



Trash Talk

Fresh lingo coined by civic-minded runners

ON HIS "TRASH RUNS," Jeremy Litchfield has picked up cigarette butts, beer bottles, a working iPod, as well as a toilet seat and the grille from an old Cadillac. Last year, Litchfield launched two clubs, Trash Runners Chicago and Trash Runners D.C. Members, who boast having flexibility, keen eyesight, and slightly obsessive personalities, hold monthly expeditions in their cities. They've also developed their own vocabulary for their new "sport." —Nancy Averett

Trash·lek

Noun A training technique—jog to a piece of trash, pick it up, sprint to the nearest receptacle

Go·ing Me·chan·ic

Verb Crawling under a car or truck to grab a piece of trash

Butt Stroll

Verb When a vigorous run is slowed to a crawl due to an abundance of cigarette butts

Rub·ber·neck·ing

Verb Missing trash while you're taking in the scenery

GU·dar

Noun A trash runner's internal beacon for finding GU packets

Tail·gat·er

Noun A trash runner who follows right behind another



Rear·End·ed

Verb When a runner followed by a tailgater stops quickly to grab trash and the two collide

Trash·hole

Noun Also known as a litterbug

Get·ting Trash·ed

Verb Suffering an injury while trash running

Trash·ca·vat·ing

Verb Picking up a piece of trash that has been on the ground for years and has become part of the landscape

Dump·ster Break

Noun Stopping to use the bathroom while trash running

Buck·ner·ed

Verb Reaching for a piece of trash while running and missing. Results from not committing your hand to the pickup and pulling it up too soon—like Bill Buckner did in the 1986 World Series.

