

I has trivedi

25 Hours Treadmill Run (LIMCA RECORD)

First of all I would like to thank my wife, Sangeeta for being by my side whenever I get crazy ideas. I have to confess that she is the strongest pillar of support. I would like to thank my ADRIan friends & families who stood by me like a wall to support in whatever I needed. The list is long but I have to mention few names Naresh Patil, Malay Sodhan, Kushal Jani, Arun Awasthi, Amit Bhattacharjee, Jignesh Patel, Janak Parikh, Soham Shukla, Bhavin Agarwal, Rakesh Vijay, Naishadh Mankad, Hardik Prajapati, Rajesh Nair, Renish Bhaskar, Randhir Chauhan, Harsh Dadhich & many more ADRIans.

I am very thankful to my brother Jesal & my brother-in-law Sanjay who were continuously by my side all throughout the run. I am thankful to my parents who always encourage me to take measured risks in life & my father-in-law who was present to support & cheer me.

I am thankful to all my friends & family members who were always there to support & cheer me. I am thankful to Mr. Atul Karwal (IPS) IGP & Jt. Director, Mr. Shamsheer Singh (IPS) IGP & Jt. Director, Mr. Bhagyash Jha (IAS) Secretary of Sports Ministry, Mr. Guruprasad Mohapatra (IAS) Municipal Commissioner of Ahmedabad, Mr. Jaxay Shah (MD, Partner Savvy Constructions), Mr. Rajesh Brahmhatt (Safal Constructions), Mr. Kaushal Mehta (Motif Inc.), Mr. Dilip Mahajan (Reliance Industries) for being present to encourage & cheer me for my attempt.

Special thanks to Mr. Kaushal Mehta for coming straight from the airport in morning at 6:30am & running the first few hours with me. Mr. Atul Karwal to join me right at the start of the event for few hours & also at the end of the event for an hour & being the spokesperson to my efforts.

Mr. Shamsheersingh to join me in the last hour of the event on treadmill was an unforgettable gesture. Mr. Rajesh Brahmhatt who inspires me to take up challenges & supports me & Mr. Jaxay Shah who is always ready to support me for such endeavours.

I am thankful to the Committee of Sports Club of Gujarat who whole heartedly welcomed me to run 25 hours on treadmill at their Gymnasium premises & the support staff (Kanti,Ramesh,Ishwar & others) & Fitness Trainers of Sports Club who provided their services day & night. Special thanks to Dr.Ajmera for being by my side through out the event. Special thanks to the team of Scientists from ISRO for being present throughout the event as Gazetted officers on duty & Dr.Ashish Patwa for authenticating the logbook as an official & providing medical assistance. Special thanks to Mr.Rajesh Panchal, who teaches slum children to grow up as educated & respected citizens of the society came with a team of children as a pleasant surprise with the banner “Lihav Trivedi- We are proud of you”. I was touched by the gesture of these children.

Things do not happen in a wink of an eye. You have to work very hard to achieve your set goals. Nothing in life comes easy, this is what I have understood from lessons of my life. I set goals which are seemingly tough to achieve but achievable if you work towards it. And I exactly do that to achieve it. One such goal was to run 25 hours on a treadmill. The first thought came to my mind was why do I need to do this? I knew it very well how boring it is to run on a treadmill beyond an hour. I thought of doing it only because I had no choice but to run indoors in this harsh weather conditions. I could have not run outdoors for more than 12 hours as it would be hot & humid too. After practicing for about 21 days on treadmill I was set to run 25 hours continuously on the running machine. I got up at 5am for the day as my coach (my nutritional guide) Soham walked in my room & started suggesting few early morning eatables which would help me get energy. I got ready and went out for a walk when all ADRians (Crew Members) were ready to go. We did some photo shoot & went up in the gym to have a final look at the setup. Everything was ready and set perfectly. I was waiting for the clock to strike 7am which was the scheduled start of the event. The music was set as per my choice & the first tune was my favourite (Chariots on Fire) the same tune played before start of every Comrades run.

The show begins...

I started running steadily as per plan. I was in total control of situation as per my plan for the first 5 hours of run. I was absolutely on target. I went out for a quick session of massage when I got cramp in my right leg and was in too much of pain. My physiotherapist (Dr.Ajmera) tried to take situation in control & as I was about to get up the cramp came hard in left leg to which I screamed loud. I wasted precious rest time recuperating from cramps. A Glucose bottle & an I.V. set were kept ready in case situation does not come under control. But I got up and went back on TM. I started crawling back to normalcy and had no choice but to take it easy. I had lost about 3.5 to 4kg body weight in matter of hours

which was not a good sign. I was thinking about hanging in there & I started regaining energy as time passed. Hours kept on passing by and kilometers too. Around 7pm in evening I got back in action, I started feeling energy in my system & started gaining speed too. I ran 102kms in 12 hours (a speed of 8.5km/hour) & felt relieved. My smile was back, I was responding to every individual's gesture & reciprocating too. The President of the Sports Club came to me & congratulated me for my 100kms. I was up and ready to achieve for what I had started at 7am that morning. The hours kept on passing, I was baby fed by my coach & friends to keep me energetic & hydrated. The time keeping & record maintaining team were doing excellent job (A special mention of Janak Parikh). The massage team was perfect and like a Formula One race each pit stop was monitored in split seconds & a countdown was done to get back on TM asap.

It was the most amazing thing to watch all 12 treadmills running at full throttle in the middle of the night at Sports Club of Gujarat where my running mates (ADRIans) were accompanying me all through the night running with me simultaneously. There was dancing & singing going on along with running. It was a celebration like a Diwali night. In the morning when I reached 150km there was a joyous mood all around. The preparations for celebrations were in full flow. Around 9am in the morning when I reached 180kms the celebrations reached its top with Jai Ho song being played in the background. Dhol & band was called & spectators on ground broke into Bhangras & Garbas to the dhol tunes. Crackers were being fired as I reached last few minutes of my run which was to end at 11:30am. I was in for a pleasant surprise from Mr. Atul Karwal & Mr. Shamsheer Singh who ran with me & Mr. Bhagyash Jha who had specially come from Gandhinagar to wish me & presented me with a Trophy when I was still running on TM & nearing the end of my most memorable journey of running. I ran 194.02kms & I became Limca Book of Records Holder.....

I was lifted by my supporters & I broke into impromptu dance jig as the dhol beats were inviting. I was presented with a symbolic Charkha by Committee of Sports Club of Gujarat & not to forget Honorary Membership of Sports Club as the icing on the cake. I had tears of joy in my eyes which were uncontrollable. I saw sense of pride on my parents' faces & tears of joy in my wife's eyes. I was the happiest person but my Team was even more happy & proud (I could see tears in eyes on many ADRIans in front of me). "Nothing in life can be achieved without hard work & dedication". This could have not been possible without support from my Sponsors namely

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