

ULTRARUNNING WORLD

ROAD, TRACK & TRAIL ULTRA DISTANCE NEWS ISSUE 3 NOVEMBER 2010

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- Tor de Geants
- Ultrabalaton
- Arrowhead 135
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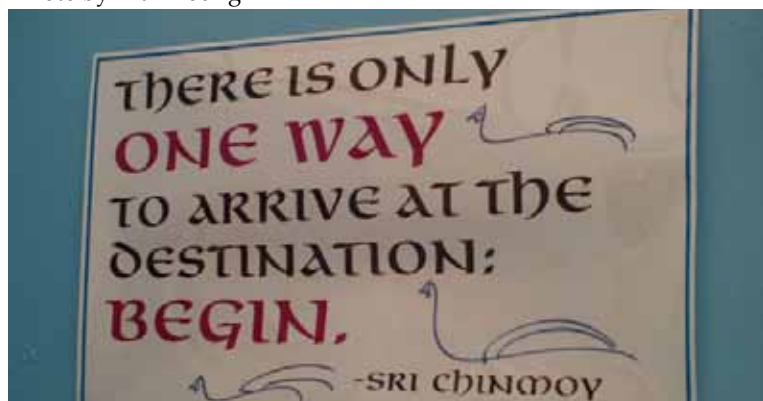
ULTRARUNNING WORLD

Volume: 3 November 2010



Blind runner Jeffrey Norris, right, at Gothenburg 6 Day 2009

Photo by Alan Young



Email the editor at: mail@ultrarunningworld.co.uk

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Welcome to the November issue of the magazine. Publication delay has been reduced from 2.5 years down to 4 days and that is a real step forward.

However there is still much to be done. I would like to include results with race reports and next month there will be a start of a calendar which will include all the races I know about over 100km and then in the New Year hopefully we will have full coverage for 2011.

This issue contains mostly material that is already available online. I have some race reports and articles that have been sent over the last few years and these will emerge gradually in an archive section.

Issue 1 was published a year ago but has received more interest lately with the publication of the second issue and all told, downloads and Magcloud views have exceeded 1000 as I write this. That is really cool and if that level of interest continues maybe we will be able to get a short print run that would be cheaper than the Magcloud option.

I would like to invite the community to submit articles, reports and especially flyers for events, photos – content is king - in time for the next issue which will be out December 1st.

I am very grateful to the authors who gave permission for articles and images including Pavitrata Taylor and Carl Laniak and especially to Julia Buckley, editor of The Running Bug for her support.

Cover photo: Ulrich Gross courtesy Julia Buckley

Marvellous Mimi Masters the Miles

Mimi Anderson sets new World Record for the Greatest Distance covered on a Treadmill by a female.

Multiday specialist Mimi Anderson ran 403.87 miles in her quest to set a new female record for the greatest distance covered by a female on a treadmill. Starting October 16th at the Ashford Designer Outlet in Kent, Mimi overcame a broken toe sustained on the first day of the attempt to set the new record. Raising money for Help for Heroes, Mimi surpassed the old record of 395.25 miles on a training schedule that averaged about 150km a week.

Mimi has a blog on The Running Bug and her website is at:

www.marvellousmimi.com

Tony Mangan's World Jog

Beginning his Round The World Jog at the Dublin Marathon Monday 25th October, world record holder Tony Mangan has given up his life to become a journey runner. He plans to be back for the Dublin Marathon in 2013 to complete his adventure. Right now Tony is heading toward Dunquin, the most westerly point in Ireland before flying Nov 7th to Saint John's, Newfoundland, the most easterly point in North America.

Follow Tony on www.theworldjog.com and his website, Tonymangan.com

Blind Runner Sets New 24 Hour Record

Jeffrey Taylor Norris moved to Germany after a head injury in 1992 led to the loss of his sight. He began running trails in 1993, ran his first marathon in 1994 and his first ultra, a 6 hour, in 2004. He ran 24 Hour races in Nuremberg and Seilersee Germany before attempting the 6 day race in Gothenburg in 2009 organised by KG Nystrom. Jeffrey ran 373 km to establish a new 6 day race world record for a blind runner with 373 km.

Recently Jeffrey took part in the Brugg 24 hour race in Switzerland, venue of the 2011 World 24 Hour Championships, setting a new 24 hour record of 155.981 km

www.24stundenlauf.ch/

Trans Europe 2012

After the success of the 2009 Trans Europe Footrace, RD Ingo schulze is planning a new edition for 2012.

The schedule so far has:

10 days in Scotland,
11 days in England,
21 days in France,
21 day in Spain and one day in Gibraltar.

This includes: 3 stages over 40 km, 23 stages over 50 km, 25 stages over 60 km, 10 stages over 70 km, 2 stages over 80 km and the last stage under 10 km, subject to confirmation - 4000 km for 64 days, an average of 62 km per day.

The event will start August 19th in John O'Groats, Scotland and finishes October 21st in Gibraltar.

Event is limited to 50 runners.

Organiser Ingo Schulze

Phone: 07451/4615

Web: www.transeurope-footrace.org

E-mail: ultralauft@schulze.de

ULTRArace.com

Rory Coleman has created a new series of ultra events for England and Wales. Taking place for the first time in 2011, this promises to be an interesting competition with a range of events to suit all capacities.

ULTRArace 45 Day 1

ULTRArace 45 Day 2

The London Ultra

ULTRArace Grantham Day 1

ULTRArace Grantham Day 2

The Cardiff Ultra

ULTRArace 100

The ULTRArace Peaks ?

The Nottingham Ultra

This is the schedule so far though the Peaks race is yet to be confirmed.

www.ultrarace.co.uk

I.AU. 100 km Championships

The IAU 100km World and European Championship are taking place in Gibraltar, November 7th. Lizzy Hawker, Monica Casiraghi. Monica Carlin and Australia's Jackie Fairweather will be running in the womens race and Giorgio Calcaterra who has run 6:28:52 this year will be leading a strong Italian contingent

to do battle with the Japanese. The IAU will have live updates from the race on their new website:

www.iau-ultramarathon.org/

Sharon Gayter's New Book

Sharon Gayter is recovering from ankle surgery and hopes to run at the Bislett 24 hour race in January but meanwhile Sharon has been busy writing her autobiography, "The Clock Keeps Ticking", the price will £14.99 and will be available before Christmas.

Lee Chamberlain JOGLE Record Attempt

October 31st 2010 will see Lee Chamberlain begin a run from John O'Groats to Lands End in under 9 days and 2 hours which is the current record set in 2002. Its approximately 850 miles and will be a real test for Lee who won the Trans Britain race in September. Lee will be raising money for Teach Africa.

www.leechamberlain.co.uk

Andy Skurka's Alaska-Yukon Expedition

Andrew Skurka is a distinguished adventure athlete, speaker, guide, and writer. The 29-year-old is most well known for his solo long-distance trips, the most recent being his 4,700-mile 6-month Alaska-Yukon Expedition. There will be a premier of Andy's Journey which will take place at the [Banff Mountain Film Festival](http://BanffMountainFilmFestival.com) in Banff, Alberta, Canada.

The event is scheduled for November 4 at 10AM.

<http://www.andrewskurka.com/>

Surgères 48 Hour

The 2011 Surgères 48 hour race has been cancelled due to changes in the organisations personnel. Earlier this year the Vice-President of Surgères, Jean-Paul Bernard passed away. Recently Michel Landret the co-founder of the organisation has retired as has Treasurer Michael Whiting. The event hopes to return in 2012.

www.48heures-surgeres.net



The Montane Scottish Ultra Marathon Series was born out of the desire to have an ultra marathon series to promote Scottish ultras, both old and new. Three new races, the D33, Clyde Stride, and a re-established Speyside Way Race, were created specifically to provide a good geographical and chronological spread of races throughout the series. The six existing major ultra races were incorporated into the Series giving a total of nine races spread out at 3 to 4 week intervals. A simple scoring system to encourage participation at any distance was chosen to ensure that every event counted equally. Montane came aboard as Series sponsor, which allowed us to plan for a Prizegiving Ball.

As soon as the Series was announced there was a great deal of interest expressed by Scottish ultra runners and indeed, there were some who expressed a desire to run all nine races! One of the beauties of the Series was that each race retained or created its own distinctive identity. Whether it was the "jam sandwiches" of the D33, the city to city nature of the Glasgow-Edinburgh, the fun of the Fling, the circle through the heart of Scotland on the Cateran Trail, the classic nature of the West Highland Way Race and the Devil o'the Highlands, the Clydeside walkway of the Stride, the organic healthiness of the Speyside Way, or the source to sea trail of the River Ayr Way, every event had a unique

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character which made them individually memorable to those who took part.

As the Series progressed it became clear who the major players were but I don't think anyone anticipated just how close the competition would be! Prior to the last race, the River Ayr Way race, only a handful of points separated the top runners, both male and female. As a consequence, this race had over three times as many entries as ever before and the course record was smashed by nearly an hour and a half! The close competition was illustrated



Lucy Colquhoun

by the final result in the FV category where Debbie Consani (on 1617) edged out Gail Murdoch (1616) by one point for the Winner's Trophy. In the end, the overall Male series was won by Grant Jeans, a relative newcomer to the Scottish ultra running scene but a name that I'm sure will figure frequently in the future. Lucy Colquhoun reaffirmed her position as Queen of Scottish Ultra running by taking the overall Female trophy.

Montane Scottish Ultra Marathon Series 2011 Results

1st Male Grant Jeans
2nd Jack Brown
3rd Marco Consani

1st Female Lucy Colquhoun
2nd Sharon Law
3rd Jamie Aarons

1st Male vet George Cairns
2nd Thomas Loehndorf
3rd Gavin Harvie

1st Female vet Debbie Martin Consani
2nd Gail Murdoch
3rd Rosie Bell

1st Male supervet John Kennedy
2nd Bill Hutchison
3rd John Kynaston

1st Female supervet Elaine Calder
2nd Marion McPhail
3rd Jane Grundy

In addition to the Series awards Don Ritchie was awarded the Dario Melaragni achievement award.

The SUMS Ball, held in the historic Ayr Town Hall, was a fitting end to the Series and the opportunity was taken to honour Scotland's greatest ever ultrarunner, Don Ritchie, with the Dario Melaragni lifetime achievement award. Don Ritchie has held many world and Scottish Ultra running records and still holds the world record for 100km, a record that has stood for over 30 years now.

The Series and the ball were judged a great success by the participants, for

whom it had provided an opportunity to explore their running capabilities and to "push the envelope". One remarkable facet of the Series was how many of the races, even those that had been newly created, reached their entry limits. As it contains Britain's biggest Ultra Race in the Montane Highland Fling Race, and our most prestigious "classic" in the West Highland Way Race as well as seven other well organised events, it is little wonder that SUMS has proved so popular. One of the challenges organisers face for the 2011 Series is how to expand the entry limits.

The only planned change in the 2011 timetable is a tweaking of the order of the first two races. The Series will have a gentler start with the 33 mile D33 taking place before the more gruelling Glasgow to Edinburgh Double Marathon. This should give runners a better build up to the season.

Murdo MacDonald

Montane Scottish Ultra Marathon 2011 Programme

12 March – D33:Deeside Way Race (33 miles)

09 April – Glasgow to Edinburgh Double Marathon (56 miles)

30 April – Montane Highland Fling Race (53 miles)

21 May – Cateuran Trail Race (55 miles)

18 June – West Highland Way Race (95 miles)

16 July – Clyde Stride Ultra-marathon (40 miles)

06 August– Devil o'the Highlands Race (43 miles)

27 August– Speyside Way Race (35 miles)

24 Sept – River Ayr Way Race (44 miles) & SUMS Ball.

Further details can be found on the SUMS website –
www.sumschampionship.org

Royan 48 Hour

The recent 48 hour race in Royan, France was won by husband and wife duo, Christian and Julia Fatton. Julia surpassed Cornelia Bullig's German women's 48 hour record by 21km completing 367.918 km making her second overall behind her husband who ran 378.464 km.

Scotland's William Sichel also took part coming fourth with 320.964 km.

Welsh Winter Ultra Series

The Might Contain Nuts Team have announced the Welsh One Day Ultra Marathon Series on trails and challenging courses.

Over 80 runners ran the first event a 30 miler in the Black Mountains.

1. Luke Moseley 04:24:33
2. Barry Murray 04:28:47
3. Mark Cooper 04:34:20

1. Julie Gardner 05:13:05
2. Nicky Jacquery 05:37:33
3. Lynda Howard 05:59:27

There is a 40 miler planned for December the 4th at Talybont in the Brecon Beacons and a 50 miler that starts near the source of the River Wye and follows it until near Hay-on Wye at Glasbury, February 27th.

www.mightcontainnuts.com

Caesars Camp 30/50/100

The recent Caesars Camp Endurance runs took place in Aldershot recently. The course is a 10 mile loop off-road on MoD training land. 1520 feet of climb per loop so for the 100 mile option that's a lot of climbing.

100 Miles
First Man Richie Cunningham 18:41:00
First Lady Gaynor Prior 22:29:55

50 Miles
First Man Colin Hutt 08:09:45
First Lady Antonia Johnson 10:28:02

30 Miles
First Man Toby Smithson 05:05:40
First Lady Melanie Hawker 06:10:29

The Yorkshire Moors Ultra

Starts 29 Jan 2011 on an out and back course. 20 mile out, 10 mile loop & 20 mile back. Incorporates the Yorkshire Moors Marathon (26.2 miles out & back course)

A mixed course of trail, cycleway, moors and short stretches of tarmac

Starting and finishing at Whitby Abbey!

A challenging route in a beautiful setting for a limited field of a maximum of 100 runners. Some navigation ability required and expect a covering of snow. All runners get the mandatory t-shirt and a race goody bag, pre event sports drinks and post event recovery drinks plus aid stations throughout. Free post run sports massages. A number of prizes are available.

In addition accommodation deals are available as well as plenty of activities for families and supporters! - guilt free running!

for more details or even some non-running endurance adventures:

www.adventurehub.com/ahnorfolkultra.html

or contact ian@adventurehub.com

The Greenlight: Round The Rock

New ultra for Jersey to take place August 6th 2011.

Approximately 48 miles (77Km) and 1000 metres of ascent this race will circle around the island following the stunning granite cliffs of the North Coast to the golden sands of St. Ouen's Bay and the South Coast.

Entry requirements: Previous experience of at least a marathon,

Over 21 years
12 hour cut off

www.roundtherock.co.uk/

Du 10 au 27 août 2011 • 9^e édition

La TransE Gaule 9

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DÉPART 10/08 • ROSCOFF - ARRIVÉE • GRUISSAN PLAGE 27/08

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12/08 • Guer • 75 km
13/08 • Châteaubriant • 67 km
14/08 • St-Georges/Loire • 71 km
15/08 • Doué-la-Fontaine • 53 km
16/08 • Monts/Guesnes • 58 km
17/08 • Angles/l'Anglin • 63 km
18/08 • St-Sulpice-les-Feuilles • 69 km

19/08 • Bourganeuf • 61 km
20/08 • Peyrelevade • 49 km
21/08 • Mauriac • 75 km
22/08 • Aurillac • 64 km
23/08 • St-Cyprien/Dourdou • 61 km
24/08 • Cassagnes-Bégonhès • 58 km
25/08 • St-Sernin/Rance • 54 km
26/08 • St-Pons-de-Thomières • 70 km
27/08 • GRUISSAN-PLAGE • 71 km

06 33 49 13 99
transEgaule@yahoo.fr
www.YaNoo.net



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- moyenne quotidienne : 63,9 KM (routes secondaires, 96% bitume)
- classement par cumul journalier des temps. Cut-off time : 5,5 km/h
- DEPART : **Mercredi 10 août** à ROSCOFF (Finistère)
- ARRIVEE : **Samedi 27 août** à GRUISSAN-Plage (Aude)
- 16 départements et 8 régions visités : Bretagne, Pays de Loire, Anjou, Poitou, Limousin, Auvergne, Midi-Pyrénées, Languedoc-Roussillon
- véhicule d'assistance et suiveur personnel autorisés (non requis)
- organisation : **PHARE-WEST ORGANISATION**
Email : transEgaule@yahoo.fr - Internet : www.YaNoo.net
- ravitaillements : Km 15, 30, puis tous les 10 km jusqu'à l'arrivée
- 19 hébergements (gymnases), 18 petits-déjeuners, 13 dîners inclus
- race director : Jean-Benoît Jaouen - tél : 06 33 49 13 99

1ère édition (2001) : - 1130 km -	15 partants, 11 Finishers Vainqueur : Maurice Mondon* (FRA) 96h15'
2e édition (2002) : - 1130 km -	26 partants, 23 Finishers Vainqueurs : Rainer W. Koch* (GER) 94h04' (F) Ria Buiten* (NED) 124h00'
3e édition (2004) : - 1149 km -	24 partants, 14 Finishers Vainqueurs : J.-Jacques Moros* (FRA) 94h00' (F) Sigrid Eichner* (GER) 184h30'
4e édition (2005) : - 1149 km -	24 partants, 24 Finishers Vainqueurs : Janne Kankaansyrja* (FIN) 98h08' (F) Hiroko Okiyama* (JAP) 116h43'
5e édition (2006) : - 1150 km -	38 partants, 27 Finishers Vainqueurs : Werner Selch** (GER) 109h17' (F) Regina Van Geene* (NED) 176h34'
6e édition (2007) : - 1150 km -	40 partants, 31 Finishers Vainqueurs : Martin Wagen** (SWI) 103h19' (F) Elke Streicher* (GER) 123h37'
7e édition (2008) : - 1151 km -	51 partants, 44 Finishers Vainqueurs : René Strosny* (GER) 94h04' ! Record ! 12,18 km/h (F) Hiroko Okiyama** (JAP) 108h49' ! F. Record ! 10,53 km/h
8e édition (2010) : - 1150 km -	50 partants, 44 Finishers Vainqueurs : Jan Nabuurs*** (NED) 98h23' (F) Brigitte Bec-Cêtre* (FRA) 124h00'



Limité à 55 participants

Inscription : 1275 €

2è participation : -5% ♦ 3è : -10% ♦ 4è : -15% ♦ etc.

Dans l'esprit de la TRANSAMERICA mais garantie sans déserts brûlants ni lignes droites infinies, cette course s'adresse à tous les coureurs qui ont lu « LA GRANDE COURSE DE FLANAGAN » en rêvant d'y être...

Siblings Win World's Toughest Race

By Julia Buckley



Italy (17 September 2010): With a 200 mile course through the Italian Alps, a total climb of 24,000 metres, and a time limit of 150 hours, the Tor Des Geants is the world's longest mountain race. Many are describing it as the toughest running challenge in existence.

On Saturday 12th September an international field of 310 runners

departed from Courmayeur square at 10am to begin their epic journey through the spectacular Valle De Aosta. Some 80 hours later, at 6.30pm on Wednesday, the first man, Ulrich Gross trotted across the line more than five hours ahead of his nearest rival. The 38-year-old Italian put his victory down largely to his extraordinary ability to stay awake for long periods.

"I am used to not sleeping because I have completed 24 hour races," he said, "I had less than two hours sleep in total over the whole contest and I could overtake other runners while they rested."

on Saturday 18th September as the final competitor, Gigi Riz, crossed the finish line in Courmayeur just a few minutes before the 4pm cut-off time.

The winners, brother and sister Ulrich and AnneMarie Gross, for whom the race ended some three days earlier, met Gigi on the edge of town and ran through the streets with him amid hearty cheers from the crowds lining the streets.

After almost 150 hours on the course, traversing 200 mountainous miles through the Aosta Valley, Gigi was treated to hero's reception. After receiving his medal the 57-year-old Italian ski instructor was held aloft by the crowd and carried around the square to greet his hordes of fans.

This first edition of the Tor Des Geants has been hailed a huge success, with many praising the organisation and warm support from local people. Of the 310 runners who began the race 179 finished which, considering the event has been widely dubbed "the world's toughest endurance running race", is not a bad show.

The event looks likely to go ahead for a second year in 2011.

First 10 Tor Des Geants Finishers:

1. Ulrich Gross 80:27:23
2. Salvador Calvo Redondo 86:47:54
3. Millet Guillaume 87:17:37
4. AnneMarie Gross 91:19:13
5. Matteo Bertoli 91:19:13
6. Abele Blanc 96:44:11
7. Clap Cesare 99:10:41
8. Mauro Saroglia 99:10:44
9. Alexandre Forestieri 99:12:15
10. Julia Boettger 100:03:51

But it seems a talent for ultra-running could also be in Ulrich's genes. In the early hours of Thursday morning he was met by his sister, Annemarie Gross, the first woman across the line, in fourth place overall. Annemarie's was an equally phenomenal performance with a gap of almost nine hours between Annemarie's finishing time and that of second lady.

Annemarie said, "No one expected either of us to win, even ourselves. But we were determined to give the race everything we had and now we are so happy to have won."

After 6 days the Tor Des Geants came to a spectacular close





Winners go Wild at the WildEndurance Challenge 6th May, 2010

Team Grass is Greener from the Central Coast took out line out line honours in this year's WildEndurance Challenge. The gruelling event – 100kms through the spectacular Blue Mountains

World Heritage listed area – is an extreme challenge event that tests stamina and fitness. The event has a 48 hours time limit, however team Grass is Greener completed the course – which traverses up and down the Mountain ranges and through the Megalong to Jamison Valleys, and passing iconic areas such as the Three Sisters, Mount Solitary and Wentworth Falls – in a record time of 13hours 14mins.



Two members of the team competed last year in the winning team, and this year, they smashed their previous winning time by 3 hours and 16 minutes.

Commenting on their performance, team captain, Darrel Robins said: "We love this challenge. It's a fantastic course with all types of running terrain, some easier stretches and then some challenging hills, stairs and technical climbs. The weekend gave us perfect running weather and fantastic scenery," said Darrel.

The WildEndurance event is a growing destination event for adventure and fitness enthusiasts and wilderness lovers who want a challenge and to contribute to a better planet. Into its third year, the WildEndurance event has doubled from last year, with 112 teams (of either 4 or 6 competitors per team). More than 500 competitors competed in the event in 2010.

Teams participate for the glory and also great prizes, including a World Expeditions travel voucher for a whole team. Teams also have a fundraising target, raising funds for The Wilderness Society's many important campaigns to protect and restore our wonderful wild places, such as Cape York Peninsula and the River Red Gums of South West NSW.

"Some teams are total fitness nuts, competing for line honours, almost running without break the whole way, and many teams – our everyday adventure and environment heroes – simply compete for the experience and challenge. This event is a fun, family and environment friendly experience.

Everyone is raising funds to help protect our environment and support The Wilderness Society's effort to save our

planet and they get to enjoy and experience the beauty and wildness of our natural environment at the same time," said Sarah Rimmer, WildEndurance Event Coordinator.

The trek provides a challenging and exhilarating team experience in one of NSW's most spectacular wilderness areas," added Sarah Rimmer. "The course is tough, but with proper training, just about anyone can do it. We hope the event continues to grow next year.....so get planning now for 2011".

Line Honours List:

First 100km team: Grass is Greener 13 hours 14 mins

Second 100km team: SWEAT, 15 hours 53 mins

Third 100km team: iRun, 16 hours 36 mins

First 50km relay team: Team Warrior, 12 hours 11 mins

First 50km all female relay team: Burning Bras, 22 hours 42 mins

First 50km mixed relay team: MBSSH, 25 hours 34 mins

An event Blog can be accessed online at: wildendurance.wordpress.com/



Ultrabalaton 2010

Chanakhya Jakovic

This was such a great adventure.

I met up with my friend Tomaz on Friday morning and after shopping for a few last minute things we left his home for 3 plus hour drive to Tihany on Lake Balaton. Along with 5 other Slovenians we had rented an apartment very close to the race start/finish. After checking in at the apartment we went to race packet pick up and the pasta party, during which time a thunderstorm came and went.

Back at the apartment there was some race discussion and then we watched the world cup games involving Slovenia and England, which also included our own pasta party. The forecast was for rain over the weekend and we got a lot overnight, but Saturday morning was beautiful. The race started with about 200 runners, 85 of which were individual racers and the rest members of relay teams. The runners carry a code key which they have to insert into a box at checkpoint/aid stations of which there were 51 I think, spaced approximately every 5 km. I was very impressed with the support the race gives, you could do the race without a handler without too big a problem. The course often goes on trails and bike paths, which are not accessible by car so this was a challenge for me. You are given a booklet with individual route maps from each town to the next, which can be a little confusing until you get used to them. On a couple of occasions you have to make long detours. Some runners used handlers on bicycles which means they can stay with you all the time. Tomaz and I had talked about race strategy and his aim was to finish inside the 32 hour cut off. There are also a few time cuts during the race. My feeling was that he could do it in about 26 hours.

After about 1 hour I had to make a big detour and would not see him for an hour or so, I gave him extra water and energy bar, but knew that there were also aid stations during the break and off I went. Unfortunately due to some confusion I joined the course later than expected and it was two hours before we saw each other again, which was a

little unsettling. He was doing well though was feeling the heat. After that I think both of us settled in and became more comfortable as the race went on. After about five or six hours the field was beginning to spread out and by nightfall there were not too many runners to be seen. At this time Tomaz had passed 100km in around 10 ½ hours. During the night hours there were maybe four or five runners running fairly close together and small friendships developed between them and the handlers as we helped each other master the course and it's interesting movements.

There was one runner Dr Szylyvie Lubics I think was her name, she was having some major problems in the late night hours and dropped back a little, but I was very impressed with the way she came back quite strongly and finished second female and about 30 minutes ahead of Tomaz. Having got through the night hours and struggling with tired and sore legs was within 60km of the finish and I think we were both confident that we could get there, I felt that maybe he could finish closer to 25 hours. Tomaz was now slower but steady and in the last few hours the rain came first some showers then a thunderstorm which made the arrows marking the course a little hard to see

and Tomaz being tired and having to concentrate more was a little frustrated. We were so close now and there were 2 runners just a few minutes ahead.

There is one last long uphill before you enter into Tihany where the race finishes. I gave Tomaz one last energy gel and told him I would see him at the last turn before the finish line. I parked the car and started back to that point when Tomaz suddenly came tearing around the corner, in a final sprint he had passed the two runners in front of him and I barely made it to the finish line before he did. He crossed in a time of 26 hours and 15 minutes plus some seconds and looked quite good if somewhat sore and tired.

Peter, a Danish runner who we had befriended during the night came in a few minutes later. After you cross the finish line you are presented with a finish line tape with your name printed on it, which I think is a great idea. After we both had a shower and some lunch and experienced another thunderstorm, it was time for me to drive us home. Tomaz got to sleep a little in the car and somehow I managed to drive back safely despite having not slept for 36 hours. Both of us were extremely happy with a good weekends work.

*Chanakhya keeps a blog:
iliketorun.blogspot.com/*



My 24-Hour Self-Transcendence Race Experiences – Success, Failure and Progress

Rasmivan Collinson

Sri Chinmoy AC

Photos by Pavitrata Taylor

*Self-transcendence
Means
Self-expansion
In every way.*

*The determination in your heroic
effort will permeate your mind and
heart even after your success or
failure is long forgotten.*

Sri Chinmoy

Part I: First Time Round - October 2009

I knew roughly what to expect coming into the 24-hour race, but still for me it was going into unknown territory. The farthest I had run to date was in August when I completed the Sri Chinmoy 47 mile race in New York in just under 8 hours. I struggled with that in the later stages. However, my mindset approaching the day of the 24-hour race was very positive and I had this inner feeling that everything was going to be all right. I had learned some invaluable lessons from the Barry 40 mile track race in March and in the Sri Chinmoy 47 mile race in August. Over a 12-month period I had addressed some significant biomechanical issues and had strengthened key leg muscles with a programme of resistance training in the gym and worked on my core stability. I guess I had done everything I could do and I was ready to step up to the mark. The way I was feeling days before and on the race day was one of surrender, gratitude, determination and

absence of fear and doubt. With God's grace I knew I could reach my target of 100 miles.

Prior to the race I got invaluable advice from Abichal who as always is a great source of practical advice and inspiration. I had a simple race strategy – on every hour to walk for 5 or 10 minutes. I broke the race up into quarters so I would be able to monitor my progress and attempt to achieve 25 miles every quarter. I knew this was achievable. I said to myself constantly, "I can do this".

Although it is a long race, emotions and experiences become a blur as you are always constantly moving and trying to move forward. I won't give an hour by hour account of the race as that will only bore you, and to be honest I can't really remember much. At the start I just felt I didn't want to be anywhere else other than doing this race, right there, right now. Being on that start line felt so right and I just knew I was going to have a wonderful journey.

Inevitably there were a few challenges during the race, but like Sri Chinmoy said,

*"What is a challenge,
If not a friend
In disguise
To strengthen us?"*

The recurring challenge I

did have were a few stomach problems, but that did not last, and it was more of an inconvenience, and once I knew what the problem was, I was able to resolve it with a hot pot of rice pudding and honey. Ambrosia never tasted so good, along with a weak, sweet cup of tea! I've learnt that sometimes the simplest things are the best. The energy drinks and bars have their place, but sometimes they just don't do the job for me.



SELF TRANSCENDENCE 24 HOUR TRACK RACE					
1	74 Reima Hartikainen	124	21	79 Colin Jones	81
2	67 Paul Fernandez	121	22	96 Jesus Prieto-Llorca	82
3	56 Mark Bissell	118	23	82 Helen Liddle	84
4	66 Mike Feighan	116	24	94 Patricia Seabrook	85
5	83 Karl Martin	112	25	81 Kaya Kosla	90
6	92 Hugh Pinner	111	26	65 Brian Emmott	79
7	84 Ian McCuaig	109	27	75 Andrew Hinder	78
8	77 Manique Hollingshead	102	28	68 Shramaniya	77
9	90 Geoffrey Oliver	101	29	70 Dave Green	77
10	60 Graeme Colthoun	100	30	57 Samuel Black	76
11	64 Michael Ellis	100	31	91 Marcus Philpott	75
12	61 Rasmivan Collinson	100	32	78 Ray McCurdy	72
13	87 Sid Morrison	99	33	86 Gilbert John	71
14	63 Penny Darmody	98	34		
15	76 Stephen Hobbs	97	35		
16	73 Vicky Hart	96	36		
17	95 Raymond Willett	94	37		
18	59 Leo Chamberlain	90	38		
19	62 Andy Cook	90	39	Jane Riley	
20	55 Steven Battle	79	40	Rodney McCulloch	
	Paul King		41	Jeremy Mower	
	Charles Harding		42	Stephen Campbell	
	Paul Hart				

By the half way point I had reached 60 miles, and I was feeling really strong and the walk and drink, and just relax and have fun every hour seemed to be working very well. A few of the runners had told me that if you reach 60 miles by midnight you should get your 100 miles. I was aware that I was running further than I had ever run before, and I was rather surprised that I was not experiencing any energy issues, tiredness or even muscular tightness.

Throughout the race I was always trying to stay focused and relaxed. When some tightness did arise in my feet, I was aware of what they were, and simply loosened the laces and applied more lubricant on the toes to prevent any blisters. Through the early hours I was inwardly chanting my own personal mantras that work for me and that helped me to remain focused. By the early hours of the morning I was still feeling strong and in a good consciousness. I just felt so joyful and so grateful having the opportunity

"moment we are transcending our previous achievements... our goal should be our own progress, and progress itself is the most illuminating experience."

My focus was now to try to reach 111 miles. I had about 2 and half hours to do 11 miles and I was slowing down considerably; I was doing between 3 and 4 miles per hour, so I worked it out that I had to step it up and get moving to reach my new goal, and really experience self transcendence.

With about 10 minutes to go to the end of the race I completed 111 miles. I did it I thought. But there was still time to run further. Encouraged by the lap counters to squeeze in another mile I summoned up enough energy and willed my legs to open up and finished very strongly to finally complete 112.10 miles.

At the end of the film *Babe* when the

sheep-pig wins the competition and the crowd rapturously applauds, the farmer looks down on Babe and just says, "That will do pig, that will do", and smiles. You know that all the pig wanted to do was please his master, well that was how I felt at the end of the 24 hour race. A job well done and I thoroughly enjoyed it.

I vowed that I would run the Sri Chinmoy Self Transcendence 24 Hour Track Race next year.

Inwardly it seemed that I had my own inner music playing. That kept me ticking over. I think I reached 100 miles by around 09.15am, so I had achieved my goal of 100 miles.

However, as Sri Chinmoy wrote,

"You can always do more. Today's goal is only the starting point for tomorrow's new dawn. At every

"What is failure? Failures are the Pillars of success"

I came into my second Sri Chinmoy Self Transcendence 24 Hour Track race with more experience, feeling stronger, lighter and more confident. On the downside though I was carrying a few niggles, recovering from shin splints, and feeling tired after spending 5 months on the road running through America as part of an international team relay called the World Harmony Run (read about my experiences in next month's edition), and legs feeling tired from the previous three weeks after completing a marathon and two days later running a PB in the Sri Chinmoy 47 mile race in New York.

The lead up to the race hadn't been ideal. Running as part of a relay team in America I hadn't been able to get any long runs under my belt and my running was feeling a bit one dimensional. I hadn't the luxury to do specific 24 hour race training in the form of tempo runs and speed work or gym work to get me to a performance that I would have envisaged. From the previous year as I had

24 Hour Races

unexpectedly done so well I might have set an unrealistic target of 200km for this year. I planned to try to run 6 miles per hour for the first half and attempt to run 5 miles per hour for the next 12 hours. In my mind I thought this was achievable. I planned to have a five-minute walk break every two hours. It all sounds so simple on paper!

Under the circumstances what was achievable and what was actually achieved were two different things. During a race, events happen that in order to continue the whole distance it is best to surrender to what occurs and change your tack or mindset.

Right from the beginning I had this feeling that it was going to be much tougher than last year. My running a few weeks leading up to the race lacked fluidity and certain muscles were not properly functioning. Things felt out of synch. From the first hour in the race my right glute muscle tightened up and this affected my running form. To counteract this I consciously tried to relax and keep my running as easy and smooth as possible. I maintained a fairly good pace for the first four hours and then I started to annoyingly suffer from blisters. My complacency missed the crucial detail of wearing the twin-layered socks that worked so well for me the previous year. I had instead opted for the long compression socks to assist my shin splints, but they were totally unsatisfactory at keeping my feet blister free. So for the next few hours I had to regularly stop to burst the newly formed blisters, treat them and tape them up and readjust the plasters on the old blisters. They didn't hurt, but I was just annoyed with myself that I hadn't paid enough attention to my feet; basic schoolboy error of ultra running. Whether blisters hurt or not you do unconsciously tend to change your running form slightly and that makes your running less efficient – you're expending unnecessary energy.

By the half way stage I was behind my schedule by 10 miles. I knew I would not be able to make up those miles and the way I was feeling it was going to be a struggle to last the 24 hours. The legs felt tired, not just from the previous 12 hours but I was feeling that all the World Harmony Run running and the two races 3 weeks previous were starting to catch

up with me now. I was not firing on all cylinders to put it mildly, and fears and doubts started to enter my mind.

In the early hours of the morning I was really struggling. I was going through a bad patch. There was a fleeting thought that crossed my mind for a second that I should give up. However, the next thought was Sri Chinmoy's words repeating over and over again inside me, "Never, never give up!" and,

*"There is only one perfect road
And that road is ahead of you,
always ahead of you."*

Although I knew I wouldn't achieve what I wished to achieve, the most important thing was not to give up, keep persevering and summon my determination to keep moving forward.

Looking on the positive, other aspects of the race had gone better than last year. By taking my own food and knowing what foods worked for me I avoided the stomach problems of the previous year. That was a bonus not going to the toilet so often, however on the down side I drunk too much liquid during the night and had to constantly stop to urinate – it was like every 20 minutes for the two hours. That did disrupt my flow (not my pee flow!) and I just couldn't get into any rhythm. I was finding it so much hard work, and was feeling the race was an ever increasing battle. At one point I remember I felt pretty miserable, low, cold, tired and was really not enjoying it, but I knew I had to remain as cheerful as possible and feel gratitude for being given the opportunity to have these invaluable experiences in this race.

Surrendering to these experiences was the best way for me to cope. There was a good reason why I was having these challenging experiences. Slowly running through the night I looked forward to the approaching dawn.

There are aspects of the race that help you to continue and not give up. One important aspect of this

type of race that sometimes gets overlooked is the pervading consciousness of oneness you feel. You truly feel oneness with your fellow runners and a sense of progression and dynamism. There are hilarious and amusing moments in the race that lighten each individual's pain and struggle. There are also the lap counters and helpers that you build up a rapport with who are there to help you achieve the best you can do.

As the race wore on I was walking more than running, but by one step at a time I was glad to get to the 100 mile mark. That was a satisfying achievement for me and eventually at the end of the 24 hours I had completed just over 104 miles. It was a huge effort to get there, but ultimately it was about the progress I had made and my own inner journey.

At the end of a 24-hour race you sense that everyone feels that something really special has happened and each runner has inwardly and outwardly made so much progress. The smiles on the faces and the sense of relief of everyone tell their own stories.

*"At every moment
We must value not only
Our successes and
Achievements
But also the efforts
We make".*

Sri Chinmoy

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New year's day will be a long one for the starters of the Annapurna 100 this year. As the clock strikes 5.30 (?) runners will head through the empty streets of Pokhara into the forested hills below the enormous and shimmering peaks of the Annapurna range.

The course has 50 and 70 km distances as well as 100 km passing many traditional villages on many well known trekking trails including part of the Great Himalaya Trail. The locals will be out to wish the competitors luck and provide refreshments and traditional tika blessings. Despite being the highest country in the world, trail and mountain running is still just taking baby steps. Annapurna 100 race is part of an aim to develop serious races to help local talent to develop and to encourage local participation in running. Organiser Roger Henke says, "Without serious races the sport can't develop. Nepal lacks opportunities for its long distance runners but the potential is evident." It is already working out with some specialised coaching bringing a Nepali runner to second place in the Mt. Kinabalu Climbathon.

A big focus of this year's race is to encourage women to enter. This year professional Sherpa runner Nima Yangjee will lead the way along with female trekking guides from 3 Sisters Trekking and rafting guides from Himalayan River Girls, the latter two are successful women's empowerment projects.

This year's race has attracted international entrants with pedigree. With for instance Japan's Ryoichi Sato (11 times Sparthathdon), Slovakia's Pranjak Milovnik (many times Sri Chinmoy 3100 miler). Will Lizzy Hawker make it for the start? Watch this space.

Please read more about trail running in Nepal at <http://trailrunningnepal.org>

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Arrowhead 135

Bill Bradley

On Monday Feb 1 at 7 am, myself and 101 other racers started out on the Arrowhead 135 mile course in Northern Minnesota. There are foot, snowbike and ski divisions. I would be participating with 44 other competitors in the foot division.

As we started down the snow covered trail the temperature was minus 21 degrees!! On top of that it was a wet cold! It froze me to the bones!! I have never been in conditions that felt this cold!! As we moved down the trail I noticed nobody was talking, it reminded me of Badwater when it is 125 degrees. You are just too miserable to talk. I had Showed up and now I was definitely going to Suffer!!

As the sun came up the temperature would vary from minus 10 degrees to plus 10 degrees during the day. I was making good time. The trail was hard packed and fast. I was averaging under 20 minutes a mile for the first 27 miles. Not bad when your pulling a 40lb sled. I was with two great guys John and Tim. We were having a good time and moving along briskly. However after 8 hours on the trail as the temperature began to drop and night approached, my camelbak hose froze. I would now have to stop, open up my camelbak and drink direct out of

the bladder. This would become a big problem as the temperature dropped below 0 degrees. Every time you stopped within a few minutes you would start shaking. The longer you stopped the harder you would shake. I started out stopping every half an hour to drink and eat, pretty soon it was every hour and then every 1 1/2 hrs. I just didn't want to stop - the extreme cold was just so painful! The problem was the less I ate and drank the more depleted I became and the colder I got! My hands became numb (due to my depleted state and in addition to mittens that just weren't warm enough) I didn't eat or drink anything the last 1 1/2 hours heading to the 35 mile check point! I was afraid to stop because I felt my hands were too numb to be able to function properly to eat or drink. I was however still with my buddy Tim as I pulled into the Gateway store at the 35 mile check point at around 7pm after 12 hours. This would be my first break of the race and I was Bonked and Freezing! The first thing I saw that was warm was a hot dog machine. I put my hands over it and tried to warm them. It was suggested to me I might be more effective to use the sink and put warm water on my hands. After 10 minutes or so at the sink with warm water pouring over my hands the feeling came back in to them.

There were about 10 racers still at Gateway when I got there. Half would be going on and half were dropping. I ended up staying at Gateway 2 1/2 hours eating and drying out anything I had that was wet. I had to stay long enough to get myself out of my bonked state in order to head out into the sub zero night with any chance of making the next check point at mile 73. As I headed out I was better but

still weak. I was back on the trail in last place one hour behind the second to last person in the race. There was a look of surprise on several of the people faces at the checkpoint as I headed out into the subzero night!! It was around 10 pm.

I had several new strategies as I went out into the dark. I would stop and drink at least every hour, no matter how much I shook or how cold I got. I also changed my inner gloves to a thicker inner mitten which I hoped would keep my hands warmer. I put fresh hand warmers in each mitten. And even though I hadn't had problems with my feet I put over boots over my Gore-tex running shoes. I had thoughts of being able to push all the way through the night with no sleep. But after about 3 hours I started to fall asleep on my feet, I just wasn't strong enough to make it all the way though the night without sleep. I had dug myself a big hole by bonking so bad before the Gateway checkpoint. The temperature was now minus 20 degrees on the trail. I would have no choice but to bivvy. My strategy would be to pull my puff pants and heavy coat out of my sled and then put them on quickly before I started shaking so badly that I couldn't do it. Then I would set up my pad and sleeping bag. When I quickly put my puff pants on I realized that I had put them on backwards and couldn't snap them they fell to my ankles but I did manage to get my thick coat on. I waddled around with my pants around my ankles and set up the pad and sleeping bag. After that I crawled in it and zipped it up. It was ugly but who can argue with the results, I was in the sleeping bag and warming up!!

After one hour of sleep I again headed out on the dark trail. After a few hours I came to a fork in the trail. I studied the hard packed snow in the dark with my best tracking skills to figure out which way 90+ racers had gone. After I thought I had figured it out and was about to go left. I heard a snow mobile coming. It was a race official the only person I had seen in hours. He told me instead of going left I needed to go right!! Can you say good Karma! I now thought for sure I would be able to make it through the night with no more sleep. But about 4 am I started hallucinating and again falling asleep on my feet. I stumbled along for Ultrarunning World| November 2010

a few more hours trying to make it to the energizing daylight!! During this time I lost not one but two of my mittens as I tried to battle through the nodding off and hallucinations till daybreak! I was down to my last two mittens both right handed when I decided this was a battle I wasn't going to win! I had to sleep again! I didn't even try to put the puff pants on this time. It was now around 6 am I quickly set up my bivy and I slept one more hour and awoke to daylight.

After I woke up, I headed out onto the trail. I took out my two right handed mittens. I put one on my right hand and then made my left hand into a fist and shoved it into the right handed mitten and said "NO EXCUSES"!!!

I was still feeling weak and my pace was slow. I knew at this point I wasn't going to make the 60 hour official cut-off. But I was still determined to finish the race. After a couple hours back out on the trail around 9 am. another race official pulled up on a snow mobile to see how I was doing. He looked at my grey glove on my right hand and said "Hey I found your other grey glove". Then he looked at my left hand that had the right handed red mitten shoved over my fist. He said "Hey I found your red mitten too!! What the heck were you doing out here last night!!!" " I was having a Yard Sale!! ha ha" I replied. As I pushed on I kept to the plan eating and drinking regularly a minimum every hour. I finally felt my strength start to come back. I had battled through a 17 hour low but I was again Strong and started knocking out 20 minute miles. At the 61 mile mark around 2:00 pm after 31 hours of racing. A race official came down the trail toward me towing a big sled behind his snowmobile. He had that Look!! I thought this must be what the sag wagon looks like at Arrowhead. He informed me I had 12 miles to go to the next check point and I was six miles behind the next competitor in the race. He thought it would be best if I got on the snowmobile and took myself out of the race. I said" Absolutely not I had gone through a 17 hour low but I was now strong and determined not only to make the next checkpoint but to finish". He left me shaking his head and looking none to happy with my decision. I was now in the hilly part of the course but I still felt strong.

As the sun began to set man did it get cold fast. It dropped from positive 10 degrees to minus 20 degrees in a hurry. I did not put on my heavy jacket because I thought I was very close to the next check point. At this point I thought the check point was at mile 70. I would later

learn the checkpoint was actually at mile 73. It was now dark and it was so cold I went against my plan and cut back on my eating and drinking because I didn't want to stop. I kept thinking the check point would be around the next corner or over the next hill. But it never came again I was getting weaker and weaker. My pace was drastically slowing! I hit the 70 mile mark in 36 hrs at around 7pm. It would take me two hours to go the last three miles to the check point. It was just after 9 pm. as I approached Melgeorges restaurant where I was told the check point would be. I was again Bonked and Freezing. It was deja vu to how I entered the 35 mile checkpoint. As I pulled into the parking lot of the restaurant I was shocked to see no cars in the parking lot and no lights on in the restaurant. I was thinking this couldn't be!! Someone forgot to tell them I was still coming! I ran around the building knocking on the windows and doors. I became colder and colder I was shaking more and more. I was going in to hypothermia! I looked around and could see no other buildings where the checkpoint could possibly be.

The main thing I had learned from the Alaska survival camp I had participated in about these situations was you need to get into your sleeping bag while you still can! I ran to the sled, panic was now setting in and I was shaking badly in the negative 20 degree temperature!! I just grabbed my sleeping bag out of the sled. I didn't even think I had time to throw down the pad. With badly shaking hands I opened up the sleeping bag and got into it right on the ice covered parking lot. By the time I got the sleeping bag closed up I was shaking uncontrollably!! I was hyperventilating and in full blown hypothermia!! I had blisters on my finger tips that I would later find out were burns from having the death grip on the heating pads with my bare fingers that were inside my mittens. But at the time I thought it was frost bite which further stressed me out! I had to talk myself down from the panic. I took deep breaths and reminded myself I was in a sleeping bag in a restaurant parking lot and someone would be there in the morning. I soon stopped hyperventilating. But I continued to shake hard! After a good thirty minutes or so I eventually began to warm and the shaking stopped! I then tried to use my cell phone to call my family and tell them I was okay and to order me a cab!! Always Thinking!! But there was no reception. Nothing to do but wait in the sleeping bag till morning. I was mentally prepared to stay in the sleeping bag for the 10 hours till morning.

After about three hours I heard a

voice say "Hey Bill do you want to come sleep in the cabin?" It was my buddy Tim whom I had been with earlier. Someone had seen me in the parking lot and he had come out to get me. The cabin was only about a quarter mile away but behind a hill. I was told there were some sticks that led to it but in the dark and in the state I had been in there was no way I would have noticed those sticks. As we walked into the cabin it was just what I had been visualizing as I had approached the restaurant three hours earlier! A big warm fire and warm beds with mattresses! I now answered Tims question " I normally prefer a firm ice covered paved parking lot to sleep on, but this will do!!"

It was now after midnight. Man I thought I was in heaven to go from such an extreme cold to such a homey warm place. Unreal! The lovely Joy was in charge of the MelGeorges check point. I called my family to let them know I was okay. I then sat down in front of the wood burning stove to thaw out. Joy whipped me up some soup and a grilled cheese sandwich. I told her my mom used to make me grilled cheese sandwiches when I was sick. It was way Cool!!! She also awarded me the Legendary Lone Wolf Award given to the last person to arrive at the 73 mile check point!! Hey what can I say I am good at being Last!!

I was informed by Tim my race was over! There would be no attempts to finish the race unofficially. Just too dangerous for the race officials let any racers try to go the last 60 miles unsupported!!

Out of 45 racers who started on foot only 19 would finish!

Arrowhead was definitely the most extreme and dangerous race I have ever been in!!! The wet biting negative 20 degree weather had not only bit me, but it had chewed me up and spit me out!!!

What doesn't kill you makes you not only Stronger but Smarter!! The Arrowhead 135 has not seen the last of me!!!

I want to thank everyone for their support especially my family who tracked me all through the day and night and had to deal with reports on the website that I was unaccounted for, for over 3 hours. I Love you guys!!!

Show Up and Suffer and be Thankful you are not related to me!!! Bill

www.billbradley.org/

Trans Britain 2010

Race Report Lee Chamberlain

There is so much to write about I could possibly make a small book up just about this one event, its fantastic. There will be lots missed out but these are my initial thoughts and memories of the event.

Friday 10th September

My wife left for work at 8 am, that would be the last time I saw her for over a week. I set off to work and midnight soon came around, it had been a busy late shift which in a way was good as it kept my mind off the next weeks adventure, however I really didn't want to end up working overtime so I made my way back to the office to finish bang on 1 am. Throwing my uniform into the locker I changed and set off to Graeme Chamberlains house a hour away. He had kindly offered me a bed for a few hours before the journey to Gretna at 6 am. We arrived at Steve's house for 8 am where I met up with Guy Travers and Colin Harris and the journey began, well after a trip to Tesco's so Guy could collect his walking poles which he forgot. I'd only had 4 hours sleep so tried to rest on the mini bus which proved difficult, I also think I was a tad excited. Guy on the other hand slept like a log. I had no expectations for the week ahead - I just wanted to do well on the two long 30+ mile stages. I also didn't want to get injured as JOGLE is around the corner.

I forget the time but mid afternoon we arrived in a sunny Gretna to a camp site set up and ready, Marquee, 12 small tents, one for each competitor. They proved to be great little tents if not a little small. Stretched out, my head and feet touched each end. Still plenty of room for my kit and overall throughout all the rain we had I didn't get wet once inside them.

Each competitor arrived, the RAF boys being the loudest by far but they proved to be a great bunch of guys and added a extra bonus for me bringing back some great memories of the forces and the unique vocabulary that only a squaddie can understand. There was a great atmosphere with people arriving and getting to know each other with the most popular question being "Have you done one of these before?" The field proved

to be quite new to multi stage events, myself included, as the only multi day event I had done was my treadmill run.

The Marquee was perfect with tables and chairs set up for each meal. Nick the Chef followed us to every camp site and cooked a great meal twice a day. The organization and running of the event was exceptional and Steve and the Go Beyond team deserve every bit of credit they get. Right.....

Day 1

7 am and I was up, slept quite well and breakfast eaten I was ready, I'd not done much running with my rucksack but weighing about 6.2 kg I felt happy. Day 1, 36 miles, I wanted today to go well. I had planned the entire route onto my Garmin 305 which proved to be a great decision, most days I think it saved me 5 to 10 min with navigation. I set off hard wanting to try and keep to 5 mph all the way which I'd not done before with my rucksack. The course was fantastic. I was first into England but then got a little confused in the farm land areas after check point 1 and ended up going through a area of felled trees, stumps, logs, nettles, thorns. Legs cut to bits with blood dripping I plodded on sticking to the line on my Garmin through wet boggy fields and tracks, which was good as it washed all the blood away!! I felt comfortable and made check point 2 in good time and then hit Carlisle, both my thighs at this point started screaming out, felt like my heart was in each leg, beating and throbbing I need a half mile walk to ease the pain. I'd never felt this before in all of my running and can only put it down to carrying the rucksack. Easing back in I plodded on and can't really remember much to say. I was alone for the entire run and by mile 25 was getting a little low but happy I was leading. The last 10 mile killed me, a slog through fields and then the woods just outside Caldbeck were filled with slush and sharp inclines which were energy zapping. Passing a local game of cricket in the village of Caldbeck I saw the finishing flags which were a morale boost every day - I knew Stage 1 was over. 1st place - 35.92 miles - 7hr 12 min - avg speed 5 mph. Course Record !! Second place was Guy 22 min

behind and 3rd Stephen Keywood 31 min behind. I felt a little drained at the end and I'd not eaten well while running so made it a must for the rest of the week to eat regularly during the stages. Dinner in the Marquee was great and watching the RAF boys and the girls Kyoko and Caroline come in was good. The girls were always so happy and the talk of dinner every night was their food supplements, Pinola and various powders and seeds added to their drinks and food. I'm glad I wasn't working as I'd have been tempted to see if they were legal, lol.... It was the highlight of every meal.

Day 2

I'd not slept well during the night but today was a shorter day and I had no idea how quick the other runners would be, Guy was strong the day before and Steve Keywood, Steve Platt and Collin Harris all looked in good form. I was soon running quite comfortably with Steve Keywood, and we stuck together for the whole day, the run into the lakes was wonderful and high peak at 658 meters was our first hill of the week, I soon discovered that coming from the flats of Lincolnshire and now Berkshire I was not cut out for the hills. However Steve looked strong, being a personal trainer I expected that and we powered on together. I decided to use walking poles, I'd never used them before, in fact I only got them a few days before the trip for my birthday. They were great going up hill although next time I need to use the circle attachments at the bottom to stop my pole sinking all the way into the ground. Several times I got stuck and falling once I nearly broke my wrist on the strap. The climb was great, Guy was close behind as Steve and I took a direct route straight to the top, Guy seemed to traverse around in the wrong direction and was too far away for us to shout to him. We made the top, windy and driving rain that stung as hit the face, heads down but in good spirits we started the run down which was fun although slippery as I was only wearing normal Asics road shoes. It made Steve chuckle a few times as I went on my arse. The poles were not as good for descent

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Race Reports

so keeping them out the way was fun, Steve lost a water bottle on the way down too but we went through check point 1 in good time. Poles were put away and we set off onto Mosedale, Mungrisdale and to an old Roman road. The rest of the journey was on road and trails which meant we kept going well. I got on well with Steve and found out he only lived 10 min away from me, a friendship was formed. We reached the end in Mell Fell

Stage 2 joint 1st place – 18.62 miles – 4hr 9 min – avg speed 4.5 mph. Course record !! Steve Platt was 3rd and Guy 4th. Colin Harris had gone over on his ankle, it was swollen, massively swollen. I feared the worst. Tumble dryer needed for wet kit which was a godsend..

Knowing I had fresh socks each day and a dryer to dry my shorts and top meant at least with all the non stop rain I was starting each day fairly dry. The night was windy and wet, trying to eat in the Marquee became impossible due to it blowing away, strapping it down was fun but even the poles started to bend, we decided to put it down and go sit in the camp site bar area, a welcome rest bite from the wind and a good chance to catch up with the other runners. Although beer was really off the menu a few competitors had a couple which helped and I certainly slept better.

Day 3

I wasn't looking forward to this, the main hilly day, with several peaks including Helvellyn 949 meters. Steve Adams (far too many Steve's in one event) was worried about the weather and up in the mountains he was right to be concerned. I know he had a few plans and alternative routes, I really wanted to complete the main route and was pleased to hear we were going ahead. The only rule was to be in pairs after check point one for the hills. Guy set off at a rate of knots and I knew his game plan was to stick with me and Steve K so that he was paired up with us for the hills. Check point 1 was only 4 miles into the route and then the hills began. Poles were out from the start of the event. The route up into the Cumbrian Mountains was great, up over Raise and onto Sticks Pass, the weather was holding out and the view was great. Stood on Raise we looked to the west and could see the clouds and rain coming in, the 3 of us, Guy and Steve K pushed on up to Helvellyn where we called Steve Adams to check in, visibility clear and good but so so windy. 5 min later my face was again being battered by the wind and rain, Guy was looking strong by this point and Steve K was beginning to struggle a

little. Heads right down, in fact mine was covered in a BUFF to stop the elements. We headed onto Nethermost Pike and Dollywaggon Pike, lots of up and down hill and the wind blowing me over a couple of times made it tough going. Also having no check points meant we had to live on what we had carried from check point 1. The drop of Dollywaggon provided a shelter from the wind but the rain was still lashing down. We made it to Grisedale Tarn and I had to put my leggings and base layer on, I was freezing and knew the signs of hypothermia, keeping my core warm helped and the left hand turn came for Fairfield, the last hill of the day, *%#! steep, morale a little low with the constant barrage of the weather we plodded on. If this had been a family walk or hike I'd have pulled off the hill by now, but the best option for the race for us 3 was to battle on, Fairfield was blasted out and the run came down the other side to the end. It was great to get out of the wind and the rain subsided for a bit. Guy was itching to push the pace, a few times he waited for us and even popped back to see where we were. He was good and when the finish was in sight he shot off. I have to say I was a little cheesed off, we'd just spent the last 17.5 miles together through the elements and done well together, so to dash off in the final moments I felt broke the un-said Gentlemen's agreement to finish together but there we go, he was strong and I have to say he deserved the win. Steve and I finished just over a minute behind so joint second today.

Stage 3 18.07 miles – 5hr 53 min – avg speed 3.1 mph. No course record, I put that down to the elements. Again tumble dryers at the site provided dry kit for the next day. I prayed for better weather. Steve Platt had stayed with Colin, Owen and Arnold, Colin had soldiered on with his ankle, they made it to the bottom of Fairfield. Steve P knew the mountains quite well and decided the others would not make it in the weather, I wasn't there with them but I imagine Steve P made the hard decision with all the right reasons involved and brought them off the mountain for safety. This meant Steve gained a time penalty, a huge shame as this could have played a part in the final 3rd and 4th places. I had my first blister now, due to constant wet feet. I used tape on my feet for the rest of the week to protect it.

Day 4

I woke to the pitter patter of yes you guessed it rain and not one of the RAF boys outside my tent as the loo's were too far away... I was gutted and to be honest

I'd now lost my sense of humour and adventure. We set off and I was with Guy and the two Steve's for the beginning. I'd lost my sense of humour as mentioned so plodded on with the guys, Ambleside, Troutbeck and Windermere soon passed, the pace was steady but I felt drained and again uninterested. I don't really remember much from the first part of the race, I remember the hill into Kendal, this was down the road and at that point I felt good for the first time, it was about mile 15, I still had 20 to go but I felt that was the start of the race for me, no rain, no wind and I zipped into check point 2 with the other three. I refilled drinks and grabbed a bag of crisps, the salt felt great. I walked off quickly and noted Steve K was coming, eating my crisps in about 30 seconds I started to jog through the streets of Kendal and over the bridge. Looking back I couldn't see anyone. I found the path out of Kendal which needed a bloody step ladder, it was vertical and onto the fields. No one in sight although I knew they could only be seconds behind I set off with a new lease of life. It was field after field, sticking to my Garmin I ended up going over barbed wire fences and over small streams up to my calves. I was piss wet through anyway so it made no difference. I felt like I was flying and CP3 arrived, Steve Adams was there, again another quick refill and some food I set off. Little did I know I had gained 50 minutes on 2nd place, 50 min in six miles. I couldn't believe it. I was getting a little lonely again but the run to the finish in Dent was wonderful. It was a long journey but nothing of note to add apart from plodding on. Being alone without the other guys also means nothing of note really happened. The final leg following the river and the trails was nice.

Stage 4 37.12 miles – 8hr 21 min – avg speed 4.4 mph. First place and another course record. I was now about 1hr 20 ahead of Steve K in 2nd place overall.

Day 5

Back to the shorter days I knew I wouldn't be able to shake the other 3 guys, Steve K, Steve P and Guy but I felt ok. Well, I thought I did. The climb out of Dent was tough going and the two Steve's which by now I had labeled the "SS" were motoring. We had dropped Guy and I was struggling to hang on. Today was pure determination, If I stayed with Guy, which is what I wanted to do I feared I would lose about an hour of my advantage on Steve K, in turn giving me only 26 min advantage on the last day. Make or break for me I thought so I dug in. I hung on to check point 1 and Steve P was pushing the pace, I

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didn't even get time to eat my crisps, they were cheese and onion so I didn't mind too much lol. The course was up and down and my normal pattern of walking the hills went out the window as both Steve's ran up most of them. I was gutted and had the hump. I can't remember when, but Steve K was being far too happy, saying out loud "come on boys" 99% of the time its good to hear that and it often kept us going, however that particular day and moment I didn't want one Steve encouraging the other to push the pace as I WAS DYING. so I shouted out "Shut the F*** up". The way I said it was meant but looking back on it over all we knew I was just struggling and for the rest of the evening and next day Steve K was quite happy to take the piss out of me about it. Check point 2 arrived and Andy Mouncey was manning it, he had been about on a few other days and it had been good to meet him and say hi. He told me it was good training and I agreed. Next it was Pen-y-Ghent, the last hill of the journey at 694 meters, poles out for the final time we pushed up the hill. I was actually quite pleased for once to be going up hill. I could keep the pace with them both and we eased up fairly easily.

What was a nice surprise was a lunatic legging it up behind us, "God he's quick" we all commented. He reached us and to our surprise it was David Wilson, last years winner. He chatted for a moment until the top and then offered some fluids and drinks. Graeme Chambelin also joined us at the top with a GoBeyond flag - a check point made up to make sure people came to the top. The first section down was a bit of a clamber due to the rocks and crags, a fell runner came quickly passed us, making it look easy. Steve P also took a little tumble but luckily no damage. We hurtled down and had to cross some crags. Both Steves took a clamber around a wall while I in true Airborne fashion jumped a 3 to 4 foot gap which had a 30 foot drop in the middle, very comfortable but interesting.. Steve K said he needed a beer first to attempt it..... MAN UP STEVE !!!! (with the RAF boys about, MAN UP became a common phrase most days). We flew down the rest of the course, Steve P wanting to beat 5 hours, pushing us on and the SS boys were pushing hard telling me to keep up. The flag could be seen, it was tempting to take a direct bee line for it over a few walls but we curved around on the path and sprinted around the corner until we hit a hill, lol, walk time!!!! Over a very narrow bridge we made the finish.

Stage 5 21.96 miles – 4hr 52 min – avg

speed 4.5 mph, joint first and another course record. Guy finished over an hour behind in 4th place. I'm glad I kept with the Steve's. I now had a 1hr 26 min lead going into the last day. Steve Adams knew a local Physio so it was arranged for him to attend. He did a great job with everyone although personally I wish I had missed out, he worked well on my right leg which was tight and the morning of day 6 I felt like an iron bar and that my calf was going to snap.

Day 6

A different routine today as we had a coach journey to Wrexham. The bus driver even had to stop due to his drivers hours, I'm sure he could have arranged it better so instead of starting at 10 am we ended up starting at 12. It was the final day and I felt good apart from a tight right calf. Day 5 had taken it out of me but I was now only 18 miles from the finish and still in 1st place. I have to say myself and Steve K who was in 2nd never really talked about placings, we just talked about life, fitness, families and had a laugh. It was an adventure we both just wanted to finish in one piece. Again it was me and the two Steve's at the front, Guy joined us for a bit but soon dropped off as the pace was quite high. We ended up off course around Bramble Farm, Steve P mentioned we would rejoin the path further up but when we did we couldn't find it. Up and around the side of Esclusham Mountain we were way off course and in the end decided to take a direct line to the edge of Llandegla Forest. Bramble up to our waists, bogs and very heavy going Steve P got a little down and we all were fairly quiet.

Steve K found it funny when we started falling down holes of water up to our waists until a few moments later the same happened to him.. He did chuckle at himself. We were beginning to think that Guy had overtaken us if he had taken the right path. The heather really took it out of us, we made the woods and a style (one of about 100 we had crossed this week) appeared. A proper track and all down hill through the woods to check point 1 was great running. We were first there to our surprise and only nine miles left. I pushed the pace as best I could, they were both comfortable keeping up and I felt strong today, the end in sight. We made the edge of Ruthin and followed the route given on the maps, however this took us to the back of the castle, we would have been five minutes quicker and this wrong turn got me stressed. Apparently we had missed some big yellow Go Beyond signs which would have directed us in. I put it down

to running so fast we missed them lol. The castle was there and we made the finish from the wrong direction, Steve A was surprised.
Stage 6 17.03 miles – 3hr 31 min – avg speed 4.8 mph joint first and another course record for the day and me for over all 1st place.

I was elated, 150-ish miles in 6 days and it took me 34 hours 19 seconds, dam those 19 seconds. Trans Britain Course record although its only the second year its been run. This event is a must for multi day ultra runners, an amazing adventure for meeting new people, their experiences and running every day in great places with a great team. The evening meal at the end was great and a nice comfortable bed, although I still didn't sleep well. I feel better prepared for my JOGLE attempt on the 31st of October.

You can find details and updates about Lee's JOGLE attempt on www.leechamberlain.co.uk/ and on Twitter @ultrarunnerlee starting Sunday 31st October 2010

Lee and Trans Britain organizers Go Beyond Ultra are raising money for two charities: Teach Africa (teach-africa.org) helps provide funding for education in Nairobi, Kenya and Active Nation (activenation.org.uk)

More details can be found on Go Beyond Ultra.co.uk



Vol State 2010 Belated Race Report

Don Winkley

Photos by Carl Laniak

Now Laz produces this big arena stretching across Tennessee. A few permanently deranged Christians volunteer to be fed to the lions. The Christians come from both sexes and all ages. This arena is not filled with screaming spectators, hoping the lions will win. No, the arena is empty. The victory of the Christians over the lions will be witnessed by few but will be anxiously watched by others in the comfort of their homes looking at posts on the ultra list.

What can you say about Vol State? I remember asking Marty Sprengelmeyer about Trans Am. His response "I can tell you nothing. If you want to know about Trans Am you must run Trans Am." And so it is for Vol State.

After Comrades I had taken what I felt was a needed rest from running to rebuild competitive juices. So I entered my 3rd Vol State road race after a long rest in Kruger Park South Africa. As usual - everyone at the start of Vol State had not run a step in the past month. Our king pupa Laz has designed the start, to step on a ferry to cross into Missouri. Then recross back to Hickman Kentucky, exit the ferry and the race is on. I walked off the ferry and watched as others walked away from me.

How can the unaided runner even take that first step off the ferry? They must carry lots of water and basically everything they think they will need for the next 316 miles of an inferno of running - water carried for even a short period of time must be hot - no actually very hot. I can't begin to comprehend a solo Vol State crossing. Hats off - I bow to you - anyone who arrives at the finish unaided - well you have visited the abyss (a situation of apparently unending awfulness).

As an aided runner - my secret weapon - Donald Brown for Atlanta. After two previous races my simply crew extraordinaire Donald would for the 3rd time baby sit me thru the gauntlet of Vol State miles.

I couldn't/wouldn't run a step so immediately into my waddle. My usual problem is cramps on Day 1. And true to form cramps half way into day 1. I had forgotten my solution which is electrolyte tablets - lots of electrolyte tablets hourly. So belatedly I began the electrolyte tablet, potato chip, potassium tablet cure. It wasn't pretty but it worked. Now abrasion in the groin area was the second problem. Poor selection of shorts had rubbed my groin area raw. So hydrocortisone cream and a French product, Sports Akileine anti-frottements

was applied to the red raw area.

Most don't seem to understand, I run not as an expression of self flagellation - no - I run because it gives me great pleasure. Discomfort, fatigue, sleep deprivation, these are my friends. My addiction is running on the edge of exhaustion. I avoid at all cost the pain of injury, blisters, sun burn, chapped lips, chaffing or cramps. So I use my experience to try to avoid these preventable problems.

Obviously, Day 1 did not go as I might wish. Fighting cramps and chaffing - I was not a happy camper. On the way to the hotel Donald easily missed a possum, very

nearly destroyed the crew van with a deer collision, (and possibly destroying Don - I had not put on a seat belt) and then a run-in with a raccoon.

A good rest and Day 2.

It was frightfully hot, my chafing was controlled by hourly applications of the salves, but my mental state was just not there. My body and mind were in full rebellion. Why? - what is the reason for this madness? I simply wanted to find a reason to quit, to find a hotel and rest. Each mile was a war, why did I want to do this to my body? It is brutally hot, I can only walk (actually my patented waddle) remember my waddle has no relation to running; no, it is not even as fast as walking, well it's waddling. I searched for a reason to quit, find a hotel and get out of the heat.

Donald was always just one mile ahead. As hard as I tried I just couldn't find any reason to quit. I was hydrated, cramps were under control, chafing was gradually subsiding. But I was just miserable, the body craved rest and all I could think about was drinking a beer, then another beer, one after another until the pain went away. There was no pain, I was actually in need of attitude adjustment.

Mid Day 2

I took a bad path thru a construction zone. Donald watched as I tried to jump down off a concrete curb two feet above the roadway. Humorous even when I am fresh. Evening of Day 2 sleep was





interrupted by really interesting hip pain which manifested itself on the outside of the right hip. I remembered the little Sri Chinmoy girls and how they frequently couldn't sleep due to pain. Those girls were tough and great inspiration to me how they could push on day after day. The despondency of Day 2 ended. Day 3 I reminded myself this is my sport - after all I picked it. I love the road, seeing mile after mile of scenery. The sounds, the smells, the heat rising off the road, my metronomic waddle, the sun on the body, the wind strong at times and dead still at others, dodging the cars, looking ahead for my crew, thinking of that cold diet Pepsi ahead etc. The mind wanders endlessly, first from some ridiculous thought then to memories of races long past. The scenery of Tenn is really interesting, The variety of architecture. Lawns, some really beautiful trees. It all fascinates me.

While without lions, our arena has bothersome dogs. I carried pepper spray at night. Most dogs retreated if I looked directly at them, yelled "You're a dead dog if you try to bite me!" Come on - make my day. Actually I just yelled "go home you SOB". Really no close calls with dogs. Most annoying were two times when a dog decided to trail along. I didn't want the dog to run miles from home and somehow become lost. Fortunately they gave up the chase.

We began to get up earlier each day as it was cooler in the morning. I ran? No perambulated from 4 am to 8 pm most days. I remember going through some town where a "vagrant" local is

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walking to the store - he takes the lead. It happens again later when on the opposite side of the street a middle age lady with a shopping bag passes me. You have to be well grounded in order to suffer such humiliation. Juli (a fellow competitor) and I cross briefly near the end of Day 3 and she walks a couple miles with me. Those moments are rare at Vol State and are the most enjoyable. Juli will go on to win 2010 Vol State. The days in the heat fest seem endless, the only reward each day is an air conditioned room and beer. Donald and I begin to get up earlier each day as it was cooler in the morning. I ran? No perambulated from 4 am to 8 pm most days. Donald pushes into sleep deprivation as he can't stop himself from spending his evenings in the hotel on the computer. Conversely, I simply pass out each evening as soon as possible.

Five days into it, I have my last hotel rest. So begins Day 6 at 3:43 am at mile 223. I will proceed to run the next 37 hrs straight with only a 22 min nap in the car. It was like a challenge to race Fred (another competitor). Someone on the internet commented on Fred's ability to run without sleep. Well - at least in the days of old - this was my weapon of choice. So gauntlet set, poor Fred - unaided vs. aided - he was in for the run of a lifetime.

The war was on. Fred and I would meet/cross paths many times in the hours to come. Fred's walk was considerable faster than my waddle but he must stop

at convenience stores for drink and food. Donald takes care of me on the fly. In addition I carry nothing, not even a water bottle while Fred has a pack front and back. But who said war was fair.

Fred and I were deadlocked in this war all night long with Fred having about a 200 yard lead most of the time. I take the lead briefly when Fred takes some short naps only to have Fred re-catch and pass me.

I was not about to lose this fight. Deadlocked with 10 miles to go. Time to switch into killer mode. Donald gets ice and with ice in my hat, well hydrated and fed, it was shameful. I attempted to ditch Fred when he crossed the road at mile 307 (7 miles from the finish) to get his last drink. I picked up the pace thinking I would make the final turn after the railroad tracks and drop Fred.

How did Fred catch me at the railroad tracks? He had crossed the highway, went into the convenience store, must have purchased at least a drink, paid, exited and now he caught me. This simply didn't seem possible. So much for my idea of dropping him.

The race was on - up the mountain to the finish. Ice in the hat every mile now, drink, and waddle in exaggerated motion. Finally with three miles left Fred fades and my ice aided waddle pulls away. Aided vs. unaided. I should be ashamed - but Fred has buried me in plenty of races - and I am a bit older. Never the less - Shame, Shame.

At the finish, Donald is simply wasted. He falls asleep immediately as he sits near the finish line. Sleep deprivation is much more a problem for crew that runner. Donald had been awake for over 37 hours to baby sit me. No matter how often it is said, a good crew makes all the difference.

I finish Vol State 3rd of 6 finishers. My time 6 days 4:31 to run 314 miles.

Of interest perhaps, the last 90 miles took 37 hrs so my pace was about 2.5 miles/hr.

Comments from the ultralist:

"How can this slow motion train be so exciting."

"This race is much harder than it actually is."

UltraDon

A young girl with brown hair, wearing a red vest over a pink and white striped long-sleeved shirt, is flying a kite in a grassy field. The kite is a small orange and white diamond shape on a thin white string. She is looking towards the camera with a slight smile. The background shows a clear blue sky with some light clouds, green trees, and a body of water in the distance. The overall scene is bright and sunny, suggesting a pleasant day outdoors.

Self-Transcendence 6 & 10 Day Races 2011

Sixteenth Annual Self-Transcendence Ten Day Race
Fourteenth Annual Self-Transcendence Six Day Race
Flushing Meadows Corona Park,
Flushing, New York
April/May

Flat, paved, well lit one
mile loop

Sri Chinmoy Races.org

Flat, paved, well lit one mile loop

Sri Chinmoy Races.org

Great photos by kind permission of Jowan Gautier: Sri Chinmoy Self-Transcendence 6 & 10 Day races New York 2010

SELF-TRANSCENDENCE ULTRA RACES

10 DAY RACE

MEN

1 Yuriy Trostianiyuk 297 9 Mark Dorinn 230 25 Kaneenika Janakova 293 33 Zuzana Doctova 228 41 John Goosler 2 52 Allan Harman 2 63 Ogali Cunningham 2 74 Divyatha Kryachkova 1

10 Volodymyr Hlushchuk 293 5 Andrey Andreev 217 27 Jayasami 275 31 Sylva Stradelova 226 42 Markus Mueller 2 53 Chirashya Jakovic 1 65 Lydia Fischer 2 75 Barbara Szepietty 1

3 Igor Mudryk 282 7 Michel Goulin 218 39 Manjula Boehler 262 29 Prakashruti 210 43 Smanava Punditiam 1 54 Alex 1 68 Svetlana Samarina 1 76 Tania Rvan 1

17 Frederick Davis III 250 15 Don Winkler 216 30 Eleria Karmuk 245 36 Kushali Tarantova 179 44 Vladimir Ralshchuk 1 55 Baridhi Yonchev 66 Regine Fylychakova 1 77 Marianna Callan 1

21 Mykhailo Ukrainyky 245 13 Pradeep Hojgakkere 210 34 Nishima Knowlsey 243 37 Bigalita Epor 163 45 Stutshel Lebedev 1 56 Andry Bundarchuk 67 Liubov Stebneva 1 78 Prasasta Armstrong 1

14 Stepanka Karlen 244 20 Andrey Somov 197 28 Nataliya Hlushchuk 241 38 Gudrun Froien 163 46 Bob Ohekehr 2 57 Tokaley Duzh 1 Kato Condon 1

19 Alexander Harkin 238 12 Padyatra Komak 198 47 Chirashya Lynn 1 4 Zush 1 Nirbili 1

11 Barney McBryde 240 8 Gyosa Ionov 190 48 Alex 2 59 1 Abhaya Field 1 35 Ujjana 1

16 Luis Rins 231 49 David Holt 2 60 Vladim Luney 71 Sandra Tribulin 1

50 Pete Strinner 1 61 Cokan Gany 72 Rageshi Maryczau 1

51 Marvin Skagerberg 1 22 Oleksandr Nihalchuk 73 Sophie Anderson 1

WOMEN