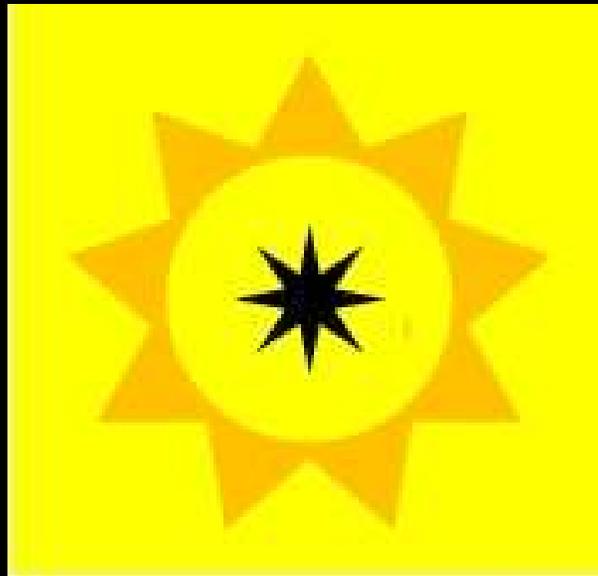


# THE MAN WHO STOLE THE SUN



by Jay Jacob Wind



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## Critical praise for *The Man Who Stole The Sun*

**“I loved *The Man Who Stole The Sun*.** I was totally prepared to hate it, as when runners give you their books, they are usually boring training dairies. Not so your book, which honestly kind of saved me. I had begun it after the MCM and wanted to finish it, so I took it on the long haul flight to San Sebastian, Spain, for the half marathon last week. While there, of course, I was so busy there was no opportunity to read, but I had it in my carry-on bag for the flight home. Well, the flight was delayed 4 hours in Dublin, followed by a 7-hour flight, and as I'd had it with emails and invoices, I just wanted to read so I finished the whole thing on the plane. This took my mind off the fact that we were flying into a huge early winter snowstorm, and I was worried about landing and then getting home if we did land safely. All the astrophysics were totally beyond me but left me in awe, as well all as all the Russian expressions, but still I found it engaging and even engrossing. Naturally, for anyone who has lived in DC or Northern Virginia as I have, the locale, and the running places all resonated. But the story itself was good, and it romped along. Good stories need to romp along! I loved your inclusiveness and embrace of all races and genders through Louche, who is such a humanitarian, and I loved the relationship and sexiness he has with his wife!  
– **Kathrine Switzer, marathon runner, pioneer, and author**

**“I sat down to read** this sci-fi novel only because Jay Jacob Wind is a personal friend. I hoped, but I didn't expect to become engrossed in the story. I do NOT read sci-fi novels, especially ones involving accretion disks, fusion theory, or black holes. I do not understand quarks and physics, but was I extremely surprised and enthralled by this tale. Even I could follow this story! Where knowledge and understanding IS needed, Wind for the most part embedded it in the story. Though every surprise was carefully foreshadowed, and, therefore, believable, I still was surprised even as I thought, "Oh, of course ... I should have guessed." The only reason I gave this novel a 4 is because I rarely give a 5 ... nobody is perfect.”  
– **Anieta McCracken – [www.goodreads.com](http://www.goodreads.com)**

**“On airplanes going to and from Spokane,** I was reading *The Man Who Stole The Sun*, with lots of yellow buttons with black asterisks. What an intellectual feast! You must have had great fun conjuring up all those scenarios. I have read Hawking, and I am very interested in the universe, black holes, dark matter, quantum physics, parallel universes, etc. I play chess, and I am a sometime runner (but not marathons) so I had lots to which to relate.”

– **Roy Englert, USA masters track & field champion**

**“Love the book! A fast and interesting read! ★★★★★”**

**“Tremendous. Extraordinary”**

**“Very well written”**

– **Donald Dicostanzo, founder, Pedego Electric Bikes – [www.pedego.com](http://www.pedego.com)**

– **Dr. Charles Simone, widely-published oncologist – [www.drsimone.com](http://www.drsimone.com)**

– **Dr. Linda Nilson, author, *Teaching at Its Best*, Clemson University; ETHS graduate**

### About the author:

Born in Chicago, Illinois, Jay and his family moved to Evanston at age 9. He attended Dawes Elementary School; Skiles Junior High School – where he discovered the aluminum-iodine reaction, to the dismay of his chemistry teacher and his principal – and Evanston Township High School, where he studied chemistry with Dr. Harry Halstead and chess with Mr. Robert Anspaugh. In inter-school tournament play, Jay went undefeated with a record of 18 wins and 2 draws. **You'll find all of those events in this book.**

Jay studied chemistry and psychology at University of Wisconsin – Madison, running daily with future coaching legend Loren Seagrave. Jay graduated with a BA in January 1971 but stayed in Madison three more years, managing student co-op houses and taking one or two MBA- courses per semester. In 1974, Jay took a job at Michigan State University managing co-ops there. After two years, he returned to MBA school at University of Georgia – Athens.

Back then, Jay grew a handlebar mustache every year from September to June but shaved it off the first day of summer school. On that summer night, Jay went to the library to study and sat across the table from Estelle Roth, an undergraduate music student he knew from Sabbath services at Hillel Foundation. She happened not to like facial hair. She looked at him – with no mustache – and said, “You?” He replied, “Me.” Jay walked her home, kissed her good night, and floated back to his apartment whispering to himself, “That's the girl I'm going to marry.” Jay's aunt Margot Schlesinger (a German Jew saved by Oskar Schindler) and Estelle's aunt Alice Barbakoff were good friends at their synagogue in Chicago. **You'll find all those events in this book.**

A few years later, now married and living in Arlington, Virginia, Jay began collecting “thank-you” in various languages in a notebook, later turned into a web page, [www.pvtc.org/thankyou](http://www.pvtc.org/thankyou). Jay attended Tim Berners-Lee's lecture at Smithsonian Institute, where he sat in the front row and asked the first question about regrets, which TimBL answered about his e-mail woes. Over the years, Jay started and finished all 33 Army Ten Milers and started all 40 Marine Corps Marathons, finishing 35. (In 1976 and 1977, the event was “Marine Reserve Marathon.”) In 1979, Jay ran Madison (Wisconsin) Marathon alongside Amy Johns, 15, from St. Louis, Missouri, who ran 2:45 to win the women's race and set the American 17 & under women's national record. Jay faded to 3:01 in the heat that day, but he enjoyed running with Johns and her father on a bicycle. From 1980 to 1984, Jay ran 16 sub-2:40 marathons, 15 consecutively. **You'll find a version of all those events in this book.**

In 1987, Jay took over as director of Potomac Valley Track Club's indoor track meet every January at Arlington's Thomas Jefferson Community Center with students up to 8<sup>th</sup> grade free – and they earn a ribbon for finishing. In 1996, Jay and Clifford Tell organized PVTC's Young Flyers youth track & field program on Sunday afternoons in October, November, and December. In 2004, Jay founded Potomac River Run Marathon & Half, now on C&O Canal Towpath, now one of Safety And Health Foundation's three-race grand prix series, with a \$100 cash award to anyone who finishes all three half or full marathons in a year. **You'll find all of those events in this book.**

Jay chaired Arlington's Parks and Recreation Commission 1996-1997 and directed Arlington's Park Bonds campaigns 1992-2020, raising more than \$300 million for Arlington parks including \$50 million for Long Bridge Park, but he later urged Arlington County to cap its investment in that park. Jay opposed the construction project near Thomas Jefferson Community Center since it involved destruction of park areas. Jay uses a BlackBerry, rides a Pedego electric bike, travels on Amtrak to New York and Boston, buys shoes at Pacers Running Stores, drinks Honest Tea, eats at Columbia Pike restaurants, and uses Simone Super Energy and Carb Boom! at races. **You'll find all of those events in this book.**

"In this story," said Jay, "you witness the redemptive power of running and what it takes to train for and then run Marine Corps Marathon. Along the way, you learn quantum mechanics, astrophysics, electric bikes, the elusive 'Theory of Everything,' Internet history, some Russian language, a bit of chess, and how three families show their love in three very different ways. The story takes many twists and turns, and you have to follow the clues. Anton Chekhov said, 'If you say in the first chapter that there is a rifle hanging on the wall, in the second or third chapter it absolutely must go off.' In this book, follow everything in the first half of the book, from 5:00 AM to 6:00 PM on the Saturday before Marine Corps Marathon, then try to anticipate the fast-moving action in the second half, from 6:00 PM that Saturday to 8:00 AM on the Sunday of Marine Corps Marathon."

Why 118 pages originally? Replied Jay, “I had to fill out the last shell – oganesson has 118 protons and 118 electrons. It's just not natural!”

Jay especially enjoys movie quotes, famous sayings, and plays on words. To the best of his knowledge, Jay has not attempted cold fusion.

Jay has three children, Paul, Julianna, and Rosalie, and lives in Arlington, Virginia, with his wife and two cats. He usually tells her everything.

The book is also a scavenger hunt. See if you can find 20 famous movie quotes sprinkled in the book, part of the fun of reading it.



## Running columnist publishes first novel



by DAVE FACINOLI, Staff Writer  
**Arlington/Fairfax Sun Gazette** newspapers  
David Facinoli, Sports Editor  
dfacinoli@SUNGAZETTE.NET

January 9, 2018



Longtime Arlington resident and running columnist Jay Jacob Wind has written his first novel.

Jay Jacob Wind has added one more feather in his cap.

Among other things, the retired yet busy 68-year-old longtime Arlington resident remains a regular marathoner and race planner and director, is the secretary of three running clubs and president of another, is Webmaster for his neighborhood citizens' association, and is a newspaper columnist. Now, Wind has become a novelist.

On December 9, Wind published his first novel, a science-fiction techno-thriller with scads of character development that is titled "The Man Who Stole the Sun." It is available on Amazon Kindle, plus in printed version.

Set entirely in Arlington, the story describes a threatened terror attack on a major marathon race, in this case, the Marine Corps Marathon. There are intertwined stories about a wide variety of characters, some who attempt to stop the assault.

Wind himself knows the race better than most. He has run 40 Marine Corps Marathons, including the 2017 race. (The start that day was delayed ten minutes due to a suspicious package on the course.)

Wind got the idea for the story back in 2013 when reading a newspaper article while riding Amtrak to a board meeting in New York. For the next two years, he starting writing an outline, major plot points and story sequences of the novel as he continued on those train rides.

Wind eventually took a two-year pause from writing the book. He began again late last fall because he wanted to find out where the story went and how the characters developed. He added additional characters and story lines, then published the book December 9.

"It has been a lot of work and a fun ride writing this," Wind said. "There are a lot of angles in how we educate the readers about things like quantum physics, chess, and Russian language. Plus, the novel is about love, betrayal, the importance of honesty – and I had fun with the names."

In his novel, one of the runners in the marathon gets a fusion reactor on line the day before the race in a building near the start/finish line near Long Bridge Park, a mile from the Pentagon. Terrorists take over that building and reactor, threatening the race with a cloud of gas.

Wind first started writing in the sixth grade for an underground newspaper, then became sports editor of his high school paper, and wrote in college for the University of Wisconsin's *Daily Cardinal*. He has been a technical writer for many federal and state consulting firms in the D.C. area, and for many years as well has written a running column for *Arlington Sun Gazette*.

Wind actually began a first novel 16 years ago, but never finished after much of the material was lost when his computer crashed. He incorporated back-story ideas and characters from that story into his current novel.

Will Wind write a sequel or another novel? "I'm satisfied with how this novel turned out and I've received a lot of good feedback," Wind said. "I will wait to see if there is an interest or demand for my work before I think about writing another."

For immediate release, May 20, 2019

For more information, please contact Jay Jacob Wind (703-927-4833, [arlingtonsunrise@gmail.com](mailto:arlingtonsunrise@gmail.com))

## Arlington marathon champion Jay Jacob Wind publishes his first novel *The Man Who Stole The Sun*

Arlington writer Jay Jacob Wind published his first novel on December 9, a techno-thriller entitled *The Man Who Stole The Sun*, available now available on Amazon Kindle and hand-printed and autographed by mail-order.

The Amazon Kindle e-book version of *The Man Who Stole The Sun* is available for \$4.99 via [www.amazon.com/dp/B0789VMT9D](http://www.amazon.com/dp/B0789VMT9D). The hand-printed paperback sells for \$10.00 plus \$4.00 postage via the author's web page [www.arlingtonsunrise.com](http://www.arlingtonsunrise.com).

"Chapter One explains the symbolism of 'Arlington Sunrise,'" said Wind. "Read Chapter One, and you'll be hooked!"

Set entirely in Arlington and written in the style of the TV show "24," the highly-imaginative suspense story describes the first threatened terrorism attack on a major marathon since the Boston Marathon bombing in 2013, the heroes who thwart it, and how the events change them forever. "Life imitates art, and vice versa. This story is scary because not only could something like this happen, it actually did, in an entirely different way. All of the venues in Arlington are real, including Arlington restaurants, neighborhoods, parks, and running stores."

"This book is the first-ever fiction book to involve Marine Corps Marathon," said Wind.

Wind knows something about marathons – he has run 41 Marine Corps Marathons (finishing 36) among a total of 193 marathon finishes lifetime. He won two marathons, in Delaware in 1980 at age 30 and in Hagerstown MD in 2013 at age **63 years 352 days**, making him – at the time – the sixth oldest man ever to win a marathon. "Since, six more guys older than me won marathons," Wind said, "so I drifted into 13th place without taking a step." ([www.arrs.net/TR\\_YgOldAll.htm](http://www.arrs.net/TR_YgOldAll.htm))

"In this story, you witness the redemptive powers of love and of running and what it takes to train for and then run and win Marine Corps Marathon," Wind said. "Along the way, you learn about quantum mechanics, astrophysics, the elusive 'Theory of Everything,' Internet history, the science behind Internet of Things, self-driving cars, electric bicycles, a little bit of Russian language, a lot of chess, but most important, you see how three very different families show their love in three very different ways. The book is dedicated to Stephen Hawking – and proves his theories."

*The Man Who Stole The Sun* revolves around three Arlington runners planning to run Marine Corps Marathon the next day.

The protagonist plans to run his 21st Marine Corps Marathon. He is a genius inventor, visually-impaired, and obsessed by his desire to see the Sun with his own eyes. He gets a fusion reactor up-and-running the day before the marathon, in a building that just happens to be one mile from the start / finish of the marathon and a mile from the Pentagon, with potentially deadly consequences.

The other two marathoners are an Arlington County police officer, long ago disabled in action, and his precious, precocious 14-year-old daughter, a student at Thomas Jefferson Middle School in Arlington, both planning to run their first 26.2-mile race the next day.

"As I wrote more and more, I came to realize that my book was a deep psychological study into the protagonist (obsessive-compulsive), a brilliant but socially-awkward engineer, a heroic but clinically-depressed Arlington police officer, a brave over-the-top-smart young heroine who very much loves her dad despite his flaws, a courageous reporter who finds love in an unexpected place, and three brothers born in Russia but raised in Syria who think their love for their father justifies radical action," said Wind. "In addition to science fiction, it's a character study. The book didn't start that way, but when I realized it was about the people, the thrill ride and the real story took over."

"The story takes many twists and turns, and you have to follow the clues," said Wind. "Anton Chekhov said, 'If you say in the first chapter that there is a rifle hanging on the wall, in the second or third chapter it absolutely must go off.' If you follow everything in the first half of the book, from 5:00 AM to 5:00 PM on the Saturday before Marine Corps Marathon, then you can try to anticipate the fast-moving action in the second half, from 6:00 PM that Saturday to 8:00 AM on the Sunday of Marine Corps Marathon."

The rest of the cast includes a hard-working heavy-equipment operator and a highly-creative Ethiopian woman who helped to build and now manage the lab, the inventor's coping and loving wife (a teacher at Long Branch Elementary School in Arlington) and their cat -- "we definitely needed a cat in the story," said Wind), Arlington County's police chief, a fire station commander, a Pentagon Police officer, an artillery officer from Joint Base Myer-Henderson Hall, and many other first responders; Thomas Jefferson Middle School's principal; a world-renowned computer software designer who solved two problems that we all face every day; and an unnamed youth track coach / track meet and marathon director.

"Obviously, that last character is autobiographical," said Wind. At age 68, he runs six to eight marathons each year and countless shorter races, often winning his age group. He serves as secretary of three running clubs: Marathon Charity Cooperation ([www.mc-coop.org](http://www.mc-coop.org)) for whom he directs seminars, training programs for adult marathoners, and a kids' kilometer race every May; Friends of the W&OD Trail ([www.wodfriends.org](http://www.wodfriends.org)) for whom he directs two races each year including ACE Physical Therapy & Sports Medicine Institute 10K every August; and Potomac Valley Track Club ([www.pvtc.org](http://www.pvtc.org)) for whom he directs its youth program and its indoor track meets in Arlington, both featured in the book, and he served as meet secretary when PVTTC hosted 2018 USATF Masters Indoor Track & Field Championship on March 16-18 at Prince George's Sport & Learning Complex in Landover, Maryland ([www.pvtc.org/2018nationals](http://www.pvtc.org/2018nationals)), attracting 1200 of the country's top sprinters, throwers, jumpers, and race walkers.

Wind also serves as president of Tidal Basin Run ([www.racepacket.com/tidalbasin](http://www.racepacket.com/tidalbasin)), a running club that conducts monthly free races in Washington DC and another club, Safety And Health Foundation ([www.SafetyAndHealthFoundation.org](http://www.SafetyAndHealthFoundation.org)), that manages three Boston-qualifier marathons each year and conducts low-cost first-aid / AED / CPR certifications classes. He serves as chief information officer of Weiner Public News ([www.weinerpublic.com](http://www.weinerpublic.com)), a public-relations and op-ed company. He also served as webmaster for his neighborhood citizens' association in Arlington ([www.AHCA.info](http://www.AHCA.info)) and audit committee chair of Arlington County Civic Federation ([www.CivFed.org](http://www.CivFed.org)).

"I'm busier now in retirement than I ever was when I was working for a living," said Wind.

Wind has written all his life, first as an underground newspaper editor in 6<sup>th</sup> grade, then as a high school sports writer and sports editor, then as a reporter and front-page editor of University of Wisconsin's *Daily Cardinal*, then as a technical writer for a wide variety of Federal and state consulting firms in the DC area, then as a regular columnist and staff writer for *Arlington Sun Gazette* newspaper. He got written up twice in *People Magazine* as publisher of *Socks The Cat Fan Club Newsletter*, an amusing venture during the Clinton Presidency.

"That's about 60 years of writing," said Wind, "but this is my first foray into fiction. I hope you enjoy reading it as much as I enjoyed writing it. It's the myth of Prometheus, the myth of Icarus, all over again in a very new world."

In honor of the fictional visually-impaired protagonist, one dollar of every sale at Christmas Tree 5K goes to Old Dominion Eye Foundation ([www.odef.org](http://www.odef.org)).

For more information, please contact the author (703-927-4833, [arlingtonsunrise@gmail.com](mailto:arlingtonsunrise@gmail.com)) or visit [www.arlingtonsunrise.com](http://www.arlingtonsunrise.com)



# ***The Man Who Stole The Sun***

**Love Triumphs Over Terrorism:  
The story of a young runner who grows up  
to be a champion marathoner and  
thwarts a terrorist attack on the night before Marine Corps Marathon**

*“The Man Who Stole The Sun* is a science book with a heart of gold – a story of three Arlington runners who plan to run Marine Corps Marathon the next day, but they get caught in a fight against a terrorist plot in the middle of the night before the race. It’s a story of a love, devotion, betrayal, courage, and triumph, set in a suspenseful tale of technology gone haywire.”

– Bob Weiner, author and columnist

*The Man Who Stole The Sun* is about a young athlete who grows up in Potomac Valley Track Club’s youth track & field program, track meets, other DC-area races, and Marine Corps Marathon at age 14 – after she heroically saves the world from disaster.

Love guides the story. Early on, we meet the world’s greatest inventor and see his love for his wife and his technology. We see the love of three brothers for their father – they will do anything for each other and for their father. We see the love of father and daughter, both Arlington Police officers as they overcome frightening danger on the night before the marathon. Plus, we see an emerging love story that carries the story to its heartwarming end. Along the way, you learn the secrets of quantum mechanics and Stephen Hawking’s theoretical astrophysics, plus some Russian language and a bit of chess history.

It’s a science-based suspense thriller, written “24” style, a tale of technology gone wild like something out of Michael Crichton. It’s also an over-the-top funny sometimes, peppered with at least 20 famous quotes (count ‘em!). The first half of the story builds up the characters with real-time action and flashbacks, and in the second half, they collide with great dramatic effect.

The book also follows the laws of quantum mechanics – no quantum property is ever gained or lost – everything in the first half of the story plays a major dramatic role in the second half.

## **A critical review by marathon pioneer Kathrine Switzer:**

“I loved *The Man Who Stole The Sun*. I was totally prepared to hate it, as when runners give you their books, they are usually boring training dairies. Not so your book, which honestly kind of saved me. I had begun it after the MCM and wanted to finish it, so I took it on the long haul flight to San Sebastian, Spain, for the half marathon last week. While there, of course, I was so busy there was no opportunity to read, but I had it in my carry-on bag for the flight home. Well, the flight was delayed 4 hours in Dublin, followed by a 7-hour flight, and as I’d had it with emails and invoices, I just wanted to read so I finished the whole thing on the plane. This took my mind off the fact that we were flying into a huge early winter snowstorm, and I was worried about landing and then getting home if we did land safely. All the astrophysics were totally beyond me but left me in awe, as well all as all the Russian expressions, but still I found it engaging and even engrossing. Naturally, for anyone who has lived in DC or Northern Virginia as I have, the locale, and the running places all resonated. But the story itself was good, and it romped along. Good stories need to romp along! I loved your inclusiveness and embrace of all races and genders through Louche, who is such a humanitarian, and I loved the relationship and sexiness he has with his wife!”

– **Kathrine Switzer, marathon runner, pioneer, and author**  
**(The first woman to run Boston Marathon wearing a bib number)**



# THE MAN WHO STOLE THE SUN

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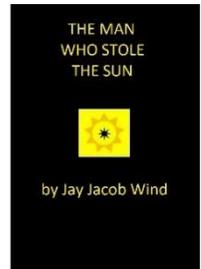
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 \$10.00 Lovingly hand-delivered to you at any upcoming event

Jay attends all events listed on [www.safetyandhealthfoundation.org](http://www.safetyandhealthfoundation.org)

“On airplanes going to and from Spokane, I was reading The Man Who Stole The Sun, with lots of yellow buttons with black asterisks. What an intellectual feast! You must have had great fun conjuring up all those scenarios. I have read Hawking, and I am very interested in the universe, black holes, dark matter, quantum physics, parallel universes, etc. I play chess, and I am a sometime runner (but not marathons) so I had lots to which to relate.”  
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“Tremendous. Extraordinary” – Dr. Charles Simone, widely-published oncologist – [www.drsimone.com](http://www.drsimone.com)

“May you have a great ‘run’ for it!” – Kristin Lems, renowned musician, Evanston Township High School (ETHS) graduate

“Very well written” – Dr. Linda Nilson, author of *Teaching at Its Best*, Clemson University; ETHS graduate

“Fantastic news! Hope the book is in for a long run!” – Nan Woodman, noted journalist, ETHS graduate