

## RACING YOUR WAY INTO SHAPE THIS SUMMER!

// by Adela Smith

It's easy to maintain a fitness routine during the school year, but as soon as the weather gets warm, classes end and summer arrives it can be difficult to make time to work out. For those staying around the D.C. area for the summer, signing up for a road race or triathlon can be a great alternative to hitting the gym.

Participating in races is not only a different and challenging way to keep your body in shape, but also gives you the chance to see different parts of the city! Even better, most of the races benefit organizations and charities.

Participating in races can also help push yourself harder and create a friendly competition between you and the other racers. Bringing a group of friends to run can make it a social event as well. Take a look at only a sampling of the races scheduled for this summer, and, before you know it, you'll be tightening your laces to run right into training. If nothing else, the free drinks and food should be an incentive to get you out and running. Sign up for some fun exercising this summer!•

**Visit** [www.runwashington.com](http://www.runwashington.com) for information about races in the area.



Saturday May 1, at 2:00 pm  
**DC CHALLENGE ADVENTURE RACE 5K**  
visit [www.dcchallenge.org](http://www.dcchallenge.org)

Sunday May 16, at 8:30 am  
**CAPITOL HILL CLASSIC 10K & 3K**  
visit [www.capitolhillclassic.com](http://www.capitolhillclassic.com)

Sunday June 13, at 8:00 am  
**RUN/WALK FOR LIFE 5K**  
visit [www.beadonor.org](http://www.beadonor.org)

Sunday June 20  
**WASHINGTON DC TRIATHLON**  
visit [www.dctri.com](http://www.dctri.com)

Sunday, September 12  
**2010 NATION'S TRIATHLON**  
visit [www.thenationstriathlon.com](http://www.thenationstriathlon.com)

# WHY NOT BUTLER?

// by Jon Bateman

In my dreams I see Gordon Hayward's final half court shot bank off the glass, catch front iron, drop through the rim with time running out and launch the 2010 men's NCAA basketball tournament into the echelon of instant classics.

I run it over and over again in my mind. The shot drops, the fans go wild and Butler University gets the most press it has received since, well... the Bulldogs made the 2010 Final Four.

But this tournament will not be known for its madness. In reality, Hayward's attempt bounced off the glass, caught the wrong bit of iron and hit the floor as time ran out, adding another notch to Duke's collective sporting belt and another ring for Head Coach Mike Krzyzewski.

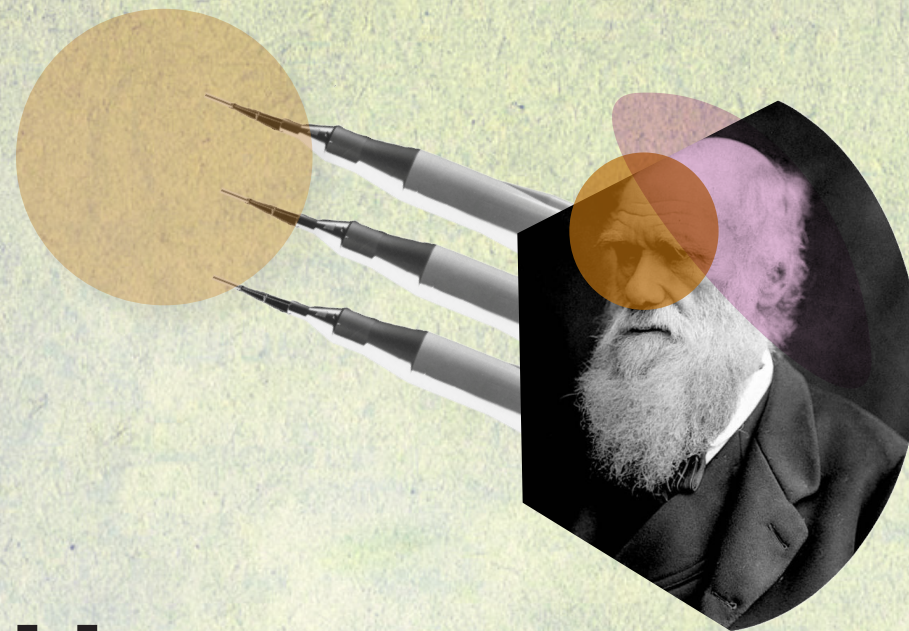
There's nothing wrong with that. Duke is a good program and I like Coach K, but I like an underdog even more! After an exciting tourna-

ment filled with bracket-busting upsets, including early exits from one seed Kansas and two seed Villanova, Duke's win seems like the ultimate anti-climax.

And that comes to no surprise, as Americans live for the Cinderella stories, the underdogs and the upsets. It is the backbone to sports and the reason people keep watching. To know that at any moment something magical could happen is contagious. It's not that Duke's win is not appreciated; it's just not the fairy tale ending, overcoming great feats kind of win we all know and love.

Who else but Duke fans are going to want to watch that on ESPN Classic? It just won't happen. Yet we know we will all be back come next March Madness, filling out our brackets with a hope and desire to see the big upset and the dreams of those athletes come alive. •

**"Americans live for the Cinderella stories, the underdogs and the upsets."**



# UNNATURAL SELECTION // by Nick Villain

All of human progress has been aimed at only one goal. All of our advances, developments, revolutions, all of our evolutions as a species have led us inexorably to a single destiny. Without this destiny, humanity would not be what it is today. While other organisms seek to grow and thrive within their environment, humans rise above it; we conquer it. Humanity's success is both dependent on and driven by our quest to not merely adapt to nature but to dominate it. In this quest we have harnessed the power of natural elements like water, wind, fire and steam. We have created rivers, moved mountains and captured the very energies that swirl and eddy around the planet, using them for our own purposes. We have even managed to control and exploit the bonds of atoms, the most basic building blocks of the universe. We are not content to abide by the cruel laws of nature, to resign our fate to some faceless judge. We seek to replace these natural laws with human ones, freeing us from the tyranny of the natural order, remaking the world in our image.

Despite these numerous accomplishments, there still remains one threshold we have not crossed, one obstacle we have not overcome. This yet-unconquered enemy waits for us not in the endless expanses of the universe, nor within the chaos of the unexplained. Before we can explore and tame these wondrous new frontiers, we must break the last and heaviest irons that enslave us, that keep us hopelessly bound to the unforgiving laws of nature. We must emancipate ourselves from the condemning limitation of the human form.

And why not? The human body is a woefully imperfect machine. While the human intellect has advanced at a blistering pace, our physical forms have yet to fully adapt to this brave new world. Worse, many of our technological advances are centered around compensating for the inadequacy of our bodies. Diseases and defects plague the body, and medical technology is always playing a reactive role. Of course, the deterioration of our genetic code is an unsurprising consequence of removing the factor of natural selection. So far, all we have been able to develop is a crutch.

Pathogens are mutating at a faster rate than we can develop countermeasures. Longer lifespans have created an entire market designed to stave off the inevitable through increasing augmenta-

tion of human function. Even the young are affected as the age of childbearing rises; so, too, do the number of genetic mutations in offspring. Combine this with environmental factors that poison and pollute our systems and our completely unnatural lifestyles. The rigors and stresses that the human body endures today in no way reflects the environment for which it was designed. Our own instincts, once so crucial to our survival, now turn against us as we indulge in the joys of the gluttonous excess of modern life.

By compensating for the symptoms of modern existence, we only mask the underlying problem, allowing it to fester and grow, eating away at us from the inside. Fortunately, the solution is as direct as the problem. Since biological evolution is driven by natural selection, but we have eradicated all traces of the natural world from our lives, we need to find a new engine of evolution. Just as we've replaced the laws of nature with the laws of humanity, we must replace natural selection with human selection. Just as we have reshaped the world to fit our needs, we must reshape ourselves to adapt to its demands. We will not abandon evolution; we will master it.

Certainly, this strikes a disquieting chord. Like all great advances, there will be resistance. Fire was once regarded as a deity. Electricity was once seen as witchcraft. Even modern medicine has been met with the criticism that it interferes with nature. There may be cries that such a practice would turn us into abominations, that

we would be upsetting the natural order. However, the order has already been upset. There is a new order now, and it is anything but natural. This is merely the final step in embracing that order. Humans are unnatural creatures. We supplant the natural with the designed, the chaotic with the constructed. Our minds reject the arbitrary cruelty of the natural world, so why should our bodies suffer it?

There may be a nostalgia for the imperfect that tempts us to conflate flaws with uniqueness, as if a mistake in a work of art makes it more valuable. Yet every day we are surrounded by artificial perfection, in makeup and movies, and computer alteration, and we are comfortable with it. We are fine with altering ourselves so long as our efforts fail. We set impossible standards expecting them to be unmet, offering pity to those who attempt the effort. This is denialism, a way to rationalize our own self loathing; we see beauty and do not reach for it, arguing that if we cannot change the status quo we must accept it. However, we can change the status quo, and the status quo is unacceptable. •