

JANUARY 2015

GOING THE DISTANCE

MARATHON MAN
STEFFEN SCHNEIDER

**THE LONGBOARDING
SENSATION:**

10,000 MILES IN ONE YEAR

+

WHAT EXTREME SPORT ARE YOU?

TOP 5

craziest sporting
venues



Explore the land, share the taste.

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NORTH CAROLINA

THE BEST OF ORGANIC AND NATURAL FOODS FROM ACROSS THE STATE

CONTENTS

07 **Editor's Note**
A message from Jenny and Nolan

FOR THE FANS

12 **Instagram Photos**
One of Argentina's oldest and most interesting sports

18 **Spectator Snacking**
The good and the greasy from around the world

10 **Best Sports Movies**
An exhilarating run-down of the decade's best adventure sports documentaries

28 **Super Fan**
The stories behind the madmen cheering louder than the rest

36 **Top 5 Venues**
They're the craziest places you'll ever see a game being played

52 **Bucket List**
We've rounded up 10 must-do activities for all travel and sports enthusiasts

TO KNOW BEFORE YOU GO

16 **Calendar**
The top sporting events of spring 2014

44 **Energy Crush**
The dangers of energy drinks and what lurks inside them

68 **Hiking 101**
For the explorer inside you

How to Train
What to do when training for a destination marathon

MVP'S

33 **Scuba Diving Profile**
An in-depth look at a world traveling scuba diver and her "Triple Crown" hiking son

58 **Marathon Man**
57-year-old Steffen Schneider has run 222 marathons in his lifetime and that number is still growing

60 **One Push at a Time**
Long-distance skaters drift through borders as they journey around the world on just a longboard

63 **Keeping Up With Karen**
Karen is a mom, a daughter, a sister, a friend, and she also happens to be one of the best triathletes in the world

Youth Soccer Scores
North Carolina youth soccer teams traverse the globe to travel and compete

Q&A: Groundskeeper
We ask the unspoken heroes of sports about how they get the job done

OFF THE BEATEN PATH

13 **Sports in Literature**
A list of sports lit favorites that show bookworms how to get in the game

14 **Pato**
Racing horses, live ducks and trampled players — learn all about Argentina's most controversial sport

24 **Tough Mudder**
Readers' experiences with "the toughest race on the planet"

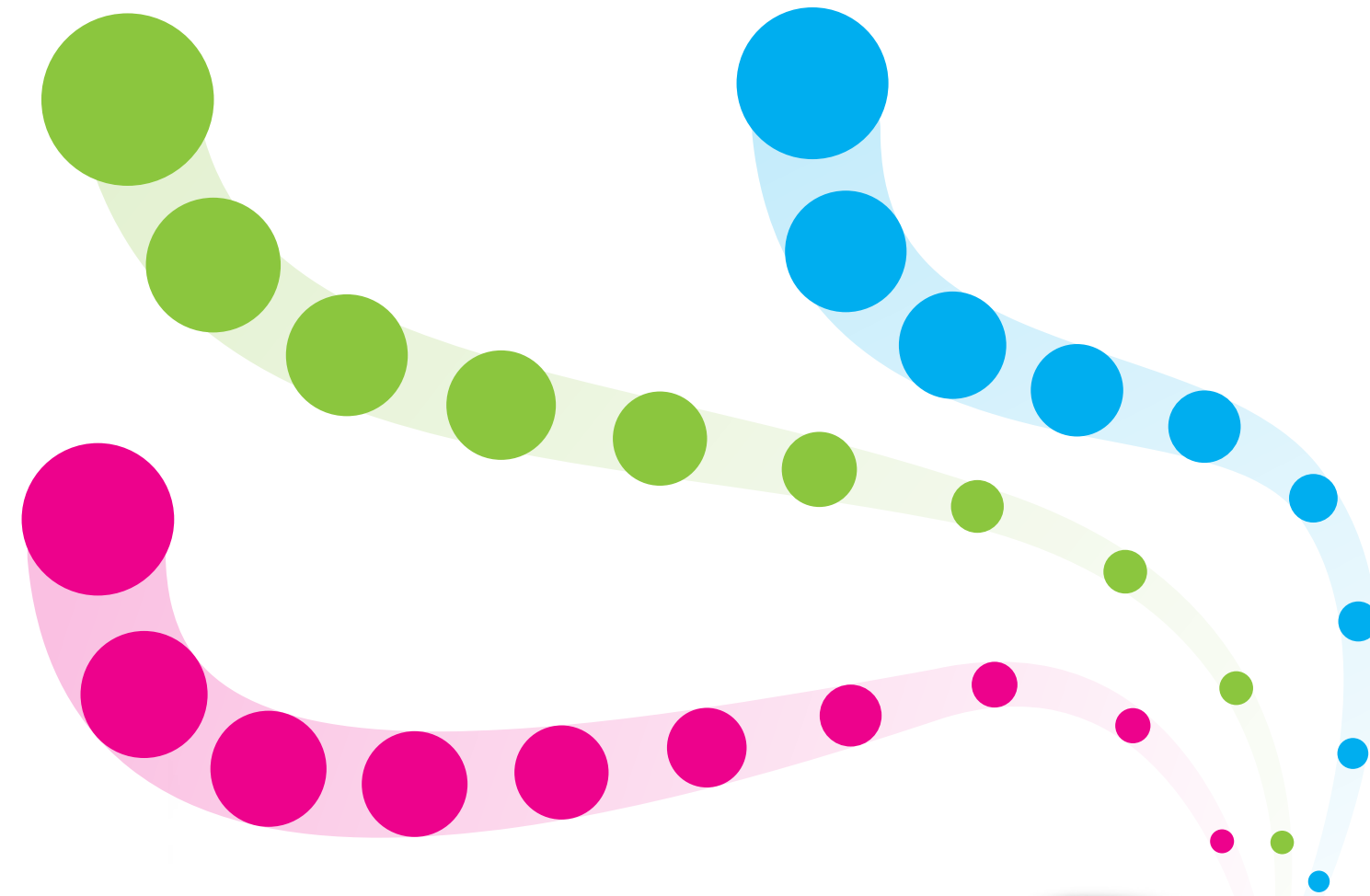
48 **Fall Finale**
How Charlotte, N.C.'s National Whitewater Center parties

72 **Extreme Sports Quiz**
Have you ever wondered which extreme sport best fits your personality? Find out with our quiz?

An Ode to the Oddballs
If you've tried these sports, you're hipper than us

Rock Climbing Timeline
Discover the sport's unique origins and follow its climb to modern day popularity

is it financially sustainable?
does anyone need this?
can it be done?



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OUR JOURNEY

DEAR READER,

St. Augustine, the third-and-fourth century philosopher, once said, "The world is a book and those who do not travel read only one page." Yet, with the hustle and bustle of daily life, we know traveling often gets put on the back burner. That is why we, at Going the Distance, aim to bring you the excitement and exhilaration of traveling through the lens of sports, transporting you around the world with the mere flip of a page.

The mission of our magazine is to incite the thrill of adventure attained in destination sports by marrying two of the world's greatest ventures: travel and athletics. We cover everything from marathon running to extreme sports around the world, targeting not only avid athletes, but also gym rats, sports enthusiasts and boisterous sport fans. As a seasonal magazine, we aim to provide our readers with the highlights from the previous season with an outlook at

future must-see and must-do events around the world.

We all find our inspiration in different places. Some find it in the thunder of thousands of fans, others in the challenge of competition or the heartening story of someone who has persevered. But whatever your form of inspiration, seize the moment and chase your dreams.

We hope we can inspire you to break away from your everyday life and follow the competitive spirit wherever it takes you.

Take a leap of faith. See the world through the lens of sports. Go the distance.

WARMEST REGARDS,

Jenny Drabble

Jenny Drabble

Nolan Cain

Nolan Cain

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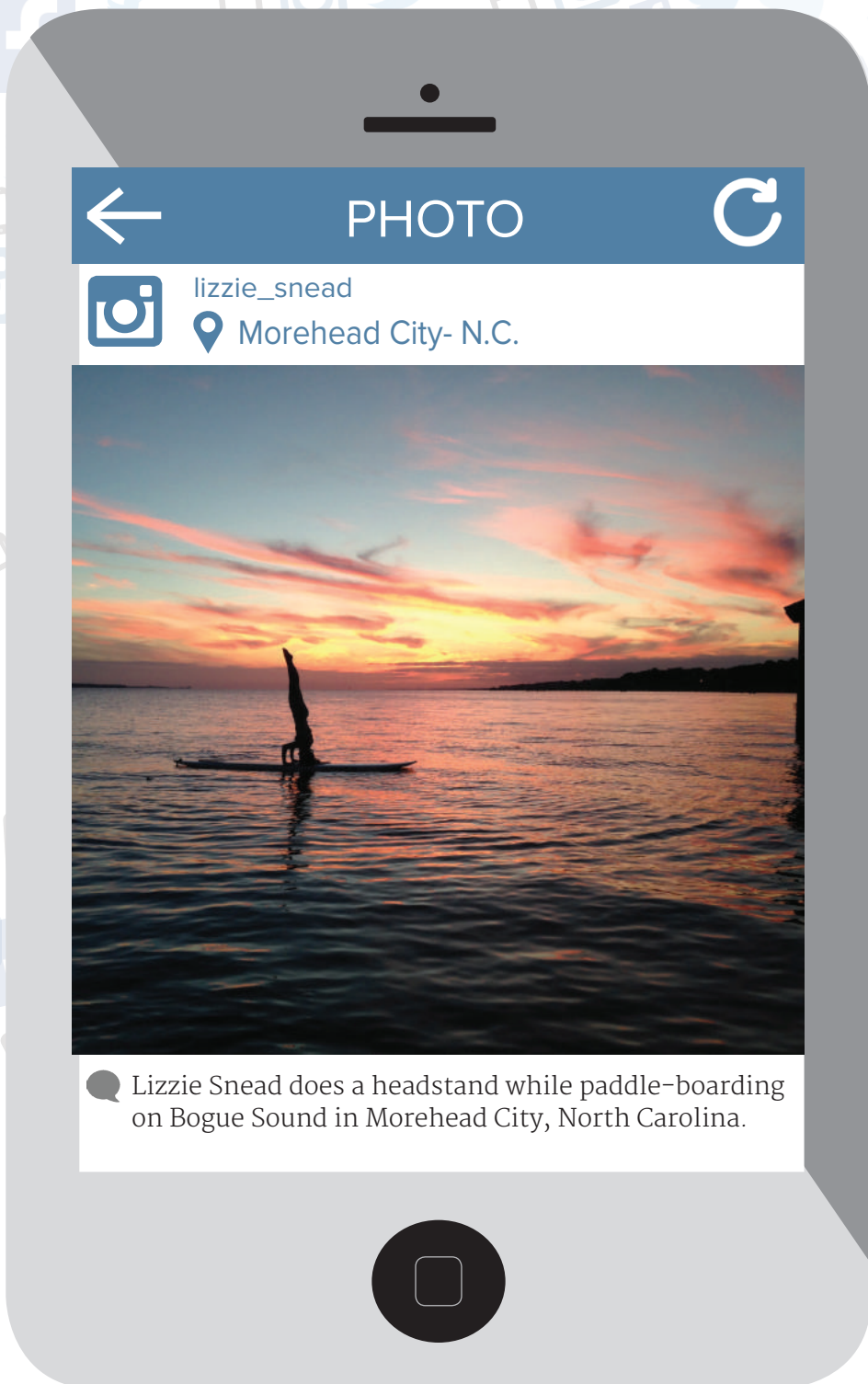
THANKS

Linda Brinson
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Dana McMahan

PHOTOS FROM THE FIELD

Have you completed Brazil's famed Jungle Marathon? Slapped the underwater puck in a game of Octopush? Knocked knuckles and heads trying to outduel your opponent in chess boxing? We want to see you enjoying the greatest and funkiest sporting events in the world! Tweet your photos @GTDmagazine or #GoingTheDistanceMagazine! [Instagram](#) [Facebook](#) [Twitter](#)

NOLAN CAIN & JENNY DRABBLE // CO-EDITORS



Lizzie Snead does a handstand while paddle-boarding on Bogue Sound in Morehead City, North Carolina.

[Instagram](#) mirawink
Andes Mountains- Chile



Miranda Wodarski and her friend, Gustavo, celebrate after cycling uphill for more than four hours at "El Embalse el Yeso," a reservoir 8,200 feet above sea level in the Andes Mountains in Chile.

[Instagram](#) glinhydt
Istanbul- Turkey



Self-proclaimed extreme sport enthusiast Gulcin Ayca of Turkey tries her hand (or foot) at a game of swamp soccer at a tournament in Istanbul.

[Facebook](#) Nicole Schimpf



Nicole Schimpf from Edmonton, Alberta, shoots a bow and arrow at the Castle of Eger while traveling in Hungary with Terence Wharton.

[Facebook](#) Kyle Cayouette



Kyle Cayouette and his partner, Cassidy McFarlane, perform the Harris Tango at a provincial competition in Beauport, Quebec, placing second overall.

[Facebook](#) Mateo L Wappo



Matt Spanne captures a jockey mid-race at Alameda County Fairgrounds in Pleasanton, California, during the county fair.

NEXT MONTH

We want to see all your crazy sports adventures. Upload your photos to Instagram, Twitter or Facebook, and don't forget to give us a shout out at #GoingTheDistanceMagazine. You could be featured in our next issue!


KICK-STARTING 2015


HIGH PROFILE SPORTS EVENTS

The new year is jam-packed with major sporting events for sports fanatics and travel enthusiasts to revel in. From the Masters Golf Tournament to the Super Bowl, this calendar captures some of the most famous sporting events on deck for the coming season.

MALIA BROWN // STAFF WRITER

ASIAN CUP

 January 4 - 26

 Australia (Sydney, Newcastle, Melbourne, Canberra, Brisbane)

The Asian Cup is one of Asia's most distinguished sporting events. An international soccer tournament run by the Asian Football Confederation (AFC), it's the second oldest continental football championship in the world. Winners of the Cup become champions in Asia and qualify for the FIFA Confederations Cup.


AUSTRALIAN OPEN

 January 19 - February 1

 Melbourne, Australia

The Australian Open is the first of the Grand Slam tennis events, held every January in Melbourne, Australia. January is summer in Australia, and spectators love the warm, sunny weather. The tournament draws some of the most sought-after athletes from all over the world. This year, Rafael Nadal, the 2009 men's singles champion, will headline the event as a special "friend of the Australian Open."

WINTER WORLD MASTERS GAMES

 January 31 - February 8

 Quebec City, Canada

The World Masters Games is an international event held every four years that allows participants of a "mature" age to compete in a variety of competitive sports, from skiing to hockey. The games work to include all sports addicts no matter their age, religion, race or gender.


SUPER BOWL

 February 1

 Phoenix, Arizona

The Super Bowl is one of the largest sporting events in the United States. The NFL championship game is held every year between the winners of the National and American Football Conferences.

VAIL BEAVER CREEK WORLD CHAMPIONSHIPS


 February 2 - 15

 Vail Valley, Colorado

The 2015 Fédération Internationale de Ski (FIS) Alpine World Championships is an international skiing competition that will be held in Vail Valley, Colorado. Second to the Olympics, the championships reign as the largest skiing event in the world.

WINTER UNIVERSIADE


 February 4

 Granada, Spain

The ISU Winter Universiade is a figure-skating, speed-skating and synchronized-skating competition. It's all a part of the large Winter Universiade, an international sports and cultural festival. Other sports include Alpine and cross-country skiing, biathlon, snowboarding, curling and ice hockey. Student athletes from universities around the world gather for the sports and fun.

NCAA DIVISION I MEN'S BASKETBALL TOURNAMENT

 April 4 & 6

 Indianapolis, Indiana

It will be "April Madness" at the Lucas Oil stadium when the top men's college basketball teams square off in the Final Four to decide who is the best of the best. The arena will be jam-packed with rabid fans, whether they are pulling for one of the perennial favorites or this year's favorite Cinderella team.

GRAND NATIONAL

 April 11

 Liverpool, England

The Grand National is one of the most famous steeplechases in the world. It is a competition that tests the horsemanship of the rider and the endurance and skill of the horse. The race is held annually at Aintree Racecourse in Liverpool, England.

MASTERS

 April 6 - 12

 Augusta, Georgia

The Masters tournament is one of the four major championship games in professional golf. Top golfers gather at the fabled Augusta National Golf Club. With azaleas in bloom, providing a beautiful backdrop, they vie for the coveted green jacket.



featuring a distinct sport originating from a certain region in the world



PATO



A mixture of basketball and polo with none of the high-class associations of the latter, this Argentine sport is fast, dangerous and unlike any other.

MARCELA GUIMARAES // STAFF WRITER

Dating back to the 17th century, Pato is said to have been started by the “gauchos” (cowboys) in the Pampas region of Argentina. After a long tedious day in the fields, the gauchos would mount their horses and play the game with teams from neighboring ranches.

Pato, Spanish for duck, derived its name from the unfortunate animal that was placed (still alive) in a basket and thrown back and forth among the mounted players.

Because of its violence, not only to the duck but also to the many players being trampled, the sport was banned several times throughout history and even deemed immoral by the Catholic Church.

The sport nearly went extinct at the turn of the 20th century, but in the 1930s it re-emerged, sans duck. Now, the sport is played with a ball, competitively and at an amateur level, mostly in weekend fairs and “domas,” the Argentine rodeo. Every year, the Abierto Argentino de Pato brings together the top teams fighting for the national championship. ▲



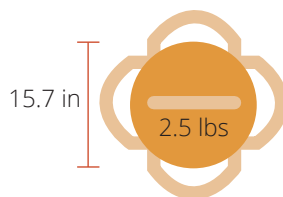
A player successfully scores while a teammate tumbles to the ground. With the use of horses, the pace of play and the furious tug-of-war that is the basis for pato's attraction, injuries are common for these amateur players.

GET TO KNOW PATO

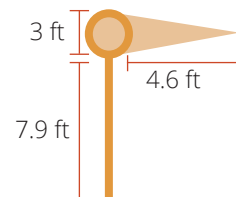
- > In 1796, a Catholic priest insisted that Pato players who died because of the violence of the game should be denied Christian burial.
- > In 1953, President Juan Perón declared Pato Argentina's national sport.
- > In 2010, a bill was introduced in the Argentine legislature to elevate football to the status of national sport and reduce Pato to a traditional sport.
- > To avoid fatigue, the horses are rotated regularly.
- > Players are allowed to pick up the “pato” with their right hand only.

HOW TO PLAY:

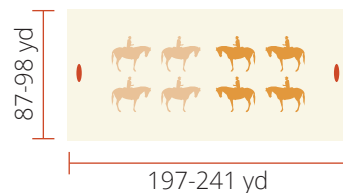
THE BALL



THE GOAL



THE FIELD

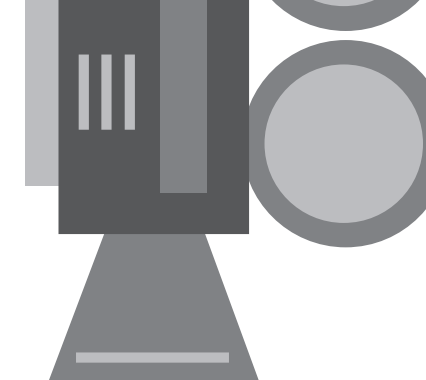


CINCHADA

The player who has control of the “pato” must ride with his right arm stretched out, offering the “pato” so rival players have a chance of stealing it. Not extending the arm while riding with the “pato” is an offense called “negada” (refusal). When two opposing players each have a handle in hand and are in a tug-of-war for the “pato,” it's known as a “cinchada.”

The cinchada is arguably the most exciting part of the game.

this season's best sports entertainment



THE FIVE BEST SPORTS TRAVEL DOCUMENTARIES OF THE LAST DECADE

KATIE SCHANZE // STAFF WRITER

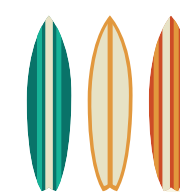
You have a mountain of choices to traverse when picking a sports travel documentary, but choosing the peaks from the pits can be difficult with so many options. Allow us to lead the exploration and pick your next five favorite films so you won't even have to break a sweat.



1. TOUCHING THE VOID

2003 // 106 min.

This critically acclaimed film follows two men and their disastrous attempt to climb Viula Grande in the Peruvian Andes. A terrifying storm in subzero temperatures on the side of the mountain and the nail-biting events that came after it put this edge-of-your-seat film at the top of our list. Suffice to say that crawling for 5 miles on ice with a broken leg and hypothermia sure isn't easy. This icy adventure is a film you won't want to miss.



2. RIDING GIANTS

2004 // 101 min.

Although it begins with some historical background of surfing, don't be discouraged, because this film is nonstop action. It moves quickly, spotlighting big wave surfing with incredible interviews from surfing's biggest names. The state-of-the-art footage may be enough to lure you in, but the older, rare footage and home videos somehow feel even more personal and exciting. A section dedicated to the most famous surfer of all time, Laird Hamilton, surfing one of the biggest waves on Earth, Teahupoo in Tahiti, is probably the highlight. The waves are so huge they sound more like an avalanche than the ocean. You won't be bored for a minute.



3. THE ART OF FLIGHT

2011 // 80 min.

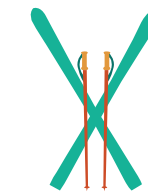
This film follows iconic snowboarder Travis Rice and friends across Canada, Patagonia, Alaska, Wyoming, Romania and Austria for two years as they drop out of helicopters with their boards and soar to new heights. On a trip to the Andes Mountains, the group is frustrated by bad conditions and lack of opportunities to get good air, so they end up building a 12-foot jump on the edge of a mountain. Their determination to get huge air is impressive and sometimes comical. The unbelievable visuals make this documentary feel more like an experience than a film.



4. WHEN THE TRAIL ENDS

2013 // 81 min.

Tired of how formulaic their sport has become, the best free-ride mountain bikers search the world for the most incredible, un-biked terrain. This documentary follows a group and its journey to ride in China, Nepal, Argentina and Canada. There are some truly spectacular crashes here, but the faraway aerial footage of the bikers, who look like ants as they fly down mountain ranges, is the most jaw-dropping. The GoPro footage from the biker's helmets is also tied in, making the rides feel even more death-defying. Their stunts will tie your stomach in knots, but in a good way.



5. STEEP

2007 // 92 min.

This impressive documentary focuses on the roots of extreme skiing and traces the history of the sport up to present day. Shot on location in Alaska, France, Canada and Iceland, it also has many interviews from famous ski personalities. One amazing compilation of clips showcases skier and BASE jumper Shane McConkey skiing off the edges of mountains into thin air and then releasing a parachute. Even if you come for the narrative, you'll stay for the breathtaking visuals.

FROM PITCH TO PAGE

This list of must-reads takes a bite out of the gamut of destination sports - from hitting red leather cricket balls in New York City to slicing across ice in China. So whether you're an athlete getting versed in good storytelling or a bookworm getting a visceral rush, go ahead and whet your appetite.

SHWETA MISHRA // STAFF WRITER

After a game ends on TV, you see reporters woo an athlete to the camera. Their hurried questions rarely milk more than a breathless stutter, and you think that maybe words can't capture the drama and power of the game. Maybe visual media reign over such graphic events.

Guess again.

For centuries, writers have depicted sports in memoirs and novels that match the live spectacle. We picked a handful of favorites.



SEABISCUIT: AN AMERICAN LEGEND

LAURA HILLENBRAND

Laura Hillenbrand garnered praise for her meticulous research in this nonfiction narrative about the thoroughbred racehorses that captivated the American imagination during the Great Depression. Here she paints a picture of an early 20th-century jockey on the track.

"He was something to watch, pouring over his horse's back, belly flat to the withers, fingers threaded through the reins, face pressed into the mane, body curving along the ebb and flow of the animal's body."



NETHERLAND

JOSEPH O'NEILL

Questions of political and personal belonging mystify the reader in Joseph O'Neill's novella on playing cricket in post-9/11 New York.

"It doesn't matter that cricket is the biggest, fastest growing bat-and-ball game in the world. ... Every summer the parks of this city are taken over by hundreds of cricketers but somehow nobody notices. ... Now that's nothing new, for those of us who are black and brown. As for those who are not"—Chuck acknowledged my presence with a smile—"you'll forgive me, I hope, if I say that I sometimes tell people, You want a taste of how it feels to be black in this country? Put on the white clothes of the cricketer. Put on white to feel black."

The Second Mark

JOY
GOODWIN

SWIMMING STUDIES

LEANNE
SHAPTON

P.G. WODEHOUSE

THE GOLF
OMNIBUS

JOYCE CAROL OATES

ON BOXING

THE SUN
ALSO RISES

Ernest Hemingway

SEABISCUIT
AN AMERICAN LEGEND

LAURA HILLENBRAND

NETHERLAND

JOSEPH O'NEILL



THE SECOND MARK

JOY GOODWIN

Joy Goodwin's narrative nonfiction follows six figure-skaters from their tenacious beginnings in Russia, China and Canada to the 2002 Winter Olympics in Salt Lake City, Utah.

"Pair skating was virtually unknown in China in the seventies, when Yao Bin was growing up in the frigid northern city of Harbin, close to the Siberian border. In winter, temperatures often dipped to thirty or forty below zero, and with a little ingenuity the people of Harbin developed a system of flooding the soccer fields in the winter to form makeshift skating ponds. In Yao's youth skating in China meant skating outdoors on dull blades in subzero temperatures, and Yao must have really liked to skate."



SWIMMING STUDIES

LEANNE SHAPTON

In her memoir, Leanne Shapton describes her countless hours underwater in Toronto, Ontario.

"The pictures achieve something rarely articulated about the metaphysical state of swimming: The body, immersed, feels amplified, heavier and lighter at the same time. Weightless yet stronger."



THE GOLF OMNIBUS

P.G. WODEHOUSE

In this story collection, P.G. Wodehouse brings humor to Edwardian-era English golf courses run amok by stiff upper lips. Here he pokes fun at golfing amateurs.

"The ordinary golfer, whose scores per hole seldom exceed those of Colonel Bogey, does not understand the whirl of mixed sensations which the really incompetent performer experiences on the rare occasions when he does strike a winning vein."



ON BOXING

JOYCE CAROL OATES

Joyce Carol Oates' essays reflect on the boxing world's savage grace, following American boxers like Mike Tyson, Muhammad Ali, Jack Dempsey and Sonny Liston.

"Professional boxing is the only major American sport whose primary, and often murderous, energies are not coyly deflected by such artifacts as balls and pucks."



THE SUN ALSO RISES

ERNEST HEMINGWAY

Ernest Hemingway's novel takes the Lost Generation from Paris cafes to visceral bullfights in Pamplona, Spain. Hemingway integrates his own experiences in the "tendidos," or seats around the ring.

"In bullfighting they speak of the terrain of the bull and the terrain of the bullfighter. As long as a bullfighter stays in his own terrain he is comparatively safe. Each time he enters into the terrain of the bull he is in great danger. Belmonte, in his best days, worked always in the terrain of the bull. This way he gave the sensation of coming tragedy."

SPECTATOR SNACKING!

While the athletes flex their muscles, some of us fans like to do the carb-loading for them. We asked our friends from around the world to tell us their favorite mid-game, artery-clogging eats.

EMILY BYRD // STAFF WRITER



CANADA

Poutine sounds fancy, but tastes like fandom. Just top fries with cheese and gravy to make this hockey-viewing classic. Make sure to double-layer your paper plates, as this dish needs some serious support.

PRO TIP: Try it with sweet potato fries.



BRAZIL

Queijo coalho is a hunk of firm, salty cheese that comes barbecued on a skewer, which frees up your other hand to hurl things at the ref. At least it has protein, right?

PRO TIP: Top it with molasses.



AUSTRALIA

Australia tosses aside the buns and puts their meat straight into a pie, which we can all agree is a step up. The crispy, palm-sized pie crust is filled with ground beef and covered with a dollop of tomato sauce.

PRO TIP: Stuff it with all the sautéed mushrooms you can find, and please, please, stay away from Vegemite.



INDIA

Pani-puri is a round, fried crisp. Its hollow center is filled with a mixture of tamarind chutney, chili, potato, onion and chickpeas.

PRO TIP: No being dainty. After stuffing the center, eat it all in one bite.



SOUTH AFRICA

Bunny chow is a dish made to satisfy a much larger animal. It's made by hollowing out half a loaf of bread and filling it with steaming curry, lamb and kidney beans. The bread you scooped out is your spoon. Cheers for sustainability!

PRO TIP: Find a vendor that adds aachaar, a type of pickled mango.



GERMANY

When things get heated in a rugby match, German fans go for currywurst. Like a typical bratwurst, currywurst is a pork sausage that has been steamed, then fried. This favorite gets its kick from the curry- and paprika-spiced ketchup on top. Obviously, it's not a balanced meal without the compulsory side of fries.

PRO TIP: Pile on some sauerkraut for a great flavor combination.



All photos courtesy of Creative Commons



ANTARCTICA: NOPE

Unfortunately, spectators and street vendors could not be reached for comment. We hope that satellite TV and a jar of peanut butter will sustain them. ▲



May every adventure lead you back home.

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ARE YOU TOUGH ENOUGH?

The Tough Mudder obstacle course proves a daunting challenge

LUCERO SIFUENTES // STAFF WRITER

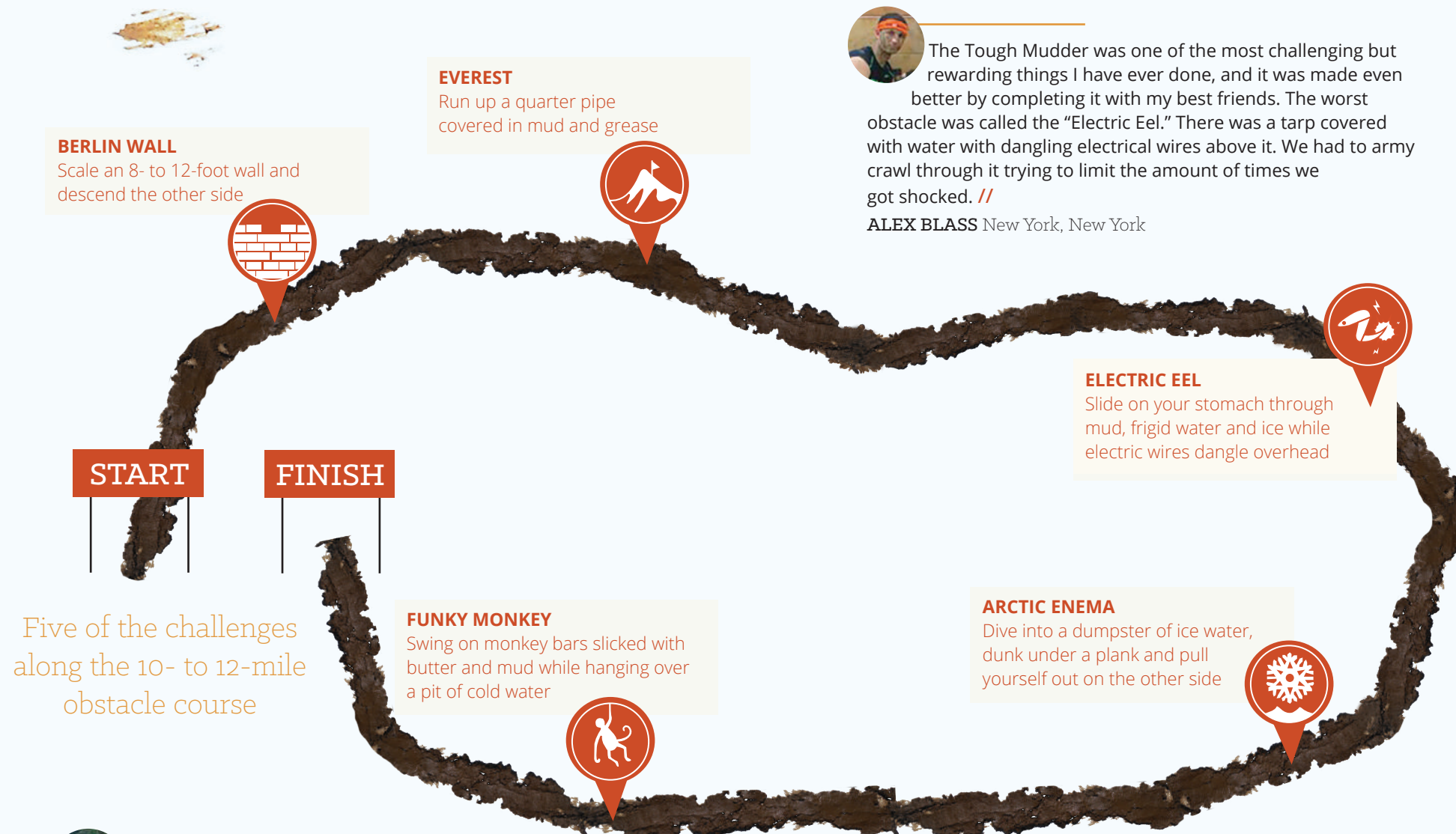
Imagine having to run miles upon miles while enduring minor electric shocks, wading through ice cold water and jumping from extreme heights. Does that sound fun?

Well, it did to two British citizens living in New York who developed the Tough Mudder. We asked our readers what they had to think about this new craze known by some as the “toughest race on the planet.”

Mud runs have become a common practice among runners and adventurers alike. However, there is a new phenomenon called the Tough Mudder, an endurance race designed by the British Special Forces to test mental and physical strength. The inaugural race was held in 2010, and the event has since expanded throughout the U.S., U.K, Australia, Canada and Germany. As opposed to the average 5k mud run, the Tough Mudder is 10-12 miles with 20-25 obstacles that focus on overcoming common fears in our society, such as water, electricity and heights.

Some people enter the race to challenge themselves or get in shape, while others do it to raise money for a good cause, such as the Wounded Warrior project that supports the transition of thousands of servicemen and women returning home from the current military conflicts.

To find a race near you visit toughmudder.com/events/find-an-event. ▲



Five of the challenges along the 10- to 12-mile obstacle course



My wife and I are in our mid-40s so while we were banged up and bruised a little more than some of the younger folks probably were, as expected we found the event tough but doable. The unexpected thing here is how much fun it was. We laughed; we smiled; we joked the entire day...and so did everyone around us. We had so much fun that we had to go to Michigan for our second Mudder just three weeks later. //

PAUL CHESHIRE Cambridge, Ontario



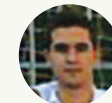
The Tough Mudder was one of the most challenging but rewarding things I have ever done, and it was made even better by completing it with my best friends. The worst obstacle was called the “Electric Eel.” There was a tarp covered with water with dangling electrical wires above it. We had to army crawl through it trying to limit the amount of times we got shocked. //

ALEX BLASS New York, New York



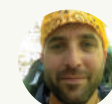
I think the Tough Mudder would be an incredible amount of fun. I'm always looking to push myself and find new limits, and this seems like a great way to do so – and for a great cause! //

SASHA SEYMOUR New Bern, North Carolina



I would never do it, but I think some people in Spain would enjoy having this type of challenge. However, if I did the Tough Mudder right now, I think I might die before crossing the finish line. The thought of training just to torture myself in a race seems unappealing. //

ALEJANDRO FITERRA Madrid, Spain



I believe that everyone should do something that scares them every day! If it was easy, everyone would do it. I'm all for it. //

JUSTIN MCKENZIE Hendersonville, North Carolina



It was amazing to cross the finish line with my teammates. We had been training for a while but there's nothing you can really do to prepare yourself for some of the obstacles. There was one where we had to swim through 30 feet of ice water that was such a shock to the body after we had already run about three miles and climbed over two or three walls and other obstacles. //

GEORGE SULLIVAN Cleveland, Ohio



OMARATHON

OMAN

BY: JEAN-YVES DRABBLE

Steffen Schneider has raced in more than 200 marathons across the world and runs half-marathons on all of his “off” weekends. At 57, he aims to complete two marathons every month and would like to run a marathon in every country.

As Steffen Schneider laces up his Nike sneakers, he jokes with the people around him, seemingly oblivious to the seconds ticking down as the hour draws nearer. With an easy smile, the 57-year-old adjusts his rumpled race bib. Waiting.

Bang! The gunshot echoes through the crisp October air, and Schneider takes off. A symphony of cheers erupts, muffling the steady heartbeat of feet striking the asphalt. Schneider settles into the familiar rhythm of racing. Mile after mile passes, but he doesn’t falter.

It’s just a 26.2-mile run — old hat for an accomplished runner like Schneider.

The end draws near and, drenched in sweat, he breaks through the New Hampshire Marathon finish line, relishing in the victory of yet another marathon. All around him, runners stumble around like zombies, as they nurse minor injuries and cramps.

But not Schneider.

While many of the runners will be hobbling around the next day, avoiding stairs at all costs, he’ll be hitting the road, doing it all over again.

Two marathons, two days. No sweat.

Schneider has run more marathons in his life than many of us have run miles. How many?

Nonchalantly, he says “222,” seemingly unaware of the magnitude of his running resume. Nearly 200 of those have been run in the past decade.

Schneider runs about 16 marathons a year, often running what he terms “doubles,” marathons in back-to-back days. In October 2014 alone, he ran four marathons in two weeks.

“Marathon running brings such an incredible quality of life, and I just can’t seem to get enough,” says the energetic insurance agent from Las Vegas, Nev. “It’s just something I love.”

For many, running one marathon in a lifetime is a daunting task, and, once upon a time, Schneider felt the same way.

As a kid, Schneider didn’t play any sports. No soccer or basketball or any of the other smattering of team sports many kids try. He went hiking occasionally with the Boy Scouts, but that was the extent of his athleticism. He never imagined he would one day become a marathon runner — or a runner at all for that matter.

“When I first heard about marathon running, I was incredulous that people could run that far,” he says. “Even hearing about my friends running four miles on a cross country course seemed so overwhelming.”

In high school, Schneider joined the track and field team at the urgings of his friends, confident that he would be able to

201

217

TOTAL MARATHONS COMPLETED



110

TOTAL PAIRS OF SHOES WORN OUT



5,685

TOTAL MILES RACED

MILE

1

2,000

MILES RUN IN 2014



\$35K

ESTIMATED TOTAL SPENT ON RACE ENTRY FEES

keep up. Instead, he was the slowest on the team.

“Workouts were brutal, and I just wasn’t any good,” he says. “I had to stop. I was convinced I just wasn’t meant to run.”

After that, Schneider dabbled in running to stay in shape, but it wasn’t until 1980 — three years before his first marathon — that he really got into it. A skiing accident on his 21st birthday had necessitated intensive surgery, and his doctors recommended he run regularly for rehab. That year, he ran his first 10k.

Surrounded by a sea of athletes, Schneider savored the intoxicating race ambience as he ran. As he crossed the finish line, he felt the weight of the finisher’s medal, heavy around his neck: a token of his hard work.

That medal was the first of many. Bitten by the running bug, Schneider ran his first marathon in 1983, the Deseret News Marathon in Utah, in an admirable time of 3 hours and 45 minutes, followed by two more marathons before the year was out.

Now, a few decades later, medals swallow his counter space and fill the many boxes strewn around the house. As he opens his door, the medals on the door knob clink together, a reminder of the countless miles he has raced.

“Some people run a marathon and say ‘Never again,’ but that was never my story,” he says. “Running relaxes me and helps clear my head of the pressures of life, so for

“Running makes me feel the joy of living like nothing else does. It’s something I never get tired of. Sometimes, I feel like I could run forever.”

STEFFEN SCHNEIDER

me, the longer the better.”

In the beginning of his running career, Schneider averaged two or three marathons a year — a big feat for a running newbie. His first 50 marathons took him 20 years to complete, but after he moved to Las Vegas in 2001, he picked up the pace.

Hoping to find some running buddies, he joined the Las Vegas Track Club, where he met another running fanatic, Martha Corazzini.

“When we met, he told me how many marathons he had run — probably 45 or 50 — and probably thought I’d be impressed,” Corazzini says. “I said ‘That’s nice, I’ve run 60.’ I think he was impressed.”

Up until that point, Schneider had competed in the same handful of local marathons year after year. Corazzini, no novice to the sport herself, had recently begun running “destination marathons”

around the country and invited him to join.

“At that time, it was very unusual for runners to run multiple marathons in a year,” she says. “I started traveling to marathons, began a marathon-a-month streak and began ‘collecting’ states. When Steffen heard about this he picked up on it too.”

Excited by the prospect of “destination marathoning,” Steffen threw himself into racing with renewed vigor, logging 60 miles a week. He vowed to race one to two marathons every month and has completed many in back-to-back days and weekends.

Schneider has run a marathon in all 50 states at least once and is now on his second go-round with 19 states left to go.

Schneider recently began doing marathons in Europe and has run five in Germany, where he was born and spent part of his childhood. He has also run marathons in England, Italy, France and Austria, and he hopes to add as many countries as he can in years to come.

“My travel plans almost always involve marathoning,” he says. “It’s really exciting to get to travel and see all of these new cities and new countries while doing what I love.”

Although Schneider likes to race in new places, he still has a few favorite races he runs every year. To date, he has run the St. George Marathon 26 times and the Deseret News Marathon — which was his first and 200th marathon — 14 times.

“Maybe he is addicted to it, but that is

a good thing,” says Anne Watts, his sister who lives in London. “Steffen’s running is amazing. He doesn’t train for marathons. Running marathons is his training.”

Lately, Schneider has been running about 20 miles during the week — nothing excessive. On his “off” weekends, he almost always races in half marathons. He’s already lost track of how many, but he barbers several hundred. For him, they’re just training runs. The appetizers before the main event.

He doesn’t weight train or strength training, like he admits he probably should. For Schneider, racing is just for the love of the sport.

“He’s more of an old-school runner,” Corazzini says. “While everyone is switching on their Garmins, donning compression socks, listening to iPods or trying out the latest sports drink or supplements, Steffen simply goes on a run without even wearing a watch.”

When it comes to racing, most marathon runners have a strict regimen that they follow religiously, but Schneider’s not fussy. He doesn’t keep a training log. He eats whatever he feels like and replaces his shoes with whatever’s on sale.

“In fact, he will sign up for a race or marathon with only a day’s notice,” Corazzini says. She’s seen him do it several times.

But those who know him wouldn’t call him impulsive per se. Instead, he’s more of a

hardened athlete with an insatiable appetite for adventure and travel.

“Running makes me feel the joy of living like nothing else does,” he says. “It’s something I never get tired of. Sometimes, I feel like I could run forever.”

If Schneider had run in a straight line for his past three decades of training, he would’ve circled the Earth at least twice, based on his weekly mileage.

But despite his taxing running regimen, Schneider has managed to stay relatively injury-free, avoiding the overuse injuries and bummed ankles that plague nearly every runner at some point.

He had surgery in November in his foot for a hammer toe — something he’d been putting off for a few years. It had never affected his running — a slight annoyance, more than a real injury—but nonetheless, he had it fixed.

But even the invasive surgery, involving several pins through his bone, couldn’t slow him down for long. He rode his bike, despite being condemned to crutches for a few weeks, then competed in the Honolulu Marathon in Hawaii a mere seven weeks after his surgery, finishing his 17th marathon for the year of 2014.

Those who know him, know he has a wacky sense of humor. Pretending to run off to Africa as a child and munching on dog food to gross out his sisters were just a few of his childhood shenanigans. But Schneider has always been extremely driven.



Steffen Schneider has run enough miles to circle the world twice.

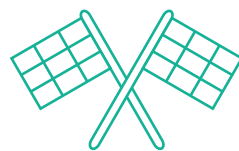
“As a young man he was always ambitious and working hard to get ahead. He earned money mowing lawns and started a shoe shine business when he was 12,” Margrit Schneider, his sister, says. “He can do anything he puts his mind to.”

Schneider hopes to hit the 300-marathon mark in the near future and would like to run a marathon on every continent and in as many countries as possible. In the future, he would like to run 50 marathons in one year.

For Schneider, running is his stress-relief. His joie de vivre. His fountain of youth.

“Running keeps you young, and it’s something I plan to do for the rest of my life,” he says. “One day I’ll be that 100-year-old man out there still running marathons. Just you watch.” ▲

MILESTONES



1980

Schneider runs his first 10k, kick starting his running career.



1986

Schneider crosses the finish line at the St. George Marathon with a time of 3:21:08.



1995

Schneider runs an unofficial Ultra (46 miles) by double crossing the Grand Canyon rim to rim to rim.



1998

Schneider runs the inaugural Rock ‘n’ Roll Marathon in San Diego, which is now the biggest international marathon host.



2012

Schneider completes a marathon in every state in the U.S.

2014

Schneider completes the St. George Marathon for the 26th time.



all photos courtesy of Steffen Schneider



1983

Schneider started running marathons in 1983. His first marathon was the Deseret News Marathon in Utah.



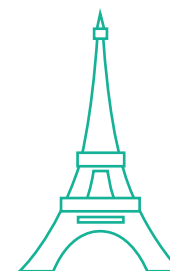
1991

Schneider completed the St. George Marathon, yet again, in 1991 when he was awarded a medal for his accomplishments.



1996

Running in the 100th anniversary of the Boston Marathon, marks a turning point in Schneider’s running career. Before this, he had never flown to run a marathon.



2002

Schneider completes his 50th marathon in Paris.



2013

Schneider completes his 200th marathon in Utah 30 years after his first marathon completion.



A big hit. A perfect throw. A brilliant shot. And the crazy guy in the corner yelling at the top of his lungs. Sports are about more than just the players, and these are three of the fans that make watching sports so great.

I love sports. You love sports. We all love sports. Some of us like to play them, while others prefer the role of the fan. Either way, you are part of the game. The athletes don't exist without the fans, and fans don't exist without the athletes.

While many travel to see the heroic exploits of their favorite athletes or the sheer spectacles that are many stadiums, they would be foolish not to pay attention to the fans. Sometimes it's worth it to travel just for the fans.

Let's take a look at three super fans who go beyond the call of the average fan and help to create the unique atmosphere at a game. These three can be funky. They can be superstitious. They can be obsessed, but most of all, they are loyal.

THE FANS

Wes Henson a.k.a. Captain Dee-Fense

A 64-year-old Baltimore Ravens fan, Captain Dee-Fense is a tribute to what a fan can accomplish beyond the field of competition. A season ticket holder since the creation of the franchise in 1996, Henson started that inaugural season in his Army dregs with a simple "Defense" sign, until a fateful encounter with a small girl changed him into a Baltimore icon.

Dressed in his usual purple and white chains, camo pants, defense sign, Army medals and captain hat, Captain Dee-Fense can hardly hide in his upper deck seats at MT&T Stadium. Inducted into ESPN's Hall of Fans in 2012, the Captain has used his position as a super fan to help the Baltimore community.

Adam Glasser

A North Carolina basketball fan, Glasser is the definition of a lifelong supporter. Born into a family of University of North Carolina at Chapel Hill graduates, Glasser has been going to games as long as he can remember. Now a student at UNC-CH himself, Glasser has taken his fandom to the next level. Best friends with the walk-ons, Glasser is never more than a few rows from the action. He is the fan you know, who lives and dies with the fortunes of the team. You can recognize him at any

basketball game in the Dean Dome with his usual Laney High School or Tune Squad Michael Jordan jerseys.

Steve "The Mouth of the South" Roth

A baseball fan at Elon University in North Carolina, Roth may be every athlete's nightmare and every fan's idol. If you attended an Elon baseball game between 2010 and 2013, you surely heard Roth's self-described "awful voice" cutting through the air and into the players' ears. Finding Roth is as easy as opening your ears, but his outfit is equally extraordinary. Roth covers himself in an Elon football jersey, an Elon baseball jersey, Aviator sunglasses and all sorts of bling before topping himself off with a do-rag and a black "Coach" hat. He will also be the only one holding a box of props with his sidekick Max Gongaware and shrieking until the opposing pitcher has to wear ear plugs.

HOW IT ALL BEGAN

Surely Captain Dee-Fense didn't just wake up one day and decide that it was time for him to dress like a cartoon character and become the most famous fan in the stadium. In fact, if you listen to him, he is still just another fan in the stadium, but his clothes and demeanor all took shape during an early game in the Ravens' Memorial Stadium.

A small girl approached the tall, ex-Marine, who was dressed in Army clothes with a handwritten sign that read Defense. She asked him if he was the captain of the defense. Inspired by the child, he went to Walmart and purchased a costume that would soon become legendary in the Baltimore community.

"I always loved defense," Henson explains. "I feel like that's the best way to build a winning team."

And just like that, Captain Dee-Fense was born.

Glasser may not have an inception story with quite the same mystique as the Captain's, but his fandom may run even deeper. Born into a Carolina family, Glasser is the definition of a Tar Heel lifer.

"Both my grandfathers were professors at UNC," Glasser says. "My mom and dad graduated from UNC. My brother graduated from here and two aunts went here." Glasser's

TOP FIVE FUN FAN BASES

Sometimes a game is worth going to just to see the fans. Here are our top five fan bases that are worth visiting because of their notably loud, intimidating or fun fans:



GOLDEN STATE WARRIORS

Oracle Arena
Oakland, California

Consistently ranked in the top 10 in attendance in the NBA despite a struggling team, Golden State fans finally have a good team and the fans are delirious. Their 2007 playoff run is still famous for the "We Believe" campaign that showed just how committed Warriors fans really are.



A.C. MILAN

Stadio Giuseppe Meazza
Milan, Italy

Supporters of one of the most decorated teams in international soccer, the Brigade Rossonere are famous for their ability to spell words and hold gigantic banners as a unit. Just watch out for flares that may follow anything from a goal to a bad call.



SEATTLE SEAHAWKS

Century Link Field
Seattle, Washington

They prefer to be called the 12th man, although they are closer to a force of nature than anything else. The nearby seismic readers have registered earthquakes when the Seahawks score an important touchdown. Also, they have the honor of being Captain Dee-Fense's favorite fan base to visit.



CHICAGO CUBS

Wrigley Field
Chicago, Illinois

These north-siders haven't celebrated a championship since 1908, but that hasn't stopped them from loving their beloved Cubs. Cubs ticket sales notoriously fluctuate based on the price of beer within the stadium instead of wins and losses.



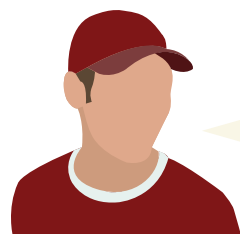
MONTREAL CANADIENS

Belle Centre
Montreal, Quebec

With the loudest stadium in hockey and the most rabid fan base, this trip is not for the faint of heart. The fans may rub some the wrong way, but there is no denying their devotion for the team as evidenced by the riots in the streets following a playoff win.

FAN FAVORITES

Each fan has his favorite story. While each of these guys has a book of good memories, they each remembered one time that being a fan was so surreal that it has stuck with them to this day.



STEVE ROTH

"It was something like, 'Uh-oh Chris, take a look around the stadium. Remember all of those scouts that were here to watch you play? They're all gone, and I just heard one of them say, quote- 'this kid's awful'. Way to let everyone down, Chris! You're a disappointment.'" Beck ended up pitching the entire game (8.0 IP), but Elon beat Georgia Southern 4-3. After the game, I found out that a writer for Baseball America, by the name of Conor Glassey (who was probably also there to watch Beck), tweeted this, referring directly to me: "I think Elon might have the most annoying baseball fan in the country. A young Gilbert Gottfried." It was wonderful. As for Beck, he still has me blocked on Twitter."



CAPTAIN DEE-FENSE

"I was walking around the stadium like I usually do, and it was cold and rainy so the stadium was kinda empty. The Jags was up on us by like two touchdowns (editor's note: the score was 17-6) and we just weren't playing well that day. I see this little kid and his dad, and I tell him, 'We gonna win this game.' Now I didn't believe it because, to be honest we weren't playing well at all. But we came back and we won that game. And it felt so good that Captain Dee-Fense had given this little kid hope."



ADAM GLASSER

"It was my senior year of high school. I was parked on Franklin Street and I ran into Kendall Marshall. This was actually his freshman year right after he became the starter. I had him go to Cold Stone where my girlfriend was waiting, and I wrapped a Kendall jersey up, and she opened it, and he signed it and wrote Prom??? She's actually still my girlfriend today. That was during the week of the ACC tourney, and that he would do that was so cool."

family is a glowing example of a school being tied to a home.

He grew up in a Carolina blue room, with posters on his walls and a dream of one day playing for the Heels. While Glasser never quite made it as a basketball player, topping out as a benchwarmer for his high school team, his best friend from childhood became a pretty good one.

He still remembers the text that his friend James Manor sent him when he had made UNC's roster as a walk-on in 2012.

"Dear #1 fan. It's official."

And just like that, Glasser went from fan to fanatic. He wasn't just an ordinary fan anymore. Glasser had become as close to the team as he could have ever hoped. He created Dirty 30 Nation in support of Manor. Glasser was now fully committed to the team that he had spent his life following.

For Steve Roth, the choice to become a super fan was a well-thought-out

decision. Always a fan of baseball, Roth discovered that Elon had a good team that wasn't getting much credit or support.

"I grew up watching MLB mostly on TV, but actually being at a game in person, and games, in which the players can actually hear you...was something that gave me an evil grin, and the idea to heckle," Roth explains.

He loved the personal aspect of the game and how easy it was for the players to hear every yell he could muster, especially inside the cozy Latham Park. Roth simply decided that being a super fan would be a fun way to generate support for the team.

Enlisting the help of his friend, Max Gongaware, a committed fan himself, Roth began to attend games and heckle the opponents. Roth's voice quickly became as much a part of the game as the weather. He began to study his opponents, bring props (a Gongaware contribution) and

before long Roth was being mentioned by opposing players for his heckling efforts.

WHAT IT TAKES

In his induction into ESPN's Hall of Fans in 2012, Captain Dee-Fense met the Green Men of the Vancouver Canucks and Emily Pitek, a crazed Alabama softball fan. He noticed the defining characteristics of all of them.

"We don't take life too seriously," Captain Dee-Fense explains. "We're having fun. Not hurting nobody. Having a good time!"

But they do take their fandom seriously.

Captain Dee-Fense gets to the game a full 4 1/2 hours early. He shakes hands, takes pictures and just enjoys the tailgate atmosphere. This is immediately noticeable if you run into Captain Dee-Fense before a Ravens' game. He is

friendlier than Mister Rogers and could have a lively conversation with a wall if he wanted. Between the adoring children and life-long Ravens' fans, Captain Dee-Fense must pose for a thousand pictures; he smiles and waves for every one of them.

"I love the fans," Captain Dee-Fense beams. "They make me who I am! The players come and go, but the fans will be here forever. I was here when Ray Lewis and Ed Reed got here and they're gone, but I'm still here!"

The Captain spends much of the game wandering away from his seat behind the field goals in section 517. He is given free rein by the ushers to go in and out of sections and chat it up with the Ravens' faithful. A self-described people person, Captain Dee-Fense does just about everything but sit still during a game. He loves to talk football, loves to cheer (his favorite is when White Stripes' Seven Nation Army causes the fans and stadium to rock) and loves to put a smile on the face of the fans around him.

"I would not rather be anywhere else," Glasser says, without a hint of hyperbole in his voice.

Glasser's game days are a bit different from Captain Dee-Fense's. He says that all he can think about is the next game during basketball season, and doesn't understand why other students fail to line up two hours before each home game.

"I had a midterm the day after James' senior night, and I didn't study at all for it," Glasser admits. "I think back on it and I remember the game, but I don't remember the midterm so it was definitely worth it."

Once inside the stadium, Glasser may never sit down. Whether he is standing in the student section or behind the Carolina bench, Glasser can be seen cheering like a mad man. He has special interest in Carolina blowouts, where Blue Steel, the walk-ons, get into the game. Glasser still thinks his greatest moment in the Dean Smith Center was when Manor dropped in two 3's in one game for a career high, six points.

Roth's game days are a different animal. He studies, he memorizes, and he schemes. Roth plans each creative insult that he will hurl at his next target.

Roth likes to provoke and bother his opponents to no end. He says it's not uncommon to be threatened by an opposing player's parents, although nothing has ever happened. Roth claims that he is just making bad jokes about the player's stats, but scores of opposing fans might argue that he is a nuisance. This wouldn't bother Roth a bit. He wants



nothing more than to be a thorn in the opposing team's side and loves that he has the power to actually influence the game.

"Loud, prepared and relentless,"

Gongaware describes his friend Roth. "Elon's ballpark is one of the smallest in the nation. Steve might be one of the loudest people in the nation. Put the two of those things together, and there wasn't a single person in that ballpark who didn't hear what he had to say."

WHY THEY CONTINUE

"I love it," Captain Dee-Fense says as his eyes light up while explaining the joy of going to the games, putting a smile on the faces of other fans and cheering on his Ravens. "People always remember how you make them feel."

He's traveled around the United States to root on the Ravens. From Seattle to Buffalo to the Super Bowl in New Orleans, Captain Dee-Fense has spent countless weekends following his favorite football team around the country. A natural teacher and talker, Captain Dee-Fense loves the community that comes with being a Ravens' fan. He sees it as an opportunity to give back to Baltimore and make it a better place. Whether he is volunteering at a local school or attending a die-hard fan's funeral, Captain Dee-Fense is a reminder that Baltimore is a unified place and everyone can support the Ravens.

Captain Dee-Fense is at MT&T Stadium every Ravens' game with the most fearsome outfit in the stands.

Glasser has a different perspective on why he dedicates so much of his time to being a Tar Heel fan. He sees it as something he loves doing. A basketball fanatic who gets to see some of the best players in the world from an arm's length away, he cannot think of anything better than being in the Smith

Center on game night.

"People take them for granted," Glasser says. "They're a huge part of the university."

He also loves the values that the UNC program has that are not always present at other schools.

"We have kept the JV team," Glasser says. "Most schools have cut it, but we're committed to allowing hardworking students to get a shot as making the team." This community feel is one of the reasons Glasser loves following the Tar Heel program.

Glasser is in the midst of another exciting season in Chapel Hill, and although Manor has graduated, another good friend of Glasser's, Sasha Seymore, is with the Tar Heels as a walk-on.

Roth may be a hard core heckler, but he really is a sensitive fan at heart. He loves that his fandom has brought larger crowds to the games, entertained the fans and helped Elon win games over the years. A celebrity in the community, Roth occasionally signs autographs and is cognizant to never curse or yell anything too crude. He and his partner Gongaware remember the games as the highlights of their college career.

"While most people look back on college, they remember all the parties they went to. I mostly just think back on Elon sporting events, especially baseball games with Steve." Gongaware reminisces.

Roth and Gongaware had to stop their Elon baseball fandom after they graduated and moved away, but their four-year reign as some of the best fans in college may one day resume.

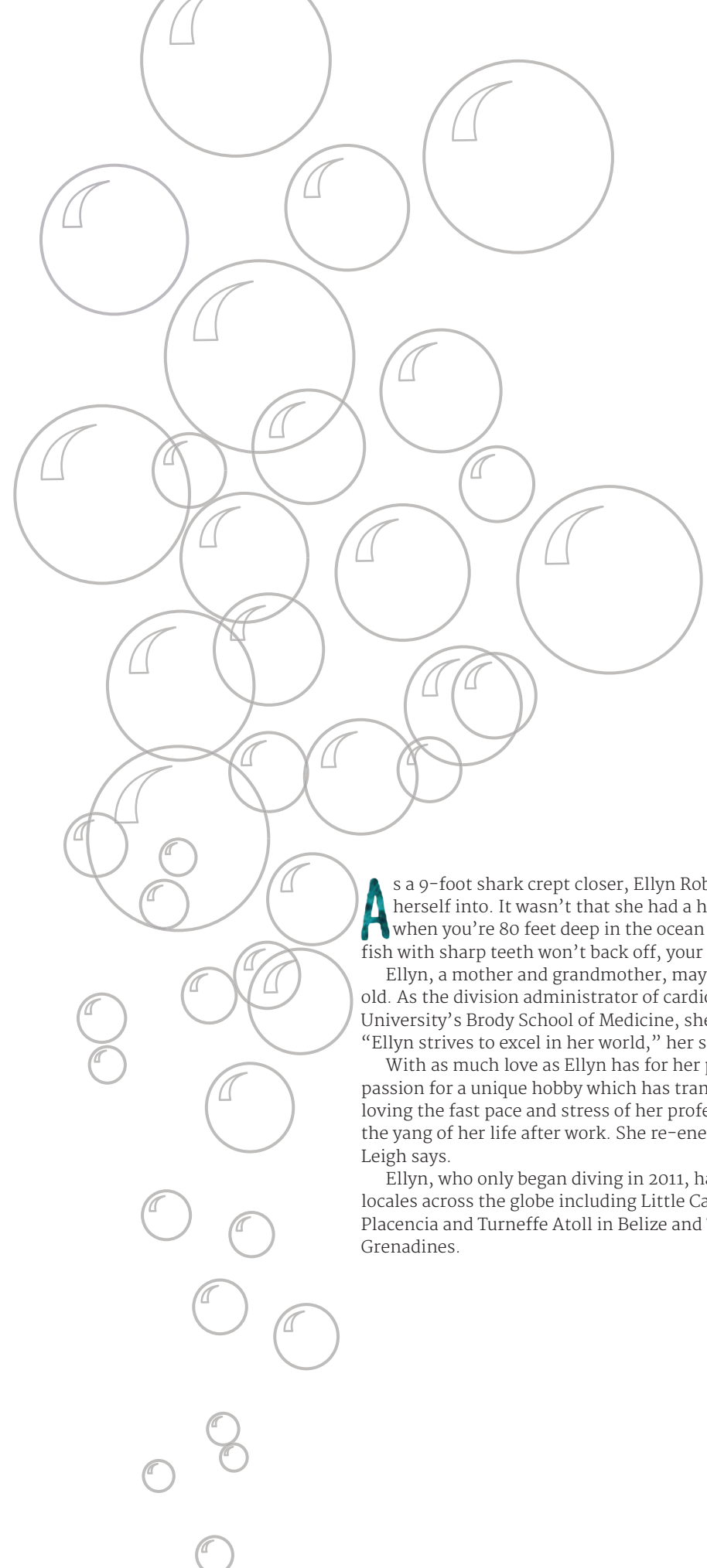
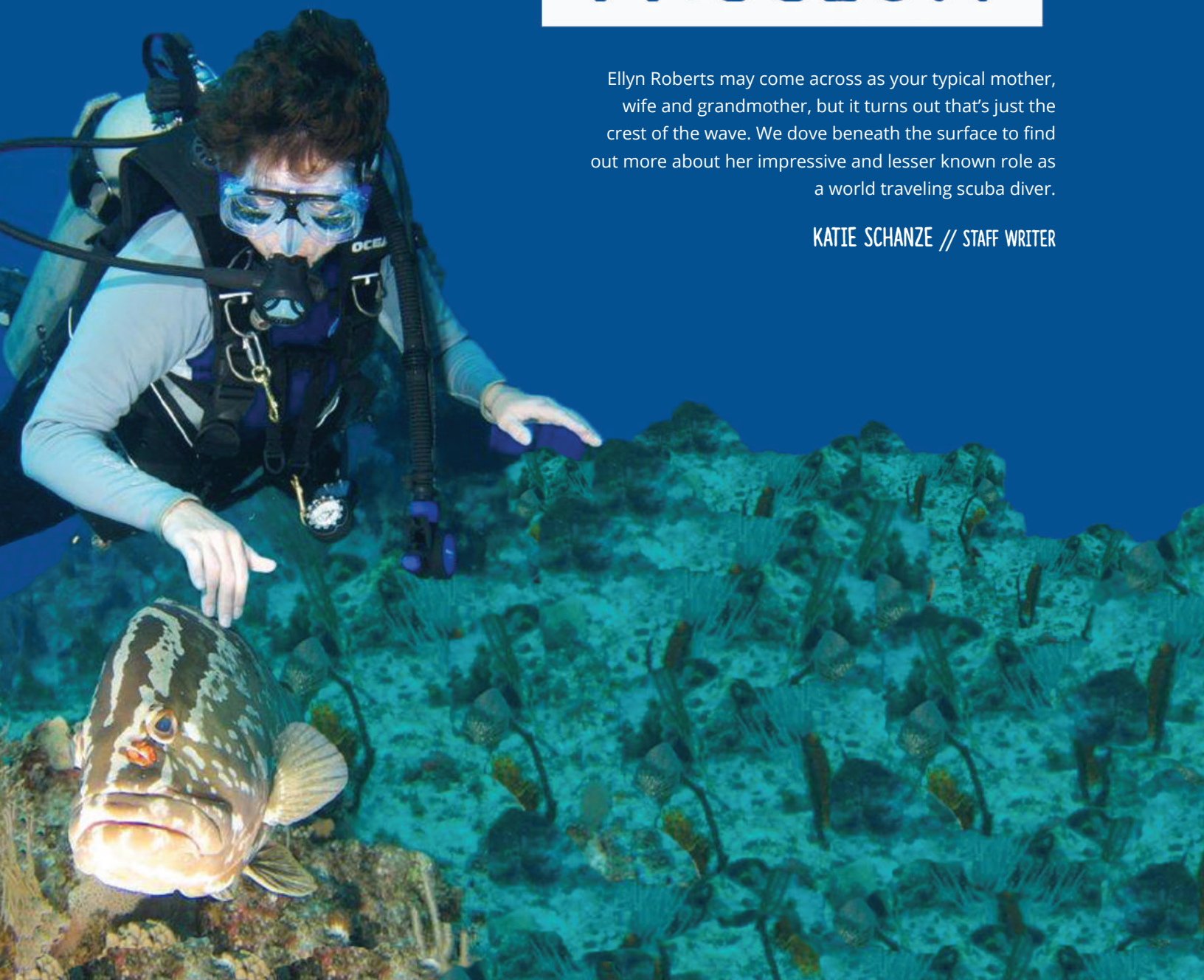
"I would have kept it up, but I'm not in the area anymore," Roth laments.

Maybe one day he will return and use that awful voice of his to cheer on Elon baseball again. ▲

A DEEPER PASSION

Ellyn Roberts may come across as your typical mother, wife and grandmother, but it turns out that's just the crest of the wave. We dove beneath the surface to find out more about her impressive and lesser known role as a world traveling scuba diver.

KATIE SCHANZE // STAFF WRITER

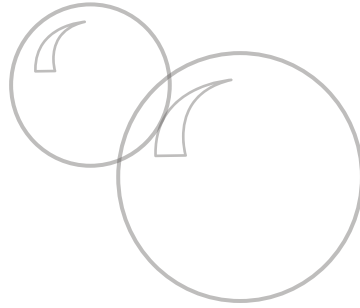
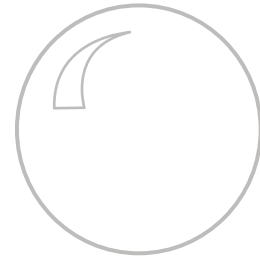
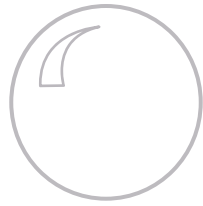
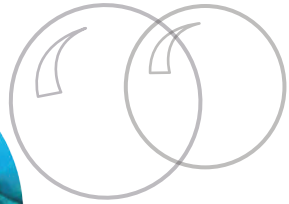


As a 9-foot shark crept closer, Ellyn Roberts wondered what she'd gotten herself into. It wasn't that she had a huge fear of sharks, it's just that when you're 80 feet deep in the ocean off the coast of Belize and a large fish with sharp teeth won't back off, your nerves can get a little shot.

Ellyn, a mother and grandmother, may seem like your typical 51-year-old. As the division administrator of cardiovascular health at East Carolina University's Brody School of Medicine, she is accomplished in her career—"Ellyn strives to excel in her world," her sister Leigh says.

With as much love as Ellyn has for her profession, she harbors a deeper passion for a unique hobby which has transformed her: scuba diving. "While loving the fast pace and stress of her professional life, Ellyn has always loved the yang of her life after work. She re-energizes through peace and nature," Leigh says.

Ellyn, who only began diving in 2011, has completed 51 dives in several locales across the globe including Little Cayman in the Cayman Islands, Placencia and Turneffe Atoll in Belize and Tobago Cay in St. Vincent and the Grenadines.



all photos courtesy of Ellyn Roberts

Beginning a new hobby like scuba diving at almost 50 years old may be surprising to some, but it had been on her bucket list for years. “It was kind of a huge life changing event,” Ellyn says. “I was going to be turning 50 soon, I had moved to a new city, I had a new job. I was looking for a trip to take by myself.”

After completing her training and certification at Lake Rawlings Quarry, Virginia, Ellyn travelled alone for the first time, which she calls “surprisingly comfortable” and went on her first diving trip to the Cayman Islands. Spending a week with other divers at a dive resort and doing several dives each day, she fell in love.

Her love for diving quickly became obvious to her family and friends. “Diving caught Ellyn’s attention pretty quickly and she really fell hard for it,” Leigh says. “The freedom, the adventure, the tranquility and the wide open space under water was a definite draw for her.”

Ellyn has been challenged, amused and scared while diving. Sharks can be one cause of fear, but like the 9-footer in Belize, they generally back off and leave her alone. However, the emotion she feels most often is amazement.

“You’re just like ‘Oh my god,’ you can’t take enough of it in,” she says. “You have funny experiences, scary experiences. You think that you’ve seen the most awesome thing out there, but then you see something even better.”

She has swam in coral canyons in Belize and in water so clear and full of life she could have been in an aquarium. She has searched for whale sharks (finding them is still on her bucket list) and seen such clear

ELLYN, WHO ONLY BEGAN DIVING IN 2011, HAS COMPLETED 51 DIVES IN SEVERAL LOCALES ACROSS THE GLOBE.



nights in Belize that half moons created shadows from the palm trees on the sand. One of her favorite things to see in the water are the huge, spotted eagle rays, which can grow up to 16 feet long and which Ellyn calls “majestic.”

What’s the hardest part about this hobby? Besides leaving when a trip is over, “buoyancy is the most complicated part of diving and it’s critical,” she says. “When you find it, you’re weightless. A lot of new divers struggle with that. On my first trip people helped me with that. I like the science of it, the physiology. It does a lot for your confidence.”

Ellyn is what people in the diving community call an “80/80” diver, meaning she never goes deeper than 80 feet and never wants to dive in water colder than 80 degrees. “Some people make fun of 80/80 divers but everyone has their own niche in the diving world. It just doesn’t interest me

to go much deeper.”

It’s hard for Ellyn to exaggerate how much she loves the combination of travel and diving. She has traveled to both Belize and the Grenadines just this year to pursue her passion, and you can see the sparkle in her eyes as she describes the local people in Placencia Village, Belize and the “consistently amazing” diving of Turneffe Atoll.

“I think I like it so much because I learn new things all the time,” she says. “It’s challenging. You get to travel to amazing places and meet really neat people. I love the local men and women. I love the local villages, the food. I am so intrigued by the cultures.”

For Ellyn, who says “hundreds” of dives are in her future, scuba diving is more than just a new hobby or a sport. It’s a lifelong dream realized.

Growing up in Norfolk, Virginia, Ellyn

was always adventurous. Loving almost every adventure sport she could get her hands (or feet) on, she always had access to the ocean and loved the water. A favorite place was her family’s vacation home in Bath, NC on the Pamlico River where she was always crabbing and swimming.

“She always loved being outside and enjoyed the freedom that it offered,” Leigh says. “She was always athletic and adventurous,” her sister Amanda adds. “As she hit her teenage years she became determined to do her own thing.”

After completing an Outward Bound program at 16, Ellyn’s first job was working in an outdoor school for emotionally disturbed adolescent boys. The job had her hiking the Appalachian Trail for two weeks and canoeing the Suwannee River for six weeks.

She soon transitioned to academia, getting her bachelor’s degree at Virginia Tech, her nursing certification from Radford University and her MBA from Averett University.

However, Ellyn never lost her love for the outdoors and adventure even though it took a backseat to her professional life for awhile.

“I was not surprised when she started scuba diving, although it had been quite a few years since I had seen that determined spark in her,” Amanda says. “I see the Ellyn I grew up with, now.”

Now that Ellyn is living in her family’s life-long vacation spot, Bath, she gets to experience life outdoors on the river everyday, even during tough and stressful work weeks. Of course, that doesn’t mean she’s settling down. She’s always planning her next dive trip.

“I feel like I have a gazillion places to go,” she says. “I want to go somewhere new every trip. Fiji, Palau. I’m exploring St. Kitts and Nevis right now. I want to go to places I’ve never even heard of.”

So what’s next? Don’t think this diving aficionado isn’t still ticking items off her bucket list. “I’m going to learn how to spearfish lion fish,” she says. “They’re taking over in the Caribbean, so my next goal is to buy a speargun.”

“She told me once that diving was an adventure that everyone could do,” Leigh says. “All ages, conditions, personalities. I think she sees diving as a life-long adventure.” ▲



Nathan Pippert

Nathan takes a break from hiking while overlooking the Blue Ridge Mountains on the Appalachian Trail in 2013, where he hiked 700 miles of the trail for the second time.

LIKE MOTHER, LIKE SON

If you thought Ellyn was the only accomplished adventurer in the family, think again. Ellyn’s son, 24-year-old Nathan Pippert, is one of only a couple hundred people ever to complete the “Triple Crown” of hiking, which includes the Appalachian Trail (AT), the Pacific Crest Trail (PCT), and the Continental Divide Trail (CDT).

Like his mother, Nathan began his “hobby” in 2011, completing the AT. In 2012 he completed the PCT, in 2013 he did 700 miles of the AT for a second time. When I spoke to him in October, he was just outside of Grants, New Mexico, and only three weeks away from completing the CDT.

Nathan estimates that he is one of only 12 people to go southbound on the CDT during the whole year of 2014. His hikes, which each take an average of six months to complete, are all vastly different, he says, and not without hardship.

“It’s all mental,” he says. “The first month of a hike is always the hardest. You literally walk yourself into shape. The physical aspects of the first month are just like training your body, and after

about four months the walking can become very tedious.”

Nathan, who purposefully packs on the pounds before he leaves for a hike, estimates he has lost around 30 pounds.

He begins every hike alone. While on the commonly traveled AT, “you’re with people every day.” On the CDT, one of the least traveled trails, he was alone in the beginning for more than three weeks before he met companions with whom he traveled for the rest of the hike.

Despite the difficulties, he remains obsessed. Like his mother, he speaks in rapture about his passion. “You just fall in love with it,” he says. “You get addicted.”

Although very different passions, their love for the outdoors and adventure bonds mother and son.

“I do think that Nathan and I are from the same cloth so to speak, with our love for the outdoors and adventure,” Ellyn says. “I am very proud and in awe of his determination to complete this third trail.”

On his part, Nathan agrees with his mother.

“I see a lot of myself in my mom, especially as I get older. We’re very similar.”

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-CEO/managing director, global health communications group

JUST FOR KICKS

North Carolina teen soccer teams are scoring more than goals as they travel across the globe to compete and experience new cultures.

JENNY DRABBLE // CO-EDITOR

A dozen hyper boys, a 10-hour flight and an airplane brimming with passengers cramped in tiny seats. Sounds like fun, right?

When you're headed to the land of spaghetti and the birthplace of pizza, you're willing to put up with just about anything — even a very persistent screaming baby in the next seat over. The chance to see the world with your teammates by your side? David Lauffenburger can't imagine anything better.

"I wanted to go because I knew the experience would be amazing," David, 15, says. "We toured castles, played lots of soccer and ate lots of good food."

David ventured to Italy in the summer of 2012 with his soccer teammates from Winston-Salem and Greensboro, North Carolina, to compete against international teams and see a new corner of the world.



Above: Ben Slowey, a defender, controls the ball in a soccer tournament with his team, '99 Fusion Elite.

Left: Oisín Slowey and his team, the Carolinas, traveled to Spain to compete in the Mediterranean International Cup (MIC).

All photos courtesy of North Carolina Fusion.

MEET THE PLAYERS



OISÍN SLOWEY #7

Mid-fielder
Age: 12
Height: 5'
Born In: Ireland



RYAN DRABBLE #55

Defender
Age: 14
Height: 5'8"
Born In: Canada



DAVID LAUFFENBURGER #77

Forward
Age: 15
Height: 6'
Born In: United States

The kids toured around the country with their coaches and competed in a tournament with the local teams, placing sixth overall. No parents, no siblings. Just some of his best friends and the whole wide world in his grasp.

When David found out about the Italy trip, he was adamant about going, as he had never been out of the United States.

"David was so excited about the opportunity and wanted so much to go that we found it hard to say no," his mother, Polly Lauffenburger says. "The trip gave him a little freedom to gain a broader perspective of the world and time with teammates — new and old — in a foreign country doing what they love most: playing soccer."

But amid the dizzying nonstop schedule of games, training and exploring, it was seeing Venice that stood out to David.

For Coach Wade Forte, that's one of the best parts: watching the expressions on his players' awestruck faces as they see the water lap up against the streets of Venice or as they behold the Hohenzollern Castle in Germany for the first time.

"There's nothing like seeing their faces light up when they see something extraordinary they've never seen before," Forte, 34, says. "They learn responsibility and gain maturity from being out on their own in a new culture. These trips are once in a lifetime opportunities."

Forte had always wanted to travel growing up. After his soccer career at Virginia Tech, he was asked to chaperone a trip to Europe with a local soccer team. When he returned from the trip, he decided to become a coach.

Forte, who has been coaching soccer for 15 years, has led several trips in Sweden, Denmark, Italy, Germany and the Netherlands, where his teams have competed against players in professional European youth academies.

"Being able to compete against such a high level of teams helps our kids grow as players," he says. "They get to see the level they want to achieve, and it gives them something more to strive for."

One out of every 16 soccer players in European countries, like Italy and Germany, will play professionally, compared to the one in every million players in the U.S. that make it to the big leagues, Forte says. Playing against such steep competition helps the kids improve rapidly.

But the trips are more than just to polish the kids' soccer skills. The experiences help the teens grow and develop into the adults they will become.

"Foreign travel exposes young people to culture, language and traditions that they have never experienced."

MIKE LAUFFENBURGER

"Foreign travel exposes young people to culture, language and traditions that they have never experienced," David's dad, Mike Lauffenburger, says. "This exposure may shape their outlook on the world around them and give them a global perspective on current events."

Broadening their horizons was exactly why Anne Slowey encouraged her two sons to play soccer tournaments abroad.

Born and raised in Ireland, Slowey had always made getting out to see the world with her family a priority. They return to the U.K. each year and visit countries around Europe.

So when her 12-year-old son, Oisín, had the opportunity to play soccer in the Mediterranean International Cup in Spain, Slowey leapt at the chance to expose her family to yet another country and culture.

The annual tournament, held at Costa Brava every Easter, attracts youth teams from all over the world — Germany, Australia, Ireland, France, you name it — providing endless opportunities to experience different cultures.

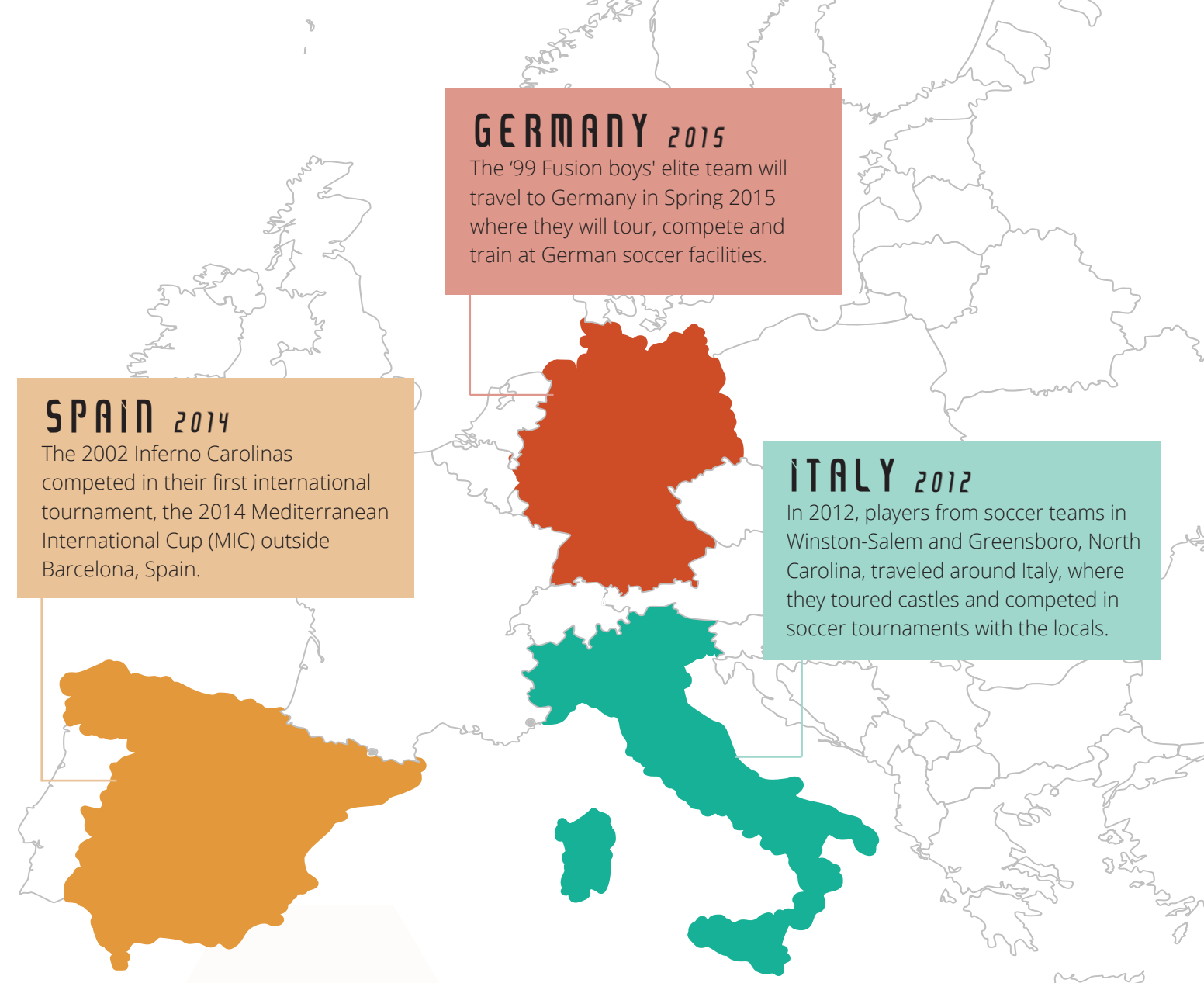
For Slowey, it was the game against Russia that stood out most clearly in her mind.

Despite being down 2-0 at the half, Oisín's team, the Carolinas, were determined to fight until the bitter end. They hadn't come 4,000 miles to lose.

"The Russian supporters were very loud, and when they got a goal, went crazy," Slowey says. "We came out on fire in the second half and won 4-2. It wasn't long before the Russians became quiet and the Carolinas got rowdy."

Although they may not have placed first in the tournament, it soon became apparent that the trip was so much more than just winning a few games. It was about the adventure.

From eating breakfast at the hotel with teams from across the world to accidentally ordering \$50 worth of tapas for one hungry, little 12-year-old — oops! — the trip was nothing short of exciting.



GERMANY 2015

The '99 Fusion boys' elite team will travel to Germany in Spring 2015 where they will tour, compete and train at German soccer facilities.

SPAIN 2014

The 2002 Inferno Carolinas competed in their first international tournament, the 2014 Mediterranean International Cup (MIC) outside Barcelona, Spain.

ITALY 2012

In 2012, players from soccer teams in Winston-Salem and Greensboro, North Carolina, traveled around Italy, where they toured castles and competed in soccer tournaments with the locals.

The team traveled to Barcelona and was enthralled by the intoxicating ambience of the city: the people and their trendy clothes, the funky architecture of the Sagrada Familia outside their apartments, the mouth-watering food... and, of course, the fact that soccer in Spain is as essential as oxygen.

Soccer and travel. To a group of young boys, nothing could be better. No soccer fields in sight? No problem. They brought their soccer ball with them everywhere, content to play on the narrow streets and back alleys.

"I think Oisín learned that the world is so different," Slowey says. "Speaking a foreign language, getting lost in big cities, how old Europe is, different money and, of course, the love other countries have for soccer."

In April, her other son Ben, 14, will get a chance to experience this all for

himself when he travels to Germany with a dozen of his teammates on the '99 Fusion Elite team in a no-parents-allowed extravaganza.

The 8-day trip, led by NC Fusion coaches, will include guided tours of German cities: Munich, Stuttgart and Tübingen. The kids will compete in several matches against local teams, train in professional facilities and attend professional games.

NC Fusion, a competitive soccer club in Greensboro, North Carolina, organizes European trips for some of the younger teens nearly every year.

For Ryan Drabble, 14, this is something he has been waiting his entire life for.

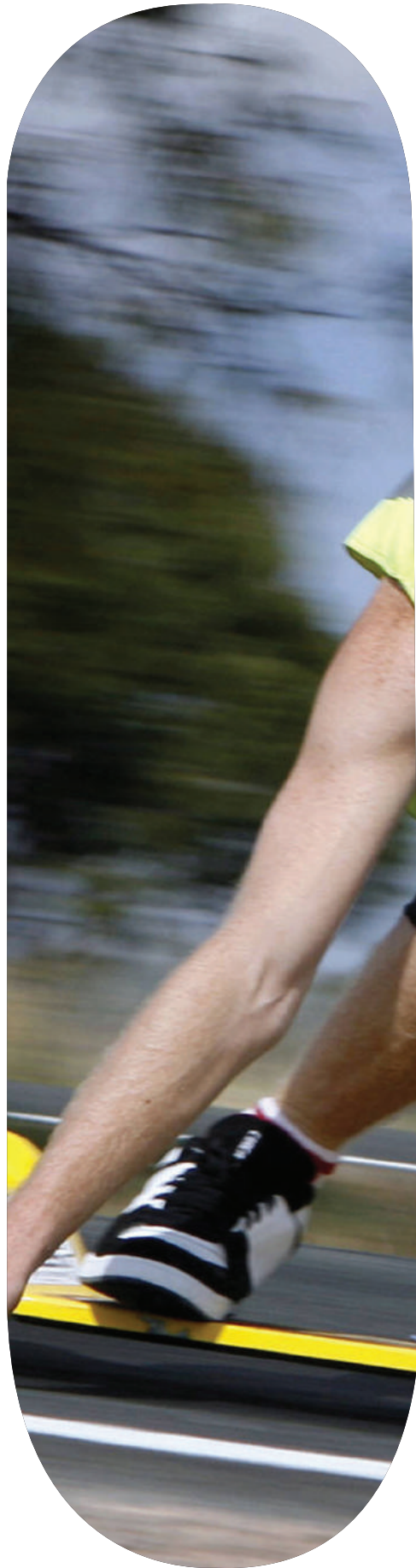
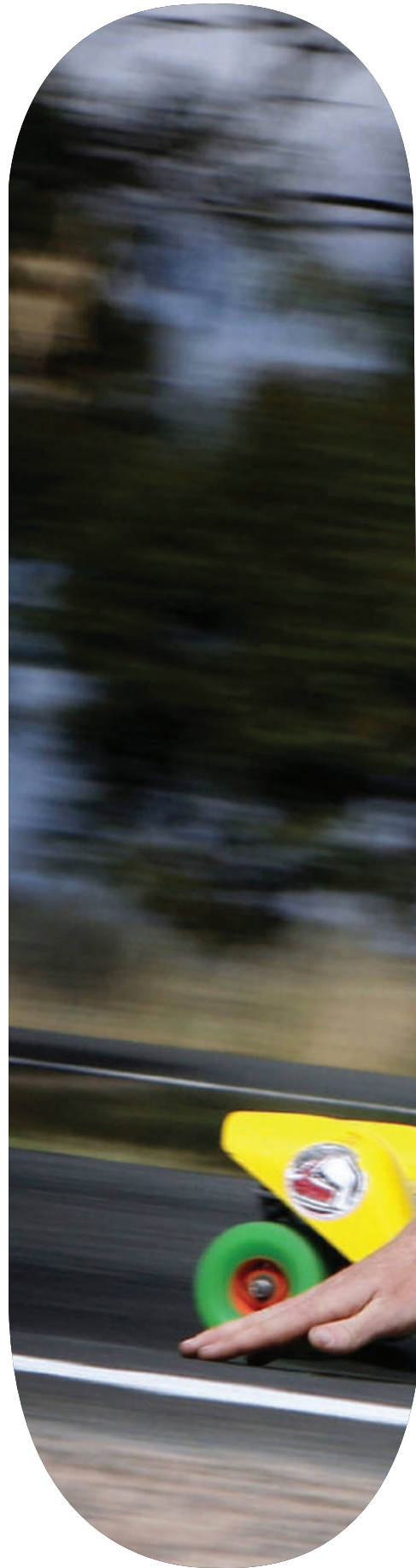
Although he was born in Canada, Ryan has never been out of North America. When he found out about the trip to Germany a year ago, he began campaigning his parents and fervently

teaching himself how to speak German.

"Soccer is big in Germany, especially since they just won the World Cup, so the teams there will be tough to beat," says Ryan, who watched nearly every game of the 2014 World Cup. "The teams will be well-trained, and I think it'll be a lot of fun."

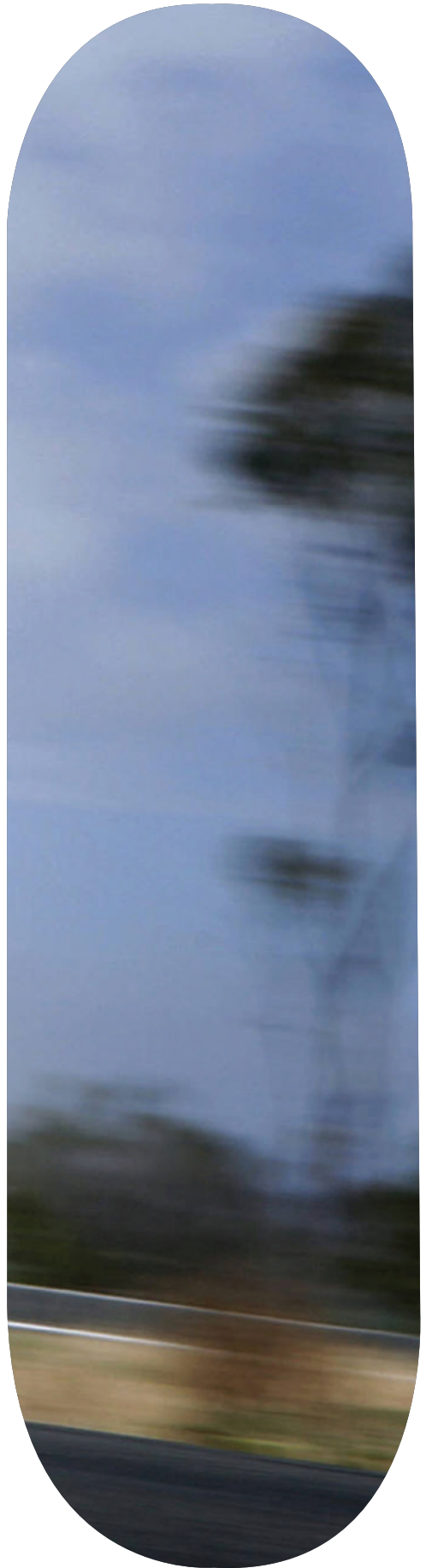
His Fusion Elite team has traveled all over the southeastern U.S. to compete, but he never thought their next stop would be Germany.

"Since I've been playing for about 11 years now, I thought it would be a really cool opportunity to go and play overseas," he says. "Also, I've always wanted to go to Europe, so what better time than now?" ▲



TREKKING
 THE WORLD
 ONE PUSH
 AT A TIME

MARCELA GUIMARAES // STAFF WRITER



Long-distance skaters drift with a purpose

When Dave Cornthwaite found himself on his 25th birthday living a life he didn't want to live, he didn't simply change his career path or pick up a new hobby. Instead he picked up a longboard and embarked on what would lead him to a world record-breaking journey across Australia.

"I was making really bad choices," Cornthwaite, an ex-graphic designer and now full-time adventurer, says. "I was literally doing something I hated for money, which now I realize most people do."

To break out of his unhappy nine-to-five life, he decided to embark on a snowboarding journey. Only problem: He lived in a town with no snow. So Cornthwaite bought himself a longboard to improve his snowboarding skills.

"I never skated before, and I kind of just fell in love with it over the course of the first two weeks," he says.

A mere 14 days after stepping on his longboard for the first time, Cornthwaite quit his job and set a new goal for himself: "[I] made myself a promise that I was going to do something that I'd never done before," he says. "And that was to skate farther than anyone else has ever skated."

To test his abilities, Cornthwaite skated

I knew from the very beginning that if I could skate 10 meters I could skate 4,000 miles.

DAVE CORNTHWAITE

across Great Britain from John O'Groats to Lands End in June 2006 in preparation for his dream expedition across Australia. The journey took him 34 days and covered 896 miles, only about a quarter of what he would ultimately skate in Australia.

"The UK trip was a way to prepare

myself physically," he says. "And also that psychological strength that you need to accomplish a journey like this, so that was all preparatory."

Cornthwaite became the first person to ever skate the length of Britain. But Cornthwaite wanted a bigger challenge, so two months later, he headed to Perth, Australia, to embark on his 3,618-mile impossible journey across the continent.

The unprecedented journey was far from easy, and Cornthwaite endured several challenges along the way — everything from local wildlife to dangerous traffic to blazing hot temperatures.

"My body never really had to deal with anything like it before," he says. "After about 2,000 miles, my body really started to break down. My immune system wasn't quite as strong. It's pretty impossible to introduce as much nutrition into your body that it's using up during an endurance trip like this."

Cornthwaite says he started developing blisters and ulcers and, ultimately, he had to listen to his body and skate for shorter periods and sleep a bit more.

January 22, 2007, was a momentous day for Cornthwaite. It was the day his 156-day journey across Australia came to an end in Brisbane.

"I kind of knew from the very beginning that if I could skate 10 meters I could skate 4,000 miles but there's so much that can happen ... that can stop you from reaching the goal," he says. "But just being able to persevere in the course of five months and finally cross that finish line was a brilliant feeling."

The Guinness World Records recognized the expedition at the time for the longest distance traveled by longboard. The record has since been broken by New Zealander Rob Thomson, who skated 7,555 miles across Europe, North America and China.

A NEW START

The world-record breaking journey inspired Cornthwaite to chase a new passion in life.

"It set me on a brand new path for a different life, a different career, a different lifestyle, a different mentality," he says.

Cornthwaite was offered a book deal and eventually published "BoardFree," a book on his longboarding journeys.

"[I] realized that adventure was really the path I wanted to take," he says. "Although it's not really something you can study at university or school. It's not something your career advisor says, 'go and be an adventurer.'"

With a thirst for adventure and a desire

to push his limits, Cornthwaite developed Expedition1000, a career project in which Cornthwaite intends to take 25 separate journeys of 1,000 miles or more, each using a different mode of nonmotorized transportation.

"You experience life in so many different forms of colors while you're on an expedition," he says. "When I finished and came home to a place that was familiar, it just seemed very gray. The world didn't seem as exciting as it had been before. So I wanted to give myself a long-term project."

So far, Cornthwaite has completed 11 journeys, including tandem biking from Vancouver to Vegas, standup paddle boarding across the Mississippi River and ice trekking across Western Europe. Cornthwaite says with 14 more journeys to go, he wants to try horseback riding, paragliding, unicycling, kite surfing and windsurfing.

While trekking a minimum of 1,000 miles may seem taxing to some, Cornthwaite pushes himself with his motto: Say yes more.

"It's really important that we all listen to ourselves and exactly what our gut's telling us," he says. "It's so easy to very quickly end up living a life that we don't want to be living and doing a job that we don't really feel passionate about. This key to really understanding yourself is just to do lots of new things and take on different opportunities."

Cornthwaite encourages people to step outside their comfort zones and think about their next great adventure.

"It doesn't have to be over the course of five months, it could just be a couple of

weeks," he says. "But go outside, camp in the open air, just realize how beautiful life is without having to stare at a screen all day."

SKATING JAPAN FOR A GOOD CAUSE

Cornthwaite's record-breaking expedition didn't only leave a mark in the books. His journey also helped raise more than \$30,000 for three charities in the UK and Australia.

Charitable distance skating is a fairly new phenomenon, in which an individual or a group of people takes on a long distance journey on a longboard or skateboard with an associated fundraising effort. The most recent and notable effort was made by New Zealander Jack Courtenay, who skated nearly 1,000 miles across Japan in 2013 to raise money for orphans affected by the 2011 Tohoku earthquake and tsunami.

Like Cornthwaite, Courtenay was working several dead-end jobs and had a thirst for adventure and a desire to see the world.

Having never been to Japan, Courtenay wanted to experience the side of Japan that tourists don't usually see.

"I wanted to come to Japan and go way out into the countryside and meet real Japanese people, and at the same time I wanted to test the strength of myself, mentally and physically," he says.

Courtenay says he didn't have much experience with long distance skateboarding and to him, this journey was very much a challenge.

"Everyday was a challenge," he says. "You skate between eight to 12 hours a day, you pitch a tent on the side of the road anywhere you can find, and then you get up

CRUISING FOR CHARITY

2006

Push for the Cure raises \$80,000 for the Canadian Breast Cancer Foundation by skating across Canada

2007

Nat Halliday skates across New Zealand and raises \$2,680 for the Lowe Syndrome Trust

2008

Ben Stiff skates across Great Britain to raise money for stroke awareness

2010

SkateAcrossUSA completes a journey across the country to raise money for at-risk youth

2013

Jack Courtenay raises \$1,000 for victims of the 2011 earthquake and tsunami

2006-07

Cornthwaite raises more than \$30,000 for charity in his skate across Australia

2007

Sam Benson skates from England to Spain to raise money for various charities

2009-10

Long Treks on Skate Decks skates across South America and Morocco

2010

Skate for Hope completes a journey around Singapore for breast cancer charities



Photos courtesy of Marcelo Gervasio Silva

Left: Nicknamed the “Destructor,” Portuguese for “Destroyer,” Silva’s board traveled 1.4 miles in 42 days from Formosa, Goiás to Copacabana, Rio de Janeiro in Brazil.

Right: Silva shows his friend Dudu Skate his bearings at the Galeria River in Copacabana, Rio de Janeiro.

and do the same thing every single day.” Courtenay says the hardest part of his trip was getting started every day.

“Your feet would just be like completely sore, your legs would be sore, and your back is aching,” he says. “But once you get into that zone, it’s like a runner’s high, then it’s just all smooth sailing.”

While the wildlife in Australia posed some difficulties for Cornthwaite, Courtenay says in Japan, they were one of the best parts of his trip.

As he glided through the Japanese countryside, he encountered herds of deer, snakes and dragonflies, and praying mantises as big as his hand.

But what made his 975-mile journey special was the local people he met along the way.

Because of Courtenay’s eastern coastline route, he knew he would meet people directly affected by the tsunami.

“I figured after my trip — since I would have seen the whole coast — I’d seen all the damage and I’d meet people who were affected by it,” he says. “I knew I wanted to help in some sort of way because it would have affected me after.”

Courtenay raised \$1,000 for GlobalGiving after his 33-day journey to help orphans in Japan rebuild their lives.

For Courtenay, his Japan expedition was a revelation of what he was capable of.

“After this trip, I saw how strong I was physically and mentally, but I look back at it now and I’m just like ‘Oh, how did I manage to do that? No idea how I did that,’” he says. “But I still feel like I could push myself more and more after this trip.”

Courtenay says his Japan expedition was just the beginning and intends on continuing to do long distance longboarding journeys around the world.

Once you get into that zone, it’s like a runner’s high, then it’s just all smooth sailing.

JACK COURTENAY

TREKKING IN MEMORY

While Courtenay trekked across Japan for a good cause, Marcelo Gervasio Silva was on the other side of the world attempting a similar feat. In 2010, the Brazilian native set off to longboard across Brazil and southern South America in memory of his father.

Before his father passed away, the 53-year-old adventurer initially planned to do the trip by bike. But while assembling his bike, Silva cut his hand pretty badly and realized he needed another mode of transportation. It was then that Silva decided to hop on a longboard and set off on his journey.

Silva’s first long-distance journey was traveling within Rio de Janeiro, Brazil, skating 27 miles in five hours.

“A friend saw me in Sao Crisovao neighborhood, which is a 22 km (14 miles) distance from Copacabana, and told me, ‘If you came from Copacabana to here, one day you will go around the world by skate,’” Silva says.

Silva’s journey across South America is the longest skateboarding journey to date, yet isn’t recognized by the Guinness World Records. Starting in French Guiana, Silva

trekked 9,959 miles in 363 days, ending in Punta del Diablo, Uruguay.

Silva continues to travel and is attempting to travel the world by longboard. But Silva isn’t concerned with recognition or money. For him the trip is more personal.

“I do the trip around the world to honor my father who died,” Silva says. “I don’t do it for money, neither for sponsorship. I have money.”

Silva was nicknamed the “green pedal” growing up because his bike pedals were always filled with dirt and grass. Even as a kid, he had a craving for adventure. At 6 years old, Silva says he climbed his first mountain, at 1,300 feet, completely alone.

“I saw the cardinals (points) and learned about the continents with my compass, a gift from my dad,” he says. “That developed my sense of geographical direction and to this day, I have never used a GPS.”

LONGBOARDING ACROSS THE WORLD

Silva’s day on the road starts at around 3 or 4 in the morning. He gets a bite to eat, then hits the road.

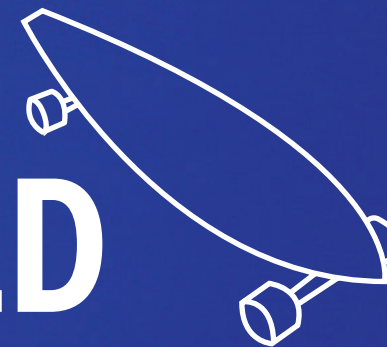
“What I like most is being on the road,” Silva says. “I love skating, stopping by rivers, photographing all the road signs and being happy. Because I don’t have a boss and I’m not accountable for anything, I can be the commander of my own ship.”

But skating across the world is no easy task.

“You need five skates, one for every continent, physical conditioning for four months, airplane tickets to cross the ocean or a country at war, a Western Union account to receive anything of value and one or two people on the Internet you trust in case of an emergency,” he says.

Safety is also always a concern on the road. Silva says he often encounters thieves

SKATING THE WORLD



DAVE CORNTHWAITE



MARCELO GERVASIO SILVA

TOTAL DISTANCE TRAVELED: 19,898 MILES

Routes traveled Routes planned



JACK COURTENAY



Halfway through his world-record-breaking journey, Dave Cornthwaite crosses the desert of Nullarbor Plain in Southern Australia.



on the road waiting to steal merchandise and has also been run over and hunted numerous times. But skating itself is probably the most dangerous aspect of his journey.

"We can all die in a blink of an eye," Silva says. "Five times I saw death come close. My skate has secrets that I don't reveal but allow me to travel with more safety. But the things I do, I could easily die."

For Silva, the danger is just a risk he has to take to see the world. "Since I cover around 184 km (114 miles) in one day, I see a little of everything," Silva says. Riding at such high speeds even earned him the name "The man with the flying board" in Argentina, Uruguay and Chile.

At 53 years old, Silva says he feels like 27, and he owes it all to sports and adventuring. Now as he travels around the world, Silva promotes his healthy lifestyle and is an activist for getting kids off the streets and into a life-affirming physical activity.

"I believe all athletes should send a positive message to children," Silva says.

Silva says he wants to see skateboarding promoted as a healthy pastime for kids and is even developing a sports medicine project with the best physicians in Brazil.

Born into a family of doctors and engineers, Silva says he always felt like the black sheep. He loves helping the kids, but he knew medicine itself wasn't his calling.

"[I was] the one that didn't want to study and preferred to skydive, climb, bike, run in marathons and travel around the world," Silva says. "Now, when I see my family I say: 'I know about 17,000 doctors, another 12,000 engineers, but only one person who has ever skated around the world!'" ▲

*Photos on pages 36, 41 and 42
courtesy of Holly Allen*

Triumphantly crossing the finish line at Land's End, Dave Cornthwaite brings his journey across Britain to an end in Cornwall.



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ENERGY CRUSH

by MALIA BROWN



Energy drinks are becoming a controversial topic as physicians and consumers raise safety concerns about the impact they may have on the human body over time.

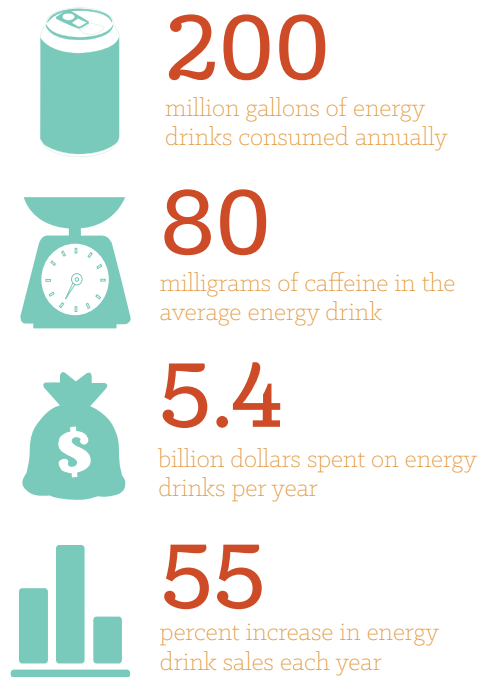
It's game day. Your heart is racing. Your nerves are shaking. Your mind is being bombarded with thoughts of winning, not letting your team down and exceeding your own personal expectations. The pressure is on! You have been preparing yourself physically and mentally for months, and your team is looking to you to bring home the victory. Under pressure, and in search of anything that will grant you a little extra stamina or endurance, you take an energy drink that promises to make you feel more alert, give you an energy thrust and take effect quickly. As the mixture of caffeine and high levels of other vitamins penetrate your system, you begin to "feel" re-energized and ready to dominate the event. But is the burst of power that you are experiencing real? Is the energy drink helping to improve your physical condition during an event, or is it threatening your health?

Energy drinks, shots and gels are becoming a controversial topic in the fitness world, as physicians and consumers question their performance effects and raise safety concerns about the impact that they can potentially have on the human body over time. Promising to deliver in speed and endurance, these energy supplements have become the go-to source for young collegiate athletes who are looking to maintain a steady balance of power and enhance their performance. They're also popular with some athletes who compete in games and races even after college.

So, what is the secret behind these over-the-counter revolutions that are helping consumers stay energized in their daily lives?

Energy supplements, better known in the medical world as ergogenic aids, have been used for hundreds of years in one form or another to help athletes maximize their energy. Coming on the scene in the mid- 1990s, energy drinks and other popular energy supplements have invaded the market, growing in popularity among younger demographics. An energy drink is a liquid that can be ingested that contains various levels of caffeine and other ingredients such as taurine, guarana, high levels of glucose, herbs and B vitamins. All of these ingredients help to increase energy, but there is no required level for each element. This freedom allows manufacturers to have complete control in the effects that the product may have on consumers.

In 2008, doctors and scientists signed a petition to persuade the Food and Drug Administration (FDA) to require manufacturers to place a label on their product with the stimulant amount, just as they would with soft drinks. But, the petition was denied, making energy drinks not subject to the same guidelines as sodas and other legal



stimulants on the market. With levels not being clearly stated on the bottle, there is an increase in safety concerns because there is no way to tell how many stimulants a person is taking in a given serving. Those high levels of stimulants can harm the consumer.

Every once in a while, it is OK to have an enhanced energy supplement to help increase your endurance or give you a boost of energy for an event, but when you begin to make these supplements a part of your daily routine, that becomes a problem.

"When you hear about people getting sick or dying from energy drinks, it is either because they don't have the tolerance for the amount of caffeine that they are consuming, or because they can't handle the high levels of glucose that cause their hearts to go crazy," says North Carolina State University's head athletic nutritionist, Kate Kirby. Energy drinks are very much under-studied, and the effects of taking them vary from person to person, but what seems to be consistent across the board is the health risks associated with the high levels of caffeine in the drinks.

"Emergency rooms are having more and more admissions because athletes have overindulged in using these energy supplements, drinks and shots," says a registered dietician and sports nutritionist, Tracy Owens.

According to The Associated Press, large amounts of caffeine in the body elicit heart palpitations, seizures, strokes and even sudden death. There have been numerous reports in

the media about teenagers overdosing on energy supplements. Two of the most familiar are Dakota Sailor and Lanna Hamann.

Dakota Sailor was an 18-year-old high school football player from Carl Junction, Mo., who had a seizure and was hospitalized for five days after consuming two large Nos energy drinks. Lanna Hamann, a softball player from Arizona, was on vacation with family and friends in Mexico when she went into cardiac arrest and later died after consuming large amounts of energy drinks throughout the day. The various ingredients included in energy drinks have the potential to create a toxic environment in the body, and increase your chance of damaging your health.

“What we get into with energy drinks is, not only does it have caffeine, but it might have other stimulants in there,” Owens says. “So, now you are looking at products that have multiple stimulants in them, and each one has an effect on the central nervous system... and, there can be a rapid heart rate, high blood pressure and toxicities.” There is little evidence to support the widespread belief that energy drinks and supplements in the same category are the immediate answer to improve performance in sporting events. An article published in *The New York Times* reports that a study of collegiate runners found that after taking a sugar-free version of Red Bull, which had large amounts of caffeine, runners did not improve in their run-to-exhaustion times, and there were also problems with dehydration, nausea and diarrhea. There was no improvement in performance times because the athletes were so accustomed to taking the substance that their bodies had become used to the stimulating effects. This cumulative effect causes problems among athletes because in many cases they begin to increase their intake to reach that initial “feeling” of energy burst, and that causes major health risks.

So, why are energy drinks popular among teenagers and collegiate athletes? “I think partly, it is the way of our society,” Kirby says. “We want results and we want them now. We aren’t used to waiting on things, and the media sends out mixed messages to athletes who may or may not be educated or understand that they may



According to *The Associated Press*, large amounts of caffeine in the body elicit heart palpitations, seizures, strokes and even sudden death. There have been numerous reports in the media about teenagers overdosing on energy supplements.

not necessarily be the best long-term plan.”

The market for energy drinks in 2006 was \$5.4 billion, and that number continues to grow by 55 percent each year. Through commercials and advertising in various print publications, companies market their products to teens and young adults, particularly young men.

Companies such as Red Bull, Monster and Rockstar appeal to younger crowds by selling them a lifestyle through advertising. Most of the ads are alluring and promote the idea of quick energy, which gives way to an enhancement of skills. Most collegiate athletes don’t have the time or the budget to prepare meals that might or might not improve their performance because of their heavy training and practice schedules. When it comes to energy, they need it immediately because their performance depends on it. Energy drinks and similar supplements appeal to the athletic lifestyle. That’s why the demand for them continues to increase.

THE BETTER ALTERNATIVE

There is an alternative source to maintaining and gaining energy that, over time, actually has great benefits for your physical and mental health: Food! Carbohydrates, fats and proteins are a great source of energy that work with the body’s natural processes to improve athletic performance. Eating sounds like such a clichéd solution to improve energy, but it actually works!

Carbohydrates are broken down into usable sugars that are absorbed into the bloodstream and provide four calories of energy per gram. Fats are a major source of stored energy that is held in the body on reserve, and they also aid in energy for the heart.

Proteins are a longer-lasting form of energy that is used when energy can’t be extracted from carbohydrates. “Without vitamins and minerals that come from a variety of foods, especially fruits and vegetables, our

body doesn’t metabolize as efficiently as it can,” Kirby says. “It helps performance, it helps recovery, and it recycles energy for better recovery.”

Although food sounds like a pretty solid natural alternative for gaining energy, it isn’t a fan favorite among athletes. “Athletes don’t initially turn to the more natural supplements because it doesn’t come with the glamour,” Owens says. “But, what athletes need to understand is where true energy comes from. True energy for every single cell in your body comes from food and nutrition when it is broken down.”

The whole idea of eating almonds, or making a peanut butter and jelly sandwich to gain energy before a race isn’t as appealing as sipping on a cool energy drink because food has a longer reaction time than the energy drink, and eating wisely is a process that you have to remain consistent with in order to see continuous desired results. Owens recommends that you eat every three to four hours to maintain energy and remain alert throughout the day.

“A lot of the time, athletes get really busy... and they forget to eat,” Owens says. “That is how they show up to practice feeling wiped out, worn out and exhausted. Food is the source of true energy.”

In a society where we want everything from our food to our energy fast, we sometimes sacrifice our health for a temporary solution. Energy drinks are satisfactory in providing you with a boost of energy if you use them sparingly, but if you abuse them, there can be some substantial consequences to your health. Not all energy supplements are bad for you. Alternatives such as gels and goos have the proper amount of caffeine and stimulants that may increase performance for up to 30 or 60 minutes and not deplete your natural resources. The only problem with these alternatives is that they are only temporary. Food is the ultimate source for long-term energy, and over time eating right will help to improve your performance. ▲

NATURAL IS THE WAY TO GO

Here are some natural alternatives to help you maintain energy.

KALE

High levels of vitamins A, K, B6, calcium and iron. It helps regulate the body’s inflammatory process and has powerful antioxidants that protect the cells from oxidative stress.



BANANAS

Have potassium and B6 vitamins that aid in maintaining low blood sugar, regulate digestion and restock your body with lost electrolytes after any physical activity.



WALNUTS

A great energizing snack when you are on the go, and they contain omega-3 fatty acids that promote bone health.



MILK
A substantial amount of carbohydrates and protein, which assist in recovery and endurance for athletes.



WILD SALMON
A great source of protein, and it improves cardiovascular health.



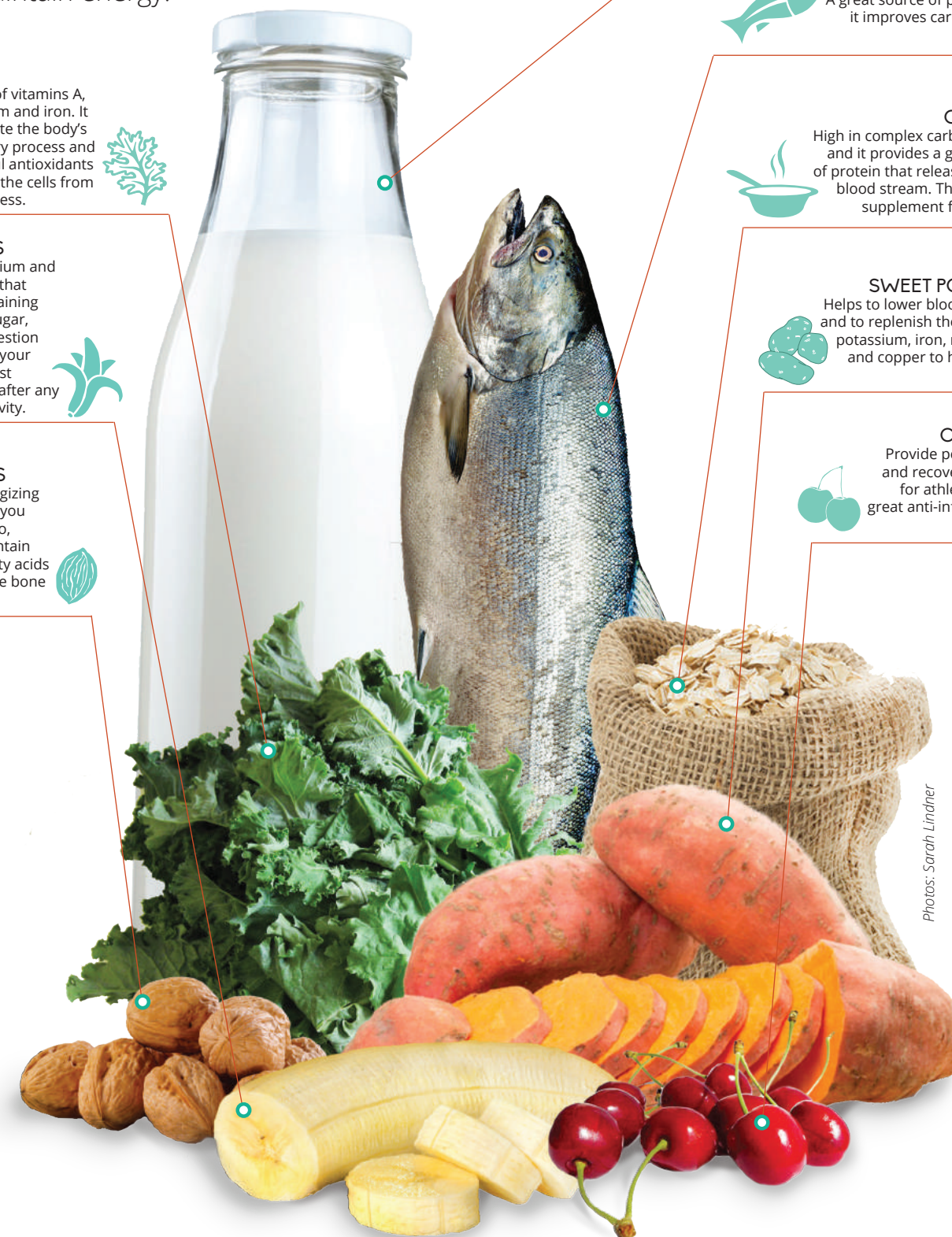
OATMEAL
High in complex carbohydrates, and it provides a good source of protein that releases into the blood stream. This is a great supplement for runners.



SWEET POTATOES
Helps to lower blood pressure and to replenish the body with potassium, iron, manganese and copper to help muscle function.

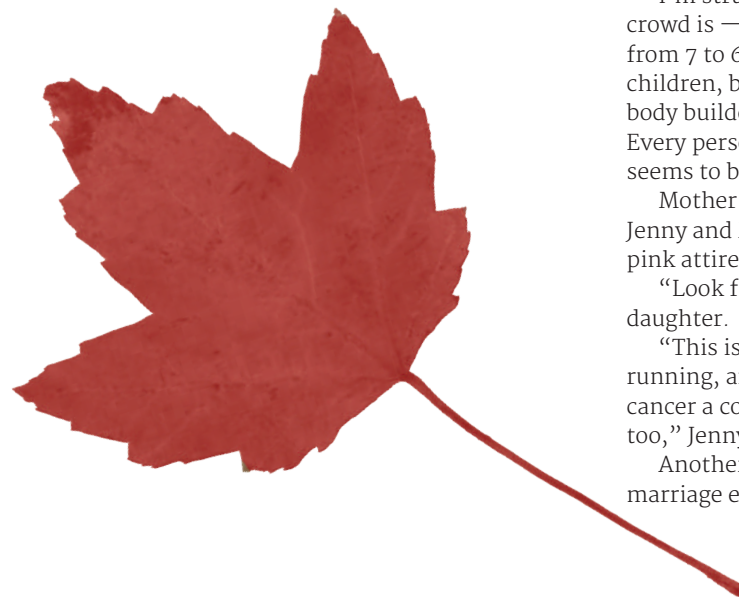


CHERRIES
Provide performance and recovery benefits for athletes. Also, a great anti-inflammatory agent.



Photos: Sarah Lindner

beer
charlotte, nc
finish line
428 racing participants
october 11, 2014
live music
oyster roast
bouldering competition
dynamite
12-foot boulder
dirty dozen
obstacle trail race
strength, courage and motivation
river jam concert
active lifestyle



FALL FINALE

How Charlotte, N.C.'s Olympic Whitewater Center brings together the happiest hardcore athletes around

EMILY BYRD // STAFF WRITER

It's 9:21 a.m., and I'm sipping a beer as I watch the first sweat-drenched racer approach the finish line. Sometimes, this is what being a reporter on the job looks like.

When I arrived an hour earlier for the U.S. National Whitewater Center's Fall Finale event, the parking lot was already full.

The fifth-annual Fall Finale is an all-day affair on Oct. 11 celebrating the culmination of the Center's River Jam Concert Series, which was created to let athletes and amateurs play, relax, and learn while trying out new sports and sampling local fare.

Basically, it's a way to pile on extra fun (and sweat) to the already huge scope of activities that the Center has to offer to the public every day.

The Finale kicks off with the Dirty Dozen Obstacle Trail Race, followed by live music and an oyster roast, and finishes off with the Dynamite Bouldering Competition.

The parking lot is crammed with people stretching themselves into indistinguishable shapes to limber up for the obstacles ahead.

I'm struck by how diverse the crowd is — competitors range from 7 to 60 years old. There are children, badass grandmothers, body builders and college kids. Every person's motivation seems to be different, too.

Mother and daughter team Jenny and Mackenzie Moor pose for a photo in their all-pink attire.

"Look fierce, this is for grandma!" Jenny says to her daughter.

"This is Mackenzie's first race. I've always been into running, and when her grandmother died from breast cancer a couple of months ago, she decided she could be too," Jenny said.

Another family is sporting rainbow armbands. "For marriage equality, finally!" they say as they jog to the

starting line. North Carolina's ban on gay marriage had been struck down just the day before.

Race director Adam Bratton is pivoting back and forth, giving directions to Center staff and trying to make sure everyone is in order for the Dirty Dozen Race. He looks pleased to be so busy.

"We're always looking for more ways to get people out here and to introduce them to a healthier, more active life," he said. "It's exciting when you hear that it's someone's first race and we had a part in getting them out here."

The Dirty Dozen race is a 5k or 12k trail race with a baker's dozen worth of obstacles.

"If you don't complete an obstacle, you've got to do 25 burpees," Bratton says.

"My friend Mike here can demonstrate."

Mike obliges.

"Mike, I think a few people were unclear, how about a few more?" Bratton jokes. "Now hurry back, the beer's getting nice and cold for ya!"

The racers are off, and the 428 participants leave me behind.

There are only two people left next to me. One is a woman in a cast, and the other is a toddler. I scramble to justify my inactivity. A journalist can't get too close to her story; it might bias the report, right?

I remind myself that journalistic ethics are at stake as I take a free sample of beer from the Charlotte-

based sponsor, NoDa brewing company.

Before I can settle in, the excitement starts again.

"That guy who always wins, I think we just saw him cross under the road!" a star-struck volunteer says.

Zack Capets, apparently a local celebrity at 24 years old, is the first to cross the finish line for the 5k with a time of 21 minutes, 49 seconds. In other words, he finished with a pace of 4 minutes, 22 seconds per kilometer.

"I had to get the cobwebs out of the way for them,"

"Everyone has a motivation, but here, fun is enough..."

ZACK CAPETS



U.S. National Whitewater Center on Facebook
Participants running in one of the many festival races



usnwc on Instagram
Bouldering and beer — a few of the Fall Finale favorites

Capets jokes.

After lying sprawled on the ground for a moment to catch his breath, he meanders over to the NoDa tent.

“This is part of what makes this place special,” he says, as a zip-liner jets past him in the background. “The sheer variety of things you can do here. It reminds me that running is fun. Everyone has a motivation, but here, fun is enough, and you really build a community with the other people who come here for races.”

The Center opened in November 2006 and features the world’s largest and most complex recirculating artificial whitewater river.

The river channels were designed by three-time Olympian Scott Shipley to mimic the Penrith Whitewater Stadium at the 2000 Sydney Olympics.

Luckily for non-Olympians, the Center has whitewater rafting, kayaking, canoeing, rock climbing, mountain biking, zip-lining, hiking and ropes courses for people of all levels.

Today, because it’s Fall Finale, the Center also has oyster dishes for people of all levels of bravery, ranging from classics, like buckets of fried oysters, to braver options, like raw oysters and oyster tacos.

It’s a nice reprieve before the competition begins in one of the most difficult sports the

“I’M GOING TO DIE. I’ve never done anything like this, and I just wanted to see if I could. I guess I can, but it wasn’t easy. If I would’ve seen you drinking a beer while I was falling over that last obstacle, I probably would’ve flipped you the bird.”

SARAH WEBB

“It’s great because we’ve grown up super competitive, but here we finished holding hands. Everyone’s just here because they want to be in a fun, supportive environment with cool people.”

KELLY LARSON

Center has to offer: bouldering.

Former intern Kat Manasa created the Dynamite Bouldering Competition in 2013.

“It’s funny, because I’m not much of a bouldering fan myself,” Manasa says. “I definitely want to be strapped in! But the sport really does draw in a cool crowd.”

Bouldering is the name for a type of climbing done without any ropes or harnesses, and this hardcore competition was named for a mountain climbing move called a dyno, where climbers have to leap between holds that are too far to reach otherwise.

Needless to say, there were no 7-year-olds in this free-climbing competition, and I felt a little less guilty for sitting it out.

The 12-foot boulder where the competition takes place is surrounded by recycled tire rubber, which is meant to cushion the blow of an inevitable fall.

Even though the cushioned ground was well-utilized during the event, Manasa says she is always impressed with the climbers.

“People are much more careful when they know there aren’t any ropes to catch them!” Manasa says. “It’s a competition for a bunch of skill levels, but I was amazed by how well everyone did, and there haven’t been any major spills so far!”

The competition spans three hours, during which time the climbers accumulated points by completing routes of various difficulty.

Though the sport is intense, this competition is open to any citizen climbers, allowing for a more laid-back vibe.

As the climbers work through their routes, the sounds of local bands and rushing whitewater usher in the evening.

Overwhelmed by the number of interesting things to see and do, I settle for another beer as Bratton sums up the day:

“This is what it’s all about for us. We want people to use the Center in a thousand different ways. We wove all the competitions into the whole festival—with the bands and the craft beer and the oysters—to encourage more people to watch and hopefully expose them to a new way to be active.”

I’m sure I had failed to impress Bratton with my level of activity during this year’s Fall Finale, but I had certainly been impressed by all of the Center’s activities. And I’m sure it wasn’t just beer goggles. ▲

ALL ABOUT USNWC

The U.S. National Whitewater Center is open 365 days a year from sunrise to sunset. Availability of activities depends on the cooperation of the weather.

Completed in 2006, the Center spans 500 acres of land next to North Carolina’s Catawba River. Designers of this nonprofit center one-upped the Catawba by creating the largest artificial whitewater river in the world, which holds 12 million gallons of water.

While the Center is used as a training facility for Olympic rafters, it’s also open to the public for a variety of activities. An AllSports Pass, which is the most popular day pass, allows access to all water and land activities for \$54 a person.

WATER ACTIVITIES

Not an Olympian but still want to see what all the fuss is about?

The Center offers guided whitewater trips that can put participants through some intense Class IV rapids, or let them paddle along at Class II.

Vistors can also try out whitewater kayaking, stand-up paddle boarding or slalom on a training course.

A cautionary word: Don’t expect to stay dry, or to even stay in your boat.

LAND ACTIVITIES

Get a guide to teach you the ropes of rock climbing, or try out the 30-foot wall all by yourself. When you reach the top, enjoy the people-watching as rafters bounce through the rapids below.

High ropes courses and a massive zip-line provide another option for those who wish to seek the heights. Just make sure a guide checks your buckle.

Prefer to stay on the ground? The Center has over 20 miles of trails that are shared by hikers, runners and mountain bikers.



Creative Commons at MorgueFile.com

What is an outdoor activity without a little dirt and grime?



KEEPING UP WITH KAREN
LUCERO SIFUENTES // STAFF WRITER

A world-renowned triathlete, who would put to shame anyone half her age, Karen is someone who never takes “no” for an answer.

Nothing has been able to stop Karen Buxton. Not her brother’s death due to colon cancer. Not her diagnosis of breast cancer. Not her husband’s and mother’s diagnoses of cancer. Not her radiation therapy, and definitely not her pelvic bone fracture. Karen’s unbreakable force of positivity and perseverance has helped her overcome all of these obstacles with grace.

Karen, 52, not only has her own coaching business at coachbuxton.com, but she also competes as an elite endurance athlete, most recently qualifying and competing in the Ironman World Championships in Kona, Hawaii, a grueling trifecta of swimming, cycling and running.

As if being an elite athlete isn’t enough, Buxton is also one of fewer than 20 coaches in the country who are certified as Level III USA Triathlon coaches.

Karen, who has lived in Greensboro, N.C., for the past 21 years, coaches athletes all over

the country and world by sending them personalized training plans and advice from her home, all while being a mother, a wife, a daughter and a friend—and a damn good one according to those around her.

“My coaching is largely Internet based. I make my client’s training schedules based on their goals, strengths and weaknesses. They each have a personalized account, and they can log into the account and see their workout for the week. I am always a text, email, and phone-call away as well,” Karen says.

Her daughter, Elizabeth says she admires her mother’s ability to compete at such an elite level while still balancing a life full of other priorities.

“What makes her so different is the way she is able to connect with people from all over the country and world. She has not only a love for competing but a fascination for food, beer, wine, staying up late, talking, and movies,” Elizabeth, 23, says. “She is so much more than a competitor. She’s a free-spirit and is down and ready for anything.”

Elizabeth has grown up watching her mother compete, but she and her brother Marty have always been the main priority.

“I see some of her clients live for competition, but my mom has dedicated her life to making my brother and me happy. I have never felt second to my mom’s training and coaching. It took me a very long time to realize how amazing that is.”

Karen Buxton’s sport trajectory began in her home state of New Jersey at The Pennington School, which she attended

from seventh grade through 12th grade. Karen grew up in Harbourton, N.J., during a time when Title IX was coming into effect, and she didn't hesitate to incorporate herself into sports that were considered to be for males. Karen joined the high school men's soccer team and excelled, never giving importance to the fact that she was a female in a field of males. Not only that, but Karen soon became the first female to win the outstanding athlete award as a senior, as well as the first woman inducted into the school's athletic hall of fame.

"I was a bit of a tomboy. I was always playing sports, trying to keep up with the boys. Most of the guys knew me. I had to work a little bit harder, and some of the other teams were surprised to see a girl on the team, but I worked really hard, and after a while they accepted me and trusted me as a player," says Karen.

Karen continued playing sports in college, where she was on

the ski team at Johnston State College in Vermont.

After completing her studies in sports administration, Karen, who primarily did mid-sprinting distance sports, decided to start competing in endurance events, competing in duathlons, triathlons, and graduating to Ironman races.

"In high school I mostly ran to get in shape for other sports. After I finished college I decided to get back into shape, and I fell in love with triathlons," Karen says.

Karen still recalls her first Ironman in Panama City, Florida. During a 2.5-mile swim, 112-mile bike run, and 26.2-mile run, one is bound to have the urge to use the restroom. It's one of the unspoken challenges of endurance racing. When you have to go, you have to go.

During the biking portion of the race, Karen pulled her bike aside to use the restroom. As she put her hands on the ground for support, she felt an electric shock and looked down to realize she was amidst a mountain of fire ants. As she pulled up her bottoms, she felt the ants crawling around. She jumped on her bike hoping to avoid an epileptic shock. Luckily, she made it through the race with no major complications, just the minor discomfort of ants in her pants.

In other races, Karen forgoes restroom stops in order to save time in a race. Stopping to go to the restroom can be the difference between first and second place. When Karen qualified for the Iron Man World Championships by placing third in her age group at Iron Man Mount-Tremblant, it was by a mere 15 seconds. The going-on-the-fly method led her to triumph.

"I've had my fair share of embarrassing moments, but it's all part of the sport," Karen says.

As Karen began to advance in the endurance racing, travel naturally became a part of her competing. Karen turned every race into a mini family vacation, competing and then concentrating her time on immersing herself in the area and using it as a way to bond with her children.

Karen has traveled all over the United States and to Switzerland, Australia, Canada, Spain, Germany, Italy, Mexico, France and St. Croix in the U.S. Virgin Islands. Her favorite race to date is the 2004 World Championship race in Hawaii. She took the whole family on board and competed in the race, with her husband and children joining her at the last stretch and crossing the finish line hand-in-hand with her. It's Karen's most



Bottom: Karen supports her friends while wheelchair-bound because of a pelvic injury.
Right: She shares a beer with friends after completing a race.



beloved competition because she was able to share it with her family. After the race, her family stayed in Hawaii, embracing the culture, the clear blue water, the residents and one another.

Her first international race, in Guernica, Spain, is also one of her favorite competitions. It was her first world duathlon championship. Of course, the experience wasn't complete without family, so her husband came along for the ride. Karen stayed in Bilbao and trained on the hilly terrain there but made time for more leisurely activities, like bike tours with other members of the USA team, guided by local Spaniards.

The more one gets to know Karen Buxton, the more she seems to be the modern-day Superwoman, and she doesn't even know it. Karen's resume is endless. On top of her own athletic accomplishments she has led her daughter's field hockey team to state finals, coached swim teams, taught classes at local colleges, published a book, been on the board of USA Triathlon and fought cancer. Her list of accomplishments can go on and on.

One of her clients, Kathy Medford, says part of Karen's success in coaching is her vast experience competing. Medford is a physician's assistant who took up triathlons at age 60, and, with Karen's help, qualified to the World Championships, finishing ninth in her age group.

"I'm 60 years old, and years ago we didn't have the Internet and access to technique coaches of her caliber on a public level. I appreciated feeling like she has the same knowledge as Olympic coaches," says Medford. "She's a bucketful of advice. I felt confident with her that I would succeed."

Part of Karen's vast array of knowledge comes from her experiences. She's a fighter. She's had to fight her entire life. She's had to fight against sexism. She's had to fight against stereotypes. She's had to fight against pain. She's had to fight against cancer.

Karen has always excelled beyond all odds. Despite her cancer diagnosis, she continued training while she received radiation therapy, competing in a half Ironman shortly after her treatment was over.

"She was skinny and weak and the doctors didn't want her to race, but she did. She was determined. It was her fight against cancer," Elizabeth says.

It was not only a fight against her own battle with cancer, but her brother's, her mother's, and her

husband's battle. It was her way of proving that cancer didn't have to be debilitating.

After radiation, she had to slowly build back her strength and endurance only to be knocked on the floor again, this time from a bike pile-up accident during training that caused her pelvis to fracture, meaning she was confined to a wheelchair.

"I hate to say this, but I think my mom breaking her pelvis was worse than cancer because at least with cancer she could train, even if it was on a less-intense level," Elizabeth says. "She's a powerful athletic force and the wheelchair put a stop to it."

Despite Karen's active lifestyle and need for speed, she sang a more optimistic tune than her daughter. "I knew that I would be able to run again, so I just decided to give my body a break to fully recover. I just had to put my energy elsewhere. I was just grateful the injury hadn't been worse," she says.

In fact, Karen tried to find humor despite her misfortune.

"I remember my mom being in the hospital and sending me gross, bloody pictures of her injury along with funny faces. I was like, 'I don't want to see your bloody leg mom,' but she's just so goofy and positive that instead of sulking she sent me pictures from her hospital bed," Elizabeth says.

Karen spent her time with limited mobility cooking elaborate meals, drinking Guinness beer, reading Stephen King and spending time with family, friends and her two dogs and cat, her positivity never wavering.

As Karen's injury healed, she started slowly incorporating swimming into her daily routine, strengthening her muscles. When she first began running, Karen could barely run 20 minutes without stopping, a far cry from her miles and miles of training for endurance events.

Karen's client and friend Bill Bruffey recalls the period after Karen's injury being one of the few times he saw his coach lagging behind and struggling.

"There were a few times where Karen had to be picked up in group runs and you could see the pain in her face,"

KAREN'S TOP FIVE RACES

- 1. KONA, HAWAII** — "This is my favorite because of how difficult it is to qualify and how difficult the course is. It's 65 of the top female athletes in my age group in the world so everyone has to work really hard to get there. It's a beautiful place as well."
- 2. GUERNICA, SPAIN** — "This was my first World Duathlon Championship and my first international race. I stayed in Bilbao and trained on the hills and took a bike tour around the Basque region, learning the history." Karen went with Team USA—top duathletes racing against other duathletes from all over the world. There was a parade of nations, and children would come up and ask for her autograph.
- 3. IRONMAN LAKE PLACID** — Karen has done this race three times and is competing again this summer. "When I was in college, I saw the 1980 Winter Olympics at Lake Placid and to go back and do three triathlons there was great. The venue is great, and the Olympic ski jumps are in view and the race finishes at the Olympic ice skating rink where the Americans beat the Russians."
- 4. TRIATHLON WORLD CHAMPIONSHIPS IN AUSTRALIA** — "I toured the cities, went to zoos and swam in different oceans. Also, the food was really good. It was a fusion of all different kinds of cuisine. We were there for two weeks."
- 5. HALF IRONMAN IN ST. CROIX** — "I have done it twice, and the second time was just a couple weeks after I finished my radiation treatment for cancer. I went with a couple of clients, and we had a really fun time. There was good food and a welcoming area."

FUN FACTS ABOUT KAREN

- > Karen grew up on a horse farm and she had two goats, Bonnie and Clyde. She later donated them to a petting zoo.
- > Karen had 60 chickens, and she formed her own egg business from them.
- > Karen published a book called "The Triathletes Guide to Off-Season Training" in 2004.
- > She founded and directed the "Green & Gold 5k— A race for literacy."
- > She was a member of a four-member female team that raced across America.
- > She has completed 12 Ironman competitions.



Crossing the finish line at the World Championship Triathlon, Karen raises her hand to acknowledge the cheers of the crowd.

All photos courtesy of Karen Buxton.

says Bruffey. "She preaches patience. She was still in touch with that athletic force she was prior to being diagnosed [with cancer] and her big injury, and it is a process to get back."

Karen's recovery from her injury was physically demanding, but she showed a renewed mental strength. She became more motivated to excel.

"Before the injury, if I was hurting badly, I would slow down, but after dealing with cancer and this pelvic injury, I know I can do anything, so I talk myself out of the pain," says Karen.

That mindset led Karen to qualify for the world championship Ironman competition in Kona, Hawaii, for the first time since she had crossed the finish line with her family 10 years earlier. This time her children are grown and living out their own dreams, but instead of running with them, she ran for them. She was accompanied by Bill Bruffey, who had earned a spot in the race, not by qualifying, but by raising more than \$46,000 for Multiple Myeloma. Both Bill and Karen were running the race against cancer and supporting each other along the way.

"She's just such a quality person, and she gets invested in her people. She doesn't have 100 clients. She gives personalized attention. She's always willing to give and puts others ahead of herself. If you're looking for someone to push you, to be inspired, and for someone to hold you accountable, it's her, and she'll never be mean about it. She has a gentle approach," says Bruffey.

When asked what she thinks about during the long course and how she handles the discomfort, Karen says she uses the people she loves most as motivation to do better for herself and for them.

"Competing is a choice. We choose to

do it. Even though the Kona course was a really, really difficult course, I kept saying to myself, 'I am so lucky to be here after my injury and my brother's passing from colon cancer and my mom's and husband's battle as well,' and I think of them and how strong they were with that," Karen says.

It's this type of optimism that helps Karen gain respect from those around her, especially her daughter.

"The most contagious thing about my mom is her resilience. Everyone can be negative, and I can be so pessimistic, and my mom has always had this ability to set that aside and push through. That really inspires people. She has this energy about her that she can do it and she believes it, and you want to do it with her."

Despite Karen's countless accomplishments, those closest to her praise her for her selflessness and her characteristics beyond her athletic triumphs. Her daughter Elizabeth recalls always wondering why her mom was such a tomboy and why she had Ken hair instead of Barbie hair like all the other moms. Elizabeth would beg her mom to grow out her hair longer and Karen did so, taking into account her daughter's feelings but never caring what anyone else thought about her. She's not afraid to be Ken. She's fearless.

Training and traveling are a hobby of Karen's, and it's led her to meet those closest to her and share memories with her family, but when she's not training you can find her on her porch sipping on beer, laughing with her friends, enjoying a delicious meal and relaxing before her next big adventure. ▲

ADVICE FOR ELITE ATHLETES

"Set goals, ask yourself what you need to do to get from point A to point B. I would also remind them to have fun. Competition is a complement to life, so don't get overwhelmed by focusing on competing. You'll get worn out! So, one has to keep it all in perspective."

ADVICE FOR BEGINNERS

"If it's in the budget, hire a coach and have someone that can guide you through it. If you don't, there is tons of books and information online. There are races all over the place, so get experience. The goal is just to finish, so sign up!"

If you're interested in being coached by Karen Buxton, visit her website at coachbuxton.com

Relish the moment



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AN ODE TO THE ODDBALLS

Some days, your favorite sports just start to seem a bit mundane. For me, it happened when I was running sprints on the same loop in my neighborhood, at the same time of day as always, in my favorite T-shirt (which is starting to look a little too well-loved). I sprinted back home, turned off a rerun of last night's game and started searching for inspiration. Now, my fellow adventurers, I share with you some of my discoveries. I hope these screwball sports will get your hearts beating once more.

EMILY BYRD // STAFF WRITER

BUZKASHI

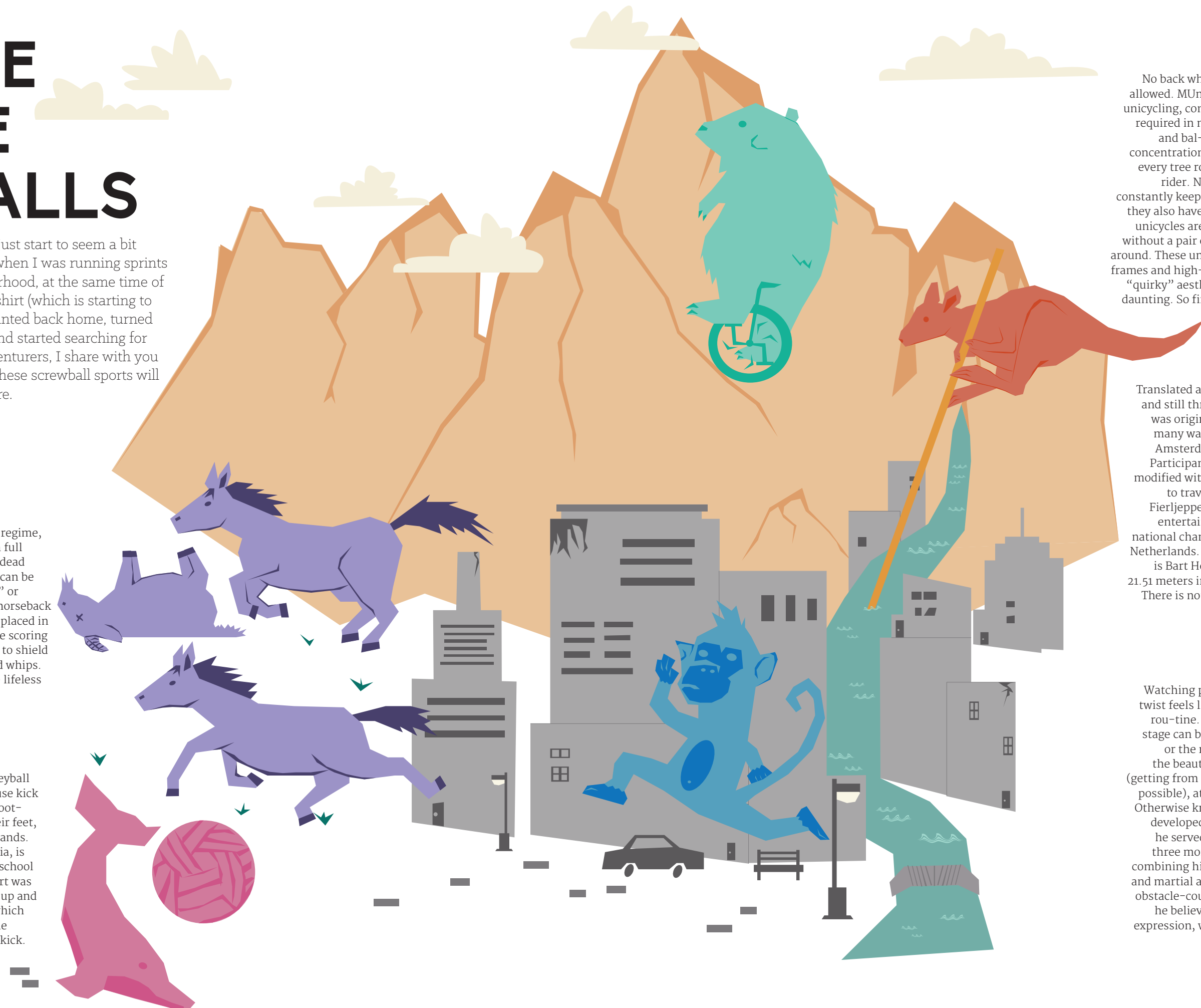
Afghanistan

After being banned during the Taliban regime, Afghanistan's national sport is back in full swing. And what they're swinging is a dead goat carcass. That's right, "buzkashi" can be literally translated as "goat grabbing" or "goat bashing." Athletes compete on horseback to gain control of the headless carcass placed in the center of the ring and carry it to the scoring area. Heavy protective gear is needed to shield players from the other riders' boots and whips. Oh, and from the flailing limbs of the lifeless goat. That too.

SEEPAK TAKRAW

Southeast Asia

This is what happens to a game of volleyball when Chuck Norris gives it a roundhouse kick to the face. To get the ball over the 5-foot-tall net, athletes are allowed to use their feet, knees, chest, or head—just not their hands. Seepak Takraw, native to Southeast Asia, is even included in elementary and high school curriculum in the Philippines. The sport was originally used to help athletes limber up and improve dexterity sans competition, which makes sense once you've seen someone deliver a spike with an over-the-head kick.



MUNI

Across The Globe

No back wheel, no gears and no circus jokes allowed. MUni, otherwise known as mountain unicycling, combines the power and endurance required in mountain biking with the finesse and balance needed to unicycle. Mental concentration and core strength are key when every tree root can easily unseat a distracted rider. Not only do these athletes have to constantly keep an eye on the ground ahead, but they also have to be constantly pedaling, since unicycles are direct drive and won't continue without a pair of legs to keep the wheel circling around. These unicycles are outfitted with rugged frames and high-grip pedals that transform their "quirky" aesthetic into something much more daunting. So finish that set of crunches, hit the trail, and be undaunted.

FIERLJEPPEN

Netherlands

Translated as canal jumping, this sport began and still thrives in the Netherlands, where it was originally used to make navigating the many waterways — there are 165 canals in Amsterdam alone — more time-efficient. Participants use 8-to-13-meter-long poles modified with a flat round plate at the bottom to traverse the muddy waters. Although Fierljeppen is mostly practiced now only to entertain tourists, there's still an intense national championship held once a year in the Netherlands. The current overall record holder is Bart Helmholt, who leaped a distance of 21.51 meters in the 2011 Dutch Championships. There is not yet a consensus on whether this counts as jaywalking.

PARKOUR

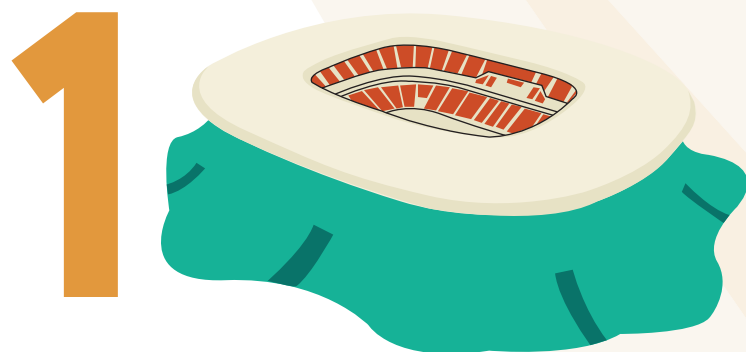
France

Watching parkour aficionados flip, vault and twist feels like watching a high-energy dance routine. The oddity lies in the setting: The stage can be the stairwell of a parking garage or the roof of your office building. That's the beauty of it. This sport combines travel (getting from point A to point B as efficiently as possible), athleticism and artistic expression. Otherwise known as freerunning, parkour was developed by French actor David Belle after he served in the French military and spent three months studying kung fu in India. By combining his knowledge of both performance and martial arts with his familiarity of military obstacle-course training, Belle created a sport he believes to be one of the freest forms of expression, written out as poetry in motion on an urban landscape.

THE FUNKY BUNCH

NOLAN CAIN // CO-EDITOR

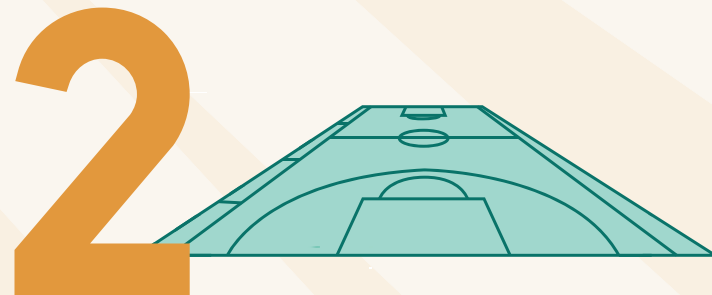
If you are an avid sports fan, then you've no doubt been told to visit Fenway Park, Wembley Stadium or Lambeau Field. These places are legendary, and their place in history is unquestioned. While those places may take your breath away, we are not here to rehash the classics. We are here to talk about some of the most fascinating, outlandish and just plain funky sporting venues in the world. These places are something out of your imagination.



1 Omnilife Stadium

📍 Guadalajara, Mexico

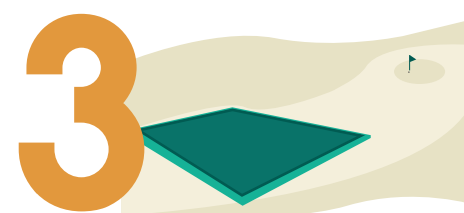
My personal favorite stadium, Omnilife Stadium, is home to top-tier Mexican soccer team Chivas Guadalajara. It's built inside a massive crater, so a fan feels as if he were entering a volcano as more than 45,000 lava-red seats stretch out in front of him. A light-weight roof covers the perimeter of the stadium, only enhancing the feel that you are deep inside the earth. Omnilife Stadium is renowned for its environmentally friendly design that uses rain water collection systems and new energy conservation techniques along with a parking lot that is beneath the crater walls. The stadium was completed in 2010. The first game saw Chivas host Manchester United, and Mexican superstar Javier "Chicharito" Hernandez scored the first goal for Chivas before switching sides at half in a symbolic move. A visit here is a must for any soccer fan and should be on any fanatic's list, as the Chivas fans are nothing short of spectacular to match their amazing home.



2 ASB Glassfloor

📍 Schloss Stein School, Germany

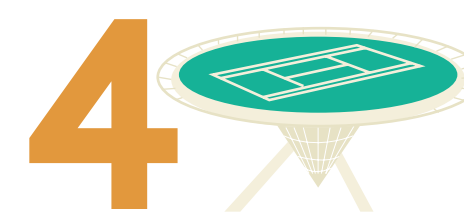
It is the court of the future. A combination of aluminum and glass, the court looks like an image straight out of a sci-fi movie. LED lights cover the floor and allow for changes in the size of the court, the direction of court or the type of sport in seconds. It can even keep score or show video if needed. The makers designed it to withstand the rigors of a variety of sports, allowing for maximum usability, and the court has graded out as more elastic than hardwood, while small dots on the floor provide traction. Placed in a school gym in Germany, the court has held up better than wood and the opportunities for its use are endless. From squash to badminton to basketball, the court is as flexible as it is innovative. A trip here to see what basketball might look like in 20 years is a must for any sports fanatic. It truly is a glimpse into the gymnasiums of tomorrow.



3 Coober Pedy Opal Fields Golf Course

📍 Coober Pedy, Australia

If you think of any one color associated with golf, it is definitely going to be green. Not out here! At Coober Pedy Opal Fields Golf Course, it is just you and the desert. With not a blade of grass in sight, this Australian golf course is as fascinating as it is difficult. Players are expected to carry around a piece of artificial turf to play their ball off the fairway, and the greens (browns rather) need to be raked and scraped before you can attempt to putt your ball into the hole. A truly unique experience, this course may be the cheapest in the land at only \$20 to play, but watch out for the rocks! A bad bounce could have you chasing your ball into the desert bushes. While it may not be the most maintained course in the world, it is definitely a one-of-a-kind experience for any golf enthusiast who can make it out to the remote, opal-mining capital of the world.



4 Burj Al Arab Hotel Helipad

📍 Dubai, United Arab Emirates

Have you ever considered what it would be like to play tennis hundreds of feet off the ground? What about teeing off with a 700-foot drop in front of you? Well, I bring you the Burj Al Arab Hotel in Dubai. Claiming to be the "World's Only 7-Star Hotel," it has a helipad hanging off the top floor that has been used for a variety of sport-related stunts. Andre Agassi and Roger Federer had a friendly match there in 2005, and Tiger Woods and Rory McIlroy have both visited the platform to hit a few balls. While it is usually a standard helipad connected to one of the most expensive hotels in the world, you might be lucky enough to catch the next big stunt, as in 2013 when Formula 1 driver David Coulthard turned some donuts high above the city on the platform, which, much to the dismay of anybody who is afraid of heights, has no fence to keep you from falling onto the private man-made island below.



5 Janguito Malucelli Stadium

📍 Curitiba, Brazil

This next venue is for environmentalists and sports fans alike. Home to fourth division Brazilian soccer side Corinthians Paranaense, Estádio Janguito Malucelli is a one-of-a-kind environmentally friendly stadium. Building next to a grassy hill and a forest park, the designers chose to forgo the use of concrete in favor of more green materials. With seats lodged into the hill and driftwood used to make everything from the stairs to the locker rooms, this stadium is a model for what a small team can do to attract some good publicity. The use of the natural land is a marvel to look at, and sports fans should salivate at the idea that recent renovations took the seating capacity up to 10,000.

HONORABLE MENTIONS:

Ski Dubai

📍 Dubai, United Arab Emirates

The first indoor ski resort with a black diamond run, Ski Dubai is a testament to what money can buy. Located inside the gigantic Mall of the Emirates, the indoor snow park has five slopes, and an interactive snow area with everything from zip lines to tube slides, and penguins that are available for meet-and-greet on any given day. A must-do for snow sports enthusiasts who want to impress their friends.

Marina Bay Floating Stadium

📍 Marina Bay, Singapore

It's a soccer field that's floating over water. With 30,000 seats overlooking the gated-in playing surface, Marina Bay claims one of the most fascinating fields in the world. Just don't kick the ball too hard or it could end up floating in the Marina Reservoir. Make sure you time your visit right, because everything from soccer games to concerts are hosted on the world's largest floating platform.

Sapporo Dome

📍 Toyohira-ku, Sapporo, Japan

Imagine a world where baseball and soccer can be played inside the same stadium without the ridiculous seating or dirt field. Well let me introduce you to Sapporo Stadium in Japan. This stadium features an artificial turf field for baseball and a grass field that is wheeled in from outside for soccer. The transition is a joy to watch as the stands are lifted, removed or altered mechanically as the full size pitch edges its way in.

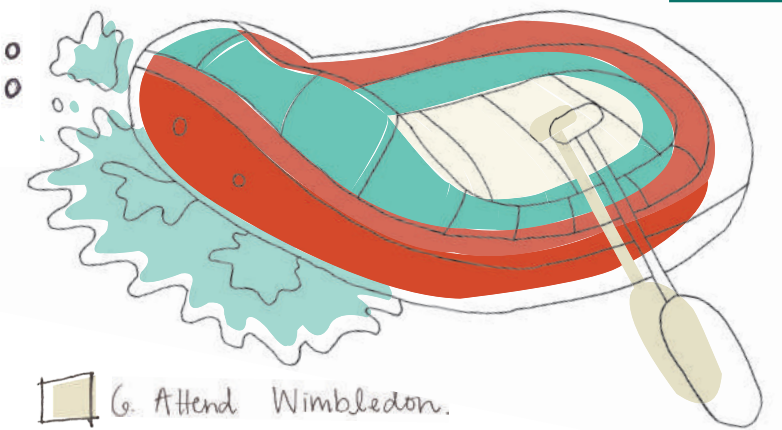
is it financially sustainable?
 does anyone need this?
 can it be done?



Bucket List:

10 must-do activities around the world before you kick the bucket.

MARCELA GUIMARAES // STAFF WRITER



1. Attend the summer Olympics.

Millions of people fly from all over the world to attend one of the world's oldest sporting events. You don't have to be a sports fanatic to enjoy the summer Olympics — from table tennis to beach volleyball, there is something for everyone. With the 2016 summer Olympics being in the beautiful, beach-blessed Rio de Janeiro, Brazil, the next international games is sure to be packed with excitement.

6. Attend Wimbledon.

The oldest tennis tournament in the world, the Wimbledon Championships has been held at the All England Club in London since 1877. The tournament takes place over two weeks in late June and early July and is attended by thousands of people from around the world. One can nibble on the traditional plate of strawberries and cream and try to spot the royal family, but don't forget to take a bow or curtsy if you see the Queen or Prince Charles enter the royal box.

2. Skydive in Fox Glacier, New Zealand.

Tucked away in the west coast of New Zealand's South Island, Fox Glacier, an 8-mile-long drop in the Westland Tai Poutini National Park, provides one of the most thrilling jumps. Whether it's summer or winter, as you free-fall thousands of feet from the ground, you will get the most spectacular views of the beautiful snowfields on the island.

7. Kayak in Glacier Bay, Alaska.

Sixty miles northwest of Juneau lies the beautiful azure-colored Glacier Bay. The bay is part of a 3.28 million-acre protected national park that holds an impressive array of wildlife surrounded by towering white glaciers. The bay's impressive natural splendor draws thousands of visitors and is a popular stop for cruise ships. Paddle down the 70-mile bay and spot seals, sea otters and sea lions interacting in their natural habitat.

3. Deep Sea Dive in the Great Barrier Reef.

The Great Barrier Reef is famous for its myriad of vibrant underwater sea life. As you plunge into the deep ocean, marvel at colorful corals and gigantic green sea turtles, many of which are endangered. Located in the Coral Sea, off the coast of Queensland, Australia, the Great Barrier Reef's natural splendor is the perfect backdrop for a deep sea dive.

8. Hike the Andes.

Extending across seven South American Countries, the Andes is known as the longest continental mountain range in the world. The Andes' beautiful snow-capped mountaintops attract adventure junkies from all over the world. Start your hike through Peru, trek through the Inca Trail to the ancient city of Machu Picchu and marvel at the many Incan ruins along the way.

4. Attend the Kentucky Derby.

Held annually in Louisville, Kentucky, the horse race is known as "the most exciting two minutes in sports." The race is known for its extensive history, running every year since 1875, and its notable attendees from celebrities to royals to U.S. politicians. As you sip your mint julep, the traditional beverage of the race, be sure to look out for the winner getting draped in a lush blanket of 554 red roses.

9. Dive into the Coney Island Polar Bear Swim.

The Coney Island Polar Bear Club is the oldest winter bathing organization in the United States. Founded in 1903 by health advocate Bernarr Macfadden, the swimming club is famed for its annual New Years Day swim. Hundreds of people flock to the peninsular neighborhood in Brooklyn, New York, to partake in this chilly event. As you plunge into the icy Atlantic Ocean, try to forget about the 40°F water and instead think of the thousands of dollars you're helping raise for charity.

5. Rafting through the Grand Canyon.

One of the world's premier natural attractions, the Grand Canyon is a magnificent landscape that is the perfect spot for a riveting rafting ride. The Colorado River, which runs through the Grand Canyon, is famed for its dramatic rapids and has even been dubbed the "granddaddy of rafting trips." Although the water isn't very white because of the Colorado River's muddy color, the river offers some rip-roaring twists and drops for the most ambitious thrill-seekers.

10. Attend the Super Bowl.

The annual championship game of the NFL has been a staple in American football culture ever since the first game took place on January 15, 1967. Even if you're not a football fan, there are many exciting events leading up to the game — from concert series to a celebrity flag football game. Be sure to get your tickets early so you can get a chance to watch the athletes be interviewed in Media Day, one of the biggest media bonanzas in sport.

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HIKING 101: A BEGINNER'S GUIDE TO A FUN & SAFE HIKING TRIP

MALIA BROWN // STAFF WRITER

Do you have dreams of going the distance, and trekking to peaks with spectacular views? Are you fascinated by adventures and at peace when you are one with nature? Well, hiking may be the sport for you!

Just imagine engaging in an experience of a lifetime. Impressive trails, wild animals, beautiful vistas and peaks so high that you can practically touch the sky. Hiking is an opportunity for you to test your personal strengths, and live out loud.

One day you may hike all 2,185 miles of the Appalachian Trail. You can picture yourself backpacking through the wine country in France, or making it to the top of the Pacific Coast Trail. But, first things first.

Before you set your heart on a hiking trip that may take days or even weeks, it is best for you to start out on a more modest trail and build your way up to a bigger challenge. Say you're heading out with a group of your friends for the first time for a few hours of hiking trail in unfamiliar territory. Here's what you will need on your trip:



+ backpack

You need something to put all these essentials in, of course. A comfortable backpack of the right size will become your best friend during your trip. For a quick hike, a daypack or a fanny pack might do. If you're expecting to be walking for at least a couple of hours, it's a good idea to have a backpack with thick hip-support straps and secure shoulder straps to protect your neck and back from injury. Visit a good outdoors store and get an expert to help you try on packs.



+ hiking boots

Wearing the right shoes during your hike can either make or break your trip. Good shoes are the difference between your feet aching beyond relief and being comfortable throughout the trek. Hiking boots are the best choice because they have excellent support for your ankles, and they also embrace your feet in a way that provides comfort. It is also important to wear thick, good-fitting protective socks to keep your feet from chafing.



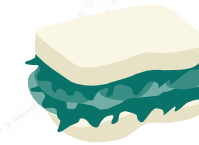
+ water

Water is one of the most important items to have in your backpack whether hiking in the mountains, desert or just the woods. It is recommended that a person drink at least two liters of water a day, but the exertion of hiking can cause you to consume more, especially if you're hiking in warm weather. You don't want to risk dehydration, and drinkable water is not always available on the trail. It's best to have two to four bottles of water, depending upon the length of the trail.



+ comfortable clothing

It's essential to wear comfortable, protective clothing. As you are trekking up hills or picking your way over rocks and roots, the last thing you want to worry about is your clothes being too tight or your jeans being too rough. Be sure to wear light clothing that will allow for movement and insulation. No matter the temperature, always bring a lightweight jacket, because it may rain or the temperature may change as you reach higher altitudes. And whatever you do, do not wear cotton! "Cotton Kills" is the popular saying by many hikers. You want to make sure to wear materials such as polyester that dry quickly, so you won't be in danger of hypothermia.



+ food

Although you may have stuffed yourself with food the morning of your trip, it's still a good idea to bring snacks to keep yourself pumped up on the trail. Hiking has the potential to burn up to 300 calories an hour, which can quickly make you feel famished and tire you out. If you don't want to become food for one of our furry four-legged friends, then I suggest you keep yourself fueled. Sandwiches, dried fruits and mixed nuts are perfect food choices to supply you with nourishment and energy. Bonus, and they are lightweight!



EMERGENCY SUPPLIES

While hiking, anything could happen. You could cut your hand on a thorn, twist your ankle on a rocky path or fall and scrape your knee. Make sure you bring a small first-aid kit with: bandages, sterile pads, tape, antiseptic and painkillers to treat any of these possible problems. The last thing you would want to do is get an infection or limp back to your car without the support of an ACE bandage.

Here are some other items to include in your bag in case of an emergency:

- > Pocket knife
- > Matches in a waterproof container
- > Flashlight
- > Toilet paper
- > Bug spray
- > Sunscreen

>> This list should help make that first hike a good one. When you're ready to tackle bigger challenges, come back and we'll talk again.

Dive into deep flavors.



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Q&A

WITH A GROUNDSKEEPER

NOLAN CAIN // CO-EDITOR



Tom Vaughan has been the Carolina Panthers Football head groundskeeper for the past 17 years.

As a behind-the-scenes hero, Vaughan does everything from mowing the Bermuda grass to painting the field at Bank of America Stadium in Charlotte, North Carolina. With his crew of eight people, he makes sure the field is up to par.

How did you get into the groundskeeper business?

I started out when I was 14 working on a golf course. I helped the golf course maintenance crew. From there I got interested in it, and I interned for the grounds industry. I went to school at Clemson University later on, got a degree and started out in golf courses and that just led into sports turf and it kinda became a business.

What do you do during the football team's bye-weeks?

So we will actually have practices and all, all up through the weekend. It gives us a chance to get some work done but there's no activity on the fields. You know we may cut grass or fertilize or do some different things when we get a chance, too.

I know you probably get this a lot, but how do guys put the different shading and patterns in the grass?

That's all the direction you mow it. The mowers have rollers on them, and when you go a certain direction, it rolls the leaf blade over with the rollers before you cut it. So that appearance you see is just the light reflecting off the leaf blade laid down in different directions.

Are there any special challenges associated with the Tifway 419 Bermuda grass?

Not too many. It's pretty good grass overall. The biggest challenge is when it gets kinda like now, we start getting into winter. It's warm season grass, and it starts slowing down growthwise and all that, so it becomes a little bit more of a challenge. But overall, it's a pretty good one for our area.

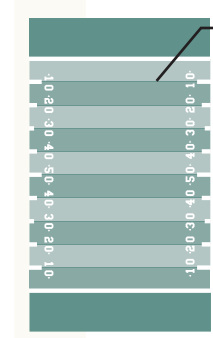
What's a usual game day for you guys like? Do you mow it before the game or after?

We usually will mow before the game and then afterwards, we usually mow to just kind of clean it up, that type of thing. And we just might fix a few little cleat marks, or little things like that, with sand. The next week we start to run our normal fertilizers and things like that.

Are you guys responsible for the lines on the field as well?

We do everything. All the painting and maintenance.

FUN FACT



Different shades of green on the field are created by the direction the grass is mowed.

How long would you say it takes to line the entire field?

To line and paint the logos and everything, it's about a three-day process. You have to do it each week.

What's your favorite part of being a groundskeeper?

Oh, probably the actual game weekends, getting ready for game preparations. That type of thing.

What would you say your least favorite part of the job is?

I guess it can be tough at times when you have events real close together like last week where you had a game on Saturday followed by one on the next Thursday. That's a pretty quick turnaround. It can get into a lot of hours and that kind of thing. I mean I don't really have a least favorite part honestly. I like it all. You know I've been here a long time.



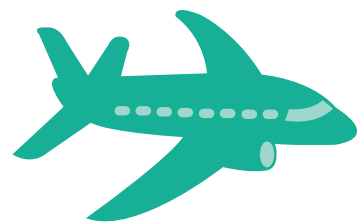
RESPECT THE DISTANCE

A TALK WITH THE EXPERT

JENNY DRABBLE // CO-EDITOR

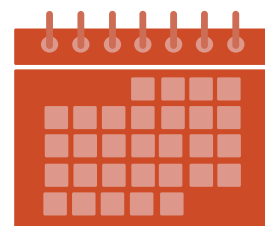
Registered for your destination marathon? Check. Booked your flight? Check. Commenced training? Check. But now what?

As the days tick closer to your event, the anxiety might start to creep in as you worry about navigating a strange, new city. Not to mention the 26.2 miles you'll have to run when you get there... We know that by failing to prepare you are preparing to fail and that, when it comes to training, you have to respect the distance. We talked with a racing expert, Nancy Madden, to find out everything you need to know about distance training and destination racing.



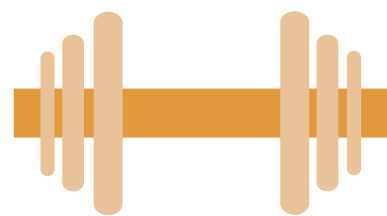
NEXT STEPS

- > Book your hotel shortly after you register for your race, preferably a short walking distance from the start and finish line.
- > Book your travel plans well ahead of time.
- > Plan to arrive a couple of days in advance so you can familiarize yourself with the weather, the time change and the area.
- > Do some research about the city before you get there and map out some fun activities for after the race.



TRAINING TIPS

- > Build weekly training mileage by no more than 10 percent each week, especially for long distance days.
- > Plan your training schedule with runs that are similar to the race route.
- > If you're a newbie — that's OK! — focus on your progress and distance rather than on speed.
- > Find a training partner to help push you on those rough days.
- > Keep a training log.
- > Be sure to incorporate one long-distance run and hill training into your weekly schedule.
- > Plan to taper — cut back on your training — at least two to three weeks in advance of your race, depending on your distance.
- > Rain or shine, train in all types of weather. You never know when a tropical storm will be showering you on race day.



HITTING THE ROAD

- > Warm up for five to 10 minutes before by jogging or walking.
- > Don't forget to stretch. The most critical muscles to stretch after a workout are the hamstrings, quads and calf muscles, but all muscles are important.
- > Run on a variety of surfaces.
- > Practice drinking water during your training runs or walks.
- > Experiment with fuels that replace your electrolytes, such as sports drinks, gels or gummies, to find out what works best for you.
- > Listen to your body. If you experience any pain or discomfort, SLOW DOWN.
- > Strength train, strength train, strength train! This will help keep your body aligned and strong.
- > Don't be afraid to take rest days! The body becomes stronger when it is in a resting phase.
- > Cross training is your friend. Try swimming, biking, walking, elliptical training or anything that uses your other muscles once to twice a week.
- > Watch what you eat! Include a good balance of carbs, protein, fruits, vegetables and grains in your diet.



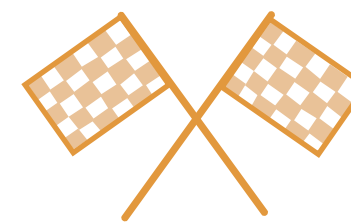
BEFORE THE RACE

- > Check the weather and pack accordingly.
- > Familiarize yourself with the race route and the elevation on the course.
- > If you're flying, pack your race gear in your carry-on and wear your running shoes on the plane.
- > Keep hydrated. If you're flying, pack an empty bottle in your carry-on to fill up after security.
- > If the event has a pre-race dinner, plan to attend it. It's much easier than finding a restaurant, and you will be among like-minded people.
- > Make sure to get extra sleep two nights before the race in case nerves keep you up.
- > Get in a couple of short runs before the race.
- > The days before the race are not the time to try something new! Don't try new foods, new clothes... Stick with what works!
- > Leave most of the sightseeing until after the race, and keep off your feet as much as possible the day before your race.
- > Lay out your clothes the night before a race.
- > Eat a small meal — oatmeal, smoothies or peanut butter on a bagel are all good choices — about two to three hours before your race.



WHAT TO WEAR

- > We're not all Cinderella, and sometimes the shoe doesn't fit. Visit your local running store and get a "gait analysis" to find out what shoe is right for you.
- > Buy at least two pairs of shoes and alternate them each day.
- > Replace your shoes every 300 to 500 miles.
- > Wear reflective clothing if you're running in the evening.
- > Avoid cotton for running or walking! Synthetic materials, such as polyester and spandex, are a much better choice.



AT THE RACE

- > Get there early, so you have plenty of time to park and warm up.
- > Envision yourself crossing the start line and the finish line. Focus on relaxing and keeping a positive attitude.
- > Your race bib should be pinned to the front of your shirt.
- > The porta potty is your friend, but get in line early.
- > If you listen to music during the race, keep the volume low and wear only one ear bud so you are aware of what's going on around you.
- > It's okay to throw your water cup on the ground after a water station.
- > If you get a black toenail, don't worry! It's a rite of passage.
- > When you near the finish line, turn down the tunes and soak in the atmosphere of the finish. You've done it!

FINISH



Nancy Madden,

a resident of Oakville, Ontario, started racing to get in shape. She took a walking course and then competed in her first 5k in Ottawa. She has completed about 40 races, ranging from a 2k with her nieces to a 60k for breast cancer, in the past 10 years.

Growing up, she played basketball, volleyball, track, swim team, skiing and softball. Madden started teaching 5k races and half-marathons in 2005 to help others become fit and to achieve their goals.

"I found it fulfilling, enjoyed meeting new people and liked the camaraderie of the running community," she says. "It was through teaching the clinics that I gained most of my knowledge about running and walking."

START

The ROY H. PARK FELLOWSHIPS



Pictured left to right: Elizabeth Park Fowler, Tetlow Park, Roy H. Park Jr., Trip Park and Laura Park

A World-Changing Idea

In 1997, the Triad Foundation of Ithaca, N.Y., made a commitment to UNC that was to transform not only the School of Journalism and Mass Communication, but to make a deep imprint on the field itself.

Thanks to the Roy H. Park Fellowships, some 350 professionals have completed their doctoral and master's degrees in the 15 years between the time Dean Richard Cole announced the program and Dean Susan King presided over the 2012 commencement. The fellows, assuming research, teaching and professional posts in news, technology, advertising, web design and public relations are having, as Cole once predicted, "a domino effect."

Their restless energy and world-changing ideas are reminiscent of the fellowship's namesake. Roy H. Park, a Dobson, N.C., native who rose from Depression-era farm boy to media titan, reinvented himself through several careers. He wrote for newspapers, worked as a publicist, hatched a lucrative branding campaign with Duncan Hines using outdoor advertising and then embarked on a meteoric rise as CEO of Park Communications, estimated at its zenith to reach one in four U.S. households.

Park's final career turn, that of philanthropist, achieved a different reach. The impulse to leave the world better, more connected, more comprehensible than one found it, is the essence of the fellowship.

Through the Park Fellowships, Roy H. Park's legacy continues.

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