Running

In this piece of work, I will start with the most famous runner in the world. Then I will present you with some detail about the new world record and why these days there are so many new records. In the end, I will show you more extreme running than you probably know.

Before anything else, I must mention that running becomes a sport at the first Olympic games in Antic history in 776 BC. The first race was for one stadium, which had 192,27 m and the winner was Koroibos. This event was organized in Olympia.

First, I will write some lines about one of the most famous runners in the world, which is none other than Usain Bolt. He was already a great runner when he was a young boy. At the age of fifteen, in 2002, he won the World Championship and became the youngest gold medal holder. He ran unreal times for his age and in 2003 he was able to run 400m in 45:35. That was the second-fastest time in history. But if he had given all his afford into the finish, he could have been the fastest, because during the last few meters of this race he did not run as fast as he could. Moreover, that day was rainy and the track was wet. On top of that, in 2004 he was the first junior in the world who broke the 20s barrier on 200m. When he was at his teen years, everybody thought he would be the best 400m runner. Unfortunately, that did not happen. Now he holds two world records on 100m and 200m, which were broken in 2009. He has 9 Olympic gold medals and 11 World Championship medals.

Second, I would like to write some words about half marathon in Valencia. There was a single greatest half marathon of all the time. The weather was great, it was 7 degrees Celsius, which was great for longer performances, because the low temperature keeps the body from overheating. This race was incredible, because from the beginning the runners were running a lot ahead of the previous world record. There were 4 runners who broke the previous world record from Geoffrey Kamworor – 58:01. It was Kibiwott Kandie from Kenya, Jacob Kiplimo from Uganda, Rhonex Kipruto from Kenya and Alexander Mutiso from Kenya. These four runners broke the previous world record, but the fastest was Kibiwott Kandie with time 57:32. There was a long background to this incredible race, which started in 2016 with Nike Breaking 2.

In 2016 Nike came out with a new project called Breaking 2, which meant, they wanted to break the 2-hour barrier on marathon. They choose 3 runners Zersenay Tadese, Lelisa Desisa and Eliud Kipchoge. These three runners were preparing for almost a year for the race. Nike were making special shoes called Nike Vaporfly Elite, which had a carbon plate, which helped with the spring effect during running. Also, the shoes were a little bit thicker than the normal shoes. It was because of the pacers, which were changing every 5 kilometres and protecting the elite runners before wind. It could not be counted as a world record. It was only about to break the 2-hour barrier and present the new shoes.

Finally, they did not break it. Eliud Kipchoge was the fastest with time 2:00:25, which was incredible but not enough to break the 2-hour barrier. But this was not the end. Three years later, they developed new shoes Nike Alphafly. It had even three carbon plates and it was thicker than the Nike Vaporfly. Three carbon plates with the new two air bags helped with spring effect during the running. On 12th of October in 2019 in Vienna, Austria, there was an event Ineo 1:59. It was a second attempt to break the 2-hour barrier. This time it was only up to Eliud Kipchoge. He had the best runners as pacers for example Jacob Kiplimo, Michah Kogo or the youngest one Jacob Ingebrigstsen from Norway. He was only 19 years old.

This challenge was incredible. Eliud was running in pace 2:50 min/km and finished the marathon in 1:59:40 which was unofficial world record for marathon. After this challenge, World athletic Federation came up with new rules about running shoes. They can have only one carbon plate and their maximum thickness can be 40mm. So, Nike came out with new model called Nike Alphafly Next% which have only one carbon plate and thickness of 39,5 mm. Top 5 times were run in these shoes. Also, other brands came out with carbon shoes, for example Hoka with Hoka One One Carbon X or Adidas Adizero Adios Pro.

Another amazing race was on 23rd of January in 2021. Jim Walmsley with Hoka One One Carbon X 2 tried to break world record on 100 km. Previous world record was 6:09:14 so he had to run around 3:41 min/km. The weather was great for this race and the first half of the race the runners look so comfortable in the fast pace. After 55 km Walmsley was in the lead and all pacers were gone. In three hours and thirty minutes he ran into a fence and cut his shoulder, but he did not stop. He ran all the way till the end. From 60-80 km he has great pace around 18 minutes per 5km. He was 2 minutes ahead the world record. In the last hour we could see he was in extreme pain and he was trying to run as fast as he could, but he did not make it. He was 12 second slower than previous world record. He run the 100 km in 6:09:26.

Now I would like to write some words about UTMB – ultra trail de Mont Blanc. It is one of the most popular ultramarathons in Europe. It is 170 km with more than 10 000m of elevation gain. Limit for this race is 46 hours and 30 minutes. The fastest time was 19:01:32 from Francois D’Haene from France. This race is around Mont blanc and runners are running throw France, Italy and Switzerland. The most important for this race is equipment and physicist. So, you must have running vest or bag with at least 1l of water and mobile phone with liverun app and it is better to have a power bank. You must bring two torches, the main one is recommended with 200 lumens or more. As for the clothes you must have jacket with hood, long leggings, or trousers, which must cover whole legs, cap or bandana, warm second layer, hat, warm and waterproof gloves and waterproof overpants. If it is cold, you must have third layer. Also, ID is important, as well as food reserve, survival blanket of 1,40 x 2m, whistle and self-adhering elastic bandage.

Barkley Marathon is one of the hardest races in the world. Thousands of unsuccessful attempts but only 15 have ever finished the Barkley marathon. It is race, where you have to find hidden books in the forest, a lot of parts are off the trail. When someone win this race, they will make it harder next year. Around 20 000 m elevation and around 100 miles, but usually it is around 130 mil. The limit is strict for 60 hours. The race has 5 loops, and every loop is harder. The first three loops are called fun run. First loop starts around 40 runners and into 4 loops come only around 2-4 runners. Jared Campbell completed this race three times.

As for running there are a lot of things I could write about. This was a small show around all distances, from the shortest and easy to try for everybody to the hard one, which you have never dreamed of. Running is a drug for some people so be careful.