

I ihas trivedi

Bhatti Lakes Ultra-The Experience

The idea germinated on 26th September,2016 the day I started running back after my event Night Marathon Carnival. It started with a Half Marathon on 26th September & followed by few runs before I decided to participate in ADR Trail Half Marathon. I am obligated to Globeracers & Kavita for giving me opportunity at last minute in the event.

A total of 13 work outs (140km running & 115km cycling) before the big day 14th October (Bhatti Lakes Ultra). For the first time I was not very sure !!! ?? Friends who knew it asked me are you really going to attempt ? I didn't have clear answer & I said I am going.

The only confidence I had was on my strength training with my trainer Jesal. He had worked really hard on me. The focus was strength !!!

The Race Day-Suraj Kund Faridabad, Bhatti Lakes

All lined up for the 220km & 160km (11 in total,there were stalwarts of Bhatti Ultra like Bhupinder, Ashish ,Nitin , Arvind). All were experienced guys with the Bhatti Trail. I was the only novice !!! The run begins....loop 1 of 20km completed chatting with fellow runners. The loop shortens in the evening to 10km. One after the other loop keeps on passing , I am the last one trying to be with others. The night is cruel, you feel sleepy & the terrain is dangerous. I fell down hitting hard with metal rock & bruised on palms & knees. I stand up and start running towards the aids station & get first aid. It was moon lit but the terrain was such that a small miss can get you in big trouble.

Day-2 (Saturday)

Early morning rejuvenation gives hope & the afternoon steals the hope back. Here comes my worst stretch a 20km loop in almost 4:10. Hope lost but mind prevails....I keep going, my wife & crew (Sangeeta) at the aid station looks at me & tells me do you want to keep going ?? I said yes let me try. I begin my

journey beyond 150kms on last position. 70 more to go. My buddy Arvind Tripathi gets charged up & start to leap forward & I am left alone. The night time is hell time as you feel sleepy you start to hallucinate- you start visualising weird objects, human figures, animals & you go crazy. There I saw a sunshine in 2 young runners attempting there first century(100km). I said I want to follow them & they asked me what distance are you doing & I said 220km. Their eyebrows rises & I get a super company. My legs started to move & how!!! I started getting in rhythm & completed 2 loops with them lead by Apeksha (Appy-as she is fondly recognized in running circle-What an amazing runner). It was a do or die situation for both of them as the clock was ticking & they had 1:40 min for completing the last loop. I was left behind getting some physio attention. I completed the loop alone & was glad to see both the runners finish the 100km in nick of time.

Day 3 (Sunday)

10 hours to go 40kms to be completed-The race begins

I start getting the rhythm & I start to overtake seasoned runners. I overtook Bhupinder, Ashish & Nitin & I was just behind Arvind Tripathi (Trips- as he is fondly known). The race was heating up well I could cover the distance of 1 loop in 1:30 min approx & did 2 loops out of 4 loops left in same time.

The last 2 loops....

Started on fire & could hold it well this is the time when Ashish also started firing all cylinders & the race was on, we both ran like there is no tomorrow the last 300 meters to the finish & we raced like Champions !!!

What an experience!!! A podium finish-An icing on the Cake !!!

The Terrain

Full of metal rocks & boulders which hits hard even in trail running shoes, slopes, sand like on beach in long stretches, thorny bushes to give you fondly remembrance & heat.

Statuary Advice : This is my way of doing things but please do not follow this at all. I have an absolute non scientific approach to my running. As a mentor/trainer I would never recommend my way of running. Running is an art

to be learnt well before plunging into Endurance running. A rock solid mental strength helps you in Endurance events but do not forget to train hard for the same & gaining strength.

A special thanks to my wife-Sangeeta for always being there for me. My coach Jesal for helping me with strengthening my core & friends who always look up to help.

Special thanks to ADIDAS for always being my partner!!! I ran the race in AX2 Trail Running shoes & Techfit Compression T Shirt full sleeves, ADIDAS. And last but not the least special thanks to Team Globe Racers for providing me an opportunity to explore the Bhatti Lakes Ultra-BLU & being there every moment to help. The Aid station guys n gals were super always ready to help.