charity, but I donated like \$3 and change to the RMH when I bought my #2 at McD's yesterday. Do I get a hero tag? And it's not like the guy was handicapped in any way. He ran. Now if the dude was limbless and ran the 50k using his teeth and made the record time, HERO tag all around. – Mr. Ritz

There is a guy who is 6'6" and does magic tricks, poorly. He holds a PhD, is an avid chess player and is a spokesperson for the United Nations Educational, Science and Cultural Organization. Along with his brother he has a line of sport and leather clothing for men. He also has gigantic hands that can double for catchers' mitts. He is Wladimir Klitschko, world IBF and IBO Heavyweight Champion.

Hats off this month to fellow runner/walker Cindy Steger, who in spite of watching her cholesterol and maintaining a healthy level of fitness still suffered a heart attack. Cindy now donates much of her time and effort to raising awareness through the American Heart Association. For more information check out:

<http://heartwalk.kintera.org/faf/home/default.asp?ievent=211581>

We only go through this life once. Make it count.



STILL LOOKING FOR 100 – With our 100th subscriber right around the corner, we are looking forward to rewarding one of our current subscribers with Tommy’s toe nail from his treadmill endeavor. You want a piece of (ack) history? All you have to do is sign your friends up. Sign your family up. Hell, sign your enemies up. Did we happen to mention it is from his big toe?



The Kat House

I am at a point in my life where a complete metamorphosis is necessary.

I have packed my van, dogs and few belongings and moved to Bend, Oregon. It is time for physical and emotional healing and time for me to grow spiritually, intellectually and physically.

I want to retain my child like enthusiasm and yet not make some of the mistakes I seem to make over and over. I will retreat into the woods on a daily basis to connect with Gaia and find my inner spirit. I will continue to run and live a simple life. I have mastered the art of living off of very little money (though it is getting harder). I am proud to be independent and yet have a desire to connect with kindred souls I meet along the way. Running affords me the opportunity to meet many different people from all walks of life and experience them while they are in their most beautiful state. I choose not to focus on the negative but to be in the moment and enjoy the little things in life that might otherwise get overlooked. Don't worry about the past or the future; here I am right now, a soulful, creative, monster of a little child-woman with a lust for life that cannot be extinguished! I would like to share some Haiku (I don't adhere to the traditional form) with you that I wrote last night:

Travel

In my mind or van,
the wheels are always spinning;
flat tire, fix it!

Trees

Stately and wonderful,
you help me turn inside out.
When you fall so do I.

Run.

Why do I run?
What am I running from?
I run to center.

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

Kat



THE RAMBLINGS would like to extend hearty congratulations to Mike Villani and Leisa Enсле on their engagement and upcoming nuptials. Mike is an invaluable character for us. He is constantly destroying the Cannibal’s dreams much like Lucy destroying Charlie Brown’s dreams of kicking a football. Leisa you may know from the exploits of Leisa’s Trophy featured on our Underground Grand Prix web page. The Rev Chauncy Bentsworth III has offered his services in marrying the two, but as of yet there is no confirmation. Tune in next month when we announce that she’s knocked up.

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.



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

Peace out my Brother,

REV. CHAUNCY BENTSWORTH III