

# L i h a s t r i v e d i

## Sundown Ultra Marathon, Singapore (2011)

The journey towards longer distance begins with Sundown Ultra Marathon, Singapore. The year was 2011, Lihass thought of doing something which has been never achieved before by anybody from state. He came to know about Sundown Ultra Marathon & decided to participate. It was going to be a long tough journey from 42 kms to 100 kms.....

Lihass started practicing regularly for the event which was in June end. He had never crossed a distance more than a Marathon and was not having any clue how to go about it. He was madly running distances more than half marathon thrice a week. The max distance he ran before leaving for Singapore was 43 kms, just gave himself a solace of having done more than a Marathon distance.

The weather in Singapore was very hot & humid as expected but he thought that as this was a run starting in late evening it would be bit ok, but he was wrong the evening temperature was also on higher side with loads of humidity. Ten minutes into the race and he was breathless and looking for water madly as if he will snatch a bottle from a passerby. His dear friend Dharmesh with whom Lihass stayed in Singapore tried desperately to provide water but could not run down to catch him. Lihass continued without water for 10 kms as they had water stations only at 10 km each. Unfortunately he wasn't carrying a bottle too that made things worse for him because at water station they had water in pouches and not in small bottles which one could carry. There was another spell of run without water till he found a friendly volunteer who gave him 500ml bottle. It was like an angel from the dark sky to his help. Lihass started running confidently, he was running very well now with a water bottle in hand. But the problem was that it used to get empty by 8 kms each time and he had to run 2 kms without water. This made him consume more water at the water/fuel station which led to stomach getting heavy due to excess drinking. He had to start walking and would run after a few hundred meters he continued like this all through the night after his first 40 km was achieved. Lihass felt good as the darkness was being replaced by dawn the kilometers were getting less in numbers, he was rejuvenated to complete the race & after 14 hours & 31 mins he achieved the impossible!!!! Lihass was at the finish line with dear wife waiting to hug him. She had tears of joy in her eyes so do Lihass.....it felt like being on top of the World!!!