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Reborn To Run

PATRICK ROSCHE

The best marathoners don't just wing it when it comes to training. They use high-tech gadgets to hack their bodies and achieve times they once thought impossible. Here's how you can too

By Ashley Mateo

I WAS FIVE MILES from the finish line of April's 2019 London Marathon when I started thinking about just how stupid it is to race one of these things. My legs were weak, my side was cramping and, to add insult to literal injury, it was starting to drizzle. Obsessively checking my watch every 5 seconds while counting down to the finish line (hoping it might be willing to meet me halfway), I felt stuck in slow motion—at a point when it was time to pick up the pace. Luckily, I had prepared my body for just this moment.

For average runners, signing up for a marathon is mostly about surviving to the finish—after all, the very first guy to run one barely did, dying shortly thereafter. The popularity of the challenge has grown precipitously, with the number of marathoners jumping by nearly 50% over the last decade, reaching 1.1 million finishers in 2018 according to the International Association of Athletics Federations. In the same span, average times have also

ballooned. In 1986, amateur racers typically crossed the final time stripe in 3:52:35; now that's up to 4:28:56—almost exactly the time I crossed the finish at the 2016 Boston Marathon, the first of my six 26.2-mile finishes.

But I don't run to be average. I run to push my limits, so ever since Boston I've been aiming to break the 4-hour mark—an arbitrary yet achievable goal I deem brag-worthy. "World-record racer Eliud Kipchoge can no longer complete two marathons in the span it takes me to finish one," I imagined telling people after I broke the barrier.

In my races and in my preparation leading up to London, however, my times had plateaued about 11 minutes short of that goal. Standard training protocols—run a ton, eat right, rest well, repeat—didn't seem to be enough anymore. And at 33, it's not exactly easy to become more fleet of foot. I figured I'd have to try something drastic: not just logging extra miles but hacking my body's cardiovascular and muscular systems with elite, next-level tech.

That's how, for months leading up to London, I found myself doing all kinds of odd things to unlock my fitness

potential, including lounging for 40 minutes a day, my ears popping, in a tiny, pressurized spaceship-like pod.

"There are three things that limit endurance performance," explained Brad Wilkins, Ph.D., an exercise and sports physiologist who in 2016 worked with Nike to train the world's fastest runners in a bid to break the 2-hour marathon barrier (coming up 26 seconds shy). "There's VO2 max, or the maximum amount of oxygen you can consume, which translates to the maximum amount of work your body can do; your running economy, or how much energy is required for you to run a given distance at a given speed; and your lactate threshold, the physiological intensity that you can sustain for a long period."

You can improve all three by running harder. But that's, well, hard. So I gladly decided to take a shortcut, starting by improving my VO2 max with the Krypton-like "CVAC" pod, short for Cyclic Variations in Adaptive Conditioning, which fluctuates air-pressure levels to flush post-workout waste out of your cells. "The CVAC allows your cells to ex-

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STYLE & FASHION

20 ODD QUESTIONS

Cate Blanchett

The actress and reluctant fashion icon on her love of icebergs, German sausages and 'Fleabag'

RECENTLY, THE AUSTRALIAN actress Cate Blanchett was rearranging her closet, filled for the most part with suits, jackets and pants. "The rest of my life is not organized, but my wardrobe is," said the 50-year-old mother of four (from her youngest, Edith, whom Ms. Blanchett and her husband, playwright Andrew Upton, adopted in 2015, to her eldest, Dashiell, 17).

This time she decided to arrange her outfits by color. "That's when I realized I had a terrifying amount of black clothing, and that I'm the go-to person for funeral wear," said the U.K.-based actress. "So I'm making a concerted effort to wear color. I think when you wear color, people are nicer to you, or maybe you're nicer to other people."

Based on our interview, Ms. Blanchett, a two-time Academy award winner, already seems adept at nice (and witty), regardless of her clothing's hue. This month she appears in the long-gestating film adaptation of Maria Semple's novel "Where'd You Go, Bernadette," in which her character, a tightly-wound homemaker, goes AWOL. She's currently filming a limited series for FX about the Equal Rights Amendment in Toronto.

Though frank about her wardrobe's monotony and her fixation with large chunks of ice, she's more circumspect about her widely acknowledged status as fashion icon. "You know, I don't think about it," she said. "It's just about picking what I like to wear and what I feel good in."



IAN PATTERSON FOR THE WALL STREET JOURNAL (PORTRAIT); COURTESY OF THE ARTIST AND METRO PICTURES; NEW YORK (SHERMAN); F. MARTIN RAMMIN/THE WALL STREET JOURNAL (JEANS); NETFLIX (SCOTT)

I'm obsessed with: icebergs. I just went to Greenland where I got to experience some up close. They're magnetic and magical and they have such a shifting internal nature. I love the sound of the ice when the iceberg breaks. It's constantly cracking and carving.

My favorite hotel is: the Dar Ahlam in Skoura, Morocco. You have breakfast in the garden where you sit under olive trees with your feet in the stream going through it.

The piece of clothing I'll never get rid of is: the shirt that I was wearing when I first kissed my husband. It's this really ugly navy shirt which I will never wear again.

My kids recently introduced me to: the album "Psychodrama" by the [South London] rapper Dave. It's his first and it's absolutely brilliant. With my kids, you don't get asked, you just end up listening. Fortunately they have good taste.

I recently binge watched: Krzysztof Kieslowski's "The Decalogue," [a series of 10

one-hour Polish films from 1989] which is one of the masterworks of television. Also, the second season of "Fleabag," [featuring Andrew Scott, inset right, as the priest]. It's great when you see something singular and unique and shocking and hilarious.



Asking for my favorite visual artist is: like asking for my favorite child. Paula Rego's work is so muscular and the stuff of nightmares and dreams. I love how Louise Bourgeois deals with time, memory and emotion. And what Cindy Sherman has done is singularly the biggest influence on me. [See Ms. Sherman's "Untitled Film Still #14," 1978, inset below.] She's such an extraordinary investigator of the interior life of human beings made manifest externally.



My drink of choice is: tap water. When I first went traveling overseas, I went to a French supermarket. I couldn't believe they sold bottled water. How ridiculous! Now when

I go to a restaurant, sometimes I'll get offered a water menu. I'll just take tap. I'm not an ice person—unless it's in berg form.

A garment I wear to death is: jeans. I currently like a pair by Closed which I got in Hamburg. They just look good. Jeans that look good on other people typically do not look good on me.

I waste time by: organizing and reorganizing my office, probably as work avoidance. My office at home in England is near the front door so it becomes a playroom. It's just a constant spring cleaning.

I'm not really a dessert person but I like: dark chocolate. I like 75% or 85% cacao with sea salt. I also love cheese, particularly sheep. I like New Zealand sheep; I like Icelandic sheep.

I always use: sunscreen. I like a Swiss brand called Daylong, because it does what it says on the package. A lot of sunscreens don't.

I start my day by: going outside with a double espresso to get a sense of what the weather is like. I wish it were some transcendental meditation moment, but it's literally about the temperature.



FASHIONABLY GREAT Clockwise from top: Cate Blanchett photographed at the Four Seasons in Toronto; Closed jeans; Jeanette Winterson books; the Dar Ahlam hotel; the 'Psychodrama' album by Dave.

The book that most shaped me is: a Patrick White novel called "Voss." It's about loss and identity and love and so much about the Australian psyche. Also, the canon of Jeanette Winterson. I'm usually reading books to my kids, and then I fall asleep in a pool of my own drool. I love "I Want My Hat Back" by John Klassen. I think it's a political metaphor for our age.

My ideal dinner party would include: the architect Elizabeth Diller, who I've never met but I love the spaces she's created like the Shed and the Broad; the filmmaker Ana Lily Amirpour; the

Syrian architect Marwa Al-Sabouni; the photographers Cass Bird, Polly Borland and Cindy Sherman; Ava DuVernay; and Benicio Del Toro.

My guilty pleasure is: falling asleep listening to Donny Hathaway. "A Song For You" makes me cry. I also love German sausages. Sausages in America are just ketchup delivery devices, but I do a mean German sausage. You can get some good ones in the Christmas markets in Berlin, but you won't hear a lot of Donny Hathaway there.

—Edited from an interview by Marshall Heyman

FAST FIVE

Urgent: Find That Summer Work Dress

The conundrum: It's steamy but you're stuck in meetings. All the dresses feel too beachy, too flowery, too much like something for the holiday you're not having. Here, five notable, prettily professional exceptions



Blogger Anisa Sojka at London Fashion Week



For Modest Types This crisp, long-sleeved frock is light enough for outside walks yet covered-up enough for office A/C and side-eyed, judgy co-workers. Dress, \$498, toryburch.com



For Trendy Types The Proenza Schouler designers are masters of the just-interesting-enough dress. Dress, \$990, proenzaschouler.com



For Reasonably Romantic Types This one satisfies a longing for drama (the swirl) but nods to industry (the plaid, the palette) Dress, \$625, theory.com

For Boss Types Fabricated from thick, fairly wrinkle-free crepe, this strong scarlet piece would pair unfussily with simple sandals. Dress, \$625, rachelcomey.com



For Subtle Types A low-profile cream column, this one boasts just a hint of whimsy with two long tails that stream enigmatically down the back. Dress, \$250, cosstores.com



F. MARTIN RAMMIN/THE WALL STREET JOURNAL (STYLING BY ANNE GARDENAS AND JILL TELESNICKI (DRESSES)); GETTY IMAGES (WOMAN)

STYLE & FASHION

DEEP DIVE

The Breton Striped Shirt

A favorite for Picasso and Kurt Cobain, this classic, French unisex top is trending for men again. A primer

By JACOB GALLAGHER

THE BRETON striped shirt wasn't always striped. As far back as the first century, the resourceful townspeople of Saint-James in northwest France produced sturdy, solid indigo or ecru wool pullovers for local mariners. As these seamen traveled, so did word of their formidable shirts. Such was the tops' reputation, legend has it, that in 1858 the French military commissioned versions with 10-millimeter-wide, horizontal, blue stripes, one for each of Napoleon's 21 victories over the British at sea. (Some quibble with that tale, arguing that the French navy's poor track record doesn't support it.)

The original shirts—with their wide boxy fit and easy-on-easy-off boat necks—were made around the Brittany and Normandy regions from thick textiles: first wool, later cotton. Today, "Breton shirt" has become a catchall for any striped cotton T-shirt. Yet the design would never had leapt from sea to store if not for Coco Chanel. In the 1910s, while on vacation, Chanel spotted stripe-wearing seafarers. She made a note that the relaxed, off-the-body cut would fit modish Madames as well as it did male mariners and in 1917 created a nautical-inspired collection. She "single-handedly made [the Breton shirt] iconic and redefined it," said Mark-Evan Blackman, a professor of menswear and womenswear at the Fashion Institute of Technology in New York.

In the years since, this unisex staple has been worn by a variety of characters, from irreverent rockers like Mick Jagger to posh preps like Jackie O. (see "Boys (and Girl) in the Bands," right, for more famous fans). Today, it endures both as a flattering, basic shirt and as a springboard for innovation. The degree of "Napoleonic" authenticity is entirely up to you.



Boys (and Girl) in the Bands

A timeline of the shirt's progression from sailor staple to celebrity accessory



A troop of **French navy officers and cadets** participate in training along the River Thames. Today, boatnecked Bretons remain part of the French naval uniform.



Not only was designer **Coco Chanel** responsible for elevating Breton tops from workwear to high fashion, she wore them elegantly herself. Great Dane optional.



One of the most visible advocates of the style, **Pablo Picasso** made the Breton shirt a signature, even painting figures wearing them.



By midcentury, the Breton shirt had ventured far from France, with suave American icons like **Marlon Brando** gravitating toward the orderly tops.



As part of his makeover from frumpy, khakis-clad illustrator to Superstar pop artist in the 1960s, **Andy Warhol** wore Breton shirts with leather jackets.



Striping everything from shirts to perfume bottles, designer **Jean-Paul Gaultier** has always worked Bretons into his visual branding, emphasizing his French roots.



In the 1990s, grunge rocker **Kurt Cobain** proved that a Breton shirt can look rebellious by pairing his fine striped shirt with beat up denim and retro shades.



In recent years, style-conscious stars like **Orlando Bloom** ("Lord of the Rings") gravitate toward the precise, iconic pattern of a Breton-style shirt.

THIS YEAR'S MODELS / THE THING WITH BRETON TOPS IS THAT IT'S HARD TO STOP AT JUST ONE...HERE ARE SOME SNAZZY LATE-SUMMER OPTIONS.



The Diet Stripes

French label A.P.C. slenderness the Breton lines and knit them in a thick, cozy cotton for a subtler striped sweater. \$325, apc-us.com



The Autumnal Offering

In collaboration with New York's Best Made Co., 81-year-old outfitter Armor-Lux has revamped its shirt in fall colors. \$138, bestmadeco.com



The Japanese Take

Comme des Garçons Play has made Breton-style shirts a signature, finished off with a cutesy heart-eyes logo. \$165, doverstreetmarket.com



The Nautical Original

Saint James continues to make its archetypal Breton, with stripes that start below the shoulders. Shirt, \$169, saint-james.com



The Featherweight Tee

Though the width of its stripes align with the original Breton, British label Sunspel's short-sleeved shirt is lighter. \$90, sunspel.com



The Neo-Knit

Modern brands continue to riff on Bretonity: Uniqlo has done it up in a novel, gauzy short-sleeve knit. \$20, uniqlo.com

WHY MIMES WEAR WHAT MIMES WEAR

Beret

Though Mr. Marceau was partial to an Abraham Lincoln-esque stovepipe hat, subsequent mimes adopted berets as a callback to miming's French heritage.

White Face Paint

The ghostlike makeup is a technique stolen from circus performers that lets the audience "see the expression of the face from far away," explained Becky Baumwoll, the artistic director of Broken Box Mime Theater in New York.

Striped Shirt

Marcel Marceau, a French miming pioneer, wore Breton-esque shirts consistently throughout his six-decade career—forever linking stripes with miming.

White Gloves

Similar to the face paint, white gloves ensure that the audience can "read" the slightest gesture.

How Classic Should You Go?

"**THE THING** about clichéd things sometimes is that they're clichéd because they're good," said Antonio Ciongoli, the designer of New York label 18 East. He wears Bretons throughout the summer, slotting them under blue suits and tossing them atop swim trunks. He relishes the broad boatneck of the traditional Breton, the "T-shirt equivalent of unbuttoning three buttons on your shirt," said Mr. Ciongoli. "It lets your neck breathe." But, clavicle flashing isn't for everyone.

"For me, it looks better to have a tighter neck," said Mike Mellia, 38, a fashion video director in New York and a stripe obsessive. Thankfully, there are many variations on the standard striped T, including ones with more clavicle coverage. One of Mr. Mellia's go-tos is an inverted Breton—a blue base with white stripes—reminiscent of Cary Grant's top in 1955's "To Catch a Thief." Though the 21 stripes of classic Bretons are introduced at the shoulder, Mr. Mellia's top is striped from neck to hem, for

a less costumey style. Authentic Bretons can demand three-figure prices, but you can pick up full-striped Breton-esque T-shirts from affordable brands like J.Crew or Muji. Often these are made in a seasonally-appropriate light cotton rather than the original's thick and rather inflexible cotton knit. Nicholas Brooke, the CEO of British shirtmaker Sunspel, said, "You wouldn't be lying in the swimming pool in Florida in your actual Breton striped top, because it would just be really hot."

It's Not Just a Shirt. It's a Lifestyle! 5 Other Things That Originated in Brittany

- The Breton Galette** A crepe that's made from buckwheat and filled with savory toppings.
- The Closed Bed** A bed with a roof and a door that could be mistaken for a cupboard...or a coffin.
- Quimper Faience Pottery** Painted ceramics produced in the city of Quimper since the 17th century.
- The Breton Hat** A cap with a curved-up brim. Vincent van Gogh painted himself in one in 1887.
- The Brittany Spaniel** A regal brown-and-white dog first bred for bird hunting. Not available in stripes.

MIME ILLUSTRATION BY SON OF ALAN; TOP ILLUSTRATION BY LAUREN TAMAKI; 5 OTHER ILLUSTRATIONS BY DAVID SPARSHOTT

ADVENTURE & TRAVEL

Ride Every Mountain

Traveling with an off-road bike just got more enticing. Here's where to take your two wheels for a spin. Whiskey breaks are optional



CLOCKWISE FROM TOP: EVELINE JEANRICHARD; MOUNTAIN BIKE WORLDWIDE; JOEY SCHUSLER

By BRIGID MANDER

A FEW YEARS AGO, some friends gleefully informed me they'd arranged to fly to Switzerland with their mountain bikes to ride alpine trails from village to village. The trip sounded legitimately idyllic, but could it really be worth the misery of lugging a bike across the Atlantic? I pictured myself struggling to pack my darling, and dearly priced, two-wheeler. I resented the thought of paying some airline exorbitant excess baggage fees for handlers to toss her hither and thither.

Hundreds of miles of single tracks twist along clifftops and mesas.

As it turns out, dragging your mountain bike around the world involves less tedium and trauma than I imagined. A few sports-luggage companies, such as EVOC, Dakine and Thule now offer easy-to-handle, cleverly engineered bike bags combining soft-sided exteriors with hard structural frames. And this summer American and Delta joined Alaska Airlines in eliminating hefty fees (as much as \$300 round-trip) for common sports equipment, including bicycles. A mountain bike stowed in a bike bag now costs what any other piece of checked luggage does.

The changes are welcome news to the ballooning number of travelers who are making mountain biking the focal point of their vacations. In 2005, the public land trails of Grand Valley, Colo., saw about 95,000 bikers. In 2017, the number of two-wheeled visitors jumped to 250,000. Established outdoor hot spots such as Crested Butte, Colo., use the ski-



vacation formula to attract mountain bikers: "Stay and Ride" packages combine lodging and access to lift-served downhill trails, as well as the 750 miles of biking trails in the Gunnison National Forest.

If you don't want to roll alone, a plethora of mountain-bike adventure companies, including REI, Trek, H+I Adventures and Sacred Rides offer guided trips around the globe based on experience level. With Sacred Rides, for example, novices can opt for the Camino de Santiago in Spain, while seasoned cyclists can choose to zigzag through the Himalayas in Nepal or

circumnavigate volcanoes in Iceland. For those who'd rather plan their own trips, we've rounded up a few other getaway spots for you and your mountain bike:

British Columbia, Canada

Off-roading cyclists want for nothing on the 75-mile Sea to Sky Corridor, stretching from Vancouver to Whistler. Offerings in the region include vast, well-mapped trail systems, lift-accessed bike parks, guiding services, multiday backcountry trips, even heli-biking. If you prefer to follow a day of riding over steep, rocky terrain with



WHEELS UP Clockwise from top: northern Italy's Aosta Valley; riding in Scotland's Cairngorms National Park; 18 Road Trails, just north of Fruita, Colo.

a first-rate massage and a cushy bed, base yourself in Whistler, home to luxury hotels and spas and the Whistler Mountain Bike Park, with its 50 miles of trails. whistlerblackcomb.com

Western Colorado

The Rocky Mountains are, unsurprisingly, well-trod territory for mountain-bike riders, but it's the small, modest town of Fruita on Colorado's Western Slope that's a bucket-list destination for in-the-know cyclists. Flying to Fruita is easy—nearby Grand Junction is served by major carriers. An hour's drive from Moab, Utah, it's also a favorite road-trip destination. Hundreds of miles of single tracks twist through juniper-studded desert and along clifftops and mesas. You'll find riding options for beginners and experts, guiding services and a lively vibe in town. But this is a place for purists, not sybarites. Camping is popular and luxury amenities scarce.

Northwest Italy

Sprawled under the flanks of Monte Bianco, Aosta Valley is one of the

Italian Alps' most glamorous ski destinations. Drowsier in summer, the region now draws mountain bikers who wheel leisurely around the valley's central town, Aosta, and follow the stone-paved streets to lift-accessed bike trails. Within a half-hour's drive are more lift-served trails in the tiny resort towns of La Thuile, Pila and Cervinia. When you're ready to trade the Alps for the sea, drive about three hours south to Finale Ligure, an adorable coastal town. Backed by hills overlooking the blue Ligurian Sea, it's another biking beacon with miles of nearby tracks, guides and races.

The Scottish Highlands

Dedicated mountain-bike parks dot the country, but the rugged Highlands offers the most tempting and untamed trails. For instance, in Cairngorms National Park, you can ride from rocky peaks to a wild beach. And just in case Scotland's notoriously inclement weather compromises your ride, you can pedal over to one of the whiskey distilleries set inside the park to wait out the rain. visitcairngorms.com

A Room With No View

Hotel accommodations without windows are trending, but who's actually booking them?

By MATTHEW KRONBERG

THE STANDARD HOTEL opened in London's King Cross a few weeks ago with all of the brand's attendant style and swagger. The 266 guest quarters, occupying a converted brutalist-style 1970s government building, are appointed with Bang & Olufsen speakers and Craig Green-designed robes. Many come with sofas custom-built to fit rounded alcoves. The hotel also offers 28 "Cosy Core" rooms, which, for all their coziness, lack one amenity most travelers view as essential as a bed: windows.

Some people struggle to fathom, let alone want, a windowless room, admitted Amar Lalvani, Standard International's CEO: "Even when I tell people today, their gut reaction to it is, 'That sounds terrible.'" He cites practical reasons to choose such a room, in-



HELLO WALLS One of the Cosy Core windowless rooms at the just-opened Standard Hotel in London.

cluding its ability to help suspend consciousness: "If your goal is to sleep, there's nothing better than a room with no windows. We have [guests] like musicians who may work during the night and actually want to pass out during the day."

To wit: The Musician's Rooms at the Moxy Nashville Downtown, slated to open this fall in a former warehouse building, feature illuminated images of the city's downtown encased in antique window

frames, but no actual windows. Two new boutique hotels in Florence, Ala., another music town—the Stricklin and the Gunrunner—both offer rockers and other vampiric types temptingly sunless, viewless, windowless rooms.

What all these inns have in common is that they inhabit structures that weren't originally built as hotels. Stephani Robson, a senior lecturer at the Cornell School of Hotel Administration, said the develop-

ers want to maximize their investment by tucking such rooms into these conversions' floor plans. "That's when you're going to start to see some rooms that either don't have windows or look into sort of strange spaces. That is strictly economics," she said.

Guests also enjoy an economic advantage, albeit less of one than you might expect. At the Moxy, a Musician's Room starts at \$229, while standard queen rooms go for

\$249. And at the Standard, a Cosy Core room can be had for roughly \$303, compared with \$376 for a standard queen that lets you peer down on London's street life.

Hotels are taking measures to make windowless rooms a first choice, not a last resort. "In some ways [the Cosy Core rooms] are far better than many of the rooms that have windows," said Mr. Lalvani, citing the rooms' commodious plant-filled bathrooms. "You get this feeling of openness; this feeling of being outside by being in there."

For many people, all the plants and cleverly lit city scenes in the world won't avert claustrophobic freak-outs the way an honest-to-goodness pane of glass will.

Others take a more nuanced view. Ms. Robson's brother Rob, a Budapest-based David Bowie impersonator, who performs under the moniker Fauxie Bowie, spent his teen years in an almost windowless basement bedroom, which he loved. "Would I plunk down cash to sleep in a windowless space again?" he asked. "In a heartbeat—as long as there was sufficient volume to stave off an MRI-style panic attack. Curiously, I wouldn't feel the same way on a ship: Just thinking about a windowless stateroom gives me 'Poseidon Adventure' nightmares."

ADVENTURE & TRAVEL

By Tara Isabella Burton

WE WERE very tired," begins a poem by Edna St.

Vincent Millay, a chronicler of New York City's Jazz Age. "We were very merry—We had gone back and forth all night on the ferry." Today, few of New York's ferries run into the wee hours. But over the past three years, the fleet has been expanding under the aegis of Hornblower Cruises. Four new lines have already launched, including those to Manhattan's Upper East Side and Brooklyn's Bay Ridge. New routes to Staten Island and Coney Island are expected in 2020 and 2021, respectively. And, all the better for some Millay-style madcap bohemia, Hornblower's ferries come equipped with wine-and-beer bars. Mostly used by commuters working on Wall Street or in Midtown, the ferries beat subways and are an ideal way to spend a sprawling Saturday, starting in one borough and nipping over to others. Buy tickets as you go (\$2.75 a ride), and follow my lead:

8:12 a.m. Dogs and Socrates in Astoria

Board the boat in Manhattan on the East 34th St. Ferry Landing for the 40-minute trip to Astoria. A five-minute walk from the ferry leads to the almost-too-precious Château Le Woof. Queens' first dog cafe offers chai lattes and the chance to commune with overeager Pomeranians (for legal reasons, they keep the former and the latter in different rooms). On the day I visited for breakfast, I could hear local laptop-toting residents cooing "There's a good boy" in English, Russian and Spanish (31-01 Vernon Blvd, Astoria, chateaulewoof.com). Across the street, the waterfront Socrates Sculpture Park hosts a rotating exhibition of contemporary sculpture. Built on the site of an abandoned landfill, the garden and sculpture park is free to enter, and wander, coffee-cup (or dog) in hand.

9:50 a.m. Strolling from Queens to Brooklyn

After two quick stops on the Astoria Line ferry, I disembarked at Long Island City. Saving the adjacent Long Island City Flea and Food market for another time, I chose to amble down the waterfront instead, passing a series of parks and dog runs that run all the way to Hunter's Point. A five-minute detour via the Pulaski Bridge leads across Newtown Creek,



A young visitor at the Socrates Sculpture Park.



A Ferry Fine Day

To explore New York more breezily, skip the canned bus tour and hop from borough to borough by boat

and into Brooklyn's Greenpoint neighborhood, where I stopped in at the Box House Hotel to peek at the Wes Anderson-style fantasia of converted-factory rooms and stained glass windows (77 Box St, theboxhousehotel.com).

12 p.m. Gastropub in Greenpoint

While Karczma on Greenpoint Avenue is still a stalwart for traditional neighborhood Polish fare, the gastropub Milk and Roses—with tin ceilings, library-shelves for walls, and a back garden that feels cut-and-pasted from a Victorian fairy story—is harder to define. The menu lists an eclectic range of dishes: from linguine alla Genovese to Turkish shakshuka (1110 Manhattan Ave., milkandrosesbk.com). After lunch, I meandered south to Williamsburg, a pleasantly distracting 2-mile walk. I got briefly lost as I followed a series of scrawled chalk signs on the sidewalk reading "To the Moon," (the work of graffiti artist "Gazoo To the Moon"), before stopping, alongside several picnicking Hasidic families, to watch a wedding party being photographed just north of the Williamsburg Bridge.

2:50 p.m. Ice Cream a la Walt Whitman

After taking the ferry from South Williamsburg to DUMBO—skipping the tricky pedestrian navigation around the Brooklyn Navy Yard—I stopped by perhaps the most developed part of the Brooklyn waterfront. Each of the piers around Brooklyn Bridge Park is devoted to a different leisure activity, from the roller rink at Pier 2 to the labyrinthine park at Pier 3 to the fully outfitted sports complex at Pier 5, with areas for ping-pong, tennis and squash. Feeling lazy, however, I stopped for ice cream at the aptly named Ample Hills. I went with the Whitman-evoking flavor "Do I Contradict Myself/Very Well then, I contra-



SHIP TO SHORE
Clockwise from top: Aboard the Hornblower ferry from DUMBO to Wall Street; a fennel salad at Milk & Roses; Red Hook Lobster Pound.

dict myself. I am large; I contain breakfast foods" —a mix of sweet cream ice cream with cinnamon, chocolate donuts and coffee cake crumble (1 Water St, amplehills.com).

4:30 p.m. Rooftop Margaritas

After about a 20-minute walk, the manicured parks of the Brooklyn Bridge waterfront give way to the small businesses of what's now known as the Columbia Waterfront District, connecting Brooklyn Heights to Red Hook. At Alma, a Columbia Street Mexican restaurant with a semi-secret roof deck with sweeping waterfront views, I stepped upstairs for basil margaritas (187 Columbia St, almarestaurant.com).

7 p.m. Lobster in Red Hook

There are few neighborhoods in New York City as unapologetically charming as Red Hook: a New England-style shipbuilding town nestled on the southwestern tip of Brooklyn. While the neighborhood has more than its fair share of new hipster haunts, I stuck with a Red Hook classic: the Red Hook Lobster Pound. It's the brainchild of Ralph Gorham and Susan Povich, who in 2008 decided to bring lobster along the waterways fresh from Maine, and serve New Yorkers shockingly affordable high-quality seafood: a whole lobster and mixed seafood boil for two, plus a hefty serving of creamy fish chowder, runs around \$65 (284 Van Brunt St, redhooklobster.com). A few doors down, the legendary Sonny's, a one-time fisherman's dive bar, is now known for its live music sets, but I had a ferry to catch.

9:52 p.m. Shipboard nightcap

Though tempted to ride the ferry a few stops southward to Sunset Park—home of my favorite taco truck in New York City—I was anxious to catch the last ferry from Red Hook back to Wall Street. I grabbed an \$8 glass of prosecco at the boat bar and watched from the deck as the crystalline lights of Manhattan grew closer. Tired, merry, and more than a little bit full, I took the boat all the way home. For full ferry schedules, see ferry.nyc.



“
I am the beginning of many ideas.”

MAX, AGE 11, BOSTON

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STUDENTS WRITE THE FUTURE. VOLUNTEER. SUPPORT. BE INSPIRED.

EATING & DRINKING

By GABRIELLA GERSHENSON

LATELY I HAVE noticed fundamental changes to my salad-making approach. Once all the ingredients are prepped and ready to be put together, more often than not, I reach for a serving platter instead of a salad bowl.

It was a gradual evolution. As my salads have incorporated more variety—ingredients such as roasted, shaved or cured vegetables; chunks of cheese and other proteins; fruit, nuts, seeds; spice blends; thick dressings that border on dips—I've started plating them like the full-fledged meals they are. I've realized I prefer to see the ingredients spread out on a platter so I can pick and choose what I want to put on my plate. I also admire the beautiful mosaic of things I like to eat.

It turns out I'm not the only one. Once I identified my penchant for platter salads, I noticed them in cookbooks, in restaurants, at the homes of friends and, yes, on Instagram. I contacted Ilene Rosen, author of the cookbook "Saladish," to ask what she thought of this lateral development. Ms. Rosen spent her decades-long career as a contemplator and composer of salads, first at City Bakery in Manhattan and later at her own specialty grocery shop, R&D Foods, in Brooklyn. "Maybe it's just bowl backlash," she offered. "There was so much about bowls—everything going in a bowl, and being layered up in a bowl, and the egg on top of the bowl."

As opposed to tossing a pile of components together willy-nilly, assembling a salad horizontally gives you control. Whether you're nestling ingredients in clusters, as you would with a composed salad, or placing them intermittently on a serving dish and building the salad that way, there's an intention there the bowl model typically lacks. How you choose to layer your ingredients dictates how they'll come together as a bite. Think about it like sandwich construction. You place the ingredients one by one, putting serious thought into the order, with the ultimate mouthful in mind.

"There's always the star of the show, right?" said Joshua McFadden, author of the cookbook "Six Seasons" and chef-owner of Ava Gene's in Portland, Ore. "Figure out whatever that is, and have things that go with that and accentuate it. There's always acid, there's always texture, and there's always fat. It's just figuring out what those are." Acid could be lemon juice, vinegar or fish sauce; textural elements could be croutons or crunchy vegetables; fat might come by way



Baby Gem With Muhammara, Pickled Red Onion and Feta



Watermelon With Chrysanthemum and Shiso



Squash Ribbons With Tomatoes, Peanuts, Basil and Mint



String Beans, Tomatoes, Cucumbers and Olives on Tonnato

Superior Salad Architecture

Think of them as platters à la Frank Lloyd Wright: low slung, well crafted, harmonious

of yogurt, cheese or a creamy dressing. Mr. McFadden's riff on a salade niçoise is plated on tonnato sauce, a creamy tuna mayonnaise, spread over a large platter. It's the flavor anchor and the literal foundation of the dish.

Plattering also solves the pesky problem of heavier morsels—often the tastiest ones, such as olives, bits of salami or cheese, or chunky vegetables—sinking to the depths. "If they're spread out,

you're not continually reaching to the bottom of the bowl," said Ms. Rosen. In a deep vessel, delicate greens and herbs are equally at risk—they can wilt if overdressed or get crushed under the weight of other ingredients. On a platter, Ms. Rosen layers fragile greens among heartier vegetables to gently incorporate them. "When it's done, it looks like you mixed it, but there's no mixing involved,"

she said. "So they keep their shape and crispness and all of that."

Another advantage of a layered salad: precise seasoning. Each layer can get a bespoke dressing, whether it's a sprinkling of salt and pepper, a drizzle of olive oil, a more substantial sauce or a combination of the three. A platter also eliminates the problem of dressing pooling at the bottom of the bowl.

According to London chef

Yotam Ottolenghi, whose cookbooks and chain of cafés helped propel vegetables onto the A-list, a good layering technique allows for the strategic injection of flavor, color and texture without muddling of any kind. When Mr. Ottolenghi combines gem lettuce wedges with muhamarra (a brick-red roasted-pepper-and-walnut sauce), pickled onions and feta cheese, he dollops the thick dressing over the let-

tuce for visual effect. "It's the concept of layering the leaves, dressing them lightly and spooning the sauce on top rather than tossing, so it doesn't all go a uniform red," said Mr. Ottolenghi. "That wouldn't be as attractive as creating a contrast between the solid red and solid green."

Ultimately, a horizontal salad is a celebration of ingredients. "I do think it's important to see all the things, because for me these are all the things I love," said Ms. Rosen. "Why wouldn't you want to give each thing its due?"

Find recipes for watermelon with chrysanthemum and shiso; baby gem lettuce with muhammara dressing, pickled red onion and feta; and string beans, pickled beans, tomatoes, cucumbers and olives on tonnato at wsj.com/food.

Squash Ribbons With Tomatoes, Peanuts, Basil, Mint and Spicy Fish-Sauce Sauce

Set aside time to make the sauce a day ahead, to let the flavors develop. The recipe makes enough sauce for several salads and will keep a month or two in the fridge.

Active Time: 25 minutes
Total Time: 1 day (if making sauce ahead)
Serves: 4

Make the spicy fish-sauce sauce: In a small bowl, stir together $\frac{1}{4}$ cup seeded, de-ribbed and minced chiles (use a mix of colors), 4 large cloves garlic, minced, $\frac{1}{2}$ cup fish sauce, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup white wine vinegar and 2 tablespoons sugar until sugar dissolves. Ideally, make this a day ahead and readjust seasonings to taste on the second day. It is likely to get spicier. // Prepare the Zucchini: Use a mandoline to carefully slice 4 firm medium zucchini (or mix of zucchini and summer squash) from bottom to top to create very thin ribbons. (If you don't have a mandoline, cut the zucchini into very thin rounds.) In a colander, toss sliced zucchini with 1 teaspoon kosher salt. Let sit 30 minutes. Blot zucchini on paper towels to remove moisture and excess salt. Transfer to a large bowl. // Assemble the salad: Trim 1 bunch scallions and slice on a sharp angle, then soak in ice water 20 minutes. Drain well. Add scallions to bowl with zucchini along with 1 pint cherry tomatoes, halved, $\frac{1}{2}$ cup salted roasted peanuts, roughly chopped, 1 small handful basil leaves and 1 small handful mint leaves, and toss together. Pour in $\frac{1}{4}$ cup spicy fish-sauce sauce and toss again. Add $\frac{1}{4}$ cup olive oil and toss again. Taste and adjust seasoning as needed. Arrange on a platter or individual plates, and serve right away.

—Adapted from "Six Seasons" by Joshua McFadden

FIRM YES Cubed and skewered, Bread Cheese makes a marvelous meatless option for the grill.



CHEESE WISELY

Mild, Tangy, Supple, Summery

Delicious cheeses made for grilling are poised to catch fire

IN THE U.S., where we fixate on the pornographic ooze of melted cheese, "grilling cheeses"—high-protein slabs that resist melt no matter the temperature—remain underutilized, despite the delicious options now available. Across Europe, meanwhile, Greek halloumi stars in everything from salads to shawarma. In the southern Americas, dense, non-melting cheeses feature in tacos (Mexico) and as part of asado spreads (Argentina). In India, firm paneer can go savory or sweet.

Grilling cheeses make up for their obstinate resistance to melting by adapting to all kinds of flavors and attaining crisp exteriors and warm, supple interiors via quick cooking. Mild, with a gentle lactic flavor punctuated by a yogurt tang, they're tasty without any gussying up, but they truly shine when served with zippy dipping sauces. This summer I've been making a scallion almond sauce (recipe at right) to serve with Bread Cheese (origin name: *Juustoleipä*), a Wisconsin favorite with a browned top like the crust on bread, borrowed from Norwegian and Finnish cheese traditions.

You don't actually need to grill grilling cheeses, but you do need to cook them quickly on medium-high heat; a cast-iron or nonstick pan works well. Lightly oil the grill or pan, cook the cheese until it browns and serve immediately. For grilling, it's best to leave the cheese whole or thread cubes onto skewers so you don't lose any through the grates. However you slice it, it's a solid choice for barbecue season. —Tia Keenan

Scallion Almond Sauce

Total time: 5 minutes
Makes: 1 cup
In a food processor or blender, combine 1 bunch scallions, chopped, $\frac{1}{2}$ cup toasted almonds, 2 cloves garlic, 2 tablespoons fresh lemon juice, 1 tablespoon mayonnaise (preferably Kewpie), 1 tablespoon soy sauce, 1 tablespoon honey, $\frac{1}{2}$ teaspoon ground cumin, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon red pepper flakes, $\frac{1}{4}$ teaspoon dried coriander and $\frac{1}{3}$ cup extra virgin olive oil. Process until smooth. Serve with everything.

SO HOT RIGHT NOW / 3 GREAT GRILLABLE CHEESES

Narragansett Creamery Grilling Cheese (\$8 for 8 ounces, saxelbycheese.com)
Carr Valley Bread Cheese (\$13 for 10 ounces, carrvalleycheese.com)
Dayspring Dairy Halloumi (\$17 for 8 ounces, dayspringdairy.com)

EATING & DRINKING



CRISTINA SPANÓ, F. MARTIN RAMÍREZ/THE WALL STREET JOURNAL (BOTTLES)

ON WINE / LETTIE TEAGUE



Semi-Sparkling, Entirely Delightful

EVERYTHING SLOWS down during the summer, including my consumption of serious wine. For me, summer is for wines that are light-hearted and fun—and, often, halfway between sparkling and still. Technically referred to as semi-sparkling, these wines might be better described as frolicsome.

Such wines are produced all over the world. They come in white, red and rosé, and range from dry to sweet and from ever-so-slightly fizzy to full-on frothy, depending on how they're made.

The wine might be bottled with

CO₂ trapped inside, or with a little sugar added. (The sugar keeps fermenting and lends a little bubble.) The CO₂ can also be injected into the wine (not a method favored by high-quality producers).

Many semi-sparklers are produced by the Charmat method (also called *cuvée close*), in which the wine ferments in a tank. The sugar converts to alcohol and carbon dioxide, and the wine is bottled with the sparkle intact. Speedy and cheap, this method is popular all over the world. In Champagne, meanwhile, and elsewhere among producers of

serious, fully sparkling wines, the *méthode traditionnelle* calls for secondary fermentation in the bottle, and the wine generally ages several years before it's disgorged and closed with a mushroom-shape cork.

The amount of pressure under which a wine is bottled further determines its status: Anything under three bars and above one bar of pressure is legally classified as semi-sparkling. Lower-pressure sparkling wines don't need to be bottled with those big mushroom corks covered with a wire cage, as Champagne is. Some semi-sparklers even have

screw caps or crown caps (the kind found on bottled beers and glass bottles of Coke).

Cheaper production means semi-sparkling wines are almost always reasonably priced—typically half the price of Champagne and often much less. They're styled to be consumed as soon as they hit the market and most definitely within a year of the vintage. Many semi-sparklers don't sport a vintage year at all, as with some Vinho Verdes and Lambruscos.

Vinho Verde and Txakolina (pronounced "chok-a-LEE-na") sparkle only subtly. These dry whites from northern Portugal and the Basque region of Spain, respectively, are both relatively low-alcohol and possess more of a prickle than a bubble. One of my favorites, the 2018 Ameztio Getariako Txakolina (\$20), from the region's leading producer, gets its soft sparkle from CO₂ trapped in the distinctive emerald-green bottle.

One of my favorite summertime semi-sparklers, year after year, became hip some years ago after decades of unfashionability. Lambrusco (the name for both the wine and the grape), from Italy's Emilia-Romagna region, is classified as frizzante, the Italian term for a gently sparkling wine; a fully effervescent one is labeled spumante. Once known almost exclusively as a sweet red, Lambrusco today can be white or rosé, as well, and sweet or dry. Lambrusco di Sorbara, Lambrusco Gasparossa di Castelvetro and Lambrusco Salamino di Santa Croce are the most highly regarded.

In summer, I choose a dry, fizzy, red Lambrusco over a Cabernet or Syrah to pair with grilled meat—a lighter, lower-alcohol option. Many Lambruscos are surprisingly structured, including two favorites: the dark-fruited Zanasi SassoStorno Lambrusco Gasparossa di Castelvetro (\$19) and the Cleto Chiarli Gasparossa di Castelvetro Lambrusco—delicious, medium-bodied, savory and affordable, too, at \$12. (Both should be served well-chilled.)

Different frizzantes are made all over the boot; the Piedmont is a particularly frizzante-friendly region, known for low-alcohol, lightly sparkling wines such as Moscato d'Asti (not to be confused with Asti Spumante, its fully sparkling, much sweeter relation). Top Barolo producers such as La Spinetta and Ceretto also make great Moscato. Another lesser-known semi-sparkler from Piedmont, the Brachetto d'Acqui, is a lightly sparkling, lightly sweet, low-alcohol red. It's a terrific dessert wine paired with fruit and ice cream; it's good on its own, too.

The toothsome 2018 Paolo Pizzorni Sogno-Rosso Brachetto d'Acqui (\$17) is marked by bright red strawberry fruit, balanced by a brisk acidity.

In Austria, the biodynamic Meinklang estate in Burgenland turns out a charming, softly fizzy Pinot Noir rosé, the 2018 Meinklang Frizzante Pinot Noir Rosé (\$18). The wine is bottled under a crown cap with a little extra sugar to spur a second fermentation. It gets bubblier over time in the bottle. According to importer Zev Rovine, when the current vintage arrived in America, in late May, it was almost still. "It's been getting fizzier as it continues to ferment," Mr. Rovine wrote in an email. The winery may relabel it by its German name, "Prosa," a combination of *prickelnd* (sparkly) and rosé.

The Mas de Daumas Gassac estate in Languedoc, France, produces a fresh, juicy and ever-so-slightly

In summer, I choose a dry, gently fizzy Lambrusco—a lighter semi-sparkling wine—over a Cabernet to pair with grilled meat.

sweet "frizant" rosé from Cabernet Sauvignon. Winemaker Samuel Guibert says it may be the only Charmat-method sparkling wine made from Cabernet Sauvignon in Languedoc, possibly even France. If this is true, I don't know why no one has followed suit. His 2018 Mas de Daumas Gassac Rosé Frizant (\$24) is a pink and fizzy, frothy delight.

Bear in mind, not all semi-sparklers are light-hearted fun or, for that matter, very good. Some have all the frolic of flat seltzer; others are all fizz with very little flavor.

Semi-sparkling wines can also be harder to open or reclose than a bottle of Champagne, which every wine lover knows how to uncork. For example, many Lambruscos are closed with a perplexing metal clamp on top of the cork. (Tip: Pry the prongs of clamp away from the cork with a dull knife.) And don't think of re-capping a bottle of crown-capped frizzante. When I tried to recently, the crown cap shot off, narrowly missing my ear.

Still, the challenges and disappointments are small compared with the pleasure of uncorking a delicious and reasonably priced bottle of frolicsome wine or, perhaps, two.

► Email Lettie at wine@wsj.com

OENOFILE / FIVE SEMI-SPARKLING WINES FOR THE SUMMERTIME

**2018 Bisson Glera Frizzante \$17**

Bisson is best known as a producer of terrific still white wines in Italy's Liguria region. But this winery also makes a frizzante wine in the Veneto, from Glera, the Prosecco grape. It's a crisp, brisk, dry and very fizzy frizzante.

2018 Meinklang Frizzante Pinot Noir Rosé \$18

This sparkly Pinot Noir from Burgenland region of Austria is just a bit sparkling, just a bit sweet (the sparkle is derived from the tiny amount of residual sugar left to ferment in bottle), and it's just a lot of fun to drink.

Zanasi SassoStorno Lambrusco Gasparossa di Castelvetro \$19

This non-vintage Lambrusco is an impressively powerful, dry, semi-sparkling red, made by a top producer. A terrific match with grilled meat, it's a summer favorite in my house.

2018 Ameztio Getariako Txakolina \$20

The name may be challenging, but this low-alcohol, lightly sparkling white—think whiskery fizz rather than a bubble—is an easy drink. It's the signature wine from the top producer in this Basque region of Spain.

2018 Mas de Daumas Gassac Rosé Frizant \$24

Winemaker and co-owner Samuel Guibert believes his wine may be the Languedoc's only Charmat-method frizzante made from Cabernet Sauvignon. The taste is as compelling as the wine is unique: lively, juicy, charming.

SLOW FOOD FAST / SATISFYING AND SEASONAL FOOD IN ABOUT 30 MINUTES

**The Chef**

Caroline Glover

Her Restaurant

Annette in Aurora, Colo.

What She's Known For

Bringing years of experience on the farm to ingredient-focused cooking. Rustic dishes executed with a light touch.

Charred Romaine With Flank Steak and Olive Tapenade

PRODUCE HAS ALWAYS exerted a strong pull on Caroline Glover. She left behind a plum sous-chef position in Manhattan to work on farms and learn just how much effort goes into raising excellent vegetables. Now she's back in the kitchen at her own restaurant, Annette, in Aurora, Colo., still rhapsodizing over the veg.

"I love how meaty and vegetal romaine becomes on the grill," Ms. Glover said of this recipe, her first Slow Food Fast contribution. Tossed in a roasted-shallot dressing, charred romaine brings finesse to a

simple grilled steak. "It has a femininity to it," she said of the dish as a whole. "It's lighter and more delicate."

Though the dressing contains no dairy, the emulsion of roasted shallots, olive oil, mustard and lemon juice is remarkably creamy. A tapenade of olives, mint, parsley and lemon zest provides some briny, herbal bite to balance the rich meat.

"I think a lot about how people feel after they eat," Ms. Glover said. "With this you get the satisfaction of steak without feeling weighed down." —*Kitty Greenwald*

Total Time: 35 minutes
Serves: 4

Kosher salt
2 pounds flank steak, salted and tempered
2 shallots, skins discarded
¼ cup water
¾ cup plus 2 tablespoons olive oil
1 tablespoon Dijon mustard
Juice and finely grated zest of 2 lemons
½ cup Kalamata olives, pitted and roughly chopped
½ cup green olives, pitted and roughly chopped
3 tablespoons finely chopped parsley
3 tablespoons finely chopped mint

2 medium heads romaine, halved, with green outer leaves discarded and root end trimmed

1. Heat grill to high heat. Pre-heat oven to 425 degrees. Generously salt steak all over and set aside.
2. Make dressing: Place shallots in a small roasting pan. Add ¼ cup water, 1 tablespoon olive oil and a generous pinch of salt. Cover with foil and roast shallots until easily pierced with a knife, about 20 minutes. Transfer roasted shallots to a food processor and puree until smooth. Blend in ½ cup olive oil and mustard until completely smooth and

emulsified. Season with lemon juice and salt to taste.
3. Make tapenade: In a small bowl, combine olives, parsley, mint, half the lemon zest and ¼ cup olive oil. Season with more zest and salt to taste.
4. Grill steak over high heat, flipping often, until medium-rare, about 6 minutes. Let rest at least 5 minutes. Brush romaine with remaining oil and grill over high heat until charred, 1 minute per side. In a bowl, toss grilled romaine with dressing, salt and lemon juice to taste.
5. Slice steak across the grain and arrange over romaine. Spoon tapenade over steak and serve immediately.



CHAR AWAY Grilling romaine draws out its natural sweetness and also gives it a nice smoky edge.

DESIGN & DECORATING



TURN ON MODERN LIGHTS

Of the pivoting bedside sconces Mr. Jayne said, "They're relatively simple, functional and contemporary. And putting something new next to vintage and antique pieces added depth." For your own beacon in the night, try the Graves Pivoting Sconce, \$449, circallighting.com.



ADD CALMER PATTERN

A striped throw pillow sits on two simply bordered white shams. With colors stronger than the quilt but less busy than the canopy, it enhances without overwhelming, as does this Garretson Pillow in Clearwater Blue and Sunset Red, \$150, onekingslane.com.



GROUND YOUR DREAMS

The tranquil blue four-post frame quietly anchors the fanciful riot of textiles adorning the bed. Moor your own fancies with a Fluted Post Bed, \$6,915, thefederalistonline.com and Cook's Blue paint No. 237 in Dead Flat, \$110 a gallon, farrow-ball.com.



CONTAIN THE COMMOTION

The side tables are just "old American occasional tables whose low-key style leaves the exuberance to the bed," said Mr. Jayne. "Their symmetry also contains that exuberance." Frame flamboyance with two Lacquered Rattan Bungalow Side Tables, \$328 each, serenaandlily.com



ANATOMY LESSON

Beyond the Sail

A boathouse that transcends seaside design clichés with maximalist flair

VACATION HOMES—beach houses, especially—tend to be "stripped back and practical," explained New York interior designer Thomas Jayne. But when a Manhattan-based psychologist/artist and her husband—with whom she co-founded a prominent sailing-training center on Long Island—asked him to decorate a boathouse on the pier near their Oyster Bay home (also on Long Island), he saw an opportunity to give the waterside retreat a personality as interesting as his clients'.

"It's informal but not casual," Mr. Jayne said of this beachy-bohemian bedroom, which doubles as a studio for painting and sculpting. "There's a rich-

ness that's not concerned with wet bathing suits, and though coastal-color cues are taken from the boardwalk, you won't find gratuitous arrangements of seashells anywhere." That said, some "sea" cues in the room are certainly familiar—white shiplap walls and ceilings, model sailboats and notes of bay-water blue and coral pink—but Mr. Jayne and Egan Seward, a senior designer at his eponymous firm, mixed antique, vintage and new furnishings to give the space a layered intimacy that defies predictability, a maximalist coziness chilled out for summer. Here, the key elements to a lush beach house. —*Tim Gavan*



EXPAND YOUR HORIZONS

Mr. Jayne based his color scheme on the Balinese-style canopy valence. White and blue—beach-house staples—go with everything, but the canopy's hues led to a less expected palette. The tassels are whimsical and bohemian, and the Indian wall hanging behind the bed adds another blast of print but, in its calming symmetry, doesn't overdo it. Make a multihued canopy of Perigold's Lola by Pollack Fabrics (\$291 a yard, perigold.com) and add ordered pattern with this Susani Embroidery Wall Hanging from Enrica Pasino. \$2,046, 1stdibs.com



GIVE IT A REST

A 19th-century American quilt with a calming white backdrop is visually interesting but considered. The scale of the pattern is similar to the valence's, which keeps chaos at bay, said Mr. Jayne. Of a like stitch: Flying Geese Quilt, \$795, laurafisherquilts.com



PUT DOWN ROOTS At the foot of the bed—and in contrast to its verve—is a wooden bench "probably made for a workshop," Mr. Jayne said. "Over time it developed this interesting patina, and the shape looks appropriately modern." It and the antique Persian rugs "give a sense of collection." Similar: this Simple Antique Bench, \$1,350, jaysonhome.com.

FLOAT AN IDEA

The model sailboat is one of about two dozen dispatched throughout the house and dwarfed by the real ones outside. "The sculpture and shape of the model boat adds a curviness to an otherwise hard space," Mr. Jayne noted. Equally seaside-worthy: Vintage 40-inch Sailboat Model, \$399, chairish.com



THAT'S DEBATABLE

Should Bathroom Tiles Be Chatty?

YES

THE CHARMING

verbal expressions one finds set into penny tile in the entrances of 19th and early 20th-century commercial establishments are piping up in people's bathrooms today. In an apartment on Manhattan's Upper West Side, blue-gray tiles on the lavatory's white floor spell out "Unicorn Trainer," a reference to the little girl who uses the room. Across town, a rousing "Howdy" greets visitors who walk into a guest bath.

"I think it's a playful, interesting way to add character to a space," said Britt Zunino, of New York's Studio DB, who designed the bathroom for the young urban handler of mythological ponies. "I'm not sure I'd do it in a more-public space, but it's fun in a limited area." Houston-born designer Emily C. Butler, now based in New York, decided with her clients that the cowboy greeting, set into navy hexagonal tiles, would nicely complement a more-formal powder room walled in navy lacquer.

"The family wanted a cheeky solution for what could otherwise be so boring," she said. "Howdy" spoke to their roots, and it's a nice surprise when you open the door."

For a bathroom that a teenage girl and her little brother share in a typically small Manhattan apartment, Ms. Zunino plotted out a Jack and Jill arrangement. The pair's individual chambers include a toilet and vanity, and they both use a two-doored shower in between that expresses their common goal when it comes to soaping up: "Fresh" is scribed diagonally across the penny-tiled floor.

Though cementing words and phrases into walls and floors might affect a property's resale value, some people don't care. "A lot of clients have embraced the idea that their home is their home and they are going to create what they like," said Ms. Zunino. "If they sell, the buyer is probably going to renovate anyway." Why not personalize the space? And, as Ms. Butler noted, hexagon tiles are relatively inexpensive.



LANGUAGE ARTS Floor tiles spell out a greeting in a New York guest bath designed for fellow Texans by Houston-born designer Emily C. Butler.

NO

IN THE SAME

way that you can't stop yourself from needlessly reading English subtitles you've lazily left scrawling across the bottom of "The Marvelous Mrs. Maisel," language set into tile can be too distracting, others argue. "When you first come into a room, instead of allowing you to take in an entire space, it forces your eye to one place," said Atlanta-based designer Tish Mills Kirk. "It doesn't give you permission to have a first impression about a space." To some designers, homeowners who opt for decorative words of any kind—whether it's "love" in pink cursive neon or a wooden plaque exhorting you to swim out to the ship you've been waiting to come in—are misdirecting their design energy. "The idea of saying something in words in the tile rather than in the choice of tile itself as an expression drives me a little bonkers," said Marika Meyer, a designer based in Bethesda, Md. (It doesn't help that many chatty floors

speak sappy platitudes like "You're Beautiful" and "Keep Moving Forward.")

It's all too easy to grow bored of a daily affirmation that seemed cute in concept but isn't easily erased. And Ms. Mills Kirk points out that it's more difficult to change a bathroom's design mood cosmetically (via bathmats, towels, even paint) when it's permanently committed to perkiness. "It's hard to make light changes around such a specific design direction," she said.

And in the haven of your house, away from digital billboards, a barrage of texts and a million other bits of language vying for your comprehension, words as décor can feel like a home invasion. "My father, whom I adore, has this habit of sending emails in all bold letters. He just doesn't realize he's hit the caps lock," said Ms. Meyer. "I feel like I'm being yelled at or assaulted with words. I feel the same way when I see words in tiles, in murals. I feel accosted."

—*Catherine Romano*

GEAR & GADGETS



THE HOME STRETCH A record 42,549 racers finished 2019's London Marathon on April 28, crossing the final time stripe in the shadow of Buckingham Palace.

Gadgets to Go The Distance

Continued from page D1

pand and contract in the same way exercise does," while putting little strain on the body, said Aaron Drogoszewski, co-founder of ReCOVER, Manhattan's first sports recovery studio, where I did my podding. All I felt was akin to the sensation of taking off and landing in a jet repeatedly. Some research suggests, however, that it can improve your VO2 max by up to 5.7%. By comparison, the kind of now-illegal blood doping Lance Armstrong used to win the Tour de France yielded a 2% increase.

The CVAC also helps with recovery, "allowing the body to heal faster," said Mr. Drogoszewski. "You become Superman not because these technologies are morphing you into something you weren't before, but because they're helping your body heal from the stress of exercise so you can get back to training sooner."

It was like the sensation of taking off and landing in a jet repeatedly.

I didn't rely entirely on the CVAC. I also employed the Hyperice Hypervolt, a drill-shaped battering ram (see "The Need For Speed," far right) that pummels specific muscles at warp speed to release tension in a blur. Most runners overwork their hip flexors and under-utilize their much stronger glutes. But "through sustained percussion, the Hypervolt can overwhelm the neurological receptors of the hip flexors so they calm down," allowing those butt muscles to fire back up, said Mr. Dro-

goszewski. "When the right muscles do their job, it translates to increased speed and increased endurance."

Being stuck at your desk for eight-plus hours between training can also tighten your hips, creating pain while you run and forcing your smaller leg muscles to absorb the brutal impact. So I lived in NormaTec's innovative pair of puffy boots that compress air around your legs to massage sore muscles and pump blood from your toes to your heart. The heart then filters out post-workout waste like lactic acid that can block blood flow, helping muscles feel and perform better, said Marc Violone, director of operations at ReCOVER. You may have seen LeBron James donning these inflated boots on Instagram.

While at ReCOVER, I tested a few of the gym's other smart methods, including sweating in a sauna that uses infrared light, not hot air, to relieve muscle inflammation. And wrapping my body in soft stretchy Velcro bands that soothe worn-out muscles by dispensing "pulsed electro magnetic field therapy" (more prosaically known as heat and vibration).

Another crafty way to up your performance: A high-tech hydration plan. Most people who don't consume enough water, myself included, end up chugging gallons of it in the final two days before a race, thinking they can play catch-up. But if you haven't trained your body to manage water, you'll saturate your system with more than you need, which can lead to hyponatremia, a condition where a deluge of water can dilute your blood's sodium levels, and bring on nausea, headaches, confusion, fatigue and even seizures.

To fix that, I grabbed the Hidrate Spark 3.0 smart water bottle. It connects to an app that determines the right amount of water I needed based on my height, weight, age and activity level. After I filled the Hidrate, its app sent alerts to my smartwatch throughout the day when I started to

Time Better Spent? Other things you can do instead of running a four-hour marathon.

Read a Classic At 47,094 words, "The Great Gatsby" takes average readers just under 4 hours.

Binge a Show Despite its misleading title, you can watch all of Amazon's "Forever" in 242 minutes.

Scale a Mountain Alex Honnold's ropeless climb of Yosemite's El Capitan took him 3 hours, 56 minutes. (Not recommended)

Make a Meal Julia Child's Beef Bourguignon cooks up in 3 hours, 15 minutes, leaving some room for dessert.

Fix Your Life Tim Ferriss's "4-Hour" book series promises to help you retire early and "become superhuman." Results may vary.

fall behind, thus eliminating the most difficult part of proper hydration: actually thinking about it. It also kept me from gulping down the final 30 ounces before bed so I didn't ruin my sleep by springing up for impromptu training runs to the bathroom.

None of these shortcuts do much good, though, if you aren't actually running. But instead of following a generic training app—thousands of which, like Nike Run Club, are available free in the iTunes store—you need to build your plan around a specific pace goal. "People just tell themselves 'I want to be faster,' but they never adjust their training," said Mr. Wilkins. "Just defining that finish time—and the pace you have to run to reach it—can be super powerful."

First, do a little math: To finish the race in 3:59:54, I'd have to run a 9:09-minute mile pace (or 9:05 to give myself a little wiggle room). I needed to train at that pace consistently, said Mr. Wilkins, so my body could experience the stress of it and adapt. To stay on track, I used one of Apple Watch's latest features, Average Pace, which lets you select a specific goal and then vibrates throughout your run if you're too far behind, or ahead.

With your pace set and your body's systems tuned like a German sports car, you can start to log more-efficient training miles, making each one count. During the race, your muscles won't fail you so quickly and your mind won't wander to the endless bagel shops lining the course.

In previous marathons, I'd start to trudge through the water stations around Mile 6; in London I made it to Mile 21 before slowing to take a walking break, complain to no one about my cramps and fixate on my watch. But then my preparation took over and I dug in for those last few miles.

I crossed the London Marathon finish line in 3:58:22, breaking my personal best by more than 11 minutes. And you better believe I've been bragging about it since.

The Need for Speed

Five high-tech tools to get your body in peak marathon-running form



Equinox Precision Run classes feature **Woodway treadmills** with exclusive A.I.-fueled dashboards that help you smartly set your pace by learning your interval speeds. \$36/class, precisionrun.com



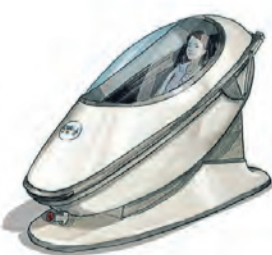
These **NormaTec Pulse 2.0** compression boots connect via Bluetooth to fitness apps like Strava, so you can track your recovery the same way you'd track your workouts. From \$1,295, bestbuy.com



Skip the massage and spring for the **Hyperice Hypervolt**. With three speeds and five interchangeable heads it eases muscles, improves range of motion and speeds recovery. \$349, hyperice.com



The **Hidrate Spark 3.0** smart bottle syncs to an app that lets you track every sip while training for race day. Embedded lights glow when it's time to take another drink. \$55, hidratespark.com



ReCOVER gym's **CVAC pod** simulates dramatic changes in elevation to improve circulation, boost oxygen-rich red-blood cells and flush lactic acid. \$45 for a 20-minute session, recover.nyc

QUANTUM LEAPS / HOW FOUR ATHLETES USE PRO-LEVEL TECH TO IMPROVE RECOVERY AND BOOST PERFORMANCE



Jonathan Toews

Center and Team Captain, Chicago Blackhawks

"At 20, your body can handle four games a week. At 30, it's a different story. With my busy schedule I have to sleep when I can. So I constantly use NuCalm, an audio sleep system that plays binaural beats to help me get the equivalent of four hours of restorative rest in about 30 minutes. NuCalm always helps me get into a more relaxed mode so I can perform better."



Leo Koloamatangi

Offensive Lineman, Detroit Lions

"There are major flaws in most strength and conditioning programs that can lead to burnout and injury. When I became a pro, I linked up with Sparta Science, which uses A.I. software to capture 3,000 data points detailing how I move and my weaknesses as an athlete to help build me a smarter workout regimen. After a season with Sparta I'm much more explosive on the field."



Rob Mohr

Elite Ironman Triathlete

"For my second Ironman world championship race in 2018, I had a less-than-ideal regimen due to a busy work schedule. But training in the CVAC pod—adapting to pressure and oxygen changes like I was going from sea level to Everest and back—helped cut nearly 20 minutes off my 2016 time. It adds to the puzzle of how to race well with all the other things going on in life."

—Edited from interviews by Ashley Mateo and Matthew Kitchen



Trevor Bauer

Starting Pitcher, Cincinnati Reds

"Two seasons ago I was trying to develop a slider that spun dead sideways. Using an Edgertronic SC1 camera cranked to 1,500 frames-per-second, I noticed the ball was staying in my hand 0.008 seconds too long. I was able to change my grip and the ball's seam orientation in my hand to get it to slip out earlier, giving me the lateral break I was looking for."

GEAR & GADGETS

EVERY MILE A MEMORY

The first car to carry the Porsche name is expected to sell for more than \$20 million at auction.



FROM TOP: JACK SCHROEDER/RM SOTHEBY'S; STAUD STUDIOS/RM SOTHEBY'S

fore his death in 1995, after which it was acquired by Austrian marque expert Dr. Thomas Gruber. Dr. Gruber gave the car a "sympathetic restoration," the catalog says, including the beguiling aquamarine finish it wears today.

The consignor bought the car in 2008 and has kept it mechanically alive with a series of rolling restorations, including reuniting the car with its long-lost, and wee, engine.

I met the truck carrying the Type 64 near the docks of Long Beach.

The Type 64 became the founding document of Porsche sports cars—the face that launched a thousand dealerships.

RM Sotheby's handlers gently coaxed the car to life with some carb spray, after which I was invited to have a go. Don't get excited. It drives like the very old VW it is, except the alloy-reinforced structure is surprisingly stiff and the clutch pedal engagement is mere millimeters.

The time-traveling patina is quite beyond belief. The crooked block letters on its nose, that became the trademark? Ferry put them on himself and made a hash of it too!

The cloth upholstery is original; the cordwain door pulls are original; brush strokes on the curved dash, hammer marks from Reutter Karosserie, original. The artifactual status of this car goes off every scale.

The car is expected to fetch more than \$20 million at auction, said Mr. Weaver. But it is in most respects beyond mere valuation.

Built on a KdF-Wagen chassis—also known as the Beetle—the Type 64 represented Porsche's daring new calculus of speed. Compared of the dreadnought Silver Arrows of Auto Union, the car was/is tiny, ultralight, powered by a 985-cc horizontally opposed four-cylinder engine with twin Solex carbs (roughly 40 hp). Weighing just 1,346 pounds, the Type 64's minimalism would have charmed Lotus founder Colin Chapman if he hadn't been busy ducking buzz bombs at the time.

The Berlin-Rome race, scheduled for September 1939, was canceled, so we will probably never know the car's full potential. During the war Porsche and his driver Josef Goldinger wheeled the car from Berlin to Wolfsburg, a distance of about 140 miles, averaging 83 mph. But traffic was probably light in those days.

Does the Type 64's beauty, patina, technical prescience, its centrality in Porsche's corporate origin story, its role in bringing joy to millions of motor sports fans for generations, in any way redeem Porsche the man? Hell no. There is even something disquieting about private collectors bidding to possess such a legacy.

But the car is one of the most important objects on four wheels. My hope is that it will find its way to a proper museum where its lessons will remain available to all.

RUMBLE SEAT / DAN NEIL



Behind the Wheel of the World's First Porsche

FERDINAND PORSCHE was an enthusiastic National Socialist party member and Hitler's car guy. Attempts to portray the founder of Porsche as a reluctant Nazi are misguided and unsupported by the evidence. Among other crimes, Porsche directed wartime production in factories using forced labor and guarded by units of the SS. Porsche himself was awarded the rank of *SS-Oberführer*.

So let us, as lovers of automobiles and history, not kid ourselves about who Porsche was or to what end he built the 1939 Type 64 Berlin-Rome *Rennwagen*, the first automobile ever to be named Porsche. Bound for an extraordinary public auction on August 17 in Monterey, Calif., this car was designed to compete in a party-sponsored road race publicizing the Axis alliance and the Autobahn. Its aerodynamic gorgeousness reflects the sophistication of Germany's war-making sciences in 1939. For example, its flowing aluminum body is fastened with more than 2,000 flush rivets.

But the Type 64 is more than propaganda, more than a bit player in the Worst Story Ever Told. Through

an astonishing chain of events, this car (one of three) survived the war to become the founding document of Porsche sports cars. Its proportions, rear-engine packaging, light weight and aerodynamic envelope all point forward in design time, anticipating generations of cars, the empire that lay ahead. This is the face that launched a thousand dealerships.

The Type 64 is also the first iteration of the winningest car design in racing history, the 911 Carrera.

It all starts here, under the haunches of a morally complaisant genius. Both Ferdinand and his son Ferry used the Type 64 as their personal car, during the war and for years after, in Germany and Gmünd, Austria, where the company sought refuge in late 1944.

RM Sotheby's received the consignment in May from the anonymous owner, a noted European collector. The Ontario-based auction house has spent some months docu-

menting the car, including shooting video in Southern California last week. While the car was warm and fueled, so to speak, the company invited me to drive the first Porsche ever. It turned out I was available.

Given its significance, this car belongs in a public museum, not a private collection; so why isn't it? Why is it not sitting in the new wing of the Deutsches Technikmuseum in Berlin or at least in Porsche's own collection in Stuttgart?

The man responsible was a wealthy Austrian enthusiast with a dead arm named Otto Mathé, who bought the car from Ferry Porsche in 1949. Mathé, who had been badly injured in a racing accident, loved the Type 64 and raced it one-handed for several years. Even after he moved on to other race cars, Mathé declined to sell back what became known as the *Ahnherr*, the ancestor.

Why? No one really knows. It may have been a case of wanting to avoid large transactions in the tightly knit Austrian financial aristocracy. "They all knew each other very well," said Alexander Weaver, RM Sotheby's assigned specialist and keeper of keys. Mathé kept the car 46 years be-

1939 PORSCHE TYPE 64 BERLIN-ROME RENNWAGEN



Estimated Value \$20 million
Powertrain 985-cc horizontally opposed four cylinder with two overhead valves per cylinder; four-speed synchromesh transmission; rear-wheel drive
Power/Torque 40 hp at 4,000 rpm/ 65 lb-ft of torque at 3,500 rpm (est.)
Length/Width/Height/Wheelbase 162/70/54/96 inches
Weight 1,346 pounds
0-60 mph 25 seconds (est.)
Fuel Economy 20 mpg, mixed driving (est.)

The Ultimate Beach House

Pro tips for sculpting a better sand castle

Step 1 Gather Your Tools. According to Ted Siebert, an award-winning artist who can craft 30,000 tons of sand into shoreline structures, you'll need a five-gallon bucket (cut the bottom out), a hammer, palette knife, strainer, melon baller, spray bottle, plastic film, sugar, and a squirt gun, all of which should be available at your local big-box store.

Step 2 Claim Beachfront Property. Settle in where the sand turns dry to avoid losing your construction to the waves. You can find times for high tide via Tides Near Me app (*free*, *tidesnear.me*).

Step 3 Construct Your Towers. First, push together a 2-foot high mound of wet sand—your starting plot. Then place the bucket on top and fill it with sand that's been strained to remove any shells. As you add sand, pour in water. "The mix should be soupy, like pancake batter," said Mr. Siebert. "The sand will naturally pack as the water drains."

Gently slide the bucket off and repeat to build additional towers. Start with two, about 6 inches apart, packing extra sand at the base for added support.

Step 4 Sculpt. "Details like cut-through windows make a castle grown-up," said



EXCITEMENT IS BUILDING An exacting young contractor smooths the outer walls of her sturdy, sandy abode in 1960.

Mr. Siebert. Using the palette knife, carve in designs from the top down "like a pumpkin," keeping the sand wet and stable by spritzing it as you go.

Step 5 Build a Kingdom. Enhance the landscape of your castle by digging a moat with your hands, then lining it with plastic before pouring water in so it holds its shape. Add beach glass as windows so they glint in the sunlight. Let soaking wet sand slowly drip out of your fingers to create a rocky stalag-

mite-like effect. Use the melon baller to add some unique architectural flair.

Step 6 Seal the Deal. Add sugar to the water in your spray bottle, then coat your castle in it to create a sticky seal.

Step 7 Let It Go. "The beauty of sand sculptures is that they're temporary," said Mr. Siebert. "Sometimes I work on the tidal flat so I can later sit with a beer and take bets on which wave will wash it all away." —Allison Duncan

WE ALL HAVE

THE POWER

Pearl, childhood cancer survivor; and Arnold, leukemia survivor.

TO STAND UP

TO CANCER

Lori, breast cancer survivor.

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Pictured: Heroes from Marvel Studios' Avengers: Endgame. Survivor photos by Kevin Lynch.

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