

BY DANIEL LIEBERMAN

This edition of jogging diary comes from Professor Daniel Lieberman, paleoanthropologist at Harvard University and an avid runner. He is the Edwin M. Lerner II Professor of Biological Sciences, and chair of the Department of Human Evolutionary Biology. In addition, Professor Lieberman leads the Skeletal Biology Lab, which considers the biomechanics of the foot strike, attempting to finally resolve with scientific certainty the age-old debate between which is better—toe or heel strike. We know what side Mr. Lieberman is on—he has been a tenacious advocate for barefoot running for some time now, extolling the virtues of the toe-strike in his lab, and on the pavement. Whichever kind of striker you are, you’re sure to enjoy the route Professor Lieberman shared with VVV—one of his favorites in Cambridge.

Dear VVV,
I think everyone who lives in Cambridge loves running along the river, but I enjoy the immense variety of routes available to runners in the Cambridge-Boston area that offer a mix of different communities, surfaces, and views. I also like routes that have lots of water fountains.

One of my favorite such routes is about a 13 miler that follows many of Boston’s ribbonlike parks. Leaving Harvard Square, I run down either the Charles or Mass Ave to the Harvard Bridge (by MIT), which I cross and then continue up Mass Ave to just a few feet past the Mass Avenue stop on the Orange Line. The little gate takes you onto a narrow park that winds alongside the Orange Line all the way to the Forest Hills Stop at the corner of the Arboretum. The park has lanes for cyclists and pedestrians, and plenty of water fountains. When you get to the Forest Hills T stop, turn right and cross

Washington Street onto the Arborway, which takes you into the Arboretum at the Forest Hills Gate. If I am feeling like doing some hills, I’ll run up (and down) the winding circular path up Bussey’s Hill. Otherwise I’ll run to the right along the lovely, wide path that takes you to the Arborway Gate and then follow the Arborway to Jamaica Pond, where then I’ll follow the Emerald Necklace by Ward’s Pond, Leverett Pond and all the way to Park Drive. Here one could turn right and head to the Fenway, but I turn left, cross Beacon Street and then cross over Mass Ave on St Mary’s Street to Commonwealth Avenue in the Heart of BU. At that point, I’ll either run straight to the river (where there is a footbridge across Memorial Drive), or I’ll run west up Commonwealth Avenue to the BU Bridge and head back to Harvard Square along the Cambridge side of the river.

Happy Running!

Seeking Moderation with Energy & Environments

BY KIEL MOE

Ten Readings Worth Reading Ten Times on Non-Modern Energy & Environments

Georges Bataille, **The Accursed Share: An Essay on General Economy**, trans. Robert Hurley. New York: Zone Books, 1988-1991.

Gilles Deleuze and Félix Guattari, **“Treatise on Nomadology,” A Thousand Plateaus: Capitalism and Schizophrenia**, trans. Brian Massumi. Minneapolis: University of Minnesota Press, 1987.

Alfred J. Lotka, **“Contributions to the energetics of evolution,” Proceedings of the National Academy of Science**, 1922 vol. 8 (6), p. 147-151.

Lewis Mumford, **Technics and Civilization**, Chicago: University of Chicago Press, 2010.

Reza Negarestani, **Cyclonopedia: Complicity with Anonymous Materials**, Victoria: re.press. 2008.

Friedrich Nietzsche, **Will to Power**, (aphorism 1067), trans. Walter Kaufmann and R. J. Hollingdale. New York: Vintage Books, 1968.

Thomas Pynchon, **Gravity’s Rainbow**, New York: Viking Press, 1973.

Eric D. Schneider and Dorion Sagan, **Into the Cool: Energy Flow, Thermodynamics, and Life**, Chicago: University of Chicago Press, 2005.

Howard T. Odum, **Environment Power and Society for the Twenty First Century: The Hierarchy of Energy**, New York: Columbia University Press, 2007.

Ilya Prigogine and Isabelle Stengers, **Order Out of Chaos**, Toronto: Bantam Books, 1984.