

Lihastivedi

Running & Living 24 Hours Run, Gurgaon, India

Everybody has something special happening in life at some point in time; he too had his special 4 hours of life on 1st & 2nd of December, 2012.

Year 2012 is a special year in life of Lihastivedi as he has been through some best times of his life achieving the unbelievable. First it was The Comrades Marathon-The Ultimate Human Race & now the icing on the cake the 24 Hour Run in Gurgaon by Running and Living.

It was a special day for his friend and co-runner Henrik Westerlin as it was his birthday on 1st December. Both of them had toiled hard for the D-Day but Henrik was more accurate & more determined, Lihastivedi got a lot of inputs from him for which thanking him alone is not enough.

He was thinking why did he get so much inspired to do something of this sort which was nothing short of Madness. Why would someone think of running for All day All night!!!

There were 13 runners in total of which 3 were foreign runners including Henrik. He wished Henrik Happy Birthday just before the start of the event.

The run started at 4pm & he just started like any other run. As it got cooler in the evening he was going at a good pace for such a long event. Hour by hour passed and he crossed his first landmark 50km in about 5:10mins. The journey so far was good and it continued the same way. As many times he & Henrik passed each other they exchanged pleasantries and asked how one was feeling at that point (Pain was not to be considered at all as it has to be there). Henrik gave him encouragement each time telling you look very strong Lihastivedi.

Lihastivedi surpassed a very important **landmark 100 km** at 3:40am about 11hrs 40mins into the run. This was the maximum distance he had ever run in life before this race. This was in Singapore Sundown Ultra Marathon in 2010. His first distance beyond a marathon. He felt elated for the reason that he had more than 12 hours to go for fulfilling his desire to run 150km (that was the target in

his mind while attempting to run 24 hours). To mention very important thing that they had best of volunteers available on in form of Sangeeta (his wife) Sanjay (his Brother in law) & Barbara (Wife of Henrik).

At around dawn he had the worst experience of the event, it got too chilly and he was shivering as hell he had hypothermia(due to lot of sweating & chilly weather) and could not go further a step. He set in the car with two layers of woollens and a rug; for once Lihās felt this was end of race for him. But as destined for him, he gathered courage after about 30-35mins to get out of the car & restart but could not take a step further as his muscles got tight in that half an hour. But what to say he was determined to go, so started walking and as he walked few hundred meters he was coming back to normalcy. Early morning Lihās & Henrik got a surprise treat of hot Khichadi made by Surabhi Sharma (Shivin's wife & Shivin Sharma a good friend of Lihās & Henrik) and that brought back smile & energy. He started gaining momentum and was back in the race. **I surpassed my target of 150 km in about 18 hrs 20 mins & then he felt like a king waiting for his crown.** Lihās was supported by his ADRian friend Shivin Sharma who had finished his half marathon & was enthusiastically helping Lihās & Henrik gather some momentum by running with them and giving PEP talk. **Lihās surpassed a very important milestone of life, 100 miles (161 km) at about 12 Noon (20 hours into the race).** Now he could see himself only doing better and better .But then he realised that his body is tired and have lots of pain. He eased & just started walking fast and occasional jogging. He did another 22 kms by **3:17 pm to reach 183 kms** when Rahul Verghese the race organiser came to hug him and put a medal on him declaring a record by an Indian in 24 Hours run. He was stopped when he had about 40mins to go. In about 20 more minutes Henrik came to finish line completing 200kms minutes before 24hours. **They both knew right from the four hours into the race that they could be having 1 & 2 finish on the podium & they did it in style.**

All the pain & soreness was welcome as it came out of sheer hard work & sense of accomplishment. How could he not share such an experience of his life!!!!!!