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## Race Report: SpongeBob Elvis Runs SD Rock 'n' Roll Marathon

**Date:** June 27th, 2010 By Michell Panik and Johnathon Jefferson

If you ask Jonathan Jefferson why he thought it'd be a good idea to run the Rock 'n' Roll Marathon dressed as SpongeBob Elvis, he'll tell you it was to hold himself accountable for doing a race. And to also get into *Competitor* magazine.

But first about the accountability. A runner and swimmer since childhood, an endurance athlete since the early eighties (with a 3:10 marathon PR), and a TCSD member since 2006, Jonathan had lost his endorphin way. It's a tale many endurance junkies can relate to; after binging on five-hour bike rides and days of triple workouts, he cleaned up his act and learned to be satisfied with the simpler

everyone I ran with that I would do the race as SpongeBob Elvis."

His training partners finally saw the costume in action at the last workout of the season, which was a timed mile. The mile took 12 minutes and two pounds of sweat. His left calf cramped up. Jonathan began to worry.

But, really, how difficult can it be to run with a little extra material over your singlet and shorts? The costume is 22 pounds. Imagine gaining 22 pounds right before a race; you'd probably feel a little sluggish on your feet, too.

The costume's head weighs seven pounds, and is composed of chicken wire, expansion foam, wall spackle, and several cans of black spray paint. Two drama students from Clairemont High School (Jonathan's alma mater) made the costume in the afternoons over a period of six weeks.

On race morning, instead of warming up with stretches and wind sprints, Jonathan limbered up from the push and pull of people wanting a picture with him. Nearly an hour after the elites began their race, he shuffled across the start line.

One and a half miles in, PVC tubes popped out of his waist belt and SpongeBob Elvis had a wardrobe malfunction. He borrowed duct tape from the next music band on the course to secure the costume, but it wasn't until mile 10 that he got a full roll of duct and was able to repair the costume. At this point, he was the last runner on the course.

Soon, though, he began passing other runners, and relished in the beaten-down cry of, "Great. We just got passed by SpongeBob Elvis."

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things. Which included the simple act of sitting on one's ass.

Determined to get back in shape, Jonathan targeted the 2010 Rock 'n' Roll Marathon. And this is where the notion of magazine fame comes in.

Bob Babbitt and his contingent of running Elvii have been creating a stir at marathons since the first Rock 'n' Roll in 1998. Jonathan decided to combine everybody's favorite submarine pineapple dweller with Elvis to entertain the kids on the race sidelines.

To train for the race, Jonathan signed up for San Diego Track Club's Rockin' n' Runnin' program. "Then," he says, "I proceeded to tell

## It's The Law: Fair Property Settlement, continued

Then, factor in your "loss of use" costs into your total property damage settlement negotiations.

### Conclusion:

There you have it, four tips to get back on the road when your bicycle is damaged.

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## Race Report: SpongeBob, continued

At mile 25, Jonathan spotted SDTC's head coach, Paul Greer, who always escorts his last runner into the finish line. And so, along with Paul Greer, Jonathan crossed the finish line in 7:00:08. Jonathan says he would've been under seven hours, but there was a slower runner ahead of him, and "SpongeBob is too classy to outkick someone like that."

Across the finish line, medal slung around his nose, SpongeBob's pain washed away and was replaced with ringing ears, as kids began screaming "SPONGEBOB!" The body pain then returned as

children and cheerleaders began slamming into him for more hugs and photos.

Back to that fame thing mentioned at the beginning of this article. Look for Jonathan (and the other running Elvii) in the September issue of *Competitor*.

SpongeBob Elvis is signed up for the run portion of October's Challenged Athletes Foundation's Triathlon Challenge. If you see him out there, give an extra loud cheer. And, if you can, have a roll of duct tape waiting.