

Running Through My Mind

Running Through My Mind (433 pages, iUniverse Books, \$27.95) by Scott Ludwig is a unique book and one of the nuttiest that I've read in a long time. It is as though Scott opened a hole in his head and poured everything that had anything to do with running (no matter how passing it was) into a funnel that was attached to a laptop, and from there into a printing press. A runner for some 30 years, Scott loads into his book his running philosophy, random thoughts, lists that someone would think of while on a long run, statistics, race reports, and observations on possibly every race that he has run in his life. He then went out and solicited contributions from some of his running friends, organized the book into rough topic heads, and put it together. It is a fascinating journey that brings to mind another analogy: keep the same car for 30 years, put about 20,000 miles a year on it, and then empty out the glove compartment. Voila! You have Scott's refreshing, fascinating, energized monster of a book. Scott has been running every single day for the past 29 years and has amassed more than 100,000 running miles over those years. He is also a fan of the late humorist Lewis Grizzard, so you will have an idea of what you are getting into with his book. You will also quickly realize that he likes facts and figures, such as: "I have run 105,495 miles, an average of 10.22 miles per day, with a daily low of 3 miles and a daily high of 84 miles." He then introduces us to fellow streakers and proceeds to tell us how his running ranks him among other streakers in a variety of areas, such as "My 105,495 lifetime miles ranks me as #8," and "My 266 miles in one week ranks me as #1" (among streakers). It won't surprise you to know that he follows this up with a year-by-year chart of his mileage. Old Scott isn't just a duffer, though; he has a marathon PR of 2:48:41 . . . at age 33. He charts his slowing down in races as he ages, in this case at the Peachtree in Atlanta. Then there's the Darkside Running Club (www.darksiderunningclub.com), which will give the potential reader of this book an idea of what you're getting yourself into. How else to put it? It's a wildly crazy book that either entertains or startles as each page is turned. Be warned. Read this book at your own peril. —*Rich Benyo*