

ULTRAMARATHON RUNNING

Thurston

Continued from C1

Otherwise, it'll melt your shoes that much faster."

Maybe this best sums up Thurston, who abhorred running until he became hooked about eight years ago: His license plate is QXIQMEU.

Other cars have followed his SUV, just to get a chance to ask what it means.

It's Portuguese Brazilian, short for the phrase that means, basically, "How cool is that?"

The smile stretches wide on Thurston's soul-patched face when he discusses his running prowess, and how just talking about it makes him want to take a jog — so what that the rest of us are begging for air conditioning? He explains that, yes, most people who know him think his recreation is insane.

Yes, Death Valley is a big deal. Finishing would be special enough. But his goal in temperatures that routinely will surpass 125 degrees is to do it 12 hours ahead of deadline, 48 hours, as that would earn him the prestigious buckle that every ultra marathon runner craves.

To think, 83 people will pay \$500 for that chance. Thurston is among the 38 rookies who will get the prime start time of 6 a.m. That's given to the newbies.

The more experienced racers will either go at 8 a.m. or 10 a.m. to start the 2 ½-day race.

Jarom Thurston, 34, Payson

What: Will run in the annual Badwater Ultramarathon on July 14-16. The race is in Death Valley, Calif., and the 83 competitors will get 60 hours to complete 135 miles. The race extends through 2 ½ mountain ranges, starting below sea level and finishing at nearly 8,400 feet.

Why: Well, because he can. Badwater is the Super Bowl of ultramarathons. Thurston participated as a helper last year for a Brazilian woman. His experience and success in various ultramarathons, plus his familiarity with the physical toll needed for Death Valley, is a big reason Thurston feels like he received a chance to pay the \$500 entry fee. His biggest concern is not the distance, but the heat: Temperatures will probably surpass 125 degrees often.

Charity: Most Badwater runners compete for a cause. Thurston's is Sturge-Weber Foundation. His niece was born with the Sturge-Weber Syndrome, which occurs when defected cells from a portwine stain go deeper in the tissue, eyes and brain cells and cause complications like seizures. He's trying to promote awareness of the rare affliction.

He also hopes that a good finish might land him some sponsors (his personal Web site is jaromrunningpage.blogspot.com.)

You might be surprised to know: Rookies get the best treatment at the race, with the earliest start time. The race goes in three waves. Thurston will be among the 38 rookies that begin around 6 a.m. — because they haven't done it before. There are 62 men and 21 women. The average age is 47.

"I just feel really fortunate to have a chance to be a part of it," Thurston said. "I trained with a woman in Brazil last year who was getting ready for Badwater. My experience with the race, being on her crew, I think was a big reason why I'm getting to participate.

They don't just let anyone go out there."

Thurston has a 9-to-5 job (he's an analyst for Convergys) and a 24-hour passion.

Married to a Brazilian named Sandra, with 6-year-old daughter Taila, he's used all hours of the day to run.

Last Saturday, he did a 30-miler from about midnight to 6 a.m. He'll head to Lake Mead this weekend for a 50-mile "gauge race." It starts at 8 a.m., which will give his body a better idea of how prepared it is for Death.

He's done several other ultramarathons — ultra meaning anything that extends a race beyond 26.2 miles.

"If it's your passion, you're going to find time to do it," Thurston said. "People tell me all the time, 'I'd do it, but I don't have time to run.' If you really wanted to, you can do anything you want. There are 24 hours in a day. You don't have to sleep eight hours every night."

Maybe you've seen Thurston around Utah Valley, doing unorthodox things to get ready for races that go beyond 100 miles. It's not practical to run that far all of the time, so he has ways to speed up the pain by enhancing the workload.

Around the mountain trails and roads near home, he can be seen with his tire trailing him.

He jogged around the Smith Fieldhouse track at BYU wearing a backpack full of weights, plus extra gravity beaters on his ankles, for 7 ½ hours last December.

He fears it's his fault some treadmills have had to be changed out at his local gym.

Thurston mostly trains alone, but he'll go the distance to find company.

He's jogged backroads from Payson to Orem just to meet a friend for a jog. He did that

just last month.

"It's 26 miles from (Payson) to Orem — that's a marathon," the human Mapquest bluntly points out.

He's ran at the Utah Valley and Salt Lake marathons. It's not quite fair to say he's been "in" them, because he usually doesn't pay the entry fee. He's just there to offer support to a friend and also get some training in. He doesn't need the T-shirt or medal, and he'll bring his own water and food.

"Just talking about running makes me want to run," said Thurston, while showing off his meticulous computerized spreadsheet which logs his miles.

He ran 2,467 last year; about 1,100 in 2008. Basic math: About 200 miles every month.

Thurston gets the urge to run far honestly. His brother, Heath, runs triathlons and has been part of the most famous bike-swim-run (Ironman) in Hawaii.

Father, Gary, is a pharmacist who cherishes marathons and ran them for years. Now he bikes distances that would cost a pretty penny for drivers.

The Thurstons, like so many runners, get giddy just thinking about a runner's high — when those endorphins start blasting and everything feels good and possible.

Gary notes that Jarom was a state-level swimmer at Payson High. Like the other Thurston children, he stuck to the water until marriage.

"I didn't realize how big of a deal it was until you grew up

and try to do a marathon yourself," Thurston said. "What drives me to run 100 miles? I don't know. Just the challenge to see if I can do it, I guess."

Thurston is not built like a prototypical distance runner: 5-foot-10, 185 pounds. He's pushed it all to every extreme. He didn't finish Lake Mead last year, upset that he had enough drinking water but not enough to douse himself. Another race, he lost time while hallucinating. So exhausted from being up 40-plus hours, he wasted precious time "looking for treasure," Thurston recalls, shaking his head.

Going from the lowest elevation in North America (280 feet below sea level) to the finish line at Mt. Whitney Portal (8,360), Thurston knows there will be a lot of strain at Badwater. Father, brother and a brother-in-law will be the crew that provides everything from encouraging words to ice and food.

Thurston's grown to like the agony, ever since he ran a marathon eight years ago and hated how he felt for days afterward. Go figure, he swore he'd never run such distances again.

He'll try to appreciate the Badwater journey, no matter how far and hot it seems.

"Every race is so different," Thurston said. "You just want to see if you're going to make it. Can I go that distance? Can I push myself to do it? Some of the best races I've had were the ones I'd be halfway through and thinking I'd have to quit."

BYU ROUNDUP

BYU's Dalton, Carr win U.S. Junior Nationals, earn trip to worlds in Poland

DAILY HERALD

COLUMBUS, Ohio — Two freshman athletes from BYU have won the coveted title of being the top junior athletes in the United States in their respective events, and have earned the right to represent the United States at the 12th Annual IAAF World Junior Track and Field Championships in Bydgoszcz, Poland from July 8-13.

Chase Dalton, a native of Tigard, Ore., won the U.S. title in the decathlon with an "A Standard" score of 7,202 points, while Curtis Carr, a native of Nashville, Ind., won the Junior National Championship in the 3,000-meter steeplechase in a qualifying time of 8:55.64.

"We have had a few athletes over the years win at U.S. Junior Nationals," BYU head men's track and field coach Mark Robison said. "But, we have never had two athletes win in the same year. This is a pretty big deal for two of our freshman athletes to win at Nationals and to have the opportunity to represent the United States in an international

competition. Holy cow, this is such a big deal for them, and for our program."

Dalton, who finished second at the Mountain West Conference Championships in the decathlon in May and competed in the javelin at the NCAA West Regional Championships, earned the right to represent the United States by defeating 17 other athletes at the U.S. Junior National Championships over the weekend, including second-place finisher Weston Leutz from North Dakota State by 79 points.

"Being the best in the country is a great feeling," Dalton said. "It's unreal."

For Dalton, making the U.S. team almost didn't happen. Following the two heats of the 400-meter competition, BYU coach Patrick Shane was called to the press box where he was informed Dalton had been disqualified for running on the lane line — a legal advantage at the NCAA level, but a disqualification under IAAF rules. Shane began the process of protesting, but was told there was nothing that could

be done.

After nearly five hours from receiving the news he had been disqualified, and figuring his dream of going to Poland had been dashed, Dalton learned there had been an error in the disqualification. When noting the bib number and hip number that Dalton was wearing during the heat, it was determined they had identified the wrong athlete from BYU. Instead, teammate Jordan Calderwood was disqualified for running on the lane line and Dalton was cleared of the infraction.

"It was the worst five hours of my life," Dalton said. "Obviously I felt bad for Jordan, but I was confident I had not run on the line. I was so relieved when they told me I had not been disqualified. This is something I had worked so hard for."

For Dalton, making the trip to Poland — his first-ever trip outside the United States — will mark the end of a year-long goal.

"After competing at the U.S. Junior National meet last season, I made a goal to come

back and earn the chance to go to Poland," Dalton said. "When I found out that the World Championships were going to be in Poland from July 8 through July 13, I put it on my calendar and have been working towards going ever since."

Carr, who finished fourth at the MWC Championships in May in the 3,000-meter steeplechase after hitting a barrier, falling to the track, getting spiked by a competitor, and then getting up to continue the race, won the steeplechase in Ohio this past weekend by defeating a field of 22 other athletes. His time, 8:55.64, eclipsed the world qualifying standard by nearly 15 seconds.

"We have two outstanding young men who will not only be representing the United States, wearing USA on their uniform, but also will be representing BYU at an international competition," BYU coach Patrick Shane said.

Shane will also represent the USA and BYU at the World Junior Championships. For the second time in his career, he will be serving as the head

coach for the women's USA Junior National Team. Shane has previously served as the head women's coach at the World Junior Championships in Kosovo, and as an assistant coach at the world championships in England.

Men's basketball season tickets go on sale: Season tickets for the 2008-09 BYU men's basketball season are on sale now at the Marriott Center Ticket Office (800-322-BYU1 or 801-422-BYU1, hours 9 a.m.-5 p.m.) or online at BYUtickets.com.

Existing season ticket holders will have from June 23 to July 30 to order tickets. The Marriott Center Ticket Office will begin accepting new season ticket orders on June 23 as well. Seat assignments will begin after the renewal period. Single-game tickets will go on sale in October.

Fans purchasing tickets using eChecks instead of a credit card will receive a complimentary gift with their season-ticket purchase. Using eChecks saves BYU Athletics money that would otherwise be spent

in credit card fees. Additionally, fans can link their account through BYUtickets.com for the easiest way to purchase tickets to all BYU events and receive timely information about postseason competitions and other promotions.

Season-ticket prices start at just \$75 for upper bench tickets. Upper chair tickets are \$142 while lower chair seats are \$269 and prime lower chair are \$337. Cougar Club members can obtain prime lower chair seats at a 20 percent discount of \$269. BYU faculty and staff tickets are \$149, while faculty/staff adult guest tickets are \$174.

Students can purchase an All-Sport Pass for \$95 to gain access to all BYU sporting events, including BYU football and basketball. BYU All-Sport Passes will go on sale online beginning Aug. 1.

BYU's yet-to-be-released 2008-09 men's basketball schedule will include the second Atlantic Coast Conference team to ever play in Provo when Wake Forest comes to the Marriott Center.

UVU ROUNDUP

UVU women's soccer announces 2008 schedule

DAILY HERALD

Utah Valley University women's soccer coach Brent Anderson has announced the 2008 schedule that features eight home games and five United Soccer Conference (USC) regular season matches.

The Wolverines, who return all 11 starters from last season's USC tournament champion squad, will play exhibition games against Dixie State and Weber State before opening the season with the University of North Dakota on Aug. 30 at Clyde Field in Orem.

"It's a good schedule that offers us some big challenges against some quality opponents," Anderson said. "We have everybody back and we'll build on that chemistry we gained last year and hopefully have a chance to repeat the success we had at the end of the season."

UVU will play its first four contests at home before hitting the road for the first time at in-state rival Southern Utah on Sept. 13.

Anderson's club will travel to Pocatello for the Idaho State classic and games against Wy-

oming and UC Davis on Sept. 19 and 21. The following week, they'll play New Mexico and Northern Arizona at NAU's tournament.

From that point, UVU will begin conference play and its quest for a second consecutive USC championship. The Wolverines will play all three of its conference road games in a span of five days beginning with NJIT in New Jersey on Oct. 8. They then travel to Delaware to face both South Carolina State and Delaware State on Oct. 10 and 12.

UVU will then host its final

three regular-season games with a rematch of last season's USC tournament finale against Longwood on Oct. 17. A home game against Howard on Oct. 20 will wrap up USC season play before the Wolverines host Seattle on Senior Day on Oct. 27.

The top four USC teams from the regular season will then compete in the conference tournament in Farmville, Va., on the campus of Longwood on Nov. 1 and 3.

For full schedule, see C6.

Utah Valley golf adds new camp: The Utah Valley golf

team has added a new Wolverine Golf Academy next Monday thru Wednesday, June 30-July 2, from 9 a.m. to noon at Cedar Hills Golf Club.

The camp will be for golfers of all skill levels ages four and up and will cost \$100 per player. Golfers will be divided into groups based on skill level at the academy.

The academy will be under the direction of Director of Golf Clark Rustand and women's head coach Denise Larson. To sign up, contact Larson at 801-863-6269 or

larsonde@uvsc.edu.

Fairbourne announces softball camps: Utah Valley head softball coach Todd Fairbourne announced a four-day softball camp for ages 8-18 to be held August 11-14 at MSTAR field at the campus of UVU.

The camp will be a day-camp only and will run from 9 a.m. to 1 p.m. The 2008 camp brochure and the camp waiver can be accessed, downloaded and printed through the link on the right side of the softball homepage at wolverinegreen.cstv.com.

ATOPIC DERMATITIS/ECZEMA

Volunteers, ages 8 and older, who have been diagnosed and are currently experiencing moderate to severe atopic dermatitis/eczema (i.e., itchy skin, scaly rough patches, bleeding or swelling of the skin), may be eligible to participate in a research study involving an investigational medication.

Qualified participants will receive study medication, study-related physician visits, lab work, and financial compensation for time and travel.



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