

Life on the Run: Coast to Coast

In the wake of a charity run, a pair of English recreational runners decides to run across England from St. Bees Head in the west to Robin Hood's Bay in North Yorkshire in the east, roughly 180 miles, which they want to do in seven days. They manage to talk several friends into crewing for them (one on a bike and two others in a chase car), and they're off. They then decided to write a book about the lark: *Life on the Run: Coast to Coast* (117 pages, Arima Publishing, UK, \$16.95) by Matt Beardshall. As with any such adventure run, there are unforeseen obstacles along the way and a lot of bonding among the five friends. The book is a pleasant little read, primarily focused on their step-by-step progress. We were enjoying the book well enough until we hit page 68 and learned that Matt had signed up to be coached by our very own Mike "Mad Dog" Schreiber, who taught him things such as this: ". . . that ultrarunning had nothing to do with sanity and everything to do with carrying on regardless." And this: "He claimed that for ultrarunning, the brain was the most important organ in the body." Since Mad Dog always comes through, you can imagine that the boys were successful on their little trek. If you would like to visit their Web site, it is www.RespectTheStupidity.com. Naturally. And, of course, they are now cogitating on what running adventure to cook up next. And we're sure Mad Dog will be right there egging them on. —*Rich Benyo*