

Aug II 2017

# JSTIN

The fortnight's action in distance running

WORLD ATHLETICS CHAMPIONSHIPS



# News



## RESULTS - MARATHON

### MEN

Geoffrey KIRUI - KEN  
2:08:27

1

Tamirat TOLA - ETH  
2:09:49

2

Alphonse SIMBU - TAN  
2:09:51

3

### WOMEN

Rose CHELIMO - BRN  
2:27:11

Edna KIPLAGAT - KEN  
2:27:18

Amy CRAGG - USA  
2:27:18

- Hvar Half Marathon, CRO
- Islandsbanki Reykjavik Marathon, ISL



# News



## GAME OF THRONES MARATHON

Instead of hosting a binge-watching viewing party with snacks and comfortable seating, Sky, a European broadcasting company, and M&C Saatchi, an international ad agency, invited runners and spectators to an ultramarathon where runners could watch the first six seasons on a giant TV fitted on the back of a truck.

Dedicated runners and fans of the show started in Rome and made their way into the Italian countryside, running through the dark with only the glare of the TV providing light at night.

Participants had to keep pace with the truck in order to binge-watch 60 episodes that totaled 55 hours and 28 minutes of run time.

This is the not first time this year that a running event was used for entertainment promotion. For the release of the new Baywatch movie, a .2K Slow Motion Marathon was held in April.

The marathoners were rewarded at the finish line with the first episode of Game of Thrones season seven.



# Runspiration

## INDIAN 'FORREST GUMP' HAD TO STOP 36 KM SHORT OF 10,000 KM RECORD



He is being called India's Faith Runner and the Indian Forrest Gump as well. He is Samir Singh, an ultra marathoner who set himself the seemingly impossible task of running ten thousand km in just one hundred days. Here is why the story unfortunately ended in disappointment but why Samir Singh's is still such an inspiring story.

### A Daunting Task

He set himself a truly herculean task – running 100 km each day for 100 consecutive days!

### Mission impossible!

He is a marathon runner but at 44 years of age, he is far from spring chicken. He would rise at 4 everyday to start his daily one hundred km quest.

### Faith keeps him going

It was a personal quest that started on 29 April, when Samir Singh and his friend Ramesh started to run on morning. They ran 20 km till the tip of Mumbai and while Ramesh stopped, Samir went on. He has a lot of faith in the holy scriptures; something that helped keep him going. He believes that this task was ordained for him.

### He has inspired countless others

He has earned himself titles such as the 100K man, haddi (bones) and madman but along the way he has inspired countless others.

### Satwik man

He is on a simple vegetarian diet and managed to survive on just about Rs 190 a day. Using donated equipment and clothes, he had no financial assistance or sponsorships to smooth his path. There was no dietician guiding him, it was his brother Pralhad who cooked for him.

### 'Forrest Gump'

As he traversed the business districts and the slums of Mumbai each day, he earned himself the moniker Forrest Gump; an allusion to the Hollywood film about the simple man with a big quest who was propelled into the limelight.

### Inspiring others

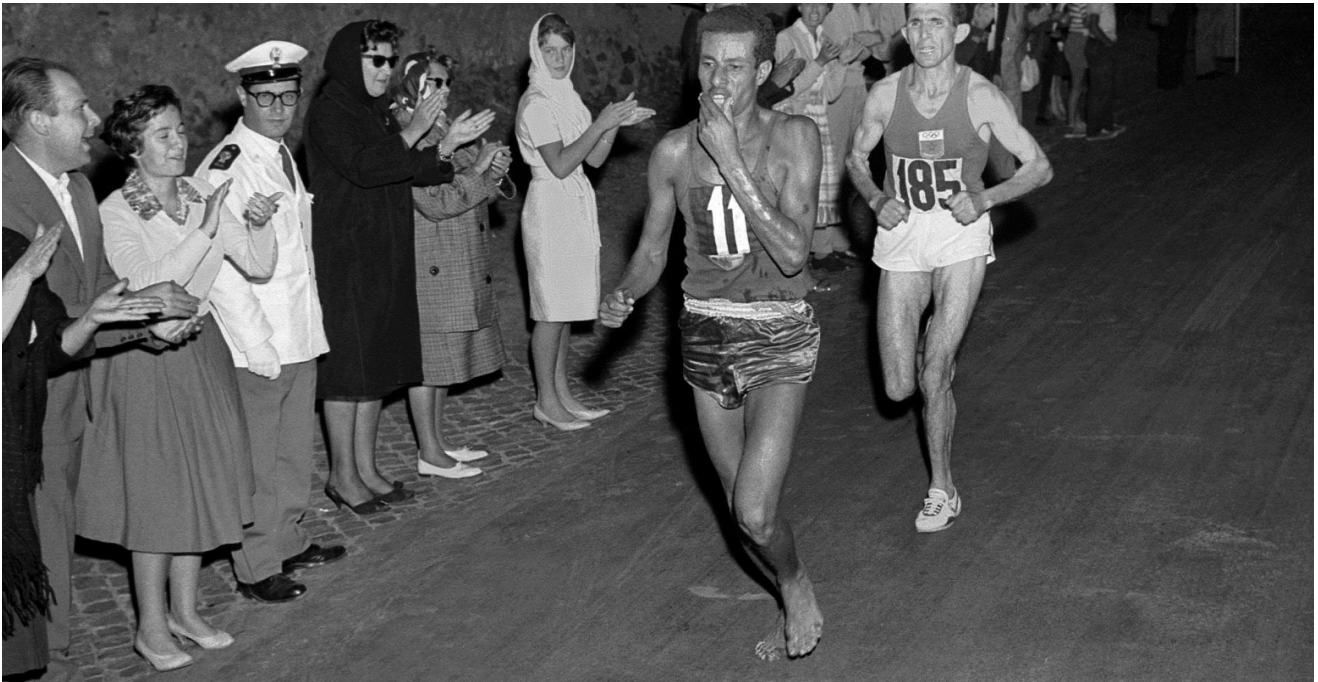
As he ran along the streets of Mumbai he would be joined by many others from time to time; drawing admiration, amazement and offering inspiration.

### He fell just 36 km short

He had 150 km to go on the final day Sunday, 6 August 2017. His GPS tracker showed just over 9964 km run over 100 days. He fell short by just 36 km, in the process losing 16 kilos and weighing just 40 kg at the end of it all. Through blisters, fractures, cracked heels, gastro and viral fever – he kept going. He now plans to regain some of that lost weight before meeting his mother; not wanting his emaciated self to upset her!

# Blast From The Past

- Abebe Bikila is a legendary Ethiopian marathoner best known for winning the 1960 Olympic Marathon with a record time of 2:15:16.2—barefoot.
- Four years later, though shod this time Bikila went on to become the first Olympian marathoner to win two consecutive gold medals in the marathon.
- Bikila's memory continues to inspire Ethiopians, barefoot runners, and marathoners alike.
- In 1978 the New York Road Runners instated an award in his name. Every year, the Abebe Bikila Award is awarded for a contribution to long-distance running.



## GEAR & TECHNOLOGY :

- Fed up with their favorite Apple earbuds constantly falling out during workouts, the creators of Earhoox began a year-long search for a solution.
- Made of silicone, each pack of Earhoox comes with a large and a small pair, so you don't have to sweat it if it doesn't fit right off the bat.
- The Earhoox 2.0 features a tighter fit around the earbud and aren't going to get damaged if they get a little wet, making them ideal for every sweaty activity, from a run around town with your dog to just your commute to work in the mornings.

For more Information [click here](#)

