

The Surprising New Science of Running

Men's Journal

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Do Summer Right!

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RECORD BOOK

Wild Rides

SUMMER THRILLS THAT GO HIGHER AND FASTER THAN EVER BEFORE

HIGHEST ROLLER COASTER: THE KINGDA KA

456 FEET

Four 18-person trains with hydraulic restraints shuttle 1,400 riders per hour.

12,500 HP
Launched horizontally, riders reach 128 mph in 3.5 seconds.

WHERE: Six Flags Great Escape, Jackson, New Jersey
Taking riders 456 feet in the air and hurling them back down at speeds up to 128 mph, the Kingda Ka is the world's highest and fastest thrill ride. To better appreciate those numbers, consider that the track is closed in even the gentlest of rains. Turns out that droplets of water hitting bare skin at such speeds kind of hurt (*day passes from \$35; sixflags.com*).

FASTEST ELECTRIC GO-KART: THE MB2

50 MILES PER HOUR
MB2's electric karts have three times the torque of their gas-guzzling counterparts.

ZERO EMISSIONS
Battery power makes for quiet and smog-free indoor racing.

WHERE: Thousand Oaks, California
Thrill seekers who prefer their rides leavened with the smell of burnt rubber should schedule a few laps at the indoor go-kart courses run by MB2 Raceway in Southern California. The 50-mph speeds of their Italian-made vehicles are as fast as you'll get in an electric kart (gas models raced on the pro circuit can go twice as fast, but cost thousands and can require certification). Would-be Michael Schumachers enjoy twisty quarter-mile track layouts that change every three to six months (*from \$23; mb2raceway.com*).

LONGEST ZIP LINE: THE ZIPRIDER

1,300 FEET

5,330 FEET

60 MILES PER HOUR
Six parallel cables allow you to fly alongside friends.

ZipRider's cable gradient averages 25 percent.

WHERE: Hoonah, Alaska
Laying claim to the longest (5,330 feet) and highest (1,300 feet) zip line in North America is the ZipRider at Icy Strait Point, a sprawling, wild expanse on Chichagof Island in Alaska. (The Zip2000, in Sun City, South Africa, is the world's longest at 6,561 feet but has a shallower drop.) After a 40-minute drive to the top of Hoonah Mountain, courageous riders descend for 90 cheek-flapping, treetop-skimming seconds at speeds averaging more than 60 mph. (*from \$99; icystraitpoint.com*). —WOOK KIM

Going the Distance, Alone

WHO PADDLED FARTHEST, HELD THEIR BREATH LONGEST, AND MARATHONED THE MOST THIS MONTH



In February, **HELEN SKELTON** finished a 2,010-mile paddle down the Amazon, slicing past alligators while battling seasickness and heat exhaustion. Prior to the six weeks of 60-mile days, the 26-year-old British TV host had only once set foot in a kayak. Now she holds the Guinness world record for the longest solo kayak journey.



On February 14th, Swiss free-diver **PETER COLAT**, 38, broke the world record for holding one's breath underwater, clocking 19 minutes and 21 seconds in a water tank and surpassing Italian Nicola Putignano's record by 19 seconds. To keep focused, Colat says he thinks of things that make him happy, such as the beach, family vacations, and, oddly, diving.



Semi-retired mining engineer **MARTIN PARNELL**, 54, keeps himself plenty busy: Sunday through Thursday, he runs a marathon a day. Three months and 49 marathons in, he's on his way to a record-breaking total of 250 in a year, despite injury and hydration-pack-freezing temps on his regular route in Alberta's Cochrane Foothills.

PHOTOGRAPHS: FROM TOP: BRUCE; SHINOBU LEANZARISTORON/LEAP PHOTO; COURTESY MARTIN PARNELL; ILLUSTRATIONS: COLIN HAYES