



## NEWS

### EVENTS

Calendar  
Add an Event

### DEPARTMENTS



## Running Across the Country

By



On July 4, Jason Gross plans to leave for a cross-country trip—by foot. The 27-year-old Logan Circle resident is planning to run across the United States, crossing the 3,300 miles to Los Angeles in the dead of summer. Gross is using the run as a fundraiser for the American Diabetes Association, and he's hoping to gather \$100,000 for the cause. We caught up with Gross just after he quit his job and just before he started his running odyssey.

**MSW: So Jason, what's your running background?**

**JG:** I've run six marathons to this point. I took up running right before I came to D.C. about five years ago. I picked up running as a way to lose weight—I weighed 250 pounds at one point—but I loved running. I ran my first marathon in the fall of 2000 in Richmond. My best time was in Philadelphia in 2002, and that was 3:35.

**MSW: Did you bring your weight down significantly?**

**JG:** I'm about 155 or 160. I'm very comfortable with my weight now. I run now because it's something that I'm passionate about. A few years ago I started thinking about how I'd love to run across the United States. I figured it was something I probably wasn't going to do more than once and I wanted it to have some extra meaning. So I approached the American Diabetes Association and they were open to the idea.

**MSW: Why diabetes? JG:** It's a cause that I feel personally connected to. I'm a big guy, it runs in my family and one of my closest friends here has Type 1 diabetes, so I see what she goes through. I do not have diabetes.

**MSW: How long do you think it will take you to cross the United States?**

**JG:** It should take about five to six months. I expect to go about 20 to 30 miles per day, five or six days a week.

**MSW: What's going to be the biggest challenge while you're out there?**

**JG:** Probably the repetition. Day after day of doing the same thing. Just the general pounding that my body will take after the repetition of running that much.

Go to [Diabetes Run](#) to find out more on Gross' run across America.

[Back](#) | [About Us](#) | [Feedback](#) | [Privacy](#)

THIS MONTH

### SHORTCUTS

#### active calculators

- ▶ [Pace calculator](#)
- ▶ [Target heart rate calculator](#)
- ▶ [Caloric needs calculator](#)
- ▶ [Nutritional needs calculator](#)
- ▶ [Ideal weight calculator](#)
- ▶ [Body fat calculator](#)