

I ihas trivedi

Run the Rann - Ultra Trail 161 Kms

Because of the very busy event schedule for my own events in January 2016, I was not too sure to participate. I started to train for a 100 miles event on 30th January, 2016. I ran a total of 19 hours as part of the preparation for this event. A total of 10 sessions!!! This is not even a warm up training for such a huge task.....

It was more of getting physically ready for the challenge & getting into running rhythm. Before I could do much the event day arrived & I was on my way to Dholavira with dear friends from ADR (Dharmesh, Amit, Damil).

We had great fun while reaching the venue at Dholavira, we went singing and dancing all the way in the car.

The Race Day:

As usual I could not sleep well the night before for reason of race anxiety & my partner in room Amit also had same issue. I was up at 5am & preparing for the race morning & got in to the race mode. The event was flagged off roughly at 7:10 in the morning. It was informed that first 56.5kms is tough and should be finished in cut off time of 16 hours.

The first part went off well & I finished the so called tough part in 11 hours. On the way were tough hills ranging from 200 meters to 300 meters & a beautiful view of the salt dessert with flocks of Flamingoes a rare sight, from the cliff. The route was full of thorny shrubs & metallic stones. With Garmin in one hand a bottle of water in other it was no choice but to close eyes and juggle through the thorns. Then started the journey on other island with a bridge joining the 2 island & beautiful view of the salt pans on both the sides of the road. It looked very pristine in the moon light. I decided to walk through the night & had good company of Abhishek Dutta from Bangalore & Sukanto Roy from Mumbai. I

kept pushing them through the night to just keep moving. We finished our first 100 kms in about 23 hours a little more than the plan. As the Sunrise happened I gathered the courage & started running on the crackled surface of the salt dessert which was hard enough to run, I got into the rhythm and started pushing myself. The aid station started to pass one after the other & I was moving smoothly towards the finish. At Aid station 18 I reached at 7:25pm & I had 10 kms to go when I had a bad luck & ended up coming back to aid station 18 again as my Garmin showed me the way & in the mean time I lost valuable 1hr:45 mins. I started again in the direction of Aid Station 19 & checked my Garmin to ensure the right path but lucky this time I came to know I was going wrong direction again!!! I started calling up Kerav the technical guy from Uphill EMG who tried helping me & I lost another valuable 45 mins before I got back on my way to aid station 19 (Sometimes electronic devices like GPS fools you & you are taken to task by them). I had lost all energy by then. I asked the aid station guy for food & luckily he had his food platter ready which was offered to me & then I got back to running & walking finishing one of the most gruelling races of my life.

I am much satisfied with my performance as I was absolutely under prepared for the race but was always mentally strong & I kept telling myself that I have to finish this race in good time. I was feeling absolutely fresh on reaching the finish line & the physio who helped me for stretching said it feels you have not fatigued at all. That was a big compliment!!!

Such races are run with strong determination & absolutely strong conviction to reach the finish line. However & whatever you train physically it is the "Will to reach the goal which pushes you through.....the Finish line".